



AMURT FOUNDATION 2023 Ebonyi State, Nigeria

Primary Health Care,
Reproductive Health &
Water Projects



AMURT's mission

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 fulfillment, while respecting their customs, language and religious beliefs.

AMURT (Ananda Marga Universal Relief Team) is a private international voluntary organizations founded in India in 1970. The original objective was to help meet the needs of the affected population after disasters. From 1985, AMURT's scope was expanded to include community development with projects in over 30 countries worldwide.

In 2010, AMURT came to Nigeria and entered into a partnership with Ebonyi State government to extend primary health care services to the remote rural areas. The focus has been on safe motherhood, with over 30000 births and 1450 cesarean sections in AMURT assisted health centers.



AMURT staff in front of the head office in Abakaliki, Ebonyi State

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, the private sector and government.



Mothers with their babies for SAM (Severe Acute Malnutrition) clinic at Offia Oji Health Center

Strengthening primary healthcare at the grassroots

SUSTAINABILITY

AMURT's approach to primary health care is a development model. Sustainability is achieved through strengthening each primary healthcare center's self reliance, thus reducing financial dependency. Capacity building at the grassroots unlocks local potential, leading to greater community participation and the emergence of new leadership.

PARTNERSHIP

Our unique partnership model allows AMURT to gradually reduce its presence, as local staff and community bodies assume responsibility under government guidance and monitoring. AMURT's primary healthcare model received a giant boost when the new Ebonyi state government adopted health as a top priority and committed to follow through on the M.O.U. between AMURT and the state government signed in 2012. Now that existing health centers are becoming more autonomous, AMURT is responding to community invitations to enter new project areas in Ebonyi State.

VALUES and PRINCIPLES

Our success depends on building institutions and systems required to sustain primary health care delivery. Strong ethical values guide our partnerships and every aspect of management and service delivery. The development project faces challenges everyday. Only through a principled and cohesive approach can we succeed.

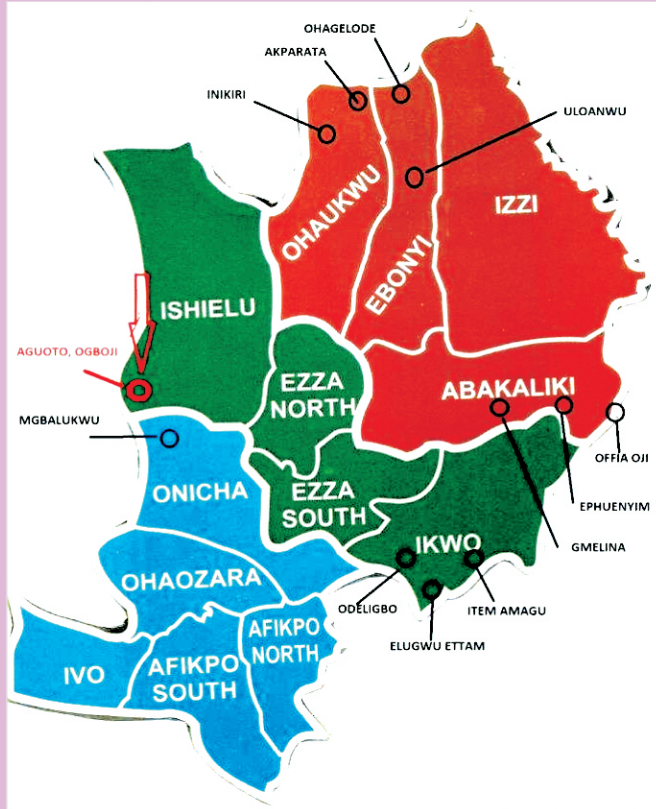
FINANCIAL MANAGEMENT

Careful monitoring of financial management and continuous training have yielded good results as health centers now cover their operating expenses, including payment of support staff, while continuing to build savings for maintenance, expansion and upgrades. Strict management of health center revenue and inventory enables the health centers to grow strong and materialize their visions.



AMURT program department meets with the management committee at Gmelina Health Center

Project areas & health centers



Pediatric surgery at Offia Oji Health Center



Health education focal persons from the 10 AMURT assisted health centers

	HEALTH CENTER	LOCAL GOVT	OPENED
1	Gmelina	Abakaliki	Sep 2010
2	Offia Oji	Abakaliki	Nov 2010
3	Ephaenyim	Abakaliki	Nov 2010
4	Elugwu Ettam	Ikwo	Feb 2012
5	Odeligbo	Ikwo	Jun 2012
6	Akparata – suspended by community conflict	Ohaukwu	Apr 2015
7	Inikiri - suspended by community conflict	Ohaukwu	Oct 2016
8	Mgbalukwu	Onicha	Nov 2017
9	Uloanwu	Ebonyi	Aug 2018
10	Ohagelode	Ebonyi	Mar 2020
11	Item Amagu	Ikwo	Dec 2020
12	Agutu	Ishielu	Jul 2022

Safe motherhood

24-HOUR SERVICE

AMURT’s primary goal is to reduce maternal and child mortality. 24-hour service every day of the year is essential for maternal and newborn health.

MATERNAL HEALTH PROMOTERS

AMURT-trained Maternal Health Promoters play a crucial role by tracking every pregnancy in every village and encouraging mothers to attend ante-natal care and give birth in the health center. They host monthly support group meetings, where the mothers learn about danger signs in pregnancy, and how to take care of themselves as they prepare to give birth.

COMPREHENSIVE ANTE-NATAL CARE

AMURT makes comprehensive ante-natal care accessible in all our project areas. In 2023, 5410 women attended ANC days in AMURT assisted health centers. Doctors are present to examine and identify any danger signs and counsel the women. Ultrasound machines for scanning are available. Early identification of women who are at high risk of complications during birth is essential. Health workers make home visits to follow up on high-risk cases. During ANC visits, mothers have tests for dangerous diseases. The lab scientists also do PCV blood tests and determine the blood group of every woman to save time in the event of an emergency.

During ANC days, AMURT also provides family planning counseling, routine drugs, tetanus vaccine, and preventive treatment for malaria. It is significant that 51% of the women attending ANC at AMURT assisted health centers in 2023 came from outside the project areas.



Mother with newborn baby at Ohagelode Health Center

BIRTHS	
HEALTH CENTER BIRTHS	3019
FROM OUTSIDE PROJECT AREA	39%
CAESAREAN SECTIONS (CS) AT HEALTH CENTERS	293
CS AFTER REFERRAL	32
CS AS A % OF TOTAL BIRTHS	11%
FACILITY BIRTHS vs HOME BIRTHS	77%
OBSTETRIC EMERGENCIES	
OBSTETRIC AMBULANCE REFERRALS TO TERTIARY	48
PERCENTAGE BIRTH REFERRED TO TERTIARY	1.20%
AMBULANCE REFERRALS TO TERTIARY HOSPITAL RESULTING IN BIRTH	36

Making emergency obstetric care accessible and affordable

EMERGENCY OBSTETRIC SERVICES: Filling the gap

Since 2017, AMURT has been providing emergency obstetric services. To combat maternal and newborn mortality, it's crucial that emergency services are both accessible and affordable for rural communities. Four health centers in Ikwo, Abakaliki, Onicha, and Ebonyi LGAs have been equipped with operating theaters, blood transfusion facilities, and standby ambulances. These centers also have resident doctors, laboratory scientists, midwives, and health workers available around the clock.

AMBULANCE SERVICES & EMERGENCY RESPONSE

For complicated cases, AMURT vehicles stand by to carry consultants from Abakaliki for life saving interventions in the rural centers. In addition to caesarean sections, the consultants also manage cases of severe ante-partum & post-partum bleeding, ectopic pregnancy, etc.

85 % of the cesarean sections in AMURT assisted health centers were paid in full by the patients. 81 % of the cesarean sections came from other wards. Only 3 % of the cesarean sections were elective.



Dr. Okemini and Dr Suzan perform ultrasound scanning at Uloanwu.



Premature baby in incubator, Odeligbo



Proud mother with health worker Onyinyechi and newborn triplets at Odeligbo Health Center.

EVERY LIFE COUNTS: Pediatric surgeries

In addition to its focus on primary healthcare, AMURT engages in direct service delivery to save the lives of mothers, newborn and children. In 2023, we sponsored 188 pediatric surgeries in the 10 AMURT assisted health centers, with Offia Oji Health Center leading the way with 44 surgeries, performed by consultants. In addition, 48 major pediatric surgeries were taken to AEFUTHA teaching hospital in Abakaliki.



FAVOR: Favor is an 11 year old girl from Ikwo. She was referred in critical condition with typhoid perforation resulting from untreated typhoid. This condition requires surgery. Favor remained admitted at the tertiary hospital for three months.



HEZAKIAH: Hezakiah was only ten months old when he was referred from Offia Oji with serious intestinal obstruction. He underwent life-saving surgery at AEFUTHA teaching hospital in Abakaliki.



GOODNESS: Goodness, from Ikwo, was eighteen months old when she was referred due to hydrocephalus. She had surgery at AEFUTHA to implant a shunt to drain the cerebral fluids that were pressuring her brain and causing her head to swell.



Pediatric surgery at Odeligbo Health Center

PEDIATRIC SURGERIES SPONSORED AT TERTIARY HOSPITALS	#
HYDROCEPHALUS	11
TYPHOID PERFORATION	8
INTESTINAL OBSTRUCTION / INTUSSUSCEPTION	18
OTHER	11
TOTAL	48

Engaging with youth on reproductive health

In 2023, AMURT's adolescent sexual and reproductive health (ASRH) team engaged with over 3000 adolescents in six project areas. They delivered messages on drug substance abuse, sexual abstinence, sexually transmitted diseases, harmful traditional practices (female genital mutilation, child marriage), and sexual abuse

SCHOOL LEVEL: PEER EDUCATORS

AMURT partners with 12 secondary schools. Working closely with the teachers, we identify potential peer educators. These educators receive training during monthly sessions, where they also share updates on their activities with fellow students.

VILLAGE LEVEL: YOUTH CHAMPIONS

At the village level, Youth Champions aged 18 to 24 are identified with the assistance of village leaders. Every month they are taught a new topic related to reproductive health, which they then share with the teenagers in their village. This program reaches youth in 74 villages.

TEENAGE MOTHERS' PROGRAM

The ASRH team holds regular meetings in each of the six project areas for pregnant teens or those who have recently given birth. They receive special attention, support and guidance, and sessions to boost their self-esteem. The young mothers are motivated and supported to return to school to complete their education. They are also assisted in learning skills like tailoring, hair-braiding and event decoration. Some have been helped to start their own businesses.

MENSTRUAL HYGIENE

In observance of World Menstrual Hygiene Day, we conducted sensitization sessions on menstrual health and hygiene. As part of this initiative, we distributed free sanitary pads to 1072 girls.



Above photos: Students at Blessed Virginia Secondary School at Uloanwu, Ishieke, were among those receiving sanitary pads on World Menstrual Hygiene Day.



Esther from the ASRH team meeting with Young Mothers at Gmelina Health Center

Cooperative model for women’s economic empowerment

AMURT’s Economic Empowerment Program provides support to widows and women who are the sole breadwinners in their families, enabling them to start their own businesses. Since 2016, AMURT has established 12 groups as part of the Cooperatively Managed Revolving Credit Scheme. In 2023, these groups empowered 137 new women members, reaching a total of 763 cooperative members who have benefited. Many of these members were identified at the health centers, where they faced challenges in affording treatment for their children.

In 2023, a new group was started in Aguotu, Ishielu Local Government Area, with 15 members.



Monthly meeting of the Offia Oji coop group



A member of the new Aguotu group working on her cooking business



Nkechi from Offia Oji with her homemade soap and pomade products

WOMEN EMPOWERED	
In 2023	137
Since 2016	767
COOPERATIVE GROUPS	
NEW IN 2023	1
SINCE 2016	12

Water is life: Reaching every village

Many rural villages in Ebonyi State still rely on rivers and ponds for their drinking water. The water is often contaminated and causes the spread of cholera, gastroenteritis and other water borne diseases. In 2023, AMURT's water and sanitation team worked in twenty communities in Ishielu, Izzi and Ebonyi Local Government Areas on new borehole projects. Funding came through partnerships with AMURT Italy, Antola Foundation of Switzerland, and private sponsors in the U.S. WASHCOMs (Water Sanitation and Hygiene Committees) were formed and trained on how to maintain the boreholes.



WASHCOM and children after installation of the new borehole at Ogbukputu, Ishieke, Ebonyi LGA



Child watches the drilling of a new borehole at Okpuroji, Onunwangoron, Ishieke

BOREHOLES 2023	
NEW BOREHOLES 2023	20
BOREHOLES REPAIRED	28
BOREHOLES SINCE 2011	247

Youth capacity building: A career in health

COMMUNITY PARTICIPATION

In collaboration with community leadership, AMURT recruits local community volunteers from the project areas to ensure 24-hour service in all health centers. These local staff members play a crucial role in strengthening the bond between the health centers and the communities they serve. Their presence has contributed to increased community confidence and higher patronage. Well-trained community members are essential as we prepare the health centers for greater self-reliance.

SCHOLARSHIPS

AMURT’s scholarship program provides the most talented and committed of these community volunteers with the opportunity to become qualified health workers. In 2023, six individuals graduated, and five fresh candidates entered school, leaving a total of twenty students on AMURT scholarships. Through our support for higher education, AMURT has empowered dozens of young rural women and a few young men, offering them a career path in the health sector. Most of these candidates enroll in the School of Health Technology to become CHEWs (Community Health Extension Workers) or Junior CHEWs. A select few pursue university education to become registered nurses and medical lab scientists. AMURT maintains a close relationship with academic institutions, and in 2023, we accepted over 200 IT students for practical experience through placements in AMURT-assisted health centers.

Capacity building in the rural health sector is a critical factor for enhancing the self-reliance of primary healthcare facilities in remote villages.



Florence, Mercy, Esther, Onyinyechi, and Amarachi started their studies to become CHEWs on scholarship in September

SCHOLARSHIPS	
GRADUATED	
2023	6
ENTERED SCHOOL	
2023	5
TOTAL	
SCHOLARSHIPS	52

Fighting malnutrition: The silent killer

FOOD DEMONSTRATIONS

In 2023, AMURT observed an increase in child malnutrition in the rural areas. While poverty is one contributing factor, ignorance plays an even greater role. Many children are left to survive primarily on starchy foods, with cassava being the main crop in the area. To address this, AMURT’s health education department intensified its intervention by organizing food demonstration programs in numerous villages. These programs aimed to teach local communities how to combine locally available foods to provide children with a more balanced diet, including essential proteins.



Food demonstration at Ndumbam village, Okpuitumo, Abakaliki LGA

SEVERE ACUTE MALNUTRITION (SAM)

In 2023, AMURT continued its collaboration with the state ministry of health to assist severely malnourished children. Government nutrition officers accompanied AMURT staff to Offia Oji, Odeligbo, and Uloanwu health centers for SAM clinics, reaching children in remote villages. AMURT provided nutritious and protein-rich food, and admitted the severe cases for specialized care.



Measure of mid upper arm circumference of less the 10 cm is an indication of severe acute malnutrition



Malnourished baby at Ephuenyim before and after treatment

SAM SEVERE ACUTE MALNUTRITION	
IDENTIFIED IN SAM CLINICS	273
TREATED WITH RUTF	273
FOOD FROM AMURT IN HEALTH CENTERS	52
SUPPLEMENTAL MILK FORMULA	40

Health education & cultural pride

In 2023, the AMURT health education team conducted more than 100 village stakeholder meetings, with a focus on demand creation and sensitization regarding key health messages. Additionally, they organized health rallies in Ishielu local government area that seamlessly blended cultural displays with health talks, dialogue, and educational drama.



Left: Chinwendu, AMURT's health education manager giving a talk on benefits of health center delivery. Right: Health workers dancing at Aguotu, Ezzagu



Dancing group during the health rally at Ogboji Central, Ezzagu, Ishielu, LGA

7 KEY MESSAGE IN VILLAGE SENSITIZATION

- Importance of skilled birth delivery
- Early arrival at the hospital
- Importance of child spacing
- Blood donation awareness
- Promoting locally available food and exclusive breastfeeding
- Risks of herbal concoctions and self-medication for pregnant women and children under 5
- Prevention and early treatment of malaria, particularly for pregnant women and children under 5

Partners and AMURT Staff

SPONSORS	COUNTRY	PROGRAM
GMT-NIGERIA, LTD.	Lagos Nigeria	Main sponsor
Voice of a Child	California USA	Medical equipment Emergency assistance
AMURT UK	London, UK	Emergency assistance
Dangote Foundation	Lagos Nigeria	Cement
Rotary International	Nigeria Italy Norway USA	Water & Sanitation Primary healthcare
Antola Foundation	New York USA	Water & Sanitation
AMURT Italy	Parma Italy	Water & Sanitation
AMURT USA	Maryland USA	Technical support, Emergency assistance
AMURT Norway	Oslo, Norway	Emergency assistance
AMURTEL USA	Vermont, USA	Scholarships, Emergency assistance
AMURTEL GERMANY	Berlin, Germany	Emergency Assistance
ASM	Oregon, USA	Economic Empowerment

AMURT STAFF 2024

Director	Dada Tor Bjoernsen
Medical Director	Dr. Opoke Peter
Chief Operations Off.	Ogbonna Agha
HR Manager	Ruth Chukwuemerie
Office Manager	Martha Nweke
Advocacy specialist	Ogadimma Ukachukwu
M&E Manager	Chike Anah
H.O.D. Laboratories	Sct. Daniel Ejiofor
WASH Manager	Peter Chukwu Elem
Construction Manager	Paul Haligah
Program Manager	Ibiam Iro Oji
Health Education	Chinwendu Anago-Amanze
Adolescent Health	Esther Oluchukwu
Referrals in-charge	Friday Okeh
Economic Empowerment	Afuluenu Onu
Head Midwife	Rita Obiakor
Head Driver	Sunday Nwonuku

DOCTORS IN CHARGE

Abakliki LGA	Dr. Duru Steven
Ikwo LGA	Dr. Williams Femi
Onicha Ishielu LGA	Dr. Godwin Godswill
Ebonyi LGA	Dr. Esezogo Sylvester

BOARD OF TRUSTEES

Chairman	Ade Akin-Olugbade
Secretary	Barrister Daniel Gyang
Finance Sec	Christopher Opogah
Members	Brian Dungor, Tor Bjoernsen

Contact Information

Corporate Office:

42 Burma Road, Apapa, Lagos, Nigeria

Field Office:

26 Onwe Road Extension, Abakaliki,
Ebonyi State, Nigeria

Postal address:

PO BOX 1382, Abakaliki,
Ebonyi State, Nigeria

Email: info@amurt.ng

Telephone: +234-81-3306-7130

Web-site: www.amurt.ng

Facebook Page: AMURT West Africa

YouTube: www.youtube.com/@daneshananda/videos

AMURT Global

Coordinating Office:

2502 Lindley Terrace,
Rockville,
MD 20850 U.S.A.

