



# COMMUNITY HEALTH AFRICA TRUST

## POPULATION, HEALTH & ENVIRONMENTAL SERVICES (PHE)

### GoK Offices Report – 1<sup>st</sup> Quarter 2016

#### January- March



|                                |  |
|--------------------------------|--|
| <b>Name of the project</b>     | CHAT's integrated services with a focus on family planning/ ecological sensitization   |
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| <b>Regions covered by CHAT</b> | Presently CHAT is reaching into 10 counties with integrated FP/Ecological awareness activities   |
| <b>CHAT's Partners</b>         | AMREF, Marie Stopes, GoK including the Kenya Ministry of Health & 'environment ministries', African Impact, Kenya Wildlife Trust, Community Health & Sustainable Environments (CHASE), Community Health Africa Poverty Solution (CHAPS), Ewaso Lions Ltd, 23 grass roots Health Support Groups throughout Laikipia & Samburu, and 22 Community own Resource Persons (CORPs) grassroots partners providing FP/ecological sensitization, HIV/AIDS & TB mobilization services   |
| <b>Program Coordinator</b>     | Shanni Wreford-Smith: <a href="mailto:mobileclinicsafrica@gmail.com">mobileclinicsafrica@gmail.com</a>   |
| <b>Report Authors</b>          | Program Coordinator, Projects Officer, Assistant Projects & Data Officer, Finance Officer, Volunteer auditor   |

### The Problem Statement

**“Pressures resulting from unrestrained population growth put demands on the natural world that can overwhelm any efforts to achieve a sustainable future. If we are to halt the destruction of our environment, we must accept limits to that growth”**

*World Scientists' Warning to Humanity, signed by 1600 senior scientists from 70 countries, including 102 Nobel Prize laureates*

*NB – Please see our new updated website at [www.chatafrica.org](http://www.chatafrica.org) & or follow us on facebook*

## CHAT's Strategies

As is frequently the case in rural Africa, most of the people have to travel vast distances to reach a local health clinic to seek health services. This usually incurs a financial burden they cannot afford. Other barriers, apart from inaccessibility, for not seeking reproductive health services and treatment are the challenges of stigma often related to cultural, traditional and religious barriers. To address these barriers, we deliver all our services door-to-door through various mobile means focusing on working alongside grass-root placed partners, Community Own Resource Persons (CORPs) using the following methods



**Back pack/on Foot**



**Camel Back**



**Motor Mobile**

## Summary of this Quarter's Activity News

The GoKs expected Total Fertility Rate (TFR) is recorded as 3.9% back in 2009 (KDHS). CHAT intervenes in counties with a high TFR – and where the most need for access to family planning is identified

CHAT's findings in many of the communities they reach, are that a high birth rate starts early – as young as amongst teenagers of 13 years old, and that the average woman will get pregnant for most years of their reproductive life, but possibly only acknowledge having 5- 8 children. 40% of maternal health issues could be mitigated if women could access contraception.

Most donations go towards supporting CHAT's PHE solution intervention. Historically to the present CHAT has reached out to 264 communities. This quarter 28,161 individuals in Samburu, Laikipia, Isiolo, Baringo, Meru, Nyeri, Marsabit, Nakuru and Kitui counties were reached - accessing CHAT's innovative, holistic family planning service which includes a strong component of ecological awareness.

CHAT's motor mobile strategies also provides basic curatives, HIV/AIDS counselling and testing , other reproductive health services, and TB services which act as entry points to CHAT's holistic family planning intervention.

In February 2016, CHAT signed a contract with Amref Health Africa to continue partnering with them to implement a TB program for another 3 years; the project includes capacity building Community Health Worker's, defaulter tracing, contact invitation, TB mass screening, prisoners screening, integrated outreaches and health facilities system strengthening , all in partnership with the GoK/MOH

Program monitoring and evaluation is a key activity that CHAT implements on a regular basis – apart from being an internal requirement it is also a specific requirement by the Kenyan government and in particular Kenyan Ministry of Health – with CHAT being guided by approved Standard Operating Procedures (SOP) of the government.

| Indicators  | Reached by CHAT supported back packing FPCORPS (cost share) |        |                                |                                      | CHAT reached by Motor mobile (cost share) |        |                      |                                 | Reached by camel mobile ( Cost share) |        |                     |                     | CHAT's overall Qtrly | CHAT's Overall Cumulative |
|---|---|--------|--------------------------------|--------------------------------------|---|--------|----------------------|---------------------------------|---------------------------------------|--------|---------------------|---------------------|----------------------|---------------------------|
|   | Male  | Female | Jan. 2016- Mar. 2016 (FPCORPs) | FPCORP cumulative Jan.2016- Mar.2016 | Male                                      | Female | Jan. 2015- Mar. 2016 | Cumulative Jan. 2016- Mar. 2016 | Male                                  | Female | Jan. 2016-Mar. 2016 | Jan.2016– Mar. 2016 | Jan. 2016- Mar. 2016 | Jan. – Dec. 2016          |
| <b>FAMILY PLANNING COMBINED WITH ECOLOGICAL AWARENESS/REPRODUCTIVE HEALTH</b>     |   |        |                                |                                      |   |        |                      |                                 |                                       |        |                     |                     |                      |                           |
| No. of individuals mobilized and sensitized about FP/eco awareness.               | 3,466   | 11,637 | <b>15,103</b>                  | <b>15,103</b>                        | 2,027                                     | 11,031 | <b>13,058</b>        | <b>13,058</b>                   | 0                                     | 0      | <b>0</b>            | <b>0</b>            | 28,161               | 28,161                    |
| No. of men accompanying their women to RH/FP ecological sensitisation meeting.    | 1,881   |        | <b>1,881</b>                   | <b>1,881</b>                         | 1,317                                     |        | <b>1,317</b>         | <b>1,317</b>                    | 0                                     |        | <b>0</b>            | <b>0</b>            | 3,198                | 3,198                     |
| No. women chose implants as their method of contraception (3-5 years protection). |   | 3,955  | <b>3,955</b>                   | <b>3,955</b>                         |   | 2,689  | <b>2,689</b>         | <b>2,689</b>                    |                                       | 0      | <b>0</b>            | <b>0</b>            | 6,644                | 6,644                     |
| No. women chose Depo-Provera contraception (3-month injectable).                  |   | 1,347  | <b>1,347</b>                   | <b>1,347</b>                         |   | 634    | <b>634</b>           | <b>634</b>                      |                                       | 0      | <b>0</b>            | <b>0</b>            | 1,981                | 1,981                     |
| No. of women chose pills as their method of contraception protection              |   | 384    | <b>384</b>                     | <b>384</b>                           |   | 447    | <b>447</b>           | <b>447</b>                      |                                       | 0      | <b>0</b>            | <b>0</b>            | 831                  | 831                       |
| No. of women who chose IUCDs as their method of contraception protection          |   | 106    | <b>106</b>                     | <b>106</b>                           |   | 0      | <b>0</b>             | <b>0</b>                        |                                       | 0      | <b>0</b>            | <b>0</b>            | 106                  | 106                       |
| No. of condoms distributed  | 15,633  | 929    | <b>16,562</b>                  | <b>16,562</b>                        | 12,246                                    | 561    | <b>12,807</b>        | <b>12,807</b>                   | 0                                     | 0      | <b>0</b>            | <b>0</b>            | 29,369               | 29,369                    |
| No. of youth out of school mobilized and sensitized about FP/eco awareness.       | 1,338   | 3,613  | <b>4,951</b>                   | <b>4,951</b>                         | 1,083                                     | 2,344  | <b>3,427</b>         | <b>3,427</b>                    | 0                                     | 0      | <b>0</b>            | <b>0</b>            | 8,378                | 8,378                     |
| No. of children immunized   | 0   | 0      | <b>0</b>                       | <b>0</b>                             | 35  | 65     | <b>100</b>           | <b>100</b>                      | 0                                     | 0      | <b>0</b>            | <b>0</b>            | 100                  | 100                       |
| No. of newly enrolled women provided with ANC services and revisited.             |   | 0      | <b>0</b>                       | <b>0</b>                             |   | 48     | <b>48</b>            | <b>48</b>                       |                                       | 0      | <b>0</b>            | <b>0</b>            | 48                   | 48                        |
| No. of women referred for PMTCT.  |   | 0      | <b>0</b>                       | <b>0</b>                             |   | 2      | <b>2</b>             | <b>2</b>                        |                                       | 0      | <b>0</b>            | <b>0</b>            | 2                    | 2                         |

| <b>BASIC CURATIVES- an important 'entry point' to all our other interventions</b>  |    |    |    |    |     |     |       |       |   |   |   |   |      |       |
|--|----|----|----|----|-----|-----|-------|-------|---|---|---|---|------|-------|
| No. of patients treated including opportunistic infections and revisits  | 0  | 0  | 0  | 0  | 132 | 236 | 368   | 368   | 0 | 0 | 0 | 0 | 368  | 368   |
| <b>HIV/AIDS (CBHTCs)- Kenyan policy makes it compulsory that patients coming for treatment are tested &amp; counselled hence indicated under motor &amp; camel mobile. (CHAT no longer has much funds for this project –therefore very few activities)</b> |    |    |    |    |     |     |       |       |   |   |   |   |      |       |
| No. of people counselled and tested disaggregated by sex and age   | 0  | 0  | 0  | 0  | 521 | 798 | 1,319 | 1,319 | 0 | 0 | 0 | 0 | 1319 | 1,319 |
| No. of individuals testing positive and prevalence at this date %  | 0  | 0  | 0  | 0  | 2   | 5   | 7     | 7     | 0 | 0 | 0 | 0 | 7    | 7     |
| No. of supervisions conducted  | 0  | 0  | 0  | 0  | 0   | 0   | 0     | 0     | 0 | 0 | 0 | 0 | 0    | 0     |
| <b>TB- Integral part of our service provision via CORPs</b>  |    |    |    |    |     |     |       |       |   |   |   |   |      |       |
| No. of contacts traced   | 60 | 29 | 89 | 89 | 0   | 0   | 0     | 0     | 0 | 0 | 0 | 0 | 89   | 89    |
| No. of household of TB patients reached with health education on nutrition/infection control   | 60 | 29 | 89 | 89 | 0   | 0   | 0     | 0     | 0 | 0 | 0 | 0 | 89   | 89    |
| No. of defaulters traced   | 22 | 6  | 28 | 28 | 0   | 0   | 0     | 0     | 0 | 0 | 0 | 0 | 28   | 28    |

**“Empowering a woman in poverty has to begin with access to contraception protection against unwanted pregnancies”**

*(A quote from Guttmacher research institute, research paper 2014 series no. 2)*

## Monthly achievements and beneficiaries reached via CHAT's various strategies.

### January 2016

**Back pack/by foot:** Your donation supported fourteen (14) FPCORPs this month who targeted the below communities providing FP/Ecological Awareness:

(For more information about our "grassroots partners" mentioned below, do go to our website [www.chatafrica.org](http://www.chatafrica.org))

- **Samburu Central:**  
FPCORPs mobilizing and sensitising were: Pauline Lokipi & Susan Lenantare  
Assisted by locum nurses reached: Barsaloi and Nairimirimo
- **Samburu East:**  
FPCORPs mobilizing and sensitising was: Jane Nteiyen  
Accompanied by a locum nurse reached: Wamba slums, and Kiltanani
- **Samburu North:**  
FPCORPs mobilizing and sensitising was: Jane Lealmusia  
Accompanied by a locum nurse reached: Loikumkum, Lorora and Arsim.
- **Laikipia East:**  
FPCORPs mobilizing and sensitising was: Rose Mulonzia  
Accompanied by a locum nurse reached: Railways, Lentile, Muthaiga slums, Majengo, Old market, Ichuga, Mung'etho, Asian Quarter.
- **Laikipia West:**  
FPCORPs mobilizing and sensitising was: Esther Akeno  
Accompanied by a locum nurse reached: Gatundia Farm
- **Laikipia North:**  
FPCORPs mobilizing and sensitising were: Samwel Parare, Julius Emuria, Felister Namusunga and Jacinta Rarin  
Accompanied by a locum nurse reached: Kiwanja, Ilpolei, Makandura, Naibor, Kambi ya Juu, Matundai, Loruko, Ewaso, Pois, Dipatas and Endana.
- **Laikipia Central:**  
FPCORPs mobilizing and sensitising was: Charles Ndegwa  
Accompanied by a locum nurse reached: Karemuni, Ngobit and Shalom
- **Isiolo:**  
FPCORP mobilizing and sensitising was: Madina Dima  
Assisted by locum nurses reached: Mwangaza, Chechelesi, Ola Odha, Tula Roba, Bula Pesa, Ola Javole and Kiwanjani
- **Baringo East:**  
FPCORP mobilizing and sensitising was: William Laktano  
Assisted by locum nurses reached: Kabel, Sinoni, Karne, Ngarie, Kapkechir, Tuiyotia, Kameile, Muchongoi, Waseges and Nyimbei
- **Molo:**  
FPCORP mobilizing and sensitising was: Joseph Kosgei  
Assisted by locum nurses reached: Murindiko, Muetemu, Sudu, Kamuree and Mung'etho

### The following achievements are summarised below for your convenience

- 4,169 individual mobilized and sensitized on family planning/ecological awareness
- 29 women provided with 12yrs (IUCD) protection method of contraception
- 1,040 women provided with 3 & 5 yrs. protection implants method of contraception.
- 343 women chose and received depo – a 3 months protection method.
- 114 women chose and provided with the "pill" method – 1 months protection
- 2,482 condoms were distributed to both male and female as both a FP and HIV prevention measure.

**Motor mobile:** Your donation was cost shared to implement a 2 weeks motor mobile into some parts of Samburu Central and East sub counties in Samburu County.

CHAT's nurse and driver reached ten (10) communities that included: Allamano, Rangau, Loikas, Nkorika, Nkorika market, Ntashata market, Morijo, Kirimom, Tamiyoi and Nomotio.

### The following achievements are summarised below for your convenience

- 2,175 individual mobilized and sensitized on family planning/ecological awareness
- 468 women provided with 3 & 5 yrs. protection implants method of contraception.
- 208 women chose and received depo – a 3 months protection method.
- 84 women chose and provided with the “pill” method – 1 months protection
- 1,496 condoms were distributed to both male and female as both a FP and HIV prevention measure.

**Camel mobile:** Your funds did not support a camel mobile intervention this month

### February 2016

**Back packing/ by foot strategy:** Your donation supported eighteen (18) FPCORPs working in various parts of the country with our holistic approach to family planning that encompasses a strong component of ecological awareness.

- **Molo:**  
FPCORP mobilizing and sensitising was: Joseph Kosgei  
Assisted by locum nurses reached: Molo, Tayari, Mung'etho, Wila, Haraka, Ponde, Kuresoi, Tengea, Gachorage, Solyat, Nkasa, Setik, Umoja, Mundoko, Nyota, Barigo, Sasumwa, Mchorwa and Mogit.
- **Baringo East:**  
FPCORP mobilizing and sensitising was: William Laktano  
Accompanied by a locum nurse reached: Kabel, Ngarie, Muchongoi, Losongo, Mutikirim, Koitilil, Karne, Yemit, Komogol, Chebinyiny, Kipkanfule, Arabal, Kabtombes, Sinoni and Sokee
- **Mbuuri:**  
FPCORPs mobilizing and sensitising was: Sylvia Matu  
Accompanied by a locum nurse reached: Timau, Katheri, Maritati, Kwa Ng'ang'a, Mia moja, Sirimon and Ngushishi
- **Isiolo:**  
FPCORPs mobilizing and sensitising was: Madina Dima  
Accompanied by a locum nurse reached: Chechelesi, Tula-Roba, Bula-Pesa, Ola-Hoda, Kwa Water and Maisha Bora slums.
- **Laikipia West:**  
FPCORPs mobilizing and sensitising were: Pauline Lokipi and Esther Akeno.  
Accompanied by marie stopes outreach team to offer services to women around Gatundia Farm
- **Laikipia North:**  
FPCORP mobilizing and sensitising were: Samwel Parare, Julius Emuria, Felister Namusungu and Jacinta Rarin.  
Accompanied by a locum nurse reached Chumvi, Lotasha, Lokirisiai, Jua kali, Kambi ya Juu, Matundai, Loruko, Lobarsherek, Ntepes, Nkasurian, Kisargei, Shabaa, B/tank, Samaria and Namelok.
- **Laikipia Central:**  
FPCORPs mobilizing and sensitising was: Charles Ndegwa  
Accompanied by a locum nurse reached: Muhonia, Sirima, Altaveta, Lower and upper Ngobit.
- **Samburu East:**  
FPCORP mobilizing and sensitising were: Susan Lenantare and Jane Nteiyen  
Accompanied by a locum nurse reached: Wamba slums, Kirimom, and Lodonokwe
- **Samburu Central:**  
FPCORPs mobilizing and sensitising were: Agnes Safina, Chondo Akuagoro & Rose Lenemiria



Accompanied by locum nurses reached: Lmisigiyo, Nkokin, Ladala, Lchoro, Loosuk, Sirata, Maralal town, Allamano, Rangau, Shabaa, Loikas, Mtaro, Soaitopus, Ntamiyai, Ngutoto and Lporos.

- **Samburu North:**

**FPCORP mobilizing and sensitising were:** Josphine Nawasa and Jane Lealmusia

Accompanied by a locum nurse reached: Sokotei, Lopikutuk, Seren, Matepes, Loikumkum, Koros, Arge market, Lmerim, Lkotikat, Moran and Sumuruai.

### **The following achievements are summarised below for your convenience**

- *5,193 individuals mobilized and sensitized on family planning/ecological awareness*
- *43 women provided with 12yrs (IUCD) protection method of contraception*
- *1,537 women provided with 3 & 5 yrs. protection implants method of contraception.*
- *501 women chose and received depo – a 3 months protection method.*
- *155 women chose and provided with the “pill” method – 1 months protection*
- *7,132 condoms were distributed to both male and female as both a FP and HIV prevention measure.*

**Motor mobile:** Your donation was cost shared to provide a motor mobile for 3 weeks covering some parts of Mwingi North sub-county.

CHAT’s nurse and driver, (accompanied for 4 days by a volunteer & CHAT’s Project Officer, and for most of the time by MOH clinical personnel) reached 24 communities that included: Kasiluni, Itivanzo, Kandwia, Kivyauni, Ndoa, Tyaa Kamuthale, Tii, Gai, Katakani, Kamayang, Kaseluni, Kyuso market, Masyungwa, Tsekuru, Kyuso, Kyenini, Ngugane, Kakunike, Maseki, Kilulu, Kwa muusya, Ngungani and Kamuongo market.

### **The following achievements are summarised below for your convenience**

- *3,488 individual mobilized and sensitized on family planning/ecological awareness*
- *1,607 women provided with 3 & 5 yrs. protection implants method of contraception.*
- *292 women chose and received depo – a 3 months protection method.*
- *179 women chose and provided with the “pill” method – 1 months protection*
- *5,909 condoms were distributed to both male and female as both a FP and HIV prevention measure.*

**Camel mobile:** Your funds did not support a camel mobile intervention this month.

## **March 2016**

**Back packing/ by foot strategy:** Your donation supported seventeen (17) FPCORPs working in various parts of the country with our holistic approach to family planning that encompasses a strong component of ecological awareness.

- **Molo:**

**FPCORP mobilizing and sensitising was:** Joseph Kosgei

Assisted by locum nurses reached: Languuda, Kusilungo, Ngama and Mtemu.

- **Baringo East:**

**FPCORP mobilizing and sensitising was:** William Laktano,

Accompanied by a locum nurse reached: Arabal, Nyimbei, Chebinying, Sambaka, Waseges, Kasiela, Sinoni, Keon, Muchongoi and Kabel.

- **Laikipia West:**

**FPCORPs mobilizing and sensitising were:** Pauline Lokipi and Esther Akeno

Accompanied by locum nurses reached: Thome, Rumuruti and Oljabet.

- **Laikipia Central:**

**FPCORP mobilizing and sensitising was:** Charles Ndegwa

Assisted by locum nurses reached: Karemenu, Kiawara and Sirima.

- **Laikipia East:**

**FPCORPs mobilizing and sensitising was:** Rose Mulonzia

Accompanied by locum nurses reached: Asian Quarter, Thingithu, Kwa Mbuji, Lentile, Ichuga and Likii.

- **Laikipia North:**

**FPCORP mobilizing and sensitising were:** Samwel Parare, Julius Emuria, Jacinta Rarin and Felister Nasungu

Accompanied by a locum nurse reached: Kariunga, Mukima, Kimakandura, Lekiji, Naibor, Loruko, Mlima Chui, Kambi ya Juu, Loturo, Ntepes, Nkorika, Mtaru, Jerusalem, Eleri, Segera gate and Loiborsoit.

- **Samburu Central:**  
**FPCORPs mobilizing and sensitising were:** Agnes Safina, Chondo Akuagoro & Rose Lenemiria  
Accompanied by locum nurses reached: Nkokiin, Ladala, Lorosoit, Kitobor, Seketet, Lporro, Loikas and Maralal town.
- **Samburu North:**  
**FPCORP mobilizing and sensitising were:** Josphine Nawasa and Jane Lealmusia  
Accompanied by a locum nurse reached: Arsim, Lorora, Ntil, Nchrurai, Keleswa, Lemolog, Lapan, Nairabala, Nadokuluponi, Loruko, Muran, Kamomo, Lpuree, Sirata, South Horr town, Sumurai and Lonjorin.
- **Samburu East:**  
**FPCORP mobilizing and sensitising were:** Susan Lenantare and Jane Nteiyan  
Accompanied by a locum nurse reached: Embakasi, Ntepes, Sordo, Lchakwai, Lpusi, Lorono, Lolua, Nesuchai, Mugur and Legei.

### **The following achievements are summarised below for your convenience**

- *5,741 individual mobilized and sensitized on family planning/ecological awareness*
- *34 women provided with 12yrs (IUCD) protection method of contraception*
- *1,378 women provided with 3 & 5 yrs. protection implants method of contraception.*
- *503 women chose and received depo – a 3 months protection method.*
- *115 women chose and provided with the “pill” method – 1 months protection*
- *6,948 condoms were distributed to both male and female as both a FP and HIV prevention measure.*

**Motor mobile:** Your donation was cost shared to provide a motor mobile for 15 days into Laisamis, Samburu East and Isiolo sub counties reaching 8 communities

CHAT's nurse and driver, reached communities around the ranches and flower farms in Laikipia North that included; Kariunga, Mukima, Kimakandura, Lekiji and Naibor market for five (5) days. Program Coordinator, Projects Officer, NRT and Samburu County MoH also accompnied (for three(3) days) the mobile team in an outreach program in Laisamis, Isiolo and Samburu East sub-county where they were offering integrated health services to 10 communities that included: Merile, Sereolipi, Lengeresire, Longerged, Lorubai, Nachami, Ngare mara, Chechelesi, Bula pesa and Mwangaza.

### **The following achievements are summarised below for your convenience**

- *7,395 individual mobilized and sensitized on family planning/ecological awareness*
- *614 women provided with 3 & 5 yrs. protection implants method of contraception.*
- *134 women chose and received depo – a 3 months protection method.*
- *184 women chose and provided with the “pill” method – 1 months protection*
- *5,402 condoms were distributed to both male and female as both a FP and HIV prevention measure.*

**Camel mobile:** Your funds did not support a camel mobile intervention this month.

## **Monitoring and Evaluation (M&E)**

Approximately between 10 – 12% of each donation will go towards this important activity. CHAT conducts program monitoring and evaluation on a regular basis (daily, monthly, quarterly & when necessary). By conducting M & E, CHAT, the MOH, your selves and other stakeholders can be informed about the program progress and activity dynamics - and ensures sensible project planning

In this quarter, M & E activity was conducted by program staff in collaboration with grass root partners – Family Planning Community Own Resource Persons (FPCORPs) and the MoH team which consisted of the Samburu County Director of Health, Samburu County Public Health Nurse and Sub-County Public Health Nurse

*A detailed M&E report for the quarter is available on request*

## **Volunteers**



CHAT has been hosting two Kenyan volunteers – Esther Njoki and Sylvia Matu - who had been assisting with monitoring & evaluation, field and office work since last October last year, they sadly left us at the end of March 2016, when they both secured employment opportunities in other sectors. Catherine Baker, a volunteer from Baltimore USA joined CHAT in February 2016, where, for five weeks, she assisted in CHAT’s resource mobilisation activities; she left CHAT mid March 2016.

Volunteers are appreciated by CHAT as they assist with quality assurance and resource mobilisation apart from many other administrative activities.

## Program Challenges/ Risks Encountered

There have been many historical challenges that CHAT has documented into a manual, however, presently our three main challenges are:

- Sourcing adequate family planning commodities from the Kenya Medical Supply Authority (KEMSA) continues to be a challenge with CHAT receiving ever decreasing quantities than what we are requesting for.
- CHAT’s trying to keep 3 aged vehicles “on the road” 16yrs, 13yrs & 10 yrs old. Their maintenance has become expensive. However, fortunately we have managed to source one 2<sup>nd</sup> hand, 6 years old vehicle thanks to CHAPS - CHATs supporters in Seattle USA.

## Lessons Learnt/ Best Practices

- Ensuring a strong collaboration between CHAT’s grass-root partners (FPCORPs) with the MoH health facilities has considerably improved health service delivery – especially with the FP services that were very limited, with little or no provision of longer term contraception protection methods being offered to clients in earlier times
- Long term contraceptives continues to be highly prioritized in most of the areas where CHAT implements.
- It has proved that breaking into new areas with FP services yields high results. i.e. demand
- Prior FPCORPs targeted mobilization resulted in a high number individuals needing integrated services i.e. basic curatives – but these days at least 80% are requesting for family planning services

*CHAT has a manual of compiled Challenges & Lessons Learnt- this can be availed on request*

## Case Story by Catherine Baker-CHAT Volunteer

It’s at Tiia village, In Mwingi North, sub County of Kitui, where CHAT’s motor mobile team meets Mwikali\* a form 4 dropout due to an unplanned pregnancy - and Amany\* who is a school dropout due to financial problems in her family

Mwikali was visibly upset about having to drop out from her academic pursuits, and had grudgingly made her way to the clinic. She was more than hesitant to let the nurse come anywhere near her with options of FP methods - she carried herself with an air of defeat, despite her resolution to return to school once the child was older.

“The father of my child was a high school student and continues with his studies, and here I am having to take care of the baby. He won’t marry me, let alone bother to take care of his child, and instead will marry another learned lady like him,” Mwikali confessed.

Her mother had insisted on Mwikali getting an implant though, and while maybe not ideal for Mwikali – she appeared to know her mother was right.



Mwikali\* holding her 3 mth. Old child while receiving 5yrs. Implant from CHAT nurse

Amanya had also arrived hours before Mwikali, to bring her little brother to the clinic for treatment of a lung infection and worm infestation. Despite having already seen the nurse, Amanya and her brother 'hung' around afterwards. Amanya watched closely as the nurse prepared clients with local anesthetic before administering the implant methods; one client was Mwikali\* and whilst writhing about in her chair, it suddenly became clear that she was more afraid of the actual insertion, than the 'contraceptive' itself.



Amanya\* receiving 3yrs. Implant from CHAT nurse

Amanya had been listening to Mwikali's story and without deliberating for even a moment, she rang her mother to get

permission to receive FP services, but her mother refused. Ann (CHAT's nurse), then briefly spoke with the mother and suggested that she visit the local clinic together with her daughter so that they could learn about family planning options together. Amanya wasn't swayed though, not after learning of Mwikali's hardships and by the time Mwikali had relaxed enough for the implant to be administered, Amanya was already completing step one of the process - the pregnancy test, and was calm as she handed over the urine for the nurse to process. Mwikali was now through - and Amanya quickly sidled into the spot and eagerly offered Nurse Ann her arm, requested for an implant method!

"The implant took less than five minutes to insert and now I am 'set' for the next three years against the unsettling thought of finding myself with an unplanned pregnancy!" Amanya was jubilant.

Mwikali chose the five year implant method - her mother also jubilant.

CHAT aims to diminish the occurrence of unplanned and unwanted pregnancies, empowering women with education/information and access to family planning options.

While this holistic family planning service may have reached Mwikali too late, there is still hope for her to return to school someday, as long as her family doesn't grow beyond the means for which she is capable of providing.

And if, by some chance, Amanya happens to get the opportunity to return to school, nothing should impede her from doing so. Much like the many women that have visited the clinic prior to their arrival, these two young women left with brighter options to secure their futures and pursue their dreams.