

CEBHA+

COLLABORATION FOR EVIDENCE-BASED HEALTHCARE AND PUBLIC HEALTH IN AFRICA

ANNUAL NEWSLETTER

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Editorial



Dear Reader,

We are excited to bring you the second newsletter for the Collaboration for Evidence - based Healthcare and Public Health in Africa (CEBHA+) project. CEBHA+ is a German funded project bringing together seven institutions in five African countries and two German collaborating institutions to

conduct research on non-communicable diseases (diabetes, cardiovascular diseases, and road traffic injuries) in Sub-Saharan Africa.

We hope you enjoyed our inaugural newsletter edition, link: **CEBHA+ Annual Newsletter Vol.1**

In this edition, we share the 2019 success stories as well as progress from the CEBHA+ sites across three CEBHA+ work packages: - Research, Capacity Building, and Networking. We also spotlight how consistent engagement with stakeholders by the Uganda CEBHA+ team with the Uganda Police produced a home-grown solution to address gaps in traffic crash data management in Uganda. In the students' corner, you will learn more about what our awardees are researching. Enjoy!

Dr. Ann Rose Akiteng
Scientific Coordinator
(CEBHA+ project)

Sponsor



Sub Saharan Africa



CEBHA+ Contracts Management

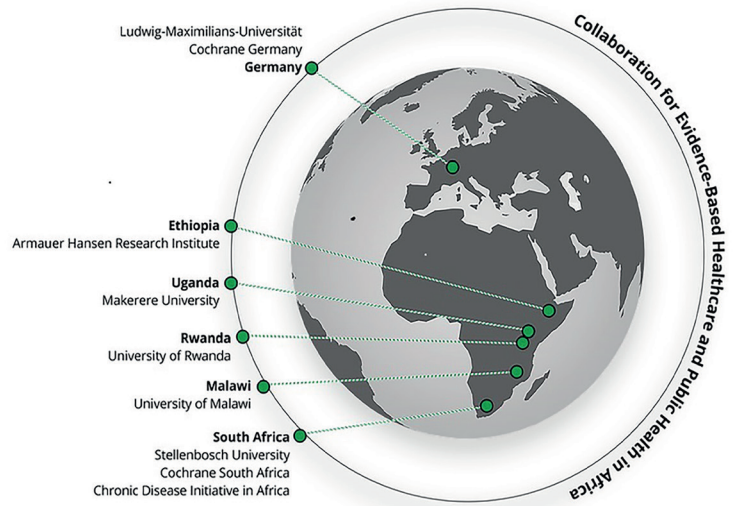


CEBHA+ Consortium



CEBHA+ Overview

CEBHA+ is one of the five African-German "Research Networks for Health Innovations in Sub-Saharan Africa" funded by the German Federal Ministry of Education and Research (BMBF) to conduct robust research and engage stakeholders in order to generate evidence to inform policy and practice for selected non-communicable diseases from 2017 to 2022. For more information visit www.cebha-plus.org and Link: [BMBF/Research networks for health innovations in Sub Sahara Africa](https://www.bmbf.de/BMBF/Research_networks_for_health_innovations_in_Sub_Sahara_Africa).



CEBHA+ Output and Activities

Networking Internationally

CEBHA+ 2nd Annual Networking Meeting in Malawi



Dr. Dr. Mwapasa Mipando, Principal, College of Medicine, University of Malawi, officially opening the 2nd Networking meeting.

collaborations. The meeting convened participants from across the CEBHA+ consortium including scientific advisory board members and GIZ leadership. Some notable speakers present at the meeting included the Principal of the College of Medicine Malawi, Dr Mipando, the Director of the Malawi College of Medicine Research Support Centre, Dr Cecilia Mwaliwichi- Nyirenda, the Malawi Chief of Health Services, Dr Charles Mwansambo, and the GIZ Country Director in Malawi, Mrs. Dagmar Lumm. An IKT workshop held during the networking meeting highlighted the principles, opportunities, and challenges surrounding stakeholder engagement.



Participants at the CEBHA+ 2nd Annual Networking meeting at Sunbird Capital Hotel, Lilongwe, Malawi Feb 2019

The University of Malawi, College of Medicine hosted the 2nd annual CEBHA+ networking meeting from the 11th to 13th of February 2019 at Sunbird Capital Hotel in Lilongwe, Malawi. Networking is a core element of CEBHA+, reinforcing both North-South and South-South

Link to the CEBHA+ networking report, presentations, and photos:
<https://drive.google.com/drive/folders/1JksLfY10cYD4OV5fujxkjW7I5IRoPu2>

Bill and Melinda Gates Grand Challenges Meeting Ethiopia, October 2019

As a way of networking with other international stakeholders, CEBHA+ partners participated in the Bill & Melinda Gates Grand Challenges 2019 Annual Meeting in Addis Ababa, Ethiopia, on 27th - 30th October 2019. The CEBHA+ scientific coordinator, Dr. Ann R. Akiteng, presented a poster on coordinated Integrated Knowledge Translation (IKT) on behalf of the network - this met with significant interest from meeting participants.

CEBHA+ IKT poster at the Grand Challenges Meeting, October 2019

CEBHA+ partners meeting in Addis Ababa - Ethiopia



Participants at the CEBHA+ partner side meeting with Ethiopia, Ministry of Health NCD team, October 2019.

During the Bill and Melinda Gates Grand challenges meeting, the Ethiopia CEBHA+ team organized a side meeting between CEBHA+ partners and the Ethiopia Ministry of Health NCD department. The Ministry of Health NCD team presented Ethiopia's current national NCD strategy and program updates, successes, challenges and collaborations. Participants had a productive discussion sharing different country experiences on NCDs and how CEBHA+ is collaborating with their government ministries. Members discussed opportunities through which the Ethiopia team can strengthen their collaborations. CEBHA+ colleagues from South Africa and Ethiopia also discussed Ethiopia's IKT strategy.

Research

Engaging Citizen Scientists in data collection, analysis, and community advocacy in Rwanda, Ethiopia and Malawi

The Chronic Disease Initiative for Africa (CDIA) in South Africa leads CEBHA+ Research Task 1 activities. The team is using a Citizen Science approach to explore cardiovascular risk perception, presentation, and communication in communities in Malawi, Rwanda and Ethiopia. This approach entails recruitment of Citizen Scientists from the rural and urban communities in the selected countries based on set criteria approved during planned community stakeholders' meetings. Citizen Scientists are lay persons with little or no formal education in health care or research; and included community leaders, young school leavers, women groups representatives, community health workers, and volunteers. The Citizen Scientists were trained to collect and analyze data from their fellow community members using mobile app, and to use the findings to advocate for healthier communities during stakeholders' advocacy workshops. This approach provided insights to understanding community-level cultural perceptions and communication around heart-related diseases, and health risk beyond what might be attained by more conventional health care providers such as physicians, nurses, health officers or health extension workers. In turn, this evidence is expected to support a more culturally appropriate and effective cardiovascular risk screening strategies within the communities in sub-Saharan Africa, particularly in the rural settings. Dr Kufre Okop (CEBHA+ Post-doctoral Fellow from CDIA, South Africa) coordinated Citizen Science projects implementation in the three countries between January 2018 and October 2019. He and the country project teams supported community engagement, recruitment strategies, co-designing the survey questionnaires, training of trainers, training of Citizen Scientists on mobile data collection app (EpiCollect), IT support, data extraction and presentation, community advocacy workshop, and networking engagement with country-level stakeholders.



Citizen Scientist collecting data (Ethiopia)



Citizen Science training (Rwanda)



Learning data extraction & analysis techniques (Malawi)

Engaging Stakeholders

Engaging stakeholders throughout the research process is part of the CEBHA+ philosophy. Engaging stakeholders ensures that the prioritized research questions in CEBHA+ are practically relevant and fill a real gap. Additionally, through engaging stakeholders throughout the research process, CEBHA+ hopes to overcome the disconnect between primary research, evidence synthesis and implementation into policy-and-practice. This philosophy in CEBHA+ is entwined in the integrated knowledge translation (IKT) approach which is being systematically documented and evaluated across CEBHA+ sites through country-specific IKT strategies. We share different experiences with stakeholder engagement in Rwanda, Malawi and Uganda.

SPOTLIGHT: WORKING WITH THE UGANDA POLICE TO IMPROVE DATA ON ROAD TRAFFIC CRASHES AND INJURIES IN UGANDA

The police crash data system in Uganda is largely manual, and most of the data from the roads and vehicle inspections remains in hand-written records at police stations. Only a very brief summary makes it into regional and national reports, on the basis of which crash prevention planning is done. Makerere University School of Public Health (MakSPH) CEBHA+ project worked closely with the Uganda Police to improve their data. The work began with the detailed retrieval and analysis of crash data in 50% of all police regions in the country, for the year 2016. The team also studied the data systems and the quality of existing data.

Based on the identified gaps and system weaknesses, MakSPH team and Uganda Police personnel developed a digital system that is expected to replace the current manual one.



MakSPH team and Uganda Police officers at the digital crash data dissemination meeting on 11th December 2019 at Imperial Royale Hotel, Kampala, Uganda.



MakSPH CEBHA+ team in a consultative meeting with traffic police officers

Two directorates of the Uganda Police were key for the success of this project – the Directorate of Transport and Road Safety, who are the end users, and whose immense knowledge and experience advised the content of the electronic system, and the Directorate of IT, who designed the tools, in particular the app and the related data management platform. The system was piloted at urban and rural police units, and revisions done to refine the software. The digital road crash system is the product of a consistent stakeholder engagement process that has utilized the expertise of both MakSPH and Uganda Police Force to produce a home-grown solution to the perennial problem of traffic crash data management in the country. All this was made possible through steady support by the police leadership.

We credit the directors and their team

Integrated Knowledge Translation (IKT) Consultative meeting – Malawi



CEBHA+ members and Ministry of Health officials, NCD unit at IKT stakeholders consultative meeting on 17th July 2019, Malawi.

Like all CEBHA+ partner countries, Malawi team developed an IKT strategy and thereafter engaged different priority stakeholders through a series of meetings. The Ministry of Health NCD Unit, which was identified as a key stakeholder, worked with the CEBHA+ IKT team along with the Ministry of Health Knowledge Translation Platform to facilitate dialogue with different (policy) stakeholders. Activities conducted during these meetings included priority setting exercises and plans to develop issue- and policy briefs for the identified priority areas. The IKT team also engaged with the Malawi Diabetes Association and participated in meetings with other evidence brokers within the Evidence Informed Decision making Network (EviDent) in Malawi.

Engaging Policy Stakeholders in Rwanda:

A) Assessing Friday Physical Activity Implementation among public servants in Rwanda

Friday Physical Activity is a policy intervention in Rwanda for the public (especially public servants) to take time off on every Friday afternoon to do physical activity. CEBHA+ is assessing the effectiveness of such population level interventions in preventing diabetes and hypertension. The primary participants for this study are policy makers from the Ministry of Public Services and Labor, Ministry of Sports and Culture, Ministry of Health and the Rwanda Biomedical Center who are closely involved in the implementation of the Friday Physical Activity policy.



Consultative workshop on population level interventions in Rwanda, Virunga hotel, 28th November 2019

inform practice and future research in this area. The workshop helped to identify and consolidate gaps and opportunities for advancing population-level interventions targeting risk factors for diabetes and hypertension.

Engaging Local Community in Rwanda

Seventy-five community stakeholders in Rwanda from local administrative authorities at the district, sector, cell and village levels, and primary healthcare facilities attended a meeting to introduce the cardiovascular disease risk and prevention study on 11th July 2019. Participants appreciated the study and committed to support its implementation.



Consultative meeting with Friday Physical Activity policy makers in Rwanda, 21st - 22nd November 2019 at Virunga Hotel.

B) CEBHA+ Population Level Interventions Consultative Workshop in Rwanda

A consultative workshop on the situation analysis of population level interventions to prevent hypertension and diabetes was held in Rwanda in November 2019, to disseminate preliminary results. Stakeholders were involved in the data collection phase. This process was participatory and engaging in order to draw out key lessons learnt to



Local community stakeholders engaging in physical exercise at the cardiovascular disease risk and prevention meeting, Musanze, Rwanda

CEBHA+ Trainings

Evidence Based Public Health (EBPH) course – Rwanda

Under its capacity building activities, CEBHA+ organized the 2nd Evidence-based Public Health (EBPH) course from 23rd to 27th September 2019 in Kigali, Rwanda. The course aimed at equipping researchers, public health practitioners, academics, and policy makers with concepts of EBPH in terms of finding, appraising, interpreting, and applying best evidence to public health questions relevant to the African setting. CEBHA+ partners (from Rwanda, South Africa, Germany, and Malawi) and the Director General of the Rwanda Biomedical Center facilitated this course. This was a follow up on the pilot EBPH course which was successfully held in Kampala, Uganda on 8th - 12th October 2018



Prof. Philip Cotton (Vice Chancellor at University of Rwanda), Prof. Rulisa Stephen (CEBHA+ Rwanda PI), with the project team and participants at the EBPH course, September 2019.

CEBHA+ “in-house” train-the-trainer course on Evidence-based Health Care (EBHC)

From 24th June to 31st October 2019, CEBHA+ partners participated in the blended (online and face-to-face) EBHC short course, offered at Stellenbosch University, South Africa. The course aimed to enable participants to develop understanding of the fundamental theory of teaching and learning in an adult learning context, and to apply that theory in an authentic teaching context. Nine CEBHA+ members from Uganda, Malawi, Ethiopia and Rwanda attended the face-to-face session which ran from 26th – 29th August 2019. The final course assessment saw each participant plan, implement, and evaluate EBHC teaching sessions in their home institutions. CEBHA+ members that attended this course are better equipped to run EBHC trainings in their home institutions and beyond.

CEBHA+ partners at the train-the-trainer contact session for the EBHC course at Stellenbosch University, South Africa.



Systematic Review training in Uganda



MakSPH CEBHA+ team at the systematic review training.

From 30th September – 1st October 2019, CEBHA+ team at the MakSPH received training on analysis and reporting of extracted data in systematic reviews. A systematic review expert attached to the Africa Centre for Systematic Reviews & Knowledge Translation, “Africa Centre” in Kampala, Uganda, facilitated this training. The same team received prior training on systematic reviews by experts from the CEBHA+ Research Task 5. The protocol is titled, “Interventions to prevent road traffic injuries and deaths among pedestrians: a protocol for a global systematic review”.

CEBHA+ Students Corner

CEBHA+ awarded 8 PhD and 4 Masters scholarships in 2019, in addition to the 4 scholarships awarded in 2018.



Hannah Simba
PhD Student, Stellenbosch University.
Area of Research: Environmental and genetic factors associated with oesophageal cancer development in South Africa.



Sekgala Derrick
PhD Student, Cochrane South Africa.
Area of Research: Street food consumption in relation to metabolic syndrome among taxi drivers in South Africa.

Helen Mearns
PhD student, Cochrane South Africa.

Area of Research: Screening strategies for adults with type2 diabetes mellitus.



Agnes Gatarayiha
PhD student, University Of Rwanda.

Area of Research: Association of cardiovascular diseases and dental diseases in Rwanda.



Evariste Ntaganda
PhD student, University of Rwanda.

Area of Research: Community and facility-based intervention and control of NCDs a linkage to care in Rwanda.





Jonathan Chiwanda
PhD student, University of Malawi.
Area of Research:
 Burden of chronic disease comorbidities among cancer patients attending oncology Services at Queen Elizabeth central hospital in Malawi.



Hailemichael Getachew Yosef
PhD student, Armauer Hansen Research Institute, Ethiopia.
Area of Research:
 The economic impact of metabolic syndrome among people living with HIV and cost effectiveness of a regular screening.



Jean Birigimana
Masters student, University of Rwanda.
Area of Research:
 Assessment of perceived benefits from "Car Free Day" to mitigate the risk factors for NCDs in Rwanda.



Dynamo Ndayayisenga
Masters Student, University of Rwanda.
Area of Research:
 Magnitude of alcohol use disorder and its comorbidity with depression among youth in Rwanda of a regular screening.

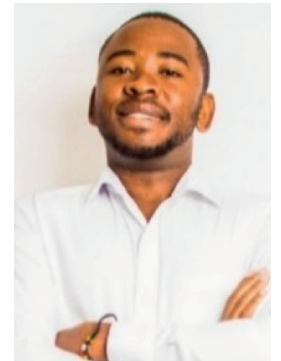
James Gafirita
PhD student, University of Rwanda.
Area of Research:
 Assessment of implementation and impact of the "Car free Day" physical activity and NCDs risk factors screening in Rwanda.



Nginache Nampota
Master student, University of Malawi.
Area of Research:
 The evolution of renal function in adults on antiretroviral therapy in Malawi.



Yusuf Mtila
Masters student, University of Malawi.
Area of Research:
 Assessing the burden of diabetes mellitus among non-governmental organisation drivers in Blantyre city.



CEBHA+ Publications

In 2019, CEBHA+ had several publications: - the first Newsletter, a Brochure and several research articles. Visit the link for all CEBHA+ publications: <https://www.cebha-plus.org/resources>

CEBHA+ Brochure



CEBHA+ Newsletter Vol.1



Video Competition certificate



Stephen Kasenda, CEBHA+ Malawi-Researcher, won a Glasgow University Science is for all video competition. His video was shown on the loop at Glasgow University.

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