

Report

July 19, 2010

Sharing Health and Hope in Cameroon Africa

(SHAHICA)

Mission Trip from June 20th through July 2nd, 2010

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Introduction

From June 20th through July 2nd, 2010, members from an organization called *Sharing Health and Hope in Cameroon Africa (SHAHICA)* provided a variety of direct care services—health and education—to residents in this country. The members of this team included:

- Raphiatou Noubissi (“Raphia”), Case Manager, Action AIDS, Philadelphia, PA; *SHAHICA* leader
- Abiba Noubissi, public health provider and recent graduate from Temple University, Philadelphia, PA
- Patricia Hewson, MSN, RN, CRNP, Pediatric Nurse Practitioner, PHMC Health Connection, Philadelphia, PA; health services’ team leader
- Jessica Raue, BSN, RN
- Norbert Elliot, PhD, Professor, New Jersey Institute of Technology
- Frances Ward, PhD, RN, CRNP, Adult Nurse Practitioner, David R. Devereaux Chair of Nursing, Temple University

The team stayed in Foumban, Cameroon, as guests of Raphiatou Noubissi’s father, Monfon Mamadou. In addition to the US team, the following individuals from Foumban also participated in direct care outreach efforts:

- Dr. Chretien Sado, Director of Protestant Hospital in Foumban
- Serge Tima, MD Director, Protestant Hospital in Mbouda
- Dr Serge Wekang, Protestant Hospital in Foumban
- Inoussa Ngoupayou, MD, Director of The King’s Hospital in Foumban
- Dr. Carol Loescher
- Dr Membouna Dentist
- Jeremie Povouatoui Nurse Eye Specialist
- Khadija Mounde, social worker
- Sodetou Zahira, Nurse
- David Ako, translator
- Mariama Mfounjou

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- Nafissetou Mfounjou, translator
- Sodetou Mfounjou, translator
- Sadetou Nsangou
- Adidja Ngoucheme
- Aisha Reiyou
- Jude Tangué
- Fatima Zahira Student Psychologie major
- “George,” translator

This report provides a summary of the activities conducted during this two-week period. The 2010 trip was the fifth *SHAHICA* annual effort. Each particular effort is reported, including medical outreach data, youth education programs, HIV screening efforts, orphan activities, and visits to schools of nursing for the purpose of establishing mutually valuable exchange relationships.

Table 1 summarizes the efforts conducted during the 2010 *SHAHICA* mission.

Table 1
Summary of *SHAHICA* Efforts in 2010

Date	<i>SHAHICA</i> Activity
June 21, 2010	<ul style="list-style-type: none"> ● Planning meeting at Monfon Mamadou’s residence ● Review of goals and logistics ● Medications separated into individual patient unit doses
June 22, 2010	<ul style="list-style-type: none"> ● Medical Outreach at the Protestant Hospital, Foumban ● Adult & Pediatric primary care; Pediatric Fluoride treatments ● HIV Screening, Diabetes and Hypertension Screening
June 23, 2010	<ul style="list-style-type: none"> ● Medical Outreach at the Protestant Hospital, Foumban ● Adult & Pediatric primary care; Pediatric Fluoride treatments ● HIV Screening Diabetes and Hypertension Screening ● Patient Education on Diabetes Mellitus Management
June 24, 2010	<ul style="list-style-type: none"> ● Seminars Conducted at the Kings Hospital, Foumban ● Sessions on Medical and Social Service Topics, including: <ul style="list-style-type: none"> ▪ Holistic Interdisciplinary Teamwork ▪ HIV Screening and Care in the Prenatal Population ▪ Integrating Social Services into Health Care ▪ Spiritual Care ▪ Lifestyle Education; Therapeutic Lifestyle Changes ● Economic Seminar—Women’s Association of Massen
June 25, 2010	<ul style="list-style-type: none"> ● Medical Outreach at the Prison, Foumban; Adult primary care ● Seminars on HIV, establishing career goals, & other topics
June 26, 2010	<ul style="list-style-type: none"> ● Youth Summit at the Kings, Foumban ● Sessions on HIV basics, goal setting and empowerment, and career planning
June 28, 2010	<ul style="list-style-type: none"> ● Medical Outreach at the Kings Hospital, Foumban ● Adult & Pediatric primary care; Pediatric Fluoride treatments ● HIV Screening, Diabetes and Hypertension Screening ● Orphan Outreach; Crafts; Health Teaching; Dental Care
June 29, 2010	<ul style="list-style-type: none"> ● Medical Outreach at the Kings Hospital, Foumban ● Adult & Pediatric primary care; Pediatric Fluoride treatments ● HIV Screening, Diabetes and Hypertension Screening ● Orphan Outreach; Crafts; Health Teaching; Dental Care
July 1, 2010	<ul style="list-style-type: none"> ● Medical Outreach at the Protestant Hospital, Mbouda ● Adult & Pediatric primary care; Pediatric Fluoride treatments ● HIV Screening Diabetes and Hypertension Screening

Medical Outreach

During each of the six days of primary care delivery in Fouban and Mbouda, the following data was collected on each patient examined: age, gender, primary medical diagnosis, and treatment. At the Protestant hospitals in Fouban and Mbouda, two physicians, two nurse practitioners, an eye specialist, and a registered nurse provided patient care. At the Kings hospital in Fouban, two physicians, two nurse practitioners, a dentist, and a registered nurse provided patient care. Data on a total of 1,062 patients was collected and analyzed using Predictive Analytics SoftWare (PASW) Statistics.

The majority of the patients seen were females (61.3%) with a mean age of 43 and a range of fewer than 12 months to 94 years. Given extensive marketing on radio regarding the Kings Hospital outreach prior to the month of June, 516 patients were evaluated and treated on June 28th and 29th, 2010. During the two days of outreach at the Protestant Hospital in Fouban, a total of 262 patients were evaluated. A smaller number of patients were evaluated at the Protestant Hospital in Mbouda (N=173). At the Fouban prison, 111 out of a total of 234 inmates were evaluated.

Table 2 summarizes the major medical diagnoses treated during the six days of primary care outreach.

**Table 2
Medical Diagnoses Identified During the 2010 Program**

Medical Diagnoses	Percent
Gastrointestinal Disorders—Gastroesophageal Reflux Disorder (GERD), gastritis	13.0%
Musculoskeletal Disorders—Osteoarthritis (Knee), Low Back Pain, Neck Pain	12.1%
Hypertension	11.4%
Infections—HEENT and others	9.0%
Respiratory Disorders—Asthma, Bronchitis, Emphysema, Infection	8.3%
Gynecological Disorders—Uterine Fibroids, Dysfunctional Uterine Bleeding, others	6.6%
Typhoid Fever and Malaria	5.8%
Skin Rashes and/or Pruritis	3.4%
Eye Disorders—Refractory Errors, Other Problems	3.3%
Diabetes Mellitus	3.1%
Sexually Transmitted Infections	2.6%
Hypertension and Diabetes Mellitus	1.4%
Other, including 0.5% with Depression or other Psychiatric Mental Health Disorders	20.0%

The majority of patients evaluated received one or more medications for acute episodic management of their illnesses (89.4%). A total of sixteen patients were also evaluated with laboratory tests (generally to confirm typhoid fever and/or malaria) and four patients were additionally evaluated with further diagnostics (i.e., X-Rays or Ultrasounds). Seventy-six patients were evaluated and treated by the eye specialist at the Protestant Hospital in Foumban. At the King’s Hospital in Foumban, twenty-four patients were evaluated and treated by the dentist. Forty-seven patients were referred for one of the following additional evaluations: ophthalmologic examinations, gynecologic evaluations, cardiology consults, or infectious disease management. A primary focus for all patients was education for self-management and therapeutic lifestyle changes. While data was not collected on Body Mass Index (BMI), anecdotal data indicates that the overwhelming majority of adults treated were overweight or obese. Table 3 illustrates the patient education strategies most frequently advocated.

Table 3
Patient Education Strategies

Patient Education Strategies Frequently Employed – Medical Outreach, 2010
● Diet – For Weight Loss, Diabetes Control, Alleviation of GERD Symptoms, Management of Osteoarthritis and Low Back Pain, and others
● Musculoskeletal Instructions – Decreased Use of Head as a Carrying Tool, Body Mechanics
● Medications – Rationale for Use; Side Effects; Need for Daily Compliance
● Prevention of Sexually Transmitted Infections – HIV and other STIs; Need for Treatment of Patient and all Patient Contacts
● Diabetes Management – Diet, Exercise, and Medications
● Hypertension – Decreased Use of Salt in Diet; Decrease in Calories; Exercise; Elimination of Smoking; Medication Compliance; Signs of Stroke
● Cessation of Smoking
● Daily Dental Care
● Growth and Development of Children – Normal Patterns

The majority of medications provided to patients during medical outreach efforts were supplied by donations from Americares, a national charitable organization and Sun Ray Pharmacy located in West Philadelphia, Pennsylvania. From funds received from donors supporting this outreach, additional medications were purchased from local pharmacies in Foumban as needed. Medications not available through these means were prescribed through the hospital pharmacy. Each hospital provided a discount on the medications and *SHAHICA* funds sponsored the remaining cost. Specific laboratory and diagnostic tests conducted were also paid by donations made to support these initiatives.

Health Promotion Activities

In addition to the primary care delivered during this trip, three other services were also offered. First, with a donation from Sun Ray Pharmacy, 72 older patients with presbyopia were supplied magnifying “reader” glasses in various diopter strengths. Presbyopia, a health condition in which the eye exhibits a progressively diminished ability to focus on near objects with age, is generally noted between the ages of 40 and 50. Patients with presbyopia at both the Protestant and Kings Hospitals in Foumban were supplied with these “reader” glasses while the supplies lasted. Second, again from U. S. donations, fluoride treatments were made available to children at each site visited as well as to the orphans. And lastly, HIV screening was also available at all sites, including the provider seminars on June 24th and the youth sessions on June 26th. Of the over 150 HIV screenings conducted, five were positive, with only one of these five representing a newly diagnosed patient.

Orphan Outreach

For the past several years, members of this team have organized orphan outreach, including identifying U. S. funding sponsors to support eighteen individual children for annual school tuition and supplies.

During this trip, several events were conducted with the orphans sponsored by these funders. Orphans engaged in multiple activities, including designing craft projects, such as making picture frames to send to their sponsors. Efforts were also conducted to educate these children on dental care and medication compliance. A special session for the children and the local families caring for them was conducted on June 30, 2010. This event included a luncheon with pictures taken of each child and their local family. At this event, each child’s educational record was reviewed and encouragement was provided to continue academic success.

Visits to Schools of Nursing

One goal of this trip was to initiate conversations with schools of nursing regarding the establishment of a faculty-student exchange program with Temple University, College of Health Professions and Social Work, Department of Nursing.

On June 30, 2010, a meeting was held with Vice-President Jean-Us Tchinda, Coordinator National des Oeuvres, Eglise Evangelique Du Cameroon in Foumban. At that meeting, Vice President Jean-Us Tchinda indicated his endorsement of a relationship between Temple University and the new school of nursing to be established in September, 2010 in Foumban under the Protestant Church’s sponsorship. On July 1, 2010, we met with Beke Ngo David, the Director of the School of Nursing in Bafoussam, Cameroon. He was also very interested in the establishment of a relationship with Temple nursing. Upon

return to the U. S., a beginning e-mail exchange of nursing curricula began between Temple representatives and these two administrators (see Appendix A).

Subsequent meetings have been scheduled within Temple University to provide information on our visit as well as to determine what the objective next steps will be from the University's perspective. Given that Temple University has a rich international presence in both Japan and Italy, the institution has a standard process for initiating such relationships. It is anticipated that relationships between these two schools in Cameroon and Temple University will require detailed management, with a true exchange perhaps occurring in academic year 2012-2013 at the earliest.

Economic Proposal

In 2009, a Women's Association was established with Monfon Mamadou as an organizing leader. The purpose of the Women's Association was to empower women with a sustainable source of income from a business they established.

During the 2010 trip, several meetings were held among representatives of this Association, Jude Tague, and Norbert Elliot. Between 2009 and the present, the Association has established a large farm in which they grow corn and other products on land donated by Monfon Mamadou and one other local chief. During this trip, the focus was on the development of a business plan, and the identification of possible funders to capitalize this project during its first years of operation. By the completion of the trip, this plan was developed. The Women's Association, under guidance from the two land donors, will continue to evolve this plan into a sustainable source of income.

Summary

The 2010 *SHAHICA* activities were conducted as previously planned by its core leaders, Raphiatou Noubissi and Patricia Hewson. Evaluation of the outcomes from this trip will be explored in meetings this summer with team members. Revisions to next year's trip will be made subsequent to these discussions.

Follow-up efforts will continue regarding HIV care, orphan care, and the establishment of a Temple nursing relationship with one or more Cameroon schools of nursing.

Efforts will be initiated soon to secure donations for next year's 2011 *SHAHICA* trip.