

REPUBLIC OF KENYA  
TURKANA COUNTY GOVERNMENT



MEDICAL OFFICER OF HEALTH  
TURKANA CENTRAL SUB-COUNTY  
P. O. BOX 18- 30500

MINISTRY OF HEALTH SERVICES AND SANITATION  
LODWAR

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## Integrated Healthcare Outreaches in Turkana Drought Region, Northern Kenya

Date: May 13, 2019	Prepared by: Emma Kiriungi
<b>I. Demographic Information</b>	
1. City & Province: Lodwar, Turkana, Kenya	
2. Organization: Real Medicine Foundation, Kenya ( <a href="http://www.realmedicinefoundation.org">www.realmedicinefoundation.org</a> ) Ministry of Health Services & Sanitation, Turkana County ( <a href="http://www.turkana.go.ke/index.php/ministry-of-health-sanitation-2/">www.turkana.go.ke/index.php/ministry-of-health-sanitation-2/</a> )	
3. Project Title: Healthcare Outreaches in Turkana Drought Region, Northern Kenya	
4. Reporting Period: January 1, 2019 – March 31, 2019	
5. Project Location (region & city/town/village): Turkana Central, East and North sub-counties, Turkana, Kenya	
6. Target Population:  Central Turkana: 19,500 people North Turkana: 5,198 people East Turkana: 9,500 people  <b>Total target population: 34,189 people</b>	
<b>II. Project Information</b>	
7. Project Goal:  To improve the delivery of primary healthcare services to people living in remote areas of Turkana Central, North, and East sub-counties, Turkana Drought Region, Northern Kenya.	
8. Project Objectives:  Provide essential health services to area residents through monthly integrated outreaches: <ul style="list-style-type: none"><li>• Nutrition services for children and pregnant and lactating mothers (PLM)</li><li>• Treatment of common health conditions</li><li>• Deworming</li><li>• Immunization services for children</li><li>• ANC services for pregnant women</li><li>• Vitamin A supplementation for children and pregnant and lactating mothers (PLM)</li><li>• Health education</li></ul>	

- Family planning services for women of reproductive age
- HIV counseling and testing

9. Summary of RMF/MOH-sponsored activities carried out during the reporting period under each project objective (note any changes from original plans):

During this reporting period (January, February, and March 2019), we successfully carried out a total of 72 integrated outreach activities at the selected sites in the three sub-counties. These were made possible with support from RMF and the MOH.

The table below gives a summary of all activities carried out during the reporting period:

Region	Nutrition Services		General Treatment	Deworming	Immunized Children (FIC)	ANC Services	Vitamin A Supplementation	Health Education	Family Planning
	Children	PLM							
Central Turkana	940	372	1,089	647	98	206	356	2,217	0
North Turkana	946	233	1,201	1,243	641	409	567	2,667	0
East Turkana	43	0	258	0	684	0	0	182	164
<b>Total</b>	<b>1,929</b>	<b>605</b>	<b>2,548</b>	<b>1,890</b>	<b>1,423</b>	<b>615</b>	<b>923</b>	<b>5,066</b>	<b>164</b>

Summary of work completed during this reporting period:

#### Central Turkana

- **1,312** (940 children and 372 pregnant and lactating mothers) received nutrition services.
- **1,098** patients were treated for general ailments.
- **647** received deworming services.
- **98** children were fully immunized.
- **206** pregnant mothers received antenatal services.
- **356** received Vitamin A supplementation.
- **2,217** were reached with public health messages through health education outreaches.

#### North Turkana

- **1,179** (946 children and 233 pregnant and lactating mothers) received nutrition services.
- **1,201** patients were treated for general ailments.
- **1,243** received deworming services.
- **641** children were fully immunized.
- **409** pregnant mothers received antenatal services.
- **567** received Vitamin A supplementation.
- **2,667** were reached with public health messages through health education outreaches.

#### East Turkana

- **1,456** children were seen, of which **684** received immunizations, and were **258** treated for general ailments.
- **164** clients were given family planning (FP) services.
- **39** children were found to be malnourished, of which **7** had severe malnutrition and **36** had moderate malnutrition.

#### 10. Results and/or accomplishments achieved during this reporting period:

Below is a breakdown of the performance of various activities and indicators during the reporting period:

##### **Nutrition Services and Vitamin A Supplementation**

During the two-month reporting period of February and March, many women and children have benefited from the outreaches through nutrition services and Vitamin A supplementation. Using MUAC (mid-upper arm circumference), clients were categorized as having normal nutritional status or being severely or moderately malnourished. A total of **2,534 children and pregnant and lactating mothers (PLM)** benefited from nutritional support. Kerio division is still the main area of focus, as many clients screened were in the severely malnourished category. Our teams are also monitoring the severe cases at Kerio Health Centre and recording any improvements. Other cases are also being managed at various health facilities conducting these outreach activities. A total of **923** people received Vitamin A supplementation.

These achievements can be attributed to the support from RMF, the county government, and other supporting agencies.

##### **Immunization Activities**

The project has also enabled communities in remote areas to access vaccination as a way of improving the immunity of our children. During this reporting period, we have been able to fully immunize **1,423** children. As a sub-county, we have noted a remarkable improvement in FIC achievements. Additionally, other children have benefited from various immunization antigens like OPV3, Penta 1, Penta 3, and Measles 3.

##### **Antenatal Services and Family Planning**

In the effort to promote quality services for pregnant women, reduce maternal mortality rates, and improve pregnancy outcomes, outreaches to disadvantaged communities play a key role. During this reporting period, we managed to provide antenatal services to **615** pregnant women. Many women received a tetanus toxoid vaccination, IFAS, and Vitamin A supplementation. This is an indicator that we are closely monitoring, especially 4<sup>th</sup> ANC coverage, with the goal of improving skilled deliveries performance and eventually a reduction in maternal mortality rates.

Some of our outreaches also offer family planning services to women of reproductive age. During this reporting period, 141 women in East Turkana were provided with family planning services.

##### **Deworming Services**

A total of **1,890** clients received deworming services. This is a boost in our performance, given that in the previous quarter as a sub-county we had performed dismally in this indicator. With our continued partnership, we anticipate tremendous improvements as we reach more people in remote areas.

##### **General Treatment**

One of the key activities within this project is management of minor illnesses and other conditions affecting the target population. The county government has been supportive in terms of providing essential drugs to enable us to offer treatment for conditions like malaria, respiratory tract infections, urinary tract infections, skin conditions, and eye infections. This has contributed to a reduction in mortality caused by these conditions. During this reporting period, we were able to offer treatment to **2,548** clients.

##### **Health Promotion and Education**

Health promotion and education play primary roles in disease prevention and pave the way for better healthcare within the community. We have achieved milestones in the performance of different indicators by laying a stable foundation in this sector. During each outreach activity, our dedicated staff begins by giving health talks to the target population. This empowers the community with quality knowledge on how to protect themselves from a number of health-related conditions. During this reporting period, the community was educated on a number of topics, including MNH, immunization, public and environmental health, and HIV and other STIs. All talks are aimed at curbing the spread of health-related conditions by putting in place adequate control measures to mitigate these. We managed to reach a total of **5,066** individuals with such messages during this reporting period.

#### 11. Impact this project has on the community (who is benefiting and how):

Impact of the project on Turkana Central sub-county's general performance:

Working in partnership with RMF has enabled Turkana Central, North, and East sub-counties to reach rural populations that would otherwise have difficulty accessing medical services. The project has safeguarded this population from exploitative witchdoctors who have taken advantage of their need for medical attention. Also, the nomadic nature of our population makes accessibility to services a major challenge. With this program, we are able to reach as many people as we can in their temporary settlements. This has resulted in performance indicators' improvement, showing overall health gains for the population.

12. Number served/number of direct project beneficiaries (for example, average number treated per day or month and if possible, per health condition):

- **2,534** (1,929 children and 605 pregnant and lactating mothers) received nutrition services.
- **2,548** were treated for general ailments.
- **1,890** people received deworming services.
- **1,423** children were fully immunized.
- **615** pregnant mothers received antenatal services.
- **923** received Vitamin A supplementation.
- **164** women received family planning services.
- **5,066** people received public health messages through health education outreaches.

13. Number of indirect project beneficiaries (geographic coverage):

**34,189** people living in in remote areas of Turkana Central, North, and East sub-counties, Turkana Drought Region, Northern Kenya.

14. If applicable, please list the medical services provided:

Through our integrated health outreaches, we provide the following primary healthcare services:

- Nutrition services for children and pregnant and lactating mothers (PLM)
- Treatment of common health conditions
- Deworming
- Immunization services for children
- ANC services for pregnant women
- Vitamin A supplementation for children and pregnant and lactating mothers (PLM)
- Family planning services for women of reproductive age
- HIV counseling and testing

15. Please list the five most common health problems observed within your region.

- Respiratory Tract Infections
- Malaria
- Gastroenteritis
- Skin Diseases
- Eye Infections
- Malnutrition

16. Notable project challenges and obstacles:

- The beneficiaries' live nomadic lifestyles due to their agricultural needs, which presents a challenge in delivering outreach services to communities.
- Competing activities leading to a compromise in quality supervision and technical support by the sub-county health management team (SCHMT) during outreaches as well as the delayed compiling of reports.
- Poor network coverage hampering telemedicine and consultations through phone calls.
- Poor road network hampering movements into some areas.
- Shortage of some drugs to treat sick children at the outreach sites.
- Lack of privacy for ANC and FP clients.

- Lack of some equipment in most facilities, especially weighing scales and BP monitor batteries, to assist in offering services at outreach sites.

17. Plans and recommendations for the next reporting period:

- Joint supervisions with the MOH and RFM team.
- Proper forecasting of immunization antigens and pharmaceuticals to avoid unnecessary stock-outs.
- Continue carrying out the integrated outreaches.

18. If applicable, summary of RMF/MOH-sponsored medical supply distribution and use:  
N/A

19. Success story(s) highlighting project impact:

Please see Project Photos.

20. Photos of project activities (file attachment is fine):

### Project Photos



*An RMF health worker preparing a vaccine*



*An RMF health worker giving a health talk for participants*



*Community members gathered together to listen to health talks and wait to receive health services*

### III. Financial Information

21. Detailed summary of expenditures within each budget category as presented in your funded proposal (file attachment is fine). Please note any changes from plans.

Sent separately