



**Ministry of Health & Population**  
**Sector of Integrated Services & Nursing**

**Integrated Nutritional Health Program**

**Minia Governorate**

**In Collaboration with**

**TAHSEEN-Pathfinder International**  
**&**  
**Health Care International, *HCI***

**First Report**

**Overall Workplan**

**&**

**Data Collection Tool Pilot Test**

**November 2005**



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## Executive Summary

Within the overall framework of TAHSEEN/PATHFINDER INTERNATIONAL objectives and activities, Health Care International, **HCI** has been committed to work closely together with TAHSEEN/PATHFINDER INTERNATIONAL Team to conduct the KAP Assessment for the Nutritional Health in the selected communities.

**HCI** has adopted the coordination approach to ensure maximizing the use of local resources and sustainability of program outputs. This has been achieved through planning meetings with TAHSEEN Team, MOHP Central Team to review the study protocol and tools. Appropriate modifications and improvements have been introduced. Coordination Meetings conducted with the local officials of the MOHP, HIO, and Education authorities in Minia Governorate.

**HCI** organized an appropriate training venue for hosting orientation/training activities of the study team and supervisors. **HCI** provided the needed training equipment. Practical training was organized in 8 sites, i.e., 4 health centers, 4 primary schools, and 4 preparatory schools.

**HCI** managed providing qualified trainers to ensure strong start and comprehensive orientation for all categories. Team of trainers included 8 senior trainers from MOHP, HIO, University, and HCI.

**HCI** Team feels obliged to acknowledge the kind and sincere cooperation of and great support by Minia Health Officials and colleagues of Minia Health & Population Directorate led by Dr. M. Ayman Ragab, Dr. M. Abdel-Gawad, Director General, HIO in Minia, and Eng. Samir Rehan, Director General of Education in Minia Governorate. Furthermore, **HCI** Team would like to express the greatest gratitude to TAHSEEN/PATHFINDER INTERNATIONAL team for awarding us this opportunity to contribute to such unique program.



## Introduction

Malnutrition has its severe effect on the growth rate and health status during the early period of life and is of greater effect during stress periods (pregnancy, school age, adolescence, etc.), than at any other time, and there thus exists an increased risk of growth retardation. Also, the immunological system is not fully healthy/mature at these stages, resulting in a risk of frequent and severe infections. Both cognitive and emotional potentials start to develop early, and so the foundations of intellectual, social and emotional competencies are also established during this period.

Malnutrition, food-borne disease, and lack of secure access to good food make an important contribution to the burden of disease and mortality in some communities and among certain socioeconomic groups in Egypt. Better diets, food safety and food security will not only reduce or prevent suffering to individuals and community but also help cut costs to health care systems and bring social and economic benefits to Egypt.

As a fact, Egyptians' chances for a healthy diet depend more on family knowledge, choices, attitudes, and practice than on what food is available and whether it is affordable. Responsibility of attacking malnutrition must extend beyond the health sector to include various stakeholders, i.e., NGOs, school staff, community, other sectors ranging from agriculture and food processing, manufacturing and trade to transport, retailing, catering and advertising.

TAHSEEN-Pathfinder International is aiming at contributing to the efforts of the MOHP to protect, promote and support nutrition of various vulnerable groups through assisting in the design and implementation of nutrition program as an essential goal for improving health status of vulnerable groups and to achieve a healthy life and development of those groups.

TAHSEEN-Pathfinder International is assisting the MOHP to achieve the following objectives in the selected 8 communities in Minia Governorate:

- Developing and implementing a comprehensive program for improving nutrition status of school age children, women of reproductive age through raising awareness and improving practice;
- Strengthening the capacity of health services to support appropriate nutrition program;
- Raising awareness of mothers, families, teachers, students, NGOs workers.
- Establishing educational kitchens health units and canteens in schools.
- Strengthening community-based support for nutrition program.
- Integrating nutrition interventions into ongoing programs and activities;
- Development of indicators for assessing nutrition program progress and health status of targeted groups.



TAHSEEN-Pathfinder International has involved *HCI* team in conducting that study due to their evident experience in the design and implementation of health studies and researches. *HCI* hands-on experience includes the competent use of various methodologies, i.e., Focus Group Discussion, Household Study, Key Informant Interview, Structured Interviews, Postal Study, Secondary Data Review, Analysis and Reporting.

### **Aims of the nutrition study:**

- To understand strengths and weaknesses of the health provides in detection, diagnosing, and treatment of malnutrition.
- To evaluate communication skills of service providers to give nutrition counseling for target groups.
- To understand the knowledge, attitudes, and practice of women and children and relevant staff of schools and NGOs regarding healthy feeding habits, micronutrients
- To know skills of mothers in preparation of healthy food.

This will be achieved through collecting and analyzing the data and information.

### **Approach & Methodology**

*HCI* has managed, as planned, in close coordination with TAHSEEN-Pathfinder International, the following main phases/milestones:

- Preparation Phase: Review of the already designed tools, documents & reports review, developing the implementation plan, completing needed communications & getting needed official authorizations, setting the representative sample, reviewing protocols & guidelines, design of data capture files on SPSS.
- Implementation Phase: orientation & training, testing & piloting, full implementation (data collection), and QA.

### **Community Target Groups**

1. Schools Children at Preliminary & Preparatory schools
2. Women in Reproductive age among mothers visiting PHC Units;
3. Health Teams at PHC Units;
4. Teachers;
5. Natural Leaders including Religious Leaders; and
6. NGOs Staff



### **Study Team:**

*HCI* has recruited and trained one MOHP team and HIO Team for each district. Each team includes one supervisor and relevant data collectors to each targeted category. For interviewing mothers, students, teachers, NGOs staff, and community leaders' social workers are appropriate for such groups. Physicians and Nurse Supervisors have been trained for interviewing health workers, physicians as the most appropriate interviewers. For conducting medical examination of selected students, 4 teams formed from physician, nurse, lab technician, and dentist are assigned for that task.

A list of assigned study teams and supervisors is attached.

### **Orientation Workshop**

#### **The objectives of the workshop are:**

- To Explain the objectives of the study and its tools.
- To Identify the data collectors & supervisors.
- To Ensure Commitment of concerned authorities.
- To Test the instrument tools to improve the questionnaire
- To Agree upon the sites & samples of the pilot study.

A 2-Day workshop had been conducted in Cleopatra Hotel on 19 & 20 November, 2005. A copy of the agenda and third modified version of the study tools are explained to participants so they can become familiar with it.

The following parties participated in the workshop:

- Central Team of the Ministry of Health and Population;
- Undersecretary of MOHP in Minia Governorate
- Local health Leaders of Minia Governorate;
- Undersecretary of MOE in Minia Governorate.
- Local Education Leaders of Minia Governorate;
- Representatives of 8 Non-Governmental Organizations;
- A professor from Agriculture College, Minia University;
- Nominated participants.

**A Participants' List is attached**



## Pilot study

An important step of this activity is the pilot study, to ensure that the tools are appropriate for the local setup and to introduce all needed improvements prior to the actual implementation of the study.

### Sample of the pilot study:

#### ▪ **Students, teachers, educational kitchen**

Select grade 4 from 2 primary schools

- Salah El-Din primary school.
- Language primary school.

Select grade 1 from 2 preparatory school

- Suzan Moubark prep school.
- Language prep school.

#### ▪ **Healthcare providers, mothers, community leaders**

Select 4 HCUs

- Medical west center.
- Medical east center.
- Child care center – first.
- Child care center – second.

| Interviewed Respondents during Pilot Phase |  | No  |
|--|--|-----|
| 1.   | Primary and preparatory school students KAP interview(Grade primary & Grade preparatory )                        | 100 |
| 2.   | Primary and preparatory school students Medical Examination (for the same group)                                 | 100 |
| 3.   | Health care providers of the health unit. (physicians, Nurses, Lab Tech., Raaidate)                              | 19  |
| 4.   | People from community. (Women in reproductive age visiting health units, teachers, key persons in the community) | 48  |

### Conducting the pilot Study:

The instrument tools are field tested (**Pilot** Phase) on 20 /11/2005 on the agreed upon pilot study sample.



Data have been gathered and feedback is taken about all technical, administrative constrains. The instrument tools have been re-adjusted and modified according the feedback from each team. The administrative problems are solved by specifying the role of each partner regarding equipment, Lab., medical examinations kits and tools...etc.

### **Post-Pilot/Pre-Implementation Orientation Meeting**

Meeting held on 28/11/2005 with the supervisors:

6 from HIO  
2 from MOHP  
MCH Director, Minia  
MCH Deputy Director.

Meeting objectives are:

Review the final version of the instrument tool.

Explanation, clarification of all questions.

Organize logistical & administrative plan,

Setting final implementation schedule to start actual study on Saturday 3/12/2005 for three days.

Then there will be a meeting on Tuesday 6/12/2005 to discuss, review, solve constrains and problems, if any.

Then, the field work will restart on Wednesday 7/12/2005 as demonstrated in the work plan and time schedule.