



HIFASS

Health Initiative for Safety and Stability in Africa

Enhancing population health in Africa by collaborating with partners to promote public health focusing on primary health care, support military medicine and promote health diplomacy for peace, stability and development in Africa.

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HIFASS Signs New Cooperative Agreement for Strategic Integration of Nigeria Military HIV/AIDS Response

Health Initiatives for Safety and Stability in Africa (HIFASS) is pleased to announce that it has been awarded a \$4,702,366.66 CA from the Department of Navy (the Federal Awarding agency) on behalf of the United States of America. HIFASS is expected to use the funds for (36) months.

The purpose of this CA is for a structured, comprehensive HIV/AIDS technical support program aimed at increasing access, improving quality and transitioning towards fully Nigeria owned sustainable services in the Nigeria Military Health Service. Ongoing HIV/AIDS interventions will be intensified and expanded in

collaboration with Nigeria Ministry of Defence (NMoD) and the United State Department of Defence (USDoD).

HIFASS has been working with the Nigerian Ministry of Defence (NMoD) for the past 6 years based on a subsisting Memorandum of Understanding (MOU). The partnership with NMoD and USDoD Walter Reed Program-Nigeria (WRP-N) HIV Programme utilizes the extensive military health infrastructure across Nigeria and skilled health professionals to establish free and comprehensive HIV prevention and care services for the benefit of all Nigerians. To ensure quality

management of the project, HIFASS will field experienced technically competent key personnel including the Director of Public Health, Deputy Director Technical/Clinical Coordinator, Deputy Director/CTRC Coordinator, Senior Laboratory Advisor, Admin and Finance Manager and Strategic Information Manager. In the next three years, HIFASS under the guidance of the NMoD Emergency Plan Implementation Committee (EPIC) and direction of the WRP-N, will execute all activities in the contract.

Passion & Partnership

FROM THE EDITOR

Omatola Oritsejafor



“POSITIVE LIVING, getting it right with what you eat”

Dear Readers,

Wow! December! Christmas! Holidays! Am sure we all are gearing up for the holidays, I just can't help but sing along to old Christmas carols on radio as I drive to work. It's a month loaded with plans and parties for most, family events, and also loaded with expectations. For many of us, it all began in childhood, with Santa Claus (Popularly known as Father Christmas in Nigeria), who gave lovely presents. For others, it's reuniting with families and friends, but for me it is the FOOD! Yes, the food. I love the food so I've decided to write on healthy diet for positives this Christmas.

A person who is infected with HIV/AIDS and is not showing signs of illness does not need a specific “HIV-diet”. However, those infected with HIV should make every effort to adopt healthy and balanced nutrition patterns in order to meet their increased protein and energy requirements and maintain their nutritional status. However, once people with HIV/AIDS become ill they will have special needs, which will be describe below.

“10 HIV-diet” Guidelines to Follow

The general principles of healthy eating are simple:

1. Eat lots of fruits and vegetables (5 to 6 servings a day) such as banana, salad, steamed vegetable and potatoes
2. Favor whole grains, which provide fiber and healthy nutrient such as brown rice and oats
3. Choose lean proteins, such as fish, chicken, beans, legumes, and low-fat dairy.
4. Select healthier fats, in moderate servings, like olive oil and nuts.
5. Limit sugar, sweets, and saturated fats such as candy, cake, cookies, or ice cream.
6. Skip Trans fats totally. *Trans fats* are a type of unsaturated fat which is uncommon in nature but can be created artificially, avoid French fries, cookies and crackers see <http://www.acaloriecounter.com/trans-fat-foods.php> for a list of food to avoid.
7. Avoid fad diets. *Fad diets* are designed to help you lose weight (especially fat).
8. Eat for your general health, not just HIV. Don't focus only on a special immunity-boosting diet if it could hurt your all-around health. People with HIV may be at higher risk for heart disease, cancer, osteoporosis, and other conditions, but a good overall diet can help prevent them.
9. Keep it simple. The more complex a diet becomes, the more difficult it is to follow. Some people try to measure their intake of protein and fat down to the ounce. But unless there's a specific medical reason, most people don't need to worry about that level of detail.
10. Get help if you have problems. A normal healthy diet is good for most people with HIV. But if you're having problems -- like loss of appetite, nausea, or unwanted weight loss -- see your doctor. Don't try to deal with it on your own. Your doctor can help treat both the underlying problem and the symptoms. Source: [<http://www.webmd.com/hiv-aids/features/hiv-what-to-eat>]

“Make half your plate vegetables and fruits, and split the other half between grains and protein” (The U.S. government's “My Plate” Recommendation).

Staff of the Quarter

Brig. Gen Alto Sada (Rtd) - Deputy Director Technical/Clinical Coordinator (Key Personnel for Strategic Integration of Nigeria Military HIV/AIDS Response).



He is a Consultant Physician with long standing experience in internal medicine. In addition, he has expertise in infectious disease control and management which he has employed to impact on various programs like HIV/AIDS, Tuberculosis and Malaria case management.

He has established and maintained partnerships with key stakeholders for effective program management and delivery. He has organized partnerships between public and private partners to increase access to treatment and care of people living with HIV/AIDS/Malaria. As a national facilitator in Malaria case management, he spearheaded the development of strategies in the management and control of malaria in the Nigeria Army Medical Corps at Enugu. He was the South East Zonal Principal Investigator to evaluate RBM Implementation in Nigeria based on the 2001-2005 Strategic Plan having participated at Training for Evaluators in Jos 2005. Presently, he Serves as an ART Consultant in 44 NARK Hospital Kaduna on HIV/AIDS, TB, and opportunistic infection treatment and health service research issues, especially as they relate to HIV/AIDS care and treatment programs.

Over the next few years, he will support the goal of the new Cooperative Agreement project in the following areas:

- Leading the technical intervention teams in treatment care and support for HIV/AIDS services at 31 NMoD/WRP-N Sites in Nigeria.
- Participating in National Technical Working Groups meetings on Clinical services and be responsible for generating Technical reports, monitoring quality, monitoring and TA.

· He will work closely with the Director of Public Health to develop and operate technical capacity improvement activities including formal and on-site training, identifying opportunities for research studies, preparation of papers for publications and technical briefings.

THE HIFASS OF MY DREAM

Dr Roland Oritsejafor
President, HIFASS

2013 is a critical year for our organization; we won the CA bid announced by the US Government which is truly reflective of our aspirations and vision. I would describe HIFASS as a divinely designed organisation that is difficult to comprehend by



HIFASS President, Management and Headquarters staff, December 2013.

human imagination. In recent past, an independent international assessment described HIFASS as **“Building a plane and flying it at the same time”**. A very scary report-yet they admitted that far from crashing we have delivered beyond our mandate. Since that report, we have moved on to win both international and local bids-most of them this year. Today to the glory of God we make bold to declare that we are flying a well tested plane with reliable leadership that commands respect globally. We all made it happen, we proved the critics wrong; we gave our best in the face of uncertainty and strong opposition.

However as circumstances change we have to do things differently. The starting point is investing ourselves into one another, growing, as we learn from each other, into better persons, problem solver-leaders that add values to others irrespective

of their personal capacity. The most reliable and desirable control in our organization is the total freedom to express passionately oneself and demonstrate proactive leadership based on Agape Love- for what kills this kind of love, will kill any organization no matter how much skill, ability, competence invested in it.

The principles that inform our policies should connect to our core values (which are godly) and the people we lead should feel the sense of this connection. Leadership should be seen as an intentional influence that motivates behavioral change through empowerment skills and practical actions. Therefore, as leaders, we need to use our capacity to magnify the skill and ability around us, encouraging, inspiring and building confidence in our subordinates. It is our responsibility to create a space for them to use what they have, what they are learning to bring the best out of them. We expect that everyone will be loyal to the cause and vision of HIFASS.

Therefore, I invite you all from different stages and levels to get on board to fly a new life transforming plane with a new start to our desired and preferable destination, where what we know does not count but what we do with what we know.

Looking forward to 2014, God bless.



Editor's "titbit"

“Providing Food for OVC”

OVC are Orphans and vulnerable children born to HIV infected parents. We all had dreams as children, we expect everything to be happy and perfect even if not every day but at least at Christmas. Most times, it isn't what we hope for and our dreams are dashed or sometimes if we are lucky it's really perfect. But few things in life are perfect when you are an OVC, spending Christmas without your parents, with no love and care and above all no food. Go on, get close to giving a child a perfect start in 2014 with a little food donation.

Please, to donate food items or cash contact us on 07042999862 or donations@hifass-hfi.org

Donation Account Details

Account Name: HIFASS

Account Number: 6014531519

Sort Code: 057080031

Bank: Zenith Bank Plc

Plot 2443, Algeria Street Wuse Zone 3,
FCT Abuja.



COMMUNITY OUTREACH ACTIVITIES

HIFASS in conjunction with the Nigerian Police Medical Services organized a day “On-Site” Health screening and awareness enhancement exercise

Following the advocacy visit by HIFASS to the Nigeria Police Force (NPF) in JUNE, 2013, the AIG (medical) outlined her vision for a police medical initiative that addresses the need to expand access and scope of the current health sustenance and improvement activities of police officers, men, their families and the immediate communities around police barracks/formations. This vision agrees with HIFASS mission to collaborate with partners to promote public health (focusing on primary health care), support military medicine and promote health diplomacy for peace, stability and development in Africa. Based on this, HIFASS in conjunction with the Nigerian Police Medical Services organised a day “on-site” health screening and awareness enhancement exercise titled “*A Day Healthy Living for Disease Prevention Program for Senior Officers*” on Wednesday the 18th of September 2013 at the Force Quarters Office, Louis Edet House, Asokoro, Abuja.

The objectives of the activity are:

- ✍ To expand access and scope of the current health sustenance and improvement activities of police officers, men, their families and immediate communities around police barracks/formation.
- ✍ To eliminate the current health challenges of the NPF community
- ✍ To promote public health

The overall aim of the program was to improve community health through early detection of hypertension diabetes and prostate cancer.

At the event was the Chief host- Inspector General of Police Federal Republic of Nigeria, **M.D Abubakar** CFR, NPM, MNI CP. Also present were AIG Medical Services NPF **Dr. Adenike Abuwa** and other Senior Police Officers,. HIFASS President **Dr R L Oritsejafor** led HIFASS team including management staff . Major stakeholders including the Nigerian Ministry of Defence was represented by **Maj. Gen. TO Umar** Chairman Emergency Plan Implementation Committee (EPIC), **Dr Philip Lenka** (PMO I/DD Medical) and other NMoD staff.

Health talks were given on the following areas by facilitators as follows;

- ✍ Healthy Living for Disease Prevention- Dr. R L Oritsejafor
- ✍ Health Talks on Diabetics- Major Gen TO Umar
- ✍ Health Talks on Hypertension- Dr. Philip Lenka
- ✍ Health Talk on various types of Cancer Dr. Adenike Abuwa

After the lectures there were tests for the following non communicable disease

- ✍ Blood Pressure
- ✍ Sugar Level
- ✍ Prostate Cancer
- ✍ Malaria

59 persons were reached with health talk on high blood pressure, blood sugar, cancer and healthy living for disease prevention. 58 people voluntarily had their blood pressure checked. 12 persons tested had high blood pressure (BP) and 1 with low BP while the rest were normal. 54 people were tested for blood sugar, 7 had elevated blood sugar levels while 47 were normal. 29 persons had PSA test for prostate and 49 persons were tested for malaria.



Senior Police Officers receiving lectures



HIFASS President presenting a plaque to the IGP

WORLD AIDS DAY 2013

Outreach in Benue State, at Tyo-Mu, Aqua, Gaadi, Fiidi and Base Community



The Centre for Infectious Diseases Control 45 NAF hospital in collaboration with HIFASS, EPIC and US DOD organized a 6 day programme on the 25th 30th of November 2013, to commemorate this year's World AIDS Day. The national theme of the World AIDS day is "Take charge of your life, know your HIV status". The activities included medical outreach to communities with free malaria treatment, mass de worming of children, blood pressure check, health education and free HIV counseling and testing. one thousand persons had the opportunity to know their HIV status. Communities visited were Tyo-mu, Aqua, Gaadi, Fiidi and Base community where the grand finally took place.

Entire working team



During awareness walk at NAF Base Makurdi

Community members at Tyo-mu queue for HCT

Outreach In Fct, Bwari Local Government

National Agency for the Control of AIDS (NACA) organized a programme to mark the World AIDS Day in Bwari, the Federal Capital Territory (FCT), Abuja. The programme was held on the 1st of December 2013, which is the official World AIDS Day. The national theme was "Take charge of your life, know your status". Implementing partners were invited to the event. HIFASS was a part of the event and gave support in the area of free HIV counselling and testing, also Blood pressure testing. 30 people were tested for HIV and 40 for BP.

The programme included dignitaries from the health sector and government. Prof. John Idoko, the Director-General of NACA, said Nigeria was making progress in the fight against HIV as the epidemic was being stabilized. He commended the support of government and donor partners for providing HIV commodities available in the last one year. He said: "This has led to an increase in the number of HIV testing sites and the number of expectant mothers attending ante-natal care services leading to improved maternal and child health.



HIFASS Team



HIV Counselling and Testing at the outreach



Defence Health club support group, giving HIFASS support at the outreach

MEDICAL EDUCATION EVENTS

HIFASS in collaboration with MLSCN organized training for Medical Laboratory Technicians/Assistants on Strengthening of Quality Assurance in the Medical Laboratory: Role of Medical Laboratory Technicians and Assistants in 2 states

The laboratory is a complex system and achieving quality should be the objective and responsibility of all the staff members of the laboratory, irrespective of their status in the hierarchy. Medical laboratory Technicians work in the medical laboratory, often under the guidance or supervision of a medical laboratory scientist. Medical Laboratory Technicians have critical roles in the laboratory to ensure quality management system for proper diagnosis and interpretation of results. It is therefore necessary for every Medical Laboratory Technician to be competent i.e. capable of appropriate application of knowledge, skill and behaviour in performing specific job tasks. HIFASS, in acknowledgment of the complex nature of the laboratory and the need for quality laboratory practices, therefore partnered with the Medical Laboratory Council of Nigeria to organise a Laboratory Quality Assurance workshop. The general objective of the training workshop was to strengthen the capacity of Medical Laboratory Technicians and Assistants to be able to perform laboratory tests efficiently and accurately and thereby contribute to high quality patient care.

Specific objectives of the workshop were as follows;

- To train participants on the criteria of quality assured testing
- To Understand the concept of good documentation and recording of laboratory data
- To Perform best practices in phlebotomy with minimum supervision
- To train participants of an efficient and effective laboratory path of work-flow and good Laboratory Practice
- To ensure adherence to laboratory safety precautions
- To create an avenue for Interactions and sharing experience and skills among participants from other facilities.

The first workshop was at the Secretariat, Oyo State House of Assembly Complex, Ibadan. Oyo state on the 27th - 29th of August, 2013. The workshop had 47 participants. Facilitators were drawn from HIFASS, consultants and the MLSCN. At the end certificates were given to participants.

The second workshop was carried out in Cross River state on the 8th - 10th October 2013 at the Conference Hall, University of Calabar Teaching Hospital, Calabar. The facilitators were Prof M F Useh, Henry Efobi. 85 participants were recorded in the training and at the end certificates were given to participants.



Participants receiving certificates after training in Ibadan

Prof M F Useh receiving badge from participant in Calabar

Training on Good Counselling Skill March April 2013.

Between March and April, The CIDC 45NAF Hospital with assistance of the commander 45 NAF Hospital organized a 4 day training for newly employed HIFASS staff in the facility and some Gboko LGA staff that are working at our outreach site in Gboko. 35 health care providers received training and were issued certificate of participation by the commander.



Participants at the Good counselling skill training

PROFESSIONAL STAFF DEVELOPMENT

Workshop on NGO Compliance

Unwada Ogar (contract and compliance officer) attended training on NGO compliance held on the 3rd of July 2013 in Lagos. The training workshop was organized by the Nigerian Network of NGO's to ensure that NGO's comply with laws governing NGO practices. Various lectures were given which included "Audit and the benefits" and "Audit Issues and Preliminaries", "Legal and tax obligations of NGO's".

Seminar on Labour laws for HR Managers and Legal Advisers

HIFASS participated in a seminar on Labour laws for HR Managers and Legal advisers organized by Hybrid Consult in Sheraton Hotel, Ikeja Lagos state 29th and 30th October, 2013.

In the training participants were exposed to the various facets of Nigerian labour laws especially those areas that are critical to the modern work place. The approach was interactive and case studies based.



HYBRID CONSULT PRESENTS A SEMINAR ON LABOUR LAWS FOR HR MANAGERS AND LEGAL ADVISERS @ Sheraton Hotel, Ikeja, Lagos. 29th & 30th October, 2013

5th from left Mr. Tuedon Urweja
(Director Operations, HIFASS)

HIFASS Participation at 49th Annual AMLSCN Conference held in Katsina State

HIFASS participated in the 49th annual Medical Laboratory Science Council of Nigeria (MLSCN) conference held in Katsina State between 2nd and 6th September, 2013. HIFASS was represented at the conference by Mr Paul Ugburo Managing Director HIFASS, Col. Felix Adeoye Rtd. Senior Laboratory Advisor, Mr Bola Adekogbe, Strategic Information Manager and Johnbosco Ubason, Technical Assistant.

HIFASS objectives for attending the conference were as follows:

- ✍ To consolidate on the success of the HIFASS-MLSN training that was conducted in Ibadan
- ✍ To create awareness about the forthcoming CPD credit rated training scheduled to hold in Calabar in October.
- ✍ To create awareness on the existing relationship between HIFASS and MLSN among participants at the conference.
- ✍ To galvanize continued support for subsequent trainings.
- ✍ To explore possibility of fostering increased collaboration with potential partners.

Various scientific papers were presented at the conference, Col. Felix Adeoye Rtd. had the honour of chairing some of the sessions. HIFASS was given an opportunity to make presentation during one of the sessions. The presentation provided the Managing Director an opportunity to formally introduce HIFASS and he also gave an overview of HIFASS-MLSN CPD rated training for Laboratory Technician/Assistants. Many of the laboratory scientist applauded HIFASS initiatives and expressed the desire to hold such training in their respective states after assessing the modules to be taught vis-a-vis the CPD credit rating.



MD HIFASS (Mr Paul Ugburo) making a presentation on the HIFASS/AMLSN collaboration



HIFASS representative at the AMLSCN conference Katsina

RECRUITMENT

In ensuring continuity of ongoing activities and successful system strengthening of the sites, HIFASS recently conducted interviews for eligible health professionals to fill critical manpower gaps for full support of NMoD/DoD WRP-N planned research activities at 68 NARH Yaba and 44 NARH Kaduna. On the 17th of December 2014, an interview was conducted to fill seven positions for the Rv386 Research. The positions are as follows; Site Manager, Coupon Manager, Interviewers, Lab Assistant, Medical Officer and Data Entry Assistant.

The new HIFASS Staff will be responsible for providing services on clinical management and HIV related research activities.

FEATURED SITE OF THE QUARTER

In this quarter we are highlighting the Centre for Infectious Diseases Control (CIDC) 45 Nigerian Air Force Hospital Makurdi for their contributions in TB and HIV control in Benue State and also their recent community activities. Other sites are welcomed to send in their contributions to be highlighted.

About the Centre for Infectious Diseases Control (CIDC) 45 Nigerian Air Force Hospital Makurdi, Benue State



The centre for Infectious Diseases Control (CIDC), previously referred to as Special Treatment Clinic (STC) is located at 45 Nigerian Air force (NAF) Hospital, NAF base Makurdi Benue State, Nigeria. The centre is responsible for care and management of persons living with HIV/AIDS (PLWHA) and other infectious diseases such as tuberculosis, Hepatitis B and other sexually transmitted infections. The centre started as comprehensive care and treatment site for PLWHA under the Nigerian Ministry of

Defence (NMOD)/ Emergency Plan Implementation Committee (EPIC) and United States Department of Defence (USDOD)/ Presidential Emergency Plan for AIDS Relief (PEPFAR) programme in July 2006. Then it was noticed that high proportion of clients accessing HIV care at Defence Headquarters (DHQ) Medical Centre Abuja came from Benue axis, travelling all the way to Abuja to access care. In order to improve access to HIV care for people from the area, reduce risk of road traffic accident and default among those on anti-retroviral therapy (ART), EPIC opened a site at 45 NAF Hospital Makurdi, initially with 200 clients transferred from DHQ Medical Clinic Abuja. The site was charged with the responsibility of providing care, support and treatment for persons living with HIV/AIDS and other concomitant infections, as well as providing prevention activities to host communities. Currently, clients are drawn from all parts of Benue and neighbouring states of Nasarawa, Taraba, Adamawa, and Kogi state.

Air Commodore BB Okunola and Dr Ezema Gordian Chibueze are the NMOD officers in charge of the site. The Site Administrator Mrs Ronke Poopola leading 15 other HIFASS personnel provide support. As at the end of first quarter 2013, the site registered cumulatively a total of Seven thousand two hundred and ninety (7,290) clients for HIV care and management. This number is ever increasing as the centre is open for services Monday to Friday weekly from 7.30 am to 4 pm daily. The centre although partially independent in terms of programmes, is fully integrated into the hospital system, collaborating with all hospital units for prevention, care and management of HIV and other infectious diseases.

The HIV Programme

The CIDC 45 NAF offers the following services extensively:

- HCT (HIV counselling and testing)
- PMTCT (Prevention of Mother to Child Transmission of HIV)
- Screening of STIs
- Comprehensive care of PLWHA
- Client support and tracking
- TB diagnosis (ZN staining and GeneXpert)
- Continual capacity building of Health Care Workers,
- Community awareness and Research

Tuberculosis Screening and Management

45 NAF Hospital has a dedicated team of both clinical and Laboratory staff for improved clinical screening and bacteriological diagnosis of TB. TB/HIV collaboration became fully operational in the facility in 2012. This has enhanced early detection of Tb cases in clients who are HIV +ve, and HIV diagnosis among clients who have TB. Presently all clients accessing TB medication in the facility are offered HIV counselling and testing, while all clients receiving HIV care and management at the Centre for Infectious Disease Control (CIDC) seeing clinicians are clinically screened for TB. Between 2008 and 2012, the facility tested a total of 3,131 (three thousand one hundred and thirty one) persons. The facility has a CQI team that meets on Wednesdays fortnightly. This committee is responsible for quality issues in service delivery in the facility. Issues like clients waiting time, client satisfaction. The success of the centre boils down to "Team Spirit, Collective Decisions and Regular Meetings" involving major stakeholders including members of the support group. There is also proper communication among staff through weekly meetings and continuous training of staff.

"Our 'golden rule' is: "there is always a better way of doing things". Based on this, it has always been our desire to keep looking for ways to improve what we are doing. This has shown in the outcome of our services in all thematic areas."

*Dr Ezema Gordian Chibueze
Site team leader, CIDC45 NAF Hospital, Makurdi*

In a nut shell, Centre for Infectious Diseases Control (CIDC) 45 NAF hospital Makurdi has come of age. With continual support from sponsors and partners, the site hopes to keep giving ever improving quality health services to adjoining community.

PHOTO SLIDE OF VARIOUS ACTIVITIES ORGANISED BY THE CIDC, 45 NAFH, MAKURDI IN THE PAST ONE YEAR

Valentine day School Outreach February 2013

An Awareness campaign was carried out at four secondary schools on misconception of valentine day and risks of sexually transmitted diseases on the 14th of February 2013. A total of 2000 students were reached between the ages of 10-22years as well as 65 teachers.



Dr Godian interacting with the students of Air Force Secondary School Makurdi.



Students of UBE Junior Sec. Sch., NAF Base, Makurdi

World TB Day Celebration 2013

The Commander 45 NAF hospital in collaboration with the Centre for Infectious Diseases Control organized a 2 day event to commemorate the world TB day on 22 and 23 March 2013. The programme was organized to create public awareness to increase public health challenge posed by TB in our communities, and to sort for improved interest by the Government of the State on TB control. first day of the programme was for a seminar while the 2nd day was awareness walk in the base community.



Commander 45 NAF Air Cdr BB Okunola making a remark

Outreach to Kyan Constituency in March 2013

The CIDC 45 NAF hospital collaborated with Hon. Mrs Dorothy Mato, a member of Benue State House of Assembly to organize a 4 day medical outreach to Kyan constituency of Vandekia LGA of Benue State in March 2013. Four sites were used, a total of nine hundred and eleven (911) persons received medical consultation and treatment while five hundred and three (503) person had HIV counseling and testing.



A member of State House of assembly addressing the community during outreach at Kyan

Outreach programme Mbakya community April 2013

As part of a way to mark the Nigerian Airforce week 2013, with the theme “Enhancing NAF contribution to national development through community relation”, the 45 NAF hospital organised a free medical outreach in Mbakya community in Benue state.

HUB Site Meeting at 44 Nigerian Army Reference Hospital Kaduna

The Director, Public Health HIFASS Dr Ademola Adetunji, Murphy Opatotun Strategic Information Officer HIFASS and Dr Okwudili Chukwudinma (EPIC/DoD) visited 44 NARHK on 18 August 2013 for 5 days. The goal of the visit was to establish a culture of Continuous Quality Improvement and Systems Strengthening as part of HIFASS personnel management and employee responsibility. The team led by Dr Adetunji carried out the activities which led to various observations in both administrative and clinical areas. Based on these observations recommendations were made. The collaboration of EPIC/DoD WRPN and HIFASS staff during this meeting assured providers of the common goal of partners to achieve increased access, improved quality and proper management at the sites. It is therefore recommended that this joint team approach can be used as often as practicable. HIFASS is grateful to the Chairman, EPIC, Major General TO Umar for endorsing and facilitating the visit; the Director, 44 NARHK, Major General AO Ogunbiyi, for granting access to the hospital facilities; the acting CTCRC Coordinator, Col. GI Ayuba, for supporting the visiting team throughout the visit, and all the staff of CTCRC for cooperating and showing willingness to improve the quality of services at the CTCRC and 44 NARHK.

Adherence Counseling Workshop for “MOD De-Living Well”



Entire working team (NMOD/HIFASS Staff)

A day workshop on Adherence Counselling for “MOD DE-LIVING WELL” support group for people living with HIV/AIDS (PLWHA) was organized by the Nigerian Ministry of Defense in collaboration with Health Initiative for Safety and

Stability in Africa (HIFASS). The workshop took place at Lorem luxury suite Keffi, Nasarawa State, 19th September 2013 and 28 participants (13male and 15 female) were present. In order to maximize the one day workshop, facilitators employed participatory method like presentation of work, brainstorming, questions and answers which was complemented by presentations on power point. This approach was adopted to ensure maximum participation. After the event it was recommended that there is need for involving and orienting implementing partners and other stakeholders towards providing care and support for PLWHAs.

LETS TALK HEALTH



Knowing Your Hiv Status The First Step To Accessing Care And Preventing Further Infection

Dr. Philip Lenka

DD (Medical)/Programme Manager, MOD HIV Control Programme (civilian cell)

People have a right to know their HIV status, and testing and counseling should be widely accessible through innovative, ethical and practical models of delivery. HIV testing and counseling are entry points to HIV-related care and prevention services, and provide opportunities for people to reduce their risk of acquiring or transmitting HIV.

High priority should be given to scaling-up HIV testing and counseling to maximize the opportunities to reach those with HIV infection or at high risk.

Knowing your HIV status enables:

You to:

- ✍ Initiate or maintain behaviors to prevent acquisition or further transmission of HIV.
- ✍ Gain early access to HIV-specific care, treatment and support.
- ✍ Access interventions to prevent transmission from mothers to their infants.
- ✍ Better cope with HIV infection.
- ✍ Plan for the future.

And helps communities to:

- ✍ Reduce the denial, stigma and discrimination that surround HIV/AIDS
- ✍ Mobilize support for appropriate responses.

HIV testing and counseling must now be implemented on a broader and radically larger scale in order to meet an increasing global demand for access to care and prevention services. As treatment and care become more widely available it will be necessary to move beyond a single, rigid model of providing HIV testing and counseling and ensure that such services are available: for all those who want to know their HIV status wherever medically indicated in the context of clinical care and as part of services for preventing HIV infection among mothers and their infants. Testing and counseling must now be scaled up. Offering HIV testing and counseling should become standard practice wherever they are likely to enhance the health and well-being of the individual. The objective is to enable the greatest possible number of people to benefit from the ever-improving treatment, care and prevention options and realize their right to the highest attainable standard of health care.

HIV testing should be voluntary. Mandatory HIV testing is neither effective for public health purposes nor ethical, because it denies individuals choice, and violates principles such as the right to health, including the right to privacy and the ethical duties to obtain informed consent and maintain confidentiality. The three crucial elements in obtaining truly informed consent in HIV testing are: Providing pre-test information on the purpose of testing and on the treatment and support available once the result is known, ensuring understanding and respecting the individual's autonomy.

Only when these elements are in place will individuals be able to make a fully informed decision on whether or not to be tested in light of their own circumstances and values. Once this is assured, the actual process of obtaining informed consent can be adapted to suit the different settings under which expanded HIV testing and counseling services will be implemented.

Confidentiality must be protected. All medical records, whether or not they involve HIV-related information, should be managed in accordance with appropriate standards of confidentiality. Only health-care professionals with a direct role in the management of patients or clients should have access to such records, and only on a "need-to-know" basis.

Enormous numbers of people need to know their HIV status. WHO is therefore committed to working with governments and other partners to help bring about marked and rapid increases in access to HIV testing and counseling services across a much broader range of settings than is currently the case. In the near future, millions of people must be offered HIV testing and counseling under conditions that will benefit their health, enhance their lives, and lead to greater access to the care, support and treatment that they need.

"HIV testing and counseling services must keep pace with the new opportunities if the increasing benefits of knowing your HIV status are to be accessed."

Looking Back in History; Tribute to Former President Nelson Mandela “Nelson Mandela’s Impact on AIDS Agenda in South Africa”

Nelson Rolihlahla Mandela was a South African anti-apartheid revolutionary, politician, and philanthropist who served as President of South Africa from 1994 to 1999.

July 9th 2000, was a significant day in history as Nelson Mandela sent a very compelling message at the 13th International AIDS Conference in Durban, South Africa, saying: "Our country is facing a disaster of immeasurable proportions from HIV/Aids. "We are facing a silent and invisible enemy that is threatening the very fabric of our society. "Be faithful to one partner and use a condom... Give a child love, laughter and peace, not Aids." Mandela's most significant contribution to the fight against Aids may have been his intervention at the conference. He stated the conference was "one event where every word uttered, every gesture made, has to be measured against the effect it can and will have on the lives of millions of real human beings all over this continent and planet". Mandela praised the integrity of Mbeki and the establishment scientists, He also called for action to prevent mother to child transmission, which involved the use of the antiretroviral drugs.

The speech marked the start of Mandela's total commitment to the battle against HIV/Aids. Even though it was a difficult issue to take on as it pitched him into opposition with his government so he threaded carefully. In 2002 he paid a very public visit to the Aids activist Zackie Achmat, who had refused to take antiretroviral drugs until the government made them generally available in South Africa.

In November 2003, Mandela - and his Nelson Mandela Foundation - stepped up the campaign, launching an HIV/Aids fundraising campaign called 46664, after his prison number on Robben Island. He compared the urgency and drama of his country's struggle against HIV/Aids to the fight against apartheid. The money raised by Mandela's initiatives from huge international concerts has been used to fund research projects and provide practical support for South Africans with HIV/Aids.

In January 2005, Mandela publicly announced the death of his last surviving son Makgatho, stating his son's death was from Aids-related complications. The cause became personal. At Makgatho's funeral, Mandela said "Let us give publicity to HIV/Aids and not hide it, because the only way to make it appear like a normal illness, like TB, like cancer, is always to come out and to say somebody has died because of HIV," "And people will stop regarding it as something extraordinary."

Since 2000, there is no doubt Mandela made huge contributions to the fight against Aids. Mark Heywood, of the Treatment Action Campaign in South Africa, said: "I think Nelson Mandela has been one of the most important voices on Aids in South Africa and in the world. He has used his reputation and his energy to stress how fundamental this is to the future of our country and the developing world generally."

Mandela devoted the majority of his public time and attention to work on HIV/Aids. The Guardian noted: "As Mandela grew older and more fragile, he gave up all engagements except those at which he was invited to speak on Aids".



*In Memory of Nelson Rolihlahla Mandela, we salute you Nelson Mandela the world salutes you Madiba - May the soul of this extra-ordinary leader rest in peace
July 18, 1918 Dec ember5, 2013*

MR. Paul Ugburo

SOCIAL DIARY

Dr Turaki's Send forth

A send forth luncheon was organized for Dr Mohammed Turaki by EPIC, at Chelsea hotel in Abuja on the



Frm left Maj Gen Umar, Col. Ayuba, Maj Gen Ogunbiyi, Dr Turaki, Brig. Gen Nkado and Mr Paul Ugburo

professionally and personally as he moves into greater heights.

15th of August, 2013. HIFASS staff was at the occasion including other top Military personnel. Until his retirement he was the CTRC Coordinator, 44 Nigeria Army Reference Hosp. Kaduna. HIFASS wishes Dr Turaki the best both

Decoration of Captain (NN) AO Fashanu



EPIC staff, and invited guests



Maj Gen Umar and Capt SA Ogunlade decorating the promoted officer Capt Fashanu

HIFASS was there to witness the decoration of Capt AO Fashanu at the EPIC office on the 16th of Dec 2013. The decoration came as a result of his promotion from commander to captain. There were senior military officers, WRPN staff and other invited guests present. Goodwill messages were given by the Chairman EPIC, Gen Umar, Capt Nurudeen who represented the DMS Navy, Capt Olowolagba, HIFASS MD, Mr Paul Ugburo and Dr Okwudili Chukwudinma of the WRPN. Capt (NN) AO Fashanu responded by saying his loyalty remains to the service, nation, president, his conscience and the Nigerian Navy. He also rededicated his efforts to the Navy, Army and Air force. HIFASS would also like to congratulate other officers on their promotions.



Weddings

HIFASS celebrates with the following on their wedding;

✍ The of daughter of Mrs Uchenna Ikokwu (Director Medicals MOD) Adanna Ikokwu who got married to Chieke Offurum on 21 September 2013 in Oba Anambra state. Adanna



Newly weds, Lt and Mrs Eneja



Mr Paul and Maj.Gen. Umar at the wedding ceremony in Anambra state

✍ HIFASS witnessed the wedding ceremony of EPIC staff Adaora Offor and Chisom Eneja on the 9th of Nov 2013 in Anambra State.



Newly weds, Mr and Mrs Anunandu

✍ HIFASS celebrated with DoD staff Joy Nwyanwu and Henry Anunandu on their joining on the 14th of December 2013 in Abuja

✍ HIFASS also congratulates Omali Patricia Odeya and Efanga Offiong Inyang on their wedding ceremony in Calabar on the 21st of December 2013.



HIFASS mourns with the following people on the death of their family members

✍ HIFASS mourns with Brig. Gen Alto Sada (Rtd) - Deputy Director Technical/Clinical Coordinator HIFASS on the death of his wife Late Mrs. Sada.

✍ HIFASS attended a 40days prayer on the 14th of September 2013 in Kogi State to mourn with Major. Gen TO Umar-EPIC Chairman on the death of his brother, Late Mohammed Umar.

✍ Late Pa Samuel Ilesanmi Fagboyinbo, 1920-2013(Age 93) survived by wives, children, grand children and great grand children (The Uncle of Dr. Ademola Adetunji -Director Public Health , HIFASS).



Frm left Mr Paul Uguro and Dr Adetunji at the burial of Pa Samuel in Ekiti State, 15, Nov 2013

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- ✍ Nigerian Ministry of Defence (NMoD)
- ✍ Emergency Plan Implementation Committee (EPIC)
- ✍ Medical Laboratory Science Council of Nigeria (MLSCN)

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- ✍ Pat O Matemilola (Prevention Advisor to EPIC)
- ✍ Dr Ademola Adetunji (Director Public Health , HIFASS)

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