



Spreading Health's partner organization in Cameroon, SHUMAS, have provided their progress report for the month of February: Improving the health status of those living in peasant communities through sponsorship of training of nurses for community health centres.

Monthly meeting with *Spreading Health* students

On the 25th February 2018, the monthly meeting was held at the SHUMAS conference hall Mile 6 Nkwen, Bamenda, Cameroon. The meeting was facilitated by two SHUMAS representatives, and chaired by one of the students. In summary, most students had performed well enough in their exams to validate all their courses, and a few will re-sit their exams on March.

Reports from first year students at the Full Gospel School of Health and Biomedical Sciences

- ***Lukong Blessing, from Vekovi integrated Health Centre***

Academically, Blessing is doing well with courses such as anatomy and infectious diseases. She validated all her courses for the first semester. Blessing said she has achieved so much for the few months and thanked SHUMAS and *Spreading Health* for giving her the opportunity. She promised to put in all her effort to succeed academically. A big challenge is the theft of her phone, notes and practical instruments. Otherwise she is doing well and plans to study hard for her second semester. In her community they are all doing okay and have already laid the foundation for building the new Health Centre.

- **Iseh Rita**

Rita started her internship on the 12th of February on the children's ward and was there for 5 days. She learned the various methods of administering drugs, and the care given to children. From there she moved to the men's ward where she administered drugs and helped set up drips for the patients.



Rita registering children for Ante Natal Care (ANC)

Rita is now working in the male surgical ward where she observes wound dressing. She will complete her program on the 10th March and go back to school for her exams.

Reports from the third year students at Saint Louis School of Bio Medical Sciences

- **David Babessi, from Babessi Integrated Health Centre, Saint Louis**

David started his internship on the 21st January at the Djottin Catholic Hospital. He assisted with 4 deliveries, and with daily consultations, ante-natal clinic (ANC) and surgical activities. David also collected data for his thesis, and completed his internship on the 24th of February. He has resumed studies for the second semester.



David participating in infant welfare

- **Waikem Gerald, from Aduk Integrated Health Centre**

Gerald started his internship on the 29th of January at Fundong District Hospital and completed on February 23rd. His objective was to gather data for his research work titled 'Assessing patient satisfaction with nursing care', with a sample size of 32 persons. He worked in the outpatient and inpatient units and carried out the following activities; clerking, wound dressing, administration of medications, and observation of procedures.



Wound dressing by Gerald



Administration of injection to an admitted case



Paulinus carrying out surgical activities at the surgical ward



Paulinus during data collection



Paulinus assisting during ANC

- **Nyinyiwan Paulinus**

Paulinus started his internship on the 21st January at the Djottin catholic Hospital. He took part in the infant welfare program and assisted in vaccination, baby weighing and documentation. Paulinus also worked in the surgical ward where he took part in some minor surgeries and observed major ones. He completed his internship on the 24th of February. While assisting at the health Centre he collected his data from the Government school at Djottin for his research work.

- **Bendzekamelive Kastume**

Kastume started her internship at Nkwen Integrated Health Centre on the 26th of January and completed on the 22nd of February 2018. During her internship she worked at the Out Patients unit where she assisted in consultations, and administered intramuscular/intravenous injections. She also assisted in filling out admission forms for inpatients and administered drugs for them. In the minor operations theater she was able to dress wounds, and suture. At the maternity unit she was able to monitor a woman in labor. At the family planning unit she assisted in injectable family planning methods.

Collecting data for her thesis has not been easy as some people don't want to cooperate and give the information needed. This has slowed down her work and she has not been able to collect all the necessary data yet.

Reports from second year students at Saint Louis

Wepke Januarius from Luh Integrated Health Centre

Classes had effectively been continuing and lecturers are trying to finish their courses. Practical lessons have been held just once. Januarius succeeded in 15 out of 16 courses. He will be going to Tubah District Hospital from April 19th to May 18th for his internship. Concerning his community, Januarius said about 104 patients had consultations. There are 4 members of staff: lab technician, pharmacy attendant, nurse consultant, and the midwife who is the chief of centre. Januarius is finding it hard to buy books and also to arrange and pay for transport to school. He plans to work hard in the second semester ready for exams in June.

Lukong Betila, from Takigah community Health Centre

Betila was not able to write the first semester exams due to her ill health. She is advised by the School Administration to prepare for and re-sit her exams. Back in Betila's Health Centre staff continue to improve on the health situation of patients. She also spoke of the lack of resources which makes work difficult for the nurses. Health wise, she is strong now and looking forward to catching up.

Tatah Yvette, from Baba I Integrated Health Centre

The second semester has been going well and Yvette has succeeded in 11 courses out of 14, and hopes to make them all in the re-sit. Yvette has a problem with accommodation, but is otherwise fine. She plans to work hard this semester to achieve success.

Bobdinga Fofuleng, from Mantum Integrated Health Centre

Academically Bobdinga did not make it in some courses but promises to make it in the re-sit exam. His Health Centre is doing well, but needs some improvement, especially with water and sanitation.

Magdaline, from Nsoh Integrated Health Centre Bafut

Magdaline passed her major courses and failed only in French and computer work. She has been preparing very hard for the re-sit. Her Health Centre is still operating with limited equipment, especially the laboratory equipment. The District medical officer for Bafut will be carrying out consultations as from February every Monday to improve on the services of the new centre.

Theckla Wosuji, from Yeh Community Health Centre

Theckla reports that her classes were not effective due to the lack of teachers for some courses. Recently 7 courses have been introduced and the teaching process is more effective now. Her Health Centre is not functioning yet because of the lack of nu

Reports from *Spreading Health* nurses serving in their communities

- **Taal Christina Ndamai, at Mboh Kevu Integrated Health Centre**

In February so far, Christina has carried out an infant welfare clinic twice, in which 17 parents came for the clinic with their children. She has given health talks on topics like the importance

of a balanced diet, and hygiene and sanitation during ante-natal and infant welfare clinics (IWC). These talks have been at the Health Centre, but also on home visits.



Circumcision



wound dressing



administering start dose after consultation

A total number of 50 patients had consultations this month at the Health Centre, and Christina did 23 of them. She carried out 3 deliveries in February, did two circumcisions and one wound suturing.

- **Ngam Leslie at Mejang Integrated Health centre**

In February Leslie did 57 consultations, did 2 deliveries, and did 3 admissions, 27 voluntary counselling and testing for HIV (no positive cases), 4 ANCs, and 5 minor surgeries. Also outreach activities twice at Mejang, Baingo, and Mbingo. 2 more at Baicam. That's 76 children vaccinated. Leslie gave health talks, did weighings, nutrition assessments, vaccinations and consultations. Leslie also coordinated the activities of a mother and child health support group. The group is growing and members have started contributing 500 frs each for the group activities. This has enabled them to get a table and chairs. Lack of basic consultation, delivery and lab equipment to facilitate Leslie's work still remains a major challenge.



Vaccination during outreach and vaccination at the health centre carried out by Leslie



Nfor taking vital signs

- **Nfor Dieudonn, at Sop Integrated Health Centre**

In February, Dieudonne consulted with 101 patients, observed 4 inpatients, carried out 9 deliveries, and the routine vaccination of 55 children. He saw 21 parents in the ANC. He carried out 3 home visits and gave health talks to about 45 parents. Dieudonne's main challenge is lack of a wheel chair and a stretcher.

Nfor taking vital signs



- **Ntsidzenyuy Clovis, at Djottin Catholic Hospital**

In February, Clovis carried out 30 consultations, assisted in 3 minor surgery procedures. He also followed up on 5 admitted cases, administered drugs and set up drips, and observed patients as they responded to treatment.



Clovis carrying out a surgical operation with a colleague

- **Sister Delphine at Ntasen Catholic Hospital**

In February, Sister Delphine did 161 consultations, admitted 36 patients, and delivered 4 babies. She carried out home visits, and also gave health talks on personal hygiene, the importance of a balanced diet, feeding, hydration and rest, during patients' hospital stays. Sister Delphine saw 55 parents with their babies at the IWC, and 89 pregnant women attended her ANC. She carried out 25 of the 361 laboratory investigations that month. The clinic saw 137 HIV AIDS clients.

This month she gave a health talk to the workers of Saint Francis Hospital Ntasen on good health: personal hygiene; disposal of refuse at home and hospital; the power of positive thinking; impact of doing good and wishing people well; the healing power of forgiveness.

Statistics on health services carried out by the above spreading health nurses

Health services	Christina	Leslie	Clovis	Diedonne	Sister Delphine
Consultation	23	57	30	101	161
IWC/vaccination	17	76	0	55	54
Delivery	3	2	0	9	4
Surgical activities	3	0	2	0	0
Lab cases	1	0	0	0	25
Admissions	0	3	5	4	36
VCT	0	27	89	0	0
ANC	0	0	0	21	89
Home visits	0	15	0	45	0
HIV AIDS clients	0	0	0	0	137

Challenges

- Poor network (internet) still remains a major challenge. It is hard for SHUMAS to reach nurses in communities to get their monthly reports
- Lack of basic equipment makes the work of *Spreading Health* nurses very slow and at times inefficient
- Some of the *Spreading Health* nurses receive monthly remunerations that are not enough to take care of their basic needs

Future plans

- Selection of beneficiaries for the hardship fund
- A condolence visit to Hilda after the death of her father
- Impact assessment of *Spreading Health* nurses
- Continue monthly meetings with *Spreading Health* students and nurses
- Complete the payment of school fees for *Spreading Health* students