

MEDICAL CAMP AND HEALTH DAY

AGAPE HOPE FOR KIBERA REPORT
AHI SPECIAL PROGRAMS

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HONEST INTENTION ORGNAZATION (AHI)

MEDICAL CAMP AND HEALTH DAY

Introduction

The medical camp and health day is a program run by the Honest Intention Organization (AHI) in the schools it supports. Its purpose is:

- 1) To create awareness of preventable diseases and provide simple and easy information on prevention.
- 2) To check up, diagnose and prescribe medication for diseases commonly suffered by kids in the harsh environment (slum).
- 3) To possibly provide medication to the children bases on the doctor's diagnosis.

The impact of this project is profound. It is undeniable - healthy students are much better able to learn, develop and achieve education outcomes to become competent and responsible citizens. Health-related problems play a major role in limiting the motivation and ability to learn of the youth, and interventions to address those problems can improve educational as well as health outcomes. Healthier students are better learners. Schools cannot address all of the conditions that cause educational or health disparities, but proven and promising approaches exist and must be applied to help close the achievement gap.

Even if health factors had no effect on educational outcomes, they clearly influence the quality of life for youth and their ability to contribute and live productively in a democratic society. Improving the health of youth is a worthy goal for elementary and secondary education. Indeed, pursuing this goal is a moral imperative.

The medical camp took place on **23rd April, 2016** at AGAPE Hope for Kibera. The institution was started in was started in 2006 by Rally Odhiambo who is the current school principal. It is a primary school from Baby Class to Class 3 for both male and female students. There are about 50 students mostly from Kibera slum, towards the Toi market area.

AHI partnered with Dr. Kellie Mwenda (Gertrude's Hospital), UON Medics (University of Nairobi), Tusaidiane Health Ambassadors (Kenyatta University), Dr. Terry Kamau (Pharmacist), Nurse

Emily Karimi, and a team of 10 non - medical staff. The UAP - Old Mutual Medical Division was the funding partner for this medical camp.

Health Camps

The Health Campaigns were conducted by the Tusaidiane Health Ambassadors from Kenyatta University. This team had the responsibility of carrying out health demonstrations to the students who were divided into three groups and the following topics dealt with:

- 1) Hand washing techniques: This involved a physical demonstration on how to properly wash hands. Innocuous as it may seem, disease transmission thrives in a situation of unwashed hands and therefore giving relevance to this demonstration.
- 2) Cough Etiquette: Yet another demonstration on how to cover ones face when coughing and sneezing in an effort to reduce infection transmission of respiratory diseases such as tuberculosis.
- 3) Oral care: Dental hygiene goes a long way especially in the paediatric population. Proper brushing technique aids in prevention of dental carries and the sequelae that come with them.

These topics were conducted on a rotational basis after which the children proceeded for clerkship and drug dispensing.

Medical Camps

The team was well organized, led by Dr. Kellie Mwenda from Gertrude's Children's Hospital, with each individual knowing their specific role. Their main deliverables included;

- 1) To take height, weight and basic medical information of the children.
- 2) To diagnose and treat the common ailments affecting the children of Agape school
- 3) To dispense drugs to the children once diagnosed.

The team saw a total of 75 children between the ages of six months and fourteen years. Common ailments encountered included gastroenteritis (diarrhea and vomiting), upper respiratory tract infections and some cases of wheezing associated with chronic coughs. All children above two years were dewormed and gastroenteritis cases were treated.

Pharmacy

After consultation with the medical officer on site, the children then moved to the pharmacy to receive the appropriate medication. Available medicine involved common ailments medicines such as paracetamol, oral rehydration salts, zinc sulphate tablets and albendazole. All the children seen received oral chewable albendazole tablets administered under direct observation to ensure proper and complete administration. The appropriate directions for administration of the other drugs prescribed as well as nutritional advice was given to each child accordingly and properly packaged with clear instructions to the guardians/ parents at home.

Feedback/Recommendations

The medical camp was rather successful; the students were very co-operative and excited about the medical camp. The health burden comprised of common ailments in the paediatric population: parasitic infections, upper respiratory infections and diarrhea. However, very few presented with low weight for age/ stunted growth. But all in all, many were pretty healthy.

- 1) Guardian accompaniment: Guardians should be involved in the process in case they too are in need of medical consultation and at the same time, be entrusted with prescriptions and dosage instructions. With guardians present it will be possible to emphasize on the importance of nutrition and tailor advice to what is available in each home.
- 2) Drug procurement: A wider array of drugs should be present in such health camps as most drugs prescribed may unfortunately not be purchased due to monetary constraints. A partnership can be made with other organizations to be providing drugs during such initiatives.
- 3) Routine deworming for the children should be done at least once a year or even twice every six months with emphasis on the importance of boiling water which brings up another issue of availability of clean water both at home and at school. With this in mind the question of accessibility of clean water arises as well as the measures which can be taken to ensure that this can be provided. Provision of an on-site tank at the school was suggested.
- 4) Infection prevention pictorials or charts should be made available so that they can be viewed every day in the classrooms. This will consolidate knowledge through repetition

Gallery



