



# ፈለገ ጤና Felege Tena



Quarterly Newsletter of the Ethiopian Public Health Association, Vol. 15, No. 4, December 2005

## XVI<sup>th</sup> EPHA Annual Conference Deliberates on Health Service Extension Programme, Health MDGs

The XVIth annual public health Conference of the Ethiopian public health association was successfully held from October 26-28 at the Hilton hotel in Addis Ababa to the attendance of hundreds of public health professionals from around the country.

In a marked departure from last year's regular conference of the association which dwelt on the theme of 50 years of PH Training in Ethiopia, Achievements and prospects, this year's conference examined the relatively current themes of the 'health service extension program of Ethiopia—experiences and achievements.' It further deliberated on the sub theme of 'Health millennium development Goals of the United nations.

A welcome address was made by the President of EPHA, Dr Damen H/Mariam at the commencement of the conference while the Minister of Health Dr. Tewodros Adhanom delivered the opening speech. H.E Vicky Huddleston, the Charge d'Affairs of the US Embassy in Ethiopia also made a keynote address in which she stressed the significance of the themes selected for the conference to efforts to tackle the health problems on the country.

The event created a good opportunity for the participants to

critically examine the health service extension program crafted by the Federal Ministry of Health and to share valuable experiences gained in the field and which are worth considering in the successful implementation of the program.

Some of the experiences presented on the conference was Experience and Future prospectives on Health Service Extension package in Oromia Region, Under-five Mortality in Tigray, 2003 Report of a community based survey, Challenges in HEP implementation and lessons from NGOs experience.

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A major part of the presentations was the presentation on the  
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## EPHA Executives Participate in 133<sup>th</sup> APHA Annual Conference

A delegation of EPHA executives recently returned home after participating in the 133<sup>rd</sup> Annual Conference of the American Public Health Association held from December 10-14, 2005 in Philadelphia, PA, USA.

The delegation which included, the vice President of EPHA, Dr Getnet Mitike and the Executive Director of the Association, Dr. Ashenafi Negash also took the opportunity to hold subsequent meetings with the executive secretary of the World Fed-

eration of Public Health Associations and Dr. Barbara Hatcher, director of scientific and professional affairs at the American public health association.

In a report prepared after the visit the delegation noted that the primary objectives of the visit were to:

- Actively participate in the 133th APHA Annual conference and WFPHA meeting and there by gain invaluable lessons and

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*Becoming a member of the EPHA affords you the distinct privilege of contributing your share of expertise to the development of the health sector of our country, thereby also strengthening your belongingness to the important profession of public health!*

**EPHA Executives.....Cont'd from page 1.**

experiences about the whole process of coordination, organization and other relevant procedures necessary for conducting such high profile conferences and seminars ,

- \* conduct advocacy and familiarization works related with the nature and activities of the Ethiopian Public Health Association as well as meet partners, interested groups and individuals
- \* Share experiences with the American public health association and the World federation of public health associations
- \* Meet the Ethiopian Diaspora and discuss on EPHA's plans to involve public health and related health professionals living in the Diaspora.

The 2005 Annual Conference of the APHA was aimed at uniting the public health community and create opportunities for professionals and practitioners to enhance their knowledge and exchange information on best practices, latest research and new trends in public health, according to the delegates.

Participants were thus offered the chance to take advantage of educational programs to meet their needs for quality continuing education in a diverse number of topics that ultimately assist them in their work toward improving public health work.

**Pre-Conference Continuing education:**

the APHA pre-convention educa-

tion institutes consisted of a one and a half day long educational programs designed to provide an in depth learning experience in the latest public health trends and topics.

Twenty on certified topics were presented prior to the official opening of the conference. The topics covered were on various current and specific areas of public health issues including medical care services.

The sessions were organized by different sections of the APHA and were offered in partnership with Universities and other relevant institutions. Members can attend the sessions based on pre-conference  
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**XVIth EPHA Annual Conference... Cont'd from page 1.**

Health service extension package programme based on a *background note from the Federal Ministry of health extension coordination office*, which examined the strategies, objectives, strategic activities/ tasks, expected outcomes, methods of communication tools, as well as the monitoring and evaluation aspect of the whole programme.

It also examined the achievements of the health extension program to date which principally include, the Development of a curriculum on health extension, the production of 16 Packages of literature on health extension both in Amharic &

English, the development of a Health Extension Implementation Guideline and the creation of 22 different kinds of lecture notes with technical & financial support from Universities & Donor Agencies like USAID.

The program also gave Teaching Methodology training for 199 Health Extension teachers and 72 teachers are at present being trained on the subject.

A presentation was also made on Global Perspective of MDGs, as part of the conference sub theme, which examined the Millennium

Declaration that was adopted by the UN General Assembly in 2000, from which the Millennium Development Goals were derived.

While the MDGS are classified in to eight interdependent and synergetic goals, this particular presentation singled the MDGS related to the health sector and briefly examined them in relation to the Ethiopian situation and the Health Sector Development Strategy of the country.

Another equally important presentation on the conference

XVith EPHA Annual conference.....*Cont'd from page 2*

was a Grant writing workshop delivered by an American Expert. The Presentation examined the basics of Grant writing that would enable researchers/proposal writers to successfully convince reviewers and funding agencies and secure badly needed funds for research and development activities. The presenter used the Grants Provision and funding procedures adopted by the National Institutes of Health of the US Department of Health and Human Services as an example for the deliberations.

The four day conference also included oral presentation sessions

of research abstracts which focused in general on HIV/AIDS and TB, reproductive health, communicable and non-communicable diseases and Malaria and other vector borne diseases and Child Health. In total, some 26 abstracts were presented on the conference while 49 abstracts were accepted for poster presentation.

*(Reported by Seifu Mahifere.)*

**EPHA Executives.....***Cont'd from page 2.*

or on site registration by paying fees and participants are given certificates of attendance along with a calculated credit hour for each session.

**Scientific Sessions:**

Public health researchers, academicians, policy makers and practitioners presented scientific papers during the scientific sessions. The presentations included oral, and poster presentations, as well as workshops and panel discussions.

**Opening and Closing of the conference.**

The conference was opened by a key note address by the guest of Honor and 2004 presidential candi-

date, Senator John Kerry titled, "**Get in Gear with APHA...and Leaders in Public Health.**"

The closing session involved a panel discussion entitled "Public Health's historic Achievements: Leading the way to visionary Change". The panelists reviewed the evidence of the greatest public health accomplishments and discussed the science and technological basis for future success in areas such as Information technology, genomics as well as prevention and quality.

*(Summarised from a visit report by Dr Ashenafi Negash and Dr. Getnet Mitike)*

## HEALTH SERVICE EXTENSION PACKAGE PROGRAMME

OCTOBER, 2005:

*A Background Note, Federal Ministry of Health, Health Extension Coordinating Office*

### Situation Analysis

- Existing imbalance between preventive and curative health measures
- Weak health delivery system to reach the people at the grass-root levels as envisaged
- The allocation of time & resources are still heavily biased towards curative services. Hence
- The MTR/ARM 2001 of the HSDP raised the need to introduce an innovative community-based health care delivery system through the implementation of health extension package

### Contents of the HEP documents

- Introduction
- Objectives
- Strategies
- Specific activities/tasks
- Expected outcomes
- Methods of communication and tools
- Monitoring and evaluation

### Nutrition can be attained through:

- Nutrition education and demonstration,
- Vitamin A & Iodine supplementations,
- the promotion of breast feeding and on time complementary, feedings,
- Promotion of horticulture,
- Growth monitoring.
- Employment:- :- government employees
- Deployment:-up to two health extension workers to each kebele
- Accountability:-they will be accountable to the

Woreda health office of their areas,

- Supervision:- they are supervised by the Woreda health office/Health Centres
- Logistic supplies:- will be provided by the Woreda health office and the RHB
- Teaching Methodology was given for 199 Health Extension Teachers & 72 are being trained now (including for pastoralist Regions)
- 23 TVETS were selected for the training of HEWs
- Additional 12 TVETs will be opened in the present academic year (10 in Oromia & 2 in SNNRP)
- 2737 HEWs have graduated and deployed
- Currently 7090 HEWs are on training
- Piloting of HSEPP in 5regions using the existing PH Workers
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- CHALLENGES
- Teaching materials for demonstration
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- Sustainable financial resources
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- Shortage of health facilities for practical training
- 
- capacity of health facilities is not well addressed
- 
- Conducting the Training out of the conventional health professionals training schools demands more time & continuous follow up

## HEALTH SERVICE EXTENSION PACKAGE PROGRAMME.....*Cont'd from previous page*

which again demands all of us big commitment and accountability

- Resistance to 100% female trainees
- Lack of Woreda HEWs supervisors & assigned but not delegated Focal persons
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### THE WAY FORWARD

- Conduct Training of HEWs according to the need of the Regions
- Conduct Training on Supervisory skills for Woreda supervisors & Focal persons
- Consultative meetings for the directors of TVETs, HSE department heads of the TVETs & RHB to facilitate the Programme
- Strengthening the supply of teaching materials
- Reorientation of the health professionals and other management staffs,
- Follow up and support of the training of HEWs,
- Strengthening collaboration among stakeholders

### NATIONAL CALL TO THE HEALTH PROFESSIONALS WORKING WITH THE COMMUNITY

- “Go with the people,
- Live with them,
- Learn from them,

- Accept & Love them,
  - Start with what they know,
  - Build on what they have,
  - But of the best leaders,
  - When the job is done & the task accomplished,
  - The people will say,
  - “We have done this by our selves”.
- (Taken from Chinese literature )*

### CONCLUSION

- Health Extension package is an appropriate but a challenging intervention
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- If we get ready to pay the Pain what the Programme demands, no matter it takes energy and time, we will be able to bring the change in the health status of the community in this Country
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- We are confident we can make a difference in improving the health status of our people within the coming near future
- To shorten or to lengthen the time, about when to see the change, depends up on our commitment as a whole
- Then & only then we can also say we have contributed our share to our Country

*The above article was taken from a presentation during EPHA's XVIth annual conference by an expert from the health service coordination office at the MOH)*

**ጥቂት ነጥቦች ስለ ኤች. አይ. ቪ ምርመራ**

(Taken from AIDS INFONET • FACT SHEET 102 WEBSITE. TRANSLATION BY SEOFU M.)

**የኤች.አይ.ቪ ምርመራ (HIV Testing) ምንድን ነው?**

የኤች. አይ. ቪ. ምርመራ አንድ ግለሠብ ኤድስን ሊያስከትል የሚችለው ኤች. አይ. ቪ. ቫይረስ በሰውነቱ ውስጥ መኖር አለመኖሩን ለማወቅ የሚደረግ ምርመራ ነው። ይህ ምርመራ በሰውነት ወስጥ ኤች. አይ. ቪን ለመመከት የተፈጠሩ Antibody የሚባሉ ህዋሳት መኖራቸውን ያጣራል። Antibody የሚባሉት በሰውነታችን የበሽታዎች መከላከያ ሥርዓት አማካኝነት የሚፈጠሩና የተለያዩ አይነት ጀርምቶን ከሰውነት ጥቃት ለመከላከል የሚፈጠሩ የኘርቲን አይነቶች ናቸው። የኤች. አይ. ቪ. ምርመራም ኤች. አይ.ቪን ለመመከት የተፈጠሩ Antibody እንዳሉ ለማወቅ የሚረዳ ምርመራ ነው።

**የኤች. አይ. ቪ. ምርመራን እንዴት ማግኘት ይቻላል?**

የኤች. አይ. ቪ. ምርመራን አስፈላጊ የሆኑ በተለያዩ የምርመራ መሣሪያና ብቃቱ ባላቸው የጤና መስጫ ተቋማት ማግኘት የሚቻል ሲሆን የምርመራ ውጤቱ በአብዛኛው ከሁለት ሳምንት ባልበለጠ ጊዜ ይደርሳል። ሆኖም ግን እ.ኤ.አ በኖቬምበር 2002 እና በዲሴምበር 2003 በፀደቁት የፈጣን የኤች.አይ.ቪ መመርመሪያ ዘዴዎች አማካኝነት ፈጣን የኤች. አይ. ቪ ምርመራ ውጤቶችን ከ10 - 30 ደቂቃ በሚደርስ ጊዜ ማግኘት ይቻላል። በምርመራ ወቀት የሚገኙ ማናቸውም የኤች.አይ.ቪ “ፖዘቲቭ” ውጤት በድጋሚ ምርመራ አማካኝነት መረጋገጥ ይኖርበታል።

በአብዛኛው የሚሠራበት የኤች. አይ. ቪ ምርመራ ከሠውነት ወስጥ በሚወጡ የደም ናሙና የሚገኝ ሲሆን በአሁኑ ጊዜ የተጀመሩ አዳዲስ የምርመራ አይነቶች ደግሞ በአፍ ውስጥ ከሚገኝ ፈሳሽ ነገር /ምራቅ ማለት አይደለም/ ናሙና በመውሰድ ሊደረግ ይችላል።

**የ ኤች. አይ. ቪ ምርመራን መቼ ማድረግ ይቻላል?**

አንድ ሰው የኤች. አይ. ቪ ቫይረስ ወደ ሰውነቱ ከገባ ከሁለት እስከ ሶስት ሳምንታት ጊዜ ወስጥ ሰውነቱ የኤች.አይ.ቪ መከላከያ ሕዋሳት HIV Antibodies ማመንጨት ይጀምራል። ሆኖም አንድ ሰው በኤች.አይ.ቪ ተይዣላሁ ብሎ ካሰበ የኤች. አይ. ቪ ምርመራ ከማድረግ በፊት ሁለት ወር መቆየት ይኖርበታል። አለዚያም ተይዣላሁ ብሎ ባሰበበት ጊዜ ወዲያው መመርመርና እንደገና ደግሞ ከሁለት ወይም ከሶስት ወራት በኋላ መመርመር ይኖርበታል። ከዚህ በመጀመሪያ ሰውየው/ሴትየዋ በቫይረሱ በተያዘችበት ዕለት ጀምሮ እስከ ሁለት ወይም ሶስት ወራት መካከል ባለው ጊዜ /Window Period/ የሚደረግ ምርመራ “ኔጌቲቭ” ውጤት ሊሰጥ ይችላል። ሆኖም ግን በዚህ ጊዜ ቫይረሱ በደሙ ውስጥ ላለ ሰው ወደሌሎች ሰዎች ማስተላለፍ ይችላል።

**አንድ ሰው ኤች. አይ. ቪ “ፖዘቲቭ” ሆነ ማለት ምን ማለት**

**ነው?**

አንድ ሰው ኤች. አይ. ቪ “ፖዘቲቭ” የሆነ የምርመራ ውጤት አለው /አላት ማለት ያ ሰው በ ኤች. አይ. ቪ ስለተያዘ ሰውነቱ ኤች. አይ. ቪን ለመዎጋት የሚያስችሉ ተሕዋሶችን (antibodies) ፈጥሯል ማለት ነው።

የኤች. አይ. ቪ ውጤትን ለተያዘው ሰው የሚነግረው ባለሞያ ስለሁኔታው ምንነትና በተመርማሪው ሰው ምን አይነት የስነ ልቦና ድጋፍ እንደሚያስፈልገውና የት ሄዶ የሕክምና አገልግሎቶችን ማግኘት እንደሚችል ሊነግረው ይገባል።

እዚህ ላይ መጠቀስ ያለበት ዋናው ቁም ነገር አንድ ሰው ኤች. አይ. ቪ “ፖዘቲቭ” ሆነ ማለት ኤድስ አለበት ማለት እንዳልሆነ ነው። እንደውም አብዛኛዎቹ ኤች. አይ. ቪ “ፖዘቲቭ” የሆኑ ሰዎች ምንም ዓይነት ሕክምና ሳይጀምሩ በርከት ላሉ አመታት በጤንነት ይቆያሉ።

አንድ ሰው ተመርምሮ ኤች. አይ. ቪ “ኔጌቲቭ” ውጤት ከደረሰውና ከመመርመሩ በፊት ቢያንስ ለሶስት ወራት ለኤች. አይ. ቪ ያልተጋለጠ ከነበረ ያ ሰው ከኤች. አይ. ቪ ሙሉ ለሙሉ ነፃ ነው ማለት ይቻላል።

**የኤች. አይ. ቪ ምርመራዎች ምን ያህል ትክክል/አስተማማኝ ናቸው?**

የኤች. አይ. ቪ ምርመራዎች ከ99.5 በመቶ በላይ ትክክለኛ ናቸው ተብሎ ይታመናል። ይህም የሚሆነው እያንዳንዱ የኤች. አይ. ቪ ምርመራ ከሁለት ወይም ከዛ በላይ ስለሚደረግና ስለሚረጋገጥ ነው። ሆኖም ግን ሁለት ልዩ የሆኑ ክስተቶች የተሳሳተ የምርመራ ውጤትን ሊያስገኙ ይችላሉ። አንደኛው ኤች. አይ. ቪ ካለባቸው እናቶች የሚወለዱ ህፃናት ለተወሰኑ ወራት ያህል ቫይረሱ በሕፃናቱ ውስጥ ባይኖርም የ“ፖዘቲቭ” ውጤት ሊታይባቸው ይችላል። ይህ የሚሆነው እናቶች ለልጆቻቸው ቫይረሱን የሚዋጉትን ሕዋሶች (Antibodies) ስለሚያስተላልፍ ነው። በመሆኑም ምንም እንኳን ኤች. አይ. ቪ በሰውነታቸው ወስጥ ባይገኝም ሕፃናቱ ቫይረሱን የሚዋጉትን ተሕዋሶች ለእናቶቻቸው ስለተቀበሉ በሚመረመሩበት ጊዜ ሀሳብኛ የሆነ ኤች. አይ. ቪ ፖዘቲቭ ውጤት ይኖራቸዋል። በመሆኑም ለእነዚህ ሕፃናት እንደየ ቫይረሱ መጠን ምርመራ የመሣሰሉ ሌሎች አይነቶች ምርመራ ሊደረግላቸው ይገባል።

ሁለተኛው የተሳሳተ ፖዘቲቭ ውጤትን የሚያመጣ ምርመራ ከላይ እንደተጠቀሰው ቫይረሱ በተያዘባቸው ቀናት ችኩለው የሚመረመሩ ሰዎች ቫይረሱ ቢኖርባቸውም በሰህተት “ኔጌቲቭ” ውጤት ይኖራቸዋል። በመሆኑም ማንኛውም ሰው ምርመራ ማድረግ ያለበት ቫይረሱ ይገኛል ብሎ ካሰበበት ቀን ሁለት ወይም ከዚያ በላይ ወራትን በማሳለፍ ሊሆን ይገባል።

### Some tips on Proposal Writing

Before Writing an Application:

- \* Test your ideas on colleagues
- \* Review the literature to find the gaps and needs in the research area
- \* Understand the mission of the funding agency and their guidelines
- \* Call the contact person listed in any solicitation or program announcement or request for applications
- \* Review the review panelists interests and credentials
- \* NIH.gov --> Institutes and Centers --> CSR --> Study Sections and rosters

What are some reasons for failure?

- \* Idea not well-developed
- \* Didn't convince the reviewers there was a need
- \* Didn't convince the reviewers there was background
- \* Lack of coherent argument in the application
- \* Lack of basic information on the application (signatures, letters)
- \* Late application

### Some Sources of Information on NIH Grant Writing

- <http://www.niaid.nih.gov/ncn/grants/default.htm>
- <http://www.nigms.nih.gov/funding/tips.html>
- [http://www.niddk.nih.gov/fund/grants\\_process/grantwriting.htm](http://www.niddk.nih.gov/fund/grants_process/grantwriting.htm)
- <http://deainfo.nci.nih.gov/EXTRA/EXTDOCS/gntapp.htm>
- <http://www.drugabuse.gov/Funding/Grantapps.html>
- <http://www.nigms.nih.gov/funding/tips.html>
- <http://grants.nih.gov/grants/guide/notice-files/not97-010.html>

(Taken fro the 'Grant Writing Workshop' presented on the XVIth workshop)

### *Medical Humour*

#### Failing memory

Husband to wife , " doctor gave me some pills yesterday to improve my memory."  
 " So ? " exclaimed the wife .  
 " So I forgot to take them ." replied the husband.



#### Questionable solution.....?

A little girls father was confined to his bed with influenza and his wife had been very busy sterilizing all his dishes. "Why do you do that , Mummy?" asked the little girl.  
 " Because dear, Daddy has germs and the germs get on the dishes he uses. I boil the dishes and that kills the germs." The little girl reflected a moment or two and then said , " Mummy , why not boil Daddy and get rid of the germs all at once?"



#### Good and bad news

An elderly man complains to his wife about feeling a little worse for wear and after a lot of persuasion agrees to go and see a doctor. The doctor checks him out and asks the man to return a few days later for the results. The doctor turns to the patient and says, "I have some good news and some bad news for you. The bad news is that you have terminal cancer, polio and have tested HIV+. But the good news is you also have Alzheimers disease so in about 10 seconds you'll have completely forgotten about it." "Ooh good" said the patient. "What was the bad news then?"

*(Taken from the internet)*

## Public Health Award Winners. of this year's XVI<sup>th</sup> EPHA Annual Conference

The award ceremony for pioneers in public health is undoubtedly the highlight of the series of events organized as part of the convening of the regular annual conferences of EPHA . Each year's awards are presented to PH professionals and institutions in a competitive bases in five categories, which are;

1. The public health service award
2. The senior public health Researchers award
3. The Young Public health researchers Award
4. Institutions for Public Health Service Award
5. Certificate of recognition for Non-professionals Award

This year's annual conference thus recognized two individuals and one institution— Jimma University- in just three of the above categories and for their outstanding contribution in public health work in the country. The candidates evaluation for the category of senior Public health Researcher Award was inconclusive while candidates were also not nominated for the category of Certificate of Recognition for non-Health professional award. The awards were pre-

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sented to the winners by the Minister of Health, Dr. Tewodros Adhanom. Below is a list of the individuals and their merits as mentioned during the conference.

1. The winner in the Public Health Service Award Category is Dr. Tesfaye Bulto and he was identified on the basis of :
  - A. Success in the implementation of public health programs in his area of work
  - B. For adopting innovative strategies in Public Health work
  - C. Ensuring Community Participation in the implementation of Health programs
  - D. Human Resources Development
  - E. Leadership skills
  - F. Producing invaluable publications
2. The winner in the Public Health Researchers Award is Ato Afework Kassu and he was awarded for the number and authorship of eligible publications he produced, and the relevance of the publications
3. The winner of the Institutions for Public Health Award is Jimma university, which has been recognized for the following list of accomplishments in the area of public health
  - A. For the efforts made by the university since 1983 to train a good number of health professionals to address the critical shortage of health professionals in the country under difficult and immense institutional challenges
  - B. For implementing innovative and community oriented educational philosophy and putting due emphasis on public health development
  - C. For implementing a horizontal and vertical diversification strategy in human resource development and later successfully achieving its elevation from college to the status of a university.

**Please send your membership fee to the Association through EPHA A/C No 0170918046700, Commercial Bank of Ethiopia, Addis Ababa Branch or through P.O box 7117**