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1. Why is hand washing an essential aspect in WASH interventions?

In regards to the above question it is important to note that hand washing falls under a key pillar of importance of WASH -**promotion of good hygiene practices** which purposes specifically to help in mitigating disease spreading.

As a labour driven and cultural world we literally do everything with our hands from basic greeting, office work and daily chores, it is therefore important to not that our hands are basic point of contacts with contamination to germs as we often touch our eyes, nose and mouth without realizing.

Hand washing campaign is therefore an important tool in WASH interventions as it contributes to public health safety. As much as we may focus on bigger causes i.e. Waste disposal a participatory approach is important in regards to hand washing as it shows everyone **“Hygiene begins with me, I am responsible for my health” and this gives one dignity and a sense of responsibility.**

In emergencies and disasters as much as we may not be able to match up to the water quantity it is important, we provide sufficient amounts that can cater for hand washing. A specific attention should be paid on camps and hospitals as many people often visit them and they can be a source of transmitting infections

Hand washing helps mitigate spread of diseases e.g. diarrhoea that can be transmitted from hand to mouth. In regards to personal hygiene practices it is important to sum it up and let people know they are required to wash their hand before or after the following activities:

* Before cooking or preparing food
* Before eating or feeding children
* After defecation
* After changing or cleaning babies

It is therefore important we advocate for the government and the private sector to invest on hand washing campaigns as it helps in the following:

* Save Money and improve quality of life as people don’t spend cash in hospitals.
* Helps children thrive as they are taught on the importance of hand washing in schools and at home
* Reduce human suffering because of healthy hygienic practices.
* Reduce absenteeism in school going children due to gastrointestinal problems (<https://www.ncbi.nlm.nih.gov/pubmed/28242074>)
* Good hand washing in early life may improve child development in camp settings.
* Hand washing helps battle the rise in antibiotic resistance since people are not sick.

To encourage hand washing to be a part of the daily routine the following should be done:

* Have suitable facilities near washrooms ie water, soap and sink.
* Have tap stands in home steads
* If running water is not available have a bucket with a tap, the larger the better as it won’t need regular refill.
* A suspended container that when tipped pours water on the hands of the user.
* A leaking container can be providing a good stream of water for hand washing.

1. **What are the main standards in WASH interventions in emergencies?**

As much as there are other standards that we would want to match up to there are 3 main standards that are used as a metric of success in regards to WASH interventions in emergencies namely:

* WATER SUPPLY
* SANITATION
* HYGIENE PROMOTION

Water and Sanitation are critical determinants of survival in the initial stages of a disaster because people affected by a disaster are more susceptible to death and diseases which is brought by inadequate sanitation,water supply and poor hygiene.The main diseases that we tend to focus on in this area is the fecal -oral diseases IE diarrhoea and infectious diseases that are transmitted through the oral fecal route and vectors and all the above can only be mitigated through promotion of good hygiene practices.If we provide all the above people are able to live good lives with health, dignity ,comfort and safety.

On water supply though there may be not enough for everyone but we focus on supplying an amount that can sustain the survival level which is of critical importance. Insufficient water leads to poor hygiene because people tend to start using contaminated water. Our biggest objective on water supply is **‘ Access and water quantity’** by this we mean everyone have safe, equitable access to a sufficient quantity for drinking ,cooking and for personal/ domestic hygiene. We have basic key indicators that we gauge our services with though the quantity of water used may vary due to climate,sanitation facilities,cultural practices,habits, religion,food they cook and the clothes they wear :

* Everyone has a right to access to at least 15 liters per person per day.
* The distance between the household and the nearest water point is at least 500metres
* Queuing time at a water source is not more than 15 minutes
* You take 3 minutes maximum to fill in a 20 litre container
* Water sources and systems are maintained to ensure appropriate quantities are available consistently on a regular basis

On Sanitation we focus more on 3 key things : **Excreta disposal**

**Vector control**

**Solid waste disposal and drainage**

Safe disposal is the first barrier for mitigation of transmission of diseases through direct or indirect routes hence excreta disposal should be a priority just as safe water supply.The provision of defecation facilities is very important for peoples dignity,safety,health and well being. On this are we focus mainly on **‘Access to and number of toilets’** and by this we mean people have adequate number of toilets and they are close enough to their households and can be accessed safely at any time during the day and night. We have key indicators that we use to gauge namely :

* A maximum of 20 people use each toilet
* Toilets are arranged by households and segregated by sex
* Shared toilets are cleaned and maintained by intended users
* Toilets are not more than 50 metre from households
* Toilets are used in the most hygienic way and children faeces are disposed immediately and hygienically

On vector control we focus more on letting people have the knowledge and means to protect themselves from diseases and nuisance vectors that are likely to present risk to well being and health.( Individual and family protection)

In regards to solid waste disposal and drainage it is important to note that if organic waste is not disposed off correctly major risks are incurred of flies and rat breeding sites and also surface water pollution. Having heaps of uncollected solid waste disposal create a depressing and ugly environment and as well block drainage which leads to environmental health problems and polluted surface water.

1. **Waste Management is becoming one problem in the emergencies. Why?**

Part of what people in the humanitarian world struggle with is waste management and particularly most of the time in emergencies we assume we will not be there for long hence overlook the issue of waste management and fail to put structures to curb that. It is safe to to safe to say where people have converged either willingly or unwillingly waste will always be there because of the daily human activities.There are so many risks associated with waste management :

* Insecurity from the heaps created by the garbage.
* Air pollution because of the methane gas that is released to the air.
* Ground water pollution
* Medical waste becoming a risk to the environment and also to health.
* Rise of diseases because garbage points become breeding sites for vectors such as mosquitoes and rats

We have a few reasons why waste management is becoming an issue:

* Insufficient funds allocated to waste management hence the collection and disposal becomes a problem.
* We rely on old methods of waste disposal ie Landfill which is costly because of the equipment needed ie excavators .
* The population in emergency set ups is too high hence generating a lot of waste than they can handle.
* A lot of emergency supplies arrives packaged hence also becomes a source of waste .
* Lack of proper sensitization in regards to waste management ,it possible to manage waste starting from the house hold level and we can as well adopt the 3R Reduce,recycle,reuse .
* People from the affected population are not usually involved in the design and implementation of solid waste management programme.

There are a few things that we can do to deal with waste management during emergencies;

* Lobby for more funds to be allocated to waste management activities.
* Sensitize people on the importance of waste management starting with waste segregation at the household level hence this focuses on behavioral change.
* Look at waste management as an income generating activity where if segregated a few stuffs can be put into use by being sold to recycling processing factories.
* Gender mainstreaming where there is need of involving women in decision making as they participate in so much waste generation at the household level.
* Start a campaign with a focus in “LEAVE NO ONE BEHIND” as this will involve every stake holder and hence helping us achieve our Millennial development goal :Life on land.
* Come up with a way of rewarding those who abide to waste management by laws and make everyone understand it is our role and it starts with us in regards to taking care of the environment.

1. **Discuss how environmental health and sanitation affect the nutritional status of the**

**vulnerable groups**

To be able to answer the above question we need to understand who are the vulnerable people and why are they vulnerable {**they are vulnerable because during disasters they tend to be affected more}** and in this scenario the examples are :

* The sick
* Infants
* Babies
* Breastfeeding mothers
* Expectant women
* Older people
* People living with disability
* People living with HIV/AIDS

Part of what the environmental health dockets strive to do is diseases control and prevention so it is important we keep our environment in a safe habitable way.On the other hand sanitation focuses more on excreta disposal,vector control at the household level and in the environment and lastly solid waste disposal,the above two goes hand in hand

It is safe to say the health of a community is measured by how healthy it’s people are thus the nutritional status is very important.Below are a few ways in which the above affect the vulnerable groups:

* Air pollution-this is caused by lack of good solid ,liquid waste disposal and due to the garbage gases are released to the atmosphere leading to people suffering from breathing difficulties and hence a rise in mortality rates .
* Lack of access to clean water for cleaning ,cooking and personal hygiene-the vulnerable ie the old end up resulting to using alternative sources of water which might be harmful or on the other hand even the sick not getting enough water for there health this in turn makes the society have sick people because of rise in diseases such as as typhoid ,diarrhoea.
* Poor housing -this brings about sanitation problems specifically due to lack of proper systems for excreta disposal hence we end up having vectors like housefly which spread disease through the oral -fecal route this in turn becomes a challenge as members in the community are always sick.
* Lack of proper drainage in household set up has also been a challenge as stagnant water becomes a breeding site for mosquitoes hence causing diseases among the vulnerable in the affected population
* Lack of use of clean energy hence having so much C02 emitted in the atmosphere the infants,elderly become vulnerable due to chest problems.

1. **Assuming you have been appointed to head an organization dealing with health**

**development in your area, describe the critical factors that you will consider in planning**

**for health service in that area**

Community engagement is a very essential note and a participatory approach is needed, as a head there are a few things that I would tackle on my leadership journey:

* Perception- I would need to understand my community’s perception in regards to health organizations and the on going projects this in turn would help me get an entry approach.
* Needs(Analysis)-It would be important to understand my community needs in regards to health matters with this in mind I would be able to know what problem is a priority and actually a real need as we have had amazing organizations with this good solutions for the wrong problems.
* Coping mechanisms-in every day journey on leadership we solve a problem, It would be important to know how the community has been coping up up with the problem you intend to solve as this helps not necessarily come up with a new solution but we could improve the existing solution this in turn would save a lot of cash for my organization.
* Leadership structures-this would be important for my organization to understand the leadership structure as this is important when piloting health solutions as people accept services when they are endorsed in a good authoritative manner by people they know.
* Monitoring and evaluation- I would need to find a good way of getting honest feedback in regards to our community health projects as previously we have had organizations that set up wonderful projects which immediately die after they leave because they did not take time to get feedback from their first hand clients.
* Existing organizations offering the same health services-I would need to know this as collaboration and coordination would be important to avoid duplication of work and waste of funds.
* Who would we be targeting in the services that we offer-this helps us in being being specific on the solutions that we give.
* How can we communicate our message health service effectively in a simple way to avoid confusing or overwhelming our audience