



## **General management**

Great news for UNiTED! For the past months, the UNiTED our team consisted of five members, full of energy and passion to work on community development. Meet our dynamic team on our [brand new website!](#)

In the past months our team has been working on a number of projects, including improving UNiTED's online media presence. One of our young professional volunteers organized a very informative social media training that our staff attended. By putting what we learnt into practice, we managed to reach more than 500 likes on our [Facebook page](#) and created a [LinkedIn](#) company page for UNiTED!



We would also like to share with you that as of March 1, after 9 years of great work, Jessy Adjordor - van de Beek stepped down as a Program coordinator and Efi Chatzinikolaou is taking over. Jessy will of course continue to work for UNiTED and share her valuable experiences and knowledge. She will act as a Senior Consultant.

## **Health projects**

### **Outreach health screening**

Outreach health screening is one of our oldest projects and runs all year round. During the outreaches we screen the blood pressure of adults and the blood sugar of adults at risk of diabetes. In line with the screening we provide education on hypertension and diabetes, with a focus on lifestyle changes. When we have the human resources, we also do counselling.

In January an outreach health screening was provided on one of the islands in Lake Volta. The program was attended by 32 people and implemented by three volunteers and two project managers. A medical student joined on the trip and did consultations. In February we visited a community close to Kpando, Volta Region. The program was attended by 88 people. Two nursing students, two project managers and our translator, implemented the activities. In March an outreach was organized in a community close to Donkorkrom, Eastern Region. This time we were able to see 134 people. During the outreach we ran out of glucometer strips, so unfortunately we could not check the blood sugar of all adults at risk. Ghana Health Service in Donkorkrom made the outreach possible, together with the staff from a local health facility, four nursing students, our program coordinator and the project manager.

The administration of the outreach health screening has been updated. All outreach data were entered and used for analysis at the end of the year. An overview of all possible communities for outreach health screening has been made. We also created a planning to make sure we continue to visit each listed community regularly.



*Picture 1 Outreach under a mango tree*



### **Clinical work & lessons**

In the beginning of this quarter a medical student assisted in a hospital in Kpando, Volta Region. Furthermore, 6 nursing students started their internships with us. Two nursing students assisted in health facilities in Kpando, Volta Region, two nursing students assisted in health facilities in Koforidua, Eastern Region, and the remaining two students assisted in health facilities in and around Donkorkrom, Eastern Region. The 6 nursing students will finish their internship in the next quarter.

Our project manager designed and implemented a clinical lesson on emergency newborn care together with a medical student. The lesson has been implemented in a hospital, health centre and maternity home in Kpando, Volta Region. The attendance was lower than expected due to an annual review that was held simultaneously. Therefore, we aim to repeat the lesson in the coming months. Two nursing students in Koforidua are preparing to implement a clinical lesson on adult C.P.R. in health facilities in the second quarter of this year.

### **First Aid training**

Another round of first aid training for Junior High School (JHS) students was implemented in five schools in Kpando. A student pair of each school attended four training classes and an exam. Two nursing students provided the lessons under supervision of the Health and Health Education Project Managers. Though some students had to catch up on missed classes, nine out of ten students passed the exam. A first aid box per school was handed out after Easter and each student received a certificate. During the training the first aid manual and teaching methods were critically reviewed. The new manual will be finalized and ready for another round of training after the big school vacation.



*Picture 2 Clinical work at a local hospital*



*Picture 3 Taking the first aid exam*



*Picture 4 The nine JHS students and their trainers!*



## **Research projects**

Four research students have started with the preparations for their internship with us. The following topics will be covered: evaluation of primary school health education, evaluation of Junior High School health education, evaluation on the maternal health education program and cost-effectiveness of expanding maternal health education to islands in Lake Volta. The research students started with their research design, which is closely monitored by the health and research project manager. The students will arrive in Ghana in April and start with the data collection, analysis and report writing.

## **Health education projects**

We continued to implement our health education projects in continuation from its 2017 activities. We provided health education in five Junior High Schools covering topics like: personal hygiene, environmental hygiene, nutrition, physical exercise, substance abuse, HIV/AIDS, STIs, safe sex and teenage pregnancy. As there were no health education volunteers for the first quarter, all lessons were carried out by the health education projects manager. The personal hygiene lesson has undergone revision and updating to include puberty and menstruation to compliment the current activities of Ghana Education Service. In the second quarter we plan to conclude all lessons for this school year. We will also look for funding to create new educational materials and visual aids.

Besides school health education, we had the opportunity to provide community health education on hypertension and diabetes in two communities on the mainland and one island community, reaching over 250 people. Our maternal health education will resume in the second quarter. We had two interns working at a local primary school to provide education in Math, Science, and English. These placements were developed in collaboration with a Dutch teacher training school and the headmaster of a local school. The aim is to bring new educational opportunities to local youth. The teaching continues into the second quarter and will be evaluated at the end of the school year.



*Picture 5 School health education*



*Picture 6 Community health education*



*Picture 7 Teaching*



## **Advisory services**

At the end of 2017 and beginning of 2018 we drafted three proposals that are to be implemented in cooperation with local stakeholders. One proposal describes a disability assessment centre for children, another a public health services boat for Lake Volta and the last a proposal for the implementation of a maternal health care app. All proposals are based on extensive community based research and designed in communication with various stakeholders. We aim to review the proposals in the second quarter of this year and research funding opportunities.

Besides the proposals in the previous paragraph, UNiTED's team provided advisory services to a newly formed organization called The STARS. STARS stands for Support, Train and Advocate in Response to Stigmatization. Four teenagers and two young professionals aim to reduce the stigmatization toward people living with HIV/AIDS building a project to achieve this. UNiTED's team provided support during the proposal writing and funding research.

Last, but certainly not least we continued our communication with the community-led disability group in Dzoanti. In December of 2017 the group selected six members to participate in a workshop on the Photovoice method. This activity aimed to record the views of people living and coping with disability from their personal point of view, thereby potentially acting as advocates for change in their communities. The resulting photographs provided visual evidence of disabling or enabling situations in the community and are a mean to share their knowledge and experiences with others. We hope to show the pictures in an exhibition to various communities and authorities in the second quarter of 2018.

## **Donations**

Medical donations have been received and with a hospital, health centre and maternity home in Kpando and the Ghana Health Service directorate in Donkorkrom. The medical donations consisted of infusion materials, materials for circulation and surgical scissors. Furthermore, medical donations have been received for UNiTED's projects. We received donations for our maternal health education, health screening and first aid training. All donations were gathered by family members of the home manager of our sister organization [HardtHaven Children's Home](#). We are very grateful!

## **Volunteer program**

None of our projects would be possible without the help of international volunteers and interns. If you are interested in a volunteer position, or would like to do an internship, please check our website for more information. We are looking forward to welcome you on the team!



*Picture 8 Join the volunteer team!*