Healthy people, empowered communities WZZKLY BULLZTIN

FEBRUARY 26th - MARCH 11th 2023 Vol 4/23

NAILED IT!

KANCO DISSEMINATES THE GLOBAL FUND AUDIT REPORT AUDIT REPORT FOR THE KENYA GRANT APPLICATION PROCESS 2021 – 2024



The colourful ceremony was held on the 15th of February 2023 at the Crowne Plaza Hotel at the JKIA in Nairobi.

The audit dissemination event was attended by Development Partners, Civil Society Organisation members with the National Government being represented by Dr. Kimuu from Treasury.

While giving his remarks, Professor Allan Ragi the Executive Director KANCO expressed his gratification on the progress of the Civil Society Organisations in Kenya. He stated that the CSOs had surmounted many challenges over the years and had been burnished into fine advocacy and implementation organisations. He further encouraged the CSOs to keep pushing and keep thriving.

Prof also expressed his gratitude and that of KANCO for having being a subrecipient of the Global Fund. He further reiterated KANCO's committment to advocating for better health services to the people.

Kenya is preparing for the next Global Fund grant.

The Global Fund is a partnership between governments, civil society organizations, private sector, and affected communities that supports programs to prevent, treat and care for people with HIV/AIDS, tuberculosis, and malaria. The Global Fund works in Kenya by providing financial and technical support to national programs that are aimed at controlling these three diseases.

In Kenya, the Global Fund works closely with the government to provide funding to various initiatives aimed at reducing the incidence and impact of HIV/AIDS, tuberculosis, and malaria. The funding provided by the Global Fund is channeled through a country coordinating mechanism (CCM), which is a partnership between the government, civil society organizations, and other stakeholders involved in the fight against these diseases.

The CCM is responsible for developing and submitting proposals for funding to the Global Fund. Once the proposals are approved, the Global Fund releases the funds, which are then disbursed to various implementing partners. These implementing partners may include government agencies, non-governmental organizations, community-based organizations, and other entities involved in delivering health services to the population.



The Global Fund in Kenya supports various initiatives, including HIV/AIDS prevention, treatment, and care, Malaria prevention, diagnosis, and treatment. Tuberculosis prevention, diagnosis, and treatment, Strengthening health systems, including procurement and supply chain management, human resource development, and monitoring and evaluation.

Overall, the Global Fund's support has contributed significantly to the reduction of HIV/AIDS, tuberculosis, and malaria in Kenya. It has also helped to strengthen the health system and improve the quality of health services provided to the population.

Applying for a Global Fund grant can be a complex and challenging process, but if done successfully, it can provide significant resources and support to countries and organisations working to combat these diseases.

Before applying for a Global Fund grant, a country or organisation must first determine its eligibility. The Global Fund has specific eligibility criteria that countries and organizations must meet to be considered for funding. These criteria include factors such as disease burden, economic status, and performance in implementing previous grants.

Once a country or organization has determined its eligibility, it can begin to develop a concept note. The concept note is a brief document that outlines the proposed program, its objectives, and how it will be implemented. The concept note should be developed in consultation with relevant stakeholders, including affected communities, civil society organizations, and government agencies.

Applying for a Global Fund grant involves a detailed and comprehensive process that requires close collaboration between relevant stakeholders. The process can be challenging, but successful applicants can benefit from significant resources and support to combat HIV/AIDS, tuberculosis, and malaria.

KANCO APPEARS BEFORE THE NATIONAL ASSEMBLY COMMITTEE ON HEALTH IN NAIROBI



Prof. Allan Ragi, Jack Ndegwa, Sylvia Ayon, Steven Ikonya, Francis Njenga, Phillip Waweru and Kinyua wa Kibiru appeared before the Parliamentary Committee and presented policy briefs on behalf of KANCO

"We are the institutions that

are in touch with the communi-

ties. When lawmakers listen to

us, they are listening to the voic-

es of those who are most affect-

ed by the laws that are made. We

are lucky that this committee is

efficient" - Professor Allan Ragi;

Executive Director, KANCO

KANCO presented memoranda on Nutrition, Early Childhood Development, Tuberculosis and Health Data Governance when they appeared before the Dr. Robert Pukose led committee on the 22nd of February. This was the second time KANCO was part of a session with the Parliamentarians this year.

KANCO is honoured by the opportunity to engage

with policy and lawmakers. Lawmakers are elected representatives who make important decisions that impact society, and KANCO has valuable perspectives and insights to offer to inform these decisions. We use our expertise and experience to advocate for policy changes that benefit communities. Lawmakers are more likely to act on issues that



Professor Allan Ragi Executive Director KANCO during the session

are brought to their attention by constituents, particularly those with firsthand experience of the issues.

Lawmakers are



HEALTH COMMITTEE MEETS AIDS NGOS

The National Assembly's Committee on Health has been asked to help harmonise laws to protect the data of People with HIV.

The request by the Kenya AIDS NGO Consortium was made in a session chaired by Hon. Martin Peters Owino (Ndhiwa).

Led by its Executive Director, Prof Allan Raggi, the Kenya AIDS NGOs Consortium (KANCO) asked for the enactment of proper health data governance policies and regulations.

KANCO is a premier membership of network of Non-Governmental Organisations, CBOs, FBOs and private sector actors with the mission to improve the health and well-being of communities through capacity building and innovative leadership.

In the submission, KANCO noted that the health sector has enacted laws and policies that require and recognise data protection when health data is processed. While the identified laws and policies address distinct issues and acknowledge certain data protection principles, they sometimes appear inconsistent with the Data Protection Act. The inconsistency makes it necessary to amend these laws and policies to ensure maximum compliance with the Data Protection Act.

KANCO said the laws to be amended are: the Health Act, Health sector ICT Standards and guidelines for mHealth systems, standards and guidelines for electronic medical record systems, Kenya National eHealth policy 2016–2030, Kenya's National eHealth policy 2014–2030, and Kenya's Health information policy 2014–2030 should be amended.

"It is true health information is private property of public interest, so there is need for a clear balance between how you use your public property and how it impacts on other people, for example if you are HIV positive it is important that is your own information but is going to affect other people," said Dr. James Nyikal.

The NGOs said that the Cabinet Secretary for Health, the office of the Data Protection Commissioner and the Medical Practitioners Council should collaborate to develop standardised data protection guidelines for the health sector. The guidelines will provide guidance on the implementation of the Data Protection Principles in the health sector, consent, exercise of data subjects' rights, responsibilities of healthcare Practitioners in the processing of data, data transfer and data sharing.

Othe Committee members present were: Hon. Julius Sunkuli (Kilgoris), Hon. Mary Maingi (Mwea), Hon. Prof. Guyo Jaldesa (Moyale), Hon. Joshua Oron (Kisumu Central), Hon. Anthony Kibagendi (Kitutu Chache), Hon. Cynthia Muge (Nandi County), Hon. Duncan Mathenge (Nyeri Town), Hon. Martin Wanyonyi (Webuye East) and Hon. Pauline Lenguris (Samburu County).

A screenshot of Parliament of Kenya Post about the event on Facebook

accountable to their constituents, and civil society members can hold them accountable by raising awareness of issues, monitoring their actions, and providing feedback on their performance. By engaging with lawmakers, civil society members can help ensure that lawmakers are responsive to the needs and concerns of their communities.

Civil society members can provide lawmakers with valuable information and data to inform policy decisions. Lawmakers may not have access to the same level of expertise or resources as civil society members so engaging with them can help ensure that policy decisions are evidence-based and grounded in reality.

NEWS

KANCO SENSITISES THE PUBLIC ON TUBERCULOSIS PREVENTIVE TREATMENT IN KA-BUCHAL BUNGOMA



During the support group meeting in Kabuchai, Bungoma

As the world plans to mark World Tuberculosis Day, KANCO Bungoma conducted a monthly TB patients support group meet-



27th February 2023.

Monday,

ing

Sheila Kobia - Program Assistant

This month we

MOMBASA COUNTY DEPARTMENT OF HEALTH HOLDS A COMMUNITY HEALTH SERVICES BILL DRAFING MEETING

The Community Health Services Unit in collaboration with Amref Health Africa in Kenya and KANCO held the meeting of the community health services bill drafting.

Chief Officer Public Health Mombasa County Pauline Oginga insisted on CHVs biometric registration and digitization of the community health services information.

spreading the gospel of TPT where we educated the patients on the importance of their household contacts to start TPT," Sheila Kobia - program Assistant TB at KANCO told KANCO Weeklv Bulletin.

Preventive treatment for TB is a highly effective way to reduce the risk of developing active TB.

HENNET CONDUCTS A <u>Stakeholders</u> MEETING

HENNET continues to seek to strengthen coordination capacities which is essential for achieving effective collaboration and efficient delivery of services.

Whether in the public or private sector, having a strong coordination mechanism enables organisations to work together towards shared goals, leverage resources, and avoid duplication of efforts.

The meeting was convened and attended in Nairobi.

THE AFRICAN MEDICAL AGENCIES RATI-FICATION MEETING IS CONVENED

The meeting was convened to gather insights on the awaited rtifitreaty by the submissions National As- meeting sembly



cation of the Analyst KANCO makes her during

The meeting held in Nairobi was attended by various Civil Society Organisation with PATH taking a lead role. KANCO was represented by Sylvia Ayon, Senior Policy Analyst.

KANCO continues to advocate for the ratification of the African Union Treaty for the Establishment of the African Medical Agency.

In Kenya, the process of ratifying a treaty is governed by the Constitution of Kenya and the Treaty Making and Ratification Act.

The first step in the process of ratifying a treaty is the negotiation and signing of the treaty by the representatives of the Kenyan government. Once the treaty has been signed, it must be approved by the Cabinet. The Cabinet will review the treaty and make a decision on whether to approve it or not. If the Cabinet approves the treaty, it is then submitted to Parliament. The treaty is presented to Parliament along with a memorandum explaining the treaty and its implications. Parliament will then consider the treaty and debate its merits. Both the National Assembly and the Senate have to approve the treaty before it can be ratified.



WE NEED MORE CONCERTED EFFORTS IN ARRESTING THE DROUGHT SITUATION IN THE NATION



A few days ago, one of the Kenyan media stations ran a very worrying feature on the status of drought in Kenya. A family in Loitoktok, Kajiado County had resulted marrying off one of their girls for some income and to alleviate the effects of drought. It brought me close to shedding tears, as I could not begin to imagine what these communities are going through.

Yet, as it seems, we are not mad enough about what the current state of drought in Kenya is doing to the health and welfare of the communities affected. Especially the most vulnerable members of these communities.

The impact of drought on food security and nutrition is particularly acute for vulnerable populations, such as children, pregnant and lactating women, and the elderly. Children are particularly vulnerable to the effects of drought on nutrition because they require a nutrient-rich diet to support their growth and development. Pregnant and lactating women require additional nutrients to support the growth and development of their fetuses and infants, and the elderly may have reduced nutrient absorption and increased nutrient requirements.

The current drought has also taken a toll on mental health, particularly in rural communities where agriculture is the primary source of income. As crops fail, farmers are experiencing stress, anxiety, and depression, which can lead to other health problems.

We must therefore accelerate several potential interventions to mitigate the effects of drought.

Mitigating the impacts of drought and famine requires a multi-faceted approach that includes water conservation and management, climate-smart agriculture, food aid and social safety nets, disaster risk reduction, and conflict resolution. By implementing these strategies, it is possible to address the root causes of drought and famine and ensure the long-term food security of vulnerable populations in Kenya.

It is quite folly really for Kenya to keep facing these problems year in year out, and with nothing seemingly being done to avoid future occurrences.

While Kenya's arid and semi-arid climate makes it naturally prone to drought, we must be alive to the several other factors that contribute to the recurrent droughts in the country, including climate change, deforestation, overgrazing, poor water management, and population growth.

Addressing these issues will require a multi-faceted approach that includes sustainable land use practices, improved water management, and measures to address climate change.

By addressing these factors, it may be possible to mitigate the impacts of drought in Kenya and ensure the long-term resilience of its economy, environment, and population.

Bearing in mind the effects that the drough has on public health, health advocacy groups MUST be concerned about the current state of our region. Food insecurity is an issue of social justice. In many cases, food insecurity is the result of poverty and inequality, and it disproportionately affects marginalised communities. Health advocacy groups MUST be concerned about food security because access to safe and nutritious food is essential for maintaining good health. Let us not keep burying our heads in the sand.

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MENTAL HEALTH – WHAT YOU NEED TO



we think, feel and act. It also aids in determining how we handle stress, relate with others and make healthy choices.

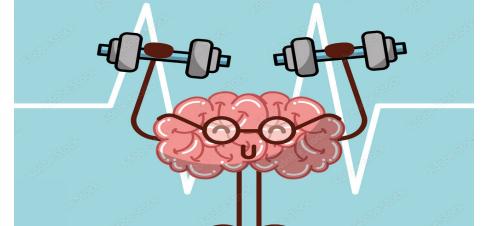
Mental health -going Global In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in

o aids all mental disorders. andle

WHAT CAUSES MENTAL ILLNESS

Mental illness is not attributed to only one causative, rather it can be caused by a variety of situations including:-

- Chemical imbalances
- History of mental ill ness within the family
- Greif after loss of loved ones
- Difficulties in interpersonal relationships
- Major life changes like job retrenchments, divorce or loss of property
- Traumatic experiences such as a victim of kidnapping or abuse
- Addictions to drugs or compulsive behavior
- Chronic paralyzing fears



Mental health is a state of mind characterized by emotional well-being, good behavioural adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with life's ordinary demands and stresses. - Adapted from APA Dictionary of Psychology.

Mental health is essential to our overall well-being and as important as physical health. When we feel mentally well, we can work productively, enjoy our free time, and contribute actively to our communities.

Mental health is a combination of our emotional, psychological and social wellbeing. It affects how we live our lives from how in the Sustainable Development Goals.

Despite progress in some countries, people with mental health conditions often experience severe human rights violations, discrimination, and stigma.

Many mental health conditions can be effectively treated at relatively low cost, yet the gap between people needing care and those with access to care remains substantial. Effective treatment coverage remains extremely low. Increased investment is required on all fronts: for mental health awareness to increase understanding and reduce stigma; for efforts to increase access to quality mental health care and effective treatments: and for research to identify new treatments and improve existing treatment for

WATCH OUT FOR THE SIGNS

When you or someone close to you starts to experience the early warning signs of mental illness, knowing what the risk factors and symptoms are will help to catch them early.

Like other health conditions, we need to address the symptoms early, identify the underlying illness, and plan an appropriate course of action on a path towards overall health.

Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition.

Be aware of these symptoms when they last longer than a few weeks and start to affect school, work, relationships, or your everyday activities:-

- 1. Problems with concentration, memory, or ability to think clearly.
- 2. Changes in eating such as loss of appetite or overeating
- 3. Not being able to complete

KANCO WEEKLY NEWSLETTER Vol 4/23 school or work tasks.

- 4. Feeling overly worried.
- 5. Feeling sad, empty, hopeless, or worthless.
- 6. Sensitivity to sounds, sight, smell, or touch.
- 7. Irritability and restlessness.
- 8. Loss of interest in activities that are normally enjoyable, withdrawal from others, or disconnection.
- 9. Seeing things that other people do not see, like shadows, changes in light, and figures.
- 10. Changes in energy level and sleep patterns. Often someone will sleep during the day and be up at night.

SIGNS THAT REQUIRE IMMEDIATE ATTENTION

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing

- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character
- Stages of Mental Health Conditions

SPECIFIC WAYS TO PROMOTE MENTAL HEALTH

- support to children (e.g., life skills programmes, child and youth development programmes);
- socio-economic empowerment of women (e.g., improving access to education and microcredit schemes);
- social support for elderly populations (e.g., befriending initiatives, community and day centers for the aged);
- programmes targeted at vulnerable people, including minorities, indigenous people, migrants and people affected by conflicts and disasters (e.g. psycho-social in-

terventions after disasters);

- mental health promotional activities in schools (e.g. programmes involving supportive ecological changes in schools);
- mental health interventions at work (e.g. stress prevention programmes);
- housing policies (e.g. housing improvement);
- violence prevention programmes (e.g. reducing availability of alcohol and access to arms);
- community development programmes (e.g. integrated rural development);
- poverty reduction and social protection for the poor;
- anti-discrimination laws and campaigns;
- promotion of the rights, opportunities and care of individuals with mental disorders.

STAGES OF MENTAL HEALTH CONDITIONS

STAGE 1

Mild Symptoms and Warning Signs

At Stage I, a person begins to show symptoms of a mental health condition, but is still able to maintain the ability to function at home, work or school—although perhaps not as easily as before they started to show symptoms. Often there is a sense that something is "not right."

STAGE 2

Symptoms Increase in Frequency and Severity and Interfere with Life Activities and Roles At Stage 2, it usually becomes obvious that something is wrong. A person's symptoms may become stronger and last longer or new symptoms may start appearing on top of existing ones, creating something of a snowball effect. Performance at work or school will become more difficult, and a person may have trouble keeping up with family duties, social obligations or personal responsibilities.

STAGE 3

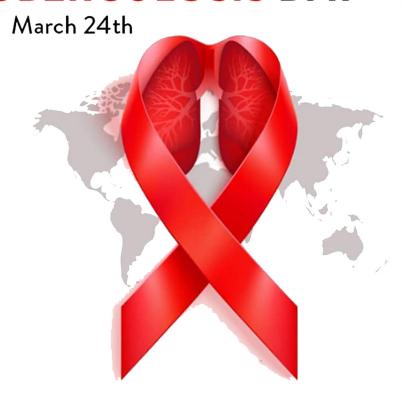
Symptoms Worsen with Relapsing and Recurring Episodes Accompanied by Serious Disruption in Life Activities and Roles At Stage 3, symptoms have continued to increase in severity, and many symptoms are often taking place at the same time. A person may feel as though they are losing control of their life and the ability to fill their roles at home, work or school.

STAGE 4

Symptoms are Persistent and Severe and Have Jeopardized One's Life By Stage 4, the combination of extreme, prolonged and persistent symptoms and impairment often results in development of other health conditions and has the potential to turn into a crisis event like unemployment, hospitalization, homelessness or even incarceration. In the worst cases, untreated mental illnesses can lead to loss of life an average of 25 years early.



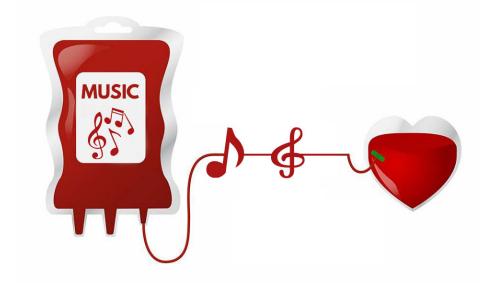
WORLD TUBERCULOSIS DAY 2023











THE POWER OF MUSIC IN HEALING

In the bustling hospital room, the monitors beeped rhythmically, signaling the life-sustaining functions of the machines. The patient lay still, her eyes closed, a fragile figure surrounded by a team of doctors and nurses. Despite their best efforts, her condition remained critical, and the medical staff was at a loss.

That's when the hospital's music therapy program stepped in.

The music therapist, armed with her guitar, entered the room and

ENLIGHTMENT

Did You Know That - There is a rare medical condition called "auto-brewery syndrome," in which the body's own yeast or bacteria in the gut can ferment food and produce alcohol, leading to symptoms such as drunkenness, dizziness, and disorientation. In extreme cases, the condition can result in a person having a blood alcohol level high enough to cause a DUI charge, even if they have not consumed any alcohol. began to play a gentle melody. The patient's breathing became deeper, her muscles relaxed, and her face lit up with a peaceful expression. For the next hour, the therapist played a variety of songs, from classic ballads to modern pop hits, and the patient responded with increased vitality and energy.

Over the next few weeks, the music therapy sessions continued, and the patient's condition began to improve. Her vital signs stabilized, and she was able to communicate more clearly with



A highly dangerous virus called "Weekly Overload Recreational Killer" (WORK) is currently going around. If you come in contact with this WORK virus, you should immediately go to the nearest "Biological Anxiety Relief" (BAR) center to take antidotes known as "Work Isolating Neutralizer Extract" (RUM), "Bothersome Employer Elimination Rebooter" (BEER) or "Vaccine Official Depression Killing Antigen" (VODKA). Please repost to raise awareness!

her medical team. The doctors and nurses marveled at the power of music to aid in the healing process.

But the benefits of music therapy aren't limited to physical healing. Research has shown that music can also reduce anxiety, depression, and stress, and improve overall well-being. For patients undergoing cancer treatment or dealing with chronic pain, music therapy can provide a much-needed emotional outlet and sense of comfort.

At the hospital, the music therapy program has become an integral part of the patient care plan. The music therapists work closely with the medical team to tailor their approach to each patient's needs and preferences, ensuring that the music enhances the healing process.

As the patient in the hospital room continues to recover, her family is grateful for the music therapy program that played such an important role in her healing journey. And the medical staff is reminded of the power of music to heal not just the body, but also the mind.



NUGGETS OF WISDOM

"Be Water, My Friend.

Empty your mind.

Be formless, shapeless, like water.

You put water into a cup, it becomes the cup.

You put water into a bottle, it becomes the bottle.

You put it into a teapot, it becomes the teapot.

Now water can flow or it can crash.

Be water, my friend." -

Bruce Lee







