

10.0 Closing Ceremony

After the successful completion of the medical camp, all the volunteers were awarded with certificates of participation and appreciation by the Founders of MICF.



MICF truly appreciates all the volunteers who participated in this worthwhile initiative.

THANK YOU ALL!



"Feeding our elders is our responsibility"



MEDICAL CAMP REPORT

30TH JULY, 2016.

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7.0 Challenges Incurred and Recommendations

- We were unable to reach most of the bedridden beneficiaries as they reside in areas that an ambulance cannot go through. To resolve this, a 4WD car will be used to access such areas.
- We had enough volunteer medical practitioners however we lacked enough equipment such as BP machines, weighing scales and thermometers. Some of the patients required X-ray or an ultrasound done which was impossible.
- There was need for cancer screening. In the next camp, it would be ideal that a cancer screening center be included in the planning.

8.0 Conclusions

The MICF Team deduced the following from the Medical Camp exercise the following:

- 1) Most elders attribute their sickness to aging hence don't seek proper medical attention.
- 2) Seeking health care services is irregular amongst the elderly due to lack of proper guidance, care and funds.
- 3) Those close to these elders are family members who are either too busy or jobless or incapacitated to offer any support to them.
- 4) Most have NHIF cards however it is either under-utilized or limited to specific services.
- 5) Self-prescribed medicines are also common among the poor households of this target group.

9.0 Budget

Description	Amount
	KSH
Promotional Items	289,054.00
Medical camp set up costs	57,280.00
Medicine for Beneficiaries	450,920.00
Transport charges	39,934.00
Accommodation & Food	249,696.00
Total	<u>1,086,884</u>

Figure 4: Referral cases

5.0 MICF Beneficiaries with Visual Problems

Eye conditions are often characterized with aging among the elderly. The beneficiaries easily ignore such conditions to the point that they become totally blind. The Ministry of Health and private institutions occasionally organize free eye clinics to cater to such situations.

During the medical Camp, cataracts were identified as being among the eye conditions that affect the elderly.

The only appropriate intervention is to have a cataract surgery which is costly for many households.



Inset: Mrs. Maria Egron and Mr. Yaya Moru are among the MICF beneficiaries who have cataracts.

6.0 Medical Prescriptions

Following the general checkups, elders were issued with prescriptions.

The medicines prescribed included antibiotics, calcium supplements, multi-vitamins, ear drops, eye drops, anti-fungal creams, anti – hypertensives, Diabetes and anti-malaria drugs.

NO	ITEM DESCRIPTION	@	DOSES
1	ANTI-BIOTICS		
	CIPROFLAXIN	500g	49
	AZITHROMYCIN	500 g	84
	LEVOFLOXCIN	500g	76
	AMOXIL	500g	32
2	ANTIHYPERTENSIVES		
	NIFEDIPINE	20 mg	96
	HYDROCHLOROTHIAZIDE(HCTZ)	25 mg	96
	ENALAPRI		67
3	ANTI-DIABETES DRUGS		
	ALIBLIACHAMIDE	5mg	84
	METROMOFIN	500mg	96
	MIXTAND INJECTION (Insulin)	-	1 vial
4	ANALGESICS		
	MELOFAN	15mg	126
	PARACETAMOL	500 g	76
5	DICLOFENAC INJECTION	25mg	34
	DICLOFENAC TABS	100mg	70

Figure 5: Total quantity of drugs administered at the camp

1.0 Introduction

1.1 About Mama Ibado Charitable Foundation

The late Mama Ibado started an initiative focused on assisting the community in Isiolo by providing clothing, food and monetary support. She did on a personal level and in her own small way until her demise. Having left a vacuum in the community, an organization was founded in her honor with the aim of continuing her charitable initiative in Isiolo.

Mama Ibado Charitable Foundation opened formerly commenced on the 8th of November 2011, with the goal of fighting poverty amongst the seniors. This is achieved through the provision of food which is a human right enshrined in Article 43 of the Constitution of Kenya that provides that every person has the right to be free from hunger and to have adequate food of acceptable quality.

The foundation is now registered as non-governmental, non-profit organization. It works hand in hand with its sister organization Mama Ibado Charity registered in Canada in 2014.

1.2 Goal

Our core mission is to alleviate poverty among seniors through a comprehensive care support program that seeks to secure dignity by providing food and making most basic need available to seniors.

1.3 Objectives

- To improve nutrition and well-being of the seniors through the provision of food on a monthly basis. To alleviate extreme hunger and poverty among the seniors by providing food support to 500 target beneficiaries by the year 2017.
- To offer support to the aged in the community who have been marginalized for attainment of the Sustainable Development Goal Number three of eradicating hunger and poverty in the community.
- To be advocates of the seniors by sensitizing other organizations to provide medical services to the seniors persons to enhance their health.

2.0 Elderly Medical Camp

2.1 Problem Statement

The overall mortality level recorded for both men and women since the inception of the Foundation stands at 12%. During the assessments exercise, the foundation discovered that most of the beneficiaries with health complications are unaware of the diseases they suffer from and attributed every symptom to either malaria or arthritis. The Foundation keeps a record of the reports given by the beneficiaries on the self and medically diagnosed illnesses. The report indicates that the beneficiaries suffer from other illnesses such as high blood pressure, arthritis, eye sight related problems and ulcers.

2.2 Project Justification

One of the major objectives of the Foundation is to improve the nutrition and well-being of the seniors through the provision of food that would impact positively on their general health and life expectancy. Health related matters fall within the prism of this objective, thus the foundation organized its first medical camp to provide medical attention to the beneficiaries. It is and always has been the Foundation's goal to have the elderly age in a dignified and healthy manner.



2.3 Objectives of the Medical Camp

The medical camp aimed at the following:

- Providing free medical services to 250 MICF beneficiaries
- Collaborating with the local hospitals, local government and NGO's to provide medical services to elderly persons.
- Raising health awareness among our beneficiaries on how to deal with short term and long term illnesses

2.4 Project Location

The Medical camp was held at the AI – Falah Islamic Center, Isiolo County on the 30th of July 2016 between 8 a.m. and 6 p.m.

MOST PREVALENT DISEASES

Disease	Number of Cases
Arthritis	78
Hypertensive	57
Urinary Tract Infection	38
Peripheral Neuropathy	18
Anemia	28
GERD (Gastro esophageal Reflux Disease)	37
PUD (Peptic Ulcer Diseases)	19

Figure 3: Data on the leading disease/disorders, recorded during the medical camp

Hypertension and osteoarthritis are the leading disease among the percentage of the elderly who sought medical care during the camp on the 30th July 2016.

ALL ILLNESS DIAGNOSED

Osteoarthritis	Urinary Tract Infection	Cardiac Disease	Atrophy	Renal Colic	Achalasia
Peripheral Neuropathy	GERD	Conjunctivitis	Sciatica	Osteoporosis	Lipoma
Cataracts	Myalgia	Arthralgia	Amoebiasis	Epilepsy	Calcaneous Sput
Hypertension	Dyspepsia	PELVIC Inflammatory Disease(PUD)	Rhinitis	Unknown DM	Thyroid
Anaemia	Lumbargo	Dysphagia	Bening Prostrate Hyperplasia(BPH)	Otitis Media	RTI-Respiratory Tract Infection
Sciatica	Pneumonia	Mayalgasia	Cadiac Congestive Failure (CCF)	Urethra	Candidiasis
Spondiasis	Fungal Infection	Tumors	Sinusitis	Prostrate CA	
Hemorrhoids	Diabetes	Cholelithiasis	Internal Parasites(IP)	Orchitis	
Peptic Ulcer Diseases	Dental Cavities	Angina/Coronary Syndrome	Hernia	Achivitis	
Tonsillitis	Convulsive Disorder	Goiter	Scabies	Bronchitis	
Malnutrition	Trigeminal Neuralgia	Cardio Myopathy	Angullar Cellulitis	Mental Disorder	

Figure 3: All illnesses diagnosed during the medical camp

Referral cases for continued medical attention are tabulated below:

No	Disease/disorder	No. of Cases
1.	Tumors /abnormal growths	3
2.	Tuberculosis	4
3.	Acquired Immune Deficiency Syndrome	2
4.	Dental Cases	16
5.	Fractures	5
6.	Complicated Eye conditions/Cataracts	7

4.0 Summary of Medical Report

The data below represents information on the attendance at the medical camp. The data includes both MICF beneficiaries and the elderly persons from the community.

	Kenyan Funded Beneficiaries (150HH)		Canadian Funded Beneficiaries (100 HH)	
	Patients who attended Clinic	Patients who Missed Clinic	Patients who attended Clinic	Patients who Missed Clinic
Male	33	N/A	28	N/A
Female	68	N/A	48	N/A
Total	101	49	76	24

Figure 1: Number of beneficiaries who attended the medical camp

Patients who are not registered beneficiaries of the Foundation	
Male	36
Female	42
Total	78

Figure 2: Number of elders who attended the camp and are not beneficiaries

3.0 The Medical Camp: Opening Ceremony

The opening ceremony for the medical camp was graced by different dignitaries including the Governor of Isiolo Count; Hon. Godana Doyo, the Deputy Governor; Hon. Mohamed Guleid Minister of Health, Asha Abdi among others. The Governor commended MICF for undertaking such a noble initiative.

During the opening ceremony, MICF staff indoctrinated the volunteer doctors, nurses, pharmacists and lab technicians on the procedures of the camp.



Inset: Governor Doyo addressing the audience.



Inset: The audience during the opening ceremony

3.1 Achievements of the Camp

3.1.1 Provision of medical services to 250 beneficiaries.

During the medical camp, 255 elderly persons were able to receive medical attention. This achievement is attributed to the medical practitioners who volunteered their energy and time to ensure our elderly receive medical attention. In total, the camp had 14 doctors, 7 nurses, 2 pharmacists and 3 lab technicians.

The free medical services included; general health check-up, laboratory tests, screening, counseling, health talks and provision of medicines.



3.1.2 Collaboration with the local hospitals and NGO's

MICF collaborated with Ministry of health in Isiolo County, Kenya Red Cross society, Al-Falah Islamic Center and local pharmacies to guarantee the successful completion of the camp.



Inset: Mobile clinic donate by Kenya Red Cross Society.



3.1.3 Raising of health awareness among our beneficiaries and other senior citizens

During the camp, the doctors and nurses played a huge role of counselling the elderly on maintaining a healthy lifestyle. The elderly were discouraged from smoking, chewing Khat and drinking by nutritionists who were volunteers during camp. In addition, the elders who had registered with the government cash transfer were advised to access health care through the NHIF programme that caters to the elderly for free.



Inset: Scouts from the Al-Falah Islamic center assisting an elderly.

3.1.4 Community participation in the medical camp

The local community turned up in large numbers to volunteer at the medical camp as a result of our call out that was advertised in our social media platforms. In addition, nurses and volunteers with the Kenya Red Cross Isiolo Branch played a huge role in assisting towards the success of the medical camp.

The scouts at Al-falah Islamic center also helped in supporting the elderly to the doctors' tables at the medical camp.



Inset: A volunteer distributing medicine to beneficiaries



Inset: Volunteers manning the food tent.