



## THE SECOND ANNUAL CHEPs CONFERENCE 2015

1-3 May 2015

Nairobi, Kenya

**Theme: “Ideas into practice: celebrating innovation”**

### **Introduction:**

The Centres for Health and Education Programmes (CHEPs) is a registered Non-Governmental Organisation (NGO) in Kenya. Its goal is to empower, promote access and improve quality of health and education for the benefit of under resourced individuals and communities.

CHEPs runs multiple projects all over Kenya, under its six pillars namely Healthcare, Education Agriculture, Environment, Development and Humanitarian relief. The goal of CHEPs' education programmes is to improve access & quality of education among needy people in Kenya. The programmes includes students' sponsorship, student community projects, books distribution to schools, provision of solar lights to deserving students in remote areas without electricity, setting up of libraries in schools, establishment of student mentorship centres, organising conferences and workshops for students, digging of wells in schools lacking water supply, and advocacy through media, scientific publication and conference presentations.

CHEPs believes that knowledge is power, and it is In the spirit of dissemination information for better community health, that CHEPs holds annual scientific conferences. The idea was conceived in the year 2014, and the first annual CHEPs conference was successfully held on 1st – 2nd March 2014, bringing together CHEPs sponsored students and academicians from various backgrounds. The idea then was to provide CHEPs sponsored students a platform to practice scientific writing and presentation skills, as well as allow the students to showcase their various community projects for discussion.

This year, CHEPs decided to aim higher and open the conference to the general public thereby bringing together upcoming and seasoned researchers, NGOs and experts from both the public and private sectors of pubic health from across the globe. This attracted an overwhelming abstract submission in different areas of community health.

CHEPs successfully held its second annual conference on 1st to 3rd of May 2015, at Light academy Nairobi, bearing the theme “Ideas into practice: celebrating innovation”. The conference run over three days in order to accommodate as many presentations as possible, following an overwhelming abstract submission.

## Day 1 (1st of May)

The event was introduced by the Convener Dr. Faraj Alkizim who thereafter welcomed the CHEPs CEO Dr. Muhsin Sherrif, who outlined the various community projects undertaken by the organization throughout the country.

The event was officially opened by Dr. Asha Mohammed, Deputy Secretary General, Kenya Red Cross Society who also made a presentation on disaster response by her organization. A total of 9 oral presentations and 30 poster presentations, were made in areas of health, education, development, agriculture and humanitarian each attracting productive discussion.

1. Alcohol and child health: Is there a link? By Dr. Ahamed Fareena a registrar of paediatrics and child health, Kenyatta National Hospital.
2. Attitudes towards abortion among university undergraduate students in Egerton university, public university in Kenya : implications for counseling by Nasteha Gaal a CHEPs sponsored student.
3. A study to determine the common conditions affecting people in Karia Sub location In Nyeri County by CHEPs student Aisha Abdalla
4. Starting Local Going Global by Dr. Steve Nigel, the founding Chairman of Medical Society For Action (MESFA) a local NGO.
5. Helping overcome poverty through education for teen moms by Khadijah Rajab a CHEPs sponsored student
6. Campus on click by Mohamed Mwinyi a CHEPs sponsored student
7. Living on edge: Empowering street kids to fight poverty in slums by Mohamed Matano a CHEPs sponsored student.
8. Biogas – solution to pollution, diseases and deforestation by Moses Gekara
9. Tree planting project to conserve environment by Shem Kariuki founder of Project 150, a local NGO

Towards the end of the day The CHEPs inspiration forum was launched and Noel Mudibo, a CHEPs sponsored student, made a presentation on his background as a blind street boy and the challenges he faced till he regained his sight following CHEPs sponsored cornea transplants and is now studying petroleum engineering.

## Day 2:

The conference convener opened the day and summarized the activities of the previous day before handing over to the CEO to make some introductory remarks. He also gave an opportunity to Dr. Mark Hawken, the country Director of ICAP to greet the audience before opening the presentations sessions. The following oral presentations were made:

1. School health education program at Jomo Kenyatta Primary School by Abdullahi Hassan Abdi by CHEPs sponsored student Abdullahi Hassan Abdi
2. Healthcare in Kenya and the Impact of student organizations by Mohamed A. Omar, a 4th year medical student at the University of Nairobi.
3. Community-Based Participatory Action in the Prevention and Management of Malnutrition in Kisii County, Kenya by Dr. Chakera Fatima, a registrar Paediatrician from Kenyatta National

Hospital.

4. Improving ART treatment outcomes for HIV-infected children (<15 years) through nutritional assessment and therapy at Kitui County Referral Hospital by Samuel Odhiambo from ICAP.
5. Early childhood learning by Fatma Ngaira, a CHEPs sponsored postgraduate student.
6. Solar lights brightens children's lives in Wajir villages by Bishar Mohamed a CHEPs program officer, stationed at the Wajir office.
7. Mentorship programme to improve KCPE performance among students in Wajir, Kenya presented by Bisha Mohammed on behalf of Ibrahim Ali, Headmaster of Jogbaru Primary school, Wajir
8. Wajir Secondary School for the Deaf – a case study in successful public-private collaboration for education facilities for those with special needs by Ruth Nyabate Mosoti, Headteacher.
9. Human empowerment geared to combat poverty levels in Kenya by Fadia Hussein (ABSN (Ahlul Bayt (as) Sisters Network)
10. Lighting Up Africa the SunnyMoney Way by Mary Jepkorir
11. Agribusiness Revolution by Adopting Modern Farming Technology by Emma Wanjiru of AMIRAN
12. Opportunities for improving food security in Wajir County, Kenya by Hasan Mohamed Aden, The Director of Agriculture, wajir county government.

The Keynote presentation was made by Professor Ruth Nduati, from department of paediatrics and childhealth, University of Nairobi, who stimulated productive discussion on early childhood development.

The CHEPs inspiration forum was the final agenda of the day, and it was graced by Dr. Stella Bosire, a Medical Doctor and Manager at Avenue hospital, a board member of The Kenya HIV and AIDS Tribunal, and founder of Faraja foundation. She narrated her life story of her struggle from a street girl, drug addict and peddler, experience of physical and sexual abuse, to a successful doctor. Emotions filled the auditorium as the day was concluded, and the audience left the venue highly inspired by her story.

### Day 3

The convener opened the day and summarized the activities for the previous day before commencing the conference sessions. The following oral presentation were made:

1. Careers education and guidance in East Africa by United Kingdom based Ali Sheriff of East Africa Careers Guidance Practitioners Association (EACGPA)
2. Computer vision syndrome by Murtaza Somji of Eye Style Opticians
3. DHIS support using an Innovative Data Quality Improvement system: Variation analysis and DQAs at facilities in Eastern South by Esther Kagendo (ICAP Kenya)
4. Abolishing User fees to Increase Access to Health Services in Puntland by Naidu Udayraj (Health Consortium for the Somali People)
5. Delivering Essential Health Care In Somalia: An Innovative Model Brings Impressive Results by Saba Khan (Health Consortium for the Somali People)
6. Impact of Interpersonal Communication on uptake of Birth Spacing in Somaliland by Chizomam Ezem (Health Consortium for the Somali People)
7. Innovations in mushroom farming technology for a sustainable future prospects and challenges by CHEPs sponsored student Mwanajuma Iddi

8. Fighting famine through inventing solution for food security in the arid and semi- arid areas by CHEPS sponsored student Dorise Ng'ong'a Akoth
9. Restoring ability following disability: economic, social, and emotional gains by CHEPs sponsored student Hamza Daud
10. Combatting the number one crisis of the world by CHEPs by Dr. Faraj Alkizim

The Keynote presentation was made by Professor Mohammed Karama, a Senior researcher at Kenya Medical Research Institute, faculty member at Kenyatta University, and visiting Professor at Nagasaki University, Japan and Minesotta University, United States of America. He made a stimulating presentation on the status of health care in Kenya.

The CHEPs inspiration forum was the final agenda of the day, during which David Opembe made a presentation narrating his life growing up in the slums, and the challenges he underwent until he qualified as a Clinical Officer, holding a diploma in clinical medicine.

Throughout the three days, the following poster presentations were made:

#### **TRACK HEALTH**

1. Birth preparedness at Taraka district by Eliphas Gitonga
2. Optimal management of non-metastatic, hormone-sensitive breast cancer in premenopausal women by Ken Nkonge
3. Diabetes and Hypertension Awareness Campaign, Malindi and Wasini Island by Dr. Janan Hania Malik
4. Changing Infant Young Child Feeding Practices in Somaliland by Donato Gulino
5. A rural coastal Kenyan Population: What is the Impact of Hypertension? by Mohamed A. Omar
6. Profile of The Jaipur Foot Project, Kenya by Francis Asiema
7. Evaluation of Community Based Disease Surveillance for Suspected Malaria Cases in Kisumu East, O 2012 to 2014 by Omondi Robert Sadia
8. Status of maternal health in Garissa County – an analysis of selected indicators from January 2011 to December 2013 by Ahmed Noor Shuriye
9. Overcoming the barriers of male Health Care Workers (HCWs) conducting Maternal and Child Health Interpersonal communication (IPC) sessions to women in Somalia by Fatuma Mohamed
10. Reversing the trend of home births by Strengthening Referral Systems by Rohit Oderi
11. Road Traffic Injuries in Kenya: A Survey of Commercial Motorcycle Drivers by Duncan M. Matheka
12. Somaliland Health workforce survey to develop a long-term HRH Plan to improve maternal and child health service delivery by Wario Guracha
13. Inhibitory effect of mango seed on gastrointestinal motility by Fatma K. Abdulrahman

#### **TRACK EDUCATION**

14. Building the future through education by CHEPs Students
15. Career as airline cabin crew member by Khalid Amir
16. Causes of failure among students in Kenyan university by Mohammed Mwinyi
17. Non-formal education in remote village in Garissa County by Onesmas Kilonza
18. Factors affecting girl-child participation in secondary education in Wajir by Yussuf Abdi

#### **TRACK AGRICULTURE**

19. Creating kitchen gardens to fight hunger in slums by Noel Mudibo

#### **TRACK ENVIRONMENT**

20. Climate Change: The biggest challenge to healthcare in the 21st Century by Mohamed A. Omar
21. Socio-economic factors that influence choice of fuel consumed in rural households by Linzy Nyamboki
22. Environmental pollution and global Burden of Disease by Omar Gab
23. Making Garissa green by Katra Dahir Sugow
24. Artificial grass – a little extra green in this concrete jungle by Imran Jaffer

#### **TRACK DEVELOPMENT**

25. “Kuwezesha wamama na vijana ni kuwezesha jamii” by Mustafa Asman
26. Construction of housing for the flood hit families of Pakistan by Sarah Mullenger
27. Providing equipment for a women’s hospital in Tanzania by Sarah Mullenger
28. Acceptability of insecticide treated nets in Garissa by Mumina Hussein
29. Sustainable Eco Friendly Health Service Delivery in Sahil Region, Somaliland by Rohit Oderi
30. Education and jobs – quest for people’s upliftment in Lamu County by Abbas Ali Abdalla
31. Refurbishing CEmOC services through a Pre-fabricated Operating Theatre in Somalia by Abdi Tari
32. Combatting the number one crisis of the world by CHEPs

Furthermore, exhibitions were also made by several organizations including:

1. ICAP who showcased various reproductive health products, and performed free random blood sugar and blood pressure tests for the participants;

2. Kenya Redcross society who exhibited disaster response merchandise;
3. Magic pixels, a local printing firm, who showcased their various printing and branding products,
4. SunnyMoney, who showcased their solar products,
5. Jaffery Medical Centre, who offered dental screening and consultation,
6. The Host, Centres for Health and Education Programmes.

### **Awards:**

At the end of the event, the following awards were presented:

1. “Best oral presentation award” – won by Mohammed Omar
2. “Best poster presentation award” – won by Mohammed Matano
3. “Best Abstract award” – won by Samuel Odhiambo
4. “CHEPs graduate of the year” – won by Fatma Khalid Abdurahman and Linzy Nyamboki

Certificates of participation were also issued to all attendees.

### **Evaluation:**

An evaluation using questionnaires filled by each attendee at the end of each day recommended the following:

1. (Ramila to add info from the forms submitted to her)

### **Feedback from attendees:**

2. ‘I look forward to next year’s conference’
3. “CHEPs is doing wonderful work, may God bless you”
4. “Quality of presentations was superb’
5. “I am leaving empowered!!”
6. With all due respect I take this opportunity to appreciate to CHEPS for the ever experience they gave to us and especially me as a student under CHEPS sponsorship, the conference was awesome, extremely brilliant, I learned and experienced most and gained alot better and amazing things.....!!!!!!wow...!!! The faithfully hardworking cheps executives,the CEO Dr. MUHSIN SHERIFF,the CONVENOR Dr. FARAJ ALKIZIM,the honourable CHAIRMAN ENGINEER. ZISHAN MOHAMED,it was a pleasant opportunity to get to know eng.ZISHAN MOHAMED,we shared a few views and he told me he did AERONAUTICAL engineering,so i give him he's credit as an engineer,pleasure to meet him as my fellow aviator,and the most hardworker i have ever seen in my life MADAM RAMILA JIVANI,i'm used to call her "aunt",yes she's my aunt.These honourable executives and more others who attended were exceptional.

The CHEPS conference gave us an opportunity to meet different people from various places and occupations.It was an exceptional conference which in it,it was full of motivation and inspiration,it really conquered my heart.It showed how CHEPS it is a faithfully and successful organisation which goes in GOD'S way,the executives are full of GOD'S fear,i believed it.in spanish we say VAYA CON DIOS CHEPS....meaning, GO WITH GOD CHEPS.....insha'allah.

Thank's cheps for your support in my education,thank's cheps for being concerned about me and my mum's future,thank's cheps for being concerned about my living here in nairobi that include my pocket money and many others.May ALMIGHTY GOD bless Dr. MUHSIN SHERIFF which by my own ears i heard peole at the conference standing aside

and talking good things about him,i heard and it was good,GOD bless the CHEPS  
executives,GOD bless CHEPS ORGANISATION.  
Again in spanish we appreciate by saying MUCHAS  
GRACIAS.....meaning....THANK YOU VERY MUCH (Khalid Amarjit Dhillon)

7. Please add on. Two emails have come through, one from Khalid and another lady...

**Acknowledgment:**

CHEPs wishes to thank all participants of the conference, and further extend special thanks to all the guests who honoured the invitation to attend and make keynote presentations during the conference.