

2019

COMBONI HEALTH PROGRAMME REPORT



FEBRUARY 2020

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INTRODUCTION

HV infection and Disability have remained a major cause and consequence of poverty to families living in the slum areas of Korogocho and its surroundings. This is because besides the hardships already experienced by people of these regions of not being able to afford the most basic needs of food, shelter and clothing, they have to contend with a terminal condition that requires consistent follow up management, including medication and lifetime therapies and special diets. Most people living with HIV in these regions including parents who have to care for their children with disabilities have been pushed to stop employment or other income generating activities due to the demands of caring for a child with special needs or taking care of their recurring health needs. This leads to reduced earnings in the families with the rising needs and significant additional expenses required for care of the various conditions. Poverty also limits the access to health care services and most people living with HIV/AIDS and disabilities in the slum region live in areas that could further worsen their health conditions. These areas are characterized by the lack of proper sanitation amenities, water, poor housing and lack of food.

**567 people living in
extreme poverty
supported directly by the
programme**

105 children
with special needs
462 people
living with HIV & AIDS

Through our two community projects, a CCC and CBRP in Kariobangi and Korogocho CHP has continued to offer HIV care and management, rehabilitation services and social support to people living with HIV/AIDS and children with disabilities from poor families living in Kariobangi and Korogocho. The project has maintained a vital aspect in ensuring that these categories of people can access quality services within our programmes and also through referrals to other institutions. CHP has also continued to create awareness and capacity building on HIV prevention and disability to beneficiaries of the projects, caregivers and to the community through trainings and individual counselling support. Besides health care, the programme through social support is making an effort to ensure that families are following through with their treatment plans as prescribed and addressing issues that may come in the way of meeting beneficiaries' health goals.

PROJECT BENEFICIARIES

The project is currently supporting *105 children with special needs* through its various interventions and making sure they access quality and professional services including information on care and management. *462 people living with HIV & AIDS* are enrolled in the comprehensive care clinic for care and management bringing to a total of *567 people living in extreme poverty supported directly by the programme*. Besides medical health and rehabilitation support, social support is also an element of our service that is done through medical support for children with convulsive disorders. This support goes also to people living with HIV who cannot afford medical examinations and drugs for their ailments. Food support and pastoral care are also provided and counselling services when need arises. This ensures a holistic care to our beneficiaries that is targeted to the entire family.

SERVICES OFFERED

- Medical Health and Rehabilitation Support
- Social Support
- Medical Support for Children with Compulsive Disorders
- People living with HIV who cannot afford their Treatments
- Food Support
- Pastoral Care
- Counselling

OUR ACHIEVEMENTS

Within the year reporting period *5 children with disabilities were discharged* from therapy after attaining the required milestones, a success in rehabilitation therapy intervention; *3 successfully enrolled to school*. From the CCC there was only 1 HIV related mortality, *100% retention of clients enrolled to the clinic and 98.5% viral load suppression* for the HIV infected clients. *131 people were newly tested of the HIV infection* and all were successfully enrolled to treatment.

OUR ACTIVITIES

Comprehensive Care Clinic (CCC)

The CCC is currently supporting 462 HIV infected people enrolled to care. In the reporting year 2019, 131 new cases of HIV infection were identified through Partner Notification Services. 117 were successfully linked to care and treatment at our clinic and started on Anti-Retroviral Therapy treatment. The other 14 were confirmed to be successfully linked to other facilities. This was made possible through capacity building trainings on our Community Health Volunteers to conduct Rapid Response Initiative (RRI). This is an indication that there

still exists a need for HIV management in the community to address new infections and reinfection among partners.



Pictures of our activities in CCC premises

The CCC supports the community in managing HIV infection by availing free voluntary testing services both on site and at home through the HIV Testing Services. The clinic also offers treatment adherence support for those enrolled in the programme to ensure effective uptake of medication and patient monitoring tests for clients who are not able to pay. Patient monitoring examinations are done with collaboration of partners that has eased referrals making health care accessible to the poor. 1726 Community members were tested, 134 tested HIV positive, 117 were linked to care within our clinic with the other 14 being linked elsewhere, 3 declined to be enrolled to care and are on follow up with the counselors. 78 clients enrolled in the clinic were beneficiaries of treatment supported by the programme. The CCC also supports treatment support groups for young people living with HIV. The HTS performs free community testing and site testing activities throughout the year and also partners with the local clinics in the area to conduct HIV testing. The project also undertakes youth support activities for young people

enrolled in the clinics with trainings offered during school vacations. This year we had 24 young people benefitting from our peer mentorship programs.

Community Based Rehabilitation Project (CBRP)

The project has offered therapy services to 182 children within the reporting period, 100 male and 82 females. Rehabilitation therapies continue at the Kariobangi Catholic Church therapy center and St. John Korogocho with a total of 1802 sessions done. Children enrolled were between the ages of 1month and 17 years.

Pictures of therapy sessions at our gyms



Rehabilitation therapies continue at the Kariobangi Catholic Church therapy center and St. John Korogocho.

182 children offered therapy
100 male
82 females
1802 sessions done

Children enrolled were between the ages of 1month and 17 years

Home Based Care Program

In the months of January through to December 2019, 245 home visits were done to follow up on home therapy programmes, the sick and adherence on treatment. This is important to identify issues that may interfere with the treatment plans of beneficiaries and address them in time to ensure success in health goals and plans. A lot of family support is also undertaken during these visits to empower and encourage families on how to manage their patients at home.



Follow up Home Visits



Home visits are important to identify issues that may interfere with the treatment plans of beneficiaries.

245 home visits made

Trainings and support groups

Trainings are an integral part of our activities. Both community and beneficiary trainings foster an understanding of health issues related to HIV and disability. The trainings are also meant to address stigma associated with the two conditions. Within the reporting year, we have had 3 trainings for the CBRP, one to address acceptance, this was done to 18 newly enrolled beneficiaries, another on positioning and handling that was attended by 35 parents and the third was on milestone development where 28 parents of children with disabilities attended.



3 trainings for the CBRP:

- *Address Acceptance* – 18 new enrolled
- *Positioning & Handling* – 35 parents attended
- *Milestone Development* – 28 parents attended

Capacity building training and support group meetings

Psychosocial Support

Our support groups have continued to grow with more patients and care givers seeing the benefits and need to come together to share their experiences both positive and challenging. The support groups have been a forum of motivation and support for the members and also learning sessions for a deeper understanding of living in positivity despite the challenging health conditions they experience. We currently have 3 support groups: 1. for parents with children with disabilities, 2. for young people living with HIV and 3. for adult clients living with HIV.

The CBRP support group recently started a savings plan for its members with a vision of economic empowerment. The parents are in the process of starting a lending and loaning activity to make their yearly savings grow. Through the social support system, 14 families have received dry foods. 54 children were beneficiaries of treatment on charity through arrangements with our local collaborators. Psychological and social support has helped families to unite and work together in managing disability and HIV within the family set up.



We follow up 3 Support Groups:

1. parents with children with disabilities
2. young people living with HIV
3. adult clients living with HIV

Received dry food support:

- 14 families
- 53 children benefited on charity arrangements with partners and collaborators

Medical and Health Care Support

The burden of health care is still a major concern among many people in Kenya. Those who cannot afford to pay for medical insurance covers are forced to pay out of pocket and the amounts can be beyond reach, especially to those living in poverty. This makes health care inaccessible to many people living in slums. The project has in the year supported 103 people to access health care by paying for their laboratory tests, X-rays, doctors' fees in public hospitals and facilitating transport to hospitals. 74 children and 39 adults have benefitted from medical support from our clinic and referrals to other supporting facilities. These include Ruaraka Uhai Neema Hospital with the support of World Friends that offers free medical treatment for children with special needs enrolled in our project. World Friends Charity program has also supported 4 children by doing free corrective surgeries done by visiting orthopedic surgeons. 14 children and 1 adult are receiving anti convulsion drugs supported by our project, these services are offered under social support to the very needy.

Partnerships

Comboni health programme continues to work with other local organizations in the area to ensure a comprehensive cover on health care issues affecting the targeted communities. These partners include the Ruaraka Sub County Government that supports in managing and treatment of tuberculosis, World Friends supports the children with special needs through medical interventions and corrective surgical cases. They also offer Laboratory services for clients

Medical and Health Care Support Numbers

103 people assisted to access health care and payment for diverse lab tests, doctor's fees and transport to hospitals;

74 children and 39 adults benefited from medical support in CHP and referred to other clinics.

4 children received free corrective orthopedic surgeries with our partner World Friends Charity

1 adult receiving anti convulsion drugs supported by CHP

enrolled in our clinics. Christian Health Association through Nazareth Hospital supports care and treatment for people living with HIV/AIDS and also in needy cases issue food supplements for undernourished clients. Other collaborators include the local government and non-governmental health facilities in the region, Kariobangi Catholic Dispensary in addressing health needs that cannot be met at the community level through ease of referrals. We also get support from Kariobangi Holy Trinity Catholic Church that offers food stuffs and work premises including offices and the Comboni Missionary Sisters who play a significant role in supplying food for very sick patients.

CONCLUSION

Comboni Health Programme CBRP is a project that has gradually grown from a social support project to a community-based health programme. The programme supports the community to manage disabilities in children and people living with HIV in the face of poverty by ensuring that they have access to quality health care. This has been achieved by making available and accessible a therapy gym and rehabilitation programme in Korogocho and Kariobangi for children with special needs and a Comprehensive Care Clinic for people living with HIV and AIDS in the slums of Korogocho. These two projects have made services easily accessible for the targeted group aiming to support the community manage disability and HIV effectively. The two conditions are still faced with a lot of stigma and hence makes the project to remain viable in the years, growing with needs as they present. Disability has continued to be a problem with very little attention from major health providers especially the government creating a need for support for those affected. HIV despite being given a lot of attention, especially by the governmental and other non-governmental institutions, has remained a situation of need especially when the infected and affected are faced with living in extreme poverty conditions. Many people infected with HIV in the slums are still not able to access quality treatment or drugs for opportunistic infections and other medical conditions that may arise. Nutrition management for both target groups has been a constant concern as many families are not able to afford meals. These therefore makes the projects continue to be relevant and needed by the community despite the changing and diversification of needs. Comboni Health Programme therefore purposes to continue ensuring accessibility of health services for these targeted group within its projects and through other partners and collaborators. The CHP management together with its staff are continually grateful for the support received from donors and partners in the years, ensuring its objectives are met by ensuring that the true beneficiaries are reached and health uplifted for our beneficiaries to live healthy and fulfilling lives.

Financial Reports

INCOME & EXPENDITURE STATEMENT

January through December 2019

BALANCE SHEET

As at 31 December 2019