



AMURT FOUNDATION 2018



EBONYI STATE, NIGERIA - PRIMARY HEALTH CARE,
MATERNAL HEALTH & WATER PROJECTS

AMURT OVERVIEW

AMURT's mission is to help improve the quality of life for the poor and disadvantaged people of the world, and those affected by calamity and conflict. We encourage and enable individuals and communities to harness their own resources for securing the basic necessities of life and for gaining greater economic, social and spiritual fulfilment, while honouring their customs, language, and religious beliefs.

AMURT (Ananda Marga Universal Relief Team) is one of the few private international voluntary organizations founded in India. Since its inception in 1970 its original objective was to help meet the needs of the affected population after disasters. Over the years AMURT has established teams in thirty-four countries, to create a network that can meet disaster and development needs almost anywhere in the world.



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MAKING PRIMARY HEALTHCARE WORK

AMURT is building a sustainable and replicable model for meeting the primary healthcare needs of rural communities through a partnership involving the communities, grassroots organizations, private sector and government.



Ante-natal day at Gmelina Health Center



AMURT EBONYI TIMELINE

2010	AMURT starts work in Nigeria and choses Ebonyi State as first project area. Three health centers opened in Abakaliki Local Government Area.
2011	AMURT Water & Sanitation Program starts in Abakaliki LGA. First staff quarters and clinic borehole constructed. First doctor employed by AMURT.
2012	AMURT signs Memorandum of Understanding with Ebonyi State Government and opens 2 health centers in Ikwo. First ambulance deployed in Offia Oji Health Center.
2013	Partnership strengthened by increase in government employment of health workers. New staff quarters and boreholes for health centers.
2014	Free Delivery Program starts. AMURT starts work in Ohaukwu LGA with boreholes. Maternal Health Promoters created.
2015	Akparata Health Center opens in Effium, Ohaukwu. AMURT responds to cholera outbreaks. Economic Empowerment for women started. Expansion of Offia Oji Health Center.
2016	Inikiri Health Center opens in Effium, Ohaukwu. AMURT starts family planning campaign. Upgrading of laboratories in each health center. AMURT expands water project to Ezza North LGA.
2017	Odeligbo Health Center upgraded to CEMONC (Comprehensive Emergency Obstetric and Newborn Care Center). Mgbalukwu Health Center opens in Isu, Onicha Local Government Area. AMURT extends water projects to Iwo and Izzi local governments
2018	Uloanwu Health Center opens in Ebonyi Local Government Area. AMURT reaches 11,000 deliveries. The water project is extended to Ebonyi, Onicha and Afikpo North LGAs. Construction of additional wings and staff quarters in six health centers, including preparation for CEMONC upgrade in Ephuenyim and Akparata.



PROJECT AREAS and HEALTH CENTERS



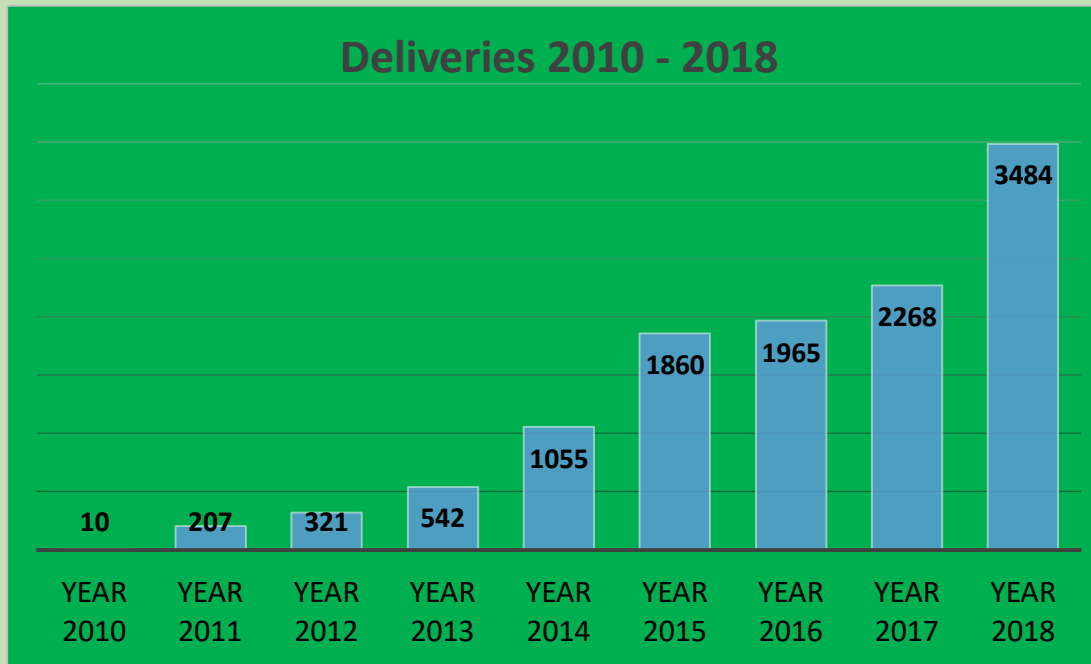
	HEALTH CENTER	LOCAL GOVERNMENT AREA	MONTH/YEAR OPENED
1	Gmelina	Abakaliki	Sep 2010
2	Offia Oji	Abakaliki	Nov 2010
3	Ephuenyim	Abakaliki	Nov 2010
4	Elugwu Ettam	Ikwo	Feb 2012
5	Odeligbo	Ikwo	Jun 2012
6	Akparata	Ohaukwu	Apr 2015
7	Inikiri	Ohaukwu	Oct 2016
8	Mgbalukwu	Onicha	Nov 2017
9	Uloanwu	Ebonyi	Aug 2018

For each health center AMURT defines a 'project area' of about 20 surrounding villages for outreach, monitoring and health education activities.

MILESTONES REACHED - MILESTONES PLANNED

When AMURT started work in 2010, we did not anticipate becoming a key player in health care in Ebonyi State. In 2018, we made great progress in supporting community development and relieving human suffering through quality healthcare delivery. The 11000th baby was born in AMURT assisted health centers. We opened our ninth health center in Uloanwu, Ebonyi LGA. Our reputation for quality care is spreading, with the percentage of deliveries from outside the project areas rising from 20 % to 38 % of the total deliveries. And, by the end of the year, our staff strength reached 230, including almost 200 resident health workers in the rural health centers. Every morning eight vehicles carry staff to the remote corners of Ebonyi State to meet the healthcare needs in five local government areas, and water and sanitation needs in nine local government areas.

In 2019, AMURT will upgrade the Ephuenyim and Akparata health centers to comprehensive emergency obstetric care centers. AMURT will also complete construction to expand or upgrade a further five health centers. Our Abakaliki HQ has received applications from two dozen rural communities. After assessment, we will open more project area in 2019. We press on as a dedicated team to achieve our main mission of saving lives.



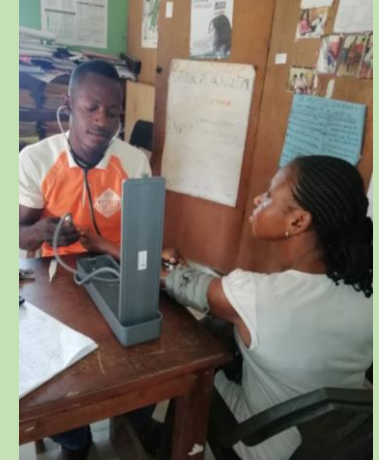
ODELIGBO HEALTH CENTER



Dr. Ibe in the post-natal ward at Odeligbo.



Ante-natal day at Odeligbo Health Center



Taking vital signs during ANC day

In August 2017, Odeligbo Health Center in Ikwo was upgraded to a CEMONC center (Comprehensive Emergency Obstetric and Newborn Care Center). In 2018, Odeligbo had 65 cesarean sections. We saw a 64% increase in ante natal attendance (a total of 1985 women), and a 62 % increase in deliveries (847 births). All twenty-two inpatient beds are occupied by patients most nights. With this increased patronage, Odeligbo is now among the top four health facilities in Ebonyi State. Encouraged by the response at Odeligbo, AMURT is upgrading Ephuenyim and Akparata to CEMONC centers with theater facilities and doctors and lab scientists on call at all times. The opening is scheduled for 2019.



Weighing of babies at Odeligbo

ANTE-NATAL CARE

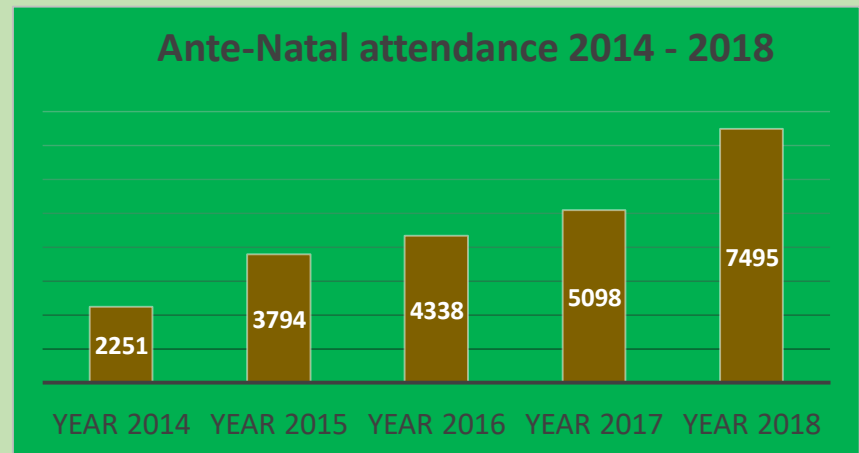


Pregnant women dancing to start ante-natal day at Mgbalukwu

AMURT's priority is to make comprehensive ante-natal services available in the rural areas. With attendance reaching up to 200 in one day, 2 or 3 doctors are available so that all the pregnant women can be seen. Five portable ultrasound machines are available and scanning is free. The focus is on identifying women who are at high risk of complications and to follow up to ensure a safe delivery. The number of new bookings rose by 47 % in 2018. All the mothers are tested for malaria, Hepatitis B, Hepatitis C, syphilis (VDRL), HIV and receive a urinalysis. We also test for hemoglobin and determine blood group. Other lab tests are done on indication. During ANC days, AMURT also provides family planning counseling, routine drugs, tetanus vaccine, preventive treatment for malaria and mosquito nets. The quality of the ante-natal care at the centers has attracted many women from outside the immediate project areas.

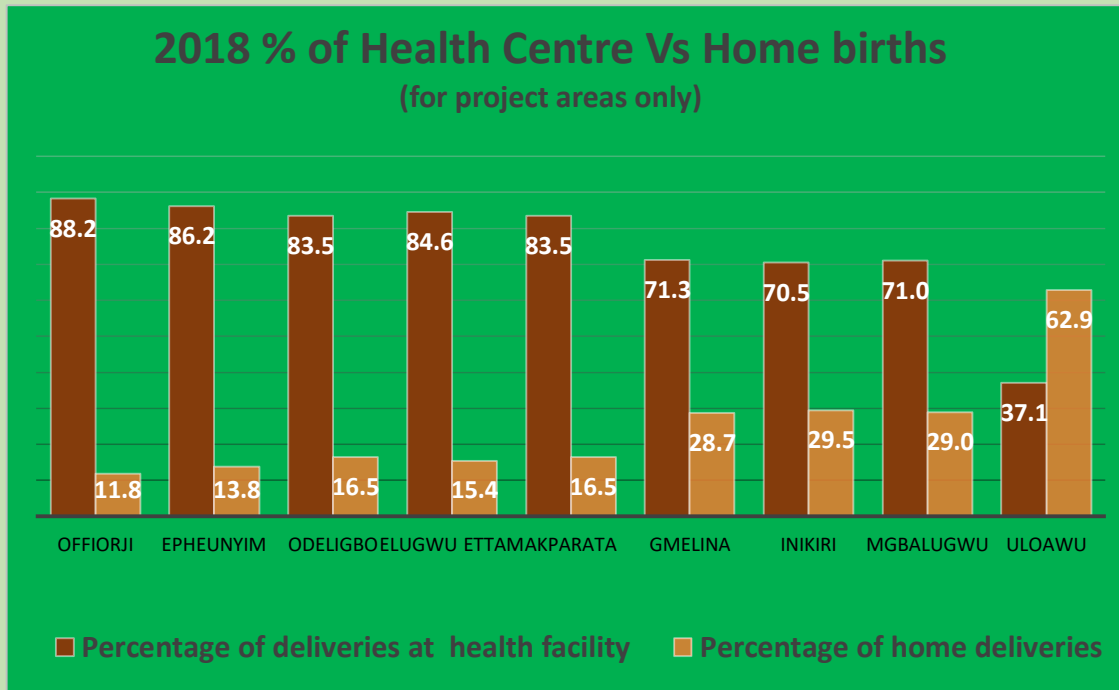


Ultrasound scanning during ANC day at Gmelina Health Center



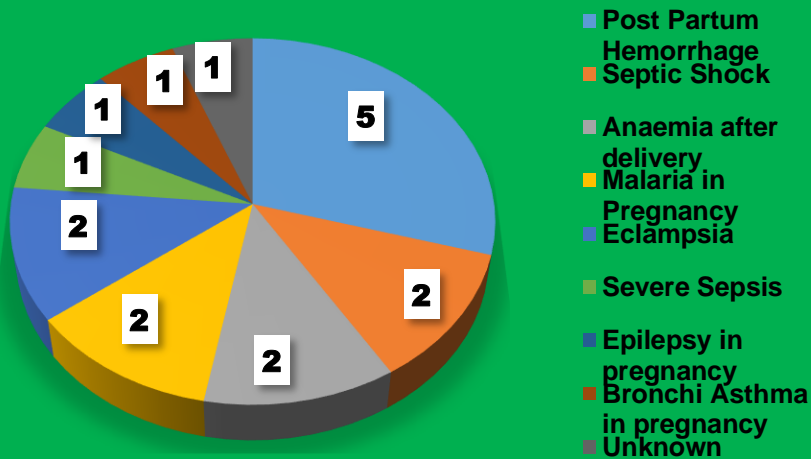
DELIVERIES

In 2018 the number of deliveries assisted by AMURT rose to 3487, a 51 % increase from 2017. The percentage of deliveries from outside the project area nearly doubled from 20 % to 38 %. Odeligbo Health Center lead the way with 847 deliveries, including 65 cesarean sections, making it the fourth busiest health facility in Ebonyi State. Gmelina Health Center was the most improved with a 78 % increase. AMURT now has 11 resident midwives in nine AMURT assisted health centers. 1926 mothers from within the project areas qualified for free delivery in 2018. 1211 women were refunded of their ante-natal fees for giving birth in the health facilities. 193 deliveries, or 5.6 % of total births, were referred to tertiary hospital due to complications. A total of 192 deliveries, or 5.5 % of all births, were by caesarean section, including 65 cesarean sections done in Odeligbo.

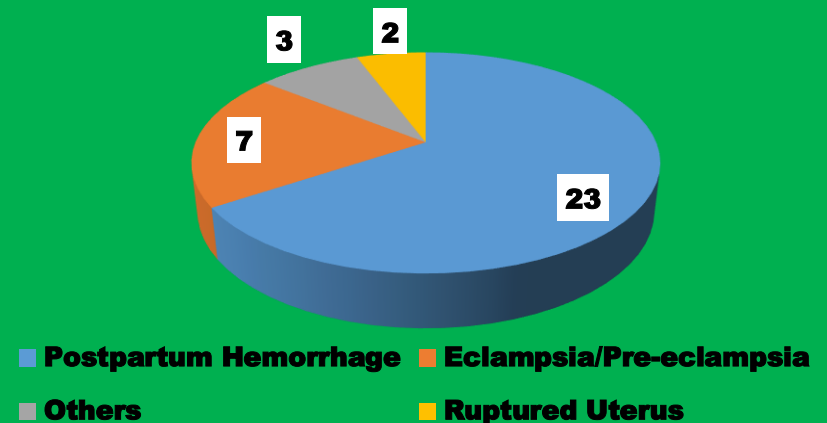


MATERNAL MORTALITY and NEAR MISSES

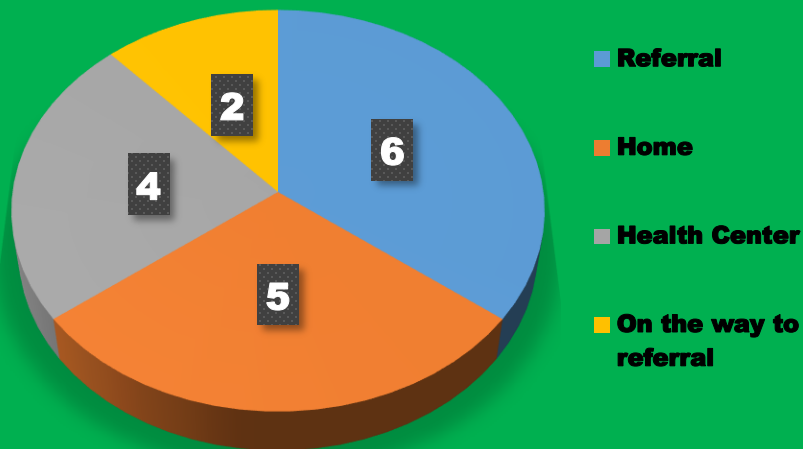
CAUSES OF 17 MATERNAL DEATHS



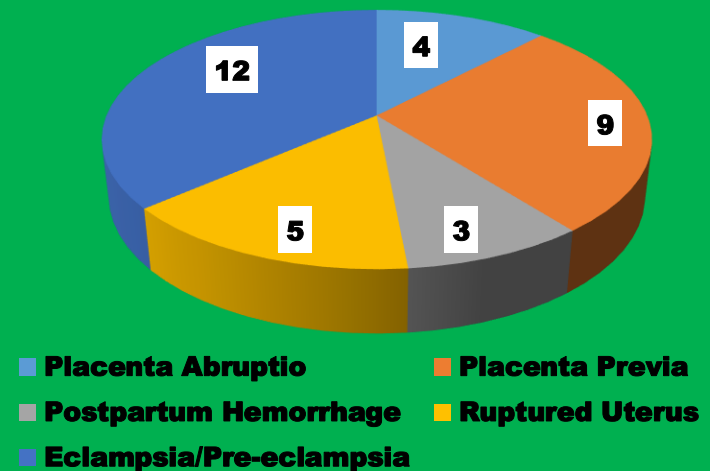
32 MATERNAL NEAR MISSES MANAGED AT THE HEALTH CENTRE



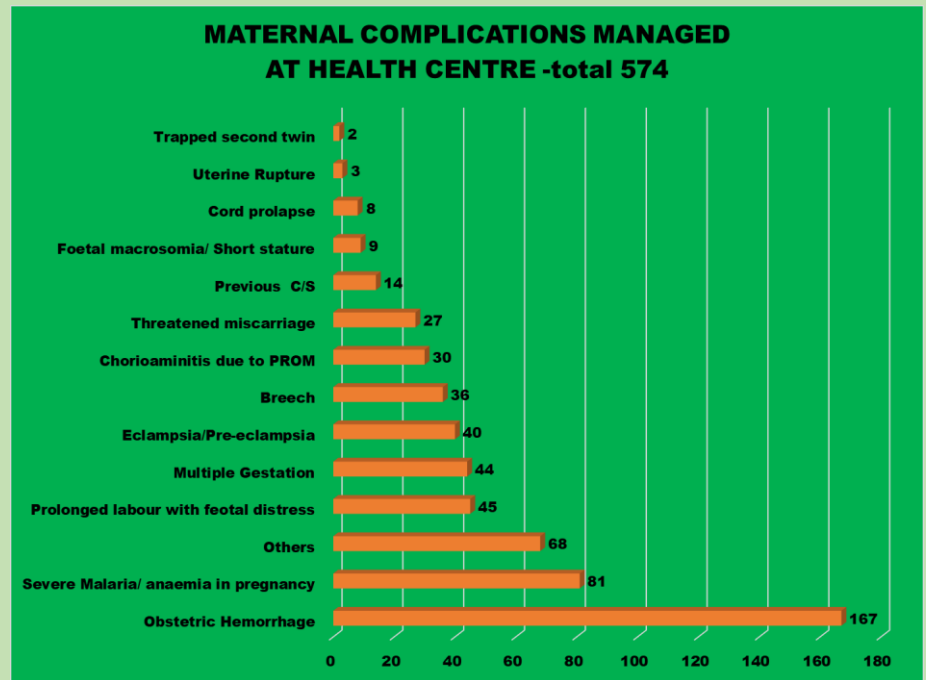
PLACES OF 17 MATERNAL DEATHS



33 MATERNAL NEAR MISSES MANAGED BY REFERRAL



In 2018, we recorded nine maternal deaths in our project areas. Based on data on deliveries in AMURT project area, this gives us a maternal mortality rate of 272 deaths per 100,000 live births. This compares favorably to the Nigerian national rate of 814 deaths (WHO, June 2018). Five women died after giving birth at home while four women died in the health centers. Another eight women were lost on the way to referral or at the referral centers. Eight of the seventeen maternal deaths were women from outside our project areas. The increase in maternal deaths is tied to the expansion of the project, which, in 2018, saw a 51 % increase in project area deliveries, including a 277 % increase in non-project area deliveries, and the addition of two new project areas. The number of complications and “near misses” (meaning the mother was very close to death) successfully managed in the health centers, or with AMURT support at referral centers, confirm that many lives were saved. AMURT reviews every mortality during monthly medical team meetings to learn lessons and make changes to improve the quality of care.



Monthly case reviews at AMURT HQ



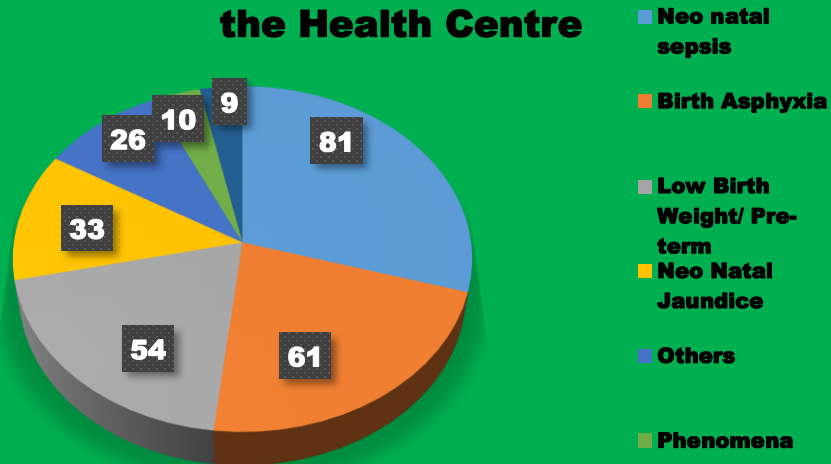
Case presentation by Odeligbo team



Care in children's ward

NEONATAL MORTALITY & COMPLICATIONS

274 Neonatal Cases Managed at the Health Centre

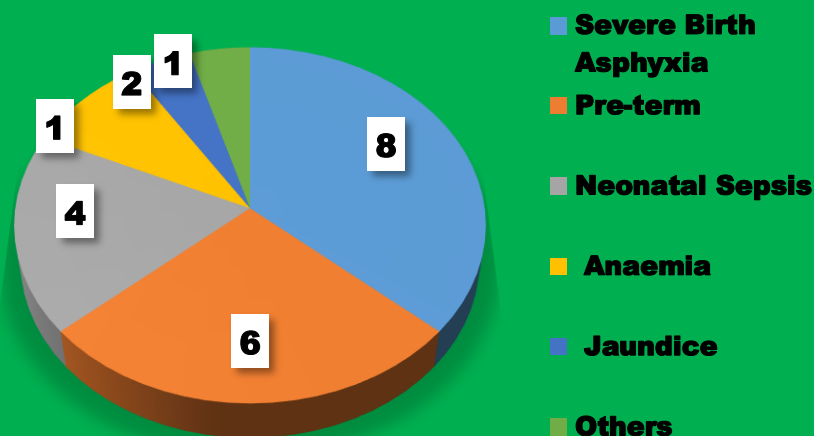


Children's complications: 705 children were on admission in the AMURT assisted health centers in 2018. 65 % of them due to severe malaria.

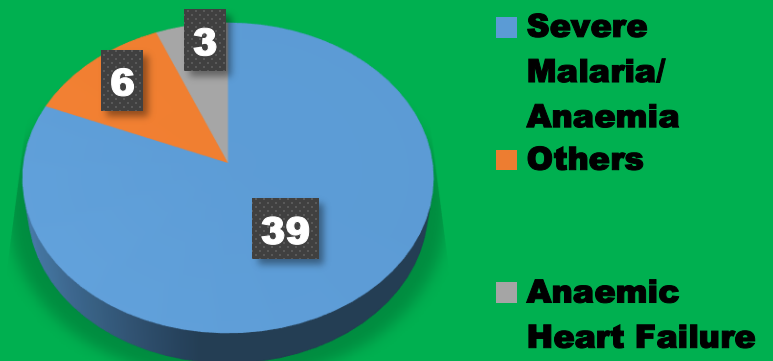
Still births: Total number of still births was 86, of which 23 were fresh and 63 macerated.

Miscarriages: In 2018, 114 miscarriages were managed in the health centers and six were managed by referral.

Causes of 22 neonatal deaths



48 Children near misses managed at the health centers



LABORATORIES and BLOOD TRANSFUSIONS



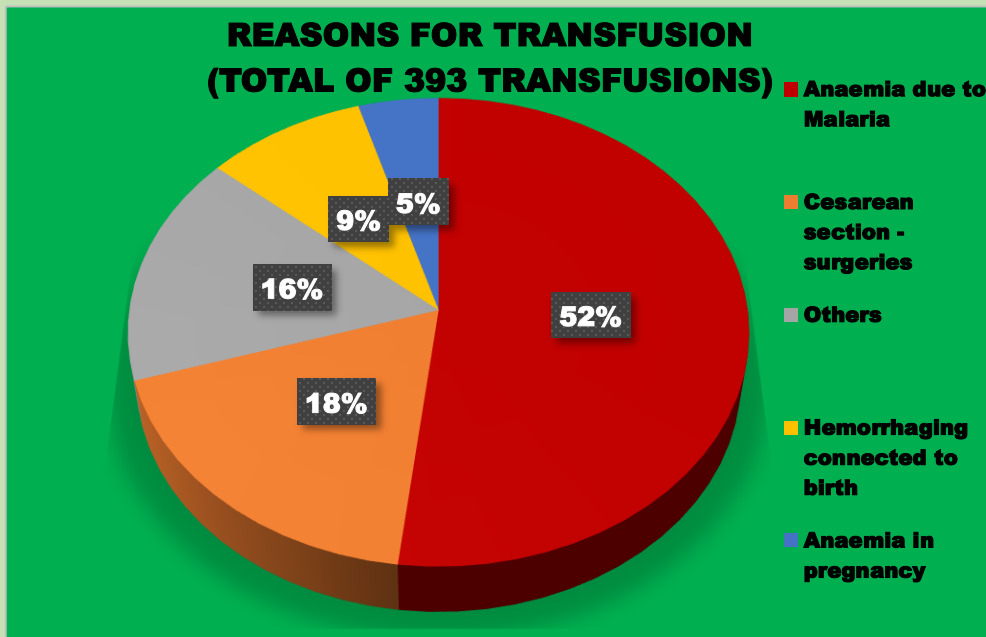
Lab Scientist Grace at Mgbalukwu lab



T-shirt incentives for blood donors



Blood bank installed at AMURT HQ



Each of the AMURT assisted health centers has a laboratory. A lab scientist is available on all clinic days to conduct investigations, and during all surgeries and to provide life saving blood transfusions. On ante-natal days the laboratories conduct investigations for the pregnant women, incl. urinalysis, hemoglobin, blood grouping and tests for malaria, HIV, hepatitis B & C, and VDRL. In 2018 the reactive rates were as follows: Hepatitis B – 6 %, Hepatitis C – 5 %, Syphilis – 2 % and HIV – 0.7 %. In total 43 pregnant women tested positive for HIV, of whom 31 were started on PMTCT and 12 were referred. Other HIV positive cases diagnosed were 39.

AMBULANCE SERVICE



Health workers at Mgbalukwu welcome new ambulance



Uloanwu ambulance



Dr. Ikechukwu with baby

HEALTH CENTER	Obstetric	Non-obstetric	Emergency Referrals
Odeligbo	27	36	63
Elugwu Ettam	8	27	35
Offia Oji	42	26	68
Ephuenyim	56	30	86
Gmelina	27	9	36
Akparata	21	14	35
Inikiri	21	14	35
Mgbalukwu	18	19	37
Uloanwu	6	2	8
TOTAL 2018	226	177	403

In the rural areas, when medical emergencies occur, transport is hard to find. Two more ambulances were added in 2018 for a total of six serving the nine rural AMURT assisted health centers. Full time dedicated drivers stand by around the clock every day without fail. FETHA (Federal Teaching Hospital Abakaliki) is the main referral center, followed by St. Vincent, Ndubia. Complicated surgery cases are referred to UNTH Enugu. Health workers accompany every ambulance referral to assist the families with registration, medical tests, drugs and life saving interventions. AMURT doctors make follow up visits to provide support, specially for obstetric and pediatric cases. In 2018 the number of ambulance referrals rose by 38 %. Obstetric cases made up 56 % of the total referrals. AMURT expects to reduce referrals after planned health center upgrades in 2019.

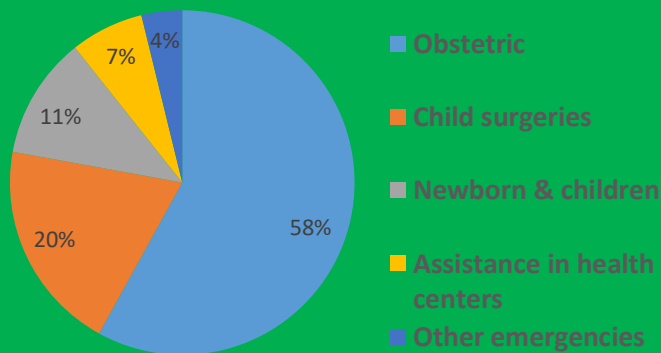
EMERGENCY ASSISTANCE

AMURT project areas are in the remote regions of Ebonyi State where the population is mostly comprised of farmers with few financial resources. AMURT administers an emergency fund to ensure that no lives are lost due to lack of financial means. Obstetric cases made 56 % of all ambulance emergency referrals. In 2018, the fund financed the surgeries of forty poor children. In addition AMURT healed thirty seven severely malnourished children in the health centers. AMURT sponsored the surgical repair of four women suffering from uterine prolapse at the National Obstetric Fistula Center in Abakaliki.



Uchechi had intestinal blockage. After two surgeries she has recovered very well.

2018 Financial medical emergency assistance -total N26.2 million



AMURT doctor visiting patient on admission



Dr. Serge with two children after surgery

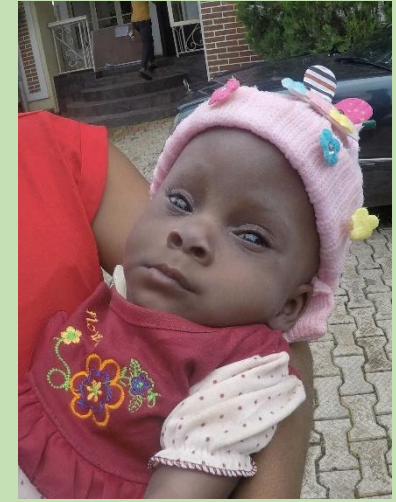
CHILDREN'S SURGERIES



Ukamaka – after surgeryand on discharge



Miracle – after surgeryand after three months.



Onyekachi.

With assistance from AMURT UK and special donors, AMURT Nigeria provided support for 40 children's surgeries, many of them life saving intervention. We took seven hydrocephalus/spina bifida cases to UNTH Enugu for surgery. The case of Onyekachi from Mgbalukwu touched the hearts of over one million internet users as her story went viral on social media. Miracle from Inikiri was identified with hydrocephalus already in utero. AMURT assisted with the cesarean section and later with surgery at UNTH Enugu. The cases of Ukamaka and Chimamanda were brought to AMURT through Mgbalukwu and Gmelina health centers. In addition to these surgeries, AMURT assisted in surgeries ranging from incarcerated hernias to intestinal blockages, amputations and cyst removals.



Chimamanda

NEW PROJECT AREA



Initial community meeting



Cultural celebrations as agreement made



Uloanwu clinic building – to open March 2019

In 2018, after assessing more than 10 communities, AMURT opened a new project area at Uloanwu, Egwudinagu Ward in Ebonyi LGA. This was a neglected area with poor road access and few government services. For example, we saw evidence of recent maternal mortalities. The local community had already taken initiative to expand the local health post, a good sign for future collaboration. After a series of meetings with Uloanwu and nearby villages, the agreements were signed and work started with the election of maternal health promoters in each village. AMURT provided construction materials, the community provided labor, and the first building was functioning on 2nd August with staff provided by AMURT and Ebonyi local government. A large health center building will be constructed by early 2019. An ambulance was deployed to the clinic in December. The community response has been good with eighty deliveries by the end of the year.



AMURT started service in Uloanwu in August



Ante-natal day at Uloanwu



Construction starts on main clinic building

COMMUNITIES IN PRIMARY HEALTH



Strong community participation in Ephuenyim



The women take the lead in the communal labor



Raising the water tank

The key to effective primary healthcare in rural areas lies in community participation. In accordance with the national policy in Nigeria, AMURT strives to establish strong community management in all the health facilities it assists. Through good management of the Drug Revolving Fund the health center management committee ensures that essential drugs and supplies are always available in the health center. With a modest mark up on drugs, the health centers can cover operating expenses like cleaning supplies, cleaners, fuel, and crucially save money for maintenance and repairs. They are also able to gradually expand their drug inventory. All the AMURT assisted health centers have been able to save funds to do construction for expansion and upgrades. AMURT encourages the recruitment of local health workers and inclusion of Community Resource Persons in the health center personnel. This approach helps in communication and enables easier patient follow up and more outreach programs. The result is stronger bonds between patients and the health center leading to increased patronage. With an empowered community as the leading partner, we have taken a big step towards sustainability.

FAMILY PLANNING

Through village meetings, AMURT's health education team has raised the awareness and acceptance of the health benefits of child spacing. In AMURT's program, the rural population now has access to improved and intensified health education, counselling of all newly booked woman in ANC and during immunization, community based family planning by our trained Family Planning Focal Persons, and intrapartum counselling by our health centre based midwives. AMURT provides a variety of contraceptive options, including PPLARC (Post-Partum Long Acting Reversible Contraceptive). In 2018, 2669 persons accessed a contraceptive method in the AMURT assisted health centres, which is an increase of 30 % over 2017. Many more participants chose natural birth spacing methods, a sign that long held cultural believes are evolving as women prioritize their own health.

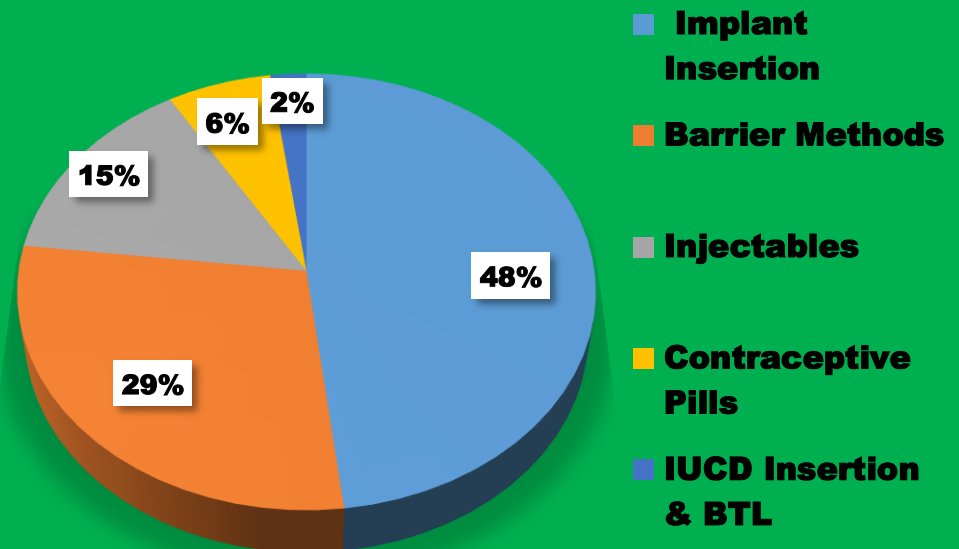


Odeligbo implant insertion



Health center family planning focal persons

FAMILY PLANNING UPTAKE 2018



MATERNAL HEALTH PROMOTERS



Akparata maternal health promoters



Drama at health rally Obeagu, Isu



Health rally at Iivakpa village, Ikwo

As part of AMURT's criteria for the free delivery program, the women in each village elect a maternal health promoter from amongst themselves. They conduct monthly pregnant women support group meetings and work closely with health workers from the health center. Their responsibilities include identifying pregnant women, educating and guiding expectant mothers, and monitoring pregnancies and deliveries. As community based volunteers, they ensure that the program is well anchored at the grassroots, and play a key role in promoting safe motherhood in the communities.

In 2018, the maternal health promoters took the lead in organizing health rallies to create awareness, acceptance and access for family planning in the rural villages.

HEALTH CENTER	MATERNAL HEALTH PROMOTERS
Odeligbo	22
Elugwu Ettam	16
Offia Oji	22
Ephuenyim	20
Gmelina	15
Akparata	22
Inikiri	20
Mgbalukwu	22
Uloanwu	15
TOTAL 2018	174

HEALTH RALLIES



Traditional music during rally at Ojiegbe, Isu



Youth dancing at health rally in Obeagu, Isu.



Celebrations at Ojiegbe, Isu health rally



Masquerade at health rally Enyim, Ikwo



Family planning talk at Nsuba, Ikwo.



Children dancing at Enyim, Ikwo rally.

Health rallies are full day events organized by the health education team in collaboration with the maternal health promoters and village leaders. They combine health talks and educational dramas with cultural displays like dance, drumming and masquerades to create a festival atmosphere. In 2018, AMURT mobilized 10 health rallies in Mgbalukwu, Onicha LGA and Odeligbo, Ikwo LGA project areas. The health rallies provide opportunities for dialog between the community and the health center. An additional 53 village outreach meetings were held. Family planning and safe motherhood was the focus of the health education in 2018.

TRAINEES & SCHOLARSHIPS



Amarachi and Ginika



Trainees at Elugwu Ettam



Trainees at Ephuenyim



Ten scholarship students started in September



Amarachi

In coordination with local leadership, AMURT recruits Community Resource Persons from the local project areas to help ensure 24 hour service in the health centers. The presence of locals on the staff has been crucial in strengthening the bond between the health centers and the communities. It has contributed to increased community confidence and higher patronage. The local staff easily organize outreach programs and when needed follow up on pregnant women with home visits. The local staff has been reliable in being at their post and doing their best for their own people. AMURT offers a scholarship program to give the most talented and committed of these community volunteers the opportunity to become qualified health workers. At the end of 2018, sixteen candidates were in school on AMURT scholarships. Through employment and support for further education, AMURT has given dozens of young rural women, and a few young men, a career and opportunity to serve their communities. Capacity building is a key factor for increased self reliance of primary health care in the rural areas.

BOREHOLES FOR SAFE WATER



Joy every time the drilling yields water!



Borehole installed at Uwalagbaegwu, Izzi



Community sensitization at Izzi

Many rural villages in Ebonyi State still rely on rivers and ponds for their drinking water. In 2018, AMURT drilled 30 boreholes. providing communities were with safe water at their doorstep for the first time. All the beneficiary villages paid 5 % as a local counterpart. Priority was given to remote villages without any source of safe water. Ohaukwu LGA got 8 new boreholes, Onicha got 12, Izzi LGA got 5, and Afikpo North got 5. The AMURT WASH team repaired 26 broken boreholes and made follow up visits to the villages where boreholes had been drilled and WASHCOMs trained since 2011.

BOREHOLES DRILLED 2011 - 2018			
Local Govt Area	Village Boreholes	Clinic Boreholes	Total
Abakaliki	39	4	43
Ohaukwu	54	2	56
Ikwo		2	2
Ezza North	5		5
Onicha	12	1	13
Ivo	3		3
Izzi	7		7
Ebonyi	2	1	3
Afikpo	5		5
Total	124	10	134

WASHCOM TRAINING



Agharaoza installation of new borehole



Platforming at new borehole in Obeagu, Isu



WASHCOM at Obeagu, Isu

After the assessment and identification of villages for the WASH program, AMURT conducts a one day sensitization program for the whole community. On this day the villagers elect 12 men and women to be their Water, Sanitation & Hygiene Committee. They also identify the exact preferred location for the drilling of the borehole. The WASHCOM training covers maintenance and repair of boreholes, and each village get a toolbox with all tools necessary to repair their borehole. The training also covers protection of water sources, hygiene and sanitation, and critical health issues like family planning, female genital mutilation and Lassa fever.



WASHCOM members taste the water at Obeagu, Uloanwu

ECONOMIC EMPOWERMENT



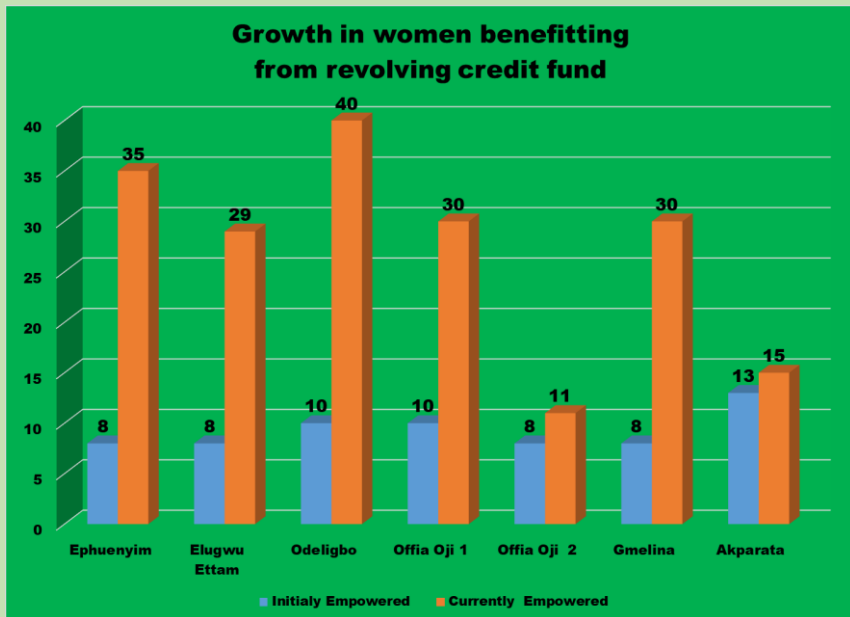
Elugwu Ettam women's cooperative group



Frying garri at Akparata



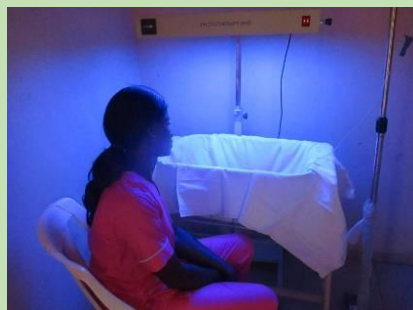
Selling at a market near Gmelina



Through the health centers, AMURT encounters many women who are the sole breadwinners in their families. Most are widows; others have husbands who are disabled. Local traditions continue to place widows at a big disadvantage. In the economic empowerment program, started in Nov 2015, indigent women come together to cooperatively manage a revolving credit scheme. Interest free loans are made available to the women to start their own businesses. After two months, they start paying back 10 % monthly. With the goal of full repayment after one year. As money revolves through the fund more members are empowered by the group. The women have succeeded in carefully managing the scheme and nearly tripled the number of beneficiaries, from 65 to 190. a great achievement. The program provides basic training in business planning and book keeping. We plan to add a broader skills training component in 2019.

HEALTH CENTER STAFF

Health Centre Staff Category	Offia Oji	Ephuenyim	Gmelina	Odeligbo	Elugwu Ettam	Akparata	Inikiri	Mgbalukwu	Uloanwu	Total
Government – permanent workers	1	3	1	3	3	1	0	5	2	19
MIDWIVES	1	2	1	2	1	1	1	1	1	11
CHEWS/JCHEWS/EHO	6	4	5	11	4	6	10	7	5	58
HEALTH ATTENDANTS	10	6	3	9	6	4	1	2	2	43
TRAINEES	6	5	2	2	2	2	2	2	1	24
CLEANERS	4	3	1	4	3	3	2	2	2	24
CASHIERS				1	1	1	1	1	1	6
AMBULANCE DRIVERS	1		1		1	1		1	1	6
TOTAL	29	23	14	32	21	19	17	21	15	191



Midwife Rita monitoring phototherapy



Njideka, Juliet & Elisabeth at Gmelina



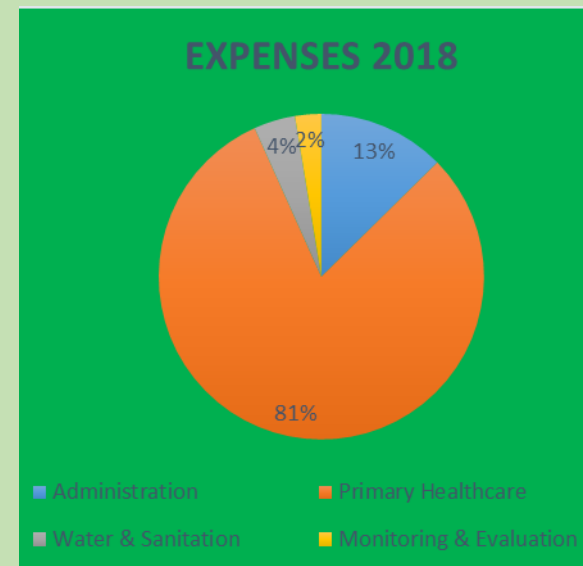
Midwife Mary at Elugwu Ettam



Nkemdiri, Joy and Chinyere, Mgbalukwu

OUR SPONSORS and PARTNERS

SPONSORS & PARTNERS	COUNTRY	PROGRAM
GMT-NIGERIA, LTD.	Lagos Nigeria	Main sponsor
Hearts2Africa	Gothenburg, Sweden	Economic empowerment, medical equipment
Dangote Foundation	Lagos Nigeria	Cement
Rotary International	Italy, USA and Abakaliki, Nigeria	Water and sanitation
Voice of a Child	California USA	Medical equipment
Antola Foundation	New York USA	Clinic borehole
AMURT Italy	Parma Italy	Emergency assistance, medical equipment
AMURT UK	London, UK	Emergency assistance, children's surgeries, HIV/Lassa Fever
AMURT USA	Maryland USA	Technical support, emergency assistance
AMURT Norway	Oslo, Norway	Emergency assistance
AMURTEL USA	Vermont, USA	Scholarships
AMURTEL Germany	Berlin, Germany	Emergency assistance
+ PRIVATE DONORS		



APPRECIATION TO PARTNERS WITH SIGNIFICANT CONTRIBUTIONS IN THE HEALTH CENTERS

Ebonyi State Ministry of Health

Mother and Child Survival Program

Ebonyi State Primary Healthcare Development Agency

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Facebook Page: AMURT West Africa

YouTube: www.youtube.com/watch?v=oOatqdpzYzI

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