



International Public Nutrition Resource Group
www.nutritionworks.org.uk

in partnership with the
Emergency Nutrition Network (ENN)

Pilot project to strengthen emergency nutrition training in pre-service and in-service training courses

**Report of Lodwar Colloquium 22nd - 29th September 2010
Fiona Watson, Kerry Selvester and Wambui Kogi-Makau**

Introduction

The overall objective of this project is to build sustainable human capacity to respond to nutritional emergencies through strengthening pre- and in-service training courses within developing countries.

The two year project is being implemented by the partnership NutritionWorks in collaboration with the Emergency Nutrition Network (a UK-based charity) with funding from the US Office for Foreign Disaster Assistance. The project is being piloted initially in two countries, one of which is Kenya.

The need for a 'Training of Lecturers' course was identified at an early stage of the project. It was agreed that the course should take place in an emergency-affected area where lecturers could experience emergency programming at first hand. The concept of a 'Professional Update on Nutrition in Emergencies Colloquium for Institutions of Higher Learning in Kenya course' was then developed. The emphasis was on active learning through exposure and debate by highly-qualified academic staff from higher education institutions in Kenya rather than passive learning through a classroom based course.

The Lodwar colloquium was facilitated by Kerry Selvester (Consultant – ANSA), Fiona Watson (Consultant - Independent), and Wambui Kogi-Makau (Consultant - University of Nairobi) and took place at the St Teresa's Centre in Lodwar, North-east Kenya from 22nd to 29th September 2010. Field visits and facilitation were arranged by local government, UN and NGO staff.

The first section of this report summarises the Lodwar colloquium content while section two outlines the major outputs. The detailed materials used in the Colloquium (field guides and powerpoint presentations) are contained in separate folders.

Section 1: Lodwar colloquium

A total of 20 participants from eight universities and colleges took part in the colloquium. An additional two participants attended from government (Ministry of Medical Services - MMS and Ministry of Public Health and Sanitation - MPHS) and one participant from the Kenya Nutrition and Dietetics Institute (KNDI). There were three facilitators.

The colloquium had two objectives:

- i. To expose lecturers and professors to nutrition in emergencies both through increased familiarity with documentation, as well as through direct field experience and debates with peers.
- ii. For higher education institutions represented on the course to develop action plans to incorporate nutrition in emergencies into diploma and degree courses thereby increasing the relevance of those courses to the working context in Kenya and the region.

The list of participants is in *annex 1*. The list of field facilitators is in *annex 2*. The timetable is in *annex 3*.

Day 1: Introduction to the colloquium (Monday 20th September)

Day 1 was classroom-based and provided an introduction to the background, objectives and timetable of the colloquium. Participants were asked to rate themselves on a scale from 1-6 on technical areas (knowledge and practice) on a 'barometer of knowledge and practice'. This served as a baseline upon which to evaluate learning by the end of the colloquium (*annex 5*). Participants were divided into five 'home groups'. These met at the end of each day to discuss interesting points arising from the day and any concerns. The output from these group discussions were summarised as learning points.

In the afternoon, participants were familiarised with relevant materials¹. Most of these were provided on a USB stick so that they could be stored directly onto laptops. Hard copies of other materials and guidelines were available for participants to browse through.

An official opening ceremony was held in the evening at which the District Officer 1 was present together with government staff from the MPHS and Ministry of Water and Irrigation (MWI) and key non-governmental organisation (NGO) staff.

Day 2: Nutrition information systems and assessments (Tuesday 21st September)

Day 2 started with a presentation, question and answer session on drought management and the early warning system in Turkana by the data analyst from the Arid Lands Resource Management Project (ALRMP). This was followed by a panel discussion attended by representatives from World Food Programme (WFP), Oxfam, Samaritan's Purse, International Rescue Committee (IRC), the Turkana Rehabilitation Project (TRP) and

¹ Materials comprised an extensive bibliography including the Harmonised Training Package (HTP), current Nutrition in Emergencies literature (best practice, policies and guidelines by topic), relevant Kenya government/MOH policies & documentation, UN/NGO policies, briefs, assessments & reports relevant to Kenya & the Turkana/Lodwar region.

ALRMP. Each of the panel representatives said something about their programmes and how they used information for assessment, monitoring and evaluation. The floor was then opened for discussion.

The afternoon started with a synthesis of learning points prepared by the participants on nutrition information systems and assessment. These included an enhanced understanding of the actors and bodies involved in nutrition information systems and their respective roles; data quality issues; and the linkages between different types of information. Issues around sustainability were also discussed, including the role of government and that of the community.

Preparation for the field visit on the following day and reading was carried out.

Day 3: Managing hunger (Wednesday 22nd September)

Day 3 was a field visit to a number of projects aiming to address hunger in Turkana. The participants split into two groups.

Group 1 visited a cash transfer programme run by Oxfam in collaboration with partners² and then drove on to Kakuma refugee camp (120kms from Lodwar). At the Kakuma refugee camp, they met with UNHCR and IRC representatives and saw the general ration distribution sites, supplementary feeding programme and the stabilisation centre.

Group 2 went to visit the TRP sites in Kakuma. The TRP is part of the MWI and run programmes for the host community. The group visited a food for assets programme and a vegetable garden. Group 2 then joined Group 1 at the Kakuma refugee camp.

Day 4: Managing hunger feedback (Thursday 23rd September)

Day 4 was dedicated to feedback from the field visit and preparation for a second field trip on the following day.

Participants discussed issues concerning the process of cash transfer programmes, their associated benefits and challenges, as well as targeting concerns; the complexities of refugee camp organisation and the operation of nutrition programmes alongside provision of support to the host population; the mechanism of TRP implementation; monitoring and evaluation processes; sustainability of different initiatives and community ownership.

Day 5: Management of acute malnutrition (Friday 24th September)

A second field trip was undertaken on Day 5 involving two groups of participants.

Group 1 visited the district hospital and saw the in-patient paediatric ward (including stabilisation for severe acute malnutrition), the out-patient clinic (including treatment for severe acute malnutrition) and the delivery ward. There was a request from the district

² This initiative is part of the pilot for the Kenya Food Safety Net – a national programme to test methods of providing a predictable cash based safety net for extremely vulnerable groups in Kenya.

nutritionist to observe the hospital approach to breastfeeding as the hospital is aiming to become a baby friendly hospital (BFHI).

Group 2 visited an out-patient clinic providing treatment for severe acute malnutrition at a rural dispensary.

Preparation of feedback from the visits was started on day 5 in the afternoon and finalised on Sunday afternoon. A three hour session was held on Sunday to feedback and present learning points from the two field trips. These included an enhanced understanding of the systems and actors involved and the role of external assistance. Community linkages were discussed, including the role of safe motherhood promoters as well as more ad hoc outreach initiatives, and their implications for access to care, including issues of distance and adequate referral systems. Efficiency of programmes was debated, with a focus on staffing issues, costs and concerns around sustainability and ongoing donor support.

Day 6: Curriculum development (Monday 27th September)

Day 6 was dedicated to curricula development. Participants from the same institution worked together to produce a 'poster' of their current curricula (certificate, diploma, BSc and MSc) including student numbers, length of course and practical placements. The institutions then worked together to agree core content for a nutrition in emergencies module for Kenya. The Harmonised Training Package (HTP) technical notes were used as a basis for deciding what should be included as a bare minimum. Consensus was achieved by the Higher Education Institutions on both core content and the distribution of the hours required to teach the unit in both BSc and Diploma courses. See *annex 4*.

Day 7: Institutional plans of action development (Tuesday 28th September)

Plans of action for each of the eight institutions were developed on Day 7. Each institution will incorporate nutrition in emergencies in the taught courses and will include a 5 day practical fieldwork unit as a key part of the course. Ms Terry Wefwafa³ arrived at lunchtime and gave a short introduction to the participants. In the afternoon, issues that need to be addressed in the future were discussed. This resulted in agreement on 4 areas of collective action to be taken forward (see below).

Section 2: Colloquium outputs

The colloquium achieved the objectives set out at the beginning of the training:

- iii. Lecturers and professors were exposed to nutrition in emergencies both through increased familiarity with documentation, but also through direct field experience and debates with peers.
- iv. Higher education institutions represented on the course developed action plans to incorporate nutrition in emergencies into diploma and degree courses thereby increasing the relevance of those courses to the working context in Kenya and the region

In addition the colloquium had the following (unintended) results:

- v. A high degree of networking and sharing amongst higher education institutions
- vi. Key actions to be undertaken outside of individual institutional action plans
- vii. Increased commitment for communication between health ministries and the higher education institutions on key nutrition issues, including nutrition in emergencies.

Evaluation

Two forms of evaluation were used:

- i. The barometer of knowledge and practice before and after the colloquium. By the participants self-rating, there was improvement in both knowledge and practice of key areas.
- ii. Anonymous written evaluation. These were generally positive. Most participants felt that the colloquium was too long, however.

Core curriculum

A major output was an agreed core curriculum for nutrition in emergencies to which all the institutions agreed. This covers course structure, content, hours, classroom-based teaching and field visits. See *annex 4*.

Plans of action

Each institution developed a plan of action for their institution. These were presented as powerpoints and can be followed up next year.

³ Chief Nutritionist from the Ministry of Public Health and Sanitation

The colloquium members identified four areas of collective action in order to take forward nutrition in emergencies in pre-service and in-service training. These addressed the following:

- i. Strengthen linkages and communication between the MoH- Nutrition Department and the higher education institutions
- ii. Liaison with the Nutrition Technical Forum
- iii. Strengthening curricula of other cadre active in nutrition in emergencies – home economics officers, nurses and clinical officers
- iv. Role of KNDI in promoting nutrition in emergencies professional updates and standards.

The main points arising from the group discussions were presented as powerpoints. The groups will produce a detailed action plan for each of the four areas and send to Kenya Inter-University Task Force (KIUNT) and KNDI for follow up by the 30th of October. KIUNT and KNDI will follow up with the institutions in the third week of October to remind the participants of the deadline for submission.

Annex 1: Participants List

INSTITUTION/PARTICIPANT	Number
Mt Kenya University Ms. Betty Gitonga: bmgitonga@yahoo.com: 0721-899-071 Ms. Sussyann Makena Miriti: smakena2003@yahoo.com	2
Baraton University Dr. Tabitha Muchee: tabmuchee@yahoo.com Ms. Dorothy Onyango: dorothyonyango@yahoo.com	2
Moi University Prof. Grace Mbagaya: mbagaya@hotmail.com Dr. Gertrude Mercy Were: gmwere@yahoo.com	2
Jomo Kenyatta University Dr. Anselimo Makokha: anmakokha@yahoo.com : 0713-817-436 Ms. Florence Muthiani Kyallo: florencemuthiani@yahoo.com : 0722-693-523	2
Kenyatta University Dr. Elizabeth Kuria: enkuriakan@yahoo.com Mr. Peter Chege: chegepm@yahoo.com	2
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Egerton University Ms. Dorothy Mituki: dotmituki@yahoo.com Ms. Stella Muthoka: skaveni@yahoo.com	2
Ministry of Public Health and Sanitation Ms. Valarie Wambani: vwambani@gmail.com	1
Ministry of Medical Services Mr. Francis Wambui: francwambua@yahoo.com	1
Kenya Nutrition and Dietetics Institute Mr. Samuel Maina Nyakamba: mainakah@yahoo.com: 0722-321-470	1
Total Participants	20
Facilitators: Fiona Watson: Fiona.watson6@btopenworld.com Kerry Selvester: skerry@virconn.com Wambui Kogi-Makau: wkogi_makau@hotmail.com:0720-933-552 Terry Wefwafwa (closing ceremony): wefwaft@yahoo.com : +254-726-074-395	

Annex 2: Field Facilitators List

INSTITUTION	NAME	POSITION
Ministry of Medical Services	Dr. Gilchrist Lockhell	District Medical Officer of Health
Ministry of Public Health and Sanitation	Mr. Silas Kiptoo	District Nutritionist – Turkana North East
Ministry of Public Health and Sanitation	Ms. Regina Keitany	District Nutritionist – Turkana South
Ministry of Public Health and Sanitation	Ms. Cynthia Ekidor	District Nutritionist – Turkana Central
Ministry of Public Health and Sanitation	Ms. Berlyn Ondu	District Nutritionist – Turkana North West
ALRMP	Mr. Alfred Litunya	Data Analyst
TRP	Mr. James Kipkan	Programme Manager
WFP	Ms. Elizabeth Nabatola	
UNICEF	Ms. Marjorie Volege	Emergency Nutrition Officer – Nairobi
UNICEF	Mr. Nicholas Kirimi	Nutrition Support Officer - Turkana
UNHCR	Ms. Victoria Mwenda	Nutritionist
Oxfam	Mr. Philip Obei	Deputy Programme Coordinator
Oxfam	Ms. Rebecca Lomalia	Hunger Safety Net Programme
IRC	Ms. Jemimah Khamadi	Nutrition Manager
IRC	Mr. Paul Wasike	Nutrition Manager
Merlin	Mr. Bengun Ewoi	Clinical Officer, Lodwar District Hospital
Merlin	Dr. Sareer	Project Health Coordinator
Samaritan's Purse	Joseph Alinga	Medical Coordinator
Samaritan's Purse	Evelyne Owii	Nutrition Coordinator
World Vision	Margaret Masilo	Programme Nurse

Annex 3: Timetable

Objective of the colloquium: Improve curricula content and teaching of nutrition in emergencies in degree and diploma courses in higher education institutions in Kenya		
MONDAY 20th September		
Objective of day 1: Obtain consensus on the importance of Nutrition in Emergencies in Kenya, and familiarization with the main training material available for consultation during the colloquium.		
8.00-8.30	Registration	
8.30-9.00	Opening remarks (background)	
9.00-10.30	Presentation of participants and objective and methodology of the course, including course timetable Acronym Quiz	
10.30-11.00	Tea	
11.30-12.30	<p>Discussion of “The importance of Nutrition in Emergencies in higher education curricula”</p> <p>Barometer of experience and knowledge.</p>	<ul style="list-style-type: none"> a. Emergency Assessment (nutrition surveys, other surveys, surveillance) b. Hunger management <ul style="list-style-type: none"> i. Supplementary feeding ii. GFD iii. Livelihoods/agriculture/livestock iv. HIV/AIDS v. Cash transfers vi. IYCF c. Management of malnutrition <ul style="list-style-type: none"> i. Facility based ii. CMAM d. Monitoring and evaluation of emergency programmes <ul style="list-style-type: none"> i. Monitoring ii. Evaluation e. Policy /guideline development f. Practical experience g. Training (outside of students)

MONDAY 20th September	
Objective of day 1: Obtain consensus on the importance of Nutrition in Emergencies in Kenya, and familiarization with the main training material available for consultation during the colloquium.	
<i>12.30-13.30</i>	Lunch
<i>13.30-14.30</i>	Discussion of resource material, familiarization with HTP/resource material and Kenya guidelines (FW)
<i>14.30-16.00</i>	<p>Preparation and reading for Block 1. Emergency assessments and Information Systems</p> <ul style="list-style-type: none"> - Questions on methodology; - Use of recommendations/ - Integration and links to policy/programmes <p>Feedback to home groups</p>
<i>18.00-19.00</i>	Opening ceremony and reception
<i>19.00 -</i>	

Tuesday 21st of September		
Objective of day 2: Deepen understanding of the importance of information systems/assessments to inform decisions on nutrition in emergency intervention		
8.00 – 8.30	Introduction and summary of previous day	
8.30 – 10.00	Kenya Arid Lands Presentation and points for clarification. (KS)	
	Q&A	
10.00 -10.30	Tea	
10.30-12.30	Panel discussion	NGOs, Arid Lands, Facilitators: To discuss work in course in Lodwar and the use of information system: evidence for planning and programming
12.30-13.30	Lunch	
13.30-14.30	Synthesis of key learning points	
14.30 – 15.30	Organisation for Hunger management field trip: Discussion of field guides	
15.30- 16.30	Reading and preparation. Report back to home group	

Wednesday 22nd September		
Objective of day 3: Gain experience around the complexity of tackling hunger in Lodwar		
7.30 – 18.00	Field visit to TRP. Food for Assets and livelihoods	Group 1
	Field trip with Oxfam . Hunger Safety Net	Group 2
	Field trip to Refugee Camp	Group 1&2
See field guides for details of the interventions		

Thursday 23rd September		
Objective of day 4: Consolidate learning about tackling hunger in complex emergencies (example Lodwar)		
8.30 – 9.30	Group work on feedback	Each group works to summarise findings from fieldwork.
9.30-10.30	Presentation of feedback	
10.30-11.00	Tea	
11.00 -12.00	Continuation of feedback	
12.00-13.00	Synthesis of key learning points: content and methodology	
13.00-14.00	Lunch	
14.00-16.00	Discussion of field guides for management of acute malnutrition field work	

Friday 24th of September		
Objective of day 5: : Gain experience on the implementation of national protocols for the Management of Acute Malnutrition		
7.30 – 15.00	Field visit to District Hospital IMAM and Baby Friendly Hospital	Group 1
	Field trip to Turkwell Dispensary IMAM and outreach	Group 2
15.00 – 16.00	Preparation of feedback	All groups

Saturday 25th of September 19, 2010		
Objective day 6. Consolidate learning on IMAM and discuss future of IMAM		
8.30 – 9.30	Groups working on feedback	
9.30-10.30	Presentation of feedback	
10.30-11.00	Tea	
11.00 -12.00	Continuation of feedback	
12.00-13.00	Synthesis of key learning points and future direction for IMAM	
13.00-14.00	Lunch	Rest and reading for the remaining part of the day

Curriculum Development and Next Steps

Objectives of day 7. Outline key (core) curriculum content;		
Day 7 Monday 27/09	9.30-10.30	Gallery : Work at institution level : Level of course, number of students, length of course, topics/modules in course; placements /practical
	10.30-11.00	Tea
	11.00-12.30	HTP selection of core content (topics). Guide to read the Technical Note summary and learning points Groups of two institutions (Karen and Mount Kenya /UN and Kenyatta /Edgerton and JKenyatta Baraton and Moi) . Content (topics). Practical (in the field or institutions). Evaluation. Hours and division of hours between classroom and out of classroom, standard evaluation systems.
	12.30-13.30	Lunch
	13.30-15.30	Selection of core content : Groups of four institutions Same as above but consensus building
	15.30-16.00	Tea
	16.00-17.30	Prepare power-point. Key Topics : Hours Practical : Hours – is it core or separate Evaluation methods If there is no consensus prepare the separate points of view

Objectives of day 8: Develop individual higher education institution plans of action		
Day 8. Tuesday 28/09	8.30-10.30	Achieve consensus on core NIE curricula content (including number of hours and approaches)
	10.30-11.00	Tea
	11.00-12.30	Institutional plans of action . Integration/coverage of core curriculum. Concrete ideas of how to do the practical work. Evaluation methods. Timing /programming
	12.30-13.30	Lunch
	13.30-15.30	Continue with Institutional plans of action
	15.30-16.00	Tea
	16.00-17.30	Presentation of institutional plans of action:
	Objectives 9: Collective plan of action	
Day 9. Wednesday 29/09	8.00-8.30	Future of this initiative
	8.30-9.30	If the objective (5 years) is to have graduates that have a standard level of skills and knowledge in NIE – what are the key steps that need to be in place for this to be achieved. Collective brain down-load.
	9.30-10.30	Discussion in home groups
	10.30 -11.00	Tea (post course barometer)
	11.00-13.00	Feedback and consensus on key steps
	13.00-13.30	Post course Barometer feedback Preparation of final address by participants for the closing ceremony Course evaluation
	13.30-15.00	Lunch and closing ceremony

Annex 4: Core Curriculum for Nutrition in Emergencies

Structure of the NIE Unit

BSc

- 45 hours
- 7 days of practical in an area suffering from a nutritional emergency
- CAT 15 Marks
- Field visit report 15 Marks
- Examination 70 Marks
- Examination 2 hours (1x2)

Diploma

- 35 hours
- 7 days of practical work in an area suffering from a nutritional emergency
- CAT 15 Marks
- Field visit report 15 Marks
- Examination 70 Marks
- Examination 2 hours (1x2)

Core Content

1. Introduction to nutrition in emergencies and main issues

[HTP 1,3,4.5]

- Malnutrition and its causes
- Public health and nutrition in emergencies
- Key food security and livelihood issues

BSc : 5 hours Dip: 4 hours

2. Emergency Assessment and Surveillance

- Nutrition and health assessments[HTP 6,7 ,8 ,9 &10],
- Food Security assessment
- Early Warning Systems
- Nutrition Information and surveillance systems

BSc: 10 hours Dip: 10 hours

3. Intervention strategies in emergency

situations:[11,12,13,14,15,16 ,17 & 18]

GFD, Food for Assets, Food for Work, Emergency cash transfers

Therapeutic feeding

SFP, Micronutrient supplementation or food based micronutrient management

IYCF in emergencies (BF, complementary foods etc)

HIV/AIDS, TB and nutrition in emergencies

Health and WATSAN

Food Security /livelihood interventions and mitigation strategies

BSc: 15 hours

Dip: 15 hours

4. Working with communities in emergency situations & community participation in emergencies (HTP 19)

IEC

Counselling

Role of the community (participation)

BSc: 5 hours

Dip : 3 hours

5. Human rights in emergencies & humanitarian assistance [HTP 20 & 21]

M&E

standards and accountability

logistics

coordination mechanisms/planning/funding

Communication and advocacy

BSc: 10 hours

Dip: 3 hours

Scenario Planning

- Suggestion 1 : take 3-4 hours to carry out exercise using scenarios (e.g. Refugee camp planning)
- Suggestion 2: Scenario Planning as part of field work.

Classroom

- Problem solving
- Guest speakers
- Case studies
- Quizzes, games (for example, River Game)
- Scenarios – practical exercises

Field visit

5 working days

Methods : 20-25 students per visit : Partners and GoK : Panels, presentations from people on the ground, facilitated field visits.

Content

- Assessments & EWS
- Management of malnutrition – facility and outreach
- Food security and livelihood interventions
- Refugee or IDPs + host community

Preparation

- Budget and financing
- Contacts and MoUs
- Field guides + facilitated feedback

Output

Report

Annex 5: Barometer of knowledge and practice, mean results

