AMURT FOUNDATION







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

AMURT NIGERIA TEAM



AMURT NIGERIA has been working in Ebonyi State, the poorest state in southern Nigieria since 2010 The focus is on extending primary health care services to remote rural areas with special emphasis on maternal, newborn and child health. AMURT also works in Water and Sanitation, and economic empowerment.

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.



RAISING AWARFNESS

Health
Education &
Family Planning

GRASSROOTS MOBILIZATION

Village
Maternal Health
Promoters and
Health Rallies

SUSTAINABILITY

Community
Ownership and
Community
Management

PROGRAM GOAL

Reduce Maternal & Newborn Mortality

SAVING LIVE

Midwives, Ambulance Service and Emergency Assistance CREATING CONFIDENCE

24 Hour Service every day without fail

- IDENTIFYING WOMEN AT RISK

Comprehensive Ante Natal Care & follow up

PROJECT AREAS and HEALTH CENTERS



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

		LGA	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
10	Ohagelode	Ebonyi	Mar 2020
11	Item Amagu	Ikwo	Dec 2020

2020 in perspective

In 2019, AMURT's reputation for quality healthcare grew. The number of deliveries from outside our project areas rose, as several of the AMURT supported health centers became known as reliable referral centers for obstetric emergencies. AMURT assisted health centers conducted two hundred and forty one cesarean sections. Eliminating delays and providing access to affordable emergency obstetric care saved many lives. AMURT enters 2020 with twelve doctors, fourteen midwives and seven lab scientists, and a total of 207 staff resident in the rural health facilities. Every morning ten vehicles leave the AMURT office and Abakaliki to carry development programs and service delivery to the remote corners of Ebonyi State. After four years, the impact of our family planning campaign was evident in 2019, as the birth-rate reduced in our project areas. In 2019 AMURT, in partnership with the communities and Rotary Foundation opened a new project area in Ohagelode Ishieke, Ebonyi LGA. The largest so far of AMURT's projects, opened in early 2020. The AMURT WASH team drilled 27 more boreholes in 2019. AMURT's Economic Empowerment program's cooperatively managed revolving credit scheme, revolving the same capital, supported 80 more widows and indigent mothers to start their own businesses. We are entering 2020 with determination and a positive spirit.























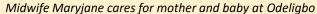






Improving access to Emergency Obstetric Care





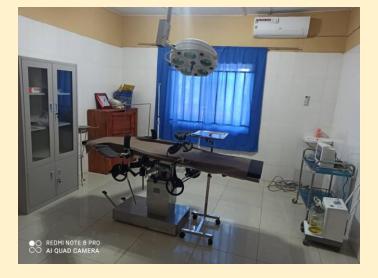


Twins born at Odeligbo



Ephuenyim Health Center theater wing

AMURT's primary goal is to reduce maternal and newborn morality. In 2019 AMURT assisted facilities became known as reliable referral centers. To make cesarean section and other emergency interventions available to rural mothers is key to achieve this goal. From August 2017 to the end of 2018, Odeligbo Health Center carried out 82 cesarean sections. In 2019 AMURT upgraded Ephuenyim Health Center in Abakaliki LGA, and Akparata Health Center in Ohaukwu LGA. In 2020 Mgbalukwu and Inikiri health centers were also equipped to do cesarean sections. We finished 2019 the year with 241 cesarean sections. In 2020 we project close to 300. With resident doctors, lab scientists and midwives, the AMURT CEmONC enable early identification of risk, eliminates the referral time delays, and provides the services at an affordable rate. 76 % of the C.S.'s came from outside the project area and 92 % were emergency referrals.



Operating theater at Odeligbo Health Center

Comprehensive ante-natal care & follow up



Offia Oji Health Center

AMURT makes Comprehensive Ante-Natal Care available in all our project areas. With attendance in some health centers reaching up to 200 in one day, 2 or 3 doctors are on duty during A.N.C. so that every pregnant mother can be examined well. AMURT has five portable ultrasound machines and scanning is free. Early identification of women who are at high risk of complications is essential. Health workers make home visits to follow up on high risk cases. All the mothers are tested for malaria, Hepatitis B, Hepatitis C, syphilis (VDRL), HIV, and Urinalysis is done at booking. We do PCV tests and determine the blood group of every woman to save time in the event of emergency. Other lab tests are done on indication. During ANC days, AMURT also provides family planning counselling, routine drugs, tetanus vaccine, preventive treatment for malaria and mosquito nets. In 2019, 56 % of the A.N.C. attendance came from outside the project areas.



Mgbalukwu Health Center



Odeligbo Health Center



Akparata Health Center



Offia Oji Health Center



Ephuenyim Health Center



Uloanwu Health Center

Safe motherhood

AMURT's maternal and newborn health services expanded its reach in 2019. The number of deliveries assisted by AMURT rose to 3758. The percentage of deliveries from outside the project area also rose. Odeligbo Health Center lead the way with 877 deliveries.

Mgabalukwu Health Center was the most improved with a 57 % increase in number of births. 93 deliveries, or 1.9 % of total births, were referred to tertiary hospital due to serious complications. A total of 294 deliveries, or 7.8 % of all births, were by caesarean section. 241 cesarean sections were done at AMURT assisted health centers and 53 were done at Federal Teaching Hospital in Abakaliki. The average ratio for facility birth vs. home birth in AMURT project areas was 83 %, with several health centers achieving over 90 % facility delivery.



Ginika gave birth to a precious baby at Odeligbo Health Center. Her two first pregnancies had ended in still birth. At Odeligbo Health Center she was well cared for and cesarean section was done based on her obstetric history. The family is very happy to finally have a health baby.



Midwife Mary at Elugwu Ettam

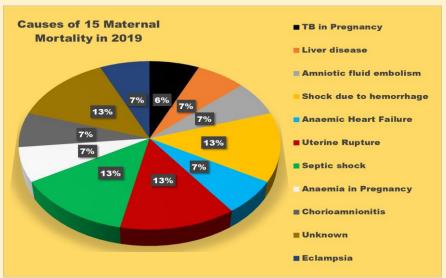


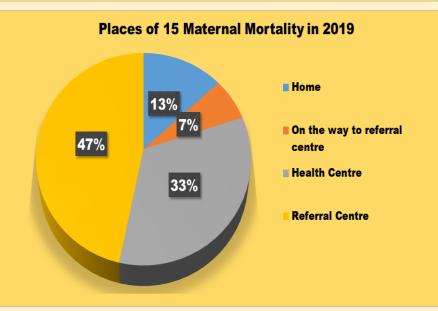
Midwife Rita at Ephuenyim

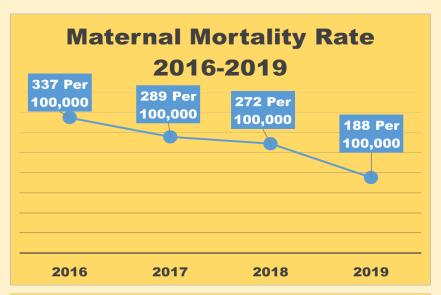


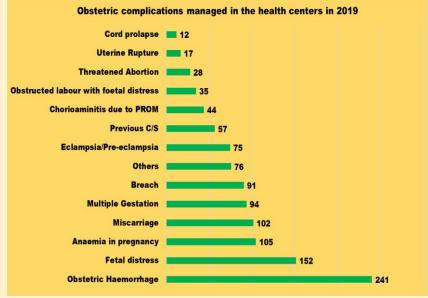
Midwife Agatha at Inikiri

MATERNAL COMPLICATIONS & MORTALITY





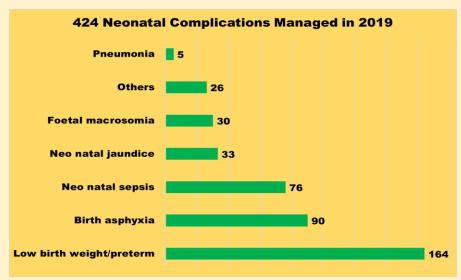


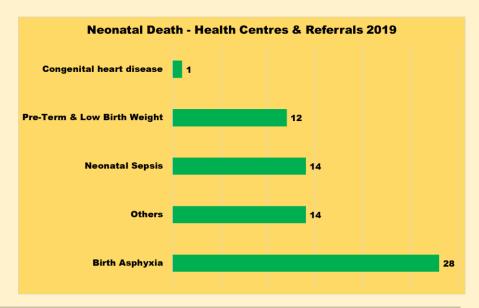


Quality care for mothers and newborns

In 2019, we recorded eight maternal deaths inside our project areas. This gives us a maternal mortality rate of 188 deaths per 100,000 live births. This compares favorably to the Nigerian national rate of 917 deaths (WHO, June 2018. Seven of the fifteen maternal deaths were women from outside our 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 center, confirm that many lives were saved. AMURT reviews every maternal mortality during monthly medical team meetings to learn lessons and make changes to improve the quality of care.







Stories: Every Life Counts



FELICIA lived with congenital macroglossia for seven years. The grotesquely oversized tongue made simple tasks of eating, drinking and speaking, difficult. AMURT arranged for her surgery at UNTH Enugu. The surgery was life changing for Felicia: she now looks normal and can perform the basic task with ease.



NNEKA was referred from Odeligbo Health Center with multiple convulsions in pregnancy. She had cesarean section at AEFUTHA and the baby made it. Both Nneka and her baby spent over two weeks in intensive care. She had suffered some kidney injury and required dialysis. By His Grace, both mother and baby recovered well and were discharged.



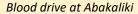
CHISIMDIRI is a 7 year old girl who was referred from Offia Oji Health Center on account of febrile convulsions. Even at AEFUTHA continued having convulsions for several weeks. The parents lost hope and wanted to take her back to the village for traditional treatment. AMURT did everything possible to save Chisimdiri and after seven weeks she had recovered and was discharged.



pominion was referred from Odeligbo Health Center when he was only 1 month old on account of intestinal obstruction. He had surgery at AEFUTHA. There were several complications and he now has colostomy and needs further procedures. AMURT is supporting his treatment and he is now doing well

Laboratories: The gift of blood is the gift of life







Blood drive at Abakaliki

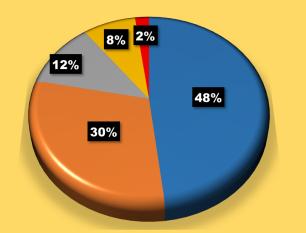


Uloanwu Health Center



Ephuenyim Health Center collecting blood sample





Anaemia due to Malaria

■ Cesarean section

■ Others

■ Obstetric Hemorrhage

■ Anaemia in Pregnancy The well-equipped laboratories in the AMURT assisted health center are crucial in making accurate diagnoses. The number of blood transfusions in the health centers rose to 611 in 2019, an increase of 55 % compared to 2018. In 2019, the three CEmONC centers with resident doctors, also got resident laboratory scientists. On ante-natal days the laboratories conduct investigations for the pregnant women, including urinalysis, hemoglobin, blood grouping and tests for malaria, HIV, hepatitis B & C, and VDRL. In 2019 the reactive rates were as follows: Hepatitis B - 6 %, Hepatitis C – 6 %, Syphilis – 6 % 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. Each of the AMURT assisted health centers has a laboratory. A lab scientist is available on all clinic days to conduct investigations and to enable us to do life saving blood transfusions.

Ambulance services save lives







Uloanwu ambulance

Birth in Uloanwu ambulance

HEALTH	AFUETHA	AFUETHA	AMURT	AMURT		
CENTER	Obstetric	Neonatal	Obstetric	Neonatal	OTHER	TOTAL
Odeligbo	21	22	0	0	43	86
Elugwu Ettam	0	3	15	17	13	48
Offia Oji	11	0	35	0	28	74
Ephuenyim	21	12	0	0	33	66
Gmelina	4	2	15	0	6	27
Akparata	7	5	0	0	14	26
Inikiri	10	5	16	0	4	35
Mgbalukwu	7	11	31	0	22	71
Uloanwu	22	4	7	0	11	44
TOTAL 2018	103	64	119	17	174	477



Ambulance referral from Ephuenyim

In the rural areas, transport is hard to find. AMURT operates six ambulances, serving 9 health centers. The Federal Teaching Hospital in Abakaliki is the main referral center. In 2019, 119 obstetric emergency ambulance referrals from AMURT health centers to AMURT CEMONC centers, implied significant savings for the patient's families. Seven complicated surgery cases were referred to UNTH Enugu.

Health workers accompany every ambulance referral to assist the families with registration, investigations, drugs and lifesaving interventions. AMURT doctors make follow up visits to provide support, especially for obstetric and pediatric cases. In 2019, overall referrals rose by 19 %.

New projects: reaching the remote rural areas





Meeting of village heads at Ohagelode

Community labor on Ohagelode construction

Ohagelode completion

In 2018 AMURT opened a new health center at Uloanwu Ishieke in Ebonyi LGA. After having operated in a temporary location, with the local community taking charge of the construction, a new large hospital building was completed in 2019. The Commissioner of Health came himself to do the opening. Before the end of 2019 the Uloanwu Health Center, had grown to become among the most functional of the AMURT assisted health centers.

Following an invitation from Ohagelode, also in Ishieke Community, the AMURT team visited for assessment in early 2019. We discovered an alarming level of maternal mortality with no access to primary healthcare services. A thorough baseline survey, revealed that only 5 % of the women had given birth in health facilities. A hospital building started and abandoned in 2004 was made available. In partnership with the community, who provided sand and labour, AMURT started the construction of the new facility. Rotary Club of Abakaliki, supported by Rotary Club of Alfarheim and the Rotary Foundation gave a grant for equipping the health center. By the end of 2019 the building was nearing completion for opening in early 2020.



The main hospital building at Uloanwu

Community participation – the key to success in primary healthcare



Community meeting at Akparata Health Center



The women take the lead at Ohagelode



Women's meeting at Offia Oji

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 we assist. The community must take the lead in key decisions concerning healthcare. Building community confidence in the health facility is essential to increase patronage. Local management is needed to keep drugs and supplies in stock. With a modest mark up on drugs, the health centers can cover operating expenses like cleaning supplies, cleaners, fuel, and also save money for maintenance work and repairs, and expansion of the drug inventory. All the AMURT assisted health centers have been able to save funds to do construction for expansion and upgrades. AMURT encourages 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 outreach and health education 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.

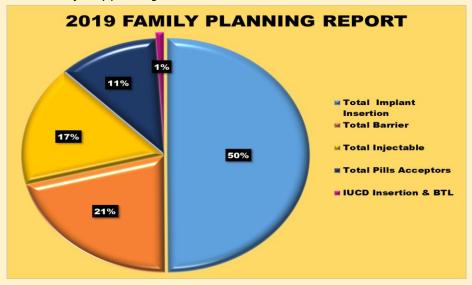
Massive impact of family planning

Quietly, gradually, and patiently, and through hard work, AMURT's family planning team has made a massive impact. The birth rate in our project areas has come down as over 3000 women have chosen long term contraceptive options. The family planning team frequently encountered opposition in the beginning as in some communities, awareness, acceptance and access to contraception was close to zero. It was seen as a threat to the culture and way of life. However, as the team explained the benefits of child spacing, and the health impact on the whole family, the attitude towards family planning has changed fast. The state fertility rate is 5.3 births per woman, while in the remote villages where AMURT works many women have 8, 10 or even more children. Through village meetings, the AMURT health education team has raised the awareness and acceptance of the health benefits of child spacing. In the AMURT assisted health facilities, the rural population now has access to counselling and a variety of contraceptive options.

Through PPLARC (Post-Partum Long Acting Reversible Contraceptive), improved and intensified health education during ante-natal days and immunization, counselling of all pregnant women, we have seen a big change. In 2019, 2763 persons accessed a contraceptive method in the AMURT assisted health centres. Fifty percent chose implants. Long held cultural beliefs have evolved to place health first.

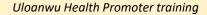


The AMURT family planning team



An effective grassroots network: maternal health promoters in action







Ephuenyim community meeting



Akprata pregnant women support group



Offia Oji meeting

In AMURT's project areas, the women in each village elect a maternal health promoter from amongst themselves. This unique network now extends to 214 villages, in AMURT's 10 project areas 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 all births, including homebirths. As community based volunteers, they ensure that the program is well anchored at the grassroots. While promoting safe motherhood, the maternal health promoters play a central role in changing the outlook and attitudes of the rural population to embrace child spacing, family planning and women's leadership in health and community affairs. They are health educators on the ground, every day.



Elugwu Ettam pregnant women support group meeting

Health rallies: health education and cultural pride



Education drama at Odeligbo, Ikwo



Youth participation at Okwerike, Ebonyi LGA



Ndiogodo Health Rally, Ebonyi LGA



Stephen welcomes the crowd at Ekpitom



Family planning talk by Chinwendu, Equenyi



Celebration of local culture at Effium

Health Rallies are full day events organized by the maternal health promoters and village youth leaders. They combine health talks and educational dramas with cultural displays like dance, drumming and masquerades to create a festival atmosphere. In 2019 AMURT mobilized 5 health rallies in the Uloanwu project area. The health rallies provide opportunities for questions, answers and a dialog between the community and the health center. An additional 29 village outreach meetings were held. Family planning and safe motherhood was the focus for the health education in 2019.

Youth capacity building in healthcare



Rita getting experience at Uloanqu



Elizabeth & Juliette trainees at Gmelina



Five new candidates entered School of Health



AMURT scholarship students School of Health

In coordination with local leadership, AMURT recruits community volunteers 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 2019, eighteen 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. The candidates enter the School of Health to become CHEWs (Community Health Extension Workers) or Junior CHEWs. Capacity building in health is a key factor for increased self-reliance of primary health care in the rural areas. A few have received support for higher studies.

Water is life! Reaching every village







Joy every time the drilling yields water!

Ezobila Ngodo, Afikpo North

Ikwo children at new borehole.

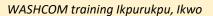
Many rural villages in Ebonyi State still rely on rivers and ponds for their drinking water. In 2019, AMURT drilled 27 new boreholes giving communities safe water at their doorstep for the first time. AMURT's WASH (Water Sanitation & Hygiene) program give priority to remote villages who are without a source of safe water. Afikpo North, Onicha, Ikwo, Ebonyi, Izzi and Ohaukwu Local Government areas benefited from new boreholes in 2019. In addition to drilling new boreholes, AMURT also repaired 30 old and broken boreholes across six LGAs. The WASH team made follow up supporting visits to villages that had benefitted from AMURT WASH interventions since 2011.

Since 2018 AMURT has enjoyed a close partnership in Water & Sanitation with the Rotary Club of Abakaliki. The projects have been funded by Rotary Clubs in California, U.S.A. and in Italy together with the Rotary Foundation.

BOREHOLES DRILLED 2011 – 2020				
Local Govt Area	Village	Clinic	Total	
Abakaliki	39	5	44	
Ohaukwu	62	2	64	
Ikwo	3	3	6	
Ezza North	5		5	
Onicha	16	1	17	
Ivo	3		3	
Ishielu	11		11	
Izzi	13		13	
Ebonyi	18	2	20	
Afikpo North	7		7	
Afikpo South	4		4	
Abia State	5		5	
Total	186	13	199	

Community ownership of WASH







Installation Umuchukwi, 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. Members are chosen from different families, to ensure a broad representation. People with mechanical skills, leadership skills and teachings skills are prioritized. They identify two or three preferred locations for the drilling of the borehole. It is important to have more than one alternative in case the geophysical survey does not detect water in the preferred spot. The WASHCOM training covers maintenance and repair of boreholes, and each village gets a toolbox with all tools necessary to repair their borehole. The WASHCOM members learn also learn to understand the mechanics of the borehole and how it works. The training also covers protection of water sources, hygiene and sanitation, and critical health issues like family planning and female genital mutilation. They learn how the community can protect itself from Cholera, Lassa fever and other infectious diseases.



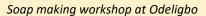
Community sensitization Oshioereke, Effium



AMURT WASH Team – Ejike, Israel and Chukwu

Women's empowerment: a cooperative model







Soap shop at Inikiri



Fabric shop at Inikiri



Lucy is a widow with six children. She is a founding member of the cooperative group formed at Gmelina Health Center. She started with a modest credit of only 10,000 naira for cassava processing. In 2019 she had saved enough to construct her own house with her hard work and fine example.

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, 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. After one year the loan is fully paid back as new members are empowered by the group every month. The women have succeeded in carefully managing the scheme and more than quadrupled the number of beneficiaries, from 65 to 400. The program has been successful AMURT provides basic training in business planning and bookkeeping. In 2019 skills acquisition was added to the program, and women learnt how to make soap and bunds and chin-chin.

OUR SPONSORS and PARTNERS

SPONSORS	COUNTRY	PROGRAM
GMT-NIGERIA, LTD.	Lagos Nigeria	Main sponsor
AMURT UK	London, UK	Emergency assistance, Medical Equipment
Dangote Foundation	Lagos Nigeria	Cement
Rotary International	Italy and USA	Water & Sanitation
Voice of a Child	California USA	Medical equipment
Antola Foundation	New York USA	Medical Equipment
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
AMURTEL Germany	Berlin, Germany	Emergency assistance
+ PRIVATE DONORS		

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Health Education Coord. Chinwendu Anago-Amanze

Family Planning Coord. Nora Nankwor

Adolescent Health Coord. Eugenia Nwankwor Referrals in-charge Dr, Anwu Chinwendu Economic Empowerment Coord Afuluenu Onu

Head Midwife Rita Obiakor
H.O.D. Laboratories Sct. Daniel Ejiofor
Head Driver Peter Emmanuel

PROJECT AREAS IN-CHARGES

Abakliki LGA Dr. Onwe Obinna Ikwo LGA Dr. Ikechukwu Obinna Ohaukwu LGA Dr. Omogo John

Onitsha LGA Dr. Ikechukwu Iwuchukwu

Ebonyi LGA Dr. Bayero Stephen

RECENT PHOTOS NOVEMBER 2020



ODELIGBO
HEALTH
CENTER:
Newborn
intensive care
unit



Three AMURT ambulances with crew making referrals on Friday 13th November. At AMURT office



In October 2020, we had 470 births in AMURT assisted health centers, a new record for one month.

At the end of November, AMURT Nigeria passed 19,000 births since the project started.



Skills training program for first time mothers at Mgbalukwu Health Center



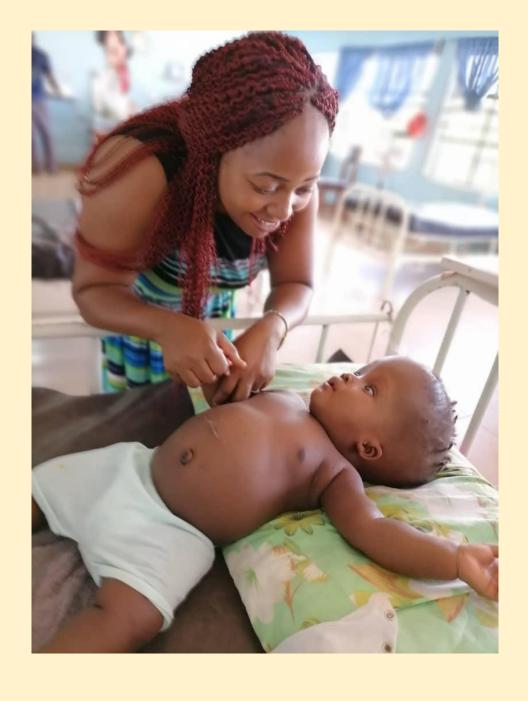
AMURT program for teenage mothers provide support for them to return to school. We monitor the pregnant teenagers and mothers to provide medical and food support to those who are abandoned by the fathers.



AMURT provides support to the disabled, including prostheses and wheel chairs. This is Monday at Ohagelode Health Center with a new wheel chair.



Martha gave birth at 26 weeks. The baby girl weighed only 600 gram. Now after two months the baby is alive and improving. It is very rare that so small premature babies survive in Africa.



Dr. Sunshine, AMURT referral incharge, visits a baby that has just had surgery to place a shunt to drain cerebral fluid. The baby born with hydrocephalus. **AMURT** has sponsored over 20 such surgeries since we started.



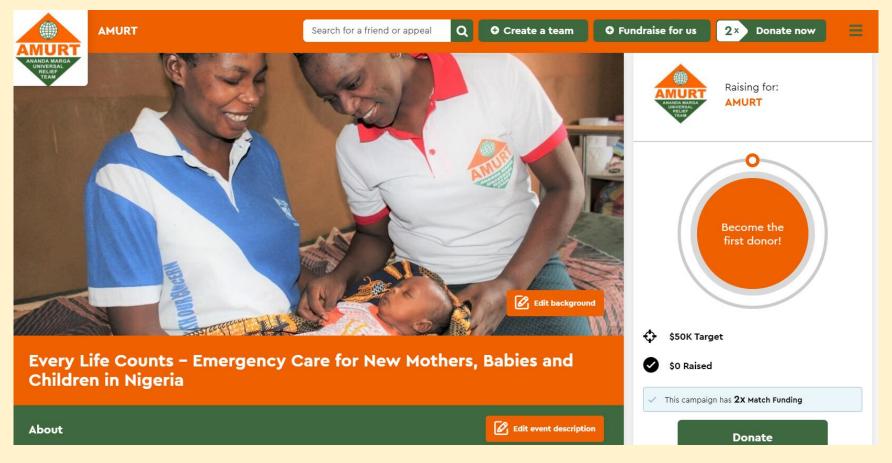
These young women entered School of Health Technology on AMURT scholarship in November.



Since August 2020, AMURT has been implementing CMAM, Community Management of Acute Malnutrition in the health centers. More than 150 severely malnourished children 6 months to 5 years, have benefitted.



Since the project started we have delivered 13 sets of triplets in AMURT Health Centers



IF YOU LIKE THE HUMANITARIAN WORKS OF AMURT NIGERIA, WHY NOT SUPPORT OUR DECEMBER 2020 FUND RAISING CAMPAIGN? The funds go exclusively to Emergency Assistance for Mothers, Newborns and Children in Nigeria. A sponsor provides matching funds so every donation is doubled.

Here's the link:

AMURT: Every Life Counts - Emergency Care for New Mothers, Babies and Children in Nigeria (enthuse.com)

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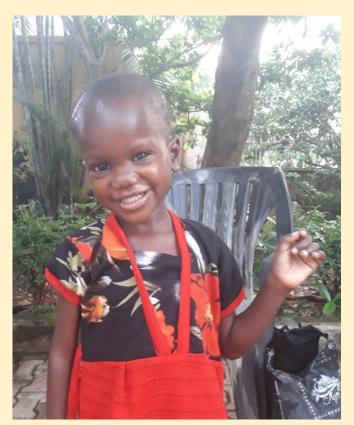
Facebook Page: AMURT West Africa

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

AMURT Global Coordinating Office:

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





Her name is Success and her surgery was also a success!