

Spreading Health NEWS Bulletin: October 2015 to March 2016

Hello everyone

First of all apologies for the long gap between Bulletins. Its not that there has been nothing happening, far from it!

Summary

In October last year we held our first Continuing Professional Development (CPD) course for Spreading Health nurses and students. The course was designed and facilitated by a team from the UK – Doctors Peter and Pasco Hearn, Nurses Julie Cotton and Lene Gurney, and helped by Glynis Hearn, Laura Cotton and Geoff Gurney – and by Nurse Eric Ngaho from the Baptist Hospital Mutengene in Cameroon.

Hosted by SHUMAS at their Headquarters in Bamenda Cameroon over three days, the course was attended by 32 Spreading Health students and nurses

Our photo shows the nurses and students after receiving their certificates, together with the Spreading Health team, SHUMAS staff, and officials from the North West Province Cameroon Government.



More about the CPD course later in this Bulletin, and in future Bulletins and elsewhere on the Spreading Health Web Site. Covering the team's visit to Eric's

Hospital, the SHUMAS Bio farm, and several clinics with Spreading Health nurses in their rural communities.

As usual the Bulletin provides an update on the studies of Spreading Health students, new and existing, and of the nurses back in their communities.

Lastly in this Bulletin there is a report of Fundraising and the costs involved to continue the work of the charity.

The CPD course. In the UK and elsewhere, CPD stands for Continuing Professional Development. It refers to the process of tracking and documenting the skills, knowledge and experience that you gain both formally and informally as you work, beyond any initial training.

For Spreading Health nurses and students in training we used the opportunity to refresh knowledge and skills through formal presentations, and to learn together about what is happening and what training is needed to continue to deliver effective nursing in Cameroon communities.

Glynis (course leader) introduced and summed up each day's presentations, and each presentation or interaction delivered over the three days was filmed (by Geoff) and made the subject of separate 'video modules' that can be used again by the Cameroon Alumni:

1. Nurse Triage (Julie)
2. Ante-natal/Post-natal care (Peter)
3. Infant nutrition (Peter)

4. Infectious Diseases: Diarrhea (Pasco)
5. Infectious Diseases: Insect borne (Pasco)
6. Suturing (Peter and Lene)
7. Infectious Diseases: Vaccines (Pasco)
8. Infection control and hand washing (Julie and Laura)
9. Disorders of Ageing: Arthritis, Menopause, Dementia (Peter)
10. Diabetes Type 2 (Peter)
11. Infectious Diseases: HIV, Malaria, TB (Pasco)
12. Breaking Bad News (Eric)
13. Palliative Care (Eric)
14. Hand Relaxation (Julie and Laura)

Glynis sets the scene.....



Julie explains the group task for Nurse Triage, and each group gets help....



Dr Peter discusses Ante-natal and Post-natal care, and answers questions...



Dr Pasco lists infectious diseases in Cameroon, & explains the importance of “bum up” or “bum down



Students and nurses get to practice hand washing...



Breaking bad news and Palliative Care, separate presentations from Eric...



And finally, hand relaxation classes...



The CPD course was a lot of fun to deliver, and the feedback shows us that the students and nurses really enjoyed it too. Its something we would very much like to do again in a couple of years.

Our thanks to SHUMAS staff who helped us: Ndzerem Stephen Njodzeka - Founder and Managing Director; Billian Nyuykighan - Programmes Coordinator; Ntam Gisela Berinyuy - Deputy Programmes Coordinator; Leah Stuart-Sheppard - Projects Coordinator and Communications Team member; Bankui Andrew Dzeaye- Education Program Manager and Biofarm Liaison; Renard Paprika - Environmental Program Manager and Media Manager; Rita Ngofes, the Spreading Health program manager.

And thank you to the real stars of the show, the students and nurses who attended the course:

Kewir Donald Vernyuy; Nyiniwang Paulinus Khatap; Joshua Lantir; Bendzekameliv Kastume; Hilda Bih Bangsi; Ngam Leslie Musas; Tiku Unoreal; Nsangou Yunchaou; Mdzedzenyuy Emmanuel; Sister Mary Immaculate; Mvenghenyi David Mamah; Che Louis Asah; Wiykiynyuy Bennis Bongtiyoy; Chem Lawan Psu'aibu; Taal Christina Ndamaj; Omer Tawong; Wepke Januarius N; Kungongntum Bobdinga Fofuleng; Tatah Yvette Sunta; Ntsidzenyuy Clovis Nkimdze; Kon Evelyne Sandrine; Lumbei Magdaline; Pepoure Aoudou; Lulhong Behla Yula; Fai Jean Paul Suiven; Nfor Dieudonne; Jovita Ndzelen; Wirnkar Oscar; Toh Elvis Enoh; Ndze Micheline Mfiikela; Jolene Kitavniadze; Sister Nicoline Munyar

Julie describes one of the visits to rural clinics after the CPD course...



“A lasting memory of our CPD trip was the visits to the clinics. One clinic which raised my emotions was at Dom. After a long and arduous journey off road we arrived at the clinic to be greeted by villagers and children dancing and singing in greeting. We all couldn't resist having a dance with them!”

“After a look around the clinic we were led into one of the larger rooms where they usually held meetings and group sessions. The site that met me was almost overwhelming as the room was filled with mothers and their babies all of whom had been cared for and delivered at the centre. It was very moving and they were all very proud of their clinic and the care they had received.”



*Amazingly too, there was a mother who had given birth to triplets at the clinic. They were very cute. We felt that this was a great testament to the skills of the nurses, who were working in basic conditions, no electricity for lighting, or running water, and yet these babies had all been delivered safely. A wonderful example of what the training provided by Spreading Health can achieve.”



SHUMAS activities

Routine monthly monitoring meetings take place for Spreading Health students, and reports of these meetings are sent to the Spreading Health Trustees.

16 students attended the December 2015, January and February meetings at the SHUMAS conference hall in Bamenda.

At each meeting the students are encouraged to work in groups and to help each other.

The December meeting discussed a new SHUMAS activity when the students' graduate. In the past, SHUMAS have not participated in the graduation ceremony of the out going students, but it has now been agreed that SHUMAS will be informed of the dates of the graduation ceremonies to enable them participate. After the ceremony of all Spreading Health students in the school, there will be a social gathering at the SHUMAS office with the community members present. In this way SHUMAS will be able to oversee the start for each nurse in their different communities. SHUMAS will be able to highlight the need for an allowance to be given to each of the nurses by their community.

There were problems arranging this for the most recent Graduation, but SHUMAS staff had the privilege of participating in the Graduation ceremony on campus. All 6 students from St Louis graduated with good results, though only 4 were present at the ceremony.

Also at the December meeting, the Spreading Health students were reminded to make very good use of the Spreading Health library at the SHUMAS Head Office. The Library use will contribute to their success.

The January meeting welcomed a new level 2 student, and discussed changes to the protocol agreement between SHUMAS, students, nurses, and their communities.

This meeting also marked the installation of the newest group of trained nurses (Batch 5) within their communities, and helped with the planning of an impact assessment of all Spreading Health nurses.

The meeting ended with an exchange of gifts.

The February meeting started with a reminder of the objective of Spreading Health to improve rural access to effective and efficient health care services by training 6-9 state registered nurses yearly to return and work in their village health centres for a period of three years after their training. There was information in this report about one student who had not returned to their community after training, and so SHUMAS took the opportunity to rehearse the terms and conditions of our contract with students and their communities.

In February two official hand overs of Spreading Health nurses took place in their respective communities.

First was the handover of Ndze Michelline on the 17th of February at the Kai Integrated Health Centre in Kumbo Su-Division. The ceremony was led by the District Medical Officer for Kumbo West, and attended by the Chief of Centre, the Health Board committee chairman, the representative of the Chief of Kai and the representative of the Director for SHUMAS.

The second was Taal Christina of the Mboh community on the 18th of February at the Mboh Integrated Health Centre, in Oku Sub-Division. The officials present were the representative of the Chief of Mboh, the community chairperson, the Chief of Centre and the representative of the Director for SHUMAS.

The protocol agreements were signed at these events.

In February, three impact assessments were planned for spreading health nurses but only two were completed.

The planned assessment for the nurse in Sao in the Far North Region of Cameroon, was too difficult to achieve. Even though some SHUMAS staff went to the Far North they could not reach where the nurse is working because it is an unsecured area with frequent terrorist attacks. The nurse did send a report to SHUMAS.

The impact assessment at Kai community was an assessment of Ndze Michelline on the impact felt by her community and Health Centre due to her presence as a trained nurse. The other impact assessment at Mboh community, in Oku, was an assessment of Taal Christina.

In summary, there has been an increase in the number of patients consulting in both Health Centres, and in the number of safe deliveries. The health service to their communities is greatly improved as testified by some community members and the Chiefs of Centre thanks to the training both nurses received.

At each SHUMAS meeting the activities include presentations of individual reports, including topics studied within the month, the challenges, the individual well being of each student, and the situation (if known) at their health centre.

Students are reminded of the existence of a Hardship Fund provided by Spreading Health. Many if not all the students experience financial difficulties, and those to benefit from this fund are in extreme difficulties.

Here is the February table:

Third year (Level 3) students

COURSE: TOPIC covered

- Administration: Health care marketing
- Pharmacology: Drugs of the cardiovascular system
- Traditional medicine: Chinese traditional medicine
- Reproductive health: Breast disorders
- Geriatric Nursing: Healthy aging
- School and industrial nursing: Role of an occupational nurse
- Nursing care planning: Communication
- Pathology (ENT): Disorders of the ear
- Health care management: Hospital management
- Research: Guidelines for writing a research proposal or project
- Psychiatry: Schizophrenia

Name	Community	Challenges	Wellbeing	Health Centre
Ntsidzenyuy Clovis	Jotting	Research proposal takes most of his studying time and is costly. In order to cope he does any new work as early as possible and seeks help from friends, family and supervisors.	Doing OK. Healthy, but a bit worried about his upcoming continuous assessments.	He couldn't visit the centre but the matron has said that all was moving on smoothly and that she and the rest of the staff were waiting for him.
Fai Jean Paul	Tatum	Financial difficulties & no solution yet	He is doing well health wise, and preparing for his upcoming assessments.	The situation between him and his HC is OK. The former matron has promised to speak to the new matron about his case.
Kon Evelyn Sandrine	Bipock	Finding it difficult to deal with notes work on a research proposal at the same time. Uses the internet to boost her memory.	Personally OK	Everything is going well. She visited recently.
Jovita Nzelen	Buh	Trying to manage time and cover the material that is required for the Continuous Assessments. Using a time table to give preference to the difficult subjects.	Worried about the HPD registration and the internship coming up which is aimed at completing the research work.	Spoke to the chairman who told her that they are trying their best to see that everything is moving on well.
Wiykiynuy Bennis	Kitikum	The research supervisor left and they were without a supervisor for weeks and when a new one came they had to start again. This was time and money wasting, but trying to cope with it.	Personally doing fine.	Has not been in touch with the chair person or the chief of staff.

Second Year (Level 2) students

COURSE: TOPIC COVERED

- Obstetric Pathology: disorders of the second and third trimester of pregnancy; hydramnios; placenta anomalies; intrauterine foetal death; foetal diseases; abnormal presentation; dystocia; pre rupture of membranes; hyperemesis gravidarium.
- Medical Pathology: diseases of the cardio vascular system
- Surgical Nursing pathology: pre operative techniques; immediate post operative care; tractions
- Clinic Pharmacology: antiviral drugs; antiretroviral drugs; anti fungal drugs; anti parasitic drugs; anti malarial drugs; antihelminthes.
- Intensive care: coma; digestive haemorrhage; tetanus; poisoning; fluid and acid base balance
- Obsterical Nursing: antenatal care
- Pediatric Nursing: tuberculosis; tetanus; mumps; chicken pox; pneumonia; poliomyelitis; german measles (rubella); measles
- Community Health: community initiative
- Use of English: question tags; "WH" questions; writing CV's
- Functional French: diferentes voies d'administration du medicaments
- HIS: data and data sources; dissemination and use of data
- Practicals

Names	Community	Challenges	Wellbeing	Health Centre
Nyiniwang Paulinus	Sabongari	Stress from exams, but trying to relax in order to free his mind from stress.	Personally doing fine	They are doing OK and send their greetings
Joshua Lantir	Nseh	Facing difficulties in some courses, and needs to devote more time in studying those courses. Facing difficulties in paying for handouts and paying rent.	Personally OK just some slight fever he had for the past few days.	They are doing OK, the management committee is doing good.
Bendzeka Kastume	Kovifem	The issue of school fees earlier, but no major challenges now.	Personal well being is good	Has not been in touch with them but she knows they are doing fine except for the lack of health personnel and equipment. Couldn't visit due to her sister's health which needed her attention.
Wainkem Gerald	Fundong	Financial difficulties earlier but no major difficulties now.	Personal well being fine.	There was a water crisis earlier but doing OK now. They even had a fund raising event.
Hilda Bih Bangsi	Funantua	New student. No major challenges	Doing good, and ready to work hard in all aspects.	Doing good and very with the opportunity giving to Hilda

First Year (Level 1) students

COURSE: TOPIC COVERED

- Anatomy /Physiology : Kidney nephron
- Parasitology/Myology: Fungi (classes, types and effects)
- Psychology: Human, body diagram and image
- Health Care Ethics: Care to the family
- Medico Sanitary technology: Vital signs: Pressure ulcers
- Sociology: Communication
- Elementary Maths: Progressions
- Functional French: Conjugation
- Use of English: Grammatical hierarchy
- Biochemistry: Lipids, Amino acids and Proteins
- General Chemistry: Transitional elements
- Sanitation and hygiene: Noscomial Infections
- Functional computer: Software
- Microbiology: Microbial growth; requirements; bacteria

Names	Community	Challenges	Wellbeing	Health Centre
Lumbei Magdelein	Nsoh Bafut	Buying of handouts due to financial constraints, and distance from school.	Personal wellbeing - feeling fine.	No information because she has not been there this month. Not in good shape due to water problem.
Obdinga Fofuleng K.	Mantum-Bali	Financial difficulties in purchasing handouts earlier but OK now.	Doing fine.	All is well.
Lukong Bertila	Takija	Buying of handouts everyday, and its very difficult to read and understand typed notes. Trying to get used to them by summarizing the notes in her own words to better understand.	Doing fine .	They are doing well and have two health personnel.

Tatah Yvette	Baba I	Financial constraint in getting handouts, and distance from school were problems but all OK now.	Doing fine, just stress from school.	Doing fine and all in good condition.
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Fundraising and costs

We have been fund raising using the table below to estimate costs for each nurse we train:

3 Year Nurse Training Course Costs:	£ Sterling
Nursing college fees	£1,300
Grant for uniform, books, etc.	£200
Project costs (SHUMAS)	£300
Total Cost:	£1,800

St Jude's Higher Institute of Nursing in Bamenda Cameroon offers intensive training in Higher National Diploma in Nursing and special care Nursing to students of all ages and levels of education, irrespective of their nationality. The program takes place in their main campus in Bamenda, North West Region of Cameroon and runs for a period of three (3) years. Fees for the Higher National Diploma (HND) at St Jude's is 350,000 XAF (Central African Francs) or £420 each year for 3 years. Plus a 15,500 XAF Registration fee.

That's roughly £1,300.

The web site for the St. Louis University Institute Bamenda gives more information about the financial obligations for all HPD (diploma students).

The tuition fees are the same at 350,000 XAF yearly for 1st 2nd and 3rd years.

Paid in one or two instalments. The first is not less than 50 percent in January. Second instalment must be in by 31st of March.

Other needs for HPD students add up to about 150,000 XAF for the three years

That's roughly 1,200,000 XAF or about £1,500.

On behalf of Spreading Health (the charity), SHUMAS sets out to negotiate with each community that Spreading Health will pay the tuition fees, associated costs, and something for SHUMAS towards their costs, but the community must agree to pay their 'son' or 'daughter' a salary when they return as qualified nurses.

When we were in Cameroon last October, we asked the students and nurses what they thought they should be paid. They said that the salary for our newly qualified nurses ranges from 10,000, if anything, to 90,000 XAF per month. That's about £108.

In each of the villages we visited Peter gave a speech about the benefits of Spreading Health and the need for the community to keep their part of the bargain. In return the village elders and sometimes a spokes person for the Health Centre management committee made a speech about how grateful they are for the Spreading Health project, but also about how poor their communities are. The absence of electricity most of the time, and of running water some of the time or from a distant tap, and sometimes the state of the clinics – even when there is both a Spreading Health Nurse and a Government sponsored Chief of staff – backed them up.

We do not want to change the way Spreading Health operates. It seems important to us that we continue to expect the community to pay their nurse. However, we are looking for ways to work with SHUMAS to achieve this. Perhaps with a full-time Project Officer (a qualified nurse) to work with the clinics and the communities.

If you Google it, you will see that health and medical staff are paid a lot less than other professionals.

Job Category	Average Salary	Sterling
Health and Medical	100,000 XAF	£120
Media / Broadcasting / Arts / Entertainment	230,000 XAF	£277
Information Technology	866,667 XAF	£1,044
Sales Retail and Wholesale	2,500,000 XAF	£3,011
Executive and Management	2,500,000 XAF	£3,011

Spreading Health (the project) is successful in Cameroon, albeit on a small scale. We have more than 20 nurses already back in their communities, and another 18 students in training.

It is expected that once established and experienced, these Spreading Health nurses will accept future student nurses on training placements in their rural health clinics, thereby continuing the growth of well trained health professionals.

We need a project officer and we need more nurses, so please put your thinking caps on (again, some of you!) and help us raise more money.

The following are easy ways that you and your friends and acquaintances can make donations:

- On Line. By far the easiest and quickest way to give. Just click on the link on the “Support Us” page
- By cheque. made out to Spreading Health. Please send to Spreading Health c/o The Alma Partnership, 31 Alma Road, Bournemouth BH9 1BP
- By Standing Order. Regular donations will help enormously with our cash flow projections and can be made monthly, quarterly or annually. If you would like to make a regular contribution then please print off our Standing Order form. This should then be completed and sent to your own bank with a copy to us at the above address. If you are a UK taxpayer please complete the Gift Aid section to help Spreading Health to reclaim the tax.

- Fundraising Events. Why not run a fund raising event at work, at your school/college/university. For example a fancy dress or 'mufti' day, cake & produce sales, car boot sales, etc.
- Sponsored Events. Why not raise money by doing a sponsored run or cycle ride either at a local or national event, or why not organise your own. You can download and print off our sponsorship form. Please collect up your cash/sponsorship money etc. write us a cheque for the amount and send it in (see By Cheque above) with your sponsorship form or a breakdown of how the money was collected and we will send you a receipt with our thanks.

Until next time, thanks again for continuing to support us, and thanks for reading this if you are new to Spreading Health.

Here is a final photograph from the October trip to Cameroon. A lot of time was spent travelling squashed in together in 4 wheel drive vehicles on unbelievably bad roads – but we still managed to laugh.

The Spreading Health Team, April 2016:


