

HEREAFTER GHANA (MHP)
HEALTH OUTREACH REPORT
COMMUNITY: BALSHEI
DATE: 7th OCTOBER 2023

INTRODUCTION

HEREAFTER GHANA (MHP) has carried out a number of projects, in the past, that seek to relieve the suffering of vulnerable groups in communities, and health outreach is one of them. The first health outreach was carried out in early 2018. MHP, as a continuation, embarked on the 4th quarter edition of its 2023 health outreaches on the 7th of October, 2023 at Balshei, a community in the Nantong district of Northern Region of Ghana.

The outreach aimed at;

- Providing health education on contemporary health issues
- Early detection of health conditions by screening and preventing the worsening of health condition through counselling and early referral.
- Improving the health and wellbeing of the rural people who do not have easy and regular access to healthcare.

ACTIVITIES CARRIED OUT

The following activities were carried out during the outreach;

1. Screening for hypertension
2. Nutritional status assessment for adults
3. Hepatitis B screening
4. Malaria testing for children and adults
5. Medical consultation and counselling
6. Prescription and Dispensary of drugs for people with diagnosed conditions
7. Nutritional counselling of clients

COVERAGE AND PARTICIPATION

Overall, the team was able to screen and assess 149 people (91 adults, 58 children) on the various health conditions with 63 males and 86 female. 29 of them were given available medications after medical consultation and 20 were also counseled on good nutrition, and dietary and lifestyle behaviors based on assessment results. 2 people were found to be reactive to the hepatitis B testing and they were taken through counselling and referred to the hospital for further assessment and treatment. Clients who were non-reactive to hepatitis B were encourage to take the Hepatitis B vaccination in order to stay protected.

The screening on the various health conditions are represented below;

Condition	Number screened	Number reactive
Hepatitis B	130	2
Malaria	144	36
Hypertension	55	20 (with abnormal BP)
Body Mass Index (BMI)	24	6 (Underweight = 2 Overweight and obese = 4)

The MHP Health Team

The health team in attendance were as follows;

Medical doctors

1. Dr. Munkaila Mohammed
2. Dr. Abdul Rahman Salnma L.

Nutritionists

1. Mr. Abdul Latif Abdul Rahman
2. Mr. Sulemana Hussein

Nurses

1. Ms. Fatima Yahaya
2. Mr. Rahman Tunteeya Huzaifa

Biomedical laboratory scientists

1. Dr. Nu-aim Alaru Fuseini
2. Dr. Hikmatu Katari Alhassan

Other MHP Volunteers

1. Ms. Sanusi Naimatu
2. Ms. Yussif Mutiatu
3. Ms. Adisa Mandeiya Mahama

MHP Executives

1. Mr. Iliasu Issahaku
2. Mr. Yakubu Baba Mohammed
3. Mr. Baba Issah

Thus, a total of 14 personnel constituted the health team for the outreach.

CHALLENGES

- ❖ Lack of vehicle for transportation of staff to the field
- ❖ Late reporting by some members of the team
- ❖ Inadequate medical officers for consultation and counselling.
- ❖ Inadequate Nutritionists for consultation and counselling.
- ❖ Inadequate funds to procure more drugs
- ❖ Difficulty in sourcing for health personnel

RECOMMENDATIONS

- ✓ We need to go out very early in order to meet community members before they go for their daily businesses
- ✓ Hemoglobin (HB) test machine and strips should be procured to check HB of pregnant women.
- ✓ Iron and folic acid supplements should be procured to give pregnant women.

- ✓ Other painkillers aside paracetamol should be procured to augment the available medications.
- ✓ More adult medications should be procured.
- ✓ Anti-hypertensive drugs should be procured.
- ✓ A box pens should be procured for use by the health team.

ACKNOWLEDGEMENT

We thank the almighty Allah for guiding us through the outreach successfully. We would like to extend our appreciation to all our generous donors for their generosity. We pray for the Almighty Allah bless them.. Our unwavering appreciation also goes the chief, elders and the Assemblyman for Balshei for, among others things, their hospitality, support and contribution to the success of the outreach. We appreciate the entire community, for their relentless support in the organization and execution of this outreach. We express our appreciation to all members of the MHP health team, may Allah bless our efforts and sacrifices, and continue to make our subsequent outreaches successful.

EXPENDITURE

A total of **GHS 775.00** was expended during the outreach. The breakdown is captured in the table below

Item	Number	Rate (GHS)	Frequency (Days)	Amount (GHS)
Fuel for Community Entry	1	80.00	1	80.00
Fuel for the Outreach	1	300.00	1	300.00
Lunch	15	25.00	1	375.00
Bag of Sachet Water	2	10.00	1	20.00
Total				775.00