

Rheumatology healthcare worker and Patients training programmes: Lessons from Kenya

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DISCLOSURES

- NOTHING TO DISCLOSE

References

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**Let every person know,
whether he wishes me well or ill,
that I shall pay any price,
bear any burden,
meet any hardship,
support any friend,
oppose any foe
to assure the survival and the
success of rheumatology in Kenya.**

~Omondi Oyoo 2005

Key challenges for Kenya

- Lack of medical personnel:
 - Seven rheumatologists for a population of 41 million
 - 250 internists for 41 million Kenyans.
 - One doctor for every 10,000 people
- Avoidable suffering and disability

What can be done to help ?

- Training of mid-level providers in detection, diagnosis and management of disease
- Develop and utilize the skills and experience of patients

Initiatives

- Uwezo musculoskeletal health training programme
- ILAR-East Africa Rheumatology Initiative

Uwezo musculoskeletal health training programme

- Purpose:
 - Enable early access to musculoskeletal health care
- Approach:
 - Brings together physicians, allied healthcare workers and patients from various regions across Kenya and trains them to become “musculoskeletal health trainers”
 - Musculoskeletal health trainers train health providers on basic skills needed for prevention, diagnosis, treatment and management of various musculoskeletal conditions.

Uwezo musculoskeletal health training programme

- The primary health providers
 - Work at community level
 - First point of contact for anyone seeking care
 - Taught to diagnose MSC and identify MSC emergencies
- Patients
 - Trained on self-management for musculoskeletal conditions

Conceptual framework



The outcome ?

Whole communities receiving better assessment, diagnosis, treatment and management of conditions which if untreated cause pain, disability and death

Training the trainers

- Training provided by international and national experts in the field of musculoskeletal health
- Participants trained on how to train
- Physicians/allied health care workers focused on increasing clinical knowledge and skills in the early detection, diagnosis and management of MSC's
- Patients trained to take charge of their lives to enhance their well being.

Training the trainers

- Patients training focused on how to use their experience to make health providers aware of the impact of these conditions and to train health providers in effective history taking and clinical examination
- Patients guided to workout solutions to their challenges
- Patients and physicians came together to practice working as a team to deliver training that is both engaging and effective

Project training tool kit

- Core curriculum for both patients and physicians
- Four training manuals:
 - Physician musculoskeletal health trainer
 - Patients musculoskeletal health trainer
 - Musculoskeletal community health provider
 - Patients self management manual
- Trainer presentations
- Demonstration video

Musculoskeletal health Trainer

- Came from 11 regions of Kenya:
 - Uasin Gishu, Trans Nzoia, Kericho, Bomet, Kilifi, Garissa, Meru, Muranga, Nyeri, Kisumu , Machakos.
- Teach district hospital physicians, Clinical officers, nurses, occupational therapists and physiotherapists

Training the trainers

What they teach:

- Full medical history
- Clinical examination of musculoskeletal system
- Appropriate and effective use of tests and investigations
- Making diagnosis
- Management and treatment of common musculoskeletal conditions
- Diagnosis and treatment of musculoskeletal emergencies
- Joint injection techniques for doctors

Training the trainers

How they teach:

- **Physician and patient team**
- **Lectures , Discussions and Workshops**
- **Physicians: Clinical training**
- **Patients share their story on:**
 - **impact of their disease on themselves, family and friends**
 - **How they cope with their condition**
 - **Principles of self management**
 - **How to take an effective history**
 - **Seeing and feeling joint damage**

Patient trainers

- Course content:
 - Pain management
 - Role of exercise and physical activity
 - Fatigue and depression
 - Effective communication
 - Relaxation techniques
 - Proper use of medications
 - Finance and insurance

So Far

- 19 physician and patient teams have been trained from eleven districts/counties
- Teams from eleven regions have gone on to train 600 community health providers(Bomet, Garissa, Meru, Muranga, Nyeri, Kilifi, Machakos, TransNzoia, Uasin Gishu, Kisumu, Kericho).
- 23 patients trained on selfcare.... 3 have trained other 10 patients in Kisumu county
- Joint injection workshops are ongoing in the counties
- Patients and physicians from Thirty six counties could have an opportunity to become musculoskeletal health trainers and provide training and access right across Kenya

immediate needs

- Additional funding to train additional trainers from 36 counties
- Funding for joint injection workshops
- Financial and logistic support for regional patient self-care programmes
- Evaluation and monitoring of the project to provide evidence of effectiveness

What next ?

- Development of project website
 - <http://www.msctraining.org.uk/>
- Online training toolkit;
 - Training manual and up to date information
 - Clinical forum for Interactive discussion with national and international experts
 - Patient network providing patients with an area for discussion and sharing of ideas and information.

Longer term Goals

- Develop a programme of patient-led self management programmes across Kenya to help those affected by MSC to management their own condition more effectively.
- To develop rehabilitation services to increase the availability of appropriate, low cost equipment to help increase people affected by MSC live better quality lives
 - Physiotherapists and occupational therapist across the country have been trained as trainers.

If you really want to do
something you will find a
way.

If you don't, you will find an
excuse.

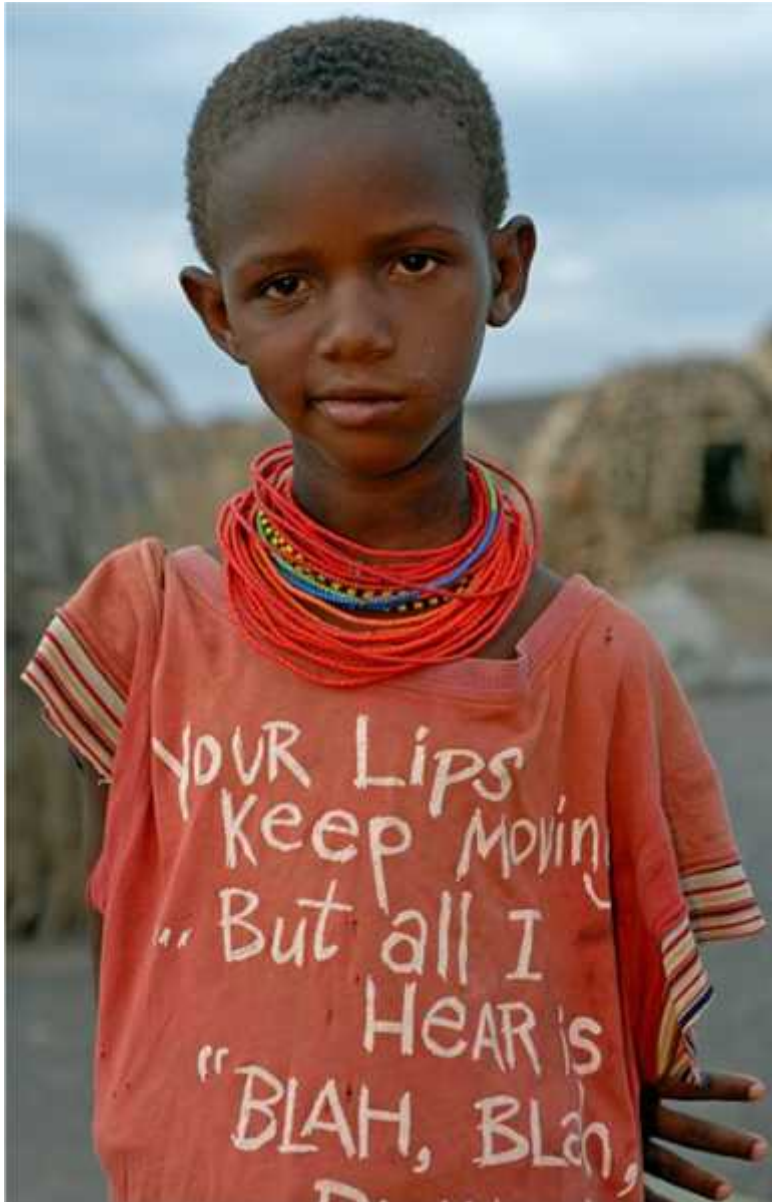
Jim Rohn

ILAR-East Africa Rheumatology

Initiative:

State of the initiative

Ideas to Action: ILAR-East Africa Initiative



To unite
the international rheumatology community
to aid in
enhancing clinical rheumatology services
in an area that carries
25% of the world's disease burden
but has only
2% of the world's human resources for health

Specific Goals

- Rheumatology education
- Clinical rheumatology services
- Sustainability and expansion of the programme

Rheumatology Education

- Curriculum development for:
 - Medical students
 - Residents
 - Fellows- training opportunities/clinical attachments
 - University of Liverpool, Liverpool. UK
 - Stobhil hospital, Glasgow
 - Sanchetti Institute for Orthopaedics and rehabilitation
 - University of Kwazulu Natal, Durban , RSA
 - University of Cape Town
- Training of community /patients leaders
 - AARD
 - Lupus foundation
 - Uwezo rheumatology foundation
- Integration of physicians from the region
 - Arthrheuma Society of Kenya

Clinical Rheumatology services

- Rheumatology referral centers and clinics:
 - KNH
 - AKUH
 - Mater hospital
 - ? MTRH
 - AKHK
 - MSA Hosp
 - Kilifi County hospital
- Expansion to provincial hospitals

Rheumatology Research

- Epidemiological
 - COPCORD
- Hospital based
- Mentors for local students
- Grants for local research

Sustainability and expansion

- Fundraising
- Programme promotion
 - Website development ([www. Arthritisafrica.org](http://www.Arthritisafrica.org))
 - Partners against Arthritis
 - Advertisement
- International network
 - University of Liverpool
 - Royal Cornwall Hospital
 - McGill University
 - University of Alberta
 - ILAR, EULAR, ACR
 - University of Kwa Zulu Natal
 - University of Capetown
 - Sanchetti institute of musculoskeletal diseases and rehabilitation

Unmet needs

- Rheumatologists for all medical schools and “provincial” hospitals
- Information on epidemiology of rheumatic diseases
- Curriculum for regional rheumatology fellowship (in progress)
- Programme funding
- Opportunities for clinical attachments for fellows
- An institute for rheumatology and rehabilitation ?

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- University of Nairobi
- AARD, AFLAR, BJD
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AFLAR: African League of Associations for Rheumatology



- Regional Rheumatology symposium and workshop :
 - July 14th and 16th 2016, Sarova, Mara, Kenya
- 9th AFLAR Congress, Accra, Ghana, September 2017

“IF YOU WON’T BE BETTER
TOMORROW THAN YOU WERE
TODAY, THEN WHAT DO YOU
NEED TOMORROW FOR ?”

Obstacles cannot crush me.
Every obstacle yields to stern
resolve.

He who is fixed to a star does not
change his mind.

- Leonardo da Vinci

**THANK
YOU!**

