



ROTARY FAMILY HEALTH DAYS (RFHD) PROGRAMME SUMMARY

NIGERIA 2020

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DATE: 19 NOVEMBER – 21 NOVEMBER 2020

Highlights

- Launch Sites as
 - National in Abuja,
 - District launch in
 - Lagos,
 - Ebonyi
 - Rivers State
- 110 Health Day Sites were set up across Nigeria
- About 154,375 people visited the sites
- Over 543,412 health services were provided in total
- 52,566 HIV Test performed
- 5,000 Hepatitis B&C screening
- 62,061 Malaria screening
- 60,615 Blood pressure tests
- 1,009 Tuberculosis screening
- 70,816 Eye tests carried out
- 8,017 Dental care services
- 11,168 Polio immunizations administered
- 27,825 Sanitary pads for girls distributed
- 6,342 Vitamin A supplements
- 16,632 Children received deworming
- 23,780 Long-Lasting mosquito nets distributed
- Cooperation with Rotary RAG Hepatitis Zero

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Executive Summary

In 2020, The Rotary Family Health Days programme was held across the four Rotary International districts in Nigeria viz, Districts 9110, 9125, 9141, and 9142.

HISTORICAL BACKGROUND

Rotary Family Health Days began in Nigeria with the 2012 event which was held in Lagos State on 1st and 2nd June 2012 and in Ogun State on Saturday June 9, 2012. The 2013 event took place in Lagos State local government areas and in Ogun State at Abeokuta, Sagamu, Isara and Ijebu- Ode on May 11, 2013 and another round in Abeokuta on May 17, 2013. The RFHA board agreed to the scaling up of the programme in Nigeria in 2014 to cover the whole country. Consequently, all the then three Rotary districts in Nigeria-D9110, D9125 and D9140 held health camps in their various communities on April 24-26, 2014. The outcome was good and showed that the decision to cover the entire country of Nigeria was a wise one. In 2014 Nigeria recorded 140,856 attendance; 90,875 in 2015 and 140,918 in 2016. Also, since 2016 Nigeria added Hepatitis B and hepatitis C screening to its services, this was further activated in the 2019 and the 2020 programme.

At the September 2017 event about 130,000 people were attended to and over 350,000 health services provided. Acceptance of the program has increased tremendously over the past eight years due to much publicity given to it through our robust working relationship with and great work of our public relations consultant, Core Prime Ad Concept and with increased materials and logistics support from our key program partners especially the Nigeria Federal Ministry of Health and the US Government missions under the PEPFAR program. The support from the Federal ministry of Health has been very beneficial to the RFHD program as it signifies official acceptance of RFHD as one of the important health programs in Nigeria. The Federal Ministry officially send information and directives to State Ministries of Health and the Primary HealthCare Centres all over the country to work with Rotary on the RFHD as they do during polio, malaria and other health programs which Rotary spearheads. The US Centers for Disease Prevention and Control and the USAID give adequate information, logistics support and request their Implementing Partners to work with RFHA on its RFHD sites.

Funding for the 2020 programme came from The Rotary Foundation, Rotary International districts in Nigeria, the USA and South Korea.

The proof of concept and sustainability of the program has been fully established. The Rotary Foundation sent a member of the Cadre of Technical Advisers to audit the 2017 program and sent another one again in 2019. The Cadre member that came in 2019 conducted an audit of the 2018 RFHD program and continued with the monitoring of the 2019 RFHD visiting several sites in many geographical areas of District 9110 and District 9125. She also interviewed a lot of recipients of our services and had a fruitful meeting with our Monitoring & Evaluation consultant, ZIMI Community Good Health Initiative

Background

Rotarians for Family Health and Aids Prevention Inc. (RFHA)

Rotarians for Family Health & AIDS Prevention (RFHA) is a global Rotarian Action Group and mobilizing partner of Rotary International. RFHA creates the design, obtains the resources and has overall management responsibility for Rotary-led disease prevention programmes such as the Rotary Family Health Days. RFHA's mission is to save and improve the lives of children and families who lack access to preventative health care and education through the mobilization of Rotarians and Global Partners. RFHA's direct impact is the **strengthening of infrastructure on health care delivery systems** worldwide.

RFHA's role in the programme is to act as the lynchpin organisation, to initiate the programme, obtain partner organizations and funding sources, and to coordinate the work with all implementing partners leading up to and over the three-day event. RFHA further provides mechanisms, tools, platforms and training to assist the four Rotary Districts and Clubs in Nigerian to roll out the RFHD Program as well as develop a comprehensive Media and Communications strategy delivered through a dedicated Media Team.

Rotary Family Health Days: A Public Private Partnership

An Historical background

The Rotary Family Health Days is the signature programme of the Rotarian Action Group, Rotarians for Family Health & AIDS Prevention Inc (RFHA). It is a unique public/private partnership program that is currently in its ninth year of operation. This three-day annual programme provides holistic, comprehensive and preventative health screenings (both communicable and non-communicable) diseases by way of leveraging and inspiring a massive force of humanitarian-driven Rotarians and partners. Through this programme, tens of thousands of people are served in under privileged communities in some countries in East Africa, South Africa, West Africa (5 countries) and India.

The services include free life-long immunizations to children, such as polio and measles vaccines and comprehensive life-saving annual health screens, counselling, testing and referrals for HIV/AIDS, TB, diabetes, hypertension, malaria, and some cancers. They also include deworming, vitamin A supplementation and immunizations for polio. Other services like eye and dental examinations are included at almost all locations. Health counselling, education and referrals for follow-on care are provided as well. Distribution of insecticide treated bed nets, male and female condoms, hygiene packs, dental cleaning supplies and other materials are also offered to clients in areas of need and availability.

In 2018 this three-day campaign operated about 500 health camps through the efforts of over 400 Rotary Clubs and 5,000 Rotarians, Rotaractors, and community volunteers. The sites were located

across Nigeria, South Africa, Ghana, Cote d'Ivoire, Togo, Benin, and Uganda. Services were delivered to 423,795 patients. Since the inception of the Rotary Family Health Days in 2011 over 2.4 million patients have been offered over 11 million free health services.

In Nigeria the programme is Rotary-led together with our valued partners which include the Nigeria Federal Ministry of Health, the US Government mission through PEPFAR funded agencies such as the USAID and the CDC, the four Rotary Districts in Nigeria, local NGOs and our media partner, Core Prime Ad Concept. The 2020 RFHA Programme was supported by the Rotary Foundation Global No: 1986468. Local NGOs as well as several State and local Primary Health centres also provided personnel and material support.

RFHD Programme Model Nigeria

Primary Partners

- Rotarians for Family Health and Aids Prevention (RFHA) – a Rotary International Action Group
- Rotary International
- Nigerian Federal Ministry of Health
- Gilead Sciences
- US President's Emergency Plan for AIDS Relief (PEPFAR)

THE 2020 HEALTH DAYS

The 2020 Rotary Family Health days took a slightly different strategy as a result of the COVID-19 Pandemic. The planning therefore was differently done to suit the current day event and the new way of doing things. And whereas we were poised to doing what we normally do on a yearly basis, the demand for COVID-19 pandemic related items had to be included in the list of items purchased and distributed. In planning therefore, the planning of the 2020 Rotary Family Health Days across Nigeria could be said to have commenced immediately after the submission of the 2019 report. Series of meetings were held between various partners, meeting of National Steering committee comprising District coordinators, Team Leads, Field workers, Local Authority leaders, Government personnel at various levels, local, State and National. We also communicated with all the District Governor Elects and got their buy-in for the programme. The Governors Elect were able to nominate their Representatives to serve on the District Coordinating Team

Also, the RFHA Inc CEO worked for additional funding from Gilead and other corporations. Coordination of plans, meetings with the Federal and State Ministry of Health, US Mission agencies were scheduled

early. To jump start the programme, some of the essential supplies were procured by the Central Planning Committee and dispatched to the Rotary district coordinators through private Dispatch services.

COORDINATING TEAMS

The following committees were set up for effective coordination of the 2020 Rotary Family Health Days at the national, district, state and club levels:

- 1. National Steering Committee**

consisting of RFHA Nigeria Officers. This includes The National Director, Deputy National Director, Technical Advisor, Project Advisor District Coordinators and Assistant District Coordinators. It has a responsibility of planning, coordinating, budgeting and strategic oversight duties over all the four Districts in the country. The Committee set overall policies, approves administrative and financial plans and liaison with national partners and cooperating organizations.

- 2. District Steering Committee**

members are appointed by District Governors. They are responsible for the coordination and implementation of the programme in their Rotary district geographical areas. They approve club Needs Assessment exercise, the selection of sites, and relate to local partners. They work with selected area, regional and state focal persons. The committees prepare and send programme report to the national committee and gives their support during the 90-day impact study exercise.

- 3. Club RFHD Committee**

A 3-member committee is set up in each Rotary Club across the country and especially in participation clubs. They directly secure suitable sites with advice of local government health departments. They also coordinate programme implementation at sites, seek volunteers, work with them and communicate with the district committee and report to the Club and the District Coordinators.

DETERMINING THE DATE

The national steering committee members had discussion with the District Governors Elect before they leave for their training at the International Assembly to enable them to agree amongst themselves on a suitable date subject to the individual itineraries for their year of service. RFHA normally reminds them of the usual month of RFHD which for about 5 years has been September. October based on prevailing climate, DH itinerary and other Rotary programmes. The Federal and State Ministries of Health gives us a free hand to pick a date but give long information to facilitate strong participation of government agencies in the programme.

SITES DETERMINATION

As many clubs desire to be involved, they find avenues to involve the people in the community and new communities they have not explored in the past. The Rotary Clubs are the local people that deal directly with the people. They conduct Needs Assessments of their geographical areas. Reports are collated and discussed by all the committees set up and agreement is reached on how many sites will operate in the exact locations. Factors considered include medical gaps, needs, performance in previous years within that location, community assets, level of Rotarian involvement. The local government health departments, State ministries of Health, CDC and the USAID also provide lists of locations which service must be taken to and the areas each of them actually works. The locations are finalized with our partners as they offer valuable logistics and personnel support.

Project Goals

The goals of the programme are multi-faceted and they are broken down as follows:

- To increase the number of people who know their HIV status,
- To increase the overall number of people exposed to various other diseases like Prostate Cancer, Tuberculosis, breast Cancer, etc.
- To give support and boost both prevention and treatment and offer other family health related services.
- To educate people on the various health challenges that may be offered at different locations

Project Objectives

This Rotary year, the Central Planning team has not decided on objectives that are in variant from what the objectives have been in the past. Conversely the objectives of the programme are expressed as below:

- To effectively sensitize, mobilize and engage the community to ensure significant participation in the HIV counseling and testing
- Test and counsel about 130,000 people
- Set up at least 100 sites for the tests and screening
- Offer information and related materials for various diseases and conditions
- Refer that tested positive for appropriate care, support and treatment services
- Carry out testing and screening for other infections and diseases
- Mobilize volunteers from Rotary, Rotaract, Rotary Community Corps and communities for the events
- Seek support of RFHA's partners: USAID, CDC, the ministries of health at all three levels of government

- Create sufficient awareness in the media to showcase the work of Rotary and the Action Group in particular

Engagement with Primary Partners

1. The Federal and States Ministries of Health were intimated of the programme early enough to get them to continue their collaboration. They were requested to mobilize the community citizens to come out for the event at the various sites, permit Rotary the use of government health facilities at sites for the tests, donate consumables like condoms, test kits and deploy some nursing and technical staff for the program.
2. The RFHA National and district committees constantly work with all Rotary Clubs, Rotoractors, the Family of Rotary and Rotary Community Corps giving information, explaining the programme and mobilizing them through visits, workshops and training
3. Our media consultant prepares a viable media campaign
4. Meetings were held with major programme partners who were requested to transport the HTC services of their NGO partners to Rotary and provide other relevant support.
5. The Central Planning Committee has engaged the services of an M&E Consultant, ZIMI Community Good Health Initiative. As a cooperating partner they support with their wealth of professionalism and the various committees worked with the organization to achieve our goals
6. In supporting for awareness and bigger publicity, Radio and Television jingles, Fliers, posters and various communication materials were supplied by various government and primary health centers.

Training

The Central Planning committee planned Six training sessions which were held across the country for key participants including, Rotarians, Rotaractors, health workers and other volunteers. The syllabuses dealt with general health issues, data collection, testing/screening techniques, correct use of treated nets and sanitary towels, general hygiene, what is expected of volunteers at the site itself, what clubs must provide to augment what the Central Planning Committee is providing, methods of public image and awareness, health and safety of workers and clients, confidentiality in results, etc. Facilitators included Rotarians, both government and private medical experts, our consulting staff and RFHA committee members.

The best use of the designed forms for data capturing was extensively discussed.

Programme Partner Organizations

As a result of the successes of the past, the Action Group has grown in fame and more organizations are confident in dealing with us. In the year under review the following partners collaborated with us

- Centers for Disease Control (CDC)
- USAID
- Federal Ministry of Health
- Numerous States Ministry of Health
- Local NGOs
- Faith-based organizations
 - Catholic Church
 - Muslims organization
 - Faith Evangelist
 - Grailland Movement

- Planned Parenthood Federation of Nigeria
- National Malaria Control Programme
- National Primary Healthcare Development Agency
- The Eye Foundation
- AHF
- Power Oil
- Life Agenda
- OASIS Foundation
- Sure Dental Clinic
- University of Uyo Teaching Hospital

Media Campaign

We had a very robust media plan in collaboration with our media partner, Core Prime Ad-Concept. Our media partner organized a nationwide coverage of the programme from various sites and helped with four media interactions in Lagos, Abuja, Edo States for the national launch programme. The Grand National launch event took place in the nation's capital city, Abuja and had in attendance representatives of the minister of health, Rotary and community leaders and our key partners. The event was covered by the National Television station and International Local Televisions like Africa Independent Television, TVC and the Channels TV, national newspapers and radio stations. There were television interviews and radio talk sessions at various states of the federation during the activation. Other publicity campaigns includes:

- Radio jingles in English and local languages, radio announcements and interviews
- pre and post event press interviews and newsreels
- awareness campaigns in town and cities at community gatherings, markets, schools and worship centers
- social media campaign like the Facebook and WhatsApp platforms
- distribution of flyers, posters and banners
- notifications and announcements in Rotary bulletins and speaking at Rotary events like the President Elect Training Seminar and the District Training Assembly.

Specifically, we utilized the following media:

PRINT:

The Guardian,
Sun
Nation
Punch newspapers

ELECTRONIC:

The National Television Networks
Lagos television
Africa Independent Television
TV Continental

RADIO:

Radio Nigeria
Bond FM
Eko FM
Paramount FM

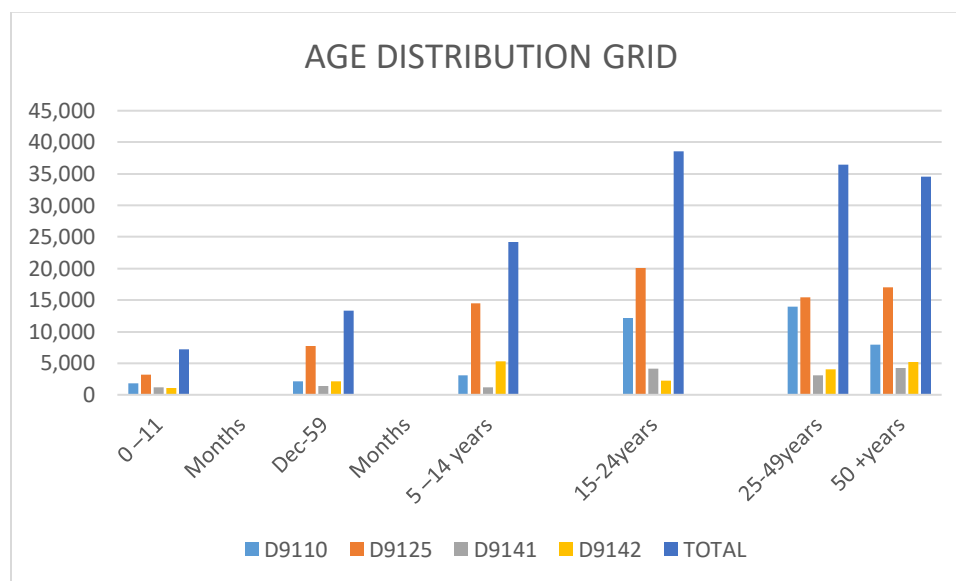
Monitoring and Evaluation

Relevant data were collected on sites by volunteers, especially health workers from our NGO partners, Rotarians and Rotaractors. The records are being analyzed for use during the 90-day Impact Study/ Exit exercise which will be conducted in March 2021. The exercise is planned to be conducted by our M&E consultant, ZIMI Community Good Health Initiative. It will cover areas in all the Rotary Districts. When the report is received, it would be shared with all parties.

AGE DISTRIBUTION

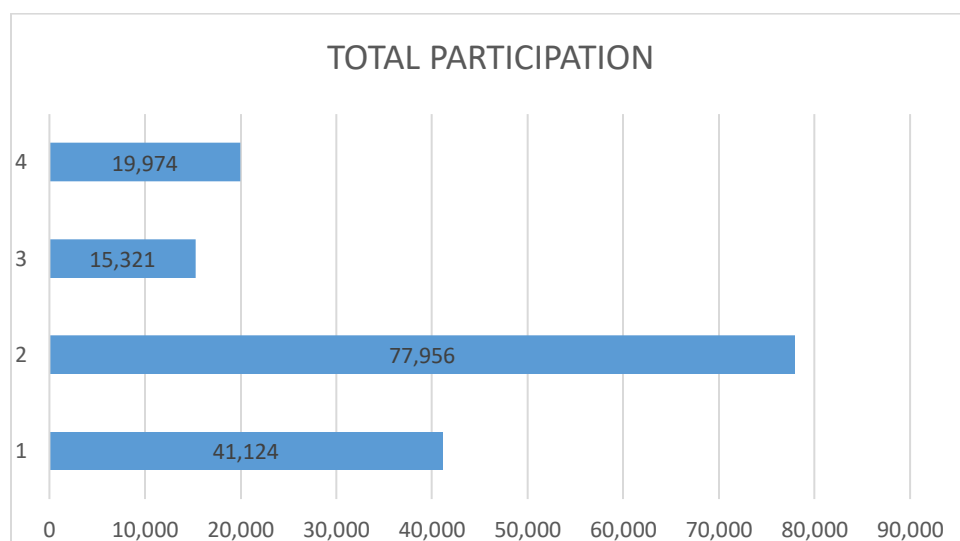
Summary

AGE GROUPS	D9110	D9125	D9141	D9142	TOTAL
0 -11 Months	1,852	3,182	1,148	1,072	7,254
12-59 Months	2,131	7,749	1,392	2,103	13,375
5 -14 years	3,119	14,493	1,223	5,326	24,161
15-24years	12,135	20,047	4,167	2,256	38,605
25-49years	13,918	15,431	3,115	4,001	36,465
50 +years	7,967	17,054	4,276	5,216	34,513

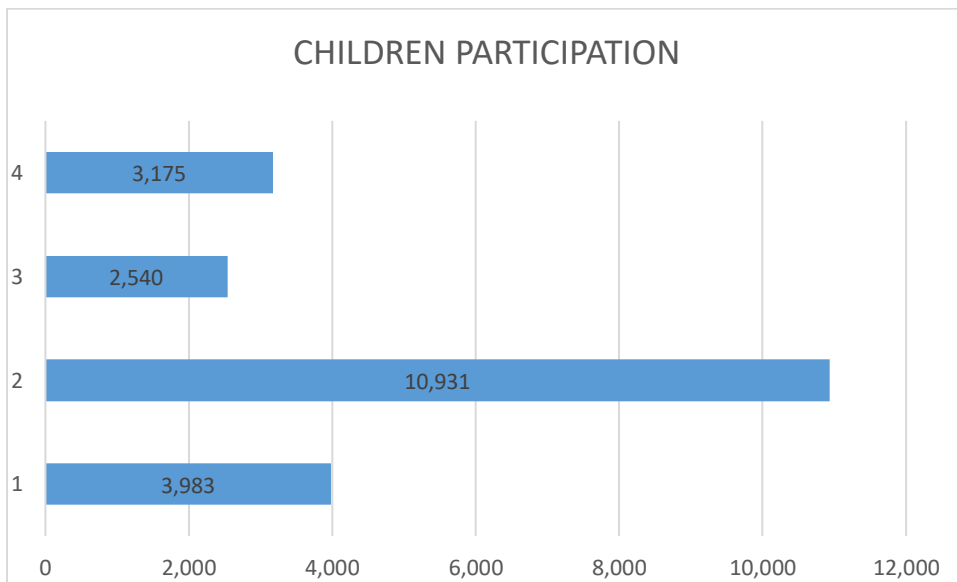
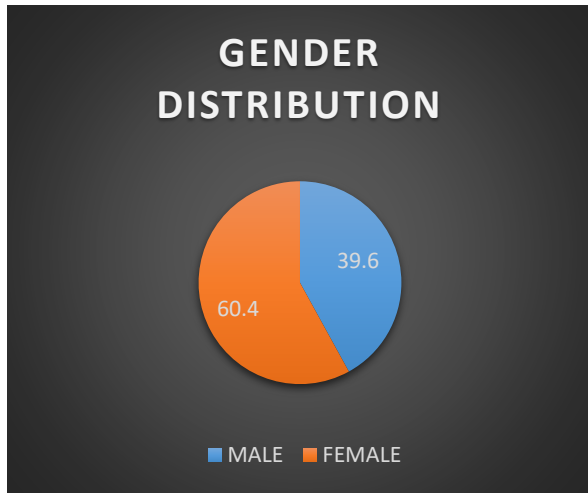


	D9110	D9125	D9141	D9142	TOTAL
ATTENDANCE	41,124	77,956	15,321	19,974	154,375
MALE	17,305	29,312	6,434	8,169	61,220
FEMALE	23,819	48,644	8,887	11,805	93,155
CHILDREN	3,983	10,931	2,540	3,175	20,629
VOLUNTEERS	1,577	2,563	1,039	595	5,774
PARTICIPATING CLUBS	81	92	75	53	301
NO.OF SITES	40	40	15	15	110

PARTICIPATION IN DISTRICTS

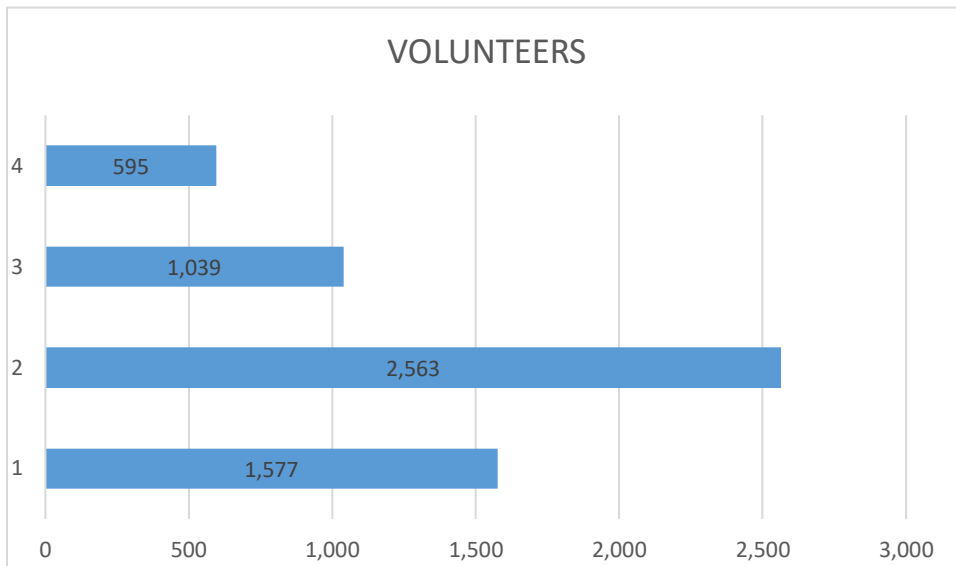


1. 9110
2. 9125
3. 9141
4. 9142



Legend

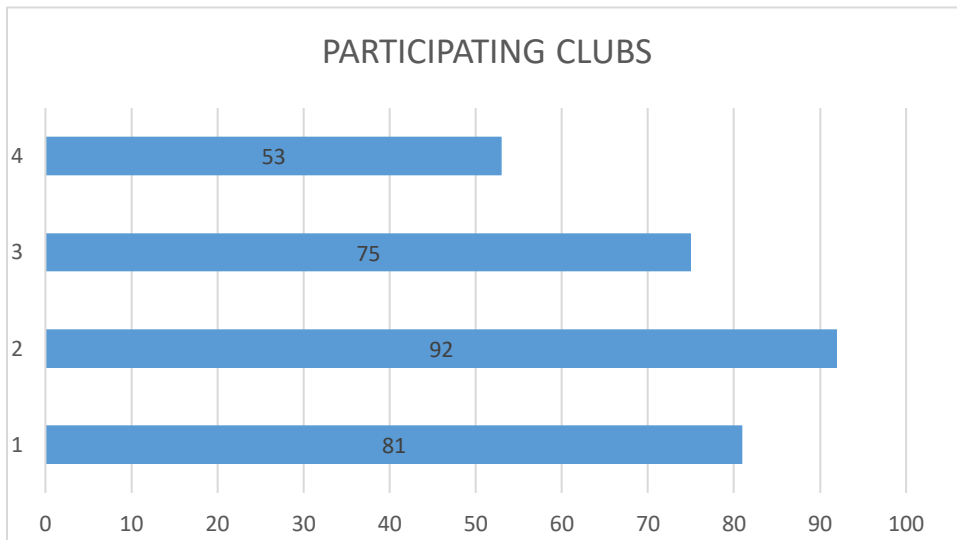
- 1 – District 9110
- 2. – District 9125
- 3. – District 9141
- 4. - District 9142



Legend

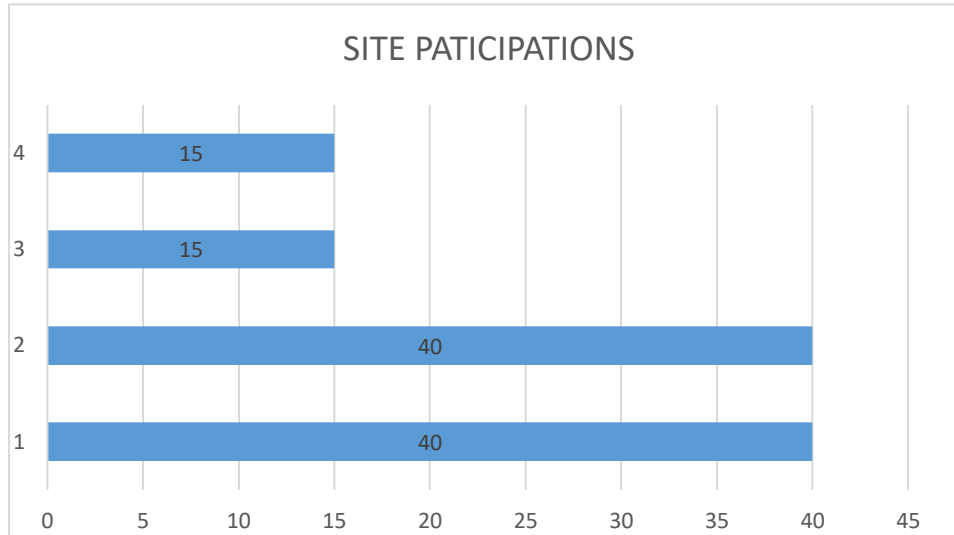
- 1 – District 9110
- 2. – District 9125**
- 3. – District 9141**
- 4. - District 9142**

Club Participation



Legend

- 1 – District 9110
- 2. – District 9125
- 3. – District 9141
- 4. - District 9142



Legend

- 1 – District 9110
- 2. – District 9125**
- 3. – District 9141**
- 4. - District 9142**

Core RFHD Services Provided

* <i>HIV Testing and Counseling</i>	52,566
* <i>Hepatitis screening</i>	5,000
* <i>Glucose Level Test</i>	51,330
* <i>Malaria Screening</i>	62,061
* <i>Blood pressure testing</i>	60,615
* <i>Tuberculosis screening</i>	1,009
* <i>Polio immunization</i>	11,168
* <i>Deworming for Children</i>	16,632
* <i>Vitamin A supplement</i>	6,342
* <i>General pharmacy</i>	56,111
* <i>Family counseling</i>	59,856
* <i>Mosquito nets distribution</i>	23,780
* <i>Condom distribution</i>	41,080
* <i>Sanitary towel distribution</i>	27,825

Rotary Services by District

	D9110	D9125	D9141	D9142	TOTAL
Family Counseling	24,634	29,624	4,551	5,998	64,807
HIV Test	19,469	24,322	3,823	4,952	52,566
Malaria Test	26,215	25,854	4,227	5,765	62,061
Blood Pressure Test	25,164	26,254	3,933	5,264	60,615
Hepatitis Screening	3,000	2,000	-	-	5,000
Eye Test/Treatment	3,628	5,442	819	927	10,816
Glucose Level check	19,728	17,582	4,591	9,429	51,330
Vitamin A supplement	2,185	301	-	3,856	6,342
De-worming of children	4,592	4,482	2,521	5,037	16,632
Polio immunization	4,926	5,657	265	320	11,168
Tuberculosis Screening	1,009	-	-	-	1,009
General Pharmacy	19,219	27,456	3,922	5,424	56,111
Mosquito nets distribution	6,900	8,560	3,480	4,900	23,780
Sanitary Towels	5,250	8,195	6,900	7,480	27,825
Condoms distribution	8,690	21,500	5,225	5,665	41,080
Dental care	3,651	4,087	108	171	8,017
Prostate Cancer Screening	270	102	-	-	372
Breast Cancer Screening	1,005	2,985	306	781	5,077
Cervical Cancer Screening	1,212	252	269	698	2,431
Nutrition education	8,407	7,962	2,596	5,009	23,974
Body Analysis/checks	3,014	-	-	-	3,014
Reading Glasses	1,250	-	-	-	1,250
Delivery "mama" kits	525	3,950	-	-	4,475
Toothpaste distribution	650	3,010	-	-	3,660

Add-On Services Provided

* <i>Intervention at two Internally Displaced People's Camps</i>	41,623
* <i>Intervention at two prisons</i>	1,859
* <i>General body analysis/checks</i>	3,014
* <i>Nutritional education</i>	23,974
* <i>Distribution of "mama kits" to pregnant women</i>	4,475
* <i>Eye Tests</i>	10,816
* <i>Dental care</i>	8,017
* <i>Prostate cancer</i>	372
* <i>Breast cancer</i>	5,077
* <i>Cervical cancer</i>	2,431
* <i>Reading glasses</i>	1,250
* <i>Toothpaste</i>	3,660
* <i>Weight check</i>	425

Service Referrals Provided

HIV Test	112
Hepatitis B	48
Hepatitis C	9
Blood Glucose	1,642
Eye Screening	819
Dental Care	452
Breast Cancer Screening	131
Cervical Cancer Screening	92
Prostate Cancer Screening	41
Malaria Tests	18,226
Blood Pressure Tests	25,698

Observations, Challenges and Key Learnings

RFHA Nigeria requested from the CDC and USAID and obtained the services and the support of their NGO partners. The NGO partners came and were very active in providing counselling, testing, screening and supply of materials to various sites.

- The Federal Ministry of Health supported the programme with supplies of thousands of male and female condoms, malaria Rapid Diagnostic Testing kits, IEC materials and some insecticide treated mosquito nets. It also provided facilities/ materials for polio immunization, HIV testing and Hepatitis screening.
- Most of the States ministry of Health also gave logistics and personnel support through their Primary Health Care centers
- The Society for Family Health gave support towards malaria screening and gave mosquito nets in D9125
- The Planned Parenthood Federation of Nigeria performed the screening for cancers
- All Rotary International district governors gave the RFHD generous support and ample opportunities to speak at their district events, seminars and major programmes

Challenges

- Perhaps the greatest challenge is the need for more funding as the materials available couldn't satisfy the teeming crowd in the communities that requires our services.
- The Nigerian erratic electric power supply is still a major challenge as this greatly affects internet operation in rural areas and convenience of partners
- Accessing some rural areas still poses some challenges, coupled with the current insecurity at such places. This highly affected our collation of data and reports
- We still need to arouse the interest of all the district leaders in the execution of RFHD

Conclusion

The Central Planning committee were more excited this year in executing the 2020 Rotary Family Health Days which initially seem like it may not hold as a result of the prevailing COVID-19 Pandemic. It however turned out to have attracted more participants as more awareness to generated.

It turned out to be another great experience both for Rotarians and the public we serve. Not minding the time and other resources put into it, the team was determined to make it an excellent programme that it turned out to be.

Effectively,

- Many clients were able to get referrals for medical follow-on, treatments and care.
- More awareness of the programme has been generated and more access has been made as a result of this year's programme
- More communities are in dire need our services and it is helping them knowing their health status which in turn has reduced the health anxieties and the cost of keeping healthy and encouraged lifestyle changes
- It turned out to be another opportunity for Rotary to be known in some communities and in some an affirmation of Rotary's good deeds in the community.
- Rotarians were more fulfilled that they were given opportunity to serve their communities at a larger platform that is beyond their clubs

The RFHD Nigerians are very grateful to the RFHA Inc Board for giving us the opportunity to serve the people of Nigeria through the Rotary Family Health Days Programme.

PHOTO GALLERY



Some acronyms for this report

1. AGYW adolescent girls and young women
2. AIDS Acquired Immune Deficiency syndrome
3. ART Antiretroviral therapy
4. HIV Human Immunodeficiency Virus
5. CBO community based organisation
6. CDC – Centers for Disease Control and prevention
7. CHW community health worker
8. Emergency Fund for AIDS Relief
9. EPI expanded programme on immunization
10. HCT HIV counselling and testing
11. HIVDR HIV Drug resistance
12. HBV Hepatitis B virus
13. HCV Hepatitis C virus
14. HTS HIV testing services
15. IEC Information, education and communication
16. M&E monitoring and evaluation
17. MMC medical male circumcision
18. NDOH national department of health
19. NDP national development plan – vision 2030
20. NGO nongovernmental organization
21. NCD non communicable diseases
22. OVC orphaned and vulnerable children
23. PCA Provincial Council on AIDS
24. PEPFAR United States Presidential
25. PIP Provincial Implementation Plan
26. STI Sexually transmitted infections
27. TB tuberculosis
28. UNAIDS Joint United Nations Programme on HIV/AIDS
29. USAID United States Agency for International Development
30. UTT – UNIVERSAL TEST AND TREAT
31. VCT – VOLUNTARY COUNSELLING AND TESTING