

May 2018 Bulletin

1. A busy month for *Spreading Health* in Cameroon.

While students continued with their classes in preparation for exams, SHUMAS's *Spreading Health* Coordinator concentrated on monitoring their activities and working with local communities to encourage applications from new students for the 2018/2019 academic year.

On the 27th of May the usual monthly meeting (and the last for the 2017/2018 academic year) was held at the SHUMAS head office in Bamenda. Eleven students attended. Another two students had permission not to attend because of other commitments. One of the students was not present because her schools is in Kumbo which is a long way away. The agreement is that she attends the meeting every two months.



The *Spreading Health* Coordinator welcomed everyone to the meeting and went through the minutes from last time:

- One of the students, Bertila, in her second year from Saint Louis school, and Takigah Catholic Health Centre was due to have her child in May, and all the students were asked to give their contributions for the birth celebrations. Money was collected on this day.
- Third (final) year students had written their end of course dissertations, but the results were not known. Their school supervisor said that most had excellent grades and the others were very good or good.
- Some students reported that their communities had not been helping them during their course program, which had been agreed as the protocol. Even so, they were advised to always stay in close contact with their communities, and from time to time work in their health Centres as well. SHUMAS can help to make sure their communities value the help the students can give.

2. Reports from the third year students at the Saint Louis School of Biomedical Sciences

Waikem Gerald Fon (from Aduk Integrated Health Centre)



Gerald re-sat 3 courses and succeeded in all of them. Second semester exams were taken between 7th and 11th of May, and Gerald is now preparing for his HPD (Higher Professional Diploma) exams in July. Gerald plans to study hard and achieve outstanding results.

The number of staff at Gerald's community Health Centre is still one Chief of Health Centre, one laboratory technician, and a community assistant nurse.

There is a need for more equipment to boost the services the Health Centre can provide.

Mvenghengi David Momah, from Ndokeba Integrated Health Centre



David took his semester exams between 14th and 25th of May but doesn't know his results yet. The main task now is preparation for his HPD exams in July.

David re-sat some exams and passed them all. He also got a good grade for his dissertation.

Back in his Health Centre, the main problems that there is no good water source, and lack of basic equipment for the Laboratory and the Labour ward.

David promises to study hard for HPD exams to achieve outstanding results. His sincere thanks go to SHUMAS and the *Spreading Health* team for this golden opportunity given to him.

Kastume Lishishar, from Kovifem Integrated Health Centre

The month of May was full of achievements such as the practical exams for the HPD exams and the end of course dissertation.

Kastume also sat for the second semester exams and is now preparing for the upcoming HPD exams, which will begin for her on 25th of June.

Kastume re-sat five courses and succeeded in all of them.

Her community is doing well, but the Microscopist has left the Centre and this has led to a drop in the number of people coming for consultations.

Kastume also plans to study extremely hard for the HPD exams, and extends her gratitude to SHUMAS for the help they give her.

Nyiniwan Paulinus, from Saint Kizitor Catholic Health Centre

Paulinus sat the second semester exams and is waiting for the results.

He re-sat exams and succeeded in both obstetric nursing and Pharmacology. He is studying for the upcoming HPD exams.

The community is waiting for him to complete his studies and come back to the Health Centre, since they have a limited number of staff at present.

Bih Hilda Bangsi, from Baba I community



The month has been busy for Hilda, with catch up classes and private classes organized by lecturers for the upcoming HPD exams. Hilda's study group studies every day from 9:00 am to 4:00 pm.

Hilda re-sat in 8 courses, and succeeded in 7 of them. She plans another re-sit for the one she failed. She too is grateful to SHUMAS and *Spreading Health* for the help they give.

The health services in Hilda's community dropped due to the Anglophone crisis, and most of the families have left to go to other towns.

The main challenges are the of lack of drinkable water, and not enough equipment.

3. Reports of the Second Year students at Saint Louis School of Biomedical Sciences

Tata Yvette Sunta, from Baba I community



Most of May was spent on her internship at Ndop District Hospital, and Yvette says she was privileged to work in the outpatient unit, the male and female unit, the surgical unit, the ANC (Ante Natal Care) unit and the Infant Welfare Clinic (IWC) unit where she practiced and observed the different procedures.

Yvette started school again on the 20th of May and is trying to catch up with the syllabus in preparation for her second semester exams starting on 4th June.

Yvette plans to write her internship report and study hard for her exams.

The staff in Yvette's Health Centre are doing well, but they lack laboratory

equipment and a good water source.

Wepke Januarius, from Luh Integrated Health Centre

Januarius was on internship at Tubah District Hospital from the 9th of April to the 18th of May. He worked in the following units: ANC, IWC, family planning, Outpatients medical ward, minor theatre, major theatre, maternity and pharmacy units.



Januarius also carried out community visits around Bambui – at the palace, the Presbyterian Comprehensive High School (PCHS), individual homes, and water catchment areas. The visit at the palace was to identify the culture, beliefs, and taboos that influence health in the community. The visit at PCHS was aimed to give health education on sexually transmitted infections and the various means of transmission. This health education ended with HIV screening where 168 students were screened with no positive case, although some students refused to be screened.

Home visits were aimed to check on the hygiene situation in the community and access to mosquito nets. From the findings, 65% of the population respected hygiene conditions, 90% had mosquito nets, but only about 70% were sleeping under the mosquito nets. 95% followed up their vaccination.

The Luh Health Centre is doing well. They are in need of a power supply (*solar panel installation*), equipment such as forceps, and lab equipment.

Wosuiji Theckla, from Yer Community, and at the CAPITOL Institute of Health Sciences



Since the last meeting, classes have been improved, with new courses such as Medical Pathology, Public Health and Pharmacology having been introduced. For this second semester, the different courses will be Anatomy and Physiology, Medical Pathology, Obstetrics and Gynecology, Pharmacology, Infectious Disease, and Intensive Care Unit

Theckla started her internship on 28th May at Santa District Hospital.

Her community Health Centre has not been functioning, but the community is looking for someone who can be working there before Theckla completes her training and returns.

4. Reports of the First Year Students

Iseh Rita from the Benabinge Integrated Health Centre, and in the Full Gospel School of Biomedical Sciences

Nine courses were introduced in this third semester, 4 have been completed while 5 are still to be completed

Rita has completed courses on: Digestive system, Nutrition, Re-enforced ANC, and Sense Organs. Courses still to be completed are: French Language, English Language, Reproductive System, Information Education and Communication, and Neo Natal Consultation.

Rita plans to study hard and complete her studies successfully.

Back in her community, the Chief of the Health Centre finds it very challenging handling the patients and the administration on his own.

Ongum Karana Frederick, from Benade Integrated Health Centre, and in the Full Gospel School of Biomedical Sciences

The semester started well and some lecturers have finished their syllabus while others are still struggling to do so. The second semester exams results have been released and Frederick passed all his courses.

Back in his community, the main problem is the lack of basic equipment like ward beds, a suction machine, incubator, microscope, glucometer, pulse oximeter and hot heating bottles.

Frederick promises to read a lot and improve in his final year exams.

Lukong Blessing, from Kisentam community Health Centre, and in the school of State Registered Nurses Bamenda

Courses planned for this semester were: Meta Language, Reproductive Health, Anatomy and Physiology of the reproductive system, Sense Organs, Anatomy of the digestive system, Nutrition, Pediatric ward, Outpatient department.

Blessing's community is doing well. They have started construction of a new Health Centre, as before they were managing in someone's house. But they still lack equipment.

Blessing promises to work hard for her second semester exams. She performed well in the first semester exams and passed all her courses. She is 7th out of 62 students.

5. Other matters from the meeting

SHUMAS announced the receipt of new applications for the training of State Registered Nurses from the different communities. The students were

encouraged to help inform those communities that have not yet benefitted to apply for the 2018/2019 academic year.

SHUMAS managers will meet with the final year students after their HPD exams and before they start work in their communities in September.

Four students to benefit from the hardship fund were selected, with three having accommodation issues, and one without textbooks. The *Spreading Health* Coordinator agreed to work with them to ensure that the needs are provided for.

6. Reports From Nurses Back In Their Communities

Ngam Leslie from Mejang Community

In May, Leslie consulted with patients and prescribed treatment, performed minor surgeries, conducted deliveries, provided care to new born babies, conducted IWC, and during IWC gave health talks on prevention, early detection and management of childhood illness.

As part of outreach services Leslie also gave health talks to nursing mothers during IWC. He was able to carry out 93 home visits, and held a meeting of a mother and child support group aimed at increasing access to mother and child health care services in the community through health education and community based care and support.

Sister Delphine Kohyen, from Ntasen Catholic Health Centre

In May, Sister Delphine was able to assist in a good number of deliveries, administering IM, IV, PO drugs, giving baths to the newborn babies, working with post-operative patients – inserting catheters, cleaning wounds, and assisting in ambulation and physical exercises.

Sister Dephine gave advice to patients on issues about personal hygiene, the importance of a balanced diet, feeding, hydration and rest during their time in hospital. She also continued with home visits as a strategy to help provide information, education and communication to members of the community in order to help them become aware of how to prevent health issues before they become complicated.

This month there has been a continued decrease in the number of patients visiting the hospital, a decrease in admissions from 75 in January, to 38 in May. Consultations dropping from 386 in January to 302 in May 2018. This is due to the change of doctors, and loss of continuity in carrying out home visits. Patients sometimes fear the new doctor will not understand them as well and take care of them as the one before. This is a challenge but staff are working hard to encourage patients to keep coming and to have confidence in the nurse or doctor.

Ntsidzenyuy Clovis, from Djottin Community

In Djottin in May, the Health Centre consulted with 38 patients and Clovis consulted and prescribed drugs for 19 of these. He also carried out the circumcision of a new born baby.

The health services dropped due to the Anglophone crisis that effected villages around Djottin, this meant that people moved to other neighbouring villages. There was a drastic drop in the IWC and ANC consultations.

Fai Jean Paul, from Saint Paul's Mecalized Health Centre Tatum

In May, the Centre consulted with 73 patients and admitted 19. Conducted 9 deliveries. Jean Paul now manages a shift on his own and in May consulted with 9 patients to diagnose their illnesses and give them treatments, as well as giving health talks during IWC and ANC. He also assisted with 5 deliveries and circumcised 3 new born babies successfully.

Taal Christina, from Mboh Integrated Health Centre

This month Christina was able to consult, admit, and treat patients, conduct deliveries, booking and routine ANC, carrying out IWC with nursing mothers. During IWC she gave health talks to parents on topics such as the importance of vaccination and drug usage, how to follow the baby's vaccination calendar, and methods of preparing drinkable water for babies.

Chem Lawan, from Dom Community Health Centre

Lawan is the Chief of Centre, assisted by an assistant nurse. In May, they consulted with 30 patients, conducted 2 deliveries, and circumcised the babies. Lawan held 2 ANC's and during IWC gave health talks on vaccination, hygiene and baby weighing. 29 women attended.

NFOR DIEUDONNE, from SOP Integrated Health Centre

In May, 187 outpatient consultations, 4 deliveries, and 13 patients admitted and monitored. ANC for 24 existing, and 2 new patients. During outreach services, 25 children were vaccinated for all vaccine prevented diseases within the Expanded Program for Immunisation. During the National Immunisation Day, over 197 children (0-11months) were vaccinated and 450 children from 12-59 months.

Wiykinyuy Bennis, from Kitiwum Integrated Health Centre

In May, she consulted with 19 patients from a total of 60 at the Centre. Bennis participated in 19 admissions, 3 deliveries, wound dressing, infant vaccination, ANC, family planning, and administering of drugs. She was not able to participate

in outreach services in one week because of her very busy schedule at the Centre.

Ndze Michelin, from Kai Integrated Health Centre

In May, Kai Health Centre consulted with 115 patients and Michelin did 20 of these. The Centre registered 3 successful deliveries. During the IWC 90 women participated and listened to health talks and shared their experiences from the last health talks. For ANC 15 women attended.

Michelin carried out 3 outreach services in which she gave health talks on how to take care of the baby's cord. Michelin feels that the outreach services has been of great importance, because more nursing mothers now take care of their babies well, and cases of common diseases among children do not prevail as the hygiene among nursing mothers has greatly improved.

Tiku Unoreal, from Enyoh Integrated Health Centre

In May Unoreal was involved with consultations, laboratory examinations, and ANC, IWC, family planning and outreach programs. The Health Centre registered 99 consultations and the prescription of treatment, 4 deliveries, 90 children attending IWC, and 4 wounds sutured. Uoreal did outreach services where he educated people on hand washing and vaccination.

7. 2018/2019 Spreading Health Candidates

19 received so far from applicants that wish to be trained as State Registered Nurses. SHUMAS are hoping to receive 2 more giving a total of 21.

Interviews have been scheduled for Thursday 7th June 2018 with 14 contacted so far. Short listed applicants will prepare and register for the entrance exams in August.