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**Fondation Eagle**  
Project Report  
Reference No FF459-16  
April 2020

## **Health Project: Improving Primary Health and Family Planning for Rural Communities in Mombasa, Kenya**

**Summary:** This report outlines the successful completion of the September 2019 Health Project funded by Fondation Eagle.

The 2019 funding was provided

- 1) To enable clinic renovations, and to purchase clinic equipment, to ensure appropriate standards of hygiene and adequate patient care facilities to maintain our status as a 'Level 2' clinic in Kenya.
- 2) To construct and equip a new 2 room Family Planning (FP) Centre at the Nguuni clinic dedicated to providing a full family planning service for men, women and adolescents.

- **Grant Acceptance:** 17th Sept 2019
- **Amount:** £30,425
- **Period** of Project Q4 2019 – Q2 2020
- **Location** – Nguuni Health Clinic, Bamburi, Mombasa
- **GPS co-ords:** S 03° 59.58432 E 39° 41.74206

### **Background**

The Nguuni clinic is a community facility originally set up to serve Haller communities, but now also provides healthcare to the peri-urban people who live within a 6 mile radius. It is currently staffed by a clinician, nurse and diagnostic lab technician, part time pharmacist and receptionist. It provides a full service, Monday-Saturday, and provides outreach visits to rural communities on a weekly basis.

With the renovations and extra treatment rooms we now offer the following services:

## Clinics

- Antenatal Clinic
- Child Welfare Clinic including under5's vaccination programme
- Family Planning
- General Drop In Clinic

## Laboratory

- Haematology: Malaria, Dengue, Anaemia
- Microbiology/ Virology Rapid tests for pregnancy, HIV, syphilis, typhoid, dengue, helicobacter pylori, hepatitis

## Pharmacy/Dispensary

- Medicines sourced from Ministry of Health (MoH) & Haller
- Nutritional supplements, mosquito nets provided by the MoH and USAID
- fFee regular medication to HIV and TB patients
- Injectable antibiotics & fluids for administration by the clinician

## Outreach

- Outreach clinic to rural communities offering child welfare clinic, Childhood Vaccinations, post and antenatal, FP, general drop in clinics

## Education

- Weekly educational health talks in community on varying topics
- Educational DVDs and posters at the clinic



## Clinic Equipment and



## Renovations

### Completed December 2019

The clinic has been providing subsidised (90%) medical access for community members since 2008. It needed urgent renovations, general refurbishment and modernising after 12 years of providing comprehensive primary care to an average footfall of approx.7,000 patients each year.

Renovations were made to the roof, ceilings and windows to make them watertight again, toilet facilities were upgraded, windows repaired, all areas redecorated and new flooring and blinds added. Much needed new diagnostic equipment was then acquired to facilitate speedier and more accurate diagnosis of patients during consultations. A haematology analyser for blood screening and a diagnostic microscope are now in use by our diagnostic lab technician. New medical equipment including examination bed, oxygen cylinders, a medication trolley, blood pressure machine and IV drip stands are now in place for use by patients and new screens provide more privacy for those being examined/ treated.

- **Outcomes:** This much-needed renovation and refurbishment has ensured the maintenance of appropriate standards of hygiene and the expansion of our patient care facilities as required by the Ministry of Health to operate as a level 2 clinic.

We have extended our services, with patients being offered a greater choice of treatments including minor surgery and a family planning service.

- We run health education DVDs using the reconditioned laptop and screen equipment to show a series of Medical Aid Educational Films to patients both on the waiting room screen during clinics and in our auditorium, on topics such as malaria, family planning and nutrition.





Looking at a blood sample in the diagnostic lab

- Diagnostic capability has been greatly improved - further supporting our ability to improve capacity. The haematology analyser offers faster, more accurate processing of a high volume of blood samples compared to the previous manual process, reducing the risk of human error and sample contamination and ensuring cost effective health treatment. It is used a number of times each day enabling the lab technician to test

blood samples as a patient waits and provides accurate diagnoses before drugs are administered, a critical outcome which ensures appropriate dispensation of drugs, and helps to reduce future antibiotic resistance. This much improved diagnostic capability also ensures we no longer miss easily remedied illnesses in a region with debilitating disease patterns and where tropical diseases are rife.

### **New Family Planning Centre Completed October 2019**

Family planning (FP) is not taught in schools, and not typically handed down from mother to daughter in most rural Kenyan communities, so



New family planning patient room

it is a desperately needed service in the region, where the average family size is 8-10. The building of Haller's dedicated FP clinic was completed in October 2019 and allows the provision of confidential services.

**Outcomes:** These new facilities have enabled the launch of a key additional service; a dedicated **family planning clinic** which provides women's health screening, examinations and family planning advice to men and women. An extensive range of contraceptive options are offered from condoms, injections, implants, IUCD's and the contraceptive pill as well as advice on fertility awareness and natural methods.

- Rural women now have the ability to plan for the size of families they want and can support, in a region where food insecurity is a huge challenge. This will hopefully have a significant impact on their livelihoods, their wellbeing and the health of their families. For the first time, the clinic has witnessed couples attending together. The clinician has initiated a major drive to educate husbands/men aiming to change their traditional resistance to the concept of family planning.

Explaining oral contraception.

- The dedicated facility has enabled us to have a credible presence as a family planning provider and in November, we hosted our first joint well-woman promotion service with the Ministry of Health and another local health centre at these new facilities, with the MoH providing free contraceptive supplies. The clinic was able to provide a broad range of well woman services from family planning to cervical and breast cancer screening and community education. A number of onward referrals to the general hospital were made.



## Current Challenges;

### Maximising support to patients: Reassessing where we focus services.

As the Covid 19 pandemic spreads across the globe, global inequality is only likely to grow with the most marginalised and vulnerable impacted at new levels not yet fully understood. As you are aware, we currently have plans underway in the Kisauni district to support Haller communities with a series of health initiatives including the provision of hand washing facilities and access to free testing where possible, sanitizers, medicines and transport to hospital. However curfews and restriction on movement will likely impact patient numbers who attend the clinic for the next few months as people are afraid of infection and we anticipate needing to adapt to be more active with the outreach work we do with communities.

## Expenditure to date

Clinic Renovation & Equipment	Budget £	Exp to Date £	Variance £
<b>Equipment:</b>			
Haematology analyser	6500	6700	+ 200
Microscope for diagnostics	1000	900	-100
Oxygen cylinder	350	300	-50
Examination bed	150	250	+100
Medication trolley	200	230	+30
BP machine/ drip stands	200	220	+20
Reconditioned laptop/DVD/Screen/Security	450	1050	+600
<b>Repairs:</b>			
Toilet Upgrade	1500	1200	-300
Roof/ windows repair	1300	1780	+480
Redecs/carpentry/new floortiles,blinds	1425	1100	-325
Privacy screens	450	300	-100
Contingency	400	400	
<b>TOTAL</b>	<b>13925</b>	<b>14,430</b>	<b>+505</b>
<b>New Family Planning Centre</b>			
Construction of 2 room centre & landscaping	12700	12200	-500
Furnishing & equipment	2300	2400	+100
Project management	1500	1500	-
<b>TOTAL</b>	<b>16500</b>	<b>16,100</b>	<b>-400</b>
<b>GRAND TOTAL</b>	<b>30,425</b>	<b>£30,530</b>	<b>+105</b>

NOTES TO BUDGET - SLIGHT OVERSPEND ON CLINIC RENOVATION DUE TO SCREENING EQUIPMENT AND SECURITY – COVERED BY CONTINGENCY :

## Conclusion

Since first supporting the original clinic project in 2007, Fondation Eagle has been a major contributor to Haller's programme to improve the health of the communities we support, and to ensure that they are fit and able to farm, and that they can plan their family sizes to match their aspirations. We are hugely appreciative of the support. The finished project has been running for three months, and we were just beginning to build patient numbers and have impact at the FP centre. However we anticipate that the recent global events and the impact of restrictions on movement and fear of contagion will impact attendance at the clinic in the short term. We will endeavour to switch our focus to our mobile health services to address community needs, and refocus at the clinic at the appropriate time.

Louise Piper  
April 2020