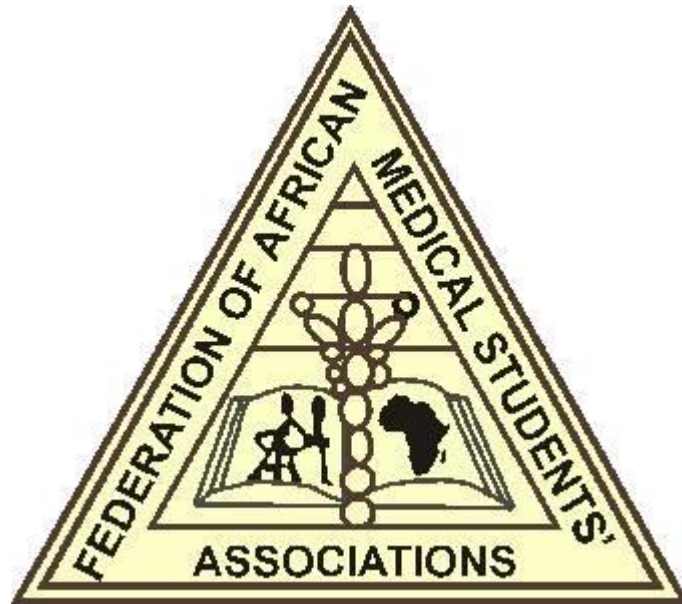


**FEDERATION OF AFRICAN MEDICAL STUDENTS'
ASSOCIATIONS (FAMSA)
HEADQUARTERS' BOARD**



**REPORT ON BREAST CANCER AWARENESS PROJECT
PRESENTED AT THE FAMSA HQ BOARD MEETING**

**VENUE: FAMEWO COMMON ROOM, ALEXANDER BROWN
HALL, UNIVERSITY COLLEGE HOSPITAL, IBADAN.**

DATE: 6TH NOVEMBER, 2019

OUTLINE

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INTRODUCTION

Breast cancer is the most common cancer affecting women and is responsible for the greatest number of deaths among females suffering from cancer. The Breast Cancer Awareness Month is an internationally celebrated month every year by various organizations, health associations and charity bodies to sensitize the public about the disease and possibly raise funds for research about breast cancer and treatment of people living with the disease.

The Federation of African Medical Students' Association Headquarters' Board celebrates the Breast Cancer Awareness Campaign every year through her instituted project called "the Pink Project" dedicated to increasing awareness for the disease among the African population. The project was executed from Tuesday, 1st October, 2019 to Thursday, 31st October, 2019.

MEMBERS

The committee for the 2019 Pink Project was constituted in August, 2019. The members of this committee are:

- Mr. AYODELE, Abdulmalik – Chairman of Committee
- Mr. ODEDARA, Ayodele - Supervisor
- Miss ODBOGU, Ifeyinwa – Secretary of Committee
- Mr. AFOLAYAN, Abdulgafar - member
- Miss CHUKWU, Frances - member
- Mr. ALABI, Phillip - member
- Mr. YAKUBU, Ibrahim - member

APPROACH AND EXECUTION

The project included several activities some of which were planned by the Association, others by partners. The approach and activities include:

- Partners
- Awareness walks
- Massive Online Campaign
- Pink Ribbon Sale
- Radio interview sessions
- Major Outreach

Details of the approach and activities are given below.

PARTNERS

The Committee partnered with **SMILEBUILDER INITIATIVE** to for radio interview sessions and publicity of the daily electronic posters released on breast cancer awareness. There was also partnership with Access to Basic Medical Care Foundation where the Committee got some shirts (10 shirts) and caps (10 caps). Also, partnership the **Ibadan Multidisciplinary Breast Tumour Board** got the Committee a sum of ₦20,000 towards the health outreach.

AWARENESS WALKS

FAMSA Headquarters' Board took part in three Breast Cancer Awareness walks with other organizations to major markets in Ibadan sharing pamphlets and educating people, both market men and women about breast cancer. The walks took place as follows:

- Friday, 4th of October, 2019 with the Access to Basic Medical Care Foundation from Bodija to the State Secretariat with 9 board members in attendance.



- Saturday, 12th of October, 2019 with the Alexander Brown Hall Female Affairs Ministry from Alexander Brown Hall to Oje Market with 6 board members in attendance.
- Saturday, 19th of October, 2019 with the University College Hospital Ibadan Fitness Group from the Hospital to Oje Market with 3 board members in attendance

MASSIVE ONLINE CAMPAIGN

Electronic posters were released day after day throughout the whole month. There were about 34 e-posters in all, some of which contained definition of breast cancer, its incidence, signs and symptoms about breast cancer, myths and facts, benefits of early diagnosis, infographics about self-breast examinations etc. These e-posters were put on the Association's various social media platforms all over Africa; from twitter to Instagram and also with partners. The e-posters were also shared with the chairman of the Standing Committee on Health and Environment (SCOHE) who also ensured more publicity for the e-posters.



PINK RIBBON SALE

The Board also engaged in the sale of pink ribbons which were to be worn on shirts and ward coats of medical students. The initiative was for the purposes of raising funds for the Project as well as creating awareness for the Pink Month through brandishing the touch of pink on their outfit. The Board members were charged ₦200 for their ribbons. A total of ₦11,750 was made.

RADIO INTERVIEW SESSIONS

A total of 6 radio sessions were held across 2 radio stations. The slots for these radio sessions were gotten through SmileBuilder Initiative as this was part of the agreement signed by both organizations in the MoU written for the purpose of the 2019 October Pink Project. The radio

S/N	DATE	RADIO STATION	TIME/DURATION	SPEAKER	TOPIC
1	7/10/2019	LeadRadio FM	9:30am-10:00am	Dr. Iliyas Muibi, UCH Medical Hofficer	Cancer, a Brief Overview
2	14/10/2019	Splash FM	10:00am-11:00am	Dr Yayah Muhammad Bashir, MBBS Ibadan 2019.	Breast Cancer Awareness
3	14/10/2019	LeadRadio FM	9:30am-10:00am	Dr Edwin Cole, MBBS Ibadan 2019.	Breast Cancer; Psychologic Perspective
4	21/10/2019	LeadRadio FM	9:30am-10:00am	Dr Subomi Omoleye, House Officer, UCH.	Prevention of Breast Cancer
5	22/10/2019	Splash FM	3:00pm-4:00pm	Dr Ridwan Adebodun, House Office, Sokoto.	Curbing the Social Menace of Breast Cancer
6	28/10/2019	LeadRadio FM	9:30am-10:00am	Dr Chinedu Nwaduru, former Administrator FAMSA HQ's Board	Treatment and Treatment Options for Breast Cancer

sessions broke discussion on breast cancer into topics, each of which was treated in the radio sessions. There was a total of four radio sessions with LeadRadio 106.3 FM and two with Splash 105.5FM. The radio sessions held as on the table above.

MAJOR OUTREACH

The Outreach was the major activity for the pink month. It held on the last Saturday, 26th October, 2019 at Apete Primary Health Care Center at Apete, Ido Local Government, Ibadan. The Outreach was sponsored by Ibadan Multidisciplinary Breast Tumour Board with five (5) representatives present from the Organization at the Outreach. There were eighteen (18) board members present, two (2) registrars from the Department of Radiation Oncology and four (4) people from SmileBuilder Initiative. The PHC made six beds available for clinical breast examination on three rooms. Prior to the day of the outreach, community sensitizers had been mobilized to go to the community and create awareness for the Outreach.

Before the screening exercise commenced, the women were enlightened about breast cancer, its prevalence, risk factors, signs and symptoms as well as self-breast examination. They were allowed to ask questions and their fears were alleviated. The women made it known that they were glad and happy with our visit.



Although about eighty (80) women were expected for the screening exercise, an encouraging number of eighty-five (85) women were screened. Registration slips were made in which participants' biodata, anthropometrics, blood pressure and the examining doctor's assessment was to be filled. Among the 85 women that were examined, sixty-five (65) of them had normal breast examination, while the remaining twenty (20) had abnormal breast finding; three (3) of which had congenital accessory nipple, another three (3) had enlarged axillary lymph nodes. The table 1.0 below give the raw data obtained from the participants in which some form of pathology was detected.

TABLE 1.0

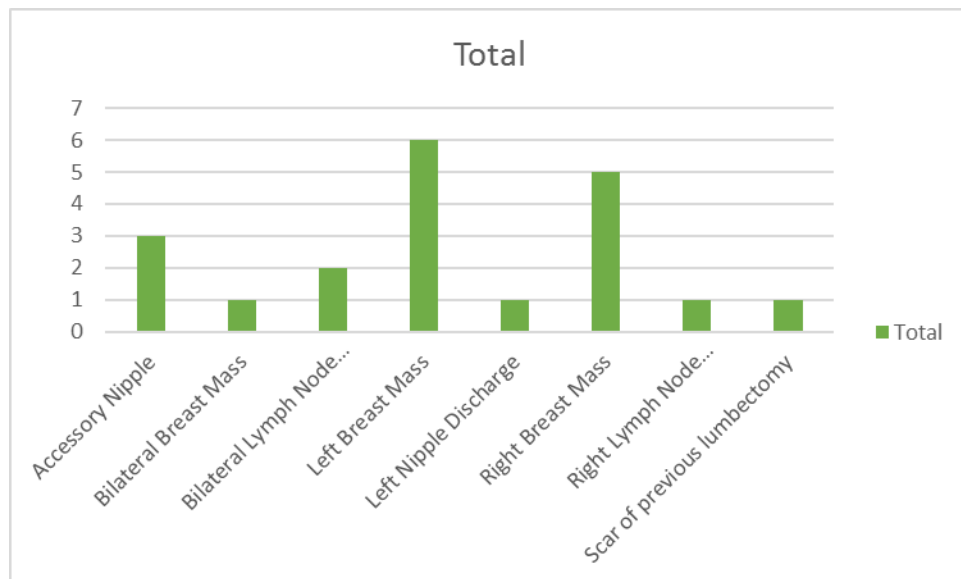
S/N	AGE	MARITAL STATUS	OCCUPATION	BREAST/AXILLARY PATOLOGY
1	55	Married	Trading	Scar of previous lumpectomy
2	20	Married	Fashion Designer	Right Breast Mass
3	30	Married	Cleaner	Bilateral Lymph Node Enlargement
4	22	Married	Trading	Right Lymph Node Enlargement
5	30	Married	Hairdresser	Bilateral Lymph Node Enlargement
6	36	Married	Teacher	Left Breast Mass
7	37	Married	Trading	Left Breast Mass
8	25	Married	Fashion Designer	Left Breast Mass
9	70	Widowed	Farmer	Left Breast Mass
10	31	Married	Hairdresser	Left Breast Mass
11	33	Married	Teacher	Right Breast Mass
12	40	Married	Civil Servant	Bilateral Breast Mass
13	45	Married	Trading	Accessory Nipple
14	22	Married	Student	Right Breast Mass
15	18	Single	Unemployed	Right Breast Mass
16	43	Married	Health Worker	Accessory Nipple
17	18	Single	Student	Accessory Nipple
18	19	Single	Student	Right Breast Mass
19	23	Married	Trading	Left Breast Mass
20	50	Married	Fashion Designer	Left Nipple Discharge

Upon further analysis, the following information was gotten:

TABLE 2.0

BREAST/AXILLARY PATHOLOGY	NUMBER OF PARTICIPANTS
Accessory Nipple	3
Bilateral Breast Mass	1
Bilateral Lymph Node Enlargement	2
Left Breast Mass	6
Left Nipple Discharge	1
Right Breast Mass	5
Right Lymph Node Enlargement	1
Scar of previous lumpectomy	1
Grand Total	20

From table 2.0, one can compare the frequency or incidence of breast or axillary pathology among the women with the pathology of highest incidence being left breast mass, followed by a right breast mass. The chart below further simplifies the information from the table.



Patients with breast pathology were given labelled radiology forms from the University College Hospital (UCH) with request for breast ultrasound and clinical details of the particular participants. These investigations are to be done at a subsidized rate or for free at UCH.

FINANCIAL REPORT

A total budget of ₦233,650 was drawn up for the execution of the 2019 Pink Project. Proposals were sent out with letters requesting for sponsorship from several persons and organizations. However, the persons and organizations were not forthcoming. Details of money gotten include donations from:

- Ibadan Multidisciplinary Breast Tumour Board - ₦20,000
- Dr Malomo, Consultant Neurosurgeon - ₦5,000
- Dr Agunloye. Consultant Radiologist - ₦5,000
- A fellow board member also contributed ₦5,000
- Ribbon sale made a sum of ₦11,750

This makes a total sum of ₦46,750.

EXPENDITURE

S/N	ACTIVITY	DESCRIPTION	AMOUNT (₦)
1	Printing and binding proposals, letters, envelopes and registration slips	Proposals	2,350
		Letters	400
		Envelopes	500
		Registration slips	140
2	Payment to Graphics Designer	A total of 20 electronic posters with the Activity Guide	15,000
3	Speaker	For the talk at the outreach	1,500
4	Transportation	To the awareness walk with ABC Foundation	3,000
		To the outreach at Apete PHC	4,000
5	Welfare and transportation to radio programmes	Drinks	450
		Transport	500
6	Office pins	For attaching the ribbons	600
7	Food	At the rate of ₦270 for 33 people	8910
		₦320 each for 5 people	1600
8	Table water and drinks	3 packs of table water at ₦550 each	1650
		5 packs of drinks at ₦150 each	750
9	Nonsterile gloves	For examinations	1200

10	Chairs	3 dozen, ₦500 each	1500
11	Battery	For the microphones	100
12	Pen and Nylon bag	2 pens for writing	100
TOTAL			44,250

CHALLENGES

- Lack of response from Corporate Organizations and persons that were written to for sponsorship: Letters that were written to McCure Diagnostics, Molly Hospital Specialist Hospital, Wife to the State Governor and the state Ministry of Health were not responded to despite several follow up attempts. Breast Cancer Support group that was a major supporter of the campaign last year did not also respond to our request for partnership and sponsorship. The University of Ibadan Medical Students Association which is our home MSA did not also respond to the email for partnership despite sending reminders.
- Discouraging responses from people that were written to: A lot of the consultants that were written to from within UCH rejected the request for sponsorship while others did not respond at all despite follow up.
- Securing a Sound System: It was difficult to secure a sound system that was portable and appropriate for the outreach. Every portable sound system had been booked and it was difficult getting one.
- Lack of funds and financial insecurity of the FAMSA HQ Board: Until the day before the outreach to the PHC, there was not enough money to cover the months expenses.

RECOMMENDATIONS

- The FAMSA HQ Board should look into securing funds for the activities of each administration year through sponsors, politicians, partners and organizations.
- Adequate mobilization for the outreach will definitely affect the outreach. Further outreaches should ensure good rapport with the Primary Health Care Center for a good population turnout and community support.
- Letters written to the College of Medicine for leasing the bus should be correctly addressed; not to the provost, but to the college secretary.

APPRECIATION

The 2019 Pink Project Committee will like to thank all board members for their efforts and participation towards the success of this project despite the fact that they were not part of the committee. It is not overstretching the fact to say without the collective efforts, selflessness and hard work of all the board members, the project would not have been a success.

Special appreciation goes to the Ibadan Multidisciplinary Breast Tumour Board who made a contribution at the time we needed it most and turned the outreach from a dreaded failure to a resounding success. Great thanks to the Department of Radiation Oncology who sent two resident doctors who helped in the screening of the woman despite their busy schedule. Worthy of note is the effort of SmilBuilder Initiative for helping us secure interview slots and appreciations to the radio stations who aired us and the speakers who spoke. Also worthy of note is the Access to Basic Medical Care Foundation who gave us the necessary inertia to having a successful Pink Project.

It will be a sign of great ingratitude to forget the Primary Health Care Center and the community that received us, as well as the matron at the PHC who personally funded the community mobilization, bought biscuits for the women at the outreach when it seemed our bus was going to arrive late and the women wanted to start leaving, gave us soft drinks and disposables. The Committee also alludes appreciation to the Department of Family Medicine that although they did not eventually take part, they showed interest.

The Committee will also like to appreciate the Administrator for his constant guidance, Mr. Ogunfolaji and the supervisor for their constructive criticism. Above all, all praises are due to God.

Abdulmalik Ayodele,
Chairman, 2019 Pink Project,
FAMSA HQ BOARD.

Ifeyinwa Ogbogu,
Secretary, 2019 Pink Project,
FAMSA HQ BOARD.

PICTURES FROM THE OUTREACH







