

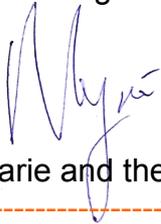
**NEWSLETTER - KENYA SCHOOL FOR INTEGRATED MEDICINE**  
**Year 12, number 20, December 2018**

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Dear all,

This year has been an extremely busy one for the school and its projects in the community of Kwale County. We are now almost ending the 4<sup>th</sup> year of our project with the European Union and the focus has been very much on increasing the numbers of our students, as well as the working in the community supporting the government community health strategy. We're happy to share the following achievements we have been accomplished this year and give a BIG THANK YOU to all the people who are supporting us!

Warm regards,



Marie and the 4Kenya team

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*Friday 7<sup>th</sup> December 2018 we celebrated our 8<sup>th</sup> Graduation whereby 46 Community Health Students graduated: congratulations to you all!*

## UPDATE SCHOOL

### *Nutrition Accreditation:*

We were given full accreditation from Kenya Nutrition and Dietetics Institute (KNDI) for our certificate and diploma nutrition programs. We worked closely with the Ministry of Health, Kwale County in consulting with KNDI and further developing our curriculums. Since then we have begun a new two-year certificate program in Nutrition in January 2018 and our students have just done their exams through KNEC in November.

### *Community Health Program:*

We also started three new groups of Community Health & HIV/AIDS Management certificate programs in January, May and September 2018. Over 100 students came into our school and as a result we have had over 200 students all together in our institution for the first time. This has made it a very busy time in our school as we cater for so many students.



### *Infrastructure:*

As a result of all this activity we are now busy increasing our infrastructure capacity for the institution. Our goal for 2019 is to increase the capacity of the school to cater for up to 250 students, with 210 of these being boarding students. The following building have been completed:

- a) A new dining area for over 100 students, giving students a pleasant and cozy place to eat their food.
- b) New water containment systems have been built so we can capture all rainwater in the campus. We also have built a new well, enhancing our water capturing capacity. Renovations were made to our existing hostels, ensuring our students have all necessary facilities.
- c) Our kitchen has been upgraded and given necessary equipment to ensure quality food is produced. We have three full time chefs working now and providing food for over 200 students and 35 employees daily.

### *Technological innovation:*

We are currently working on developing an in-house school management system called "Open Educat" that will help us automate all the functions of the school. It will allow parents and students to check all records and fee payments and allows all functions of the school, including basic administration, finance, library, kitchen functions etc. to be fully automated and managed. This can greatly enhance the school's ability to function. This year we also built our own mast to improve our internet coverage, which has been a challenge to have consistent coverage. So now we are able to have more consistent coverage, which is important for future technological needs of the institution.

*Sustainability:*

In the last two years, we invested also in our solar systems so we can have more reliable power sources and also with our long-term sustainability plans, given the problems with power in Kenya. Our goals with using solar power and also water containment systems is to create a sustainable environment for the institution so at the end of the EU project in 2020 the school can function in a sustainable manner.

We have bought bicycles for staff and students who want to join the bicycle club. This allows them to take a bicycle and journey either to Kwale or elsewhere for pleasure and practical chores.

## COMMUNITY HEALTH STRATEGY

The school has been working actively with the Ministry of Health, Kwale County in implementing its Community Health Strategy through developing Community Health Units. This requires the training and support of Community Health Volunteers (CHV). In 2018, we have finally completed the training of 24 community units, supporting 240 CHV's and 240 CHC's, and working with sub-county public health officers and Community Health Extension Workers



(CHEWS). Each Community Health Unit is given training in establishing the unit and we have supplied bicycles, books and other equipment to ensure the CHV's are able to do their job effectively. We also give them an introduction training in "Community Latrine Total Sanitation" (CLTS) and an introduction to Homeopathic Medicine.

## HEALTH INFORMATION SYSTEMS: (DHIS2 TRACKER)

As part of the Community Health Strategy, we have also been working on establishing an innovative digital health information system that can help CHV's more effectively collect health data at a community level. The current system involves using large log-books that need to be replaced and also requires the manual transfer of data using public health officers and health information officers. Our new system has the potential to collect data much more accurately and efficiently and can be a model for data collection in the whole country at community level. The DHIS2 is an open source globally used health information system and Kenya is one of the countries using this system. Our project is the only one in Kenya and much of the world, which is using data being collected at the community level using this form of technology. Currently we are collecting data from over 125,000 people, which covers 1/7 of the whole of Kwale County.

## CLINICAL OUTREACHES FOR HOMEOPATHY AND NUTRITION

As part of our project, we are ensuring that health services can reach as many people in the community as possible. We now have 4 fixed clinics situated throughout the County and also are running 18 mobile clinics. Each of these clinics is within the community units we have established and so we are working closely with the communities to ensure that health services are able to reach areas that are challenged to access affordable healthcare. So far, we have treated over 3,500 patients in all parts of the County in the last year.



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## PERMACULTURE TRAINING AND CULTIVATION

One of the innovative programs we have introduced this year is in training both staff and students into the principles of permaculture. This has allowed us to totally regenerate our own “shamba” (farm) based on permaculture principles. This has meant using principles of organic agriculture, mixed crops, mulching, integrated pest management, composting and other natural technologies that has greatly enhanced the capacity of our shamba to grow organic and nutritious food to supplement our kitchen. We have been able to teach staff and students the benefits of this system of farming and land use. We also have 4 onsite beehives and are producing our own honey!



## RESEARCH

As part of our project with the European Union, we have embarked on some research projects, along with our partners, Homeopathy for Health in Africa (HHA) and North Coast Medical Training College. We are hoping this research, with its focus on Traditional and Alternative Medicine will produce evidence to support the inclusion of these forms of medicines in the Kenyan health care system.

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## THE NEW KENYAN HEALTH CARE ACT AND THE KENYAN SOCIETY OF HOMEOPATHS

For the last 3 years, we have been helping to sponsor and host the annual conference of the Kenyan Society of Homeopaths in Kwale. Homeopaths from throughout the country have come to Kwale to participate in the annual conference for the Society as it works to support the accreditation and recognition of the homeopathic profession in Kenya. The new Kenyan health act passed in 2017 and the government is in the process of developing policies and a regulatory board to help the development of Traditional and Alternative practices. The Kenyan Society of Homeopaths is actively preparing for this by establishing a new examination process and refining its standards for professional membership of the society.

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## EXTRA SHORT COURSES

We are always on the look out to offer extra courses for our students and staff, as part of staff development. This year we focused on our permaculture courses for most of the staff and also students. We always do our Red Cross 1<sup>st</sup> Aid course annually and this year, we recently sent our ICT Officer in charge of DHIS2 tracker to a large medical conference in Liverpool, UK. We have offered sewing courses to some staff members and also offered a computer training package to our staff.



*Fire training students*



*First Aid training by Red Cross*

## FUNDRAISING NEEDS

We have been fortunate in the last four years that the European Union has supported our mission in Kenya and that we have been able to work with our main partner, the Ministry of Health, Kwale County in supporting Community Health Strategy in Kwale County. Our innovative work using a digital health information system has been a pioneering use of the community data collection in Kwale County. It has a huge potential to improve data collection in the whole country at community level.

However, we have to match the funds given to us by the European Union and with only one year left in the project, we have to ensure that what we have established is sustainable for future development programs that we want to maintain.

Also, we have always found it a challenge to be able to find fee-paying students to the school. Many parents in Kwale County struggle economically and can't afford to send their children to college. Therefore we are actively raising funds for our School Education Fund.

## 4KENYA REVOLVING HELB FUND

We are now working with a government body to help establish a student education fund called Higher Education Loan Board (HELB). This organization will manage an education fund for institutions and ensure that the students are able to access funds and also pay the funds back at appropriate times. However, the school has to raise funds in order to start a Revolving Fund. This can be a very effective way for us to raise funds and give opportunities to many under privileged students.



*Many thanks to our dear colleague and friend Annelie Smits together with "Het Elde College" she raised 12,443.60 euro for our Student Education Fund!*

### COMMUNITY HEALTH STRATEGY

The community needs are one of the most important things that can be done to support the health needs of the community. The Community Health Strategy supports health at the level at which it's really needed – in the community. Appropriate intervention at the community level can ideally prevent many conditions that can lead to further health problems at a later date. The interventions we have made also in collecting health data can also greatly assist in how policies are put in place. With further funding, we will be in place to embark on further trainings in the community to create greater sustainability. The following areas can be given further priority and focus if we have funds to initiate this:

- i) Sanitation and access to clean water through Open Defecation Free (ODF) programs
- ii) Social marketing (setting up small scale economic programmes in the community)
- iii) VSLA (Village savings and loan associations)
- iv) Permaculture and food security training – giving knowledge on agricultural land use and sustainable farming practices.
- v) Nutrition programmes for mothers and children at community level

### NEW HOSTEL FOR 86 STUDENTS

This hostel is designed for the tropics and incorporating best practice eco features with a “green roof”, a living roof with plants and grass on top to provide wonderful insulation and is environmentally friendly. Rooms are made with ample light, high ceilings for good airflow in this beautiful tropical environment. Each room opens on to a courtyard, which will be filled with plants and greenery. There is a specially designed quiet room, which can be used by students of all faiths for prayer, religious study and meditation. We make extensive use of rainwater with massive underground catchment tanks and most water is recycled within the larger campus.

Please support our programs and ensure our institution can serve the community in the most effective way. Last year we celebrated the 10<sup>th</sup> anniversary of the Kenya School for Integrated Medicine and we are now planning for the next 10 years of holistic education that can support the community and provide quality education for young women and men in the Kwale County community.



For donations please visit: <http://www.kenyaschoolforintegratedmedicine.org/donate/>

***We would like to wish you all happy holidays and a healthy New Year!***