

NURSES AND MIDWIVES TRAINING COLLEGE, TAMALE

HEALTH PROMOTION COMMITTEE

**REPORT ON ACTIVITIES FOR THE SECOND SEMESTER OF THE 2017/2018
ACADEMIC YEAR**

PREPARED AND SUBMITTED

BY

ABDULMUIZZ TIKUMA MUKTAR

ALHAJI IDDRISU MOHAMMED

PATIENCE KARIKARI

MINA SAPIO

MAY, 2018

ACKNOWLEDGEMENT

The committee wish to thank the Almighty God for the successful implementation of health promotion activities carried out this semester. We will also thank the Acting Principal of the college, Mr. Abdulai Abdul-Malik and all members of management for their immense support for a successful semester.

We also thank our clients/collaborators for allowing us to undertake various health promotion activities in their establishments.

We say God richly bless you all and keep all of us healthy.

INTRODUCTION

The Health Promotion Committee, as constituted by management of Nurses and Midwives Training College with the mandate of ensuring the following;

1. Good Sanitation on Campus
2. Environmental beautification/ greening of the campus
3. Health education/ promotion in NMTCT, the Tamale metropolis and beyond.

The Committee for the second semester of the 2017/2018 academic year set to carry out the following Health Promotion Activities;

1. Training and Implementation of effective Handwashing
2. Corporate Health Screening and Deworming Exercise
3. Reproductive Health Education Campaign at NMTC campus

TRAINING AND IMPLEMENTATION OF EFFECTIVE HANDWASHING

The first phase of the health promotion programme for this semester was Training and Implementation of effective Handwashing which entailed;

1. Workshop on effective handwashing for Tutors of the college
2. Training on effective handwashing for members of the Health Promotion Club and the entire student body
3. Implementation of effective handwashing in the college

The program was implemented by the Health Promotion Committee in collaboration with the Research, Ethics and Quality Assurance Committee and the Gender, Guidance and Counselling Committee. It was a Three-Day Workshop that saw a demonstration on Effective Handwashing by a facilitator from the Northern Regional Team of Infection Prevention and Control, who is also a Tutor of the college, among other activities.

Introduction

The committees for Health Promotion, Research, Quality Assurance and Ethics as well as Gender and Counselling embarked on a 3-day joint workshop as part of their scheduled programme of activities for this semester.

This workshop was organized from 7th to 9th March, 2018 at the Tutors Office, Nurses' and Midwives' Training College, Tamale.

Opening

The workshop was opened by Mr. Abdulai Abdul-Malik, the acting Principal of the college at 9.00 am after an opening prayer was said by Mr. Godwin, a national service person. In his welcome address the Principal reminded participants about the importance of the workshop and how it would impact on the output of Tutors (Participants). He mentioned that he commissioned the research by the research/ ethics/ quality assurance committee in order for the college to lead the way in publishing articles and materials of relevance in both local and international journals. He also emphasized the need for the hand hygiene and gender session, as it would enhance output by staff in general and tutors to be specific.

He thus expressed importance of the workshop and urged the participants to take seriously the training.



Mr. Abdulai Abdul-Malik, the acting Principal of NMTC

DAY ONE

Presentation and demonstration on Hand Hygiene

The first day, 7th March 2018 saw the presentation of on Hand Hygiene by a facilitator/ Tutor, Mr. Awudu Bawa Iddrisu. In all about 43 Participants attended the day's session. It was generally on why hand hygiene is important in healthcare settings and the consequences of not adhering to hand hygiene guidelines, different types of hand hygiene methods and identifying circumstances under which each can be deployed, also how to do routine hand washing, hygienic hand washing, antiseptic hand rub, and surgical hand scrub and then demonstrating the different types of hand hygiene methods. Before the presentation, a pretest was done to establish the baseline upon which the facilitator built on. This was done by asking participants to demonstrate how they wash their hands, and by this he took note of how participants usually wash their hands.



Presentation on effective hand washing by Mr. Awudu at the SCR

Hands-on Session

After the presentation, the facilitator then demonstrated to participants the effective and proper way to wash hands. He then conducted a post test to see if participants learnt how to effectively wash their hands after the demonstration.



Practical demonstration of effective hand washing by facilitator

Closing

The workshop came to a close on Wednesday, the 9th of March, 2018 and a closing address was conducted by the 2nd vice principal, Mrs. Christiana Amalba. In her remarks she advised participants to support management in order for them to deliver on proper administration of the school. She added that tutors should take such workshops serious because it would have much impact on how they deliver and manage their students both in the classroom and outside of it. She thanked participants for coming and urged them to keep it up by attending all meetings and school functions. A closing prayer was done by Mr. Fadel, a national service person.

Participants Evaluation of the Workshop

Participants general made good observations about the workshop and appreciated that fact that there were practical sessions coupled with the presentations made. They also made suggestions as to the themes for future workshops which includes; personal hygiene, CPR, Steps in guidance and counselling, etc.



Some images from the workshop



Some images from the workshop





Training on effective handwashing for members of the Health Promotion Club and the entire student body

This part of the programme was not implemented partly because of the lack of time and also most students were out of campus for the clinical sessions. There was also a delay in the design and production of the Handwashing systems that would have been used for the training.

Implementation of effective handwashing in the college

The implementation of the Effective Handwashing system is ongoing as the systems have been designed and plumbing works are being done to make the systems complete for use. We are hopeful that the systems would be functional in the next academic year.

Pictures of Handwashing systems

CORPORATE HEALTH SCREENING AND DEWORMING EXERCISE

The aim of the programme was to ensure a healthy community devoid of preventable communicable and non-communicable diseases. The committee together with the Health Promotion Club moved to corporate institutions in the Tamale metropolis and assessed the health status of the people and also distributed dewormers to participants. Areas covered include blood pressure, BMI and counseling where necessary. Also health education on salient health issues proceeded each screening session. The exercise also included distribution of Albendazole 400mg to the participants screened.

Corporate institutions covered in this exercise include **GT BANK, BARCLAYS BANK, NYOHINI CHILDREN'S HOME, NORTHERN REGIONAL COORDINATING COUNCIL** among others. This surely enhanced the college's relationship with these institutions and hopefully may ease the committee's access to sponsorships and partnerships in the implementation of its activities. In all, a total of 246 people benefited from the corporate screening exercise



Health promotion committee/club members with Agt. Principal and some mgt members at Barclays Bank during screening of Barclays staff



Health education at GT Bank prior to screening



Health education at GT Bank prior to screening



Health screening at RCC



Health screening at RCC



Health screening at Barclays Bank



Health screening at Nyohini children's home



PROGRAMME ON REPRODUCTIVE HEALTH EDUCATION CAMPAIGN AT NMTC CAMPUS

This program could not also come off due to reasons beyond our control and also partly because of the fact that most of the students were not on campus at the same time due to the clinical sessions. We are however hopeful that the programme will be implemented as part of the committee's programme for the 2018/2019 academic year.

TREE PLANTING/ FLOWERING/ BEAUTIFICATION/ GREENING OF THE TNMTC CAMPUS

The committee as part of our mandate started a greening/ flowering/ tree planting project with the aim of greening and beautifying the college campus.

The project saw several species of trees being planted at various locations of the campus. Beautifying flowers and lawns were also nursed and planted at the entrance of the school. As its evident on the campus entrance, this project seeks to show the beauty of the NMTCT campus to visitors and patrons who would feel welcomes with the serene environment at the entrance of the college.

We hope that management and all stakeholders would continue to support the committee to ensure this flowering and beautification project continues unabated.

INAUGURATION OF THE EXECUTIVES OF THE HEALTH PROMOTION CLUB OF THE HEALTH PROMOTION COMMITTEE

In a quest to effectively implement our programmes as a committee, the Health Promotion Committee established a club, known as the Health Promotion Club, with the aim of using the club to aid in the implementation of our programmes. This we thought would resolve the issue of using colleague tutors who demanded compensation for the work done for the committee. This club constitutes students of the college.

This semester the committee organized election of executives for the club, and this saw the election of various students to various position within the club. Below is a list of position in the club and the officers/ students occupying each position;

EXECUTIVES	
1. PRESIDENT	MUSTAPHA ABDUL-NAFIU
2. VICE PRESIDENT	HIDIR HAIFAWU
3. GENERAL SECRETARY	ABASS ABDUL-WAKIL
4. DEPUTY GENERAL SECRETARY	FUSEINI HAJARA
5. TREASURER	ISSIFU SADIA
6. DEPUTY TREASURER	ALHASSAN UZEIRU
7. EVENT COORDINATOR	ABUBAKARI OSMAN
8. DEPUTY EVENT COORD.	UMAR SUALIHA GARIBA
9. PUBLIC REALTIONS OFFICER	ABIAW OSEI ADOLF
STANDING COMMITTEES	

1. FUND RAISING	IDDRISU FATI
2. WELFARE	KUMI ACHIEAW JULIA
3. PROGRAM PLANNING	AMPEM DORIS AKUA
4. HEALTH EDUCATION	BABA CLEMENT YAMBA
5. PUBLICITY	FUSEINI KARAMATU
6. ELECTIONS	ABDULAI M. SUBREEL
7. JUDICIAL	DONKOR SAMUEL

CONCLUSION

The activities of the Health Promotion Committee of the Nurses and Midwives Training College for the second Semester of the 2017/2018 academic year was very successful even though there existed some skirmishes.

The major drawback of the activities for the semester were inadequate funding and coupled with inadequate tools and equipment to work.

It is our fervent hope that most, if not all of these challenges would be addressed coming next semester and in subsequent years and semesters to come.

We are however thankful to the principal and management for their zeal in ensuring that the HPC gets some funding and support to carry out their mandate.

RECOMMENDATIONS

Even though some of the recommendations from our previous report have been addressed, including the purchase of some equipment and issuing of certificates to deserving participants in our work, we still would recommend that the following;

1. Alternative sources of funding should be explored to augment the little funds coming from the college. This should be done through appeals and fundraising activities. Also, sponsorships and partnerships can be sought and used to achieve this.
2. Funds for the committee's activities should be released in whole as and when needed to forestall any delays in implementation of the activities budgeted for.
3. Tools and equipment needed to carry out activities of the committee should be provided and a designated office/ accommodation be established to house them.
4. More collaborations should be established to help cater for fallouts from activities of the committee, like referrals in terms of health screening carried out.
5. Also, experts/ specialists who are engaged by the committee should be remunerated appropriately and accordingly to ensure their availability in subsequent programmes.
6. Issuing of certificates of participation to Team participants (Experts/ Tutors and Students) should continue so as to motivation them to continues to support the committee.

It is our fervent hope that if these recommendations are implemented, the work of the committee would be enhanced and its objectives achieved.

NURSES' AND MIDWIVES' TRAINING COLLEGE, TAMALE
MINISTRY OF HEALTH
HEALTH SCREENING FORM

Name.....Sex: M / F		
Height	Age	Weight
BP		
BMI.....		
REMARKS.....		
.....		
EXAMINER.....		

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