



***EXPLORING THE EFFECTIVENESS OF NURTURING CARE
INTERVENTIONS BY CHWS IN IMPROVING CHILD
HEALTH OUTCOMES IN RURAL KENYA:***

A STUDY OF SEME SUB COUNTY, KISUMU COUNTY

Authors: Wafula G; Opiyo M; Odhus C; Amihanda.R



Background

REPUBLIC OF KENYA



MINISTRY OF HEALTH



- Nurturing care, refers to the provision of responsive caregiving, support and protection to children.
- It is essential in ensuring optimal childhood outcomes and if well practiced is an important way towards achieving UHC.
- Childhood is a critical stage of development as it lays the foundation for future health, wellbeing and success in life only if an optimal environment is provided to support brain development.



Community
Health Services
"Afya Yetu, Jukumu Letu"



Background

- Cognitive development is the process of growth and change in intellectual and mental abilities among children.
- Nutrition in the first 1000 days is vital in cognitive development as this stage is characterized by rapid growth and development

Schwarzenberg, S.J and Georgieff, M.K (2018) Advocacy for improving nutrition in the first 100 days to support childhood development and adult health pediatrics, 141(2),e20173716





Background

- Globally, child malnutrition and poor cognitive abilities are a major concern.
- Sub Saharan Africa records the highest levels of malnutrition 39%; 4% stunting and 10 % wasting in children.

Black ,R.E, Victoria, C.G , Walker, S.P, Bhutta, Z.A, Christian, P, De Onis, M Martorell R (2013)Maternal and child undernutrition and overweight in low- and middle-income countries. The lancet, 383(9890),427-451

- Kenya 26% of children are stunted; 4% are wasted and 11% are underweight.
- *Kenya demographic health survey 2022*





Background- cognitive abilities

- In low and middle income countries, almost 200 million children do not achieve optimal cognitive development due to poverty, malnutrition and inadequate stimulation.





Background

Scientific evidence have confirmed that the most critical elements of child, adolescent and adult health, wellbeing and productivity take shape during the first 1000 days

Insert reference

Children living in rural communities face significant health challenges that undermine their ability to flourish and thrive.



Community
Health Services
"Afya Yetu, Jukumu Letu"



Background- Nurturing care service delivery

- Given the reality of inadequate HRH, several Governments all over the world have recognized, capacity built and onboarded community health workers to enable the last mile reach.
- In Kenya, CHWs have been empowered with nurturing care skills in order to deliver and impart knowledge and transfer the nurturing care practices to the caregivers at household level
- 2112 CHWs in Kisumu have nurturing care knowledge and skills and they incorporate these as part of their routine work.





CHW workflow in Kisumu



CHW is aware of the households registered electronically in his/her jurisdiction



Household visitation is conducted by the CHW. Health education, screening and nurturing care practical skills imparted



Referral of identified cases to link facility



Continuous follow up of household health needs





Problem Statement

In Sub-Saharan Africa and in Kenya, the wider rural communities have been disadvantaged in accessing quality health care due to their location. Research shows that children born in these communities often have developmental challenges and therefore do not achieve their full potential in life.

Children who do not experience the nurturing care necessary to enable their capacities to flourish, are;

- less healthy and grow poorly,
- learn less and complete fewer grades at school
- More likely to have difficulties relating confidently to others
- Earn less as adults



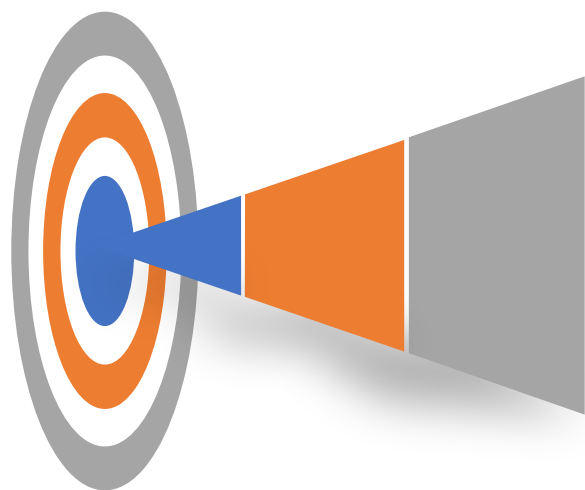
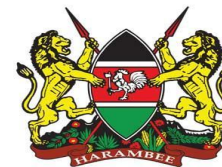


Problem statement

- Malnutrition is a major concern in Kenya and Kisumu (4% for both)
- Malnutrition in the first two years of life negatively influences both the cognitive ability and the ability to grow
- HCW including CHWs have a major role to play in improving the nutritional status and cognitive abilities for the well being of children.
- Since the recognition of CHW as a critical cadre in achieving the last mile reach in Kenya there has been deliberate efforts to strengthen CHS strengthening as aligned in the policy & strategy (Kenya Community Health Policy 2020-2030 and Kenya Community Health Strategy 2020-2025). There has been no empirical evidence to show the effectiveness of this cadre in the child health outcomes- Nurturing care given their close interactions with the households and caregivers.



Objectives



To explore the effectiveness of nurturing care interventions by CHWs in improving child health outcomes in rural Kenya.

Specific objectives :

- To examine the last mile reach with nurturing care information pack
- To assess the level of uptake of nurturing care practices by caregivers reached by CHWs
- To examine the referral linkage to effective care for nurtu





Methodology

Study design : Mixed method study

Qualitative Method: -Focused group discussions were done in the community to ascertain knowledge and source of CCD information

Quantitative method: - Use of KHIS data to quantify the reach.

Study site : East Seme ward, Seme sub county Kisumu County – Kenya

Sample size: 800 Households

Sampling technique: purposive and Random sampling

Study duration: October 2022 and January 2023.



Analytical methods

REPUBLIC OF KENYA



MINISTRY OF HEALTH

- The data was analyzed using excel , pivot tables
- Findings were visualized using tables, bar graphs and pie charts



Community
Health Services
"Afya Yetu, Jukumu Letu"

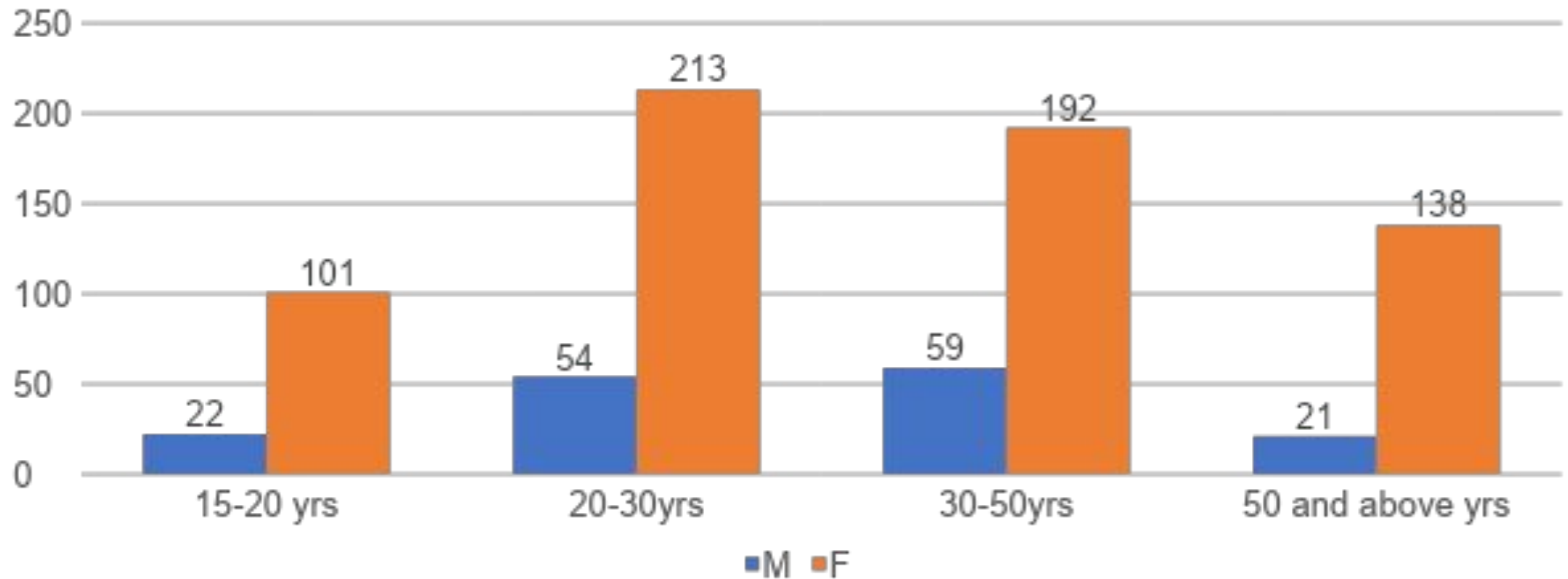


Approvals, consent and confidentiality

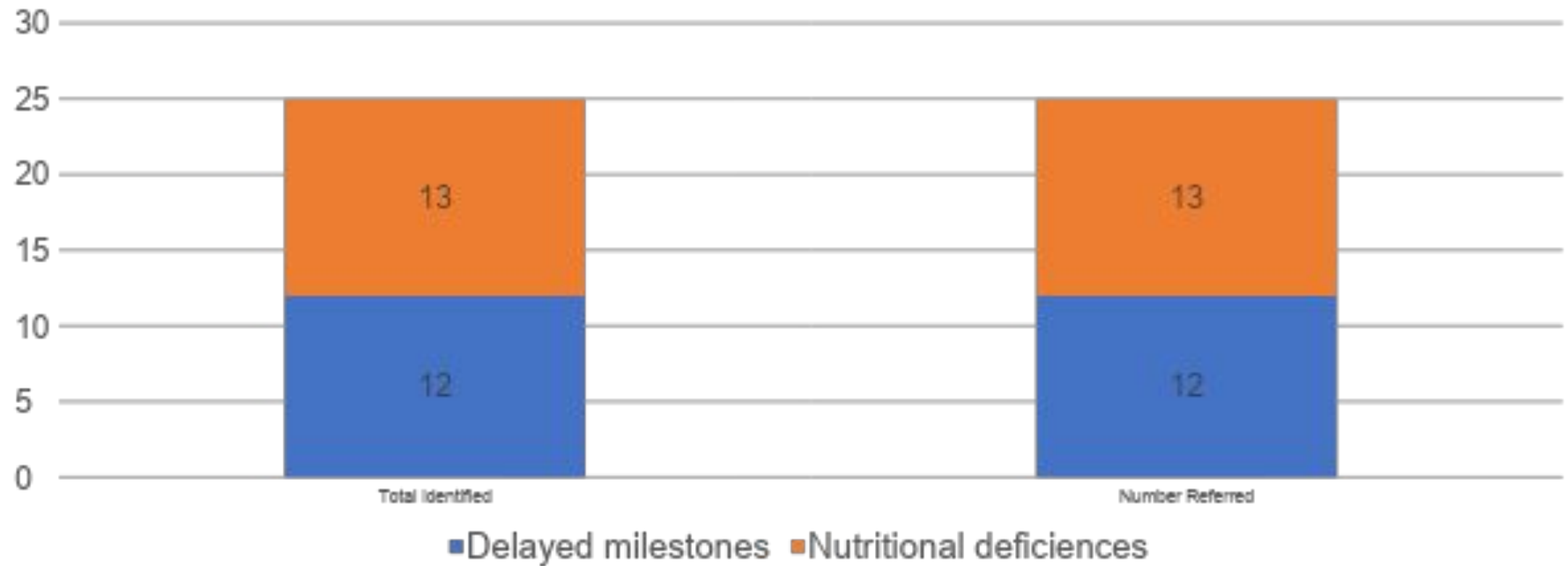
- The study was approved by the department of medical services, public health and sanitation.
- Informed Consent was received from all the study participants
- The data collected was treated with confidentiality, stored in secure cabinets and only the investigators had access to the data.
- The findings of the study were shared with all the stakeholders including the study participants



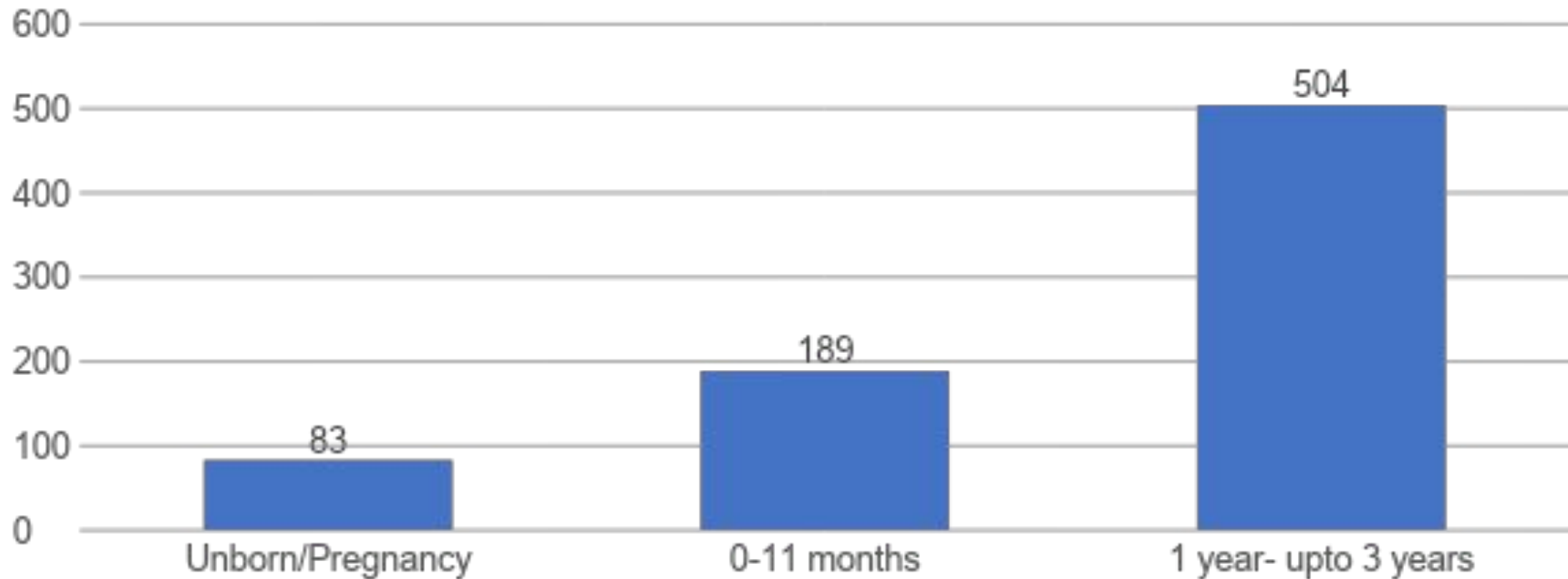
Number of respondents by age and gender



REFERRAL DATA DURING THE PERIOD



DISTRIBUTION OF CHILDREN BY AGE



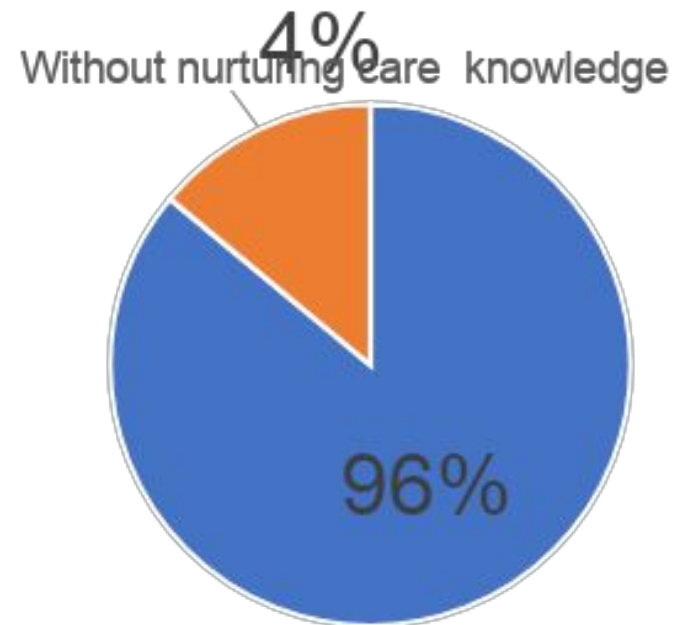
Results

REPUBLIC OF KENYA



MINISTRY OF HEALTH

Nurturing care knowledge



■ With Nurturing care knowledge ■ Without nurturing care knowledge



Community
Health Services
"Afya Yetu, Jukumu Letu"

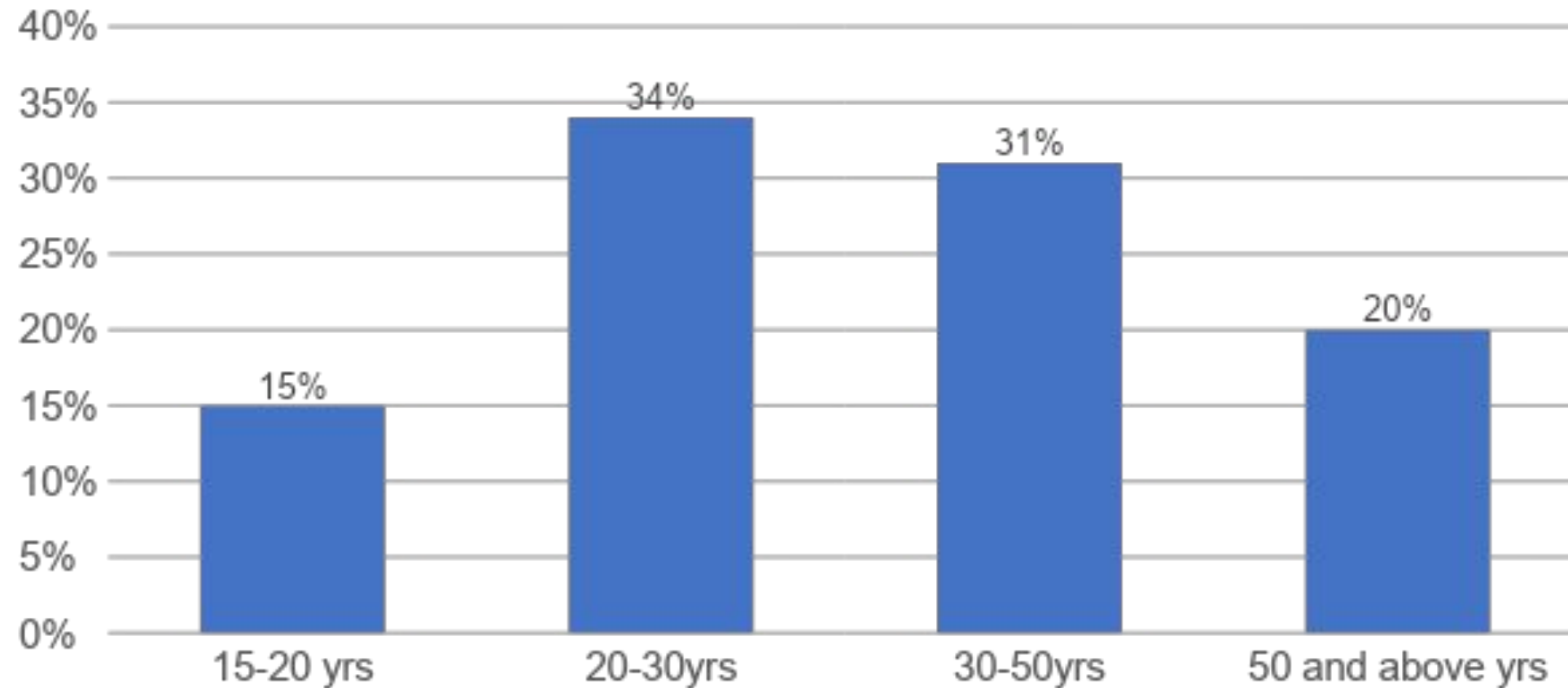


Results

- Number of households were 800
- 42 CHWs were covering these households



Knowledge on nurturing care by age group



Results

REPUBLIC OF KENYA



MINISTRY OF HEALTH

20-30years age group had
the most nurturing care
knowledge

34%

100%

Households visited

Female caregivers with
nurturing care knowledge

72%

96%

Care givers with
knowledge of
nurturing care



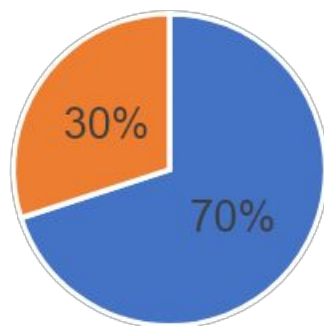
Community
Health Services
"Afya Yetu, Jukumu Letu"

Results



Nurturing care UPTAKE

Nurturing care uptake



- % some Nurturing care practices
- % without Nurturing care practices

Assessment of the level of uptake of nurturing care practices by caregivers reached by CHWs

- 70% (560)of households visited had and used homemade children play items
- 92% used play and communication to stimulate the child and parent/caregiver
- 84% engaging with unborn child



Discussion



Examination of the last mile reach

- 96.75 % of the households reported being visited by their CHW during the study period
- 96% of caregivers had satisfactory knowledge on nurturing care
- 72% of those with nurturing care knowledge reported that information was delivered by the CHW during the routine household visitation



Discussion

- Of the caregivers, 552 women (72%) than men 216 (28%) had knowledge on Nurturing care
- Age 20-30yrs was the age category with highest level of nurturing care knowledge than other age cohorts at 262(34%)



Conclusion



- CHWs are effective in ensuring and advancing the last mile reach particularly with out of clinical setting interventions such as nurturing care
- The regular household visits by CHWs ensures increased uptake of good practices that enable good health and well being of children
- CHWs are critical in the early identification, linkage to care and follow up in the continuum of care.



Recommendations



- Resources to be allocated towards strengthening community health services
- Scale up nurturing care awareness and practice among community members to ensure children survive and thrive



CHV demonstration on appropriate play material during home visit

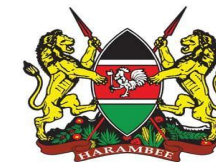
REPUBLIC OF KENYA



MINISTRY OF HEALTH



Community
Health Services
"Afya Yetu, Jukumu Letu"



"If we change the beginning of the story,
we change the whole story"

Raffi Cavoukian, The Beginning of Life



Community
Health Services

"Afya Yetu, Jukumu Letu"

REPUBLIC OF KENYA



MINISTRY OF HEALTH



Community
Health Services
"Afya Yetu, Jukumu Letu"