

## Spreading Health NEWS Bulletin: November 2014 to June 2015

### Summary



The most recent **Strategic Humanitarian Service (SHUMAS) Cameroon** report covers a period of seven months from November last year. It includes activities of nurses in training, and nurses in their communities where they are working in health centres. Some have now completed their three years of services following their training paid for by *Spreading Health*. They are all busy nursing patients in antenatal and postnatal clinics, undertaking vaccination campaigns and other outreach activity as well as basic consultation.

The student nurses are all doing well in their training programmes, writing and studying for their continuous assessments, internships, and examinations. Their studies have mostly been going smoothly but for some a few minor set backs. SHUMAS also reports on the payment of students' fees and allowances, their follow up of students in school, the routine monthly meetings, and an impact assessment of nurses in the communities. As well as the work of recruiting the next batch of spreading health students. The last seven months activities reflect the continuing success of the *Spreading Health* project. Well done everybody, not least the nurses and students.

### Follow up of students in school

Currently, the total number of students in training is 19. This 2014-2015 intake (the 7<sup>th</sup> batch and 7<sup>th</sup> year of the *Spreading Health* project) is 7 students at Level 1. Still in training are 5 students from the 2013-104 intake (6<sup>th</sup> year) at Level 2, and 6 from the 2012-2013 (5<sup>th</sup> year) students at Level 3. Full tuition was paid for all the students.

In addition all the Level 1 students received an allowance that enabled them to meet some of their basic needs to facilitate their studying.

Meetings each month have continued, and the attendance has always been very good. There has been no absences without permission. The meetings aim to help the students to share experiences, talk about the challenges and how to overcome them. It also helps SHUMAS keep track of individual progress and any problems. Some members of staff always attend the meetings. Participation (engagement and involvement) in these meetings is always high and encouraging.

## **The students – Level 1**

### *Nyiniwang Paulinus Khatap, from the Sabongari community.*

Nyiniwang did a placement in St Louis Clinic during the year, and will begin an internship in Bambui District health centre.

### *Kastume Lishishar from the Kovifem community.*

Kastume did a three week placement in St Louis Clinic and will start his internship in Kovifem integrated health centre, spending at least two days a week in the community health centre.

### *Che Louis Asah from the Bafut community.*

Che did a three week placement in St Louis Clinic and will start his internship in Barmenda Regional Hospital.

### *Joshua Lantir from the Nseh community.*

Joshua did a three week placement in St Louis Clinic and will start his internship in Barmenda Regional Hospital.

### *Mvenghenyi David Mamah from Babessi community.*

Mvenghenyi did a three week placement in St Louis Clinic and will start his internship in Babessi Islamic health centre.

### *Wainkem Gerald Foin from Aduk community.*

Wainkem did a three week placement in St Louis Clinic and will start his internship in Fondung District Hospital.

*All of these students start their internships on 3<sup>rd</sup> August.*

### *Sister Mary Immaculate from Nkongsamba community.*

Sister Mary is studying St Elizabeth catholic school of science Shisong, and did her internship in St Elizabeth General Hospital in Shisong.

*In summary, of this year's intake of 9 new students, 2 dropped out due to family illness and having to take care of relatives, but the other 7 have all passed through to the next year. These students passed all or nearly all of their validating courses. They all attended classes and were punctual. They all attended the SHUMAS monthly meetings. All were hardworking and devoted to their studies.*

## The students – Level 2

### *Wiykiynyuy Bennis from Kitiwum community.*

Wiykiynyuy did a three week placement in St Elizabeth General Hospital in Shisong and will start an internship on 3<sup>rd</sup> August in Kitiwum health centre.

### *Ntsidzenyuy Clovis Nkemdze from Djottin community.*

Ntsidzenyuy did his community internship in Nkambe District Hospital and begins his clinical internship on 3<sup>rd</sup> August in Djottin health centre. He is the co-ordinator of the *Spreading Health* students in school and is performing that function very well alongside his studies.

### *Paul Suiven from Tatum community.*

Paul did his community internship in Widikum catholic health centre and begins his clinical internship on 3<sup>rd</sup> August in Tatum health centre.

### *Kon Evelyne Sandarine from Bipok community.*

Kon did her internship in Yaoundé General Hospital and will start her clinical internship on 3<sup>rd</sup> August in Douala General Hospital. Kon has very good leadership skills, and her community recently benefited from new equipment following a SHUMAS project with *Building Schools for Africa*.

### *Jovita Ndzelen from Mbuh community.*

Jovita did his community internship in Bamenda Regional Hospital and will start his clinical internship on 3<sup>rd</sup> August in Limbe General Hospital.

*In summary all 5 students in the 2nd year have passed through to their 3<sup>rd</sup> and final year. They are all very hard working and attend school regularly and punctually. Always attends the monthly meetings.*

## The students – Level 3

### *Mboouomouo Nsangou from Kuwait community.*

Made a successful presentation on the knowledge, attitude and practice in HIV preventive measures in the Mankon neighbourhood in April. Mboouomouo did his internship in Bamenda Regional Hospital.

### *Tiku Unoreal from Enyoh- Batibo community.*

Made a successful presentation of his research project on a comparative study on hospital waste management between PMI Nkwen and Bambui District Hospital. Tiku did his internship in Bafut Regional Hospital.

### *Taal Christina from Mboh-Oku community.*

Christina did well in presenting her research project, and did her internship at PMI Nkwen. Very hard working despite the death of her sister and her grandmother who brought her up.

### *Ngam Leslie from Mejang community.*

Leslie was the Student Union president for the past year with lots of positive feedback about his leadership role from fellow students. He did very well on his research

project on evaluating inpatients satisfaction with nursing care at the Tubah District Hospital. Leslie did his internship at Babungo integrated health centre.

*Ndze Micheline from Kai community.*

Micheline did well on her research project on the knowledge, attitude and practice in the use of Malaria preventive measures in the Mankon community, Bamenda. Micheline did her internship at Buea Regional Hospital.

*Nsangou Yunchaou from Koutaba community.*

Successfully presented his research project on delayed wound healing in patients with diabetes mellitus. Nsangou did his internship at Buea Regional Hospital.

*Nfor Dieudonne from Sop community in Kumbo.*

Nfor is at the National Polytechnic in Bambui. He did well presenting his research project on the assessment of knowledge and practice of nurses' role in the prevention of pressure ulcers in the Regional Hospital Bamenda. Nfor did his internship at Sop health centre.

*In Summary, the 7 final year students are all waiting for the confirmation of their results and will start work in their communities in September. All did well with their research and practical exams for the HND pass (Higher National Diploma).*

## **The nurses in the community health centres**

SHUMAS have continued to monitor and assess nurses who have returned to their different communities through visits and phone calls. The nurses that have completed their training are all working very hard and managing to send in the reports of their different activities in spite of the problems of distance and poor computer networks.

### **The first batch. The first 5 Spreading Health State Registered Nurses from 2010/2011:**

*Omer Tawong from Bamdzeng*

After 4 years in the community, Omer is still working at the Biofarm health centre. Most patients are students from the Mbororor and Kingomen communities. The centre still lacks some basic equipment

*Wirnkar Ntoshini from Noi Visombo*

Wirnkar is still in the community in his 3<sup>rd</sup> year of service, and is very busy. The number of patients keeps growing. He is looking forward to the CPD course in October. A big challenge is the lack of electricity in the community health centre.

*Nsakse Havilah from Lui*

Havilah changed from working in Lui community to Kovifem community after 3 years. She was willing to continue there but the community refused to increase her compensation, so she left and is working in Kovifem still under SHUMAS supervision.

*Wirba Zuilaika from Ngehzend*

Zuilaika left the community she served for 3 years after a decision to pursue a degree program, but intends to return to the community.

*Toh Elvis from Njeng Batibo*

Elvis is still working hard in his community, actively carrying out all routine nursing activities in the health centre. He also participates in all the vaccination campaigns and conducts 'health talks' in communities. Problems of electricity supply and limited equipment continue.

**The second batch. 2 State Registered Nurses and 2 Nurse Assistants from 2011/2012:**

*Rebecca Mboubekue from Folap*

SRN. Rebecca left the community before the three years were up, and SHUMAS are following up her case with the Legal department to ask that she pays back what was spent on her as agreed in the protocol agreement at the beginning of the contract.

*Lukong Ethel from Fahkui*

Nurse Assistant. Ethel served her one year in the community as agreed and then left.

*Aishtu Yunyuy from Limbo*

Nurse assistant. Aishtu left her community after serving for one year, but recently she has been in touch to ask SHUMAS for help to be trained as a State Registered Nurse

*Jolene Kitavniadze from Kikaikelaki*

SRN. Jolene served her three years and then got married and relocated. Now busy looking after her baby.

**The third batch. 2 State Registered Nurses and 3 Nurse Assistants from 2012/2013:**

*Ndzedzenyuy E from Mbah*

Nurse Assistant. Served for one year and then decided to further his studies.

*Nchoncho Gladys Los –Nwa*

Nurse Assistant. Gladys is still working in the community.

*Sister Nicoline Munyar from Ako*

SRN. Still very active in the community. Sister Nicoline is doing well and the number of patients she sees has increased. Key problem is the lack of electricity.

*Sister Delphine Shiri from Ntasen*

SRN. Sister Delphine was helped by her community to pursue further studies. She worked in the community for one year and won a scholarship to study abroad. Before leaving, she signed an undertaking to return and continue to serve in the same community.

*Nfout Assana from Fossette*

Nurse assistant. No longer there now, but Assana completed three years service in the community.

**The fourth batch: 3 State Registered Nurses and 3 Nurse Assistants from 2013/14:**

*Abakar Sidick from Goulfey, Far North Region*

SRN. Abaker is doing well since starting work last year in his community. The main challenge here is Boko Haram creating panic in this area of the country.

*Kewir Donald from Roh, Vitangtaa*

SRN. Donald is back in his community doing his best to revamp the health centre. Very limited equipment is slowing down this work.

*Chem. Lawan from Dom-Noni*

SRN. Doing well in the health centre. Lawan's health centre was equipped by Mike Holgate, an Aid Camp volunteer from the UK. This enabled Lawan to start consultations and other nursing activities in a community health centre, which had not been functional since it was constructed 4 years before. The community has not yet started to compensate him, but he is committed to continue to serve his community

*Pepouere Aoudou from Njitapon*

Nurse Assistant. Aoudou served his community for the agreed one year and then decided to continue working for his people.

*Tachou Innocent from Amasi*

Nurse Assistant. Still in the community having also decided to continue working in his community.

*Kone Awa from Mansen*

Nurse Assistant. No longer in the community health centre. Kone served for one year and decided to relocate to be with her husband in another community.

**Moving forward: recruitment of the 8<sup>th</sup> batch of *Spreading Health* students**

Recruitment of *Spreading Health* students for the academic year 2015/2016 is in progress. It was launched in January when posters were circulated, and SHUMAS facilitated radio talks on the program, and community focus groups. SHUMAS has received about 40 applications. The written and oral examinations used to select students is scheduled for the 1<sup>st</sup> week of August 2015.

**Closing remarks**

The attendance of the students at the SHUMAS monthly monitoring and support meetings has been fantastic, and shows that the students know the importance of the meeting for their success during the training period.

SHUMAS reports that the students are very grateful to *Spreading Health* and to SHUMAS for the opportunity to study, but we are grateful in our turn for the hard work that continues to bring success to the project. The impact on the community is evident. The nurses already back in their communities are working hard to improve the health situation for their people, and succeeding. Thank you all.

Some challenges remain. Withdrawal of two students due to ill health, both recruited in the 2014/2015 academic year, is a set back, but SHUMAS has a plan to recruit new students who applied from Level 2 and already in training to replace them. Limited health facilities in community health centres means that most of them still have severe problems, which limit them functioning fully despite the presence of trained nurses. Compensation given to nurses in most communities is still very little.

In October *Spreading Health* will be taking a small team to Cameroon to run a short post qualifying course. The course will be run over 2.5 days, first in Bamenda and then repeated in Kumbo. SHUMAS has proposed an itinerary for the courses and some visits to schools and health centres. There are also visits to villages scheduled.

So a big THANK YOU to all our supporters as we prepare to sponsor our 8th batch of nurse students.

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