

SIRIBA VILLAGE HEALTH TEAM TRAINING

REPORT

22ND TO 26TH OCTOBER 2018

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Background to the training

A needs assessment which was done in Siriba Community of Kiryandongo district, found that the community needed to scale up health care in that community. The Rotary Club of Kololo discussed with community members and interventions agreed upon were:

- i. Training in health-seeking behaviour along with supportive establishment of primary healthcare facilities
- ii. Guide the development and training of Village Health Teams (VHTs).
- iii. Support inputs activities and inputs for disease prevention and treatment

St. Stephen's Hospital was requested to train a team of 10 VHT members who were selected by the community. Topics covered included the role of a VHT member, overview of the household visit, identifying danger signs, routine care of the pregnant mother and the new born baby, care for the whole household, prevention of diseases, referrals, community mobilization and report writing among others.

Date and Venue

The training took place from the 22nd to 26th October 2018 at Siriba Primary School in Kiryandongo District.

The training team

The members of the training team were:

S/N	Name	Qualifications
1.	Dr. Nakibuule Catherine	MBCChB, MPH Muk
2.	Mr. Mugume Charles	Dip. Clinical Medicine, B.Admin UCU
3.	Ms. Milly Nalaaki	Dip. Midwifery
4.	Mr. Deo Odida	Project coordinator
5.	Mr. Iranya Godfrey	Kiryandongo District Health Inspector

Objectives

The main objective of the training was to empower VHTs to ensure the health and wellbeing of Siriba village through referrals to the health unit, sensitization of the community about health issues and serving as a link between the community and the health units in order to contribute to the overall goal of improved health of the community.

Specific Objectives

1. To educate the Siriba VHT members about disease prevention, first aid and referral to enable them to ensure the health and wellbeing of Siriba village..
2. To train the Siriba VHT members in advocacy for health and community mobilization for health activities.

Training program

The training team agreed on an agenda which was adopted from the Ministry of Health VHT training manual ().

Participants

The training was attended by 13 participants who were selected by the community of Siriba. They were individuals residing in the village of Siriba.

Training approach

Participatory approach was used, we had discussions, sharing of experiences case discussions, and role plays.

The training was conducted in English since all the selected members were fluent in the English language.

An evaluation of the training was done at the end of each day. Members were asked to provide answers to specific questions to establish if they had a better understanding of the topics discussed and to comment on the training approach and content.

A recap of the topics of the previous day was done every morning to ensure that participants had understood.

Daily activities

Details of the training

Day 1

Opening

Participants arrived at the training venue at 1:30pm. The training was opened with a prayer, introductions were made, leaders elected and norms set.

The Training

The training was opened with an ice-breaker in which the participants randomly selected papers from a box. These papers had different names of items written on them. Each participant was required to read the item on their selected paper and talk about its importance. The team brainstormed on the importance of the different members of the community in maintaining/improving health; that is the family, health workers, and local leaders and finally the roles of the VHTs were discussed. Members also discussed qualities of a good VHT member.

Mapping the village

With the help of the District Health Inspector of Kiryandongo District, participants actively drew their village maps. On the map they included features like rivers, churches, schools and health centers where they would refer patients to.

Filling and maintaining the village register

The participants went through the village register where information about households in their zones, sanitation, pregnant mothers' new born children, HIV e.t.c. would be captured.

Day 2: Observation of health behavior, practices, hygiene, and health condition of household members, Summary report and Home visits

Participants were taken through how to observe the health behaviour practices, hygiene and health condition of the community members in their households and how to give feed back to the family members. Participants had role plays and experience sharing.

Summary report and analysis of information in the village register

Participants learnt about the information required to be filled into the village register. They discussed the items that were to be entered into the village register.

Participants also discussed how to analyze the information in the village register to come up with a report/ story about their findings. Emphasis was put on the importance of recording all the findings.

How to conduct Home visits

The importance of conducting home visits was discussed, which included observation of health conditions like hygiene practices and behaviors, share information and give advice about healthy habits and follow up with patients at home. Participants discussed how a home visit is conducted two members role played and feedback was given by the group.

Day 3: Help save lives

Participants were taken through how to save lives. This session was divided into 6 sections which were:

- i. Recognition of danger signs,
- ii. Referrals,
- iii. Ensuring that children are immunized,
- iv. Postpartum home visits,
- v. Antenatal care and
- vi. First aid for minor injuries.

i. Recognition of danger signs in a pregnant mother

Members discussed signs and symptoms that spell danger in a pregnant mother and how to respond to them. Danger signs in the new born and child were also discussed and demonstrated.

Antenatal care was discussed, the importance, what is done at the health unit and the role of the VHT member.

ii. Referrals

The importance of referrals, who qualifies for referral, was discussed. A list of the cases for referral was presented.

iii. Ensuring that children are immunized

Participants discussed the immunization schedules for all immunizable diseases in Uganda. They also discussed the importance of immunization and what messages to give to the community members.

Day 4: Help save lives -continued

iv. Post natal care (Care for the mother and baby after delivery)

The importance of postnatal care was emphasized. Danger signs during the postnatal period. The process of conducting a postnatal home visit was discussed. Simple procedures to rescue a home delivered baby were discussed. Messages to give to women, when the VHT member does the postnatal home visit and their role. Immediate care of the new born and the mother after birth was also discussed. Family planning was also defined, its importance, the different types and the role of the VHT members was discussed. Members asked questions and shared experiences.

VHTs Encouraging mothers to use family planning to avoid unwanted pregnancies was emphasized as well as addressing the myths about family planning.

v. Antenatal care

Care of the pregnant mother was discussed. The number of antenatal visits, the type of care offered, complications during the antenatal period and the role of the VHT members were emphasized.

The following issues were also emphasized:

- i. Encouraging mothers to attend the antenatal clinic as soon as they realize they are pregnant.
- ii. Recognize the signs of labor and refer mothers to the health facility.
- iii. Recognition of danger signs during pregnancy labor and puerperium and referral to a health unit

vi. First aid for minor injuries

First aid was defined, its importance and the role of the VHT member. Different situations that required first aid were discussed and the first aid that was needed. Questions were asked and experiences shared.

Non Communicable diseases

Non communicable diseases were defined; the difference between communicable and non-communicable diseases was discussed. Examples were given, risk factors, prevention and the role of the VHT members was discussed.

Day 5: Referral of people needing health care to health units, Plan activities with the health unit and support the health unit with activities in the village, Notification of health unit staff about “reportable” diseases, community mobilization and drawing of a work plan

The process of referral, the referral form and the conditions which needed referral were discussed. Participants also shared challenges of referral like lack of transport for the patients to transfer to the health unit.

Plan activities with health unit staff

Participants discussed how to plan activities requested for by the health unit, or those suggested for by the VHTs. They gave examples of some of the activities for example mobilizing the community to go for HIV testing, for cervical cancer screening e.t.c.

Participants discussed the activities that support the health unit in improving health of the community, diseases that needed immediate reporting to the health facilities (Reportable diseases) and purpose of community mobilization.

Work plan development and report writing

Members developed a work plan for the period of three months. The format of the report was revised and work plan refined.

Closure

The training was closed on the 27th October 2018 with giving of certificates. The closing ceremony was graced by the Resident District Commissioner of Kiryandongo District and the President of the Rotary Club of Kampala North.

Outcomes of the Training

The training was successful, more participants turned up than expected. The Siriba VHT members are able to help ensure the health of Siriba village through sensitization, referrals,

offering first aid, mobilization of the community and acting as a link between the village and the health unit.

The participants agreed on the following activities for their future work:

- i. Make weekly reports and submit to the leader of the VHT
- ii. Sensitize the community about disease prevention
- iii. Become better advocates for improved health in their communities
- iv. Conduct regular home visits for the vulnerable groups
- v. Attend monthly meetings of the VHT members to discuss health issues of Siriba Village

Recommendations

1. Organize more trainings of this nature in order to improve on VHT work.
2. VHTs to work closely with the health workers in the health facilities to improve the health of the community.
3. Funders to provide protective gadgets like gloves, gumboots, aprons T-Shirts and raincoats to assist them in their work.
4. Rotary to fund a community ambulance to assist in referrals especially for the mothers who may need referral, since the referral centers are very far.
5. Lobby for support from the officials at the district
6. Organize specific trainings for example management of malaria, diarrhea e.t.c.

Acknowledgements

The Rotary Club of Kampala North is appreciated for their generosity, the Kiryandongo District for their cooperation, the trainees for their dedication to improvement of community health and the training team for their commitment.

ANNEX

1. MONTHLY WORPLAN FOR SIRIBA VHTS

Activity	Indicator	Means of Verification	Timeline/Freq.	Resources
Home Visits to vulnerable groups in the village conducted	Number of visits conducted in a week	Weekly reports	Weekly	Transport Education materials
Sensitize the Community about disease prevention	Number of gatherings sensitized	Weekly reports	Weekly	Transport Education
Meetings attended	Number of meetings attended	Minutes of meetings Attendance lists	Monthly	Stationery
Report Writing	Number of reports written	Reports hard copies	Weekly	Stationery
Conduct Referrals	Number of referrals	Report written Referral notes	Weekly	Transport Stationery

2. SIRIBA VHT TRAINING 22-26TH OCTOBER 2018

LIST OF PARTICIPANTS

S/N	NAME	CONTACT
1.	Nyeko David Aldo	0773023238
2.	Oweka Isaac	0773415786
3.	Anywar Byron	0782082503
4.	Oyek Felix	0782792815
5.	Ageno Nancy	0778393115
6.	Namukoma Grace	0778218544
7.	Opoka Isaac	0777990270
8.	Omony Kenneth	0783944943
9.	Amiya Lisa	0789743367
10.	Anena Maureen	0784465346
11.	Ayebare Aidah	0772281422
12.	Akello Agness	0781945644
13.	Otembi Grace	0780406531

3. TIME TABLE FOR SIRIBA VHT TRAINING

TOPIC	TIME	RESPONSIBLE PERSON
Opening Devotions		Kiryandongo staff
Introductions Opening remarks Overview of the training	12: 30 pm	Rotarian Dr. Nakibuule
Purpose and Profile of the Village Health Team Responsibilities of the Village Health Team (VHT)	12: 30 pm	
Day 1 : Record and Examine Activity 1: Make a map of the village Activity 2: Fill in and maintain the village register Activity 3: Fill and submit Summary Report Form Activity 4: Analyze the information in the village register	12: 30 pm- 5:30pm	District staff Mr. Mugume C
Day 2 Visit village members Activity 1: Observe health behavior, practices, hygiene, and health condition of household members Activity 2: Share information and give advice about healthy habits to neighbors during home visits Activity 3: Share information with village groups during health talks Activity 4: Follow up with patients at home	12: 30 pm- 5:30pm	
Day 3: Link the village and the health unit Activity 1: Plan activities with health unit staff Activity 2: Support health unit activities in the village Activity 3: Share and plan with the village leaders Activity 4: Notify health unit staff immediately about “reportable “diseases Activity 5: Encourage those who want information or help with child spacing to go to the health unit	12: 30 pm- 5:30pm	Mr. Mugume C
Day 4: Help save lives Activity 1: Recognize danger signs Activity 2: Refer people needing health care to health unit Activity 3: Help ensure that all children are immunized Activity 4: Counsel every pregnant woman about timely ANC visits, newborn care, and timely post-partum (after delivery) checks Activity 5: Conduct post-partum (after delivery) home visits to advise families about newborn and maternal care Activity 6: Advise people on basic first aid for minor injuries and illness Overview of Non Communicable Disease	12: 30 pm- 5:30pm	Matron Ida Mpaata Milly Dr. Nakibuule
Day 5: Mobilize the village Activity 1: Mobilize village members for health activities Hold monthly team meetings Activity 1: Hold monthly team meetings Action Plan	12: 30 pm- 5:30pm	Health inspector Mr. Mugume Charles

