

Swiss TPH



Swiss Tropical and Public Health Institute
Schweizerisches Tropen- und Public Health-Institut
Institut Tropical et de Santé Publique Suisse

Swiss Centre for International Health Systems Performance and Monitoring

Health Promotion in Tajikistan within Family Medicine Services: the Participative Rapid Appraisal



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Проект СИНО
Project SINO

April 2010
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Structure of Presentation

- Introduction
- Project and activities
 - Goal of Tajik-Swiss Health Reform and Family Medicine Support Project (Project Sino) in Health Promotion and Community Involvement
 - Methods / Approaches
 - Piloted activities
 - A role of Active Individuals in Health Promotion
 - Studies undertaken on a basis of local health problems
- Conclusions / Summary



Introduction



Background in subject area

- Inherited approaches on health promotion in Tajikistan from the former Soviet period
- Family Medicine development is a key element in Health Reform in Tajikistan¹
- A model for community involvement and health promotion, developed by Project Sino²

¹"Concept of Health Reform of the Republic of Tajikistan", 2002

²"Project Sino Community group Involvement", Nov 2007



Project and activities



Goal of Project Sino in Community (Outreach)

- Strengthen Family Medicine services
 - link communities and Family Medicine teams
 - health promotion and prevention activities at community level according to local and national priorities



Methods / Approaches

- “Bottom-up” approach was tested and being used in health promotion activities:
 - Responds to community defined health needs
 - Concentrates on setting up community groups
 - Points at empowering ownership for health within the village communities



Methods / Approaches (continuation)

- Health problems are prioritized in Participative Rapid Appraisal (PRA) sessions:
 - Active Individuals - main actors
 - Active Individuals identify the most health priority issue in their village
 - Professionals – listeners
 - Discussion of possible solutions

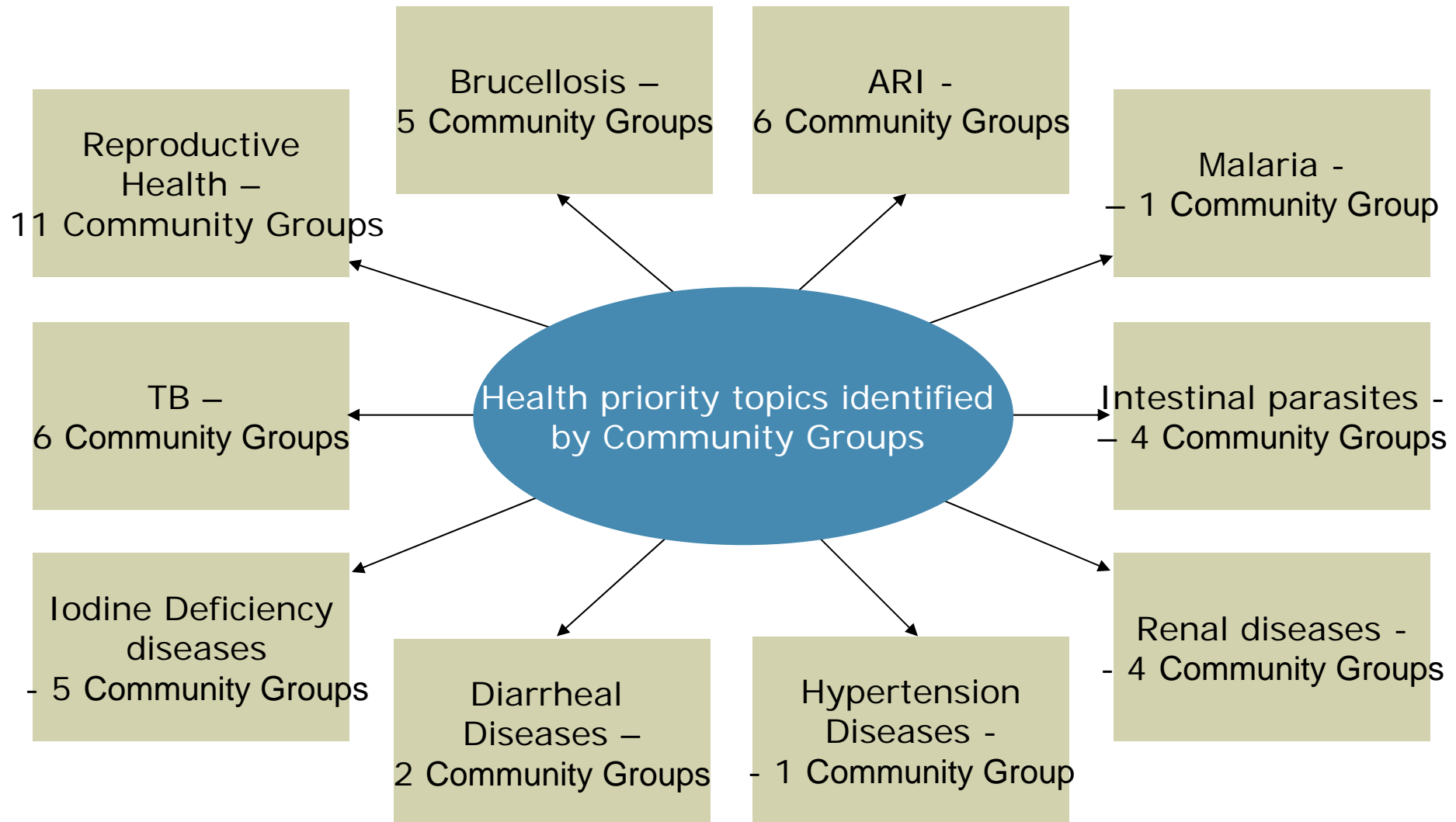


Methods / Approaches (continuation)

- PRA tool developed for Community involvement in pilot rayons:
- Most important principle of PRA analysis: ONE tool, TWO questions
 - “What do you need to stay healthy?”
 - “Which diseases are most frequent and most burdensome in this village?”

PRA Photos

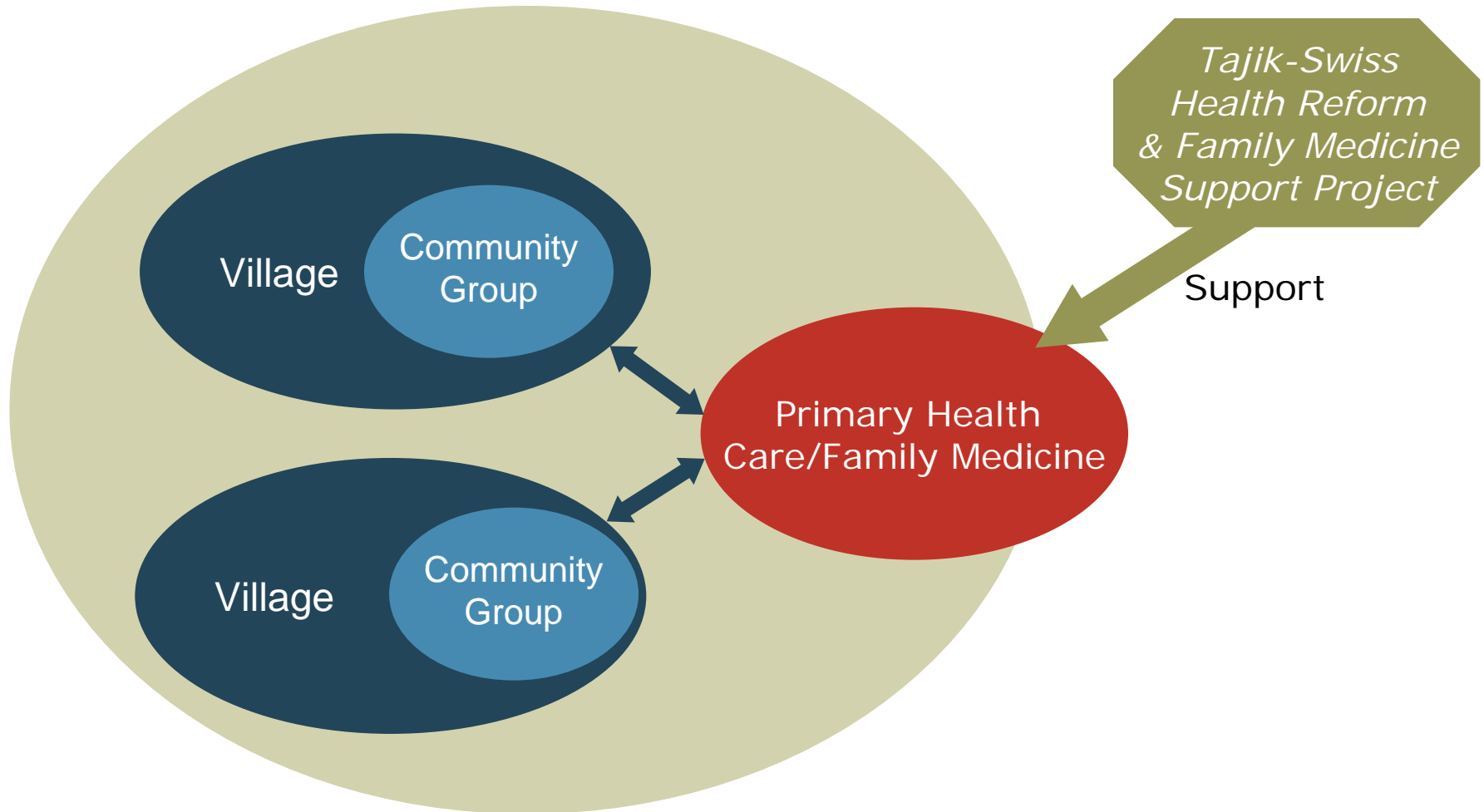






Role of Active Individuals in Health Promotion

- Link between communities and PHC facilities / FM staff (supporting building “a bridge” between them)
- Peer-educators
- Share gained knowledge on disease prevention, health promotion, and family medicine promotion





Results (Piloted activities) -continuation

- **Example:** Brucellosis prevention activities since 2008 in the village/community Ziddi, Varzob district:
 - Training sessions on brucellosis
 - Video spot on Brucellosis
 - Dialogue and cooperation with veterinarians
 - Schoolchildren are crucial partners of communities
 - Distribution of informational materials
 - Sharing experience with other community groups and with interested groups

Epidemiological studies undertaken on a basis of local health problems

- Malaria with regard to irrigated agriculture - 2007
- Helminths and Iodine Deficiency Diseases - 2009



Responses and solutions

- Active Individuals act as coordinators:
 - to develop locally sensitive responses
 - and to generate solutions:
- Cross-checking process:
“Study research on population behavior in regard to mosquito nets utilization” – Aug 2008



Preliminary recommendations in practice: Iodine deficiency

- Community group and PHC staff conducted actions to raise community awareness on consequences of iodine deficiency in pilot rayons





Conclusions / Summary

Summary

- By using PRA:
 - Health Promotion activities could be assured
 - FM services could be extended into the community in order to make them more accessible to individuals.



Conclusion

- Approach is cost-effective and simple to use
- Can be continued without special support
- Can be included into the list of activities in PHC Work Plan
- Can be sustainable at the PHC level; doesn't need special costs
- Communities are self-motivated

Thanks for your attention!



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