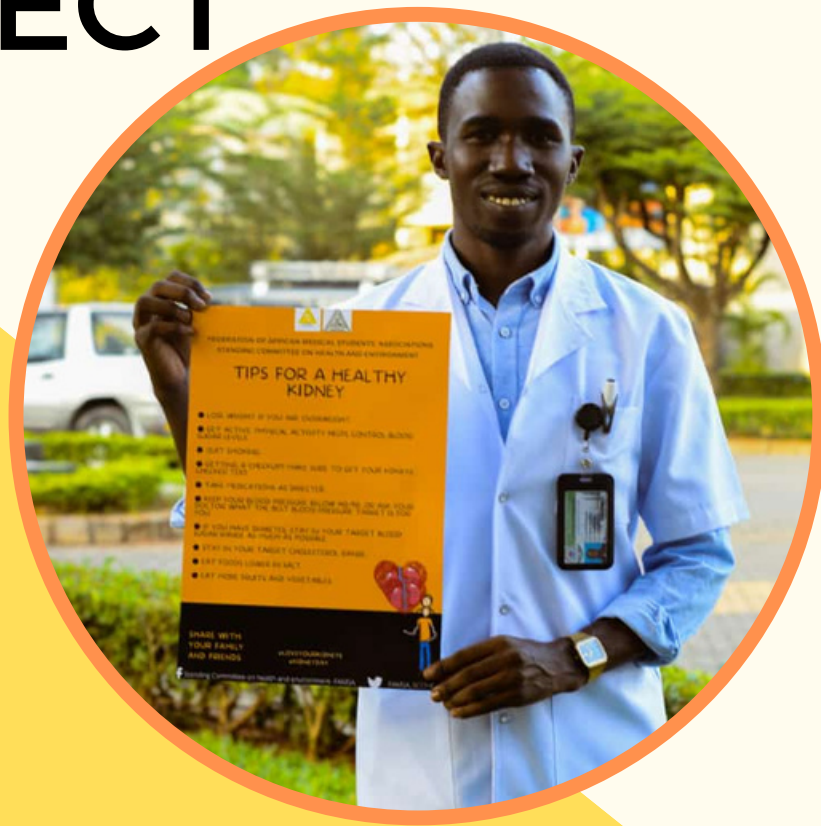




SCOHE

STANDING COMMITTEE ON HEALTH & ENVIRONMENT

SCOHE KIDNEY DAY PROJECT REPORT



PREPARED BY

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JAAFAR**

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ACKNOWLEDGEMENTS

I Muhammad Isa Jaafar, the project manager for this impactful project wish to express my sincere appreciation to all who have put effort into putting this project into existence. Starting from the Federation of African Medical Students' Associations (FAMSA) executive council, for providing African medical students with this platform to become useful to their communities by engaging in health campaign and activities. I will also express my heartfelt appreciation to the executive council for going through and making necessary corrections in all our contents meant for publication during this project.

I have heartfelt gratitude to all members of the Standing Committee on Health and Environment (SCOHE) for your support and input.

A special warm thank you to Tasneem Abdelmahmoud Elameen, the SCOHE chairperson, for your tireless support throughout the four months of this project and your wonderful presentation during the symposium.

I will like to also give my special thanks to Dr. Abdallah Nasser Abdallah, assistant professor at IUA who gave an eloquent and detailed presentation on kidney diseases in Africa during the symposium. Yankuba Jabbie, the current FAMSA president, also gave a distinct presentation on the role of medical students in closing the knowledge gap about CKD in Africa.

My special gratitude goes to the three exemplary small working group heads, Alfred Jubilate, SWG head of community outreach, Omar Mustapha, SWG head of symposium, and ADEYEMO, Abdulmalik Opeyemi SWG head survey.

I cannot forget to give special acknowledgment to all small working group members, who were the driving force for this project.

I cannot forget members of the public and African medical students, especially those that get the survey questionnaires and did not hesitate to fill them out. As well as those that attended the symposium.

Thank you!

INTRODUCTION

Federation of African Medical Students' Association (FAMSA) is an independent, non-political Federation of Medical Students' Association in Africa, recognized by WHO and the AU as the official international forum of African Medical Students.

Standing Committee on Health Education and Environment (SCOHE) is a standing Committee of FAMSA which is responsible for the work which is carried out within FAMSA in the field of Health and Environment!

Chronic kidney disease (CKD) is common in our societies: 1 out of 10 adult people worldwide suffer from it, and if left untreated it can be deadly. While early detection allows for disease care and management to help prevent morbidity and mortality, and improve cost effectiveness and sustainability, kidney disease related mortality continues to increase yearly and is projected to be the 5th leading cause of death by 2040. A persistent and ongoing CKD knowledge gap exists, one that is demonstrable at all levels of healthcare?

The world Kidney Day 2022 (10th March) theme is Kidney Health for All - Bridge the knowledge gap to better kidney care. This theme is what we at FAMSA SCOHE stand to commemorate by this project.

References:

1. <https://famsanet.org/standing-committee-on-health-and-environment/>
2. <https://www.worldkidneyday.org/2022-campaign/2022-wkd-theme/>

OBJECTIVES

1. Survey the general public and medical students in Africa and to assess their the knowledge, attitude and practice on common kidney diseases in Africa. To also assess the target audience's knowledge of reliable source of kidney health related information. Moreover, to assess medical students' attitudes to campaign regarding kidney health in Africa.
2. Based on the result of the survey, we aim to raise awareness about common kidney diseases in Africa, their signs, and best practices through community outreach and symposium.
3. We as well aim to empower and encourage medical students to increase awareness about common kidney diseases in Africa.
4. We will enlighten the general public on the reliable sources of Kidney health-related information to avoid growing myths and misconceptions surrounding the diseases.

CHRONOLOGY OF THE PROJECT

To outrightly achieve the objectives of this project, three small working groups (SWG) were constituted as SWG-Survey, SWG-Symposium, and SWG-Community outreach to deliver the task of conducting the survey, symposium, and community outreach respectively as contained in the proposal document.

Each SWG constitutes a head, which was selected with due consideration after submission to the call of small working group heads issued via google form and published on FAMSA networks, and SWG members who were recruited through a general call for application by the respective SWG heads.

The activities of this project were duly carried out as follows:

- 1.The general preparations and activities
- 2.The survey
- 3.The symposium
- 4.The community outreach

It is in this order this document will be reported.

GENERAL REPORT

The SCOHE kidney day project is one of the many projects of the standing committee on health and environment 2022 tenure. The project was curated to commemorate WORLD KIDNEY DAY (March 10). It took place between April to July 2022. The project encompasses a survey, a symposium, and a community outreach on chronic kidney disease in Africa.

A general report of the project is bulleted below, and the report of individual small working groups is on the next pages;

- The project proposal document was developed and accepted by the SCOHE committee members.
- All the objectives of the project have been achieved by the end of the project.
- The call for small working group (SWG) heads was sent out via google form on 17th April and was shared with all SCOHE networks.
- The call received a total of 15 applicants with quality application, most of which were from West Africa and East Africa.
- Selection was done on 20th April by 21:00 GMT when the form was closed to stop accepting responses.
- Selection criteria were solely based on take-off plan, motivation, resume, and consideration with regional representation.
- Three successful SWG heads that were selected are as follows: SWG H- Survey; Abdulmalik Adeyemo Opeyemi | Ilorin University Medical Students' Association (ILUMSA) | Nigeria. SWG Head - Symposium; Omar Mustafa Mohammed Ali Osman | Omdurman Islamic university | Sudan. SWG Head - community outreach; Alfred Jubilate | Tanzania Medical Students' Association (TAMSA-MUHAS) | Tanzania.
- First welcoming & briefing meeting took place on 21st April at 9:00 AM GMT. A welcome address by the SCOHE Chairperson (Tasneem Abdelmahmoud) was given. Take off plan was discussed & questions were answered.
- Congratulatory poster was designed and posted on the SCOHE network to welcome SWG heads.
- Each SWG head, with the aid of the project manager created a list of needed SWG members and a catalogue of job descriptions in preparation for the call for SWG members.
- The call for SWG members of the three SWGs was sent out via a single call and was shared on all possible FAMSA networks on 25th April 2022.
- The call lasted for 7 days, (an extension of two days was necessary for justified reasons).
- Successful applicants were employed on 3rd May 2022 and were added to their respective WhatsApp groups for communication and onset of activities.
- A welcoming & briefing session was held for them by the project manager on 4th May 2022. Where they were welcomed and updated about the project.
- Works of SWGs began on 4th May 2022.
- Biweekly meetings were scheduled to discuss the progress of the project and attend to challenges.

GENERAL REPORT

Challenges

- There were delays from the FAMSA executive council when seeking approval to send out posters and messages to the public.
- SWG heads and some members became fatigued during the project, probably due to the long duration of the project and the demand.
- During the symposium, we encountered a hijack by some intruders into the zoom meeting, writing offensive texts in the comment section and hijacking the host right.
- Securing partnerships led to changing dates of events, we were not able to secure any partners throughout the project despite the efforts.

Recommendations

- FAMSA executive council to speed up the approval process.
- Projects should not be very long in duration, to avoid the fatigue of team members.
- FAMSA to improve or build the capacity of members on how to secure partnerships easily and effectively.
- Project managers to improve interpersonal skills, to make a friendly working atmosphere for project members to reduce the frequency of burnout and loss of interest.

SWG SURVEY REPORT

As required, work started with an introduction before moving to the discussion, brainstorming, and ideas stimulations. A consensus was reached to have two partnered groups consisting of data surveyors and data analysts. A team of data surveyors were tasked with taking charge of the survey that involve the general public while the other team took care of surveys involving medical students.

Questions were drawn out after explicit and thorough evaluation to satisfy the objectives of the survey before proceeding to create the two questionnaires, I.e. a questionnaire to be administered to the general public and the one to be administered to medical students using Google form.

The questionnaire to be administered to the general public consisted of four main aspects;

- 1.Short information about the respondent which includes age, gender, nationality, and occupation.
- 2.Knowledge of the respondent about common kidney diseases. This was achieved by including questions that assessed the respondent on the functions of the kidney, types of common kidney disease, effects of chronic kidney disease, etc.
- 3.Attitudes of the respondents towards kidney disease. Questions on the cost of kidney disease treatment and attitudes of health practitioners towards kidney disease were included.
- 4.Practices towards kidney disease. Questions that involve how regularly the respondents do go for kidney checks up, forms of treatment of kidney disease in their communities, popular behavior in their communities that could lead to kidney disease, etc. were added.

The questionnaire to be administered to the general medical students consists of the following parts;

- 1.Knowledge of medical students of the kidney diseases most common in Africa and the current statistics of the disease in Africa.
- 2.Attitude to kidney diseases & raising awareness about kidney diseases in Africa.

The survey form links were generated and sent to FAMSA headquarters for approval. The approval was received on the 15th of May 2022 and then began the publicity with immediate effect.

Forms were sent using various platforms particularly social media by all the members of the team and the FAMSA publication team also help in sending them via email.

We had difficulties in reaching the general populace due to a lack of interest in health content and other unknown issues. As a result, we were able to record a total of 136 respondents from different African countries under the flagship of FAMSA with the majority of the respondents coming from Nigeria.

Teams of data analysts gathered the collected data from the two different works and analyzed the data to make a result and report the findings with detailed conclusions and recommendations.

THE SURVEY FINDINGS & RECOMMENDATION

SCOHE Kidney day survey about knowledge, attitude and practice of general public in Africa towards common kidney diseases

- A total of 136 responses were collected. The majority were Females 53% while males were 46.9 %. Responses were from 8 african countries.
- The survey questions were about general knowledge, attitude and practice about common kidney diseases, their symptoms, causes and how can we take care of our kidneys.
- Knowledge domain :
- 88.9% of respondents were aware about common kidney diseases while 11.1% weren't aware about it. 88.2% of respondents think long term use of alcohol can cause Kidney diseases while 11.7% weren't think so.
- The most frequently missed questions were those on role of untreated malaria and bleaching creams on kidney disease, only 22.4% and 36.6% respectively selected yes.
- The kidney disease most selected as common by the participants was kidney stones 82.6% while the least common selected was pyelonephritis 22.7%.
- While, the most selected symptom of kidney disease selected change in the colour of urine 68.7% a few respondents selected I don't know and I don't know 7.5% and 6% respectively. 20.1% selected headache which was a nonspecific symptom.



- Regarding Attitudes domain :
- The noticeable result is that 96.3% think they need to know more about chronic kidney disease and 90.6% think that health practitioners should do more about chronic kidney disease. In addition 77.9% think that chronic kidney disease treatment cost will be a problem to them.
- Practices domain:
- The most frequently missed questions in this domain were those on kidney checkup, consumption of lots of salt and, level of daily water intake. As seen in the chart below.

THE SURVEY FINDINGS & RECOMMENDATION

SCOHE Kidney day survey about knowledge, attitude and practice of general public in Africa towards common kidney diseases

- SURVEY RESULTS.
- An online questionnaire was broadcasted, and a total of 208 medical students responded from various countries.
- Knowledge and attitude on common kidney diseases.
- All the respondents were able to mention the common kidney diseases they know. It included kidney stones, acute kidney injury and chronic kidney disease. Nephrotic syndrome, nephritic syndrome, polycystic kidney disease, glomerulonephritis and Fanconi syndrome were mentioned.
- 90.4% knew of chronic kidney disease and 9.6% did not know chronic kidney disease.
- 69.7% of the respondents have seen patients with kidney disease before and 30.3 have not

Table 2: Knowledge on prevention of kidney diseases

| Prevention | Respondents |
|------------------------------------|-------------|
| Drinking adequate amounts of water | 193(92.8%) |
| Limiting use of herbal medicine. | 116(55.8%) |
| A balanced diet | 142(68.3%) |
| Limiting alcohol intake | 164(78.8%) |
| I don't know | 3(1.4%) |

92.8% of respondents knew drinking water as the prevention of kidney diseases
1.4% of respondents did not know how to prevent kidney diseases.

- Attitude on kidney diseases
- Concerning the role of medical students in reducing the burden of kidney disease, 179(86.1%) think a medical student plays a role, 3(1.4%) respondents think a medical students does not play a role in reducing the burden and 26(12.5%) medical students are not sure.
- Inputs were provided on how medical students can be advocates in reducing the burden of kidney disease in the community. They include;
- Providing awareness to the community on chronic kidney disease, its sign and symptoms and risk factors through campaigns and public outreach.
- Creating awareness on kidney health
- Participating in researches on kidney diseases.
- Being good ambassadors at family and community level.
- Of the respondents, only 20(9.6%) have participated in a kidney disease campaign before but 188(90.4%) have never participated in a kidney disease campaign before. And if provided the resources, 193(92.8%) would participate in a kidney disease campaign but 15(7.2%) would not. For those who would not participate in a kidney disease campaign even after being provided with resources, 36.7% was due to medical school commitments, 30% do not know a lot about chronic kidney disease facts and 30% respond that they do not have advocacy skills.

THE SURVEY FINDINGS & RECOMMENDATION

Recommendations

- Providing awareness to the community on chronic kidney disease, its sign and symptoms and risk factors through campaigns and public outreach.
- Creating awareness on kidney health
- Participating in researches on kidney diseases.
- Being good ambassadors at family and community level.

SWG SYMPOSIUM REPORT

The theme for the symposium was 'Kidney Health for all – Bridge the knowledge gap to better kidney care'.

Over the one-day symposium on June 11th, 2022, from 15:00 to 17:00 GMT. It took place virtually on the FAMSAs premium Zoom account with a total registered participants of 215 persons, comprising medical students and the general public. SCOHE brought together medical specialists, medical students, and the general public to raise awareness about common kidney diseases in Africa.

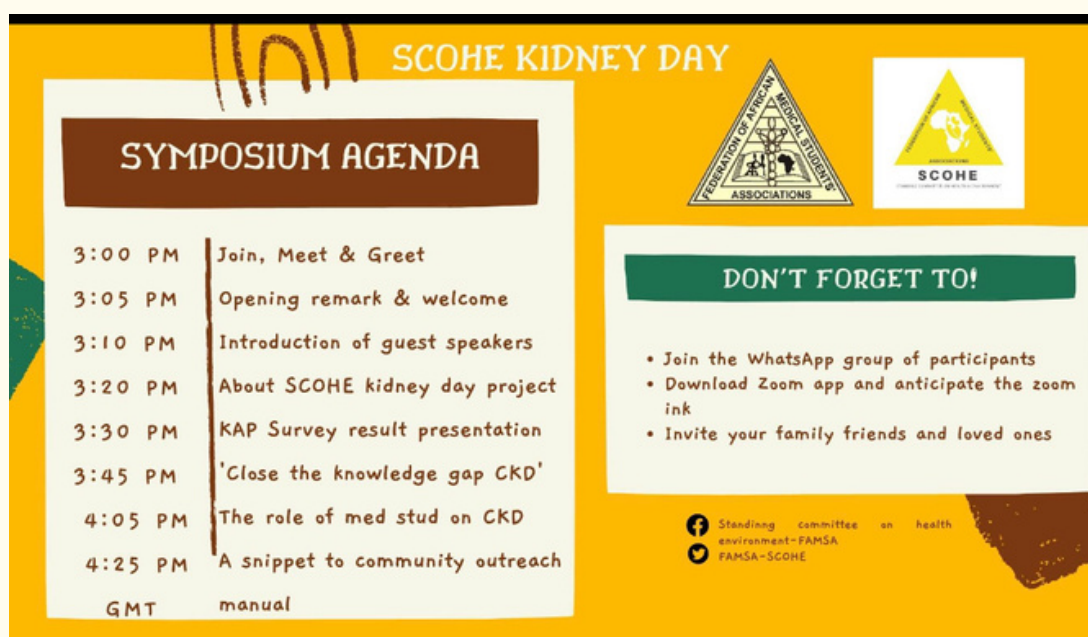
The objectives of the symposium were to:

1. Close the knowledge gap about kidney diseases in Africa (The topics were chosen based on the knowledge gap that was seen in the SCOHE Kidney day survey that was conducted).
2. Encourage and empower medical students with campaign skills and resources to increase awareness about common kidney diseases in Africa.
3. Enlighten the general public on the reliable sources of kidney disease-related information to avoid growing myths and misconceptions.

Symposium format

The one-day symposium comprised of a welcoming session along with 3 plenary sessions, with 1 speaker per session, and each speaker was given 20 minutes to present, followed by 5-10 minutes for questions and answers.

The symposium was introduced by the project manager who gave a brief overview of the SCOHE Kidney Day project and introduced the speakers for the day followed by the presentation of the FAMSAs SCOHE survey results on common kidney diseases. The plenary sessions involved presentations on Kidney health education, literacy and follow-up, chronic kidney disease and treatment, Kidney dialysis, and kidney transplant.



The poster is titled "SCOHE KIDNEY DAY" and features a "SYMPOSIUM AGENDA" table. To the right of the agenda is a "DON'T FORGET TO!" section with three bullet points. Logos for the Federation of African Medical Students' Associations (FAMSA) and SCOHE are displayed. At the bottom, there is a note about the Standing Committee on Health Environment-FAMSA and FAMSA-SCOHE.

| SYMPOSIUM AGENDA | |
|------------------|---------------------------------|
| 3:00 PM | Join, Meet & Greet |
| 3:05 PM | Opening remark & welcome |
| 3:10 PM | Introduction of guest speakers |
| 3:20 PM | About SCOHE kidney day project |
| 3:30 PM | KAP Survey result presentation |
| 3:45 PM | 'Close the knowledge gap CKD' |
| 4:05 PM | The role of med stud on CKD |
| 4:25 PM | A snippet to community outreach |
| GMT | manual |

DON'T FORGET TO!

- Join the WhatsApp group of participants
- Download Zoom app and anticipate the zoom link
- Invite your family friends and loved ones

Logos: Federation of African Medical Students' Associations (FAMSA) and SCOHE.

Bottom text: Standing committee on health environment-FAMSA, FAMSA-SCOHE.

SWG SYMPOSIUM REPORT

Speakers and presentations

CLOSING THE KNOWLEDGE GAP ABOUT CKD IN AFRICA

“ Graduated from IUA faculty of medicine 2008
In 2016, Clinical Medical Doctoral in internal medicine from Sudan Medical Specialization Board.
In 2017, fellowship of Royal College of Physicians London.
In 2018, Assistant prof in internal medicine IUA.
Former head of internal medicine department Ibrahim Malik TH. Sudan.”



Dr. Abdalla Nasser
Abdalla
Assistant Prof. IUA

THE ROLE OF MEDICAL STUDENTS IN CLOSING THE KNOWLEDGE GAP ABOUT CKD IN AFRICA

“ A final year medical student of University of Gambia, Yankuba Jabbie is a global health enthusiast, a pan African and an intending cardiothoracic surgeon. He served as the Regional Coordinator for FAMS West Africa and is currently head to many initiatives and policy driven programs that are hinged and anchored on impact, innovation and inclusivity.”



Yankuba Jabbie
PRESIDENT - FAMS

PAPER PRESENTATION: THE KAP OF THE GENERAL PUBLIC AND MEDICAL STUDENTS IN AFRICA

“ Tasneem abdelmehmoud a Sudanese 5th year medical student of the University of Khartoum. Passionate about Public Health, education, science and youth empowerment. She participated in many community based activities. I'm always ready to help and learn . She likes art, photography and watching documentaries. She enjoys walking in natural landscapes and watching sunset.”



Tasneem Abdelmehmoud
SCOHE - Chairperson

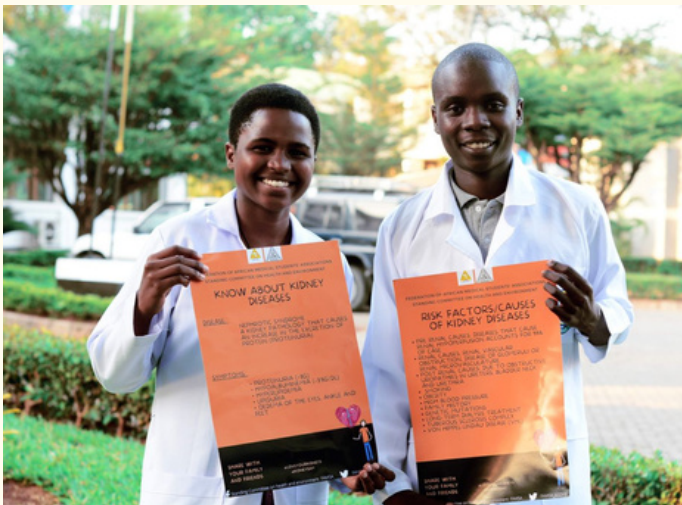
Conclusion

The concluding statement addressed the medical students and their important role in health education. A thanksgiving note was presented to all who were present and to those who contributed to the success of the symposium after which the symposium was officially declared closed.


SWG COMMUNITY OUTREACH REPORT

- The task of this SWG is to create a detailed community outreach manual, with resources, which can be used by all African medical students to carry out community outreach to raise awareness about kidney diseases in their respective localities. The SWG created a well-drafted manual that can be used by medical students in their Member Students' Organizations across Africa to carry out their respective outreaches.
- A summary of exact information concerning some of the common kidney diseases in Africa, their signs and symptoms, their preventions, and appropriate treatment were put on flyers designed by FAMSA-SCOHE and made available for medical students.
- The SWG further created an evaluating google form that aims to evaluate how successful was the outreach conducted and its impact on the intended individuals (medical students and the general public).
- Manuals can be gotten by email request to scohe@famsanet.org or muhammadij491@gmail.com.

Pictures



PICTURES




FEDERATION OF AFRICAN MEDICAL STUDENTS' ASSOCIATIONS
STANDING COMMITTEE ON HEALTH AND ENVIRONMENT

KIDNEY DAY PROJECT

SURVEY, SYMPOSIUM AND COMMUNITY OUTREACH

CALL FOR APPLICATION SWG MEMBERS



Deadline: 30th April 2022

Standing Committee On Health and Environment - FAMSA | SCOHE FAMSA | FAMSA_SCOHE


FEDERATION OF AFRICAN MEDICAL STUDENTS' ASSOCIATIONS
STANDING COMMITTEE ON HEALTH AND ENVIRONMENT

SCOHE KIDNEY DAY PROJECT SURVEY

We appeal to medical students and the general public to voluntarily participate in our survey.

FIND THE LINK ON OUR SOCIAL MEDIA

Standing Committee On Health and Environment - FAMSA | SCOHE FAMSA | FAMSA_SCOHE




CALL FOR SWG HEADS

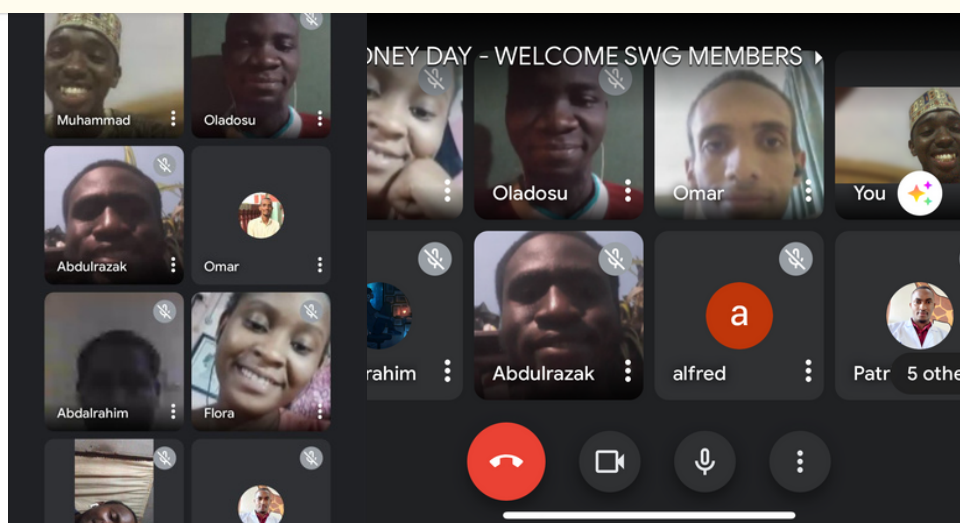
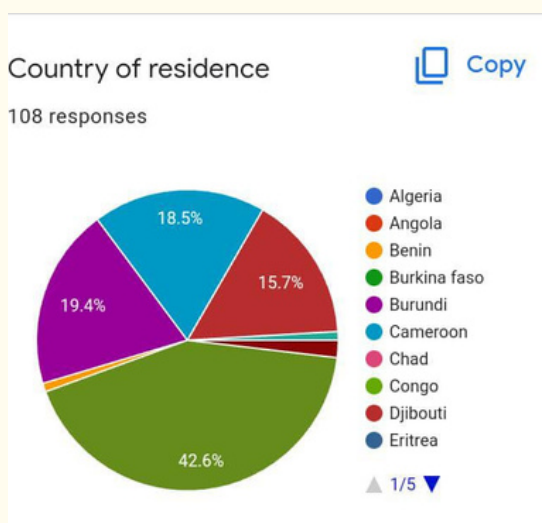
"TAKE ACTIVE ROLE IN THE FAMSA SCOHE UPCOMING PROJECT- SCOHE Kidney Day"

Apply Now

Deadline: 20th April 2022

Standing Committee on Health and Environment-FAMSA | @FAMSA_SCOHE







FEDERATION OF AFRICAN MEDICAL STUDENTS' ASSOCIATIONS
STANDING COMMITTEE ON HEALTH AND ENVIRONMENT

CALL FOR PARTICIPANTS

A SYMPOSIUM ON CHRONIC KIDNEY DISEASES IN AFRICA

THEME : Close the knowledge gap about CKD

DATE : Saturday 11th June, 3-5PM GMT

VENUE : Zoom



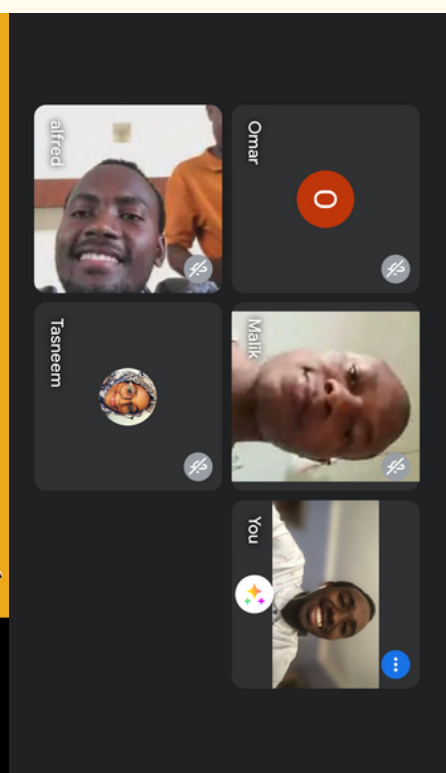
SCAN THE QR CODE TO REGISTER

**12.06.2022
3:00PM GMT**

THIS SYMPOSIUM IS FOR EVERYONE. KINDLY REGISTER AND LEARN ABOUT YOUR KIDNEYS.

#loveyourkidneys

Standing Committee on health and environment-FAMSA | FAMSA_SCOHE



FEDERATION OF AFRICAN MEDICAL STUDENTS' ASSOCIATIONS
STANDING COMMITTEE ON HEALTH AND ENVIRONMENT

TIPS FOR A HEALTHY KIDNEY

- LOSE WEIGHT IF YOU ARE OVERWEIGHT.
- GET ACTIVE. PHYSICAL ACTIVITY HELPS CONTROL BLOOD SUGAR LEVELS.
- QUIT SMOKING.
- GETTING A CHECKUP? MAKE SURE TO GET YOUR KIDNEYS CHECKED TOO.
- TAKE MEDICATIONS AS DIRECTED.
- KEEP YOUR BLOOD PRESSURE BELOW 140/90, OR ASK YOUR DOCTOR WHAT THE BEST BLOOD PRESSURE TARGET IS FOR YOU.
- IF YOU HAVE DIABETES, STAY IN YOUR TARGET BLOOD SUGAR RANGE AS MUCH AS POSSIBLE.
- STAY IN YOUR TARGET CHOLESTEROL RANGE.
- EAT FOODS LOWER IN SALT.
- EAT MORE FRUITS AND VEGETABLES.

SHARE WITH YOUR FAMILY AND FRIENDS

#LOVEYOURKIDNEYS
#KIDNEYDAY

Standing Committee on health and environment-FAMSA | FAMSA_SCOHE



CONCLUSION

I will like to conclude by reiterating my sincere appreciations.

It was a pleasure working with medical students with different bright ideas and experience from countries in Africa.

It is a greater pleasure to take this voluntary role to impact my community with the little of knowledge and experience that I have.

I call on all medical students in Africa, to pick up responsibilities and become active youths even before graduation to become a medical doctor. The SCOHE Kidney day community outreach manual and other campaign resources are readily available for all African medical students. Kindly send a request email to muhammadij491@gmail.com or scohe@famsanet.org to be part of this historic project.

AS ALWAYS, THINK GLOBAL, ACT LOCAL!

MUHAMMAD ISA JAAFAR

SCOHE PROGRAM AND DESIGN UNIT OFFICER 2022

muhammadij491@gmail.com

FOR

TASNEEM ABDELMAHMOUD ELAMEEN

SCOHE CHAIRPERSON 2022

scohe@famsanet.org