



**CENTRE FOR
FAMILY HEALTH
INITIATIVE
(CFHI)**

...promoting health, protecting well-being

Newsletter

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Dear Friends and Family,

Welcome to another interesting edition of our monthly newsletters.

Centre for Family Health Initiative (CFHI), joined the global community in celebrating World Hepatitis Day with the theme "Hepatitis can't wait", calling on everyone to work together to eliminate viral hepatitis as a public health threat by 2030. According to World Health Organization, over 354 million people worldwide live with chronic hepatitis; over 8000 new infections of hepatitis B and C occur every day, and more than one million deaths from advanced liver disease and cancer occur every year. A hepatitis-free future is achievable with a united effort. Kindly read the article on "Hepatitis B Virus Infection Among Pregnant Women" to know more about the management of chronic HBV infection during pregnancy. CFHI also celebrated the resilience and creativity of youth during the COVID-19 pandemic on World Youth Skills Day, details are enclosed in this edition of our publication.

Featured in this publication are CFHI project reports

for July. These reports cover the following projects: Action To Control HIV/AIDS in Pandemic Through Evidence (ACHIEVE) Orphans and Vulnerable Children (OVC), Global Action Towards HIV Epidemic Control in Sub-national units in Nigeria (4GATES) Orphans and Vulnerable Children (OVC), The Remodeling For Empowerment And Progress (REAP) and Safepad production.

Do have a pleasant reading.

Kind regards,
Princess Osita-Oleribe
 Co-Founder, CFHI.

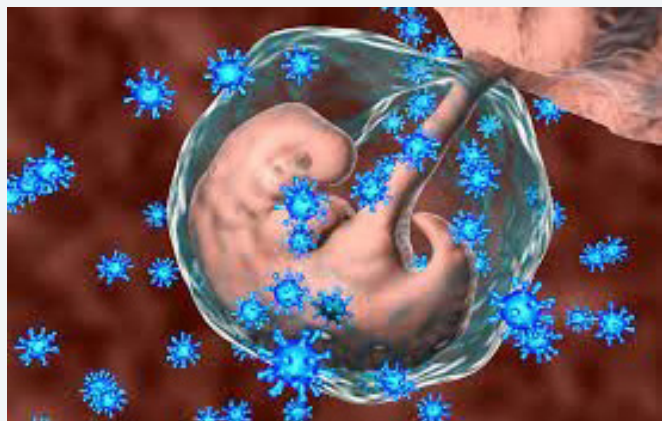
HEPATITIS B VIRUS INFECTION AMONG PREGNANT WOMEN

Hepatitis B is a vaccine-preventable liver infection caused by the hepatitis B virus (HBV). Hepatitis B is spread when blood, semen, or other body fluids from a person infected with the virus enters the body of someone who is not infected. This can happen through sexual contact; sharing needles, syringes, or other drug-injection equipment; or from mother to child at birth. Not all people newly infected with HBV have symptoms, but for those that do, symptoms can include fatigue, poor appetite, stomach pain, nausea, and jaundice. For many people, hepatitis B is a short-term illness. For others, it can become a long-term, chronic infection that can lead to serious, even life-threatening health issues like cirrhosis or liver cancer. The risk for chronic infection is related to age at infection: about 90% of infants with hepatitis B go on to develop chronic infection, whereas only 2%-6% of people who get hepatitis B as adults become chronically infected (Centers for Disease Control and Prevention).

HBV infection in pregnancy has serious implications, including increasing the risk

of development of chronic HBV, perinatal transmission of HBV and accelerated HBV-related liver damage. Chronic HBV infection is usually mild in pregnant women but may flare shortly after delivery. The prevalence of HBV surface antigen (HBsAg) carriage in pregnant women is a relevant marker for the risk of mother-to-child HBV transmission. Mother-to-child transmission of HBV contributed nearly half of the transmission routes of chronic HBV infections. Babies born to a mother with hepatitis B have a greater chance of developing chronic hepatitis B if they are not properly treated at birth. Pregnant women must know their hepatitis B status to prevent passing the virus on to their newborn babies during delivery. Furthermore, most HBV-associated deaths among adults are secondary to infections acquired at birth or in the first five years of life. Thus, the prevention of mother-to-child transmission is an essential step in reducing the global burden of chronic HBV. Management of chronic HBV infection during pregnancy is mostly supportive. All pregnant women should be tested for hepatitis B as early as possible during the first trimester. Patients need to be monitored periodically with liver function tests during pregnancy. A small subset of HBV infected women with rapidly progressive chronic liver disease may be treated with antiviral medications such as tenofovir at the third trimester. For a pregnant woman who tests positive for hepatitis B infection, your doctor should do a hepatitis B viral load blood test (HBV DNA) during pregnancy. If the hepatitis B viral load test is not available, World Health Organization (WHO) recommends that pregnant women are tested for the hepatitis B e-antigen (HBeAg), and if positive, an antiviral is recommended during the last trimester. The newborn must also be given proper prevention immediately such as the first dose (called "birth dose") of the hepatitis B vaccine and a shot called

hepatitis B Immune Globulin (HBIG) within 24 hours of being born. Regardless of viral load levels or HBeAg status, the hepatitis B vaccine birth dose and completion of the vaccine series is essential to protect your infant from infection with the hepatitis B virus. Many countries have been screening pregnant women for Hepatitis B infection and this has helped to reduce the prevalence of the disease.



*Managing HBV Infection During Pregnancy
Photo credit: Infectious Disease Advisor*

CFHI CELEBRATES WORLD HEPATITIS DAY 2021

World Hepatitis Day (WHD) is commemorated each year on 28 July to enhance awareness of viral hepatitis. It is also an opportunity to step up national and international efforts on hepatitis, encourage actions engagement by individuals, partners and the public. This year's theme is "Hepatitis Can't-Wait", conveying the urgency of efforts needed to eliminate hepatitis as a public health threat by 2030. According to new WHO estimates, globally, 354 million people are living with chronic hepatitis B and C. These affect 14 million and 12 million people, respectively. With a person dying every 30 seconds from a hepatitis-related illness – even in the current COVID-19 crisis – we can't wait to act on viral hepatitis.

CFHI joined the Hepatitis Can't-Wait campaign through a countdown post

across its social media platforms. The post contains cogent points about Hepatitis and to also encourage people to access hepatitis prevention, testing and treatment services. On the 28th of July 2021, CFHI commemorated this year's Hepatitis Day in Jahi community Abuja, with support from J.O. Adebisi & Sons Nigeria Limited and TY Danjuma Foundation. The members of the community were sensitized on the causes, mode of transmission, symptoms, prevention and treatment of Viral Hepatitis. The event recorded fifty (50) community dwellers tested for Hepatitis B and C virus and their status were known. Among the 50 persons tested, seven (7) persons were reactive to Hepatitis B virus and 1 (one) person reactive to Hepatitis C virus. The reactive persons were referred to Gwarimpa District Hospital, Wuse General Hospital and Maitama General Hospital for treatment. However, those who tested negative to either of the virus were advised to go for Hepatitis B vaccination to ensure prevention. If everyone is aware of their hepatitis status, it will be a huge step towards its elimination.



Participants at the Hepatitis community outreach at Jahi



CFHI staff carrying out a Hepatitis test on a participant.

WORLD YOUTH SKILLS DAY AT CFHI

In 2014, the United Nations General Assembly declared 15 July as World Youth Skills Day (WYSD), to celebrate the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship. Since then, World Youth Skills Day events have provided a unique opportunity for dialogue between young people, technical and vocational education and training (TVET) institutions, firms, employers' and workers' organizations, policymakers and development partners. The



CFHI Youths Celebrating World Youth Skills Day

theme for this year's World Youth Skills Day is "Reimagining Youth Skills Post-Pandemic". WYSD 2021 took place in a challenging context, with the continuation of the COVID-19 pandemic resulting in the widespread disruption of the TVET sector. While vaccination rollouts offer some hope, TVET still has a long road to recovery, especially in those countries which continue to be overwhelmed by the spread of the disease. According to United Nations Educational, Scientific and Cultural Organization (UNESCO), young people aged 15-24 are particularly exposed to the socio-economic consequences of the pandemic. School and workplace closures are leading to learning and training losses. ILO estimates also show that globally, youth employment fell 8.7 per cent in 2020, compared with 3.7 per cent for adults, with the most pronounced fall seen in middle-income countries. The consequences of this disruption to the early labour market experiences of youth could last for years.

To celebrate the day, Centre for Family Health Initiative (CFHI) posted across its social media platforms, informative videos on the transitions in the workforce skills to help youths know the skills that are in demand in today's workforce. CFHI also worked with some entrepreneurs to talk about how important skill acquisition is, especially during the pandemic and also share their experiences during and after a lockdown in Nigeria. As water is very essential to humans; so is a skill needed in the life of every serious-minded human being. The importance of skill acquisition includes self-employment, diverse job opportunities, employment generation, effective function, and crime reduction. Skill is an important tool for achieving success in life. Also, CFHI through its Caritas 4GATES project in Owerri gave Startup Kits to twenty-five (25) beneficiaries of skills acquisition training.

PROJECTS:

THE REMODELING FOR EMPOWERMENT AND PROGRESS (REAP) PROJECT REPORT

The REAP project team started the month of July with the first cluster of the REAP training for Female Sex Workers (FSWs) on life skills and emergency preparedness, healthy sexual behaviour and safe sex practices, income diversification and the importance of savings. The training took place in Owerri Municipal with a total of twenty-one (21) participants in attendance.

The FSWS were trained on the various forms of violence associated with their line of profession and self-defence techniques to protect themselves when faced with an assault

or any form of violence. They were taught emergency preparedness, the concept of an accountability partner and were encouraged to adopt and practice some of these emergency preparedness tips always for their safety. The participants were also enlightened about Sexually Transmitted Infections (STIs), the different types of STIs, their modes of transmission, their symptoms, treatments, and prevention. Emphasis was made on healthy sexual behaviours, and they were encouraged to practice safe sex such as using condoms, taking vaccines for Hepatitis B, getting tested regularly, not sharing sharp objects with clients or colleagues, taking pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis PEP for HIV.

To gain financial freedom, the FSWs were taught to diversify their income streams, encouraged to use local resources for income generation, promote a culture of entrepreneurship and cultivate a good savings culture. Incentives containing condoms, lubricants, and PrEP were given to the participants at the end of the training. The participants also wrote a pre-test and post-test on the first and last day of the training, respectively.



Self-defence demonstration: A participant and the facilitator putting the topic into practice during training.



REAP participants writing post-test after the training session



Mrs Chioma Ajaero speaking to the participants on life skills and emergency preparedness

ACTION TO CONTROL OF HIV/AIDS EPIDEMIC THROUGH EVIDENCE (ACHIEVE) ORPHANS AND VULNERABLE CHILDREN (OVC) PROJECT REPORT

The ACHIEVE OVC team was able to accomplish numerous activities in July. Some of the activities include the new enrolment of sixty-six (66) HIV positive children into the community OVC program which brings the total number of HIV positive children enrolled into the program to 443 (M=226, F=217), continued following up with unsuppressed beneficiaries to ensure that all unsuppressed undergo Enhanced Adherence Counselling (EAC), continued receiving referral forms from facilities and working hard to meet the target by end of FY21.

In the reporting month, the team graduated a total of one hundred and forty (140) beneficiaries (VC=113, CG=27) who met the graduation benchmark from the program. A total of three thousand, three hundred and thirty-seven (3,337) beneficiaries across assigned communities were served. Three (3) positive VCs were supported with medical emergency funds while another six (6) positive VC supported with adherence logistics for drug pick-up and other medical services. A total of four hundred and eight beneficiaries did a viral load test.

A total of fifty (50) caregivers reached during the IYCF support group meeting at Karimo,

one hundred (100) children (M46, F54) participated in the Kiddies club activities held across 4 communities, one hundred (100) adolescents (M51, F49) participated in the Adolescent club activities, twenty (20) caregivers were reached during the Gender norms activity held at Sauka-Kahuta community, twenty (20) caregivers reached during Better Parenting meeting held at Angwan-Gboko community. The team participated in the commemoration of World Hepatitis Day and World Day Against Human Trafficking. ACHIEVE OVC team were able to enrol beneficiaries who had earlier rejected enrolment into the community OVC program.



An adolescent undergoing training in shoemaking



Better parenting meeting Angwan-Gboko



An adolescent undergoing training



IYCF support group meeting Karmo

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

The 4GATES OVC team in July carried out successful activities. The major milestone accomplished in the reporting month is the provision of start-up kits to adolescent beneficiaries of Skill Acquisition at Ogbaku in Mbaitoli local government council, Imo state. The adolescent beneficiaries were trained in various skills and were given the start-up kits to start their trade without much hitches.

The team also carried out other activities such as service provisions, folders update, data entry on NOMIS, facilitation of logistic

supports for beneficiaries' drug pickup, birth registration with National Population Commission (NPopC) and enrollment drive for new households. 4GATES OVC team provided HIV Testing Services (HTS) to four (4) Vulnerable Children at risk of the infection. A total of forty-six (46) beneficiaries (VC=32, CG=14) were newly enrolled in the OVC program. The team facilitated adherence logistic support to one hundred and seven (107) beneficiaries due for drug pickup uptake of viral load test during clinic appointments.



Group picture of Staff of CFHI, Caritas, the adolescent beneficiaries and HRH, Eze B.A. Onyeanu at Ogbaku Mbaitoi LGA



Caregivers participate in the planting of vegetables during the Gardening demonstration session at Umuawuka Emii Owerri north.

The team retrieved a total number of one thousand one hundred and seventy-two (1,172) Educational Assessment filled forms from the case managers for documentation. A total of forty-three (43) caregivers and stakeholders attended the collaborative meetings held at Mbaitoli and Owerri North. The team also facilitated home gardening activities in Mbieri, Orodo, Nekede, Uratta, Emekuku, Egbu and Obinze, farm inputs (seeds and seedlings) Pumpkin-leaf, Waterleaf, Spinach, Scent-leaf, Pepper, Okro were distributed to beneficiaries

during activities.

SAFEPAD PRODUCTION

Safepad is a reusable sanitary pad designed to provide a safe and infection-free experience while in use. It is cost effective, environmentally friendly, hygienic and easy to wash and dry. Safepad hygienic sanitary pads are designed with a permanently bonded antimicrobial technology that helps to reduce vaginal infections caused by candida albicans along with infections from other pathogens.



OUR APPEAL

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:

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