



Intrah

TRIP REPORT B - # 212-1
and 2

Travelers: Dr. Manuel Pina, INTRAH
Regional Clinical Officer

Country Visited: Cameroon

Date of Trip: August 15 - September 6, 1993

Purpose: To provide technical assistance to national trainers, August 23 - September 4, 1993, to conduct the theoretical phase of a comprehensive clinical FP skills workshop for 12 service providers from district hospitals in the Northwest Province.

Program for International Training in Health

PAC IIb

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

TABLE OF CONTENTS

	<u>PAGE</u>
EXECUTIVE SUMMARY	i
SCHEDULE OF ACTIVITIES	iii
LIST OF ABBREVIATIONS	v
I. PURPOSE OF TRIP	1
II. ACCOMPLISHMENTS	1
III. BACKGROUND	2
IV. DESCRIPTION OF ACTIVITIES	3
V. FINDINGS AND RECOMMENDATIONS	5

APPENDICES

- A. Persons Contacted/Met
- B. List of Participants
- C. Workshop Schedule
- D. List of Documents Distributed to Participants
- E. Opening Speeches by Northwest Province Officials

EXECUTIVE SUMMARY

INTRAH Regional Clinical Officer Dr. Manuel Pina provided technical assistance to three Directorate of Family and Mental Health (DFMH) national trainers to conduct the 2-week theoretical phase of a 5-week comprehensive clinical FP skills workshop in Bamenda, August 23 - September 4, 1993. Twelve participants including 5 physicians and 7 midwives from district hospitals in the Northwest Province attended the workshop which was supported by a USAID/Cameroon buy-in and is activity #10 in the Ministry of Public Health (MOPH)/INTRAH subcontract workplan.

Major accomplishments included:

- Three national trainers and 1 resource person responsible for IEC were technically assisted to conduct the theory phase of the national comprehensive clinical FP skills training curriculum.
- Twelve participants from district hospitals were trained in comprehensive clinical FP skills and the use of FP service protocols.
- Two clinical preceptors received a clinical FP knowledge update and were technically assisted to apply contraceptive knowledge and precepting skills during the clinical practicum.
- The finalized English version of the FP service protocols was distributed to national trainers, clinical preceptors and trainees.
- The English versions of the comprehensive clinical FP training curriculum and the national MCH/FP Service Policy and Standards were tested and finalized.
- National trainers, preceptors and participants were oriented to the concept of medical and other barriers to FP service access and strategies for reducing them.

Major recommendations included:

- This was the first training workshop conducted by two of the national trainers. They should conduct

other clinical FP workshops with INTRAH technical assistance before they train on their own.

- The Training Officer of the Northwest Provincial Delegation should participate in the upcoming INTRAH-assisted training of provincial trainers in training methodologies and use of the basic clinical FP skills curriculum.
- The English version of the comprehensive clinical FP training curriculum should be finalized by Regional Office/Lomé (RO/L) and sent to the DFMH prior to the next clinical workshop in an anglophone province.
- The DFMH, in collaboration with INTRAH, should identify and develop other practicum sites in Bamenda to increase the number of clinical training sites in the Northwest Province.
- The DFMH should, as soon as possible, provide district hospitals in the Northwest Province with IEC/FP materials and FP equipment and supplies to improve FP service delivery and increase accessibility in the province.

Briefings were held with and a debriefing memorandum was faxed to USAID/Cameroon and the DFMH.

SCHEDULE OF ACTIVITIES

- August 15** Dr. Pina departed Lomé for Yaoundé via Douala.
- August 17** Briefed with USAID/Cameroon Population Coordinator Mrs. Regina Dennis and INTRAH Consultant Mr. Joanny Kaboré.
- Briefed with Dr. David Awasum, DFMH Director, and Mr. Lucas Mbofung, DFMH/INTRAH Project Coordinator.
- Briefed with Dr. Andela, DFMH Deputy Director.
- Conducted work session with Mr. Mbofung.
- August 18** Conducted work session with Mr. Kaboré.
- Met at USAID/Cameroon with Chief HPNO Mr. Richard Greene, Mrs. Dennis and Mr. Kaboré.
- Met at the DFMH with Dr. Awasum, Mr. Greene, Mrs. Dennis and Mr. Kaboré.
- Conducted work session with Mr. Kaboré and Mr. Mbofung.
- August 19** Departed Yaoundé for Bamenda with Mr. Mbofung.
- Conducted work session with national trainers in Bamenda.
- August 20** Briefed with the Provincial Health Delegate of the Northwest Province, Dr. Ghogomu.
- Conducted work session with national trainers.
- Visited practicum sites and conducted work session with clinical preceptors.
- August 21** The team of trainers, the workshop manager from the Northwest Province Dr. Ghogomu, Mr. Mbofung and Mr. Manga of the DFMH conducted a work session.
- Conducted a work session with national trainers.
- August 23** Opening of workshop.

August 23 -
September 4 Conducted theoretical phase of workshop.
September 4 Departed Bamenda for Douala.
September 6 Departed Douala for Lomé.

LIST OF ABBREVIATIONS

ALK	Acceptable Level of Knowledge
ALP	Acceptable Level of Performance
DFMH	Directorate of Family and Mental Health
MOPH	Ministry of Public Health
PHC	Primary Health Care

I. PURPOSE OF TRIP

The purpose of the trip was to provide technical assistance to three national trainers to conduct the 2-week theoretical phase of a 5-week comprehensive clinical FP skills workshop for 12 service providers from district hospitals in the Northwest province. The activity was financed by a USAID/Cameroon buy-in.

II. ACCOMPLISHMENTS

- A. Three INTRAH-trained national trainers and 1 resource person responsible for IEC were technically assisted by INTRAH to implement the training methodologies and the content of the comprehensive clinical FP skills training curriculum. The national trainers were also assisted to interpret pre-test results for participant knowledge and skills. This was the first workshop conducted by 2 of the 3 national trainers since they were trained as trainers in January 1993 (see Trip Report B-#267).
- B. Twelve participants including 5 physicians and 7 midwives and nurses were trained in comprehensive clinical FP skills and the use of the FP service protocols. Eleven of the 12 participants were selected from district hospitals in accordance with the training strategy developed in June 1993 by the DFMH with INTRAH technical assistance. One participant from the MCH Center of Buea was selected by the DFMH to attend the workshop because the center needed a trained clinical FP service provider.
- C. Two INTRAH-trained clinical preceptors who were having their first experience as preceptors received a clinical FP update and were technically assisted to apply contraceptive knowledge consistent with the FP service protocols and precepting skills during the practicum.

- D. The 2 practicum sites in Bamenda were visited and prepared for practical training.
- E. Copies of the English version of the FP service protocols were distributed to all of the participants and the national trainers.
- F. Data were collected on FP service use at district hospitals where participants work.
- G. The English version of the MCH/FP Service Policy and Standards and the comprehensive clinical FP skills curriculum were tested and finalized. Participants, preceptors and national trainers were oriented to the concept of reducing medical and other barriers to FP service access.
- H. Clinical FP and primary health care (PHC) reference documents were distributed to participants and the provincial health delegation of the Northwest Province.
- I. Briefings were held at USAID/Cameroon and the DFMH. A debriefing memorandum was faxed to USAID/Cameroon and the DFMH.

III. BACKGROUND

INTRAH is conducting the third phase of assistance to the DFMH/MOPH in Cameroon in the context of the PAC IIb project. Phase 3, effective from March 31, 1993 to July 31, 1994, has the distinctive feature of expanding the availability of FP services at the level of the health district, consistent with the MOPH's PHC policy.

The strategy for training district-level service providers from referral hospitals and integrated health centers was developed with INTRAH assistance in June 1993.

The 5-week comprehensive clinical FP skills workshop described in this report was the first workshop for service providers from referral hospitals in the Northwest Province, and was conducted in Bamenda. The anglophone national trainers and preceptors from Bamenda were in charge of the workshop, and training materials in English were used.

IV. DESCRIPTION OF ACTIVITIES

A. Preparation

During this phase, the 2 national trainers who were having their first training experience benefited from the experience of the third national trainer who had participated in the previous comprehensive clinical FP skills workshop in Douala (see Trip Report B-#336). The curriculum was reviewed module by module, and the roles and responsibilities of each trainer were specified.

The characteristics of FP services and their management in the Northwest Province were clarified during a work session with the provincial health delegate. A resource person was requested to co-facilitate the module on FP services management.

The Training Officer of the Provincial Delegation of the Northwest who was trained in IEC by PCS facilitated the module on IEC.

Expectations of the clinical practicum were discussed with the clinical preceptors, who also participated in interpreting the results of participants' pre-tests of knowledge and skills. Practicum sites were visited and prepared to receive trainees and additional materials and equipment for FP service delivery were supplied.

B. Training

1. Venue

The theoretical training was conducted in the conference hall of the Northwest Provincial Delegation. Practical training was conducted at 2 practicum sites developed with INTRAH assistance: the Provincial Hospital of Bamenda and the MCH Center of Nkwen.

2. National Trainers

Three INTRAH-trained national trainers (see list in Appendix B) took part in the workshop; for two of them this was their first training experience. One resource person, trained in IEC, conducted the IEC module.

3. Participants

Twelve participants including 5 physicians and 7 midwives (see list in Appendix B) attended the workshop. Among them were 10 participants from referral hospitals in the Northwest Province health districts. One participant came from the MCH Center of Buea in the Southwest Province and another one was trained as a clinical preceptor with INTRAH assistance and was providing FP services at Bouassame Hospital in Douala (comprehensive clinical FP training for this preceptor was recommended by INTRAH and the DFMH).

4. Training Materials

The English version of the comprehensive clinical FP skills curriculum was tested and finalized.

The English versions of the MCH/FP Service Policy and Standards and FP service protocols were used. Copies of the protocols were distributed to participants.

All English reference documents in the curriculum were distributed to the participants, and pelvic and breast models were used for demonstration and practice.

5. Evaluation

The pre-test of knowledge was administered to the participants. One of the 12 participants reached the acceptable level of knowledge (ALK). Knowledge areas needing improvement were identified, including the menstrual cycle physiology, hormonal contraceptives, management of side effects, breastfeeding physiology, IEC and services management.

Participants' skills were assessed and permitted the identification of weaknesses. Two of 10 participants obtained the acceptable level of performance (ALP), set at 65%.

Daily process reviews and weekly evaluations were conducted to ensure that participants acquired the appropriate knowledge.

The organization and evaluation of practical training were prepared with national trainers and preceptors.

Weekly evaluations during the practicum were scheduled.

V. FINDINGS AND RECOMMENDATIONS

1. National Trainers

Finding

Two of the 3 INTRAH-trained national trainers and the resource person in charge of IEC were conducting their first clinical FP training using the comprehensive clinical FP skills curriculum. Their use of the training methodologies in the curriculum should be strengthened.

Recommendations

The DFMH should select Dr. Njinjoh for the clinical training in Yaoundé and Mrs. Ndenecho for the training in Douala to reinforce their training skills.

Mr. Ntambo, Head of the Training Division at Provincial Delegation of Bamenda, should join the team of

provincial trainers and participate in the training of provincial trainers workshop to be conducted with INTRAH assistance.

2. National Training Curriculum

Finding

The English version of the comprehensive clinical FP skills curriculum for physicians, midwives and nurses was tested and finalized.

Recommendation

INTRAH should reproduce the curriculum in English and send copies to the DFMH prior to the next anglophone clinical workshop.

3. Training Materials and Facilities

Findings

The national (anglophone) trainers were unable to use the formathèque that INTRAH provided because all the books in the formathèque were in French.

The logistical and administrative arrangements for the workshop were well-managed by the Provincial Delegation of the Northwest Province.

Recommendations

INTRAH should provide English Training and Clinical Resource Libraries to the provincial delegations of the 2 anglophone provinces of Cameroon (the Northwest and Southwest).

The training activities planned for the Northwest Province should be conducted in Bamenda in the conference hall of the Provincial Delegation. The DFMH should finish equipping the conference hall with support from cooperating agencies, and turn it into a regional training center.

4. Practicum Sites

Finding

There are two practicum sites in Bamenda, each staffed by an INTRAH-trained preceptor. One of the 2 preceptors, a part-time service provider at the provincial hospital's FP clinic, works at the provincial delegation.

Recommendation

The DFMH, in collaboration with INTRAH, should identify and develop additional practicum sites in Bamenda (i.e. MCH Center of Mankan) to increase the training capacity of the Northwest Province. The service provider at the provincial hospital of Bamenda should be trained in precepting skills.

5. Equipment and IEC Materials

Finding

Officers from the provincial delegation and workshop participants stressed the inadequacy and the lack of IEC materials (brochures and posters). They also highlighted the lack of clinical FP equipment in their service sites.

Recommendation

The DFMH, in collaboration with cooperating agencies and donors, should provide the provincial delegation and the Northwest district hospitals with IEC materials and clinical FP equipment to increase the availability and accessibility of FP services in the province.

6. Training Activities

Finding

Two national trainers were asked by the DFMH to conduct clinical FP training in the context of other donor projects in the Northwest Province. They complained that training standards defined by the DFMH were not followed, including the use of a different clinical training curriculum, shortage of time and lack of trainee and trainer reference documents.

Recommendation

The DFMH should encourage other organizations working in FP in Cameroon to conduct training consistent with the DFMH's standards.

APPENDIX A

Persons Contacted/Met

8

APPENDIX A

Persons Contacted/Met

USAID/Cameroon

Mr. Richard GREENE, Chief HPNO

Mrs. Regina DENNIS, Population Coordinator

Ministry of Public Health/Directorate of Family and Mental Health

Dr. David AWASUM, DFMH Director

Dr. ANDELA, Deputy Director

Dr. E. DAME, Assistant Director

Mr. Lucas MBOFUNG, DFMH/INTRAH Project Coordinator

Mr. NJIE, DFMH Accountant

Provincial Delegation of the Northwest

Dr. GHOGOMU, Provincial Delegate

Mr. NTAMBO, Training Officer

SEATS

Ms. Nancy MARTINS, Director

Mr. Sahlu HAILE, SEATS/WARO Director

Mr. Georges VISHIO, Cameroon Resident Advisor

Others

Mr. Joanny KABORE, INTRAH Resident Consultant in Burkina
Faso

Dr. NKWI, Director of the Pan-African Association of
Anthropologists

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APPENDIX B

List of Participants

N° D12 /NS/MSP/SG/DSFM/SDSF/SSMIJ.-

SERVICE NOTE

The following personnel of the Ministry of Public Health are invited to attend a 5 week Family Planning Clinical Skills workshop to be held in the Primary Health Care hall in Bamenda from August 23th 1993 to September 24th 1993 as from 7.30 am prompt.

A/- PARTICIPANTS:

1. MRS NDAM ESTHER, NM
2. DR. EYONG EFORSI BATE JOHN, MD
2. MRS. EYOUNG BENEDICTA NJANG, NM
4. MRS. HELEN NDA, NM
5. MRS. AKENJI VERONICA, NM
6. MRS KIMBUI ESTHER GHOGOMU, NM
7. DR. ~~EEUNKI~~ GEORGE, MDE
8. DR. TEBOT CHARLES, MDE
9. MISS GWANBULA ROSE, NM
10. MRS. ANCWAFOR, NM
11. DR. FOZAD AFOU ADOLF, MD
12. DR. TANIFUM PATRICIA, MD

DISTRICT HOSPITAL BATIBO

-"-

-"- FUNDONG

SANTA HEALTH CENTRE

PROV. HOSP. BAMENDA

DISTRICT HOSPITAL NGOKETUNJIA

DISTRICT HOSPITAL JAKIRI

-"-

NWA

PMI DISTRICT HOSPITAL BONASSAMA DLA

MANKON HEALTH CENTER

DISTRICT HOSPITAL TUBAH

PMI BUEA - SW PROVINCE

B/- TRAINERS:

1. DR. PINA MANUEL
2. DR. NJINJOH ALOYSIUS NWANA
3. MR. AMUNGWA ATHASTUS SNO
4. MRS. NDENECHO MARY, SNO

INTRAH CLINICAL EXPERT

NATIONAL TRAINER PH BAMENDA

NATIONAL TRAINER BAMENDA

PDPH SOUTH WEST BUEA (3 WEEKS).

C/- COORDINATORS:

- MR. MBOFUNG LUCAS MFUH, MPH
MR. PAYNE MARTIN
MR. NUMFOR MARTIN

MINISTRY OF PUBLIC HEALTH

PDPH BAMENDA

D/- CLINICAL PRECEPTORS:

- 1. MME NYINDEM ESTHER, NM HRC BAMENDA
- 2. MRS. PUNGONG GRACE, NM MCH CENTRE NKWEN

Transport fares (Air Route excluded) shall be reimbursed to participant (non resident of Bamenda) on arrival. They shall also be expected to make their own lodging arrangements for which a fixed per diem will be paid.

All participants are also requested to bring along their lab. coats for field work.

DISTRIBUTION:

YAOUMDE, THE 30 JUILLET

- MSP/CAB
- SG/ATCR
- DSFM/SDSF/SSMIJ
- MSP/DFC
- DPSP/NORD-OUEST/LITTORAL/SUD-OUEST
- + DIRECTEUR HOP. PROV. BAMENDA/EITMSGs BAMENDA
- MED. CHEF PMI BONASAMA/NKWEN/NGOKP/INJIA
- HOP. BALI/NDOP/BATIBO/FUNDONG/BAL/NWA/NTA/TUBA
- INTERESSES RADIO PRESSE
- CHRONO/ARCHIVES.-

POUR LE MINISTRE DE LA SANTE
PUBLIQUE ET PAR DELEGATION
LE SECRETAIRE GENERAL



MANUEL BONDE

N° 89 /SN/MSP/SG/DSFM.-

_____/ SERVICE NOTE

DR. TANIFUM PATRICIA, MD. Medical Officer incharge of the Maternal and Child Health Unit (PMI) Buea, South West Province is retained to join the participants for the Family Planning Clinical skills workshop due in Bamenda from August 23rd to September 24th 1993, as provided by SN D12 of 30/7/93.

DISTRIBUTION :

- MSP/SESP) ATCR
- SG)
- DSFM/DASFM/SDSF/SSMIJ
- DPSP SUD-OUEST/NORD OUEST
- INTERESSES/RADIO PRESSE
- CHRONO/ARCHIVES.

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13

APPENDIX C

Workshop Schedule

Annexe C

DFMH/INTRAH FP TRAINING PROGRAMME BAMENDAWEEK 1 - TIMETABLE

TIME	DAY 1 MONDAY 23/8/93	DAY 2 TUESDAY 24/8/93	DAY 3 WEDNESDAY 25/8/93	DAY 4 THURSDAY 26/8/93	DAY 5 FRIDAY 27/8/93	DAY 6 SATURDAY 28/8/93
8.00 - 10.00	Registration of Participants OPENING - Self introduction - Goals - Expectations - Objectives - Programme	Pretest Practicals at PMI Nkwen and Provincial Hospital	Report/ Feedback on Pretest Family Planning and Family Health	Report Natural FP methods	Report Injectables	Report IUCD
10.00 - 10.15	C O F F E E B R E A K					
10.25 - 12.15	- Norms - Logistics - Pretest	Pretest Practicals at PMI Nkwen and Provincial Hospital	Anatomy and Physiology Menstrual Cycle	Breast feeding	Implantables	IUCD VSC Days review
	C O F F E E B R E A K					
13.30	Integration of Family Planning in PHC Community based distribution orientation on FP Practicals FIP (Distributed) Days review	H.R.C. Provincial Hospital Bamenda		The combined Pill Progesterone only Pill	Barrier methods Days review	

DFMH/INTRAH FP TRAINING PROGRAMME BAMENDA

WEEK 2 - TIMETABLE

TIME	DAY 7 MONDAY 30/8/93	DAY 8 TUESDAY 31/8/93	DAY 9 WEDNESDAY 01/9/93	DAY 10 THURSDAY 02/9/93	DAY 11 FRIDAY 03/9/93	DAY 12 SATURDAY 04/9/93
8.00 - 10.00	Review of week 1 Contraceptive Consultation	Report Infertility & Infecondity	 I . E . C .	Report Management and Organisation of FP Services	Report Practicals on Models	Practicals on Models Correction of Test
10.00 - 10.15	C O F F E E B R E A K					
10.25 - 12.15	Contraceptive Consultation Pre-conceptional Care	Sterilisation	 I . E . C .	 I . E . C .	Practicals on Models	
	C O F F E E B R E A K					
13.30	STD's/AIDS Days review Practicals FIP (Distributed)	Information system, Referral/ Feedback system. Days review	 I . E . C . Planning Time-table for Practical work Days review	Management and Organisation of FP services Days review	Practice on Models orientation for field work Days review Meeting of trainers and clinical instructors	

-16-

SCHEDULE FOR THE FAMILY
PLANNING PRACTICAL PRE-TEST
24/08/93

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PMI NKWEN

1. Dr. Eyong Eforsi Bate
2. Mrs. Ndam Esther
3. Mrs. Akenji Veronica
4. Dr. Feumbi George
5. Miss Gwanbula Rose
6. Mrs. Angwafor Esther
7. Dr. Tanifun Patricia

HIGH RISK CLINIC PROV. HOSPITAL
B'DA

1. Dr. Fozao Afou Adolf
2. Mrs. Helen Nda
3. Mrs. Yong Benedicta Njang
4. Mrs. Kombui Esther Ghogomu
5. Dr. Teboh Charles

APPENDIX D

List of Documents Distributed to Participants

**DOCUMENTS A DISTRIBUER AUX PARTICIPANTS
FORMATION COMPLETE EN PF CLINIQUE * B 212
28 AOUT - 24 SEPTEMBRE 1993
BAMENDA - CAMEROUN**

TITLE OF DOCUMENTS	QUANTITY
1. AGENDA INTRAH - 1993	15
2. BREAST-FEEDING AND CONTRACEPTION UPDATE	15
3. CENT PROBLEMES CLINIQUES DE CONTRACEPTION EN AFRIQUE	10
4. CONCEPTS AND ISSUES IN FAMILY PLANNING	07
5. FICHE D'INFORMATION BIOGRAPHIQUE	20
6. GLOSSAIRES DES TERMES DE PF	15
7. INFECTION PREVENTION IN FP/MCH CLINICS	20
8. LIST OF FREE MATERIALS - 1992	15
9. NETWORK : BREAST-FEEDING	15
10. OUTLOOK : INTERACTION BETWEEN ORAL CONTRACEPTION AND THERAPEUTIC DRUGS	15
11. FAMILY PLANNING METHODS AND PRACTICE IN AFRICA	02
12. POPULATION REPORTS : COUNSELING CLIENTS ABOUT THE PILL	05
13. POPULATION REPORTS : WHY COUNSELING COUNTS	15
14. FAMILY PLANNING SERVICES PROTOCOLS - CAMEROUN	17

APPENDIX E

Opening Speeches by Northwest Province Officials

SPEECH PRESENTED BY HIS EXCELLENCY THE GOVERNOR NORTH WEST PROVINCE ON
THE OCCASION OF THE INTRAH FAMILY PLANNING SEMINAR HOLDING AT THE
PRIMARY HEALTH CARE HALL BAMENDA.
23RD AUGUST 1993.

The Delegate Bamenda Urban Council,
Provincial Delegates,
Provincial Chiefs of Services,
Director Provincial Hospital Bamenda,
Directors of Schools for Health Personnel,
Ladies and Gentlemen,

We are here today to witness the opening ceremony of the INTRAH Family Planning Seminar, which is the very first organized by INTRAH in the North West Province.

Let me first of all take this opportunity to welcome all of you who have endeavoured to be here despite your many other commitments.

Not long ago, we witnessed the launching of the National Family Planning LOGO in this Province. To my total satisfaction, it was a great success.

Family Planning is not a very new concept in this Province, and we are aware that it has lots of advantages for individuals, families, the communities and the nation as a whole. It helps couples to have the number of children they want at the time they want, helps infertile couples too to have babies and of course enables couples who decide to plan their families to keep consuming their marriage without embarrassment.

The Government viewing the importance of mothers and children created a Directorate of Family and Mental Health in the Ministry. The promotion of Family Planning is an essential component of Primary Health Care which constitutes the base of health policy in Cameroon. Family Planning aims at improving the health of mothers and children in particular who, no doubt, constitute a vulnerable part of the population both in urban and rural areas. To enhance and harmonise the implementation of Family Planning programmes a policy and standards document has been established and approved.

Let me on my behalf and that of the population of the North West Province welcome the clinical expert of the International Training in Health (INTRAH) who is here present with us. INTRAH, through USAID has done much in improving the health of mothers and children and particularly in promoting Family Planning activities. Through the help of this organization a Family Planning Training Centre has been created here in the North West Province to cater for the training needs of the Province in particular and which we have the opportunity to inaugurate with this present sitting.

We wish to express to the organization and through them to the Government and people of America, our gratitude for the sacrifice they have continuously made and we entreat them to continue to support this training centre for the benefit of the less privileged.

The participants in this workshop are drawn from almost all divisions of the North West Province and this is to ensure total coverage of the population. Similarly, a majority of the facilitators are resident in this Province. They are people of sound moral and academic quality. I do not doubt the quality of their products which goes further to give concrete proof that, given the material resources, we have sufficient and qualified human resources to continue running the centre.

Fellow participants and facilitators I wish to remind you that the following are the objectives of the seminar :-

- Make Family Planning Services available, acceptable and accessible to the whole target population;
- Improve Family health through Family Planning Services;
- Promote breastfeeding as a contraceptive method
- Prevent unwanted pregnancy to safeguard mother and child health;
- Help an infertile couple achieve a pregnancy
- Encourage the population to use Family Planning Services, etc.

I wish to again remind you participants that you are being trained as Family Planning Service providers at the referral level and not as trainers, although any good service person can be used at any time as a trainer. I entreat you to follow your lectures very attentively.

With these few words, I now declare open this first INTRAH Seminar on Family Planning Clinical Skills. I wish you all a fruitful Seminar.

Long live the Republic of Cameroon
Long live International Co-operation.

BEST AVAILABLE COPY

A SPEECH PRESENTED BY MR. GEORGE F. MUMAH, DEPUTY
GOVERNMENT DELEGATE TO THE BAMBENDA URBAN COUNCIL
ON THE OCCASION OF THE LAUNCHING OF THE WORKSHOP
ON FAMILY PLANNING 23/8/93

- His Excellency, The Governor North West Province
- Distinguished guests
- Ladies and Gentlemen,

I have been privileged and honoured by the Government Delegate of the Bamenda Urban Council whom I represent here, to say a few words on the occasion of the launching of the workshop on family planning. The initiative is laudable and timely enough.

Family planning simply means, having the number of children required, and spacing them to tally with our means of sustenance, so that the children are properly cared for. This phenomenon does not come by error for, it is an agreement between and among the partners concerned. In this wise, therefore, the children so spaced and limited in number are sure of a good sound education and constant protection.

You could still enjoy sex with your partner when she is a nursing mother by the use of condoms. This union with your wife is not only economical, but goes a long way to encouraging fidelity and preventing the spread of venereal diseases especially the killer disease - AIDS.

No one will refute the fact that, in the days gone by, our fore-fathers practised a form of family planning by spacing their children. This they did by ensuring that before a new child was born, the elder one was big enough to take care of the younger one, when the need arose.

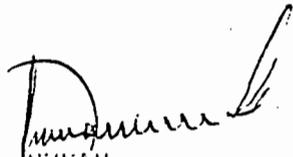
Even in industrialized countries, there is the concern for population explosion, wherein citizens are required by law to limit their number of children to about two or even less. It may be disheartening to note that children of a couple could be of the same sex, to the detriment of the other. Nevertheless, the laws of the land must be respected. Limitations are always on the advantage.

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Most juvenile delinquents we have in the Country today are victims of procreation without recourse on how they will be educated and protected. The pride of parents is to see their children healthy and well educated, but can this objective be realized without proper family planning and the realization of the need to enhancing a healthy continuity of our lineage?

Your Excellency, ladies and gentlemen, I would like to assure you that this workshop is a unique opportunity for us to reshape our society. I wish the instructors a happy ^{delegation} delegation, and also encourage participants to ask all necessary questions so that on return, they should be able to disseminate the refined knowledge acquired to the grass roots.

Thank you very much.


GEORGE F. TUMAH
DEPUTY GOVERNMENT DELEGATE
BAKERDA URBAN COUNCIL

BEST AVAILABLE COPY