



Intrah

TRIP REPORT B - # 397-1
and 2

Travelers: Dr. Boniface Sébikali,
INTRAH Consultant

Country Visited: Cameroon

Date of Trip: October 3-30, 1993

Purpose: To provide technical assistance to national FP trainers to prepare for and conduct a comprehensive clinical FP skills workshop (theory phase and first week of a 3-week clinical practicum).

Program for International Training in Health

PAC IIb

**University of North Carolina at Chapel Hill
Chapel Hill, North Carolina 27514 USA**

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EXECUTIVE SUMMARY

From October 3 to 30, 1993, INTRAH Consultant Dr. Boniface Sébikali visited Cameroon to provide technical assistance to Directorate of Family and Mental Health (DFMH) national trainers Mrs. Sadjo Angokay, Mrs. Odilia Kukah, Mrs. Julienne Nzie and Mrs. Magdalène Epeti Lyonga to plan for and conduct the theoretical phase and the first week of the practicum phase of a 5-week comprehensive clinical FP skills workshop in Yaoundé. Twelve participants attended the workshop including one advanced nursing technician (TSSI), 3 midwives, 3 state registered nurse/birth attendants (IDEA), 3 state registered nurses (IDE) and 2 nurse birth attendants (IBA). A USAID/Cameroon buy-in supported the activity, which is #18 in the Ministry of Public Health (MOPH)/INTRAH subcontract workplan.

Major recommendations included:

1. The DFMH and INTRAH should revise the curriculum to reformulate objectives, update the contraindications of certain contraceptive methods and revise the management module.
2. The DFMH and INTRAH should train additional clinical preceptors for Nkoldongo PMI and Djoungolo Hospital.
3. The DFMH should ensure that trained clinical FP preceptors are available at the practicum sites to guide, instruct and supervise trainees during their clinical practice.

Briefings and debriefings were held at the DFMH and USAID/Cameroon.

SCHEDULE OF ACTIVITIES

- October 3** Dr. Sébikali arrived in Yaoundé from Maroua (where he had been conducting an INTRAH-assisted workshop to train provincial trainers in training methods and use of the basic clinical FP skills curriculum; see Trip Report B-#348).
- October 4** Briefed with Mr. Lucas Mbofung, INTRAH/DFMH Project Coordinator.
- October 5** Briefed at USAID/Cameroon with Health and Population Officer Mr. Richard Greene and Population Coordinator Mrs. Régina Dennis.
- Briefed at the DFMH with Director Dr. Philippe Tsitsol, Deputy Director Dr. Damien Andela and Chief of Service Mrs. Sarah Mpouli.
- October 6-9** Planned for the workshop with the national trainers.
- October 7** Visited practicum sites and met with clinical preceptors.
- October 11** National holiday.
- October 12-22** Conducted theoretical phase of the workshop.
- October 25** Debriefed with INTRAH Regional Clinical Officer Dr. Manuel Pina who was on assignment in Cameroon.
- Supervised clinical practicum.
- October 26** Debriefed at USAID/Cameroon with Mrs. Dennis.
- Debriefed at the DFMH with Dr. Tsitsol and Assistant Director Dr. Emmanuel Nkodo.
- October 27-28** Supervised clinical practicum.
- October 28-29** Attended a meeting with JHPIEGO to prepare a strategy to expand NORPLANT^R services in Cameroon.
- October 30** Debriefed with Dr. Pina on the JHPIEGO meeting.
- Departed Yaoundé for Kigali, Rwanda.
- October 31** Arrived in Kigali.

LIST OF ABBREVIATIONS

ALK	Acceptable Level of Knowledge
ALP	Acceptable Level of Performance
CHU	University Teaching Hospital
DFMH	Direction de la Santé Familiale et Mentale (Directorate of Family and Mental Health)
IBA	Infirmier Breveté Accoucheur (Certified Nurse/Birth Attendant)
IDE	Infirmier Diplômé d'Etat Accoucheur (State Registered Nurse)
IDEA	Infirmier Diplômé D'Etat Accoucheur (State Registered Nurse/Birth attendant)
MOPH	Ministère de la Santé Publique (Ministry of Public Health)
TSSI	Technicien Supérieur des Soins Infirmiers (Senior Nurse Technician)

I. PURPOSE OF TRIP

The purpose of the trip was to provide technical assistance to national FP trainers to prepare for and conduct the theoretical phase and the first week of the practicum phase of a five-week comprehensive clinical FP skills workshop. The activity was financed from a USAID/Cameroon buy-in.

II. ACCOMPLISHMENTS

- A. The four national trainers designated by the MOPH participated actively in preparing for and conducting the theoretical phase of the training.
- B. Dr. Sébikali and the national trainers used session plans for each module in the curriculum based on the seven steps in the experiential learning cycle.
- C. Plans for use of the results of the knowledge and skills assessments were given to Mrs. Sadjo who was responsible to coordinate and supervise the workshop.
- D. Three practical training sites (PMI Central, Main Maternity Hospital and the Djoungolo Hospital) were visited by the team of trainers. The team visited a fourth site, the PMI of Nkoldongo, to assess its capacity to accept trainees. An average of 60 FP clients are provided FP services at this site each month. However, the trained preceptor at this site was recently transferred to Limbé.
- E. The twelve participants included one advanced nursing technician, 3 midwives, 3 state registered nurse/birth attendants, 3 state registered nurses and 2 nurse birth attendants.
- F. The national MCH/FP service policy and standards document, FP service protocols and other reference

documents prepared by the trainers were distributed to workshop participants.

- G. The INTRAH trainer provided detailed feedback to national trainers at the end of every day.
- H. Briefings and debriefings were held at the DFMH and USAID/Cameroon.

III. BACKGROUND

The activity described in this report was the ninth in a series of twelve INTRAH-assisted comprehensive clinical FP skills workshops for physicians, nurses and midwives in the DFMH/INTRAH PAC IIb workplan.

IV. DESCRIPTION OF ACTIVITIES

A. Briefings and Debriefings

Briefings were conducted on October 4 and 5 at the DFMH with INTRAH/DFMH Project Coordinator Mr. Lucas Mbofung, Director Dr. Louis Philippe Tsitsol, Deputy Director Dr. Damien Andela, and Chief of Service Mrs. Sarah Mpouli, and at USAID/Cameroon with Health and Population Officer Mr. Richard Greene and Population Coordinator Mrs. Régina Dennis. During these briefing meetings, Dr. Sébikali also debriefed on the September 20-October 1, 1993 workshop conducted in Maroua for provincial trainers in training methodologies and the use of the basic clinical FP curriculum (see Trip Report B-#348).

Debriefings were conducted on October 25 with INTRAH Regional Clinical Officer Dr. Manuel Pina, who was on assignment in Cameroon, and on October 26 with Mrs. Dennis, Dr. Tsitsol and DFMH Assistant Director Dr. Emmanuel Nkodo Nkodo.

B. **Preparation (October 6-9, 1993)**

All of the national trainers designated by the MOPH including the IEC/FP trainer actively took part in the preparation phase. Tasks were shared among members of the group.

Session plans were prepared for each module of the curriculum using the 7 steps of the experiential learning cycle.

The team of trainers visited the practicum sites to discuss the clinical practicum schedule with the preceptors and assess the capacity of each site to host trainees. During the visits the team also confirmed the availability of FP equipment and supplies, including contraceptives, sterile gloves and disposable syringes.

The PMI of Nkoldongo, which serves an average of 60 clients per month, was also used as a practicum site for trainees 3 days a week because FP services at the Main Maternity are only provided 2 days a week. Trainees at this practicum site were precepted by national trainer Mrs. Kukah because the trained preceptor was recently transferred to Limbé.

C. **Workshop**

The workshop was officially opened by Dr. Tsitsol. The orientation session included an ice-breaker for participants and preceptors, clarification of workshop expectations and objectives and agreements on the schedule and group norms. Also during the orientation session, preceptors were given FP materials and supplies (i.e. syringes, disposable syringes and gloves) needed at practicum sites and instruments to evaluate trainees' clinical performance, and participants were given 5 IUDs and daily self-assessment forms.

Participants agreed to work over lunch from 8 am to 5 pm and on Saturday to make up for time lost due to the national holiday on October 11.

The theoretical phase was conducted by the national trainers with the INTRAH trainer's technical assistance and support, from October 12-22, 1993. The INTRAH trainer provided leadership in areas where the national trainers lacked confidence; for example, providing feedback and presenting session objectives on NORPLANT^R, STDs, infertility and management.

D. **Methodology**

Participatory methods were used, including role play, small group work, case study, mini exposé and demonstration.

E. **Workshop Venue**

The theoretical phase took place in the conference hall of the MOPH. The practicum sites were the Djoungolo Hospital, Central PMI, Main Maternity and PMI of Nkoldongo.

F. **Clinical Practicum**

The first day of the practicum was devoted to demonstrations by the clinical preceptors of health talks, counseling and the FP consultation, followed by the participants conducting health talks, counseling and consultation with feedback from the preceptors. A review and discussions of clinical cases were held at the end of each day.

The Main Maternity provides FP services only on Wednesday and Thursday. During these 2 days per week, trainees were precepted by Mrs. Mathilde Ndep. When trainees went to the PMI of Nkoldongo 3 days a week, they were precepted by Mrs. Kukah.

During the first 3 days of the practicum, an average of 26 clients (including 3 new acceptors) were provided FP services at the Djoungolo Hospital, 34 clients including 7 new acceptors at the Central PMI and 18 clients including 6 new acceptors at the PMI of Nkoldongo.

G. **National Trainers**

The national trainers were: Mrs. Sadjo Angokay, Senior Nurse Technician (TSSI); Mrs. Odilia Kukah, TSSI at the Central PMI of Yaoundé; Mrs. Julienne Nzie, Midwife at Deido PMI; and Mrs. Magdalène Epeti Lyonga, IEC and Health Education Officer at the MOPH.

The national trainers demonstrated skills and responsibility. Mrs. Angokay and Mrs. Nzie should co-train in another clinical FP workshop to master the content of the curriculum, and Mrs. Kukah and Mrs. Lyonga should participate in another workshop to improve their facilitation techniques.

H. **Evaluation**

None of the participants reached the acceptable level of knowledge (ALK) (65%) on the pre-test (see Appendix F). An analysis of results indicated weaknesses in the following content areas: FP and family health, menstrual cycle, oestro-progestin pill, IUDs, the health information system and IEC (see Appendix G). Two participants reached the acceptable level of performance (ALP) (65%) on the pre-test.

Note: The results of post-training knowledge and skills assessments were not available for this report because the INTRAH trainer completed his assignment after the first week of the 3-week practicum.

Seven of the 12 participants had provided FP services prior to the workshop (see Appendix E).

I. **Documents Distributed to Participants**

The Cameroon national MCH/FP service policy and standards document, FP service protocols, reference documents provided by INTRAH and other reference documents prepared by the trainers were distributed to participants.

J. **Problems Encountered**

Daily sessions were lengthened by 1 hour (from 4 pm to 5 pm) to accommodate the unexpected holiday on October 11, 1993.

There was a shortage of preceptors at Djoungolo Hospital and Nkoldongo PMI. This problem was solved by using Mrs. Rose Assiga from the University Hospital at the Djoungolo Hospital and Mrs. Kukah at the Nkoldongo PMI.

V. **FINDINGS AND RECOMMENDATIONS**

1. **Findings**

Certain objectives in the curriculum were not achieved during the workshop.

The management module was revised to include how to order medications and contraceptive supplies and a summary describing the cost recovery system in the country.

Recommendation

The curriculum should be reviewed and revised to reformulate certain objectives, update the contraindications of certain FP methods and finalize the management module.

2. **Findings**

In the Main Maternity Hospital FP services are available only on Wednesdays and Thursdays.

The PMI of Nkoldongo, where FP services are provided daily, welcomed trainees on the other days of the week (Monday, Tuesday and Friday). However, the PMI of

Nkoldongo and the Hospital of Djoungolo no longer have trained preceptors.

Recommendations

Additional clinical preceptors should be trained so there are at least two trained preceptors in each clinical training site.

Discussions should take place with the directors of the Main Maternity Hospital and the University Teaching Hospital (CHU) about offering FP services on a daily basis.

The movement of trained preceptors between service sites should be closely monitored by the DFMH.

3. **Finding**

There are preceptors and clinical training site managers who are not informed about when clinical trainees will arrive at the training site to begin clinical practice.

Recommendations

Clinical preceptors should be notified by the DFMH about the schedule for clinical training and when trainees are expected to arrive in the training site. The preceptors should be encouraged to recruit FP clients to increase the number of FP clients per day during clinical practice, especially IUD clients.

Clinical preceptors should be invited to the opening ceremony for clinical workshops.

APPENDIX A

Persons Contacted/Met

APPENDIX A

Persons Contacted/Met

USAID/Cameroon

Mr. Richard GREENE, Health and Population Officer

Mrs. Régina DENNIS, Population Coordinator

Ministry of Public Health/Directorate of Family and Mental Health

Dr. Louis Philippe TSITSOL, DFMH Director

Dr. Damien ANDELA, DFMH Deputy Director

Dr. Emmanuel Nkodo NKODO, DFMH Assistant Director

Mrs. Sarah MPOULI, DFMH Chief of Service

Mr. Lucas MBOFUNG, INTRAH/DFMH Project Coordinator

Mrs. Mathilde NDEP, Preceptor, Main Maternity, Yaoundé

Mrs. Pasma PEMI, Preceptor, Central PMI, Yaoundé

Mrs. Marie Rose ASSIGA, Preceptor, CHU, Yaoundé

Mrs. Angelina Ngwe CUMBER, TSSI, PMI Nkoldongo

INTRAH/Lomé

Dr. Manuel PINA, Regional Clinical Officer

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APPENDIX B

List of Participants

ANNEXE B :

LISTE DES PARTICIPANTS

NOMS	QUALIFICATION	POSTE D'ATTACHE
1. Mme Atiback Rose	IDE	Hôpital de Bafia
2. Mr Ebo'o Ekami Vincent	TSSI	Nanga Eboko
3. Mr Lekomo Edouard	IDEA	Hôpital de SA'A
4. Mr Amdia Mkou François	IDE	Hôp. d'Akonolinga
5. Mme Sobze Rose	SF	Hôp. Ngaoundere
6. Mr Courcelle Levy	IBA	" "
7. Mr Misbe Likon André	IDEA	Hôp. Ebolowa
8. Mme Eyafa Ebamembah R.	IDE	Hôp. Zoetele
9. Mme Monglo Asta	IDEA	Hôp. de Kaele
10. Mme Wourlima	SF	Hôp. de Yagoua
11. Mme Hamadou Maïri	IBA	Hôp. de Mokolo
12. Mme Boly Fanta	SF	PNUD Yaoundé

APPENDIX C

Placement of Participants During Clinical Practicum, by
Practicum Site and Preceptor(s)

ANNEXE C :

REPARTITION DES PARTICIPANTS DANS LES SITES DE STAGE

CENTRES	PARTICIPANTS	ENCADREURS
1. PMI Centrale	1. Mme Hamadou Maïri 2. Mme Boly Fanta 3. Mme Monglo Asta 4. Mme Wourlina	Mme Pemi Pasma
2. Maternité Principale + PMI Nkolndogo	1. Mr Courcelle Levy 2. Mr Amdia Nkou F. 3. Mme Sobze Rose 4. Mme Atiback Rose	Mme Ndep Mathilda Mme Kukah Odilia
3. Hôpital Djoungolo	1. Mr Nisbe Likon A. 2. Mr Ekami Vincent 3. Mr Lekomo Edouard 4. Mme Eyafa Ruth	Mme Assiga Massama Marie Rose
SUPERVISEURS	1. Mme Sadjo Angokay 2. Dr Sébikali Boni- face.	

APPENDIX D

Workshop Schedule

ANNEXE D :

EMPLOI DU TEMPS

1ère Semaine

HEURE	MARDI 12/10	MERCREDI 13/10	JEUDI 14/10	VENDREDI 15/10	SAMEDI 16/10
8H - 10H	- Ouverture - Brise-glace - Attentes - Objectifs/ Emploi du temps - Normes - Aspects administratifs - FIB - Fiche d'évaluation des performances.	Où en sommes-nous ? PF et Santé de la famille Anatomie et Physiologie des organes génitaux	Où en sommes-nous ? Pilule oestro-progestative	Où en sommes-nous ? Implant (Norplant)	Où en sommes-nous ? C. C. V. M S T
10H - 10H 15	P	A	U	S	E
10H 15 - 13H	- Pré-test - Test-performance	Cycle menstruel	Pilule progestative	Méthode de barrières	M S T
13 - 13H 30	P	A	U	S	E
13H 30 - 17H	- Intégration de la PF dans les SSP - Distribution des contraceptifs à base communautaire (DBC)	Méthodes naturelles Allaitement maternel Evaluation de la journée	Injectable Evaluation de la journée	Méthode de barrière DIU	DIU Pratique de pose de DIU sur mannequin.

Deuxième semaine

HEURE	LUNDI 18/10	MARDI 19/10	MERCREDI 20/10	JEUDI 21/10	VENDREDI 22/10
8H - 10H	- La contraception du post-partum - La consultation de contraception	Où en sommes nous ? Infécondité Infertilité	Où en sommes nous ? I E C	Où en sommes nous ? I E C Gestion de service	Où en sommes nous ? Système de référence
10H - 10H 15	P	A	U	S	E
	- Soins pré-conceptionnels	I E C	I E C	Gestion des services	Système d'information
	P	A	U	S	E
	- Stérilisation du matériel	I E C	I E C	Gestion des services	Pratique sur mannequin de DIU Préparation pour stage sur terrain Evaluation 2ème semaine

3^e, 4^e et 5^eme semaines

HEURE	25/10	26/10	27/10	28/10	29/10
	01/11	02/11	03/11	04/11	05/11
	08/11	09/11	10/11	11/11	12/11
8H 00	- Stage sur le terrain "	Stage "	Stage "	Stage "	Stage Evaluation du stage Evaluation de la formation d'apprentissage QAP - Post-test Clôture.

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APPENDIX E

FP Service Provision Experience
of Participants Prior to this Workshop

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ANNEXE E :

RESULTATS DE L'AUTO EVALUATION DES SERVICES

NOMS	PRESTATION DES SERVICES DE PF	
	OUI	NON
1. Mme Atiback Rose	x	
2. Mr Ebo'o Ekami Vincent	x	
3. Mr Lekomo Edouard	x	
4. Mr Amdia Nkou François		x
5. Mme Sobze Rose		x
6. Mr Courcelle Levy	x (y compris DIU)	
7. Mme Eyafa née E. Ruth		x
8. Mme Monglo Asta	x	
9. Mr Nisbe Likon André	x (y compris DIU)	
10. Mme Wourlina		x
11. Mme Hamadou Maïri	x	
12. Mme Boly Fanta		x

APPENDIX F

Results of Pre-tests of
Clinical FP Knowledge and Performance

ANNEXE F

NOMS	TEST DES CONNAISSANCES (%)	TEST DES PREFORMANCES (%)
	PRE - TEST	
1. Mme Atiback Rose	38,00	45,23
2. Mr Ebo'o Ekami Vincent	47,00	46,15
3. Mr Lekomo Edward	60,40	59,53
4. Mr Andzia Nkou François	40,50	38,46
5. Mme Rosiwilio	-	-
6. Mme Sobze Rose	40,50	69,23
7. Mr Courcelle Levy	45,60	61,53
8. Mr Nisbe Likon André	53,50	45,23
9. Mme Eyafa Née E. Ruth	32,00	69,23
10. Mme Monglo Asta	48,50	53,84
11. Mme Wourlina	42,50	37,69
12. Mme Hamadou Maïri	44,50	59,23
13. Mme Boly Fanta	43,50	61,53

Score maximum	60,40	69,23
Score total	536,5	646,23
Score minimum	32,00	37,69

NAC	65 %
NAP	65 %

Nombre de participants avec score > NAC	: 0
Nombre de participants avec score < NAC	: 12
Moyenne	44,70

Nombre de participants avec score > NAP	: 2
Nombre de participants avec score < NAP	: 10
Moyenne	49,76

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APPENDIX G

Results of the Pre-test of Clinical FP Knowledge, by Item

ANNEXE G :

RESULTATS ANALYTIQUES DU PRE - TEST
YAOUNDE 11/10 au 12/11 1993

N° du participant N° de la question	1	2	3	4	5	6	7	8	9	10	11	12	SCORE	%
1	0,5	1	2	1,5	0	0	2	1	2	1	0,5	2	13½/24	56,25
2	1	0	0,5	0	1	0	1	0,5	1,5	1	1	1	8½/24	35,41
3	a/ 1,5	1,75	2	2	1,5	1,75	1,5	0	1,75	1,75	0,75	1	16¼/24	67,70
	b/ 1,5	1,25	2	1,5	1,75	2	1,75	0,75	2	1,75	1,5	1,5	19¼/24	80,20
4	0	0,75	2,5	1,5	3	3,5	3	1	2,5	2	0,5	0	20¼/48	42,70
5	1	1	0	0	0	1	1	0	0	1	1	1	7/12	58,33
6	0	1	1	1	1	1	1	1	1	1	1	1	11/12	91,66
7	0	1	1	1	1	1	1	0	1	0	1	0	8/12	66,66
8	0	1	1	1	1	1	1	1	1	1	1	1	11/12	91,66
9	1	1	1	1	0	0	1	1	1	0	0	0	7/12	58,33
10	0	0	1	0	0	0	1	1	0	0	0	0	3/12	0,25
11	0	0	0	0	0	1	0	0	0	0	0	0	0/12	0,00
12	1	1	1	1	1	1	1	1	1	0	1	1	11/12	91,66
13	1	1	1	1	1	1	1	1	1	1	1	1	12/12	100
14	0	0	2	0	0	0,5	0	0	0	0	0	0	2½/24	10,4

N° du participant N° de la question	1	2	3	4	5	6	7	8	9	10	11	12	SCORE	%
15	1	1	1	1	0	1	0	0	0	0	0	1	6/12	50
16	0	0	0	0	1	1	0	0	0	0	1	0	3/12	25
17	1	1	1	1	0	0	1	0	0	1	1	1	8/12	66,66
18	1	0,50	0,50	0	1,5	0,25	0,5	0,50	1	0,5	0,5	1,5	8¼/18	47,22
19	0	1	0	0	0	0	0	0	0	1	0	0	2/12	16,66
20	1	1	1	1	1	1	1	1	1	0	1	1	11/12	91,66
21	2	0	1	1	1	2	1	1	2	2	1	1	15/48	31,25
22	1	1	1	1	1,5	1,50	1	1	1	1	1	1,5	13½/18	75
23	0	0	0	0	0	0,30	0	0	0	0	1	0	1,30/12	10,83
24	1	1	1	1	1	1	1	1	1	1	1	1	12/12	100
25	1	0	1	0	1	0	0	1	0	1	1	0	6/12	50
26	0	0	0,25	0	0	0	1	0	0	0	0,5	0	1,75/12	14,58
27	0	0	0	0	0	0	0	0	0	0	0	0	0/12	0,00
28	0	0	0,20	0	0	0	0	0	0	0	0	0,25	0,45/12	3,75
29	0	0	0,5	0	0	0	0	0	0	0	0	0	0,50/18	2,50
30	1	1,5	1,5	0	0	0	0	1	1	1	1	2	10,48	20,83
31	0	1,5	0	0	0	0	0	0	0	0	0	0	1,50/48	3,12

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N° du participant N° de la question	1	2	3	4	5	6	7	8	9	10	11	12	SCORE	%
32	0	0,5	0,75	0,25	0	0	1	0,25	0	0,25	0	0	3/12	25
33	0	0	0	0	0	0	0	0	0	0	0	0	0/30	0,00
34	0	0,75	0	0	0	0	0	0	0	0	0	0	0,75/12	6,25
35	1	1	1	1	0	0	1	1	1	1	1	0	9/12	75
36	0,50	1	0,50	0,50	0	0	1	0	0,50	0	1	0	5,0/18	27,77
%	38,0	47,0	60,4	40,5	40,5	45,6	53,6	32,0	48,5	42,5	44,5	43,5	536,50	44,70

FABLESSES :

1. Concept de la planification familiale (définitions et avantages)
2. Hormones intervenant dans le cycle menstruel
3. Pilule
4. Dispositif intra utérin
5. Allaitement maternel
6. Stérilisation du matériel
7. Consulation
8. Système de référence
9. IEC.