



RMF/CHSM/SPEC Partnership

**Narrative Report on Implementation of
KPS (Konesans Pou Sove Lavi) Project Activities**

Essential Family Practices | June to December 2017

Implementation - SPEC Institute

Context

In 2016, the KPS project achieved the goal of organizing structures put in place by the community in more than 21 municipalities across Haiti. In these communities, training sessions were carried out for more than 500 community health promoters to implement the messages of the book *Konesans Pou Sove Lavi (KPS)*, translation *Knowledge to Save Lives*.

In their communities, these health promoters are called ambassadors of health. The role of these ambassadors is, officially, to create health clubs in their communities around the key messages of the KPS book. The fact is that these ambassadors did not spontaneously achieve this implementation for various reasons, the primary reason having to do with the key dynamics of these communities, whose mechanisms were not necessarily mastered by these ambassadors.

In fact, we had some of these ambassadors set up working groups, but no functional clubs really emerged after the training conducted between October 2016 and March 2017 thanks to the financial contribution of UNICEF.

Based on this reality, the current project (KPS2), implemented between June and December 2017 with support from Real Medicine Foundation (RMF) and Centre Hospitalier Sainte Marie, has focused a large part of its efforts and resources on the establishment of viable health clubs by considering the realities of the field, which led us to follow three major objectives:

1. First, set up priority clubs in the sites where interest in this activity appeared to be greater and where locally a leader/ambassador could really play the role of local champion to carry the burden of bringing the project to its full realization.
2. Secondly, divert some resources from other activities if necessary, to prioritize the creation of health clubs and logistical support for the implementation of their activities.
3. Thirdly, communities that are more difficult to supervise will be supported later. It became clear that without regular and closely supervised coaching, the clubs would not be able to achieve long-term viability. Thus, considering the real means of the program, priority was given to the locations within control range of the project. This explains why other locations have not yet been touched in the creation and equipment of health clubs in 2017. This last component will be reinforced even more in the KPS3 project in 2018.

Despite the emphasis on creating health clubs, other aspects of implementation were crucial to the success of the project; it involves the creation, multiplication, and distribution of work tools, from health education materials to all the health clubs created, as well as the accompaniment of these clubs for the implementation of activities in the field. That is why other flagship activities have taken place:

- Production and publication of KPS folk songs
- Distribution of health education kits to the clubs that have been created
- Realization of mass awareness activities like the Health Festival
- Community actions to commemorate Global Handwashing Day

In conclusion, this KPS2 project in 2017, at the same time as making corrections to the shortcomings created during the implementation of the KPS1 project in 2016, had the great merit of stimulating the social movement

of creating and mobilizing designated social groups, the health clubs. **More than 122 clubs** were created at the end of this project in **at least 10 municipalities** in the western and southern departments of Haiti.

Synopsis of the Project

The KPS2 project is intended to spread health messages of *Konesans Pou Sove Lavi* through local networks of Adventist and non-Adventist churches in the project communes.

Planned activities:

1. Creation, training, supervision, and monitoring of the activities of the health clubs in the project communities:
 - 1.1: Monitoring and evaluation activities for 100 health clubs
 - 1.2: Training activities for new project sites and clubs requiring upgrading
 - 1.3: Acquisition and distribution of work equipment for the 100 health clubs
 - 1.4: Production and distribution of a weekly radio program
 - 1.5: Launch of a complete album of the 14 songs of the KPS program
 - 1.6: Participation in Global Handwashing Day on October 15, 2017 - 2,000 hands washed

Target population:

120,000 people in the departments of the west and south

Expected results:

1. Result 1 - 100 operational health clubs
 2. Result 2 - Radio show broadcasting on a weekly basis
 3. Result 3 - 10 KPS songs created, recorded, and available for mass distribution
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Summary of Results Achieved

ACTIVITY 1.1: MONITORING AND EVALUATION ACTIVITIES FOR 100 HEALTH CLUBS

Results expected: 100 clubs trained and active in the field

Results achieved: 122 clubs formed and level of activities varied

ACTIVITY 1.2: TRAINING ACTIVITIES FOR NEW PROJECT SITES AND CLUBS REQUIRING UPGRADING

Results expected: 2 planned trainings

Results achieved: 2 trainings completed

ACTIVITY 1.3: ACQUISITION AND DISTRIBUTION OF WORK EQUIPMENT TO 100 HEALTH CLUBS

Results expected: 100 clubs received EPS (health education) kits

Results achieved: 122 clubs received EPS (health education) kits

ACTIVITY 1.4: PRODUCTION AND DISTRIBUTION OF A WEEKLY RADIO PROGRAM

Results expected: Weekly radio broadcast

Results achieved: Weekly radio program between October & December 2017

ACTIVITY 1.5: LAUNCH OF A COMPLETE ALBUM OF THE 14 SONGS OF THE KPS PROGRAM

Results expected: Production of 10 additional KPS songs and album publication

Results achieved: 10 songs produced and album delivered

ACTIVITY 1.6: PARTICIPATION IN GLOBAL HANDWASHING DAY OCTOBER 15, 2017

Results expected: 2,000 hands washed

Results achieved: 6,000 hands washed

Narrative Description of Implemented Activities

ACTIVITY 1.1: CREATION, ANIMATION, MONITORING, AND SUPERVISION OF 100 HEALTH CLUBS IN THE TARGET COMMUNITIES OF THE PROJECT

At the end of the KPS2 project in December 2017, **122 health clubs** had been formed in the following municipalities: Les Cayes, Cavaillon, Saint-Louis-du-Sud, Léogane, Gressier, Carrefour, Port-au-Prince, Delmas, Tabarre, Croix des Bouquets, and Pétion-Ville. The total number of members is **1,100 people** registered in these health clubs. Achieved in about 6 months, these results were costly in terms of time, various resources, and commitments required, but also in logistical means, which included travel, lodging accommodations, and reimbursements. This essential activity for the implementation of such a project will have to be better provided for financially in the subsequent projects. Logistical expenses are a key point for the success of this project.

- Port-au-Prince, the capital city of Haiti, was the community that set up the first health clubs. A total of 5 clubs focusing on hygiene were created in two institutions: Eglises Adventiste de Joppe (Adventist Churches of Joppe) and primary school "Les Colombins de la Source." 94 members were registered in total for the 5 clubs.
- In Petion-Ville, 4 clubs were created in 2 institutions, totaling 80 members.
- In Delmas-10, 8 clubs were created in the church Sinai de Delmas, and 95 members were registered in the 8 clubs.

The KPS project achieved an important objective during this phase: penetrating Haiti's southern region. This area was not reached at all in the program's previous phase. Members of communities in Cayes, Cavaillon and Saint-Louis-du-Sud showed a keen interest, and a mission was sent between August 11 and 13 to set up health clubs. Because of the distance from the capital, this mission was very expensive, but the results were significant: 24 clubs were formed and 83 people from the three communes were enlisted.

In terms of activities, we conducted two awareness sessions on Saturday, August 12 and a half day of advanced training on health education on Sunday, August 13.

After the municipalities of Cavaillon, Cayes, Saint-Louis-du-Sud, the southern region saw the mobilization of adjacent municipalities in the metropolitan area of Port-au-Prince, such as Carrefour, Gressier, and Léogane, where a total of 44 clubs are accounted for, enlisting 332 members. The mobilization in this area is such that our problem has been to find enough human resources, time, resources, and working materials to assist the health clubs. We expect that in 2018, the southern region will be very dynamic and innovative in this project.

In conclusion, the southern region of the country saw the creation of 51 clubs in 7 municipalities, enlisting 365 active members.

The summary table of clubs created is as follows:

Communes	Locations/ Zones	Communities	Themes Developed	# Clubs	# Members
Carrefour	Martissant	EA7 Joppe	Hygiene	2	60
Gressier	Gressier	EA7 et protestante	Complete health / Sexual health / Nutrition / Physical exercise / Sanitation	15	168
Delmas	Delmas-95	EA7 Jacquet	Hygiene	2	50
Pétion-Ville	Juvenat	Eglise Protestante	Hygiene	2	30
Cavaillon	Cavaillon	EA7 Cavaillon	Hygiene / Nutrition / Alimentation / Physical exercise / HBP/ Diabetes	24	83
Tabarre	Caradeux	EA7 Caradeux	Hygiene / Healthcare education / Environmental protection / Physical exercise / Pregnancy companion	5	60
Carrefour	Brochette-95	EA7 Samarie	Hygiene / Physical exercise / Nutrition / Pregnancy / Labor & Delivery	7	100
Carrefour	Morija	EA7 Morija	Mental health / Physical exercise / Nutrition / Reproductive health / Pregnancy & Delivery / HBP/ Hygiene	13	
Tabarre	Petite Place Cazeau	EA7 RAMA	Physical exercise / Cancer / Breastfeeding / Hygiene / HBP / Nutrition	8	108
Port-au-Prince	Port-au-Prince	Ecole fondamentale	Hygiene	3	34
Léogane	Léogane	EA7 Léogane	Pregnancy & Breastfeeding / Hygiene / Nutrition / Physical exercise / Sexual health / HBP	7	82
Croix des Bouquets	Croix des Bouquets	EA7 Shekina	Pregnancy & Breastfeeding / Hygiene / Nutrition / Physical exercise / Sexual health / HBP / Diabetes	7	138
Tabarre	Clercine	EA7 Tekoa		4	
Delmas	Delmas-10	EA7 Sinai	Nutrition / Hygiene / Mental health / Physical exercise / Delivery, Breastfeeding, Pregnancy / Cancer / HBP	8	95
Tabarre	Mais Gaté	EA7 Pergame	Physical exercise / Diabetes / HBP / Nutrition	6	77
Croix des Bouquets	Santo-15	EA7 Emmanuel de Santo	Nutrition / Hygiene / Physical exercise / Breastfeeding / HBP, Diabetes / Patients club	8	103
TOTAL				121	1,188

ACTIVITY 1.2: ACHIEVING ANIMATORS' TRAINING ACTIVITIES IN THE TARGET COMMUNITIES

Training activities were conducted to prepare on-site professionals to monitor all activities. Many of these professionals will be project supervisors in 2018. The trainings took place in Cavaillon, Carrefour, and Carrefour Shada.

ACTIVITY 1.3: ACQUISITION AND DISTRIBUTION OF WORK EQUIPMENT FOR 100 HEALTH CLUBS

The project carried out grouped purchases of materials, consumables, and work tools for the health clubs that were formed. Each health club received a basic health education kit that will allow them to conduct events, meetings, and other activities on a regular basis. This serves as a starter kit for health education tools.

A standard kit normally includes the following items:

1. KPS book (sites that have already received books have not received again)
2. Memory aid booklet
3. Project T-Shirt,
4. Key message cards for group work
5. Adhesive poster with key messages on hygiene
6. Printed work and tracking materials, such as copies and attendance sheets/reports

Training and animation tools are a necessity for the health clubs. In addition to the kits, the project must produce printed materials and audio and video tools on a systematic basis, to feed the weekly work of the clubs. This will be a priority for 2018. The expenses correspond to the production of equipment as well as the purchase of equipment for the manufacturing of these products.

ACTIVITY 1.4: REALIZATION AND DIFFUSION OF A WEEKLY RADIO TRANSMISSION

The *Viv Lavi (Live Life)* radio program has been revised to become the KPS project's broadcast program. This 45-minute program airs every Monday at 3:00 PM on 4VVE radio, 89.7 FM, and it resumes again on Friday at the same time.

The format of the show is as follows:

1. Introduction and welcome
2. Singing the KPS opening
3. Important announcements
4. Resonances section - Moment of testimony regarding field experiences
5. Health Talk - Development of a theme/key message of the day

We are planning a more participatory show in 2018.

ACTIVITY 1.5: LAUNCH A COMPLETE ALBUM OF THE 14 SONGS OF THE KPS PROGRAM

The general opinion was that this incentive was a stroke of genius on the part of the designers of the project. 14 professional and quality artistic productions are now part of the project. These 14 songs correspond to the 14 themes of the KPS book. The production was submitted to the Ministry of Public Health and Population's CADME (Committee for the Support of the Development of Educational Materials), which validated these songs with minor corrections to be made in 4 of them.

These songs were appreciated by radio hosts, health extension/promoters, hospitals, the tourism industry, and many other sectors who see them as a major contributor to public health for 2017. An initial test-production of

10 CDs was made, due to the level of interest and warm reception that exceeded our expectations during the Health Festival.

This Health Festival, which took place in Gymnasium Vincent de la rue Romain in Port-au-Prince, was a resounding success and propelled the project to another level. Now, major players such as the Haitian Public Health Association, the association of private hospitals, neighborhood associations, churches, policy-makers, and others are aware of the project. An estimated number of more than 700 people attended.

ACTIVITY 1.6: PARTICIPATION IN GLOBAL HANDWASHING DAY OCTOBER 15, 2017

The commemoration of Global Handwashing Day was also a success, and instead of washing 2,000 hands as envisioned, 6,000 hands were washed in three communes: Port-au-Prince, Pétion-Ville, and especially Carrefour. The most important thing was to test the health clubs' ability to mobilize on large-scale joint projects. This experience puts us on the path to more successful commemorations in 2018. The execution of this activity consisted mainly in the supervision of the clubs setting up activities, but also in acquiring soap, posters, and other logistical materials to make these activities a success.

Annexes:

1. [Photos](#) and [Videos](#) of the program
2. [KPS songs](#)
3. [KPS song lyrics](#)
4. List of KPS songs:
 1. "Aksidan" (Accident)
 2. "Alètman matenel" (Breastfeeding)
 3. "Devlopman" (Development)
 4. "Diarrhee se yon maladi" (Diarrhea is a disease)
 5. "Katastrof" (Disaster)
 6. "Ligyen" (Hygiene)
 7. "Nitrisyon" (Nutrition)
 8. "Planing lan se yon bon mwayen" (Family planning is a good tool)
 9. "Pwoteksyon" (Protection)
 10. "Rim ak tous" (Runny nose & cough)
 11. "SIDA" (AIDS)
 12. "Vaksinasyon" (Vaccination)

A translation of each song's lyrics is included below:

1. AKSIDAN (ACCIDENT)

Opening

Accidents may occur from time to time

Be careful to ensure the protection of children and parents' lives

First verse

Accidents do not announce themselves; therefore, you need to be careful

And protect the children from burns, poisoning, and drowning

Chorus

Accidents may occur from time to time

Be careful to ensure protection of children and parents' lives

Second verse

Do not say, "If we only knew then" in order not to have only regrets

When riding motorcycles, remember to always wear helmets

Chorus

Accidents may occur from time to time

Be careful to ensure protection of children and parents' lives

Third verse

Liability is a burden, so avoid falling into despair

Do not let the children play with razors, knives, and scissors

2. ALÈTMAN MATÈNEL (BREASTFEEDING)

Opening

When babies are newborns, listen, parents, do not give them substitutes
Give them the first breast milk; it's a great medicine
From 0 to 6 months the best meal is only breast milk
From 6 months until 2 years, mix it with other foods

First verse

By doing so, you will be protecting them
If you breastfeed them
Mother's milk will help the infants grow and stay healthy
Let's always breastfeed the children (BIS)

Chorus

When babies are newborns, listen, parents, do not give them substitutes
Give them the first breast milk; it's a great medicine
From 0 to 6 months the best meal is only breast milk
From 6 months until 2 years, mix it with other foods

Second verse

When you breastfeed the babies, they get all they need
When you breastfeed them well, they will grow in good care
They will develop well, they will not be malnourished
They will not get sick, which can cause them to die

Chorus (twice)

When babies are newborns, listen, parents, do not give them substitutes
Give them the first breast milk; it's a great medicine
From 0 to 6 months the best meal is only breast milk
From 6 months until 2 years, mix it with other foods

3. DEVLOPMAN (DEVELOPMENT)

Opening

So that they will not grow malnourished

So that they can grow well

You have to give them good examples

And give them love

First verse

At 1, 2, 3 years old, they will observe and apply

Encourage them; it will push them to reach for the stars

Watch what they hear, see, and taste

They will record them in their babies' brains

Chorus

So that they will not grow malnourished

So that they can grow well

You have to give them good examples

And give them love

Second verse

At 4, 5, and 6 years old

Speak to them and hear from time to time

Care for them, educate, and feed them

They can be different; they do not have the same development

What is most important is a good behavior

4. DIARRHEE SE YON MALADI (DIARRHEA IS A DISEASE)

Opening

Diarrhea is a disease that makes people use the bathroom a lot

At least 3 times a day and only liquid

It can dehydrate adults and mostly babies

When not treated, it can send you six feet under

Chorus

Wash your hands (wash your hands), treat the water (treat the water)

Give the children the ROTA vaccine, good sanitation (good sanitation)

Breastfeeding (breastfeeding), zinc and vitamin A to prevent diarrhea

First verse

When children have diarrhea, so that they are not dehydrated,

Oral serum is the key medicine to save them from it

Bring them to the healthcare center, give them drinks and food

Do not give any other medications without a consult

Chorus

Wash your hands (wash your hands), treat the water (treat the water)

Give the children the ROTA vaccine, good sanitation (good sanitation)

Breastfeeding (breastfeeding), zinc and vitamin A to prevent diarrhea

5. KATASTROF (DISASTER)

Chorus

Catastrophes are cases that can generate trouble, when not informed and prepared
Being cautious is not cowardly; we must know what action works with each situation

First verse

Children and women are more at risk
After a misfortune, they must be a priority
Make sure that their rights are respected

Chorus

Second verse

At the times of heavy rains, there are always more epidemics
Do not touch blood, vomit, or feces
Protect yourself from people coughing on you

Chorus

Third verse

When the earthquake happened, under walls we hid under tables until it finished
We have to help everyone everywhere while protecting ourselves

Chorus

Fourth verse

Feuds and natural disasters are the worst possible things that can happen
And which can also throw us in despair under malnourishment
If we do not take proper precautions

Chorus

Catastrophes are cases that can generate trouble, when not informed and prepared
Being cautious is not cowardly; we must know what action works with each situation

6. **LYGIEN (HYGIENE)**

First verse

What a beautiful thing health is
But it does not work without cleanliness
Clean our bodies
Clean in the house
Clean the streets, everywhere
Adults and children,
We are all concerned

(Let's all participate – let's do a kombit)
As long as it is for cleanliness

Second verse

When we exit the toilet, before we eat,
Before and after we care for babies,
Let's wash our hands with soap using running water
So that we may stay healthy
Do your bodily needs in a clean toilet to prevent germs' propagation
Put all trash in trash cans everywhere
That is cleanliness

7. NITRISYON (NUTRITION)

Opening

Oo oo o... Let's eat

Oh oh... The QQV of foods

Oo oo o.... Good Quality, Quantity, and Variety

First verse

Corn, yam, and millet are good sources of energy

Meat, milk, peas with fish, they make you grown women and men

Fruits and vegetables are food that protects you

Chorus

Three kinds of foods; that's what we have to eat

So that we can stay healthy

Foods that build the body, which protect the body

And give the body strength

Second verse

Minerals and vitamins make the children stand tall

So that you don't become depleted, eat various foods, drink potable water

It's a working combination if you want to overcome your sickness (malnutrition)

Chorus

Three kinds of foods; that's what we have to eat

So that we can stay healthy

Foods that build the body, which protect the body

And give the body strength

8. PLANING LAN SE YON BON MWAYEN (FAMILY PLANING IS A GOOD TOOL)

First verse

To control your power to have babies is a necessary skill
Know the best age for you to have babies so that you are not a parent too early
It's a good knowledge to have in order to make the right decision in any situation

Chorus

Family planning is the best way to have a better family life
Family planning is a good tool to help protect life
Family planning is the best way to have a better future
Family planning is a good tool to help families succeed

Second verse

To control your power to have babies is a duty for all families
Knowing when to wait to have babies is a duty for all families
If you want, indulge yourself, there are a lot of planning methods to choose from
So that your family is in harmony

Chorus

Family planning is the best way to have a better family life
Family planning is a good tool to help protect life
Family planning is the best way to have a better future
Family planning is a good tool to help families succeed

Bridge (BIS)

Avoid, avoid these 4 situations:
Have babies too early; do not have too many babies
Have babies too close (one on top of the other) can be dangerous
And you must not have them too late
Avoid, avoid these 4 situations

9. PWOTEKSYON (PROTECTION)

“A society where children’s rights are respected”

Chorus

The children (twice) are the country’s future

Let’s work together to save them

The children (twice) are the country’s future

Let’s protect them

First verse

We want a society where all children’s rights are respected

Rights to eat, to live in a good home, to live healthy

We want a society where all children’s rights are respected

Rights to education, to give their opinion, to be able to play

Chorus

The children (twice) are the country’s future

Let’s work together to save them

The children (twice) are the country’s future

Let’s protect them

10. RIM AK TOUS (RUNNY NOSE & COUGH)

Chorus

Watch the children when they're coughing
Watch the children when they are not breathing right
Make sure that the children get proper health care
Do not neglect for their state not to worsen

First verse

Pneumonia, TB are 2 diseases that make children cough
Each year, 2 million children die due to TB and pneumonia

Chorus

Watch the children when they're coughing
Watch the children when they are not breathing right
Make sure that the children get proper health care
Do not neglect for their state not to worsen

Second verse

Keep them warm when they are coughing
Do remember to feed them when they are sick
Parents, you have to always be informed
And apply all good healthcare advice

Chorus

Watch the children when they're coughing
Watch the children when they are not breathing right
Make sure that the children get proper health care
Do not neglect for their state not to worsen

11. SIDA (AIDS)

Chorus

Our vision is to get rid of AIDS
I won't contract, I won't transmit HIV/AIDS
Children will not be born or die from this virus
Let's all rally to beat AIDS

First verse

HIV is a virus borne disease
Which can hit and destroy many families
Which is the cause of suffering of many children
Which strikes a lot of discrimination as if it was its mission
Let's all rally so that it does not destroy us

Chorus

Our vision is to get rid of AIDS
I won't contract, I won't transmit HIV/AIDS
Children will not be born or die from this virus
Let's all rally to beat AIDS

Bridge

All pregnant women should be tested
So that they make the right decision
So that their children are not born infected
Let's avoid this dangerous situation
As we are keeping ourselves informed
So that the one we love would love being protected

12. VAKSINASYON (VACCINATION)

Opening

All parents should know when and where they give vaccines

Vaccination is a gesture of love for the life that we deserve

Chorus

Vaccination is the best protection

For pregnant women and babies

So that they may live without fear

First verse

From 0 to 2 years of age

All parents are obligated to bring their children to a healthcare center

To be vaccinated without any excuses

Sensitization

When the baby is a newborn, give him: **BCG and Polio**

When he is 6 weeks old, give him: **Penta-Rota-VPI**

When he is 10 weeks old, give him: **VPO2-Rota-Pneumo-Penta**

When he is 14 weeks old, give him: **VPO3-Penta-Pneumo**

When he is 9 months old, give him: **Penta & RR**

When he is 15 months old, give him: **RR & DTP**

Chorus

Vaccination is the best protection

For pregnant women and babies

So that they may live without fear