

6th Free Aitong Medical Camp Report



4th-7th December, 2017



Safarilink



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Executive summary

The sixth Annual Free Medical Camp was held at Aitong Medical Centre in the northern Mara on 4-7 December 2017. Essential screening for cervical cancer, HIV/Aids and diabetes were conducted, as well as general medical consultations, orthopaedic consultations, dental work and paediatrics. Pre-camp communications were effective in ensuring the community was well informed, and this led to an excellent turnout. The Land & Life Foundation are delighted to report that this year a total of 1200 patients received free medical care and treatment during the three day event, an increase on the previous years.

Success for an event such as this relies heavily on partnerships with other organisations, not simply funding but also provision of essential logistics, resources and personnel. The ongoing partnership with and financial support of Kicheche Community Trust and Camps made the event possible, including the purchase of a wide range of essential pharmaceuticals. Their support also ensured a further reach with pre camp mobilisation of and communication with the community, and this ensured more patients were able to be treated. A new relationship with Saruni Lodges was also established whereby financial donations enabled further activity to be undertaken.

The new partnership with Oasis Healthcare offers a bright future to the camp. Oasis generously provided an entire medical team, experienced and professional, and consulted on pre-event medical supplies and arrangements. Safarilink's flexibility and willingness to provide transport for medical and support personnel allowed the camp to go ahead, and the involvement with NHIF has encouraged registration and brought ongoing medical care to members of the community.

The challenges of delivering a large scale medical camp, including specialty testing such as the cervical cancer screening, were successfully faced thanks to the support of our partners. Our hopes for the future are to continue to expand these networks and thus build on the successes of this year's camp.

Engaging successfully with the community in this way delivers our message clearly. Conservation and wildlife can deliver real, tangible benefits to the community, and efforts like these will continue to underline this fact, helping to safeguard the conservation areas of Kenya while simultaneously contributing to the wellbeing of the people thereof.

Acknowledgements

Land & Life wishes to thank [Elewana Collection](#), [Elephant Pepper Camp](#), [Kicheche Camps](#), [Saruni](#), [Safarilink](#), [Oasis Healthcare](#), Aitong Medical Centre and [NHIF](#) for the commitment shown in planning and execution of the medical camp.

Background

The Organizer

The Annual Aitong Free Medical Camp is proudly organized by the [Land & Life Foundation](#), a non-profit focused on supporting communities living in and near the key conservation areas of East Africa. We strongly believe that securing land for conservation, protecting species and providing communities with benefits is crucial for survival of East Africa's spectacular wildlife and habitats. We enhance this through conservation education in our supported schools located in or near conservancies, national parks and other conservation areas. We provide school support and also run other medical and wildlife projects.

This year the Aitong Camp was run in partnership with a number of organizations providing funds, in kind resources, and logistical support: [Elewana Collection](#), [Elephant Pepper Camp](#), [Kicheche Camps](#), [Saruni](#), [Safarilink](#), [Oasis Healthcare](#), Aitong Medical Centre and [NHIF](#).

The Location and Community

Annual Aitong Free Medical Camp takes place in Aitong, a small town in the northern part of the Mara. Geographically, the area is located on 1.1931° S, 35.2511° E coordinates. Climatically, Aitong is a semi-arid area, surrounded by savannah grassland with some areas of woodland.

The people around Aitong are predominantly pastoralists. The Maasai are the largest tribe in population, making Maa the most common language. However, due to trade, tourism and education, a relatively large number of people can now speak Kiswahili with a few also understanding English.

The Facility

The Aitong Medical Centre is a facility managed by the Christian Missionary Foundation, Narok. The medical centre also receives support from the Ministry of Health, Narok County.

Aitong Medical Centre has a total of 11 permanent staff, 9 of whom are of a medical background and two support staff. The centre consists of a number of consultation rooms, a maternity wing, a medical lab, an emergency ward and staff quarters housing some staff.

Aitong Medical Centre serves as a medical hub in the area. The nearest referral hospital is two hours' drive away in Tenwek, approximately 86 Km.

The Camp

The camp was held between 4th -7th December, 2017. A volunteer team of medical professionals were provided by Oasis Healthcare specialists who included general practitioners, obs/gynae, orthopaedics, dentist, paediatrician and a general surgeon

The team from Oasis Healthcare were as follows:

Name	Speciality
Dr. Kenneth Odhiambo	Trauma & Orthopedic Surgeon
Dr. Bahaty Riogi	General Surgeon
Dr. Ouma Congo	General Practitioner
Dr. Gladys Mboya	Dentist
Dr James Amenge	Obs/Gynae
Dr James Oduor	Paediatrician
Mr. Jonathan Taiswa	Nurse
Mr Francis Ondieki	Group COO

The unit worked together to ensure patients were treated wherever there was need. There was a detailed schedule for the participants outlined in the attached itinerary¹.

Provisions for the camp in terms of pharmaceuticals and resources were obtained in advance and sent down to Aitong in preparation. The items were selected through consultation with the team of doctors from oasis Healthcare and included the necessary items to complete the goals of the camp: cervical cancer screening, diabetes screenings, HIV/AIDS screenings as well as more general treatments. The list of medicines purchased is attached².

The partnership with National Hospital Insurance Fund (NHIF) - a government health insurance scheme that provides accessible, affordable, sustainable, equitable and quality social health insurance was an innovation this year and was intended to ensure longevity of camp impacts. The NHIF team were present at the camp and were encouraging patients to register themselves and their family members in order to benefit from referrals and access further medical services.

¹ Appendix 1

² Appendix 2

Budget

Since medical services were offered to patients free of charge, the costs of transport, accommodation, pharmaceuticals, communications, translation, and other expenses were carefully calculated and a budget produced.

The camp's overall budget was \$4437.15. Actual expenditure came to a total of KES 459,902.65 \$4,434.93³.

The partners and supporters made contributions to the success of the camp as follows:

- Land & Life Foundation – administration, logistics and \$2,099
- Elewana Elephant Pepper Camp – free accommodation, logistics and food.
- Kicheche Camps – free accommodation, logistics, food and \$2,000
- Saruni – free logistics, food, and \$500
- Oasis Healthcare – free human resource - volunteer medical personnel
- Safarilink - 9 Free flights and 3 rebated flights.
- Aitong Medical Centre – free facility to conduct the camp.

Stipends were paid to the translators assisting with patients and to the clinic staff for whom the camp causes considerable additional work. Meals were also provided to these personnel and to the volunteer medical team and administration and logistical team by Elewana Elephant Pepper Camp, Kicheche Camp and a catering service.

Statistics from the camp

The segment below is a comprehensive outline of the facts and figures obtained from the camp.

During the medical camp, data was collected through a questionnaire filled in by the data collector and data sheets filled in by the doctors in the consultation rooms. The questionnaire was completed using a random sampling of patients both before and after treatment.

This year, we had a recorded total of 1,120 patients and an additional estimated 80 patients were treated without noting their details. This produced a total of 1,200 people treated.

The NHIF registration was successful yielding a turnover of 85 newly registered members to the health insurance scheme and ten 10 women to the *Linda Mama* scheme, which covers the delivery charges of expectant women in registered hospitals.

An important angle of the medical camp this year was cervical cancer screening. A total of 16 women were scanned, of whom 3 tested positive.

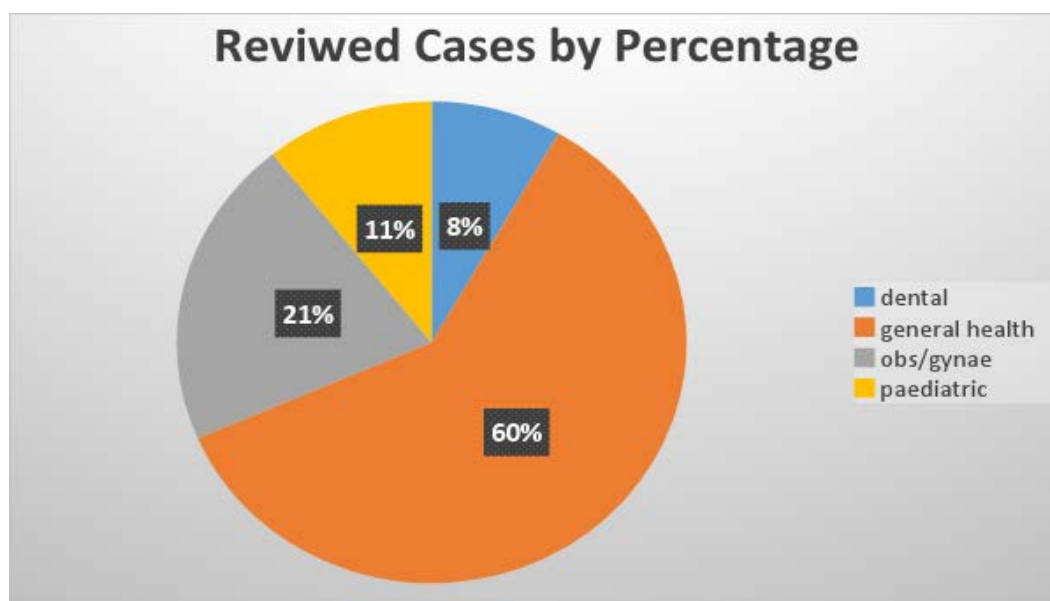
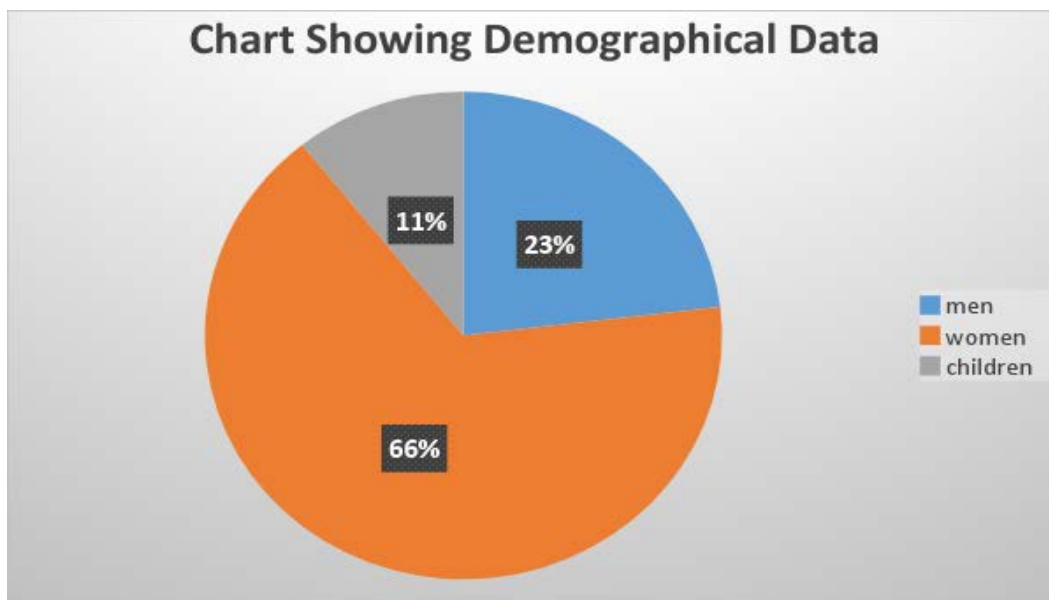
All patients who attended the camp had HIV testing and counselling done.

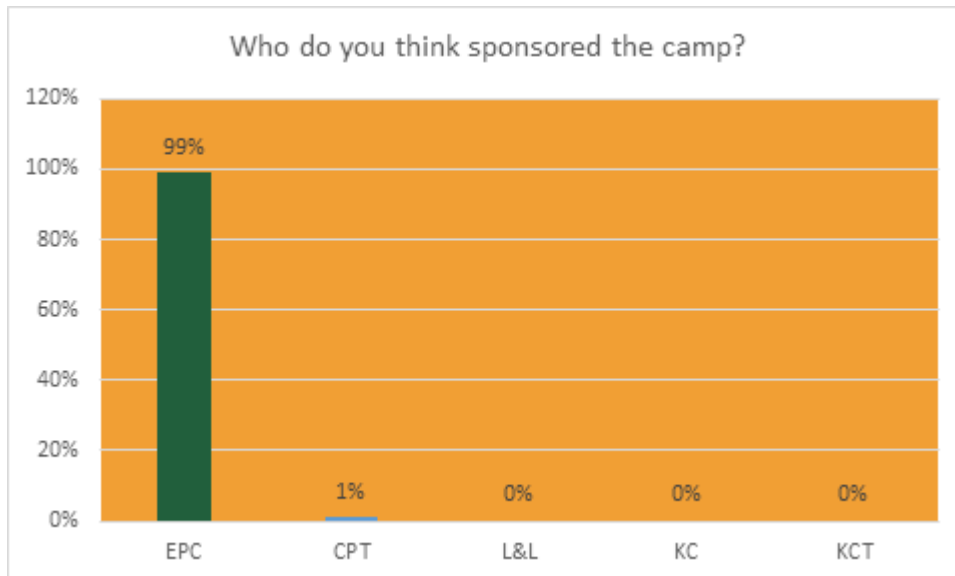
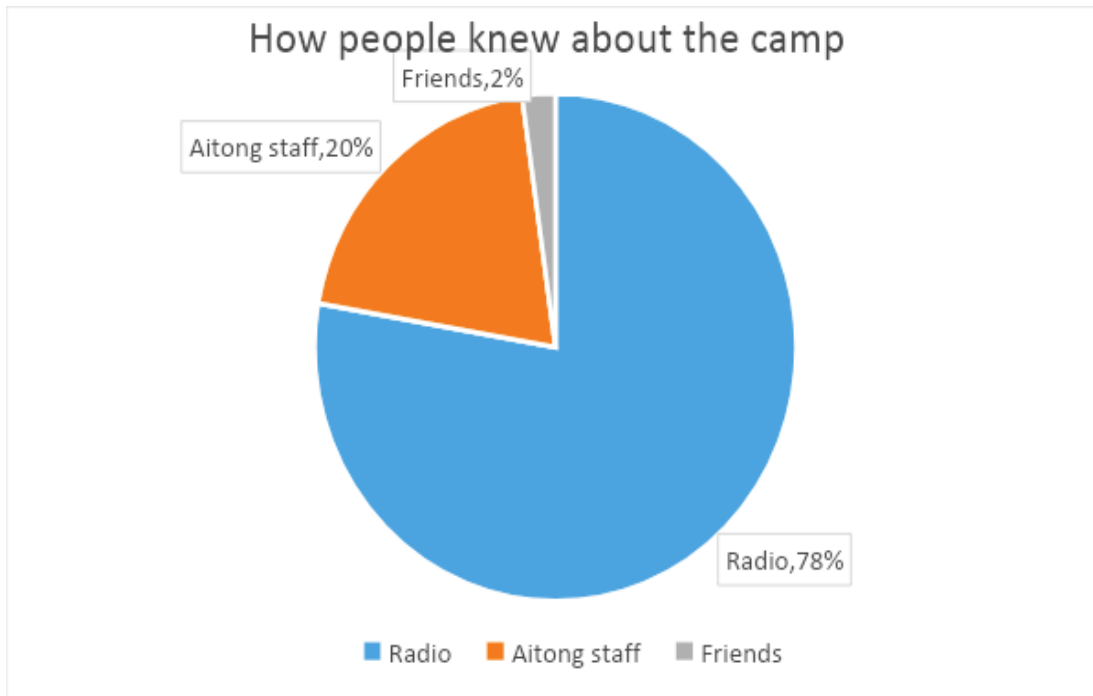
Visual Representation of Data

³ Appendix 3

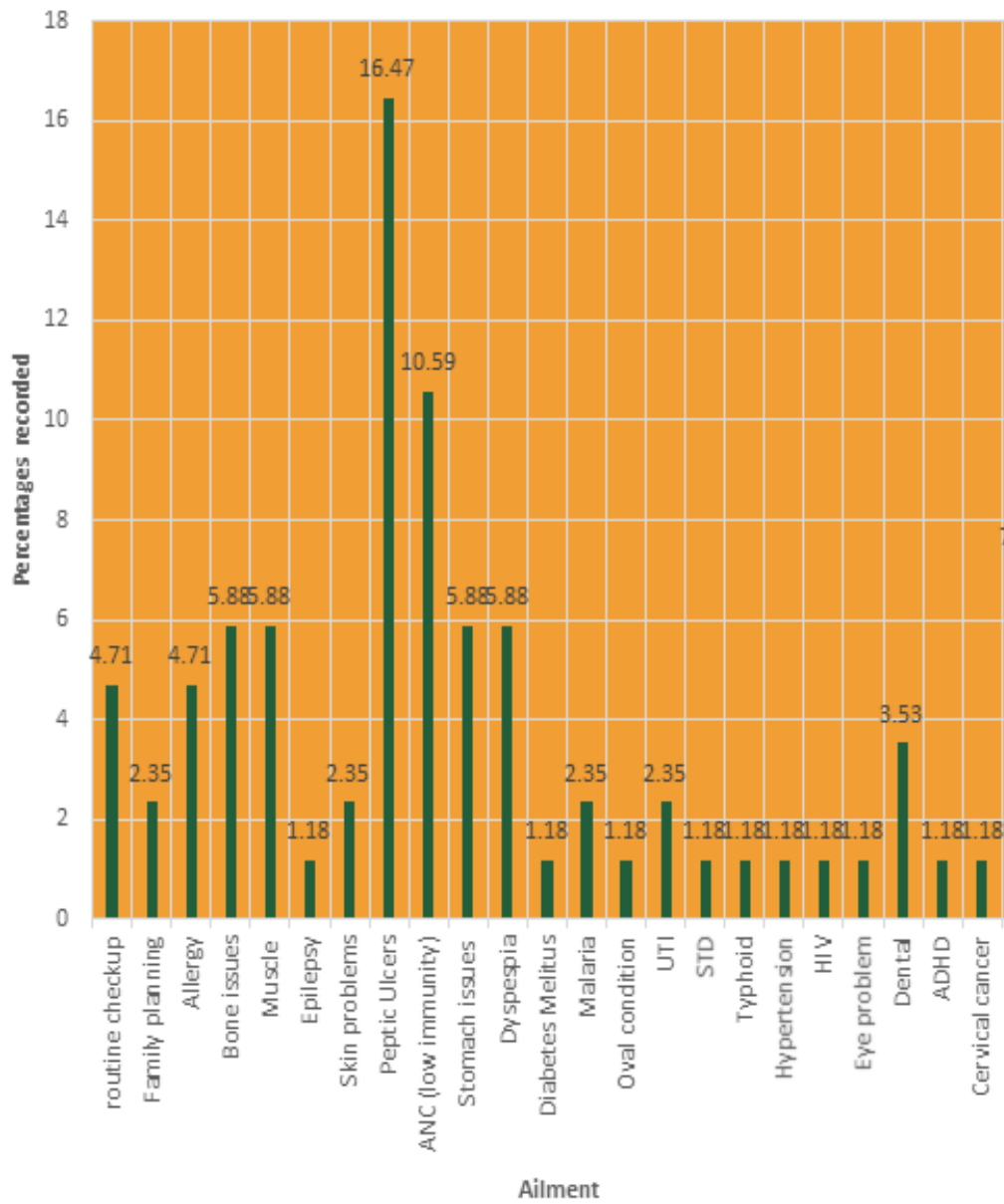
It is hoped that the data extracted from the questionnaires can be used to inform and improve next year's camp. We note for example a large proportion of women treated which is good. We also note high number of general health suggesting a high demand for GP services.

We see that radio is very successful as a medium to contact the population. It is also apparent however that more work needs to be done on educating the patients on who is responsible for the camp - despite clear messaging in the pre-event promotions, almost everyone named EPC over other supporters, which is not an ideal result.





Ailments Noted During the Camp



Review of the Camp

On 6th December the stakeholders present at the camp gathered for debrief and review. Present were representatives from Land & Life Foundation, Oasis Healthcare, Aitong Medical Centre, Elewana Elephant Pepper Camp, Kicheche Camps, Saruni Lodges and Safarilink. The debrief was held at the Mara Discovery Centre adjacent to the Aitong Medical Centre. Participants were divided into four groups of 7 each and were asked to discuss the strengths, and weaknesses of the event, and potential for improvements in the future.

STRENGTHS:

- Excellent community mobilization as showcased by the massive patient turn-out.
- Adequate medical supplies, especially the essential drugs.
- Great team-work between all key stakeholders
- Adequate financial, intellectual and manpower support from all key stakeholders.
- A receptive community.
- Clean facility with proper waste disposal procedures.
- Flowing queues.
- Short but effective consultation time in the doctor's rooms.
- Proper flow of communication within the team
- Effective patient-doctor communications due to provision of effective translators
- Relatively large NHIF insurance registration

WEAKNESSES:

- Inability to effectively perform certain tests due to lack of medications or equipment.
- Fewer primary healthcare providers compared to specialists.
- Ineffective client feedback system.
- Culture shock from the community especially on the mode of conducting cervical cancer screening.
- Lack of proper referral system.
- Inadequate equipment
- Broken communication in organization.
- Domestication of the camp by local staff.
- Inadequate lab equipment.
- Delayed dentist.

FUTURE IMPROVEMENTS & SUGGESTIONS:

- Increasing client flow by: setting the triage tent outside, increasing the number of general practitioners, more HTC booths.
- More specialists notably: ENT, dentists, ophthalmologist, gynaecologists and dermatologist.
- Supplying drugs for common disease disorders e.g. scabies in children.
- Increasing attendance by making a clinic day coincide with the Aitong market day i.e Thursdays.
- Shipping of portable equipment to the facility for the camp from Oasis healthcare in advance
- Stronger partnerships in the planning and implementation process.
- Provision of minor surgical procedures.
- Diversifying family planning options.
- Having 3 full days by flying in doctors a day before the beginning of the camp.
- Establishing a referral system from Aitong Medical Centre to Oasis Healthcare during the camp.
- Streamlining cervical cancer screening, prostate cancer screening and pregnancy tests by creating awareness on the same.
- Creating a local based data analysis data sheets.

Conclusions and Recommendations

The Annual Free Aitong Medical Camp was a great success, reaching a greater number of community than ever before and treating a record number of patients. The increased number of partnerships this year enabled a diversification of services and a greater reach, brought in more funds thanks to Kicheche and Saruni and increased medical expertise thanks to Oasis Healthcare. The flexibility and generosity of Safarilink enabled staff to be on the ground and the collaboration of NHIF allowed patients to access registration and extend the impact of the camp.

For the 2018 medical camp, we recommend:

- More general practitioners brought on board.
- Increased inter-partner engagement during the planning process.
- Increased scope of services offered, i.e. dermatological, reproductive health (prostate, cervical cancer screening, pregnancy tests, wide scope of family planning kits), ENT services and ophthalmology.
- Establish a referral system for patients with special cases to Oasis Healthcare
- Having 3 full days by flying in doctors a day before the beginning of the camp

As Land & Life Foundation looks forward to the 7th Aitong Medical Camp in 2018, we would like to thank all our sponsors and partners who played a very great role in the success of this venture.

The Annual Free Aitong Medical Camp looks forward to working with more partners to provide a healthier community through the benefits brought by wildlife and conservation.

Appendix 1

6th Aitong Medical Camp Schedule 2017

Day 1: Monday 4th December

Time	Activity	Facilitators	Venue	To do
By 9.00 a.m.	Team checks in at Safarilink	Safarilink	Wilson Airport	
10.00 – 11.00am	Flight from Nairobi – Wilson - Mara North	Safarilink	Wilson Airport	
12.00–1.00 p.m	Facility tour and tour of services. Briefing by Clinical Officer and Community Facilitator in-charge	Fred – Clinical Officer at Aitong	Aitong Health Centre (AHC)	Meet the staff, allocate rooms, translators and general organization
2.00 -4.30 p.m.	Lunch	L & L and Kicheche	AHC	
	Main activities: 1. Gynecological Case and Paediatrics 2. HIV/Diabetes Testing 3. General Clinic 4. Dental Clinic	All the doctors assisted by the clinic staff	Aitong Health Centre	Run errands for the medical team as need arise
5.00 – 6.00 p.m.	Debrief, sharing of ideas and prep for tomorrow.	All doctors and reps from L&L, Kicheche		
7.00 onwards	Intro of the Medical Camp to the staff at EPC/ Kicheche	Doctors-in-charge	EPC/ Kicheche camps	
8.00 p.m.	Dinner	EPC/ Kicheche	EPC/ Kicheche	

Day 2: Tuesday 5th December

Time	Activity	Facilitators	Venue	To do
7.00 – 7.45 a.m.	Break fast	EPC/ Kicheche	EPC/ Kicheche	
9.00 – 4.30p.m	Main activities: 1. Gynaecological Case and Paediatrics 2. HIV/Diabetes 3. General Clinic 4. Dental Clinic	All the doctors assisted by the clinic staff	Aitong Health Centre	# Run errands for the medical team as need arise # Lunch for 16 pax provided by EPC # Clinicians lunch arranged by L&L
5.00 – 6.00 p.m.	Debrief, sharing of ideas and prep for tomorrow	EPC/ Kicheche/ Saruni		
8.00 p.m.	Dinner	EPC/ Kicheche	EPC/ Kicheche	

Day 3: Wednesday 6th December

Time	Activity	Facilitators	Venue	To do
7.00 – 7.45 a.m	Breakfast	EPC/ Kicheche	EPC/ Kicheche	
9.00– 4.30 p.m	Main activities: 1. General Clinic 2. HIV/Diabetes 3. Gynaecological Case and Paediatrics 4. Dental Clinic	All the doctors assisted by the clinic staff	Aitong Health Centre	# Run errands for the medical team as need arise # Lunch for 17

				pax provided by Kicheche # Clinicians lunch arranged onsite by L&L
5.00 – 6.00 p.m.	<u>Brain storming session:</u> <ul style="list-style-type: none"> • SWOT of the Camp • Lessons learnt • Way forward: 2018 Camp 	Everyone led by TBC	Mara Discovery Centre	Interactive Q&A session write all the comments from all in attendance on the flipchart Take photos
7.00 – 7.45 p.m.	Relaxation	EPC/ Kicheche		
8.00 p.m.	Dinner	EPC/ Kicheche		

Day 4: Thursday 7th December

Time	Activity	Facilitators	Venue	To do
7.00 – 7.45 a.m.	Breakfast	EPC/ Kicheche	EPC/ Kicheche	
8.00 – 11.30 a.m.	Staff checkups	Doctors/ Nurse	EPC/ Kicheche/Saruni	Prep for the talk Property Managers to prepare venue
12.00 p.m. – 1.45 p.m.	Relaxation, Packing and Lunch	EPC/ Kicheche/Saruni	EPC/ Kicheche/Saruni	
2.00 p.m. – 3.30 p.m.	Game Drive and head to the airstrip	EPC/ Kicheche	EPC/ Kicheche/Saruni	
4.00 p.m.	Departure for Nairobi	Safarilink	MNC airstrip	

Appendix 2

LAND & LIFE FOUNDATION		
QUANTITY	ITEM	PACK SIZE
2	Albendazole 400mg Tabs	1000s
50	Albendazole Syrup 10ml	Each
100	Alugel Syrup 100ml	Each
8	Amoxicillin 250mg Caps	1000s
100	Amoxicillin Syrup 100ml	Each
2	Antacid Tabs	1000s
200	Augmentin Generic (Claxy 625)	10s
30	Ceftriaxone 1g Inj	Each
20	Ceftriaxone 250mg Inj	Each
100	Clotrimazole Cream	Each
5	Cloxacillin 250mg Caps	1000s
100	Cloxacillin Syrup 100ml	Each
1	Cotrimoxazole Syrup	5 Litres
2	Cotrimoxazole Tabs	1000s
2	Cough Syrup Green	5 Litres
20	Crepe Bandage 4"	Each
20	Crepe Bandage 6"	Each
100	Diclofenac Gel	Each
50	Diclofenac Inj	Each
2	Diclofenac Tabs 50mg	100s
1	Distilled Water	5 Litres
3	Erythromycin 500mg	100s
5	Ferrous Sulphate	1000s
5	Folic Acid 5mg	1000s
4	Gauze Roll 750g	Each
1	Ibuprofen 200mg	1000s
2	Ibuprofen 400mg	500s
5	Latex Gloves M	100s
10	Lignocaine Inj	Each
10	Lignocaine With Adrenaline	Each
2	Metronidazole 200mg	1000s
2	Metronidazole 400mg	500s
4	Nitrofurantoin Tabs	1000s
30	Norfloxacin 400mg	100s
2	Novasept Providone Iodine	5 Litres
1	Nylon Sutures 2/0	Box
30	Omeprazole 20mg	100s
2	Oncall Plus Glucometer	Each
2	Oncall Plus Test Strips	50s
100	ORS Sachets	Each
2	Paracetamol Syrup	5 Litres
5	Paracetamol Tabs	1000s
2	Piriton Generic Syrup	5 Litres
1	Piriton Generic Tabs	1000s
1	Prednisolone 5mg	1000s
1	Quinine Sulphate 300mg	100s
10	Safety Boxes	Each
100	Salbutamol Inhaler	Each
1	Salbutamol Tabs	1000s
1	Sterile Gauze 3"	100s

5	Surgical Spirit	1 Litre
1	Syringes 10ml With Needle	100s
2	Syringes 20ml	100s
2	Syringes 5ml With Needle	100s
3	Urinalysis Strips	100s
250	Urine Container	Each
15	Zinc Sulphate Tabs Dispersible	100s

Budget

Medical supplies							
Expense	Number	Description	Unit Cost (KSh)	Cost in USD	Cost in KSH	Cost USD	
Medicine+Equipment			KES174,970.00	USD1,700.39	KES174,970.00	USD1,700.39	
Total				USD1,700.39	KES174,970.00	USD1,700.39	
CHWS							
Expense	Number	Description	Unit Cost (KSh)	Cost in USD	Cost in KSH	Cost USD	
Meals						USD0.00	
	18	packed lunch for 11 clinic staff for 2 days plus 1 nurse from the county and 2 miscellaneous @ staff 300 per day	KES600.00	USD5.83	KES10,800.00	USD104.96	
Transport							
2	7	Airport taxes for the six doctors	KES2,263.80	USD22.00	KES15,846.60	USD154.00	
	3	Tickets for L&L team with 50% off	KES19,705.35	USD191.50	KES59,116.05	USD574.50	
Mobilization							
3	Stipend	15	1 translator per doctor for 2.5 days, 6 doctors in total	KES500.00	USD4.86	KES7,500.00	USD72.89
		25	1 data collector for 2.5 days	KES500.00	USD4.86	KES1,250.00	USD12.15
		15	6 clinic staff for 2.5 days	KES750.00	USD7.29	KES11,250.00	USD109.33
	Mira discovery center	0.5	Evening for SWOT analysis. Equated as half a day	KES3,000.00	USD29.15	KES1,500.00	USD14.58
				USD0.00	KES0.00	USD0.00	
Total			KES27,319.15	USD265.49	KES107,262.65	USD1,042.40	
Publicity							
Expense	Number	Description	Unit Cost (KSh)	Cost in USD	Cost in KSH	Cost USD	
Radio classifies	1	4 classifies two days	KES162,400.00	USD1,578.23	KES162,400.00	USD1,578.23	
Airtime	1	Airtime for Daniel Muli to facilitate sending texts and making calls	KES500.00	USD4.86	KES500.00	USD4.86	
Total					KES162,900.00	USD1,583.09	
Other costs							
Expense	Number	Description	Unit Cost (KSh)	Cost in USD	Cost in KSH	Cost USD	
Contingency	1	In case of unforeseen expenses. To be accounted for on arrival from the field	KES10,000.00	USD97.18	KES10,000.00	USD97.18	
camp registration	1	license application based on the number of people to be reached	KES5,000.00	USD48.59	KES5,000.00	USD48.59	
Total					KES15,000.00	USD145.77	
Grand total					KES460,132.65	USD4,437.15	