



Centro
Salute Globale



Azienda Ospedaliera
Universitaria Senese



*Working together to improve Quality of Healthcare
10 years of cooperation between Kenya and the Tuscany Region*

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Nairobi, 5th September 2017
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Community

Training /
Capacity
Building

Services /
Health System
Strengthening

Socio-
Cultural
Projects



RUARAKA UHAI NEEMA HOSPITAL



REGIONE
TOSCANA



Where: Nairobi North-East

Since: 2008

Overall Objective: Improving mother and child health status for the marginalized communities of Nairobi North East

Specific Objectives:

- Set-up of an integrated health center to provide accessible and quality health care to the most marginalized communities in the area of Nairobi North-East, with a focus on Maternal and Child Health;
- Increasing prevention in high risk slum areas
- Fighting the “*Brain Drain*” through the capacity building of health and social workers.

AlbaCare



SERVICES CURRENTLY OFFERED AT RUNH:

- Mother & Child Health
- Radiology/Ultrasound
- Laboratory
- Specialized clinics:
 - *Breast cancer prevention*
 - *Diabetis and hypertension*
 - *HIV/AIDS (Comprehensive Care Center, Voluntarily Counseling and Testing, Prevention of Mother-to-child Transmission)*
 - *Tuberculosis*
 - *Dermatology*
 - *Leprosy*
 - *Gender Based Violence*
- Casualty
- Physiotherapy
- Pharmacy
- Alba Maternity Department with Operating Theatre
- Center for Professional Development
- Ambulance Service 24/7
- Alba Care Pediatric Ward and Pediatric Operating Theatre (28 beds)
- Malnutrition Unit
- Mortuary (with pathologists as may be required)





	Normal Deliveries	Caesarians
2016	2,044	1,032
Total		3,076

- ❑ In 2016 the *Ruaraka Uhai Neema Hospital* assisted **130,508** patients
- ❑ **60%** of the total are women
- ❑ Over **800** assisted in the Alba Care Pediatric Department



A. Community Strategy / Engagement / Health Promotion

A.1 Medical Camps

- Where: Slums of Nairobi North-East
- Since: 2010
- Overall Objective: Improve access to basic health care for slum dwellers
- Beneficiaries: Patient with no/limited access to basic health care or unaware of health services existence.
- Activities: Screenings, diagnosis, therapies referrals are provided for free. Medical camps are held once a month in a different slum of Nairobi

North East



A.2 Ante Natal Medical Camps

- Where: Slums of Nairobi North-East
- Since: 2014
- Overall Objective: Guarantee and improve access to pre and post-delivery assistance
- Beneficiaries: Young mothers (14 -25 years old) with no/limited access to basic antenatal and post natal care



A.3 Community-Based Rehabilitation Program



- Where: Peripheral gyms located in the slums areas of Babadogo, Korogocho, Kariobangi, Kahawa/Soweto, Mathare.
- Since: 2005
- Overall Objective: To reduce child disability in Nairobi slums
- Specific objectives: (a) Disability prevention and rehabilitation;
(b) Improving life conditions of children with disabilities
- Beneficiaries: children with disabilities and their families
- Activities:
 - Physiotherapy and occupational therapy sessions
 - **Orthopaedic/corrective surgery for eligible cases**
 - Awareness creation and fight against the social “stigma”
 - Training at community and facility level



AlbaCare

A.4 HEALTH EDUCATION PROGRAM

Where: Government or informal schools in the slums of Babadogo, Korogocho, Huruma, Mathare, Kariobangi, Kahawa/Soweto

Since: 2005

Overall Objective: To improve the health status of the youth living in a challenging environment

Specific Objective: Promotion of a healthy life style among adolescents at risk

Beneficiaries: School pupils, their parents, teachers and communities

Activities:

- Awareness creation through information sessions, and psychological counseling by a specialised team of social workers .
- Seminars for parents, teachers and administrative staff of the schools
- Awareness creation through Public Rallies



A.5 SAFE MOTHERHOOD PROGRAM



Where: 35 (target) governmental and informal schools in the slums of Babadogo, Korogocho, Huruma, Mathare, Kariobangi, Kahawa/Soweto.

Since: 2009

General Objective: Promotion of reproductive health and safe motherhood among adolescents living in a challenging environment

Specific Objectives: (1) To empower adolescents to make informed choices about reproductive health issues of pregnancy and safe motherhood; (2) To reduce the rate of unintended pregnancies, illegal abortions and school drop-outs; (3) Prevention of HIV/AIDS transmission.

Beneficiaries: adolescents between 10 and 18 years, their teachers, parents and communities.

Activities: (1) Awareness creation through information sessions and psychological counseling focusing on the themes of safe motherhood, prevention of unintended pregnancies, early marriages and STIs (2) Sensitization seminars for parents, teachers and administrative staff of the schools



...Some achievements




A. Community Strategy / Engagement / Health Promotion


- **12** Medical Camps per year in 6 slums – over **3,000** patients per year + referrals
- Over **200** assisted per year during the Ante Natal Care Medical Camp
- Over **450** children with disabilities assisted per year at 6 community-based physiotherapy gyms + almost **30** corrective surgeries every year thanks to the Alba Surgical Project
- Over **5,000** youth reached yearly
 - *Health Education*
 - *Safe Motherhood*
- Engagement with 4 Community Health Units

B. Training / Capacity Building

- Continuing Medical Education to keep up-to-date the staff

 0 classes every year supported at Ruaraka Uhai Neema Hospital and Mbagathi District Hospital (>**780** attendances)

- In-service Training to educate, in detail, on particular pathologies and treatments

 20 modules conducted since 2014 with Ministry of Health/Nairobi City Council/Ruaraka Sub-County and partners / Toscana Region (>**1,000** trainees)

- Installation of web-conferencing system for e-learning at Ruaraka Uhai Neema Hospital on-going



C. Service Provision / Health Systems Strengthening



- Ruaraka Uhai Neema Hospital
- Mother and child health referral network
- Equipment enhancement at 9 Facilities in the slums of Nairobi North-East
- Infrastructural rehabilitation at 9 Facilities in the slums of Nairobi North-East
- Facilities supported in Quality Improvement Processes (through SafeCare Program)
- Study and development of financial/insurance instruments to promote access to healthcare



fondazione
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NAIROBI NUTRITIONAL PROJECT

Where: Slums of Nairobi North- East

Since: 2016

General Objective: Improvement of the nutritional and health status of pregnant women and children in the slums of Nairobi North-East

Specific Objectives: improvement of access and fruition of nutritional services and the development of better Knowledge, Practice and Attitude in the sanitary and dietary field.

Beneficiaries: Women in the reproductive age, Children

Activities: (1) Support to the clinical, nutritional and formative activities of patients assisted at Ruaraka Uhai Neema Hospital and at the two minor clinics in the slums of Nairobi North-East

(2) Health and nutritional education sessions in 10 schools

(3) Peer-to peer education in the sanitary and nutritional field, promoted by the Life Skills Team in the targeted 10 schools



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D. Socio-cultural Projects

BANJUKA PROJECT – A MUSIC & DANCE SCHOOL

Where: Babadogo, Nairobi.

Since: 2012

General Objective: To improve the overall health status and empower the youth of Nairobi North-Eastern slums through:

- (1) Promotions of talents among the young people in the slums
- (2) Promotions of life skills and education development through dance and music

Beneficiaries: 90 youth aged 10-20, living in Babadogo and neighboring slum areas and particularly exposed to environmental risks.

Activities: Dance and Music classes, Public awareness performances for the community, Counselling services for the children





SLUM FILM FESTIVAL

A community-based event, organized on an annual basis, which features stories about the lives of people living in urban slums. It is a celebration of the creativity of the filmmakers who live and work in the slums, it is an opportunity to promote (through a week of outdoor screenings) a wide range of movies, including the local communities that have limited access to the movies in general .



SLUM DUNK – HOOPS FOR KIDS



Where: Mathare slum in Nairobi/ Manyatta slum in Kisumu

Since: 2015

General Objective: To support youth/child development, by promoting sports and teaching Life Skills

Beneficiaries: 130 kids/youth from the surrounding slum, 100 parents/caregivers, 36 professional players and coaches, 480 students and 10 teachers

Activities: Basketball and Soccer academy, Life Skills sessions, psychological support, teachers' training on Life Skills

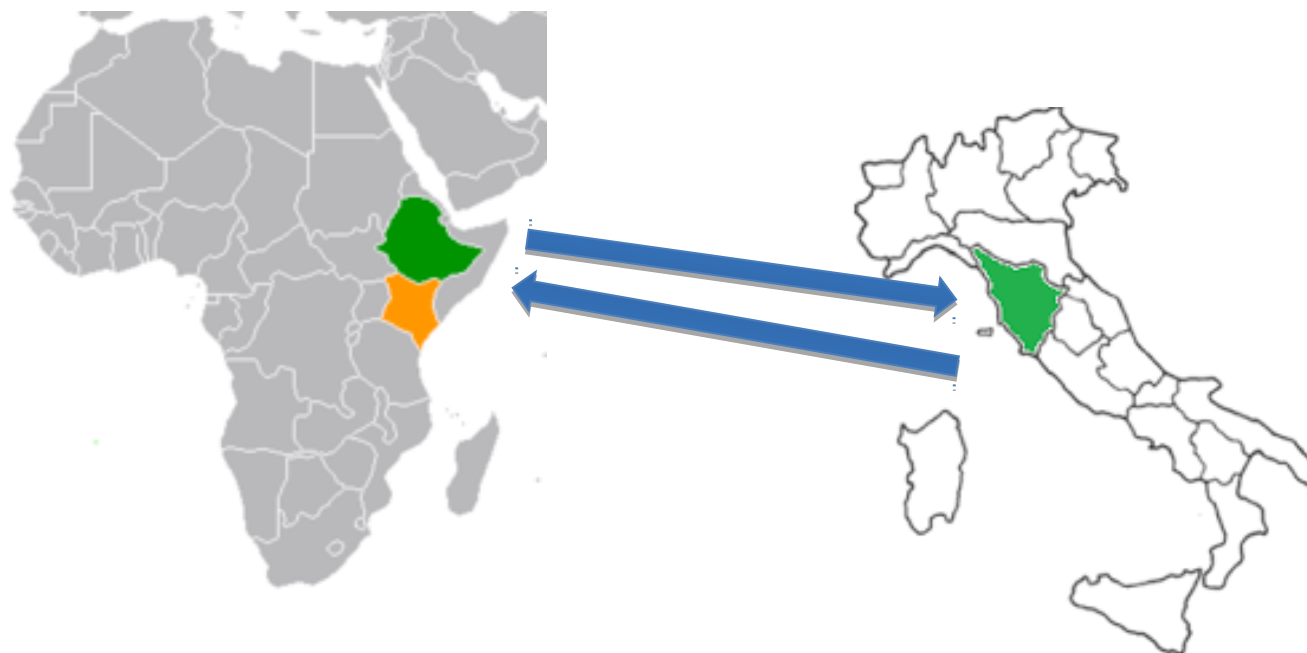




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..... A PARTNERSHIP FOR A SUSTAINABLE DEVELOPMENT

PIR (Progetti Iniziativa Regionale)

... a sustainable partnership since 2010



- ✓ Sharing skills and knowledge between Italy and Africa (more than 20 Italian doctors at Ruaraka Uhai Neema Hospital)
- ✓ Capacity Building (more than 30 CMEs and Trainings conducted)
- ✓ Standard Operative Procedures (SOPs) for Maternity, Laboratory and Pediatric Department
- ✓ Safe motherhood Program (more than 3,000 adolescents reached)





Mother and Child Health in Kajiado



Mother and Child Health

This was achieved through a Mobile Clinic Program reaching **21** underserved communities, the support and empowerment of **25** first level health facilities; **23,028** women benefited from a comprehensive and accessible perinatal support; **14,184** children under 5 years and **12,987** children 6-15 years old got the chance to enjoy health care ranging from preventive to diagnostic and curative services.

Malnutrition

8,557 talks were conducted with pregnant women and mothers held to promote better hygienic, food preparation and feeding practices. Moreover, **12,893** growth monitoring sessions were implemented, providing referrals to partnering facilities when necessary.

Reproductive Health

15,348 attendances of male and female community members were recorded at the several community advocacy meetings aimed at promoting RH rights and Family Planning uptake. At both school and community levels, Health Education and Safe Motherhood curricula were conducted and completed, with the attendance of **52,591** boys and girls.

Capacity Building

A comprehensive training program was implemented, whereby **364** Health Workers from public and private facilities underwent **21** modules. Furthermore, the project has sustained the County Healthcare Stakeholders Forum, for instance by providing technical assistance to its membership along with a dedicated website to improve coordination of stakeholders' activities in key areas of the healthcare sector.



Quality work in progress...



SafeCare has been established to support both public and private healthcare facilities to go through a stepwise improvement program to deliver safe and quality-secured care to their patients. SafeCare acts as the custodian of internationally recognized, unique sets of standards that are realistic for resource-restricted settings while not compromising on quality, safety and efficiency. Such standards are accredited by the International Society for Quality in Healthcare (ISQua), a global leader in quality



Ruaraka Uhai Neema Hospital
has achieved Level 4
(out of 5)
in Quality Healthcare

“F.A.R.E.!” – Facilities’ Advancement and Referral Enhancement

A project carried out by World Friends Onlus, Oxfam Italy, The Meyer Pediatric Hospital and Engera, and co-financed by the Centre for Global Health, Tuscany Region, which provides assistance to 860 thousand people in different communities.

The aim is to provide qualified medical assistance for health emergencies relating to childbirth for 860 thousand people in two of the poorest areas of two African countries: the shanty towns in the North-eastern area of Nairobi in Kenya, and the Guraghe region in Ethiopia. The project involved 15 health structures of various levels together with the required health workers, and above all for women of reproductive age and their children, resident in the areas of the initiative.



A bridge of solidarity stretching from Florence to Africa, to support mothers who today still risk death in childbirth. In Ethiopia and Kenya.



Of all the forms of inequality,
injustice in healthcare
is the most shocking
and inhumane.

Dr. Martin Luther King, Jr.
March 25, 1966

