

REPUBLIC OF KENYA
TURKANA COUNTY GOVERNMENT



MEDICAL OFFICER OF HEALTH
TURKANA CENTRAL SUB-COUNTY
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LODWAR

MINISTRY OF HEALTH SERVICES AND SANITATION

Integrated Healthcare Outreaches in Turkana Drought Region, Northern Kenya

Date: October 13, 2018	Prepared by: Dr. Dominic Ongaki, Dr. Jacob Nakuleu, and Dr. David Moru
I. Demographic Information	
1. City & Province: Lodwar, Turkana, Kenya	
2. Organization: Real Medicine Foundation, Kenya (www.realmedicinefoundation.org) Ministry of Health Services and Sanitation, Turkana County (www.turkana.go.ke/index.php/ministry-of-health-sanitation-2/)	
3. Project Title: Healthcare Outreaches in Turkana Drought Region, Northern Kenya	
4. Reporting Period: July 1, 2018 – September 31, 2018	
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 Total target population: 34,189 people	
II. Project Information	
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">• 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)
- Health education
- 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 (July, August, and September 2018), we successfully carried out a total of **63** integrated outreach activities at the selected sites. These were made possible with support from RMF and the MOH.

Summary of work completed during this reporting period:

Central Turkana

- **903** (651 children and 252 pregnant and lactating mothers) received nutrition services.
- **1,385** patients were treated for general ailments.
- **585** received deworming services.
- **86** children were fully immunized.
- **155** pregnant mothers received antenatal services.
- **579** received Vitamin A supplementation.
- **2,205** were reached with public health messages through health education outreaches.

North Turkana

- **1,292** (1,011 children and 281 pregnant and lactating mothers) received nutrition services.
- **1,667** patients were treated for general ailments.
- **1,869** received deworming services.
- **412** children were fully immunized.
- **350** pregnant mothers received antenatal services.
- **1,171** received Vitamin A supplementation.
- **1,509** were reached with public health messages through health education outreaches.

East Turkana

- **764** children were seen, of whom **401** received immunizations, and **363** were treated for general ailments.
- **141** clients were given family planning (FP) services.
- **46** children were found to be malnourished, of which **14** had severe malnutrition and **32** had moderate malnutrition.
- **951** were reached with public health messages through health education outreaches.

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 **2,241 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 **1,750** 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 **899** 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 **505** pregnant women. Many women received a tetanus toxoid vaccination, IFAS, and Vitamin A supplementation. This is an indicator that we are closely monitoring, especially 4th 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 **2,454** 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 **3,415** 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 **4,665** 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):

- **2,241** (1,708 children and 533 pregnant and lactating mothers) received nutrition services.
- **3,415** were treated for general ailments.
- **2,454** people received deworming services.
- **899** children were fully immunized.
- **505** pregnant mothers received antenatal services.
- **1,750** received Vitamin A supplementation.
- **141** women received family planning services.
- **4,665** 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:

- 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.
- Shortage of malaria RDTS
- 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



A health worker giving a health talk to the community before commencing services



A child getting immunized

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