

# Training community health workers in rural Uganda to introduce stop smoking interventions in the context of a lung health awareness campaign

Funded by a grant from Global Bridges  
2014-2016



**MAKERERE UNIVERSITY**  
COLLEGE OF HEALTH SCIENCES  
LUNG INSTITUTE



**Rupert Jones**  
**Bruce Kirenga**  
**Frederik van Gemert**

# Background

- Chronic lung diseases are rising because many factors including of tobacco, biomass smoke, TB, HIV.
- In Representative survey of 600 adults in Masindi province, Uganda we found
  - 16% of the adult population had COPD
  - Project health care workers (HCWs) requested educational materials about:
    - preventing chronic lung disease
    - detecting at an early stage.



# Train the trainer programme run 2014-2016

- Lung health awareness raising
  - Including tobacco control
- Funded by Global Bridges
- Working with:
  - DHO and his team in Masindi
  - all levels of health care workers

## Main harms:

- Poor growth in early life (malnutrition & smoke)
- Infections. e.g. TB, Pneumonia, bronchitis etc
- Inflammation e.g. asthma and COPD
- Harmful exposures:
  - Tobacco smoke
  - Household air pollution: e.g. cooking smoke, paraffin lamps,
  - Outdoor air pollution
  - Substances at work eg chemicals, dusts in grinding mills

Train HCWs - target 10- 12 completed this.

12 HCWs tested training material and techniques with VHTs  
Experience - materials improved

12 trainers then trained other 47 HCWs  
Village health team training is ongoing with over 100 so far completing.

Knowledge tested before and after training by questionnaires.  
Then original 12 HCWs developed posters and flip charts  
These went Ministry of Health for illustration and approval

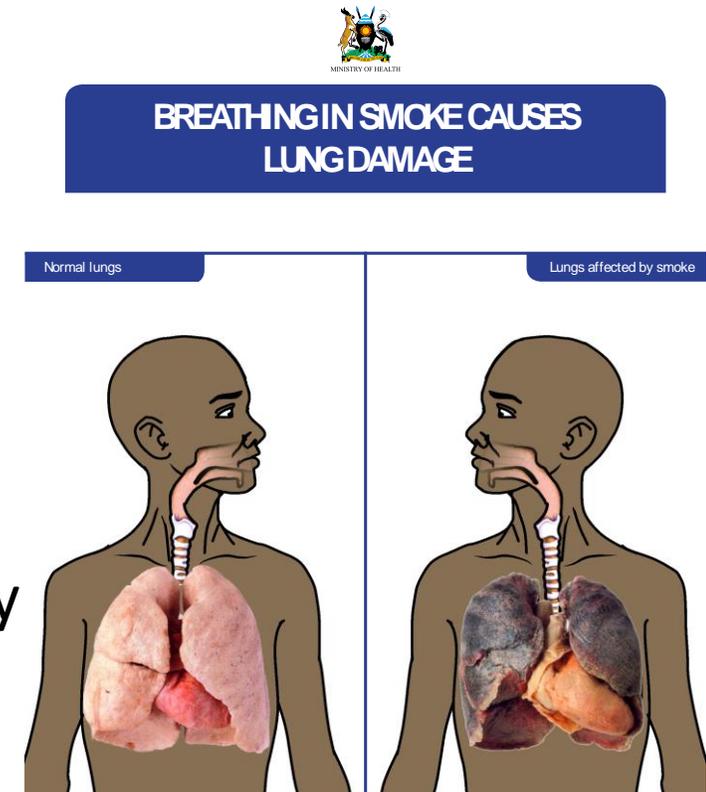
15,000 people have received direct education on Lung Health



# Developing education materials:

## Stakeholder interviews

- Working with patients and health workers developed initial slides
- Initial slides shown to:
  - 51 stakeholders in 14 interviews
  - from Ministry of Health to Villagers and expert doctors
- Feedback led to changes
- Key messages:
  - “Look after your lungs and they will look after you”
  - “If you cannot breathe, nothing else works”
- Final materials were illustrated and approved by the Ministry



Avoid breathing in smoke for healthy lungs

# Evaluation and next steps

- Mass media local radio campaign:
  - chat shows and radio spots
- Knowledge questionnaires were designed and showed improvements :
  - HCWs pre and post
  - Community awareness survey:
    - 100 villages trained, 10 villages randomly selected 10 households to receive questionnaire: 2000 completed
- Educational materials freely available via Global Bridges
  - <https://www.globalbridges.org/resource/tobacco-dependence-treatment-education-materials-from-ipcr/#.WDFay3ew3-Y>
- Professional short film on the project
  - <https://www.globalbridges.org/news/blog/2016/10/18/video-ipcrs-tobacco-dependence-treatment-education-uganda/>

