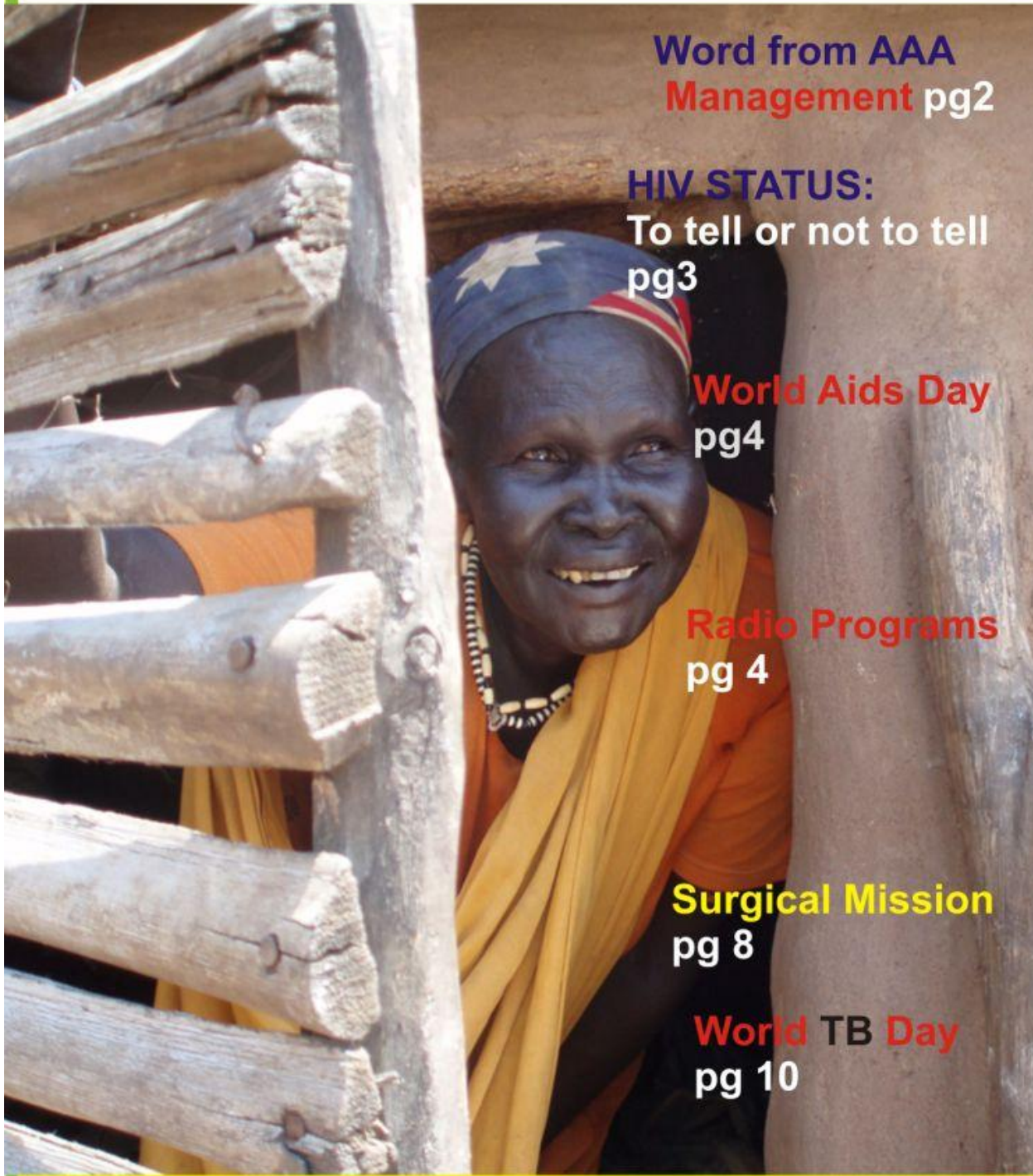


Triple Health

Newsletter from Arkangelo Ali Association



December 2010 Edition



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Word from Management

Dear Friends of AAA,

We are honoured to present to you our first edition of the AAA News Letter-Triple Health , which highlights AAA activities in Sudan.

In April 2010, Sudan concluded its first democratic election in twenty four years .This was one of the requirements stipulated in the Comprehensive Peace Agreement-CPA. There was a mix of fear and joy among people living in Sudan. Fear for people who were thinking that the election might turn violent. Joy for people who cast their votes for the first time ! .During this period of uncertainty AAA did not halt the provision of its health care services in Sudan.

Local authorities were particularly supportive in ensuring that health services were not interrupted during and after the election period.

The next step in accomplishing CPA is the Referendum, which is to be held on the 9th January 2011. It is our hope that the Referendum process will be carried out peacefully.

The two historical events in Sudan have created hope among the South Sudanese people. It is time again to join our efforts to provide basic services to the people of Sudan.

Your continuous support is needed to improve access to good healthcare and better life to millions of people in Southern Sudan.

With Kind regards,

Dr. Callixte Minani & Mrs. Natalina Sala

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HIV STATUS :TO TELL OR NOT TO TELL

The level of HIV awareness in Southern Sudan is very low as the government concentrates on rebuilding the hospitals destroyed during the war. Most of the people in rural areas don't know anything about HIV. For those who have some knowledge, they still view it as a disease that affects people in other countries or "kawajas", a term used to refer to foreigners. According to a survey carried out by South Sudan AIDS Commission (SSAC), HIV awareness is less than 10%.

Little knowledge of the epidemic has created fear for those who discover that they are infected with the virus. Their biggest fear is being excluded by the community after revealing their HIV status.

Angelina Aduol* was diagnosed with Pulmonary TB last month, as a routine for TB patients, she was counseled and tested for HIV. The results confirmed her worst fear; she was indeed infected with HIV. "I asked God, why me and yet my children are very young?", she said.

Angelina* has since slowly accepted her HIV status but she is not ready to disclose it to her relatives, "I don't think I can share my HIV status with anyone else except my husband. I will inform him when he comes from Khartoum because I think he is not infected. We have not had any sexual relationship for more than 2 years".

Revealing one's HIV status is both a moral and ethical issue, that has continued to raise debate amongst health experts around the world, on how best to deal with this sensitive issue. As the situation stands now, the law forbids a doctor, nurse or counselor on revealing one's HIV status without their consent.

Unlike Angelina, many people living with HIV/AIDS (PLWHA) prefer to keep their status a secret. Majority going with this secret to their graves. They prefer to hide their HIV status than reveal it, to avoid being shunned by their families and community. This scenario puts their sexual partners at risk of contracting HIV.

“ Little Knowledge of the epidemic has created fear for those who discover that they are infected with the virus ”



PHOTO : Posed by staff of AAA at Yirol

A survey conducted nationally in 2009 by Sudan National AIDS Programme revealed that, 44 percent of respondents said they would not eat with an AIDS patient, 53.2 percent said they would not buy food from anyone with HIV/AIDS and around 30 percent said they would prohibit a teacher with HIV from working or would remove their child from a school with an HIV-positive teacher.

In South Sudan HIV is spreading mainly through heterosexual transmission. Higher incidences are reported in urban areas where trading opportunities had opened up after the Comprehensive Peace Agreement with the north was signed in 2005. The HIV prevalence rate is generally low but slightly higher in areas bordering countries like Kenya and Uganda.

According to UN Population Fund (UNFPA) literacy level stands at 24 percent, making prevention literature largely ineffective. The region has to heavily depend on community mobilizers, health workers and local FM radio stations to disseminate information on HIV.

The government and NGO's have acknowledged that HIV/AIDS is a time bomb in Southern Sudan due to many underlying factors. There is a concerted effort to ensure facilities for voluntary counseling and testing, are made available and accessible to all individuals. Currently AAA is training counselors and offering HIV testing in all its health units.

*Not her real name



Radio Programs

Nahmlou FM at Maluakon



Catherine Kamwitha(right side) TB Officer with a radio presenter at Nahmlou FM, Gordhim hosting a weekly program on TB/HIV.

The radio talk show at Nahmlou FM , runs for 30 minutes every Monday morning and a repeat program in the course of the week .The program is broadcasted in both English and Dinka.

The talk show is modeled around *TB HIV Community-Linked Radio Program manual* which was specifically designed by AAA to aid community radio stations produce health programs on TB/HIV.

The radio has proved very popular with listeners calling in with questions on TB and HIV. Many people listening to the program and suspecting to be suffering from TB have ended up visiting the TB program at Gordhim to be tested for TB.

The radio talk show is designed to be hosted by Community health workers ,TB officers and station presenters .The radio program has been used successfully at Gordhim to mobilize the community during planned outreach programs.

In 2011 AAA plans to include former and current TB patients on the show with an aim of reducing stigma in the community.

AAA would like thank the management & presenters of Nahmlou FM and Radio Good News for the opportunity to air our radio programs

Radio Good News -89FM Rumbek



Rose Aoko a presenter at Radio Good News introducing AAA's health program on TB

About the Radio Health Program

The health program on TB has been recorded in three main languages .The program runs three times a day in Dinka, English and Arabic. The most popular program being Dinka which attracts a big audience. The program mainly touches on what TB is ,signs and symptoms ,prevention, nearest treatment centers of AAA and other partners.

About the Radio Station

The radio station is situated at Rumbek town and operates under the Catholic Diocese of Rumbek (DOR). It has a outreach coverage of about 90 Km radius.

The radio signal is present in Wullu, Mapourdit, Abiriu, Cueibet, Malek, Amok Piny, Yirol and Akot.

Radio Good News-89FM



Theme for 2010 : Universal access and Human Rights

Below are photos taken at YiroI, Tambura and Tonj during the Worlds Aids Day

Adior,Yirol & Bunagok AAA stations Celebrated World Aids together at the Freedom Square,Yirol



Staff of AAA & members of the public march towards the Freedom Square at Yirol to commemorate World Aids Day



Members of the public get entertained by a play on HIV/AIDS at the freedom Square, Yirol



Peace Promoters Youth group entertains the public at Freedom Square ,Yirol with a play on HIV/AIDS



World Aids day 2010 commemoration at Tambura



William Omwega of AAA hosting the World Aids day at Freedom Square, Yirol



A volleyball match was played at the Freedom Square in the evening to commemorate World Aids Day

TONJ



The celebration was opened by a word of prayer from Sr. Aquinata . His Excellency the commissioner for Tonj South County gave the opening speech. In his speech, the Commissioner emphasized on the use of condom as a preventive measure and was pleased to be involved in such an occasion.

After his speech a brief history on HIV was given, followed by health education from AAA staff .The main message was to encourage the community to go for HIV testing .A drama on HIV /AIDS was played which was both educative and entertaining. Distribution of IEC materials was done by AAA staffs at the freedom square, offices and within the trading area of Tonj .The celebration was organized alongside the staff of CCM. They gave out T-shirts to the public bearing messages on HIV/AIDS

WITH LOVE FROM LEPROSY



In African traditional marriages, the most significant seal of the union is the payment of dowry for the bride. This may be in form of cows, goats, sheep and money. But what happens when the marriage falls apart?.

'My husband returned the 20 cows that he had paid as dowry to my father as soon as he discovered that the medicine I was given at the hospital was for leprosy,' said Asunta Nyuan . She was chased away by the husband, telling her that he didn't want the curse of leprosy to befall the rest of the family.

Mary moved into a camp for persons affected by Leprosy at Agok, where she was accepted after villagers learnt of her predicament. She was given shelter and enrolled into the group of persons affected by Leprosy (PALS). The village was put up by Germany organization GLRA (German Leprosy Relief Association)

Mary felt appreciated by the community at Agok and soon became close to one of the Persons affected by Leprosy. The man had spent five years at the village after his two wives deserted him when they discovered that he had leprosy.

.....continuation from pg6

"When my wives left me, I almost committed suicide .But when I joined this community(Agok), I changed my mind.Here people treat you as normal human beings and there is a lot of unity among the persons affected by Leprosy,"said Peter Alual.

He met Mary and their past brought them together. They have since found a renewed happiness in marriage after they were both rejected by their former spouses.

"I have paid 3 cows as dowry for Mary and I hope to complete the balance by the end of next year",said a smiling Peter.

Abdalla Boch and Nyibol Madut sit under a mango tree, planning on how to deliver their mats at the market . They are among several couples affected by leprosy who chose to marry amongst themselves."I chose to marry Nyibol after my wife ran away,"said Abdalla "after all we were fighting almost every day".

For Nyibol, this is her third marriage,"my first husband abandoned me in this camp and I got married to a person affected by Leprosy, but he later died .This is my third husband and I am happy to live with him",said Nyibol Madut. They don't have any children together but Nyibol's only child from her first marriage occasionally visits them. "We are poor and have leprosy and poor people live in harmony,"said Nyibol.

Marriage among PALS is very common in Sudan, as some communities still reject them from marrying people not affected by Leprosy.

"I married a wife from a family that had a history of leprosy," said Lawrence Manyuat ,a person affected by Leprosy and a community health worker. "My mother in-law had leprosy and my father in-law died from complications of leprosy, so the family was more than willing to let me marry their daughter," said Manyuat. He has paid 3 cow and hope to complete paying dowry soon.

People affected by Leprosy pay less dowry as compared to other people, largely due to the disabilities that they end up with. But as a tradition in Dinka community those who don't pay dowry risk their children taken away by the parents of the wife.

Leprosy is not highly infectious and is transmitted via droplets, from the nose and mouth, during close and frequent contacts with untreated cases.

What many people don't know is that Leprosy is curable and treatment provided in the early stages averts disability.

Multidrug therapy (MDT) treatment, which is available in all AAA health units , has been made available by WHO free of charge to all patients worldwide since 1995, and provides a simple yet highly effective cure for all types of leprosy.

Agok :Bumper Harvest for Persons Affected by Leprosy



Bags of ground nuts stand in the hut of one of the persons affected by Leprosy at Agok

This year has witnessed persons affected by Leprosy (PALS) at Agok reap the benefits of Community Based Rehabilitation activities (CBR) .Through farming, they managed to harvest plenty of water melons, groundnuts, okra, gudra (local vegetables), maize and sorghum. The rain distribution was good throughout the year.

They also effected some changes in their welfare group by voting in new officials to represent them and run their activities. During the dry season, members make local mats and sell them in the local markets and towns. The mats are in high demand in urban areas where they are used for fencing compounds .Money raised is spent on the purchase of foodstuff for their families and paying of school fees for their children or dependants who have not benefitted from the education fund provided by GLRA.

The balance is kept in the members account for group activities. The funds in members account is normally used in the cultivation of their farms by use of ox plough and hiring of tractors Seeds which were given with funds from GLRA have been returned to the stores for next planting season.



Surgical Mission

Mapourdit Eye Care

AAA/DOR Mary Immaculate Hospital Primary Eye Care 2010

2009	2010
Number of patients screened 2,742	Number of patients screened 2,500
Total number of Cataract Camps 2	Total number of cataract Camps 3
Number of Cataract Operations performed 186	Number of Cataract Operations performed 161
Number of Health Education beneficiaries 3,854	Number of Health Education beneficiaries 5,412
Total number of Lid surgeries performed & others 76	Total number of Lid surgeries performed & others 97



This patient presented with blindness of both eyes after getting infected with Trachoma



Sarahweki Mbelwa examines the eyes of an elderly woman during an outreach program at Tali



Daudi a 11 years old boy suffering from Trachoma



A patient is being given lid injection before a surgical operation



Cataract Surgery in progress



Jeremiah Mtweve performing a surgical operation at Mapourdit



Patients coming for check up at the Primary eye clinic after cataract surgery



Sarah Mbelwa removing bandages in post operative patients after cataract surgery



Health education being given to a Women Group in a church at Mapourdit

Surgical Mission

Fatima General Hospital, Gordhim



Prof. Surgeon Joseph Meo, Matron Wanda Laszczyk and part of the surgical team.

The screening of patients for surgical operation was done by Matron Wanda Laszczyk from 1st Nov.2010, three weeks prior to the mission . The patients were then given a date of operation and told to report a day earlier .

The surgical operations began on the 23rd November 2010 and ran for 9 days .A total of 51 patients benefitted from the mission. The patients presented with hernia,lipoma,hydrocele ,goitre ,haemorrhoids and other surgical conditions.

Unfortunately, the Surgical team could not operate on all the patients as some came in late after the mission had began .This forced the hospital to book patients for next year, with the hope that there will be another surgical mission.

Special thanks goes out to Prof. Joseph Meo,Matron Wanda,surgical team from Rumbek : Philip Kau and Samuel Alakich and all the staff of AAA who made the surgical mission successful



Hernia
15



Hydrocele
5



Goitre
1



Lipoma
14

Haemorrhoid
5

Others
11

Total Number of Patients Operated
51

Achievements

In 2009, 62 surgical Operations were performed at Gordhim Hospital
In 2010 ,101 Surgical Operations were performed at Gordhim Hospital

Surgical Team


Professor Surgeon Joseph Meo
Assistant Samuel Alakich
Assistant and scrub Nurse - Matron Wanda Laszczyk
Anesthetist Philip Kau Manyiel

Local OP Team

Scrub Nurse Assistant Angelo Majok
Scrub Nurse Assistant Teresa Jermano
Assistant for Anesthesia Angelo Tong
Sterilization Nurse James Garang
Sterilization Nurse Paulino Mou



World TB Day 2010

Aweil 

* Achievement : In 2009 , 1366 cases of TB were detected at AAA health units



Members of the disciplined forces stand in the parade and get briefed before marching during the World TB day at Aweil



The public joins the band in the procession through the town to mark the World TB day at Aweil .



Part of the crowd that participated in the celebration of World TB day at Aweil in Northern Bahr El Ghzal



Deborah Odingo and Dr. James Macelo, State TB Coordinator giving health education during the World TB day at Wau



Members of the public march through the streets of Aweil in commemoration of World TB day



Part of the audience listens through the speeches during the World TB day

To all our .partners .staff. patients,well wishers, friends, suppliers.



from

Arkangelo
Ali
Association