



Ministry of Health and AMPATH Launch Community Health Services

Despite elaborate health systems in place, basic health care services are still not reaching a majority of Kenyans. For every 1000 children born in Kenya, 75 die before their 5th birthday. For every 1000 women who deliver, 4 die in childbirth. These deaths are from what the Kenyan Minister of Public Health once described as ‘largely preventable’ causes such as poverty, lack of information, and inability to access health facilities because of distance or poor infrastructure.

“Through a network of Community Health Workers (CHWs), Ministry of Health (MOH) and AMPATH, we can take basic reproductive health, child health, family planning options and chronic disease management to the homestead,” said Dr. Sylvester Kimaiyo, AMPATH Program Manager.

The system uses Community Health Extension Workers (CHEWs- usually a nurse or a public health officer) who supervise the CHWs. The CHWs role is to identify major health needs, educate and manage some conditions at household level and “link” or refer patients to a health facility when necessary.



Mr. Hillary Chebon, national Advocacy and Social Mobilization Officer, awards a Community Health Worker (CHW) with a certificate and bag. The bag—CHW kit—contains encounter forms, pregnancy kits and other materials that the CHWs will use when visiting homes.

The CHWs will go door-to-door monitoring pregnant women, the terminally ill, growth and nutrition of children under 5, and will advise on proper diet and sanitation. They will also be collecting health-related information which will be used in advising primary healthcare plans for government facilities.

AMPATH will act as the Government of Kenya’s (GOK) innovative arm and aims to develop a cost-effective model of implementing the Kenya Essential Package for Health (KEPH), which can later be adopted by all government health facilities.

Speaking when he officiated the launch of 290 CHWs in Eldoret, Mr. Hillary Chebon, head of Kenya’s National Community Strategy Advocacy, Communication and Social Mobilization Office, thanked AMPATH for its contribution in providing comprehensive healthcare services to the villages.

“The Government’s target is to establish 2,250 community units by 2012,” said Mr. Chebon. “Currently we have 998 that are operational in the country,” he added. In the agreement between AMPATH and the GOK, AMPATH is to work to create community units (groups of CHEWs and CHWs in certain locations) where none exists or where existing ones are inadequate.

AMPATH’s Field Director Dr. Joe Mamlin affirmed that AMPATH is looking forward to working with the government on reducing mortality rates, diseases and disability rates in our catchment area. “There is no reason why anyone should lose their vision or a leg because of diabetes - it is preventable,” he said.

The inclusion of primary healthcare into AMPATH’s services comes when global funding administrators are calling for expanded focus on maternal and child health, reproductive health, preventable and chronic diseases. The GOK is also realizing that starting with preventable measures in the community will help ease the burden at their facilities. With the success of our community strategy, AMPATH will once again have led in creating a model that others can learn from and utilize.

Prof. Joe Mamlin (left) receives a traditional gourd from a Community Health Worker (CHW) in Eldoret West, during the official launch of Ministry of Health Community Strategy.



Marathoners Raise Money for the Kenya ENT Program

Two dedicated Ear, Nose and Throat (ENT) residents raised money this fall for the growing ENT partnership between Indiana University and Moi University. How did they do it? They ran....and kept running!

Aaron Moberly, a PGY-5 ENT resident, and Mark Royer, a PGY-4 ENT resident, are both graduates of the IU School of Medicine and now running companions. They began running together in April 2010 and shortly thereafter began training for their first marathon. Fueled by Jelly Belly "Sport Beans," Aaron and Mark did the majority of their training early in the morning before they went on 6:00 a.m. rounds. They ran 5 days a week in downtown Indianapolis and along the canal. Their longest midweek run was 10 miles, which they started at 3:45 a.m.! For this reason, they chose to do their longer runs (up to 20 miles) on the weekend.

After reading an article in Runners World about marathoners who raise funds for nonprofits via an online website, Aaron and Mark realized that they could use this opportunity to fundraise for a deserving organization. They were impressed with Dr. Susan Cordes' ability to foster the involvement of the ENT department in AMPATH, raise support from her colleagues, hospital staff and vendors, and lead trips biannually to Kenya. "When we found out that our department pays for the use of the operating room during these trips and that several supplies were needed that were not donated, we knew that this would be a great cause," Mark shares. They signed up on Crowdrise.com, a nonprofit social networking site founded by Edward Norton specifically designed to



Marathon runners (left) Aaron Moberly, a PGY-5 ENT resident, and (right) Mark Royer, a PGY-4 ENT resident, raised over \$2,000 for the ENT program in Kenya.

raise funds for nonprofit organizations, sent the link to friends, family and colleagues and began raising money for the program.

In November 2010, each over 20 pounds lighter, they completed the Indianapolis Monumental Marathon (26.2 miles) in under 4 hours, beating their goal. But that isn't the only goal they beat – Aaron and Mark raised over \$2,000 for the ENT program in Kenya, which was more than double their goal. Nearly all of the residents and attending physicians contributed to this fundraising effort. "A sense of unity was fostered in our department," Aaron says.

Aaron and Mark continue to run together 3-4 mornings a week outside and are currently training for the Indianapolis 500 Festival Mini-Marathon in May. Aaron traveled with an ENT team to Kenya in February 2011 for two weeks and Mark is planning his next trip in 2011/2012.

Thanks to those who celebrated with us at the 2010 Kenya Gala!





Water is Life!

“Water is life!” is a phrase heard throughout Kenya and is indeed true. Maji Safi, which means safe water in Kiswahili, is one of AMPATH’s newest programs. Maji Safi has many program elements designed to help tackle the important issues of safe water and sanitation. One particular program which has shown some very early promise is the in-home ceramic filter.

Since many of AMPATH’s clients do not have access to municipal water, they are forced to get their daily water from nearby dug wells, unprotected springs or polluted streams. Because this is the norm and not the exception, it is important for a safe water program to target in-home treatment.

These ceramic filters were developed by Potters for Peace and are used extensively in Southeast Asia and Central America. The filter is essentially a clay “flower pot” (without a bottom hole!) that hangs by its lip inside a larger plastic bucket. The contaminated water is poured into the clay pot and seeps through the clay into the larger plastic bucket. The pot is made from local clay, mixed with sawdust and fired in a kiln. If made properly, it becomes a 1 micron filter which is smaller than any bacteria or protozoa. Maji Safi leadership found the Canadian branch of the Potters for Peace planning a kiln operation in nearby Kitale and decided to partner with them. We worked with them on product qualification and bought their first certified production run.

Fifty (50) of these filters were placed in households in our Mosoriot area, half of them in households using well water and half in households using river water. Recently we joined the local Chief Ali for an unannounced home check to see how the filters were being used. To our surprise and delight we found all the filters in proper use and completely accepted by the household. The visual evidence showed the filters in daily use and all other means of water storage had been discontinued. The broad acceptance of these filters is due in large part to the fact that very little habit change is required. Unlike chemical treatments that require mixing and bucket transfers, the ceramic filter replaces the family clay water pot and water is now poured directly from jerry cans into the Maji Safi ceramic filter.

AMPATH has several more months of planned evaluation, but if this early success is any indication of the final results, we will be introducing this great idea to more of the AMPATH client population!

Indiana-Kenya/AMPATH

Administration

Bob Einterz

Associate Dean & Director

Joe Mamlin

Field Director

Sylvester Kimaiyo

AMPATH Program Manager

Gazeti Staff

Editor: Megan Miller

Design: Suzo Graphics

Contributors: **Bornice Biomndo, Mark Royer, Mike O'Brien, Sarah Ellen Mamlin, and Justyn Strother**

The Indiana-Kenya Partnership Gazeti is published by:

The Indiana-Kenya Partnership
1001 W. 10th St., OPW-M200
Indianapolis, IN 46202

Phone: 317.630.6770

Fax: 317.630.7066

www.iukenya.org

Travel to Africa with Craig and Stephanie Brater!

Dr. Craig Brater, dean of the IU School of Medicine, and his wife, Stephanie, would like to invite you to join them on a spectacular trip to Africa in September 2011! The journey will include a visit to South Africa (Sept. 2-16) and to Kenya (Sept. 14-25), including three days in Eldoret to learn first-hand about AMPATH.

Your itinerary is flexible – you can travel to South Africa or Kenya, or both. This will be an experience you will long remember! For more information, please contact Alumni Travel, at 800.824.3044.



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KENYAN MEDICAL STUDENTS PARTICIPATE IN SPECIAL CEREMONY



Fourth year students at Moi University School of Medicine wore badges at the Stethoscope Ceremony stating "A gift from, and in memory of Dr. Angenieta Biegel, Indiana University. She reminds us all to care for those we do not know ... "

Many physicians who studied in North America remember with fondness the special White Coat Ceremony they participated in when entering medical school. Students in Kenya have historically not had a ceremony like this. However, in January, the 4th year students at Moi University School of Medicine participated in a ceremony designed to mirror this experience – a special Stethoscope Ceremony.

Stethoscopes are an expensive, but necessary, tool of the trade for physicians, however most Kenyan medical students struggle to find the funds to purchase this instrument. Dr. Angenieta Biegel recognized this problem and, for the past 10 years had been donating the money necessary to buy every regular Kenyan 4th

year medical student a stethoscope. Upon her passing in 2009, she left a generous gift to the program to endow a fund which will provide these stethoscopes in perpetuity.

In the ceremony held on January 26th, the 4th year students at Moi participated in this special rite of passage. The ceremony included a musical performance, an address by Paul Ayuo, Dean of the Moi University School of Medicine, and by Dr. Joe Mamlin, the presentation of stethoscopes and refreshments consisting of "queen cakes" (cupcakes), cookies, popcorn and mango juice. A team of dedicated volunteers spent hours on the preparations, and it was obvious to all those in attendance how much the ceremony meant to the medical students.