



CHPF is located at the blue balloon

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1. Introduction

Writing the date of this newsletter, evoked a sudden realization that we look forward to – an anniversary in June this year - specifically the tenth anniversary of Community Health Promotion Kenya (CHPK). CHPK is the predecessor of Community Health Promotion Fund (CHPF). Always good to notice a good reason for a party!

In this newsletter updates about the study fund for medical students, the developments at North Coast Medical Training College, and the progress that has been made with the care provided to the population in the vicinity of the school. 2018 was a good year for the school, with good growth and good results again. For Kenya as a whole, 2018 was a recovery year after the protracted elections and re-elections in 2017 and the tense situation that continued thereafter until April 2018. A political breakthrough was achieved in that month and life has become more or less "normal" since then. Also, the pre-election strikes have all ended, so there is also more stability in the health sector.

In this newsletter many pictures and some information about the developments. The annual report for 2018 will be completed around July and more detail and all the financial overviews will be provided herein.



Diagram: Who we are and how we collaborate

2. Student Education Fund

In 2018, the student study fund remained a central activity in CHPF. In our perception, good healthcare education is the basis for most what we want to achieve and making it accessible is essential. Many students have been helped in recent years to pay for their studies through this fund and it has enabled many needy but driven students to pursue training in the medical field. The appeal on the CHPF study fund was huge again in 2018, and thanks to you we were able to help many students again. We received support for this fund from many individuals, from Stichting Diorapthe, Stichting Friends of the Medical Mission Sisters and Rotary Club Purmerend Polderland.

The largest part of this fund is paid out as student loans and a small part as a scholarship. This creates a largely sustainable fund that future students can also use when their predecessors repay their loans. We work together with the Higher Education Loans Board (HELB), which takes care of all the administration and the recovery of the loans. CHPF is concerned with fundraising for this fund and with the selection of students who need the money the most. Student loans were paid out at twice in 2018 - in May and in August. This way, students starting in March as well as those starting in September can access school fees on time. Fortunately, processes at the HELB were much smoother in 2018 and with much less delay than in 2017. In the coming months we should receive a first report from them about the repayments of the first students who obtained



loans through our collaboration. The first student loans, from 2012, were not yet paid out via the HELB but directly by CHPF. In 2018, the first student from that time succeeded in paying off the entire loan and a number of others started their repayment.



In 2018, a total of 158 students received a student loan and 14 students received a grant. One of the students who received a scholarship was in such a bad state that she also receives an allowance of around 1000 KES per week to provide for her upkeep. Of the 158 students who received a loan, this was the first time for 67 and 91 had already received a student loan from CHPF in previous years. In total, approximately € 3,800 was paid out as a scholarship and € 52,000 as a loan.

Alumni of our first class (2012 intake): On top – Collins who is now working in a hospital in South-West Kenya. Below: Nickton (left) who now works at North Coast MTC and Susan (middle) who works in a clinic in Mombasa

In addition to student loans for students, in 2017 a small start was made to create a staff education fund and support several staff from North Coast Medical Training College with a partial study loan to specialize in medical education. This was repeated for the second group which started in 2018. At the end of 2018, a commitment was made for one staff to pursue a specialist Bachelor degree in mental health in Malawi. The

school also established a policy through which staff can opt to make monthly contribution to this staff study fund through a staff savings system. CHPF will also try to raise capital for this fund in 2019 to get it fully started.

Donations to the study fund are ongoing and welcome via Community Health Promotion Fund, CBA – Nyali Branch, 7676210018 (KES) quoting: CHPF- scholarship.

3. Developments in North Coast Medical Training College

North Coast Medical Training College has grown rapidly again in 2018. The number of students increased by 39% from 348 in January to 484 in December 2018; over the same period the number of staff members grew from 46 to 54. In addition to growth in numbers, 2018 was mainly dominated by growth in the team, professionalism, the organization, and in partnerships with other organizations.

The year started with intensive collaboration with Hanze University of Applied Sciences in Groningen. A team of 22 Hanze employees came to Kenya in February-March. Part of the team participated in the construction of a new floor on the "Hanze house" and an extension of the hostels, and the other part of the team participated in the development of teaching methods and techniques. For two weeks they worked together with North Coast MTC staff in construction, in the classroom, and sometimes also in the library and in administration. These were fantastic and intensive weeks with a lot of exchanges and continued e-mail contact in the remainder of the year. We hope that friendship and cooperation will not be limited to 2018 but will continue for many years! Fortunately the signs of this are favorable; in the beginning of 2019 we received three of them already again for a visit!



Hanze House: Below: Under construction. On top: In use!



Expansion of the hostels: Left – the walls are going up. Right – the new extension in white seen from the roof of the Hanze house.



In addition to collaboration with Hanze University of Applied Sciences, collaboration with the School of Health Professions Education at Maastricht University was continued in 2018. Within this collaboration, other than staff of the two institutions, several Kenyan consultants are also involved in the development and implementation of this training. In August 2017, a joint “Enabling Learning” training course was started for health personnel working in education, and in April 2018 the first group of participants qualified. The second group started training in November 2018. Work is currently being done to expand the training.



Participants of the “Enabling learning” courses August 2017 – April 2018 and November 2018 – July 2019

The tail end of 2018 brought two more moments of international cooperation. In November, with the help of PUM-the Netherlands, an e-learning specialist came to help us improve our various IT systems. With the growth of the school, the underlying structures of course become increasingly important to ensure that everything goes well. Here we ran into various things that we could not resolve ourselves, but with which we are now a lot further. In addition, we came into contact with Comundo, a Swiss organization that employs professionals. With their help, from January 2019 we have a Swiss doctor specializing in internal medicine who comes to help us with curriculum development and implementation, in particular in the field of acute medicine and ultrasound.

After the visits of many Dutch people to Kenya and the school, in 2018, finally, we also managed to send two staff members for a return visit to the Netherlands. Paul Mole and Maureen Asha, young staff members in clinical medicine and nutrition and dietetics respectively, spent six weeks in the Netherlands in May and June. First by following a Summer school program at the Hanze Hogeschool about global healthcare, healthy aging and the rise of ICT in measuring health. They then participated in a second Summer school program, now at the University of Maastricht, in the field of medical education.



Paul and Maureen in Netherlands: Top – At the Hanze University. Below – Mud walking in the Wadden sea.

In the second half of 2018, as of September, cooperation was expanded towards the southern part of the continent. With the help of a South African organization “Bridges of Hope” the first-year curriculum was adapted for all programs and more and more focused on behavior and behavioral change as an outcome measure. The starting point of competence-oriented, student-oriented education is becoming increasingly clear within this, including a great deal of attention for self-reflection and “practice what you preach”. As health professionals, we are busy with people and continuously advising based on our knowledge, hoping that our patients will follow our advice and live a healthier life. Within the educational themes, the new curriculum is now always related to yourself, your personal environment, and your role as a professional health professional.

Van reflecting on questions and observations such as
"How healthy do you live yourself?"
"What are you going to change or not and why?"
"How effectively do you communicate yourself?"
"Measure your heart rate after running around the school"

Via questions and observations such as
"How healthy do your friends live and how do you discuss it if they behave unhealthily"
"How do you give feedback to a fellow student who does not follow your group rules?"
"The variation in heart rate between the different students in your group"

Finally to
"Explain to a patient what asthma is"
"Observe the respiratory changes measured on physical examination of a patient with pneumonia"



Activities during Bridges of Hope training



Skillslab for renal nursing

A final form of international cooperation finally began to bear fruit at the end of 2018. Mid-2017, together with an Indian organization "Quality Dialysis Care", North Coast MTC embarked on establishing a higher national diploma course for nurses in dialysis care (nephrology nursing). At the end of 2018, the school and the various hospitals where students will do their practice internship were inspected by the committee that has to give their permission, and just before the Christmas holidays the permission was obtained. The first group will start in April.

More cooperation also got under way in Kenya. After the school conducted a skills lab training for Amref in Nairobi in February, a return visit was made in August by the newly opened "Amref international university". In different areas it seems useful for both parties to work together more in 2019. In addition, in 2018 there was more cooperation with the "School for Integrated Medicine" of 4Kenia in Kwale. This organization is located in a neighboring region a few tens of kilometers further south and is carrying out a project sponsored by the European Union. North Coast Medical Training College is currently conducting four research projects in the field of health and health behavior. The studies are about home births and the role of traditional midwives; the psychiatric and psychological care in Kwale; the role of traditional bone-setters (people outside of formal healthcare who are consulted in case of bone fractures), and diets and home remedies that people in Kwale use when they have heart or blood vessel problems. In addition to hopefully providing useful information,

these studies also provide a good opportunity for various staff members to gain more experience with research and data analysis. In 2019 we hope to report back to the government for this and possibly publish something. All this as a follow-up to the first publication that appeared in 2018 about our research among clinical officers specializing in reproductive care as available from

<https://human-resources-health.biomedcentral.com/track/pdf/10.1186/s12960-018-0296-6>.

Also, a lot happened within the college itself. This year we had not one but three graduation days. It was decided to organize an official ceremony every six months so that students do not have to wait very long for their diploma once they have finished their training. In addition, we also had a specific group of 70 refugee students who did their training in the Dadaab refugee camp and of course a graduation ceremony was also organized for them. In addition to these graduation days, we were also visited by all existing regulatory bodies, and they also appreciate the results of the school - the students did well again in the national exams. Finally, following one of the graduation days, the alumni association of North Coast Medical Training College was officially established. With this we hope to be able to follow our former students better, and that it will make it easier for them to continue to communicate with us and their colleagues.



The expansion of student numbers naturally has an impact on the use of space. In 2018, we worked again a lot on expanding the infrastructure. In addition to the extra floor on the Hanze house and the expansion of the accommodation, a start was also made on the construction of a large educational block. Ultimately it should be four floors, complete with classrooms and staff rooms. In 2018, we succeeded in getting the building off the ground. Hopefully it will succeed in 2019 to get extra funds for this and to finish the ground floor and the

first floor in any case. In addition to these major new projects, the laboratory was also completed in 2018, a skills lab room was set up for the new dialysis training, the library was air-conditioned, and various seating areas were created outside to create more space for the students to join in groups being able to work without having to drag all the chairs and tables from the inside to the outside! Furthermore, the school again received a lot of material support from various universities and libraries in the Netherlands, through the Hanze group, and through various individuals, books, microscopes, prostheses and other medical materials were donated to the college. In addition, the library in the school at the end of 2018 also received an additional, very pleasant expansion. Through the Kenya National Library Services, we received 300 new medical and nursing books from Book Aid International. The college contributed through paying the import costs, but otherwise received the books themselves for free. The librarian is currently busy with including all of them into the library system.



The first phase of the construction of a new tuition block with four floors

4. Health care in Bomani and environs

Over the past few years, CHPF has, in partnership with North Coast Medical Training College, undertaken various activities to help improve healthcare in the area. This varied from fundraising and purchasing medical materials, organizing free consultation and treatment days, and outreaches in the schools to provide information or treat common infectious diseases (ringworm, jiggers etcetera).

In order to offer support in a more coordinated way, we have been in talks with the government since 2016 to define how the cooperation between CHPF, the local government clinic, the community around it, and North Coast Medical Training College should take shape and what should be the responsibilities of the various partners. It took long, but finally, in November 2018, an agreement was signed between all parties on how we will work together to improve the health of residents of Bomani.

Within this cooperation, an initial baseline survey will be conducted to properly map the health issues in the area. Based on this, a planning for intervention will be made. In addition, of course, a number of issues are clear anyway: that there are many problems related to pregnancy and childbirth and that there are many basic but major health problems among young children. Some support in these areas will already be provided in 2019. This is in addition to the continuing attention for diabetes and high blood pressure, for which the biweekly consultation days of Dutch Rotary doctors are becoming increasingly busy. Staff from the college are collaborating in these clinics and we are working towards a continuous, structural integration of staff and student participation in health care provision in the area.



The local clinic. Left – The school bus is often used during outreaches. Right – Signing the collaboration agreement. Below – Students on attachment in Bomani

5. Preview of 2019

Just as in previous years, a large part of the energy and time will go the medical study fund. The support of students in their application process, the selection, the financial and administration cost a lot of time. The financial problems are often not isolated and the program assistant, Lucy Pamba, also functions as a counsellor for the students. In addition to the current programs of scholarships and student loans, we want to help set up a study loan fund for staff members as indicated so that they can specialize in areas that are important for the school and health care provision in the area. The staff members and the school itself will also contribute to this, and eventually it should be carried by the staff contributions, but as CHPF we want to support the initiation of this fund

With a number of organizations - an English charity organization "Mama na Mtoto", the Dutch organization "Medical Checks for Children" and the Rotary Club of Mtwapa in collaboration with other Rotary Clubs we are

working towards establishing a maternity at the dispensary in Bomani and in improving the care for young children and pregnant women in the area.

Our village Bomani is 40 kilometers away from the nearest fire station. A huge distance and a dangerous situation in the event of a fire. We would like to support North Coast MTC in purchasing fire extinguishing equipment and training both students and people in the area on what to do in the event of a fire. Unfortunately, so far we have not been able to raise funds for this - hopefully it will succeed in 2019.

6. Volunteering and opportunities for internship

We love to welcome volunteers and trainees who want to contribute in one way or another to the quality of education or professionalization of the school, and / or the healthcare in the area. All of us, management, employees, and students in the school and in CHPF are very interested in collaborating with people from outside, and we will strive to find a rewarding task for you. So karibuni (welcome) in Kilifi, or even welcome in Kenya! Contact us to discuss possible options: info@cphfund.org .

If you want to support our work – that is great! Donations are very necessary and can be sent as

follows:

If you are based in Kenya directly to **Community Health Promotion Fund**

Bank: **Commercial Bank of Africa**

Branch: **Nyali**

Account: **7676210018 (Kenyan Shilling)**

Name: **Community Health Promotion Fund**

Donations from the Netherlands can be made with tax exemption through our Dutch ANBI-approved partner, the

Wanawa Foundation: account number: **NL24 RABO 011 04 55 657** quoting **CHPF**.

Donations in EUROS direct to Kenya:

Bank: **Commercial Bank of Africa**

Bank address: Upper Hill, Commercial Bank Building, Mara & Ragati Roads - PO Box 30437 – 00100 Nairobi, Kenya

SWIFT Code/BIC: **CBAFKENX**

Account: **7676210023**

Name: **Community Health Promotion Fund**



Website: www.chpfund.org | Email: info@chpfund.org

 <http://www.facebook.com/NorthCoastMedicalTrainingCollege>

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