

2019 ANNUAL REPORT

COMMUNITY HEALTH PROJECTS



GESTATIONAL DIABETES MELLITUS (GDM) & BASICS HANDWASHING SEMINAR



Members of WHP team present at the Mount Mary Hospital Buea Dec 6th 2019

After months of diligent planning, toiling and huge financial sacrifices behind the scenes, Wholesome Health Promotion (WHP), on Friday Dec 6th 2019, successfully carried out the first of its 2019 health outreach project at the Mount Mary Hospital Buea.

True to its mission and commitment to providing valuable healthcare awareness to the often neglected populations in rural and semi-urban communities in Cameroon, the Mount Mary community was rallied and brought together to benefit from a timely discourse on Gestational Diabetes Mellitus (GDM) and a Basic Handwashing hygiene.

Travelling from Douala and Limbe, the team arrived the Mount Mary Hospital grounds at 8am, with high enthusiasm from the community members present and the team geared to engage the local population.

As the WHP technical staffs worked to setup, registration of participants, ice breakers to keep the waiting crowd engaged and some light refreshments were handed to the participants whom were punctual. The hospital staffs also proceeded to conduct diabetic screening for participants whom voluntarily wanted to know their status. A total of about 65 participants were tested by the Mount Mary hospital staff prior to the start of the presentation. All testing expenses were paid for by WHP.

The program at Mount Mary started shortly after 9:30 am with an introduction of the matron of the hospital, Mah. Cecilia, by WHP's Goodwill ambassador, Steve Fonkam. Mah. Cecilia proceeded with a welcome speech thanking the team for selecting her facility to conduct the educational seminar and also thanked the community for the great turnout to gain vital healthcare information for the benefit of themselves and the community. Mindful that we were in a Catholic institution, she ended her speech with prayers, asking for blessings, healing and guidance from the Holy Mother Mary. WHP's Goodwill Ambassador, Steve Fonkam in his capacity, then followed detailing WHP's mission and outreach programs, highlighting the focus of the seminar. Steve then continued with the introduction of the WHP staffs present, with brief messages from the CEO Terese Tande and the Head of Operations, Ayuk Etta. Thereafter, the program of the day was broken down wittily, by WHP's notable ace facilitator Ms. Mokojo Sama, directing the attention of participants to displayed charts on the wall. Mojoko lead the workshop and discussions, assisted by the vibrant inspirational orator and humanitarian, Ms. Noela Lyonga.



Although blindsided at 8:30am on arrival due unpredicted logistical requirements, by 9:45am, coordination of the team and seminar activities were in sync. The participants were made up of members of the Mount Mary Catholic Church, new mothers, diabetic patients, local community leaders and the staffs of the hospital. While we had only planned to receive 80 members of the community, we fortunately ended up with approximately 120 participants who popped in for the seminar.

As anticipated, the crowd came in to acquire knowledge and information with most participants in attendance seeking solutions on how to better care for themselves and their family members suffering from this ailment (DGM). The questions and sharing of information from personal experiences were without end. Some participants within the first hour of the workshop had to be referred to a one on one consultation with a physician due to their concerns and numerous questions regarding their current status and treatment. Thanks to Mount Mary's resident physician who was in attendance Dr. Samuel, whose presence gave the team the buffer required when critical terms needed clarification and to reiterate WHP's message.



Members of the WHP Leadership team pose with Nitrile gloves donated to the Mount Mary Hospital.



Participants and staff of the Mount Mary Hospital pose for a picture following the enlighten Healthcare seminar in Buea.

PMI LIMBE

FOCUS ON COMMUNITY SANITATION

The second series of workshops planned took place at the Preventive care for Mother and Infant (PMI) in the port city of Limbe on the 12th of December, 2019, which was also commemorates the Universal Health Coverage Day. Holding this event in Limbe on the 12th solidified WHP's crucial role and vision in helping Cameroon move towards UHC achievement through its holistic and community based approach to wholesome healthcare.

WHP staffs arrived at the PMI location at 8 am local time with most participants already on seat. Registration and blood glucose testing of participants went on as members of the local community and the staff paraded in and out of the hall. This time, staffs from the sanitation department, known as the community police from the Limbe I urban council were present to participate in the handwashing workshop which was tailored particularly for this community.

The discussions were on Gestational Diabetes Mellitus (GDM) or Diabetes of pregnancy and proper Handwashing. However this time the team laid more emphasis on handwashing with consideration of the huge fish market attraction in the area that is susceptible to easy cross

contamination without the awareness of proper handwashing been communicated and implemented in the community fish market and with local street food vendors.

After the registration and testing process were completed, WHP's Goodwill ambassador welcomed the crowd, followed by an introduction of the team. This time a prerecorded message from the CEO of WHP was projected on a screen, followed by a brief pidgin translation. Ms. Mojoko then took the microphone and started the seminar on Gestational Diabetes Mellitus.



Mojoko Sama, WHP Facilitator

It is of utmost importance, to understand why the focus on was GDM. In Cameroon, it is estimated that between 5-17% of pregnant women suffer from GDM. Also, in Limbe alone, 1 in 5 pregnant women tested in a study had gestational diabetes. Women with gestational diabetes are 7 times more likely to develop type 2 diabetes, which can lead to complicated deliveries. This awareness campaign is essential because if left unchecked, the prevalence rates of GDM may my become higher, affecting future generations.

Diabetes is a disease which occurs because the body is unable to produce insulin. Gestational Diabetes Mellitus (GDM) affects women who are around the second and third trimester of their pregnancies. This therefore makes it different from the Types 1 and 2 of Diabetes. Children born to mothers with GDM are at risk of developing type 2 Diabetes. Some symptoms include frequent urination, increased hunger, tiredness etc. Most of these symptoms are common symptoms manifested by pregnant women, so an HHO test is essential to establish a case of GDM.

GDM can be preventable. Some tips on preventing gestational diabetes were shared with the participants, such as eating healthy, staying active, making a conscious effort to reduce weight gain and to religiously taking medications prescribed.

About 200 people benefited from both workshops. The participants ranged from pregnant women, in and out patient diabetic patients (at Mount Mary) and the general populace interested in learning about holistic ways to wholesome health. Audience discussions and spirited participations made the workshops lively and engaging.



New and expectant mothers pose with WHP CEO

HANDWASHING AWARENESS CAMPAIGN

A second segment of the workshop included the Hand Washing Awareness campaign where participants were taught basic hand washing. This may sound strange, however, handwashing is an activity many of us may take for granted. This basic hand washing exercise was done with the aim of helping participants understand among others, how bacteria gets into our hands which could also be transmitted into our food, when and how to wash our hands to prevent diseases and why it is important to make handwashing a habit in our quest for a wholesome healthy lifestyle. Another worthy partnership was established with the Limbe Urban Council to carry this awareness with a focus forward.

Participants were awarded certificates of participation. Signature WHP t-shirts were given to participants. Light and heavy refreshments with a preference to diabetic friendly meals followed and in appreciation to Mount Mary, WHP donated nitrile gloves, blood sugar machines to the hospital to serve the community. Also, a select cases of pregnant women would be followed up in collaboration with the partner hospitals.



Handwashing demonstration with members of the Limbe I Council

It is worth noting that this maiden Gestational Diabetes Mellitus workshops set the ball rolling on Wholesome Health Promotion's Gestational Diabetes Mellitus awareness and community health outreach programs. WHP remain grateful to all the sponsors, patrons and many hands that made this work possible and continues to hope for more such heartfelt donations and partnerships to support its quest to bring Wholesome Health education to our communities.

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