



## **KMA Training Report**

### **KMA/ARCAN Level II Training for Physicians in HIV/AIDS**

**2<sup>nd</sup> Training held at Methodist Guest House in  
Nairobi, Kenya**

**8<sup>th</sup> – 12<sup>th</sup> February, 2009**

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## Partner Training Institutions - ARCAN Training Monitoring Form

(Submit to the Project Coordinating Unit for each training conducted<sup>1</sup> and keep one copy)

<b>Name of Training Institute / Person</b>	Kenya Medical Association (KMA)			
<b>Country site of training</b>	Methodist Guest House, Nairobi, KENYA			
<b>Title or Topic of Training</b>	Level II Course for Physicians in HIV and AIDS			
<b>Total Number of Training Hours<sup>2</sup></b>	21 hours/week (7 training hours per day – excluding meal times)			
<b>Date of Training</b>	From <b>9<sup>th</sup> – 12<sup>th</sup> February, 2009</b>			
<b>Type of Training<sup>3</sup></b>	Primary Training		Follow Up / Support	<b>Follow up</b>

<b>Total Number of Participants</b>	Males	<b>17</b>	Females	<b>13</b>	Total	<b>30</b>
<b>Country of Origin (Give Numbers)</b>			Kenya			
<b>Sector<sup>4</sup> (Give Numbers)</b>	Public Sector	<b>20</b>	Private Sector	<b>6</b>	Civil Society	<b>4</b>
<b>Number of work plans submitted<sup>5</sup></b>	NONE. This was a Level II Training.					

# **Narrative Report**

## **Level II Training Course for Physicians in HIV/AIDS, Nairobi, Kenya held on 9<sup>th</sup> – 12<sup>th</sup> February, 2009.**

### **1. Introduction**

The 2<sup>nd</sup> Refresher/Follow up Training course for Physicians in HIV/AIDS, took place in Nairobi from **9<sup>th</sup> – 12<sup>th</sup> February, 2009**. The schedule and learning strategies that was used were adopted from the 1<sup>st</sup> KMA/ARCAN Level II training course for physicians in HIV and AIDS.

### **2. The participants**

45 participants from Kenya had been invited to this workshop, however only 30 participants attended, giving a 66.7% attendance rate. These were ATGs from previous ARCAN trainings conducted in 2006, 2007 and 2008. There were 17 (56.70%) males and 13 (43.30%) females. There were 7 doctors, 12 pharmacists, 2 pharmacy technicians and 9 clinical officers.

### **3. The workshop**

The design of this refresher/follow up course was based on feedback received during Level I trainings. The topics covered included:

- Counselling skills for physicians
- Immunology of HIV and AIDS
- Handling of PLWHA (Field visit, practicum)
- Nutrition in PLWHA
- ARV management
- Basics in training Networks formation (procedures and requirements)
- Cascading strategies based on existing country potentials
- Strategies for Resource mobilization.

The participants gave their expectations of the Level II training (see Appendix I).

The final session of the workshop involved participants' reflections on the workshop and how useful they found the training and the materials presented. Participants also discussed the way forward for ATGs and how they can form partnerships and work under networks.

#### **4. Evaluation of the course**

A daily evaluation rating was applied to this 3-day workshop using a 3-point scale (happy, average and not happy). The following is a summary of the topics the participants reported to be most useful for the refresher courses:

- ARV Management
- Nutritional care in HIV
- Cascading strategies
- Resource mobilization strategies
- Sharing post – training experiences

#### **5. Conclusion**

Some of the ATGs reported having participated in capacity building activities at their places of work following the primary trainings (Appendix I). Participants were requested to continue sharing their experiences with each other and with ARCAN in order to build an updates profile on ATGs. Clearly there was still misunderstanding with some participants expecting to cascade only after receiving MAP/NACC funds. This was however clarified and ATGs informed that they can mobilize resources from other willing resource providers. They were also informed that NASCOP recognizes them as trainers who can be used during trainings. They were also informed that there is an ATGs database available with the PASCOS of each province within the country. Each participant was given a copy of the letter of support written by the NASCOP Director. Participants were also encouraged to look for other funding sources, and a discussion on strategies for resource mobilization was conducted. The concept of cascading was further discussed and strategies based on the current situation in the country were identified. The basics of forming training networks were

discussed and participants were encouraged to become members in the newly formed National ATGs Network.

## **Appendix I: Participants' Post Level I Experience Sharing**

### **1. Bernard Mariga**

- Expectations:
  - Funding for the cascading work plan
- Training activities involved in:
  - None as yet but scheduled to facilitate in PMTCT training on Friday 13<sup>th</sup>, sponsored by CDC-NARESA
- Difficulties encountered:
  - Getting chances to facilitate and carrying out the cascading work plan

### **2. Anisa A. Baghazal**

- Expectations:
  - To get update on new HIV Treatment and care
  - To get guidance/comment/information on how to seek funds from ARCAN for the training we had initially planned
- Training activities involved in:
  - Facilitating in HMIS health management information supplier for healthcare workers in Coast General Hospital
  - PMTCT update given to healthcare workers at Coast General Hospital
  - Training in HMIS for staff at Coast General Hospital
- Challenges encountered:
  - Keeping the participants interested/attentive
  - Time management

### **3. Peter Kiptoo**

- Expectations:
  - Updates on ARTS
  - Resource mobilization
- Activities involved in after Level I training:
  - Shared my training experience with colleagues
  - Treatment of O.Is
  - Follow up on laboratory management of HIV/AIDS
- Challenges/difficulty encountered:
  - Source of training funds
  - Vested interests within the facility

### **4. Ephantus Wambugu**

- Expectations:
  - Move knowledge to new ARVS combination
  - The proposed prophylactic treatment recommended for PMTCT
- Training activities: – none
- No difficulties encountered since no trainings were carried out

### **5. Judith Odenyo**

- Expectations:
  - Share past Level I training experiences
  - Knowledge on how to effectively implement a work plan
  - Skills of how to approach donors for funding
- Training activities involved in:
  - PEP – All staff

- Update on ART especially the recommended regimes – CCC staff
  - Side effects (common) of ARVs and measures to be taken – CCC staff
  - **Challenges:**
    - Sourcing for funds and lack of support from PHMT
    - Inability to cascade training outside the workplace due to shortage of staff
- 6. Cyprian Kamau**
- **Expectations:**
    - Address the challenges of OJT for clinical and support personnel in health facilities
    - Address the issue of continuity of training after an initial offset training
  - **Training activities involved in:**
    - Train doctors in Transzoia Health Facilities
    - Trained nurses
  - **Challenges encountered:**
    - Frequent transfers of clinical staff affects the trainings
- 7. Agatha Nzou**
- **Expectations:**
    - Get money for training
    - Be informed of new breakthrough in HIV/AIDS
  - **Activities involved in:**
    - Informed my employer
    - Informed few colleagues working in the corporate institutions
  - **Difficulties experienced:**
    - Time off to do the trainings
    - Lack of money to hire a venue and meet other training needs
- 8. Elizabeth Achieng**
- **Expectations:**
    - Tips on how to solicit for donor funds should be given
  - **Activities involved in:**
    - An attempt to hold in-house training failed due to lack of funds
    - Gave a short training at our clinic to some clinical officers
  - **Difficulties encountered:**
    - Time management
- 9. Angeline A. Achoka**
- **Expectations:**
    - To learn more about ARV management
    - To learn more on palliative care for HIV/AIDS patients
  - **Training activities involved in:**
    - Trained 5 University of Nairobi students on ARV Therapy
    - Conducted a CME at Acacia Medical Centre for healthcare workers
  - **Difficulties encountered:**
    - Palliative care for HIV/AIDS and O.Is
- 10. Carol M. Muchangi**
- **Expectations:**
    - To learn new updates on Paediatric ARVs, Nutrition updates and Palliative care

- Training activities:
  - Conducted a CME at my work place on Adult ARVs
- Difficulties encountered:
  - Lack of funds
  - Palliative care in HIV/AIDS
  - Poor turnout of CME due to lack of incentives

#### **11. Peter Mukui**

- Expectations:
  - to get new updates in Management of HIV/AIDS in children and adults
  - to be provided with funds to cascade the knowledge acquired
- Training activities involved:
  - Held CMES on PMTCT and HIV/AIDS in Children, diagnosis, management and prevention
- Difficulties encountered
  - Lack of funds to organize for trainings

#### **12. Mercy Mulaku**

- Expectations:
  - Funding for cascading training
  - Get updates regarding ARV management
- Training activities involved:
  - Facilitated a training for Rural Healthcare workers on Drug Supply and Management organized by MSF-Spain in Busia
  - Facilitated a training organized by APHIA II Western on Paediatric ART Formulations
  - Facilitated on Commodity management on ART commodities by APHIA II Western
- Difficulties encountered:
  - Challenges in handling larger groups and have them concentrate
  - Time management

#### **13. Erick Ochieng**

- Expectations:
  - Polish my training skills on HIV/AIDS
  - Identify new trends of handling PLWA and new treatment methodology
- Training activities involved in:
  - HIV/AIDS treatment organized by PSK/MSH
  - Use of generics
- Challenges encountered:
  - Emerging herbal use in treatment of HIV/AIDS
  - Conflicting theories of when to start treatment and general management

#### **14. Heather Waithera**

- Expectations:
  - Sourcing of funding
  - Share experiences
- Training activities involved in:

- Training of Pharmacy staff at AIC Kijabe Hospital on TB, OT, basics of HIV, basics of HIV, ARVS classification, side effects and management
- Challenges:
  - Lack of funding
  - ARVs and TB management

#### **15.No name**

- Expectations:
  - Learn new treatment options
  - To be empowered in providing better holistic care to HIV/AIDS patients
  - Share experiences with other ToT graduants
- Training activities involved in:
  - Held a CME for the hospital staff
- Challenges:
  - Funding for the training

#### **16.Alphonse Ogutu**

- Expectations:
  - Update information on ART
  - Level II certificate
- Activities involved in:
  - Training of healthcare workers on HIV and reproductive health, PEP, circumcision in relation to HIV and legal issues surrounding medical male circumcision
- Challenges:
  - Working in remotely located health facilities with poor access to modern training equipments
  - Limited funding to cater for participants allowances

#### **17.Johnson Masese**

- Expectations:
  - Establish linkages and coordination for funding in proposed trainings
- No training activities involved in after ARCAN Level I training since I was awarded Scholarship for Post Graduate Studies at the University of Nairobi which I completed in December, 2008
- No challenges encountered

#### **18.Lucy Mecca**

- Expectations:
  - Learn more knowledge on ARV management
- Training activities involved in:
  - Trained Rural health workers in Kitui District Hospital on Commodity Management of ART, organized by Liverpool VCT
  - Trained health workers in Lugari District on use of AZT use in PMTCT
  - Trained health workers in Pharmacology of New antimalarials at Webuye District Hospital
- Challenges encountered:
  - Lack of resources

- Outdated training manuals/slides

### **19. Salim Rashid**

- Expectations:
  - Updates on Management of HIV/AIDS
- Activities involved in:
  - Facilitating in PMTCT training
  - Facilitating in Adult ART training
- Challenges:
  - Multitasking
  - Time constraint
  - Frequent transfers
  - Funding

### **20. Linet Okoth**

- Expectations:
  - Updates on HIV (current information)
  - Sharing from various groups or persons in their trainings
- Training activities involved in:
  - TB/HIV Trainings
  - ART trainings
  - PRC trainings
- Challenges
  - Dealing with difficult participants
  - Report writing
  - Budgeting

### **21. Zipporah Kamuren**

- Expectations:
  - Update on current management of HIV/AIDS – new information
  - Trouble shoot on why it has been difficult to perform as expected by ARCAN
- No training activities carried out but used the information gained from ARCAN Training Level One to teach students about ARTs and compliance.
- No difficulties encountered

### **22. Hibor Huka**

- Expectations:
  - Get updates
  - Share experiences from colleagues from different stations
- Training activities involved:
  - One hour training in CME at Kenyatta University on Syndrome Management of STI
- Challenges:
  - Availability of charts
  - Availability of kits

### **23. Samuel W. Mwaniki**

- Expectations:
  - Update knowledge on HIV/AIDS
  - Learn from the experiences of other participants
- Training activities involved in:

- Comprehensive management of HIV/AIDS in Paediatrics (APHIA II)
- Commodity Management in support of ART (MSF)
- Challenges encountered:
  - Getting the opportunity to be involved in training as a facilitator

#### **24. George M. Owiti**

- Expectations:
  - The way forward
  - Result of work plans and funding
- Activities involved:
  - Participated in giving a talk on ARVS in MEDS
  - Organized ToT Training of healthcare workers
- No challenges

#### **25. Maricianah Onono**

- Expectations:
  - How to cascade on non-medical HCE e.g. community activities
  - Greater knowledge on immunology of HIV/AIDS in Paediatrics
- Trainings involved in:
  - PMTCT
  - ART
  - These were used to set up PMTCT and ART sites across Migori and Rongo
- Challenges
  - Lack of adequate funds
  - MOH staff had little time to be trained as they ran small facilities which cannot be closed

#### **26. Collins W. Tabu**

- Expectations:
  - Learn updates on ART Management
  - Link up to share experiences with fellow ATGs on past trainings and experiences
- Training activities involved in:
  - PMTCT training
- Challenges:
  - Finances
  - Medical resources
  - Lack of trained trainers

#### **27. Gordon P. Yossa**

- Expectations:
  - Update on ART
  - New areas in capacity building
- Training activities involved in:
  - Main facilitator in HIV/AIDS trainings
  - Facilitated CPD monthly
- Challenges:
  - Higher calibre (Physicians/surgeons/motivation/recruitment in training)
  - Training with funds allocated in ARCAN Work plan

- Need for mentorship
- Residency training especially well resourced settings (TOT)

## Appendix II: List of Participants

NAME	SPECIALITY	PHYSICAL CONTACT	POSTAL ADD/ CODE	TOWN	PHONE	EMAIL
1. Antony Kamau Njuguna	Pharmacist	National Bank Building	67176	Nairobi	0722-759721	<a href="mailto:kamaupharm@yahoo.com">kamaupharm@yahoo.com</a>
2. Judith A. Odenyo	Pharmaceutical Technologist	Special Treatment Centre	00100 30108	Nairobi	0722-499345	<a href="mailto:juodenvoa@yahoo.com">juodenvoa@yahoo.com</a>
3. Peter Mukui	Clinical Officer	Aphia II	00100 5613	Nairobi	07241-448784	<a href="mailto:pieremukui@yahoo.com">pieremukui@yahoo.com</a>
4. Cyprian N. Kamau	Medical Doctor	Akila I, Mbagathi Way	00100 9231	Nairobi	0711-962399	<a href="mailto:cp_kamau@yahoo.com">cp_kamau@yahoo.com</a>
5. Hirbo Huka Cheto	Clinical Officer	Kenyatta University	00400 69302	Nairobi	0721-983649	<a href="mailto:hirbohuka@yahoo.com">hirbohuka@yahoo.com</a>
6. Linet Atieno Okoth	Clinical Officer	Hurlingham – LVCT Hqtrs	00100 20449	Nairobi	0721-473180	<a href="mailto:lyntamsa@yahoo.com">lyntamsa@yahoo.com</a>
7. Salim Rashid	Physician	Kenyatta National Hospital	00200 6611	Nairobi	0733-422272	<a href="mailto:salcolm@yahoo.com">salcolm@yahoo.com</a> <a href="mailto:esarem@hotmail.com">esarem@hotmail.com</a>
8. Achoka Angeline Namuswa	Pharmacist	Busia District Hospital	50400 87	Busia	0728-478653	<a href="mailto:angie_achoka@yahoo.com">angie_achoka@yahoo.com</a>
9. Samuel W. Mwaniki	Pharmacist	Busia District Hospital	50400 87	Busia	0721-543351	<a href="mailto:integritysam@yahoo.com">integritysam@yahoo.com</a>
10. Mercy N. Mulaku	Pharmacist	Busia District Hospital	50400 87	Busia	0721-559632	<a href="mailto:miskerry2005@yahoo.com">miskerry2005@yahoo.com</a>
11. Alphonse Ogutu Nyakech	Clinical Officer	Nyanza Reproductive Health Society	40100 1764	Kisumu	0728-561942	<a href="mailto:anyakech83@yahoo.com">anyakech83@yahoo.com</a>
12. Michael George Owiti	Physician	Moi Teaching & Referral Hospital	30100 6294	Eldoret	0722-476983	<a href="mailto:mowiti2003@yahoo.com">mowiti2003@yahoo.com</a>
13. Maricianah Onono Momanyi	Medical Doctor	KEMRI-UCSF Office	202	Suna Migori	0720-793811	<a href="mailto:maricana@yahoo.com">maricana@yahoo.com</a> , <a href="mailto:monono@kemri-ucsf.org">monono@kemri-ucsf.org</a>
14. Zipporah Kamuren	Pharmacist	Moi University, School of Medicine	30100 4606	Eldoret	0724-990021	<a href="mailto:zippytk@yahoo.com">zippytk@yahoo.com</a>
15. Johnson Mases	Pharmacist	Kakamega Provincial General Hospital	15	Kakamega	0723-958406 0734-818870	<a href="mailto:johnsonmasese@yahoo.com">johnsonmasese@yahoo.com</a>
16. Collins Wabomba Tabu	Physician	St Joseph Hospital Nyabondo	50500 341	Sondu Kisumu	0733-545018	<a href="mailto:collinstabu@yahoo.com">collinstabu@yahoo.com</a>
17. Peter Kipkemboi Kiptoo	Clinical Officer	Kayanet Medical Centre	30100 111	Eldoret	0722-947576	<a href="mailto:peterkiptoo@yahoo.com">peterkiptoo@yahoo.com</a>
18. Erick Ochieng Odhiambo	Pharmacist	Kenyatta National Hospital	00506 5417	Nairobi	0726-142618	<a href="mailto:erickochieng@yahoo.com">erickochieng@yahoo.com</a>
19. Heather W. Njuguna	Pharmacist	AIC Kijabe Mission Hospital	00202 10202	Kijabe	0723-985359	<a href="mailto:wheather4@yahoo.com">wheather4@yahoo.com</a>
20. Elizabeth Ochieng	Pharmaceutical Technologist	St. Joseph Mission Hospital, Migori	250	Suna Migori	0722-291735	<a href="mailto:cwaturi@yahoo.com">cwaturi@yahoo.com</a>
21. Bernard Mariga	Clinical Officer	Gucha District Hospital	236	Kisii	0721-864068	<a href="mailto:bernardaddy_07@yahoo.com">bernardaddy_07@yahoo.com</a>

			40200			
22. Anisa A. Baghazal	Public Health Physician	Comprehensive care clinic, Coast General Hospital	80100 90006	Mombasa	0722-207868 0723-549747	<a href="mailto:drbaghazal@yahoo.com">drbaghazal@yahoo.com</a>
23. Gordon Peter Yossa	Physician	Aga Khan Hospital	83178	Mombasa	0721-207856	<a href="mailto:gordonpyossa@kma.co.ke">gordonpyossa@kma.co.ke</a> <a href="mailto:kmamsa@wananchi.com">kmamsa@wananchi.com</a>
24. Ephantus N. Wambugu	Clinical Officer	Jordan Medical Centre	40044	Mombasa	0721-269284	<a href="mailto:wambugujordan@yahoo.com">wambugujordan@yahoo.com</a>
25. Agatha Mwia Nzou	Clinical Officer	Post Bank	00100 30911	Nairobi	0721-419495	<a href="mailto:muli_agatha@yahoo.com">muli_agatha@yahoo.com</a>
26. Caroline M. Muchangi	Clinical Officer	Othaya District Hospital	690	Karatina Nyeri	0723-329075	<a href="mailto:cmuchangi@yahoo.com">cmuchangi@yahoo.com</a>
27. Pauline A. Duya	Pharmacist	Kapkatet District Hospital	95	Kapkatet	0720-336242	<a href="mailto:grandyamby@yahoo.com">grandyamby@yahoo.com</a>
28. Lucy Mecca Winkie	Pharmacist	Webuye District Hospital	25	Webuye	0721-595715	<a href="mailto:lucymecca@yahoo.com">lucymecca@yahoo.com</a>
29. Christine O. Ondiba	Pharmacist	KEMSA, Commercial St. Nairobi		Nyeri & Meru	0722-289029 0733-289029	<a href="mailto:c_ogolla@yahoo.com">c_ogolla@yahoo.com</a>
30. Kefa O. Bosire	Pharmacist	KAVI	00202 19679	Nairobi	0733-241332	<a href="mailto:kogonya@yahoo.com">kogonya@yahoo.com</a>

### Appendix III: Programme for 2<sup>nd</sup> Level II KMA/ARCAN Physician Training Workshop

TIME	SUN 8 <sup>TH</sup> FEB	MON 9 <sup>TH</sup> FEB	TUES 10 <sup>TH</sup> FEB	WED 11 <sup>TH</sup> FEB	THUR 12 <sup>TH</sup> FEB
8.00 – 8.30 a.m.	<b>ARRIVAL</b>	Introductions <b>Dr. P. Mandela/Dr. E. Njagi</b>	Recap	Recap	<b>DEPARTURE</b>
8.30 –10.30 a.m.		Expectations <b>Dr. P. Mandela</b>	Immunology of HIV/AIDS <b>Dr E. Njagi</b>	ARV management <b>Dr. E.Omonge</b>	
<b>10.30 -11.00 a.m.</b>		ARCAN representative	<b>TEABREAK</b>		
11.00a.m –1.00 p.m.		Counseling <b>Dr. David Bukusi</b>	Discussion on handling of PLWHA <b>Dr Suleh</b>	Resources mobilization strategies Basics in training Networks formation – Panel discussion <b>Dr. P. Mandela</b>	
<b>1.00 – 2.00 p.m.</b>		<b>LUNCHBREAK</b>			
2.00 – 4.00 p.m.		ARV management <b>Dr. Enoch Omonge</b>	Nutrition in PLWA <b>Mrs. Faith Gitahi</b>	Cascading strategies-based on existing country potentials - panel discussion <b>Dr. P. Mandela</b>	
<b>4.00 – 4.30p.m.</b>		<b>TEABREAK</b>			
4.30 – 5.30p.m.		ARV management <b>Dr. Enoch Omonge</b>	Nutrition in PLWA <b>Mrs. Faith Gitahi</b>	Workshop closure	