

African Regional Training Course on Promoting Rational Drug Use: Nairobi,  
Kenya, February 1-14, 2004

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### **About RPM Plus**

RPM Plus works in more than 20 developing countries to provide technical assistance to strengthen drug and health commodity management systems. The program offers technical guidance and assists in strategy development and program implementation both in improving the availability of health commodities—pharmaceuticals, vaccines, supplies, and basic medical equipment—of assured quality for maternal and child health, HIV/AIDS, infectious diseases, and family planning and in promoting the appropriate use of health commodities in the public and private sectors.

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## ACRONYMS

AMR	antimicrobial resistance
DTC	Drug and Therapeutics Committee
ICIUM	International Conference on Improving Use of Medicines [WHO]
INRUD	International Network for Rational Use of Drugs
GSU	General Service Unit
MSH	Management Sciences for Health
PRDU	Promoting Rational Drug Use
RPM Plus	Rational Pharmaceutical Management Plus (Program) [MSH]
RUD	rational use of drugs
STGs	standard treatment guidelines
TOT	Training of Trainers
USAID	U.S. Agency for International Development
WHO/EDM	World Health Organization, Essential Drugs and Medicine Policy



## **BACKGROUND**

The International Network for Rational Use of Drugs (INRUD) was established in 1989 with the aims to design, test, and disseminate effective strategies to improve the way drugs are prescribed, dispensed, and used. It currently consists of 17 African, Asian and Latin American country groups of which Kenya is one. The INRUD Secretariat is housed at Management Sciences for Health (MSH) and is financially supported by the Rational Pharmaceutical Management Plus (RPM Plus) Program, which is funded in turn, by the U.S. Agency for International Development (USAID). Groups providing technical support to INRUD include WHO/ Essential Drugs and Medicines Policy Department (WHO/EDM) and the Drug Policy Group (Harvard Medical School).

The INRUD Kenya group, supported by RPM Plus through INRUD and WHO/EDM organized and implemented an African Regional Course on “Promoting Rational Drug Use”(PRDU) February 1–14, 2004, at the Fairview Hotel in Nairobi, Kenya (see course flyer Annex 7). The PRDU course helped participants learn about and acquire practical skills to investigate drug use and apply these indicators in researching and implementing cost effective methods to improve drug use. A Training of Trainers (TOT) component was included in this particular course with the goal of enabling participants to teach such courses in their home countries and institutions.

In the past, PRDU courses have struggled to produce high quality trainers. Although the PRDU course itself utilizes a variety of participative, problem based, adult learning techniques, participants had not used these techniques when leading their own courses. This course was aimed at enabling participants to teach such courses by including a one and a half day TOT component, explaining and legitimizing the importance of employing adult learning principles when running courses.



## **PURPOSE OF TRIP**

The INRUD Kenya group requested the INRUD Coordinator, John Chalker to oversee the course coordination and to facilitate the PRDU course along with Mohan Joshi (MSH) and Kathy Holloway (WHO/EDM). Sarah Paige came to help with the course logistics and to have the opportunity to experience the course.

This workshop was also designed to pilot a one and a half day new training of trainers module to improve the likelihood of effective teaching of the course by participants in their own locations.

## **SCOPE OF WORK**

1. Scope of Work for Dr. John Chalker during this visit:
  - Act as the key international coordinator and facilitator during the course.
  - Facilitate, in particular, sessions on: a) Problems of Irrational Drug Use, b) Learning about a Drug Use Problem, and c) Implementing a Drug Use Indicators Study.
  - Participate in the field trip and help participants collect, compile and analyze their data.
  - Brief and/or debrief USAID officials, as requested.
  
2. Scope of Work for Dr. Mohan Joshi during this visit:
  - Act as a key international facilitator during the course.
  - Facilitate, in particular, sessions on: a) Problems of Irrational Drug Use, b) Learning about a Drug Use Problem, and c) Implementing a Drug Use Indicators Study.
  - Participate in the field trip and help participants collect, compile and analyze their data.
  - Brief and/or debrief USAID officials, as requested.
  
3. Scope of Work for Sarah Paige during this visit:
  - Assist in the organizational and administrative aspects of the course.
  - Assist the facilitators in delivery of some of the sessions.
  - Act as an observer in the course to build technical capacity.



## ACTIVITIES

Dr. John Chalker's activities during this visit:

- Acted as the key international coordinator helping the INRUD Kenya group to finalize all arrangements.
- Facilitated the opening and closing sessions as well as sessions on: a) Learning about Drug Use Problems, b) Managerial & Regulatory Interventions, c) Face to Face Persuasive Educational Interventions, d) Decision Making for Rational Drug Use Interventions and, e) Designing Country Projects.
- Participated in the field trip and helped participants collect, compile and analyze their data.
- Adapted the draft Training of Trainers sessions to fit with the course.
- Facilitated two of the three half-day Training of Trainers sessions.

Dr. Mohan Joshi's activities during this visit:

- Facilitated sessions on: a) Problems of Irrational Drug Use, b) Implementing a Drug Use Indicators Study, c). Standard Treatment Guidelines, and d) Designing Effective Printed Material
- Participated in the field trip and helped participants collect, compile and analyze their data.
- Facilitated one of the three half-day Training of Trainers sessions.

Sarah Paige

- Attended all sessions of the course and took part in the activities and field trips.
- Coordinated and analyzed all the session evaluations.
- Assisted in any logistical matter that may have arisen.

### **The PRDU course**

Thirty-six paying attendees participated in the workshop which took place at the Fairview Hotel in Nairobi. The list of participants is in Annex 2.

The opening ceremony was held on Sunday evening, February 1, 2004, which was attended and addressed by the Director of Medical Services from the Kenyan Ministry of Health, Dr. James Nyikal. He stressed the importance of interventions to improve drug use in Kenya and how the participants and INRUD Kenya would be of great use to the Ministry of Health in times to come.

The timetable of the course is presented in Annex 1. Dr. Kathy Holloway, from WHO, arrived for the course opening on Monday morning and left the following Monday evening; she facilitated several important sessions. Local organizer, Eva Ombaka, facilitated the Gallery of Experts and some of the qualitative assessment sessions. Atieno Ojoo facilitated the session on The Role of the Dispenser. The remaining sessions were taken by John Chalker and Mohan Joshi.

### Field trips

A key component of the PRDU courses is the field trip. The purpose of the field trip is to give participants the opportunity to immediately practice the data collection and analysis skills being taught. Each of the five groups visited one facility. Field visits occurred on both Wednesday (February 4, 2004) and Friday (February 6, 2004). The five facilities were Crescent Medical Clinic, GSU (General Service Unit) Clinic, Kikuyu Hospital, Loco Dispensary, Mbagathi District Hospital, and Ruaraka. Using standardized indicators, groups collected data from the sources available. They subsequently compiled and analyzed those data in order to generate an overview on prescription practices and drug use in the different facilities (a table of results is in Annex 3). Several of the results were unreliable due to methodological problems arising from different health facility systems. These methodological problems provided excellent teaching opportunities.

### Training of Trainers Module

The Training of Trainers material was successfully tested. (See separate report: Chalker John, Joshi M, *The Training Of Trainers Trial at the Nairobi PRDU Course 1<sup>st</sup> to 14<sup>th</sup> February 2004*). A three-day Training of Trainers course was designed for future facilitators of the Drugs and Therapeutics Committee course through the RPM Plus antimicrobial resistance (AMR) Program. The course consisted of a series of well-structured activities and mini-lectures, along with comprehensive handouts.

From this resource material, a one and a half day TOT for PRDU course participants was designed and adapted to both the time available and to key topics, including sessions on practicing presentation and facilitation techniques.

The Training of Trainers timetable was as follows:

	<b>Saturday 7 Feb 2004</b>
11:45-12:45	1. Orientation Adult Learning and Role of the Teacher/Trainer
	<b>Monday Morning 9 Feb 2004</b>
8:00-9:30	2. Communication Skills and Teaching & Learning Methods
9:30-1:00	3. Setting Objectives 4. Oral Presentations and Preparation of Presentations Practicing Presentations
	<b>Monday Afternoon</b>
2:15-4:30	5. Preparation of a Facilitation Session Practicing Facilitation
4:30-5:30	6. Preparing PRDU course

The session evaluations of the TOT course are included in Annex 5. The evaluations for the main PRDU course individual sessions and for the PRDU course overall are included in Annexes 4 and 6, respectively.

For the closing ceremony of the PRDU course, the WHO representative wrote a speech delivered by a staff member, Dr. Joyce Onsango. For the address, please see Annex 8.

## **KEY COLLABORATORS**

The INRUD Kenya group will now provide an extremely useful resource for the MOH and donors in Kenya. The RPM Plus Ethiopian Program, led by Gabriel Daniel, had seven participants and planned future rational use of drugs (RUD) activities in Ethiopia. The Mombassa RPM Plus Program sent two people who are now planning to monitor drug use in the HIV program.

All other participants developed project plans for their home facilities.

The Director of Medical Services from the Kenyan Ministry of Health, Dr. James Nyikal, opened the workshop.

The WHO Representative, Dr. Peter Eriki, wrote a closing speech which was delivered by Dr Joyce Onsongo, the Disease Prevention and Control Officer.

The Chief Pharmacist, Dr. Kijana Baya, attended the closing dinner.

## **NEXT STEPS**

### **Immediate Follow-up Activities and Recommendations**

1. Review and revise the new TOT component of the PRDU course in light of the first trial.
2. Give continuing advice and support on the programs that the INRUD Kenya group is organizing.
3. Serve as a technical resource for participants who follow up the course with country activities.

### **Agreement or Understandings with Counterparts**

None

### **Lessons Learned**

The TOT trial was particularly useful (see report).



## ANNEX 1: TIME TABLE

PRDU Kenya agenda	Kathy Holloway, 1st week John Chalker and Mohan Joshi all times
<b>Monday am</b> Introduction Gallery of experts  Problems of irrational drug use	John Chalker Eva Ombaka & John Chalker Mohan Joshi
<b>Monday pm</b> Learning about a drug use problems (Part I.)	John Chalker
<b>Tuesday am</b> Sampling to Study Drug Use	Kathy Holloway
<b>Tuesday pm</b> Learning about a drug use problem (Part II.)  Introduction to field visit	Kathy Holloway and Eva Ombaka Kathy Holloway
<b>Wednesday am</b> Field visit 1	ALL
<b>Wednesday pm</b> Debriefing	John Chalker
<b>Thursday am</b> Implementing a Drug Use Indicators Study (Part 1)	Kathy Holloway and Mohan Joshi
<b>Thursday pm</b> Implementing a Drug Use Indicators Study (Part 11)	Kathy Holloway and Mohan Joshi
<b>Friday am</b> Field visit 2	ALL
<b>Friday pm</b> Analysis and reporting back	Kathy Holloway
<b>Saturday am</b> Framework for Changing Drug Use Practices (2.5 hours) Training 1, part a (1.5 hours)	Kathy Holloway (John Chalker lead)
<b>Monday am</b> Training 2	(Mohan Joshi lead)
<b>Monday pm</b> Training3	(John Chalker lead)
<b>Tuesday am</b> Standard Treatment Guidelines and the Role of DTC	Mohan Joshi
<b>Tuesday pm</b> Managerial & Regulatory Interventions	John Chalker
<b>Wednesday am</b> Printed Educational Material	Mohan Joshi
<b>Wednesday pm</b> Face-to-face Interventions	John Chalker
<b>Thursday am</b> The Role of the Dispenser (2 hours) Decision Making and Country Projects (2 hours)	Atieno Ojoo John Chalker
<b>Thursday pm</b> Group work	ALL

<b>Friday am</b>	Group work	ALL
<b>Friday pm</b>	Presentations and Evaluations	John Chalker

## Annex 2: Participant List

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### ANNEX 3: FIELD TRIP RESULTS

**The results of the field trips were as follows:**

(r=retrospective, p=prospective, \*=clinical records, \*\* are from prescriptions)

<b>Prescribing Indicator</b>	<b>Kikuyu hosp</b>	<b>GSU Ruaraka</b>	<b>Mbagathi hosp</b>	<b>Loco PHC</b>	<b>Crescent PHC</b>	<b>Avg.</b>
<b>Av.no.drugs per patient</b>	2.73	2.9r 2.5p	2.63	2.3 * 2.5**	3.37	2.79
<b>% pats pres antibiotics</b>	33.33	70r 70p	73.3	53.3 * 83.3**	70	60
<b>% pats pres injections</b>	11.67	50r 30p	3.33	20 * 20 **	43.3	25.7
<b>% drugs pres by gen. name</b>	57.32	96r 25p	36	44.3* 35.5**	52.5	57.2
<b>% drugs prescribed belong to EDL</b>	89.02	88.6r 70.7p	88.6	95.7* 92.1**	80.2	88.4
<b>Av.consulting time (mins)</b>	5.61	4.5	4.7	3.7	5.7	4.8
<b>Av.dispensing time (secs)</b>	54.47	65	12.1	44	188	73
<b>% prescribed drugs dispensed</b>	-	90.9	50	93.4	100	83.6
<b>% drugs adequately labeled</b>	79.34	0	27.3	50	0	31.3
<b>% patients with dose knowledge</b>	70.14	100	91	83	100	88.8
<b>EDL available</b>	yes	no	no	no	no	-
<b>% Key drug available</b>	100	83.3	100	100	83.3	93.3

Group B -unreliable estimate of generic prescribing

Group C - under-estimate of prescribing indicators as injections were recorded separately

Group D - excluded patient name from adequate labeling definition unlike other groups

Group E - under-estimate of prescribing indicators as "outside" drugs prescribed on separate prescriptions

Group E - included non-interaction time in dispensing time unlike other groups



## ANNEX 4: PRDU SESSION EVALUATIONS

(on a scale of 1 to 9)

### **Problems of Irrational Use**

Avg.	8.3
------	-----

### **Learning About Drug Use - Quantitative**

Avg.	8.0
------	-----

### **Sampling**

Avg.	8.5
------	-----

### **Learning About Drug Use - Qualitative**

Avg.	8.1
------	-----

### **Field Visit 1**

Avg.	8.2
------	-----

### **Implementing an Indicator Study**

Avg.	8.6
------	-----

### **Field Visit 2**

Avg.	8.3
------	-----

### **Framework for Change**

Avg.	8.6
------	-----

### **Standard Treatment Guidelines**

Avg.	8.5
------	-----

### **Managerial, Regulatory and economic interventions**

Avg.	8.5
------	-----

### **Designing effective printed material**

Avg.	8.7
------	-----

### **Persuasive face to face education**

Avg.	8.6
------	-----

### **The role of the dispenser**

Avg.	8.5
------	-----

### **Decision making for rational drug use interventions and designing country project**

Avg.	8.5
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## ANNEX 5: TRAINING OF TRAINER'S SESSION EVALUATIONS

(on a scale of 1 to 9)

**Introduction and Adult learning**

Avg.	8.6
------	-----

**Communication and teaching and learning methods**

Avg.	8.6
------	-----

**Setting objectives and oral presentation techniques**

Avg.	8.4
------	-----

**Practical for giving presentations**

Avg.	7.9
------	-----

**Practical for session facilitation**

Avg.	8.4
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**TOT wrap up including organization of a PRDU course, organizing a field trip and sessions for starting a workshop**

Avg.	8.3
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## ANNEX 6: COURSE EVALUATION

(scale 1-9)

1. The objectives were clearly defined at the beginning of the training course: **8.7**
2. The defined objectives were achieved by the end of the training course: **8.5**
3. The amount of material covered in the two weeks was appropriate: **8.5**
4. The depth of coverage of the material in the training course was appropriate: **8.3**
5. The information in this course will be helpful in my work: **8.9**
6. Overall I would say that the difficulty level of the training course was: **34** said just right

Instructors/Trainers

7. Overall, I would say the quality of the instruction was: **8.7**

Overall Opinion

8. This course was valuable and I will recommend it to my colleagues: **34** will recommend

Overall, how satisfied were you with the following:

9. The training facilities: **8.3**
10. The pace of the course: **7.9**
11. The style and format of the sessions: **8.4**
12. The instructional materials: **8.6**
13. The length of the training course: **7.9**

14. Please give us your recommendations for improving this training course:

“include more on DTCs,” “increase field and practice exercises,” “evaluate participants prior to and after the course,” “shorten the course length,” “select more diverse set of participants,” “include ARV topics,” “more on designing and using indicators,” “more on economic interventions,” “more supplemental reading,” “increase per diem,” “choose a cheaper venue,” “provide transport per diem for local participants,” “spend more time on more important/relevant sessions,” “solicit more personal experience examples from participants and allow them to bring own presentations from the past,” “allow participants more time for: ‘sightseeing’, ‘absorbing course content’, ‘preparing country presentations.’”

15. Additional comments include: “excellent trainers,” “the course was highly informative, interesting and relevant to work,” “thanks to all,” “the course itself was excellent,” “please continue staging PRDU all over the world and at all levels of health provision,” “well-planned course,” “value of the course lies within the interactions with peers, with INRUD/Kenya, and the practical use of new tools,” “create a compressed version for health ministry administrators,” “very satisfied with content and presentation.”



## ANNEX 7: COURSE FLYER

*Announcing the Course on*

# PROMOTING RATIONAL DRUG USE

February 1–14, 2004

Nairobi, Kenya

The International Network for Rational Use of Drugs (INRUD), Management Sciences for Health (MSH); the Essential Drugs and Medicines Policy Department (EDM), World Health Organization (WHO); and INRUD/Kenya announce a training course on Promoting Rational Drug Use, to be held February 1–14, 2004, at the Fairview Hotel, Nairobi, Kenya.

### TARGET AUDIENCE

The two-week course is intended for physicians, pharmacists, health program managers, policy makers, researchers, and representatives of other organizations interested in improving the use of drugs.

### COURSE OBJECTIVES

The course will focus on methods of studying and remedying inappropriate drug use, including problems with the ways in which drugs are prescribed, dispensed, and consumed. Participants will learn practical approaches for applying key concepts such as essential drugs lists, indicators of drug use, and methods for changing inappropriate drug use behavior.

### COURSE CONTENT

- Identification of drug use problems
- Factors that influence prescribing patterns
- Indicators for assessing drug use
- Field exercises to assess drug use
- Methods to evaluate effectiveness of drug use interventions
- Standard treatment for improving quality of care
- Influencing prescribing patterns
- Changing prescriber training
- Public education about drug use
- Planning intervention studies

### COURSE DESIGN

The course will be conducted in English and will consist of presentations, discussions, group activities, and field exercises. This course is highly participatory, and the exchange of skills and experience among participants adds depth to the learning process. Course materials are based on those developed by MSH, the Harvard Drug Policy Group, WHO, and INRUD country core groups. The participants will be exposed to a wide range of international experiences and materials.



International Network for Rational Use of Drugs  
and  
INRUD/Kenya



Essential Drugs & Medicines Policy Department  
World Health Organization

## **TRAINERS will include:**

**Dr. John Chalker** is a medical doctor and is currently the International Coordinator for INRUD, working with MSH's Rational Pharmaceutical Management Plus (RPM Plus) Program. RPM Plus actively works at the global and country levels to improve drug use and availability and provide technical leadership, assistance, and training in cooperating countries. Dr. Chalker has 15 years of experience in designing, implementing, and managing health development projects at the local, regional, and national levels in Asia, Africa, and the Middle East. He has worked with key academic institutions in designing and coordinating research on ways to improve rational drug use.

**Dr. Kathy Holloway** is a medical officer with EDM/WHO in Geneva. Her present responsibility is the promotion of the rational use of drugs at both global and country levels, and she is actively involved in training programs, research, and capacity building in this area. Her professional experience includes 10 years as a clinician in the UK National Health Service, 10 years working in Asia in both clinical medicine and public health, and 5 years working in international health. She spent 1991–1998 in Nepal managing an essential drugs program that included revolving drug funds, and she conducted research into the effects of different kinds of user fees on the rational use of drugs. Dr. Holloway is particularly interested in financial mechanisms to promote more rational use of drugs and in containing antimicrobial resistance.

**Prof. Gilbert Kokwaro** is the Professor of Pharmaceutics, University of Nairobi; a Visiting Professor of Pharmacology, University of Liverpool, UK; and Executive Director, Centre for Drug Management and Policy (CEDMAP), Nairobi. He is also the Head of the Clinical Pharmacology, Molecular Biology and Parasitology Research Group, KEMRI/Wellcome Trust Collaborative Research Programme, Nairobi. He has attended short courses on drug metabolism (Stowe Summer School, UK, 1992), clinical pharmacology (Royal Postgraduate Medical School, University of London, 1992), and pharmacokinetic modeling (University of Leiden, The Netherlands, 1992). In 1999–2002, he trained health-care providers from several African countries on effective drug management and rational drug use.

Other trainers and facilitators will also be present.

## **COURSE FEE AND APPLICATION**

The fee of US\$2,800 covers tuition, course materials, and shared hotel accommodations. Those unwilling to share accommodations must be prepared to pay extra for single rooms (rates available upon request). Without hotel room, the course fee is US\$1,400. Breakfast and lunch will be provided. Participants will be given US\$20 per day to cover expenses for dinner, which will not be provided by the organizer. Participants should plan to bring sufficient money for incidental expenses like laundry, postage, telephone calls, souvenirs, and transportation. Airfare is the responsibility of the participant's sponsoring organization. Participants should also expect to receive 26.5 lb (12 kg) of training materials. **Applications and fees are due no later than November 30, 2003.**

## **CLIMATE AND HEALTH ADVICE**

Weather in February is warm, and ordinary light clothing is fine. Nairobi is normally cool in the evening. Malaria prophylaxis is advised. Participants need to arrange for their own health insurance before they leave their countries. Intra-African travel usually requires yellow fever vaccination (this vaccination is not required for visitors from Europe). All participants entering Nairobi Airport may be screened for Severe Acute Respiratory Syndrome (SARS) in accordance with the current international regulations.

Additional information regarding social events and other details will be provided at a later stage.

## **For further information or to submit an application, please contact:**

INRUD/Kenya Secretariat

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