Malawi, Africa
“The Warm Heart of Africa”

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HIV/AIDS: Madison Drinkard, Alex Harmening, Lindsay Kelley, Chandler Scott
Madam Address Malata

- Dean of Kumuzu College of Nursing
- Has been invited to join the American Academy of Nursing this fall
- Her nursing students:
  - Have similar community assessment projects and feel that malaria and HIV are of greatest concern
  - Recognize that sanitation and education on prevention could be improved
Malawi Facts

- Country: The Republic of Malawi
- Population: 16,777,547
- Capital: Lilongwe
- Language: English (official) and Chichewa
- Religions: Christianity and Islam
- Government: Multi party democracy
- Life expectancy: 58-60 years
Chichewa

✧ Thank you … zikomo
✧ Hello … moni
✧ Mother … mayi
✧ Father … bambo
✧ Food … chakudya
Malawi Geography

- Landlocked country in southeastern Africa
- Malawi is a thin strip of land between Zambia and Mozambique
- Great Rift Valley runs through middle from north to south
- Lake Malawi makes up \( \frac{3}{4} \) of eastern border
Economy

- Malawi is among the world's least-developed and most-densely populated countries
- Around 85% of the population live in rural areas.
- The economy is based on agriculture
Health

✧ Malawi has a high level of disease as shown by high levels of child and adulthood mortality rates
  ✧ Mortality rate per 1000 in 2012: 384
  ✧ Under the age of 5 mortality rate per 1000 live births 2012: 71
✧ High prevalence of diseases such as tuberculosis, malaria and HIV/AIDS
  ✧ Population to physician ratio: 52,750:1
Village Life

- Village life is still very traditional.
- Most homes have a thatch roof and are made of mud.
- Few houses have piped water or electricity – fewer than one in ten Malawians have access to electricity.
- Villages offer open air markets for shopping.
Mtendere Village

- Home to 150 children
- Living in 16 homes with a housemother as well as several brothers and sisters
- Family-oriented environment
- Children attend local primary school
Mtendere Village...

...a place of hope, strength, love & family...a place where young leaders are developed every day.
Blessings Hospital

- Blessings Hospital is a privately owned Christian health facility.
- It has been in operation since 2000 as an outpatient clinic that has since opened full inpatient and surgical services.
- The hospital is staffed with Malawian medical professionals and assisted by visiting international teams on various occasions throughout the year.
**Blessings Hospital**

**Mobile Clinics**

- One avenue of local partnership with churches is to provide mobile clinics located in strategic churches.

**Surgical Care**

- The surgical facility is a first-class environment suitable for international specialists to perform procedures.
- These specialists also offer opportunities for Malawi personnel to grow in their medical skills.
What will we be doing in Malawi?

**At Mtendere Village…**
- Mtendere village is where we will be staying while we are in Malawi.
- Here, we will have the opportunity to meet and spend time with the children along with their house mothers.
- In addition, we have come up with teaching projects and made posters to educate different age and gender groups on health topics that are pertinent to them.

**At the Kamuzu College of Nursing…**
- While in Malawi we will be partnering with the nursing students at the Kamuzu College of Nursing as they complete their community clinical course.
- We will be working with them at different clinical sites and home health visits to help them provide care.
- This includes assessments of individuals and families, administering vaccines and other medications, family planning, and mother-baby care.
Malaria

- Mosquito borne infectious disease caused by a parasitic protozoan of the genus Plasmodium
- Transmitted by a bite from an infected female mosquito
- The bite introduces organisms from it’s saliva into a person’s circulatory system
- In the blood, the parasites travel to liver to mature and reproduce
Impact of Malaria in Malawi

- Malaria is one of the main causes of morbidity and mortality in Malawi
- Malaria accounts for 40% of hospitalizations for children under the age of 5 and 35% of outpatient visits for all age groups
- Malawi has year-round transmission that peaks during the long rainy season
- 100% of the population is at risk for malaria
Millennium Development Goals

- Prevention with long-lasting insecticidal nets and indoor residual spraying
- Diagnostic testing and treatment with quality-assured anti-malarial medicines
- Preventive therapies for infants, children and pregnant women
- Tracking every malaria case in a surveillance system
- Scaling up the fight against emerging drug and insecticide resistance
Community Health Oriented Diagnosis

- Increased risk of malaria to the Malawian population related to lack of resources to provide disease prevention and a lack of education among the community.

- We hope to provide necessary education and the resources for screening members of the community.
Interventions Happening in Malawi

- Since 2005, Malawi has started to widely scale up malaria control interventions
- Testing for malaria
- Providing anti malaria medication
- Bed nets
- Indoor residual spraying (IRS) which is an insecticide
Interventions We Plan To Implement

- Testing for malaria
- Providing anti-malarial medication at clinics
- Education about mosquito nets and anti malarial medications
- Our target population is the citizens of Malawi, since all of them are at risk. But, we will be able to test and treat the residents that have the means to attend our clinic.

Evaluation of Interventions

- Question about prior malaria testing
- Ask patients about the education we provided vs. previous education received
- Did this clinic provide them with more options or ideas of ways to protect themselves
AIDS

- HIV/AIDS is the leading cause of death in Malawi.
- There are 180 new HIV cases occurring every day in Malawi.
  - As of 2012 the number of people living with HIV: 1,100,000
  - Adult HIV prevalence: 10.8%
- Government action has resulted in a steady decline in HIV prevalence from 14% in 2003 to 10% in 2011.
- The rate of new annual HIV infections has dropped from 100,000 new infections in 2003 to 46,000 in 2011.
Impact of AIDS in Malawi

- There is a higher rate of HIV prevalence among women than among men.
- HIV prevalence is increasing among young people aged 15-19 years.
- Children are heavily affected by HIV/AIDS
  - In 2011 an estimated 170,000 children were living with HIV in Malawi, with new annual infections reaching 16,000.
  - Half a million children have been orphaned by AIDS related deaths.
- HIV prevalence is around 17 percent in urban areas, compared to almost 9 percent in rural areas.
Millennium Development Goals

 Millennials Development Goal 6: Combat HIV/AIDS, malaria and other diseases

- Target 6A. Have halted by 2015 and begun to reverse the spread of HIV/AIDS
- Target 6B. Achieve, by 2010, universal access to treatment for HIV/AIDS for all those who need it.
Community Health Oriented Diagnosis

- Risk of HIV among the Malawian population related to insufficient knowledge of spread, prevention, and treatment of HIV.
Interventions Occurring in Malawi

嫒 Goal of the strategy: reduce new HIV infections in order to further mitigate the burden and impact of HIV and AIDS in Malawi.

嫒 Beginning in July 2011, all HIV positive women are offered antiretroviral therapy for life to protect future and current pregnancies.

嫒 Voluntary HIV testing is becoming more available.

㊑ 449 HIV health treatment centers available to Malawians
Interventions Occurring in Malawi

- 100x Development Foundation has paired up with government and nonprofit organizations to develop a program called the “Live to Love” program.

- Community Health

- Winnie’s Footprint
HIV/AIDS Treatment in Malawi

اتها A National Plan to Scale Up Antiretroviral Therapy has been developed, and antiretroviral therapy has been provided free of charge in the public sector since 2003.

The first-line antiretroviral drug regimen is stavudine + lamivudine + nevirapine, which is commonly used in a fixed-dose combination.
Interventions We Plan To Implement

- Our implementation in Malawi will include screening, treatment, and education of HIV/AIDS.

- Teaching projects:
  - House moms
  - Young children
  - Teenage boys
  - Teenage girls

Evaluation of Interventions

✨ We believe that testing and treating Malawians affected by or at risk for HIV will reverse the spread of HIV and AIDS.

✨ Through our interventions such as community clinics, we will increase universal access to treatment to those who need it.

✨ After our interventions, we plan to ask the Malawians if they have been tested before and if their partners have also been tested.
Teaching Project: Young Children
Brush Your Teeth!

Steps to brushing your teeth:

1. Put a pea-sized amount of toothpaste on your toothbrush and wet it.
2. Put your toothbrush at an angle with bristles facing your gums.
4. Brush the tops of the teeth using back and forth motion.
5. Use circular motion to brush the surface of all teeth.
6. Gently brush the tongue and gum line.
7. Spit out all the toothpaste and rinse your mouth with water.

Tooth brushing song:
Brush, brush, brush your teeth
Gently round your gums.
Merrily, merrily, merrily, merrily,
Brushing can be fun!!
Brush, brush, brush your teeth
Brush them every day.
The front, the sides, the back, the top
To keep germs away!
Floss, floss, floss your teeth
Floss without delay.
You need to do this every day
To keep germs away!

Facts:
• You should brush your teeth at least twice a day – after breakfast and before bedtime.
• If you can, brush after lunch or after a sweet snack.
• Brush all of your teeth, not just the front ones!
• Take your time while brushing spending equal time on the front, side, and back of your teeth.
• A little toothpaste goes a long way. Try using a pea-sized amount!
• Remember to brush your tongue to keep your breath fresh.
• Most important, always remember to smile!
Teaching Project: Teen Girls
Goal Setting

Loving Myself:
• Believing “I can do it!”
• Appreciating yourself, take care of you
• Try new things
• Build your confidence
• Discovering myself
• Know that everyone is different & beautiful in their own way

Believing the Sky is the Limit:
• Seeking out information about careers
• Being open about my future
• Strive to be a leader, do what you feel is right and make it happen

Striving to Achieve:
• Set Goals!
• Improve your grades in school
• Read for fun
• Make a real effort to do your best
• Be motivated to learn, especially from your mistakes

Building Healthy Relationships with Others
• Appreciating people different from me
• Be understanding of others, respect each other’s privacy
• Communicate with respect and kindness, compromise during a disagreement
• Set your own personal boundaries and stick to them
• Speak up if something is bothering you, don’t hold your feelings in. Let your partner know you need their support
Teaching Project: Teen Boys
Male Hygiene

Changes During Puberty

• As you get older, your body changes in many different ways. These bodily changes are a normal part of becoming an adult.
• You might notice that your hair and skin has become more oily, shiny, or greasy. Washing your hair and skin daily can help control this.
• You may notice that you sweat more than you did when you were younger, or that your sweat has a stronger smelling odor. You might notice this different smell in your underarms, feet or genitals.
• The best way to stay clean and healthy is to bathe or shower every day using mild soap and warm water.
• It is also important to wear clean clothes, socks and underwear to help you stay clean.
• You can also try using a deodorant or a deodorant with antiperspirant.
• Deodorant will help get rid of odor by covering it up, while antiperspirant will stop or dry up the sweat.

Testicular Self-Exams (TSE)

Testicular cancer is overall the most common cancer in males between ages 15-35. Testicular cancer is almost always curable if it is caught early and treated.

• It is best to do a TSE during or right after a warm shower or bath.
• Use both hands to gently roll each testicle between your fingers.
• You should be able to feel the epididymis, which is a sperm-carrying tube. It feels soft, rope-like, and slightly tender to pressure at the top back part of each testicle. This is a normal lump.
• Feel for any lumps or bumps along the front or side. They can be as small as a piece of rice.
• Remember that one testicle is slightly larger than the other for most males.
• If you notice any swelling, lumps, or changes in size or color of a testicle, or if you have any pain or achy areas in your groin, it is important let a health care professional know right away.

Foreskin Care

• It is important to clean the head of the penis every day. To do this, you will need to pull back the foreskin to expose the head of the penis, then wash, dry and replace the foreskin over the penis.
• You may notice a whitish substance when you pull back the foreskin. This should be washed away, because it can irritate the head of the penis or cause an odor.
Teaching Project: House Moms
Reproductive System Education

**Self Breast Exam**
- Perform at least once a month
- Use the tips of your fingers to move around the breast moving outside to the center
- Check both breasts for lumps, thickening, or knots while standing and while lying down.
- Also check to make sure breasts are their usual size, shape, and color.
- Report any changes or lumps, thickening, and knots to a doctor.

**Fibrocystic breasts**
- Lumpiness in one or both breasts
- Can cause breast tenderness and pain
- Very common and benign condition
- Main cause is hormonal variation during the menstrual cycle

**Menopause**
- Permanent end of menstruation and fertility that occurs 12 months after your last menstrual period
- Usually occurs somewhere around ages 40 and 50
- Caused by a natural decline of reproductive hormones
- Signs and symptoms
  - Irregular periods
  - Hot flashes
  - Night sweats
  - Mood changes
  - Weight gain and slowed metabolism
  - Thinning hair and dry skin
- Relieving symptoms
  - Dress in layers
  - Eat healthy
  - Exercise regularly