

Spreading Health NEWS Bulletin: October 2016

Hello everyone

We have now received the Spreading Health mid-term report (January – June 2016) from SHUMAS



Just to remind you that our partner, Strategic Humanitarian Services (SHUMAS) Cameroon is a not for profit Development Nongovernmental Organization (NGO) with its head office located at Mile Six Nkwen, Bamenda.

SHUMAS has a special consultative status with the United Nations Economic and Social Commission (ECOSOC), and SHUMAS has been a member of the NGO Committee on social development with the UN since the 4th of February 2016.

SHUMAS is focused on integrated, sustainable, rural development with the aim to support the action of the Cameroon Government to improve lives, reduce poverty, and empower people to realize the fullest of their potential.

SHUMAS has 8 programs:

- The Education
- Social Welfare
- Agricultural
- Women Empowerment
- Environmental
- Water and Sanitation
- Volunteering
- Health

For the Health program, SHUMAS has five projects:

- Construction, refurbishing, and equipping of rural health centres
- Construction of toilets with hand washing facilities in schools
- Provision of water to schools and communities
- Sensitisation, promotion, and monitoring of vaccinations
- Training of village nurses for village health centres (Spreading Health)

SHUMAS reports that a total number of 47 nurses have benefited from the Spreading Health project. 31 already working in their communities and 15 in

training. 9 out of the 21 students who have just completed their studies are waiting for their results in order to start work in their communities.

SHUMAS staff support and monitor the students and nurses to ensure students in training are receiving effective training, and that the nurses back in their communities are working effectively in their health centres. Each year, SHUMAS recruits new nurses for village health centres.

STUDENTS IN TRAINING

Higher National Diploma or HND Nurse training in Cameroon is a 3 years training program with 7 months of internship (practical training). These students write Higher National Diploma (HND) exams set by the Ministry of Higher Education and successful candidates are issued an HND Diploma signed by the Minister of Higher Education.

The results of all Spreading Health students were very good. They all passed to the next level.

Five students passed their HPD final year exams: Kon Evelyne Sandrine, Ntsidzenyuy Clovis Nkimdze, Fai Jean Paul, Jovital Ndzelen, Wiykiynyuy Bennis.

Six second year students were promoted to level 3 (third year): Paulinus Nyiniwang, David Mamah, Joshua Lantir, Che Louis Asah, Kastume Lishishar, Wainkem Gerald Foin.

Following the resignation of 2 students in 2015 in level 1 (first year), SHUMAS and Spreading Health agreed that two level 2 students should be recruited to replace them. Adverts in St Louis and Shisong Hospitals, and at the National Polytechnic resulted in 7 students applying, but only one (Hilda Bih) succeeded. Hilda Bih is from the Funantui community in Boyo Division in the North West Region.

There were Five first year students going to level 2: Lumbei Magdalin, Lukong Betila, Tatah Yvette, Bodinga Fofuleng, Wepke Janavarius.

THE HARDSHIP FUND

Spreading Health provides money for a Hardship fund that SHUMAS oversees. Over the past year, the SHUMAS team has been reviewing the criteria to help choose who will benefit from this scheme. The students themselves participated in the selection. The criteria include:

- family background
- school and daily life
- coping strategies
- recommendation from fellow students

Only level 2 (second year) and level 3 (third year) students are eligible, because level 1 students receive allowances to meet their needs.

One student, an orphan and the oldest of four siblings, received 100,000 francs to cover registration for the HPD exams, and the rest given monthly in the form of an allowance to support his daily expenses. Without recourse to the fund he had to look after himself and three siblings by doing odd jobs, which affected his performance in school.

Another student received 50,000 francs to cover rent and schoolbooks. He is responsible for his three children's needs.

Three more students from very poor backgrounds with no support from anyone each received 50,000 francs.

50,000 francs is approximately £69. Average monthly nurses salary in Cameroon (government paid) is 100,000 francs.

NURSES RETURNING TO THEIR COMMUNITIES

Between January and March SHUMAS facilitated the handing over of 2 Spreading Health nurses from the year before (called batch number 5) in their respective communities. First was Ndze Michelline, second was Christina. Later in the year Unoreal and Leslie, two nurses from the West region were handed over.

Leslie was slow to resume his duty in his community and there was a series of meetings with SHUMAS to reach a solution. Leslie signed an engagement letter legalised at the Public Notary office, to return and serve his community for three years. Leslie is presently working well in his community.

NURSES VISITED IN THEIR COMMUNITIES

Lawan, Oscar, Leslie, Unoreal, Michelline, Dieudonne, had routine follow up visits, They are all doing well but there is a common problem of low pay. Given that most communities are poor, SHUMAS is always looking for strategies to motivate students to stay working in their communities for longer periods.

Their services in communities generally include daily consultations with patients, administering treatments, Antenatal care activities for pregnant women, and deliveries.

EXTRACURRICULAR ACTIVITIES

Exchange of gifts after Christmas vacation



Exchange of gifts after Christmas vacation

Visiting Bennis who gave birth to a baby girl

Bennis is now returning to her community after giving birth to a baby girl in February. All the students jointly contributed and bought gifts for the baby, and visited her.

RECRUITMENT OF NEW NURSES

SHUMAS staff members continued their program of visiting village communities and talking about Spreading Health. This has resulted in 15 students to be interviewed for the next academic year, and villages are still getting in touch about possible candidates.

SHUMAS SUMMARY

What's working well?

The turn out for the monthly meetings has been good, indicating that the students value coming together during the training.

All the students are very grateful to Spreading Health and SHUMAS for the opportunity to study and qualify as nurses.

All students currently on training are performing well.

The nurses handed over to their communities are working hard to improve the health situation in their communities and making a positive impact in their health district.

What are the challenges faced by students?

This year there was an increase in the price of books and uniform fees usually paid by the students in level one

Most teachers want students to send in their assignments on line. This is challenging for most students because they don't have laptops and end up spending lots of money in the cyber cafés. SHUMAS has allowed and encouraged the use of their office desktop and laptop computers during their break period or at weekends.

What are the challenges faced by nurses in communities?

Low allowances paid. Most nurses are still given a very low allowance by their communities. To try to resolve this SHUMAS have come up with a new protocol agreement with communities, to be signed when students complete their studies and are about to return.

Limited equipment in community health centers make it difficult for the nurses to carry out their duties effectively.

What are the challenges faced by the SHUMAS team?

The remote and unsafe nature of some places makes it difficult for SHUMAS staff to routinely visit some nurses.

The need for a project manager dedicated the Spreading Health project.

FUTURE PLANS

Specific objectives	Activities	Time frame
Registration	Registration of selected candidates and existing students in school.	By 1 th October 2016
Orientation	Orientation	By 4 th October 2016
Reports	1 st quarter report	By 31 st October 2016
2 nd quarter report	By 21 st December 2016	
Monitoring and Evaluation of students in training	Meetings every 1 st Sunday of the month	Monthly
Monitoring of nurses in communities	Installation of 2016 graduate nurses to their communities	By October 30 th 2016
Monitor activities of existing and new nurses	Every three months	
Alumni	Alumni meeting	November 2016