



A FINAL REPORT

ON THE CONTINUING MEDICAL EDUCATION
(CME) WORKSHOP ON NON-COMMUNICABLE
DISEASES (NCDs) ORGANISED BY THE
FOUNDATION FOR HEALTHCARE INNOVATION
AND DEVELOPMENT (FHIND)



FOUNDATION FOR HEALTHCARE INNOVATION AND DEVELOPMENT (FHIND)

7a Otop Abasi Street, Calabar, Cross River State, Nigeria.

Website: <http://www.fhind.org/>.

JULY 1, 2016

TABLE OF CONTENTS

1.0 INTRODUCTION

	page no
1.1 Date and venue	2
1.2 Training Team	2
1.3 Target Group	2
1.4 Theme	2
1.5 Agenda	3

2.0 THE TRAINING WORKSHOP

2.1 Background	3
2.2 The training workshop in summary	3
2.2 Outcomes	4
2.3 Recommendations	5
2.4 Evaluation	5

3.0 CONCLUSION

3.1 Conclusion	6
----------------	---

APPENDICES

Appendix 1: Workshop Agenda	7
Appendix 2: List of Participants	6
Appendix 3: Workshop Photographs	8
Appendix 4: Workshop Materials	9

1.0 INTRODUCTION

1.1. Date and venue

The training workshop took place on 17th through 19th of May, 2016 at the Cross River State College of Health Technology, Calabar situated adjacent to the General Hospital in Calabar and a stone's throw from the University of Calabar.

1.2. The Training team

The training team arrived Nigeria on Sunday, 15th May and met with the FHIND team one day before the workshop for fine-tuning of the workshop agenda (Appendix 1), training materials (attached herewith) and coordination of facilitation. Facilitators were Dr. Catherine Snape – University of Leeds, United Kingdom; Ms. Laura Bates - University of Leeds, United Kingdom; Dr. Akaninyene Otu – FHIND; Dr Ofem Enang – FHIND; Dr Uduak Williams – FHIND and Dr Daniel Otokpa of the University of Calabar Teaching Hospital, Nigeria. Mr. William Egbe provided administrative assistance.

1.3. Target Group

The target group were doctors working in General Hospitals and private health facilities in Cross River State. Thus, participants (appendix 2) attended from General hospital, Calabar; General Hospital, Akamkpa; General Hospital, Akpabuyo; General Hospital, Ukem; General Hospital, Odukpani; Arubar Specialist Hospital, Calabar; Navy Hospital, Calabar; UNICEM Hospital, Calabar; Dr. Lawrence Henshaw Memorial Hospital, Calabar; Hannah Foundation Clinic, Calabar; College of Health Technology Medical Centre, Calabar; Asi Ukpo Medical and Diagnostic Centre, Calabar; State House Clinic, Calabar; St. Joseph's Hospital, Akpabuyo and University of Calabar Teaching Hospital. Prior to the workshop, the relevant authorities in these health facilities were contacted. Then the workshop was further promoted through emails, bulk short messaging service and banners placed at the General Hospital in Calabar as well as the venue for the workshop.

1.4. Theme

The workshop was entitled *“AN UPDATE ON CURRENT MANAGEMENT OF NON-COMMUNICABLE DISEASES”*.

1.5. Agenda

The training team agreed to a draft agenda prior to the training which was also accepted by participants, although minor modifications were made each day in the light of several observations made during the training.

Each day of the training workshop started with an ice breaker. Then Dr. Catherine Snape opened the session by welcoming participants and asking the participants and trainers to introduce themselves, and establishing the ground rules. Each participant then stated their personal objectives for attending and the next facilitator then gave a background on NCDs in Nigeria. This was followed by a short group discussion before launching into the modules proper.

Participants had a tea break and were also allowed 10 minutes each hour to attend to phone calls, use the rest room or to just stretch. After lunch break each day, they were asked to change seats and seat next to someone else. This was to enhance interaction and networking among them as well as encourage sharing of experiences and knowledge.

Each day ended with presentation of certificates and 10 CPD points to participants as well as group photographs (Appendix 3).

2.0 THE WORKSHOP

2.1. Background

NCDs are no longer just a problem for the developed world but are also important in Nigeria. The need for build capacity among healthcare professionals to offer quality care to patients with NCDs cannot be over emphasized. In a bid to promote good clinical practice with respect to NCDs among Nigerian doctors, the University of Leeds United Kingdom in collaboration with the NCD Department of the Federal Ministry of Health Nigeria and the Foundation for Healthcare Innovation and Development (FHIND) developed an NCD case management deskguide for use by doctors through a technical working group process. The NCD training in Calabar would be the first time that this NCD document would be piloted among clinicians.

2.2. The training workshop in Summary

The goal of the workshop was to improve knowledge and skills of doctors in the management of non-communicable diseases using up-to-date best practices. To achieve this, the whole training was built around two key training materials namely: the clinical desk guide *“Non-communicable Diseases Case management*

desk guide for doctors and other clinicians” and the Health Educators manual “*Non-communicable diseases Lifestyle Desk Guide for health educators*”. These two materials and other workshop materials (Appendix 5) were provided free for each participant at the point of registration after which they had to fill a pre-workshop questionnaire before admittance into the training hall. Over a three day period, three workshops were held for a total of 42 doctors who were trained on the following modules:

- Communication skills
- Hypertension
- Diabetes mellitus
- Sickle cell disease
- Cerebrovascular disease
- Chronic obstructive pulmonary disease
- Asthma
- Epilepsy
- Reflective practice

The modules were delivered by highly skilled professionals using role plays, practical exercises and group discussions to ensure that every participant was fully engaged throughout the entire course of the training which started from 9:00am and ended at 5:00pm each day.

The workshop was part of a pilot project to adapt this clinical desk guide on NCDs for use by health professionals across Nigeria, and was funded by UKAID through the Communicable Diseases (COMDIS) Health Service Delivery (HSD) group of the University of Leeds, United Kingdom. The other partners were the Non Communicable Diseases Department of the Federal Ministry of Health Nigeria, the Nigerian Medical Association (NMA) Cross River State branch with FHIND being the co-ordinating body.

2.3. Outcomes

Participants agreed on the following recommendations for their future work:

1. Improving and standardizing of record keeping systems for NCDs in their various health facilities;
2. Practicing good communication skills during consultation sessions with patients;
3. Laminating and displaying the one-pager summary on treatment steps for various NCDs covered at the workshop for easy reference and effective patient management;
4. Developing patient care models that can allow for patients to also have duplicate copies of their treatment cards;
5. Developing a culture of opportunistic screening for NCDs even for asymptomatic patients;

6. Employing reflective practice into their day-to-day interaction with patients;
7. Building capacity and promoting the need for treatment supporters and adequate patient education;
8. Revising and referring to the workshop materials regularly in order to master the guide provided;
9. Creating reliable registers and database for NCDs and updating of related statistics;
10. Sharing the knowledge they have acquired with relevant authorities and fellow colleagues in their respective health facilities to influence positive policies regarding NCDs.

2.4. Recommendations

1. To have a mechanism for follow-up of the outcomes.
2. Further revision of the NCD clinical desk guide and the health educators' guide with a view to producing resources which will be utilised by health professionals across Nigeria to manage NCDs.

2.5. Evaluation

At the end of workshop for each day, feedback and reactions of participants to the training were received both verbally and in form of a post-workshop questionnaire where individual knowledge and understanding of each module delivered was evaluated. At the end of the training, all the participants stated that attending the workshop was valuable to them and attested to the fact that their knowledge of NCDs had improved considerably. They were particularly appreciative of the communication skills and reflective practice modules which they found novel as these are not routinely taught in Nigerian settings.

3.0 CONCLUSION

3.1. Conclusion

The participants were all grateful to Dr Catherine Snape and Ms Laura Bates for travelling to Nigeria from the UK to deliver this valuable training. The duo for the UK also received gifts of traditional Nigerian art works from the Executive of FHIND in appreciation of their superlative performance.

APPENDIX 1:

**AGENDA FOR CME TRAINING WORKSHOP ON NON-COMMUNICABLE DISEASES
(NCDs)**

Morning

Session 1 - Introduction to NCDs

Session 2 - Communication skills

Session 3 - Hypertension

Session 4 - Diabetes

Afternoon

Session 5 - Sickle cell disease

Session 6 - CVD or COPD

Session 7 - Asthma or Epilepsy

Session 8 - Reflective practice

APPENDIX 2:

LIST OF PARTICIPANTS FOR NCD TRAINING IN CALABAR MAY 2016

S/No	Name	Hospital	Scheduled date
1	Dr Emin Johnson Emin	General Hospital Calabar	Day 1: 17 th May 2016

S/No	Name	Hospital	Scheduled date
2	Dr Afelumo,T.O	General Hospital Calabar	
3	Dr Bassey C.A	General Hospital Calabar	
4	Dr. Ayi Etim Effiong	General Hospital Calabar	
5	Dr Elsie Obi Okorie	General Hospital Calabar	
6	Dr Aniefiok Udoh	General Hospital Akamkpa	
7	Dr Odo Hilary	General Hospital Akpabuyo	
8	Dr Abraham Obri	ARUBAR Specialist Hospital	
9	Dr Asa Offiong	General Hospital Odukpani	
10	Dr Umaru	Navy Hospital Calabar	
11	Dr Agbo James Etim	UNICEM Hospital Calabar	
12	Dr Bassey E.	General Hospital Calabar	
13	Dr Ernest Egbe	General Hospital, Calabar	Day 2: 18 th May 2016
14	Dr Geraldine Edim	General Hospital, Calabar	
15	Dr. Kenneth Takim	General Hospital, Calabar	
16	Dr.Ukam M.	General Hospital, Calabar	
17	Dr. Ekweme K.	General Hospital, Calabar	
18	Dr.Bassey Nkiru	General Hospital, Calabar	
19	Dr Francis Ekok	General Hospital, Calabar	
20	Dr. Ebong Esor	General Hospital Akpabuyo	
21	Dr. Stephen Oti	General Hospital Akamkpa	
22	Dr Grace Nsa	Dr. Lawrence Henshaw Memorial Hosp., Cal.	
23	Dr. Caleb Ekuri	ARUBAR Specialist Hospital, Cal.	
24	Dr. Ukweh Ikechukwu	ARUBAR Specialist Hospital, Cal.	
25	Dr. I. O. Ajulufo	Navy Hospital	
26	Dr. Ekanem, Ekong	General Hospital, Ukem	
27	Dr. John Gbaji	Hannah Foundation Clinic, Calabar	
28	Dr Edadi, Ukam Ekup	Medical Centre, College of Health Tech, Cal.	
29	Dr U. O. Osun	General Hospital, Calabar	Day 3: 19 th May 2016
30	Dr. Bassey, R	General Hospital, Calabar	
31	Dr. Egbe, J. J.	General Hospital, Calabar	
32	Dr. Egbehor D.	General Hospital, Calabar	
33	Dr. Etcheri A.	General Hospital, Calabar	
34	Dr. Mfon A. A.	General Hospital, Calabar	
35	Dr. Eze Ngozi V.	Dr. Lawrence Henshaw Memorial Hosp., Cal.	
36	Dr. F. C. Aduma	Navy Hospital	
37	Dr. Ededem F. Essien	UNICEM Hospital, Calabar	
38	Dr. Unyima Essien	Hannah Foundation Specialist Clinic, Cal.	
39	Dr. Douglas U. Christian	Asi Ukpo Diagnostic & Medical Center, Cal.	
40	Dr. Cornelia E. Ekome	University of Calabar Teaching Hospital, Cal.	
41	Dr. Obong, Nsikak Edet	St. Joseph's Hospital, Akpabuyo	
42	Dr. Joseph A. Bassey	State House Clinic, Calabar	

APPENDIX 3:

NCD WORKSHOP PHOTOGRAPHS



PHOTO 1: Facilitators' pre-workshop meeting



Photo 2: Introduction of facilitators



PHOTO 3: Ice-Breaker



PHOTO 4: Presentation of background of NCDs

PHOTO 5: Tea break



PHOTO 6: Ten Minutes Break



PHOTO 7: Facilitators' role-play

PHOTO 8: Participants' role-play (1)



PHOTO 9: Participants' role-play (2)

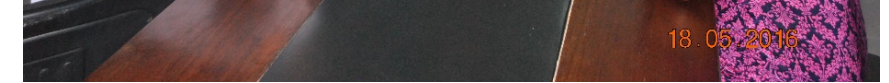


PHOTO 10: Group discussion (1)



PHOTO 11: Group discussion (2)



PHOTO 12: Presentation of certificates and CPD points (1)



PHOTO 13: Presentation of certificates and CPD points (2)



PHOTO 14: Presentation of gifts to trainers from UK (1)



15: Presentation of gifts to trainers from UK (2)

PHOTO 16: group photograph (1)



PHOTO 17: Group photograph (2)



PHOTO 18: Group photograph (3)

APPENDIX 4:

LIST OF MATERIALS USED FOR NCD WORKSHOP

1. Non-Communicable Diseases: Case Management Desk Guide for Doctors and other Clinicians
2. Non-Communicable Diseases: Lifestyle Desk Guide for Health Educators
3. NCD pre-workshop questionnaire
4. NCD post-workshop questionnaire
5. One Pager Summary Guides on NCD
6. Audit and Reflective Practice templates

7. NCD Nigeria Training for participants

8. Treatment record sheets for NCDs

N/B: (Please see all materials in the flash drive enclosed)