



***Dear friends and family,***

Welcome to another edition of CFHI newsletters.

Worldwide, millions of people are affected by Hepatitis yet, over 300 million are unaware according to World Health Organization (WHO). Often times, infected patients do not show symptoms until it progresses to a chronic level leading to Cirrhosis and Liver Cancer. As we all know, for most of the Hepatitis infections, vaccination remains the most effective tool of prevention. Hence, the need for demand creation through every means possible.

World Hepatitis Day (WHD) is commemorated on the 28th of July every year to raise global awareness on Hepatitis and encourage prevention, screening and treatment. The theme for WHD 2020 is "Hepatitis Free Future" with focus on preventing Hepatitis B virus amongst mothers and infants. In line with this theme, Centre for Family Health Initiative (CFHI) joined the movement by hosting a TweetChat with five Medical Doctors who provided palpable answers to questions raised on Hepatitis.

Enclosed in this publication are article on Viral Hepatitis, CFHI's activity on World Hepati-

tis Day, Achieving Control of HIV/AIDS Epidemic Through Evidence (ACHIEVE) Orphans and Vulnerable Children (OVC) project report, Global Action towards HIV Epidemic Control in Sub-national units in Nigeria (4GATES) Orphan and Vulnerable Children (OVC) project report, and Improving Maternal and Child Health through Capacity Building and Community Awareness Approach in Imo State Project (CCAP) report.

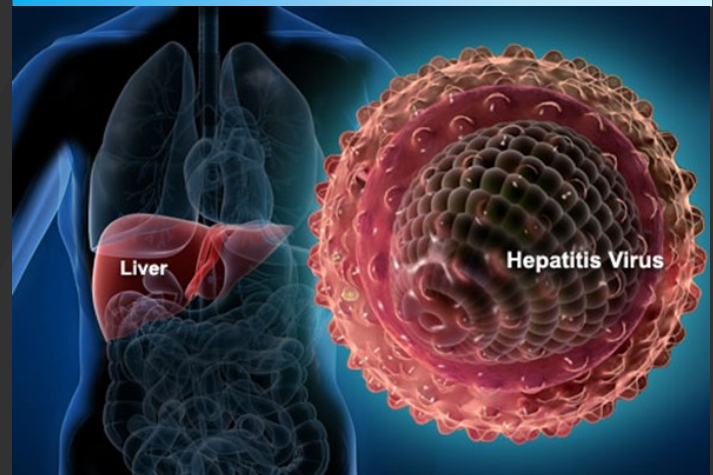
Do have a pleasant reading.

Kind regards,

Princess Osita-Oleribe

Executive Director, CFHI

## VIRAL HEPATITIS



The liver is an intricate part of the body responsible for all metabolic processes in the body. Hepatitis attacks the liver cells resulting in the inflammation of the liver. There are different types of Hepatitis, but this article is centred on Viral Hepatitis which is caused by viral infections. These infections are all classified as; Hepatitis A Virus (HAV), Hepatitis B Virus (HBV), Hepatitis C Virus (HCV), Hepatitis D Virus



(HDV) and Hepatitis E Virus (HEV).

Hepatitis A is a type of liver viral infection caused by Hepatitis A Virus. In an infected person, HAV is found in the blood and stool. The symptoms of Hepatitis A are Jaundice, tiredness, stomach ache and nausea. These symptoms may last up to 2 months. It is a contagious disease transmitted through contact with infected food, water and faeces. Poor sanitation and overcrowding are also vehicles of transmission. The best measure for prevention of Hepatitis A is vaccination. There is no proven cure for Hepatitis A but, the condition improves over time

without treatment.

Hepatitis B Virus causes a liver infection called Hepatitis B. The symptoms are poor appetite, stomach ache, tiredness, jaundice and nausea for those who experience it because some infected persons do not experience any symptom until it becomes too late to manage. The modes of transmission are contact with body fluids such as blood, semen, vaginal secretions of an infected person, sexual contact with an infected partner, mother-to-child transmission, using unsterilized medical equipment, sharing sharp objects such as razors and needles with an infected person. HBV may span for a short or a long time (Acute and Chronic stages) and can lead to Cirrhosis and Liver Cancer during the chronic stage. Vaccination is the best form of prevention against HBV. It has been proven that there are cases where the condition gets better on its own, but in chronic cases, the patients are placed on antiviral medication, immune modulating drugs and possibly a liver transplant. The treatment depends on the severity of the infection.

Hepatitis C originates from Hepatitis C Virus (HCV). People infected with Hepatitis C Virus hardly show symptoms. Often times, symptoms become evident when there is an indication of chronic liver infection. For some, the infection may be a short term illness and for others it becomes a long term advanced infection. Hepatitis C is transmitted through direct contact with infected blood, vaginal secretions and semen, using unsterilized medical equipment, sex with an infected partner, sharing razors, needles and other sharp objects with infected persons. Avoiding the risk factors that fuel transmission is the most effective measure for prevention of HCV as vaccines are not yet available.

Continues on page 3

## CENTRE FOR FAMILY HEALTH INITIATIVE (CFHI) ON WORLD HEPATITIS DAY

According to World Health Organization, out of the 325 million people living with HBV and HCV, 290 million people are unaware. 90% are living with Hepatitis B virus, and 81% are living with Hepatitis C virus. This poses a great concern, because not just that they are unaware of their status, they are ignorant of what hepatitis is.

To increase the level of awareness of people towards hepa -

titis and in line with WHO theme for World Hepatitis Day (WHD) 2020 “Hepatitis Free Future”, Centre for Family Health Initiative hosted a TweetChat on July 28 2020, to commemorate WHD. Featuring five (5) Medical Doctors, CFHI discussed issues around the transmission of Hepatitis B Virus from mother to child,

vaccination and treatment of viral hepatitis, government and non-governmental organization involvement in the control of viral hepatitis, and possible actions to be taken to eliminate Hepatitis by 2030. The TweetChat which lasted for ninety minutes had over one thousand, eighty seven (1,087) impressions and one hundred and thirty one (131) engagements with live updates on all CFHI social media handles.

## PROJECT REPORTS

### ACHIEVING CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) ORPHANS AND VULNERABLE CHILDREN (OVC) REPORT



Nutrition education and counselling session



Food items provided to malnourished households in Abuja Municipal Area Council (AMAC)

To improve the health and well-being of families infected or affected by HIV with the aim of achieving an AIDS-free future, CFHI team through ACHIEVE OVC project of IHVN (Institute of Human Virology) carried out several community based, school based, and health facility based interventions in the month of July 2020. These interventions include the enrolment of reactive vulnerable children into the OVC program, block grant implementation in two schools in the Federal Capital Territory, Household Economic Strengthening (HES) interventions, among others.

A total of six thousand one hundred (6,100) beneficiaries across assigned communities were provided care, forty-three (43) reactive vulnerable children and households were enrolled into OVC program, six hundred and forty-nine (649) beneficiaries were graduated, 127 beneficiaries were provided with start-up grant for various businesses, the renovation of a block of two classrooms at Local government Education Authority (LEA) primary school Kunyamin, and drilling of a portable water borehole at LEA primary school Sabo-Lugbe

were completed successfully. Also, the renovation of Basic Science Laboratory is on-going at Junior Secondary School Gosa, Abuja, Nigeria.

The team supervised the adequate disbursement of the second batch of HES to one hundred and twenty seven (127) eligible beneficiaries and coordinated the community club meetings, food and nutrition activities, and followed up with beneficiaries reports in different health facilities.



Water borehole at LEA primary school Sabon-Lugbe - Abuja

**IMPROVING MATERNAL AND CHILD HEALTH THROUGH CAPACITY BUILDING AND COMMUNITY AWARENESS APPROACH IN IMO STATE PROJECT (CCAP) REPORT**

The high point of July 2020 activities of CFHI Owerri team was the breaking of new grounds as the team embarked on the long awaited training of Traditional Birth Attendants (TBAs). The training commenced on Monday 13th July 2020 with the accoutrements of well-organized, result oriented and one of a kind training in the scheme of things in Imo State.



Group photograph of TBAs after training at Orlu Local Government Area, Imo State



Traditional birth attendants training in Orlu Local Government Area, Imo State

A traditional birth attendants (TBAs) are often older women, respected in the communities who consider themselves as private health care

practitioners that respond to requests for services, and they are known to have a long history as childbirth attendants in many communities in developing countries such as Nigeria. The focus of TBAs is to assist women during delivery and immediately post-partum. Hence, the need for skilled birth attendants to collaborate with TBAs to provide quality and ethnically accepted care in the rural communities.

Prior to this maiden edition of the training which cuts across the three zones of the state, a good number of arrangements were put in place to grant a superb and impressive training. The team left no stone unturned to deliver impactful trainings in Orlu local government area (Mgbidi, Orlu, and Nkwere) with sixty one (61) participants. The team also procured incentives for over 150 traditional birth attendants, and produced 170 copies of training manual as well as 500 copies of Information, Education and Communication (IEC) materials.

**GLOBAL ACTION TOWARDS HIV EPIDEMIC CONTROL IN SUB-NATIONAL UNITS IN NIGERIA (4GATES) ORPHANS AND VULNERABLE CHILDREN (OVC) PROJECT REPORT**

In July 2020, the 4GATES project activities cut across thematic areas and beyond. Service provisions to beneficiaries was top on the agenda. A good number of the beneficiaries were given palliatives. Mostly, all the beneficiaries that were malnourished received food supplements. Beneficiaries' data were updated in the NOMIS in respect of services provided and



Cross section of participants during CFHI 4GATES training with CCFN

team provided on the spot services for newly enrolled beneficiaries. The team also continued with service provision for beneficiaries during home visits.

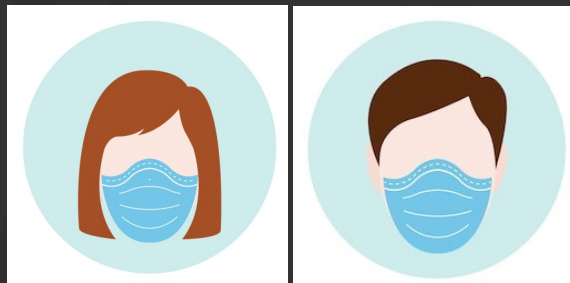


CFHI 4GATES TRAINING WITH CCFN

Furthermore, during the month under review, the CFHI 4GATES team facilitated an important training on Household Economic Strengthening (HES). The training gave a perfect insight about Household Economic Strengthening as a vital component of the OVC programming and project. The essence of the training is to ensure that indicators are reported timely and correctly, understand livelihood in the context of HES, understand the importance of SILC/VSLA in HES program and finally to build the capacity and resilience of households to be economically independent in the communities.

Other activities carried out include a monthly review meeting with community volunteers and a step-down training on Nutrition Assessment and Management of Malnourished Clients. Community Volunteers were trained on signs of malnutrition to look out for in Vulnerable Children during home visits, dangers of malnutrition in a child, and local sources of nutritional supplement which can be used in place of nutritional drug supplements. Community Volunteers were mentored on Data collection which would enable both the volunteers and beneficiaries manage the expectations from the project.

## IMPORTANT NOTICE



As proven by several reports, face mask can help to curtail the spread of COVID-19 globally. On this note, CFHI is looking forward to featuring your beautiful and handsome faces in CFHI monthly newsletters.

Interested persons should kindly send in pictures with facemask to [communication@cfhinitiative.org](mailto:communication@cfhinitiative.org) or [info@cfhinitiative.org](mailto:info@cfhinitiative.org).

*Interested in helping in any aspect of our work?*

Persons interested in donating to our activities, offering volunteer services or partnering with us, are always welcome. All CFHI's projects are community based and family-centred, so that our beneficiaries are reached with activities that proffer sustainable solutions.

Therefore, individuals or groups concerned with improving community health, sustainable socio-economic empowerment and the development of family-centred policies should kindly do so through the channels below.

**For Donations and/or others:**

**Account details:**

**Name: Centre for Family Health Initiative**

**Number: 5080117843**

**Bank: Fidelity Bank PLC**

**Swift Code: FIDTNGLA**

**Or Contact us:**

**Address: Plot 508, Excellence & Friends Road, off**

**Liberty Road (Arab Road), Cadastral Zone, Kubwa Extension II, Abuja (FCT) Nigeria.**

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**YouTube: Centre for Family Health Initiative**

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