

The development and implementation of a Lung Health programme for rural Uganda addressing biomass and tobacco smoke

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Background

- Chronic lung diseases are rising because of tobacco, Biomass smoke, TB, HIV etc
- Prevention is better than cure
- Little is known about the risk factors and how to prevent lung disease.



FRESHAIR Uganda

- Representative survey of 600 adults in Masindi province, Uganda
- 16% of the adult population had COPD
- HCWs requested educational materials about:
 - preventing chronic lung disease
 - detecting at an early stage.
- Funded by Global Bridges for lung health education program including smoking cessation
- Working with:
 - DHO and his team
 - all levels of health care workers



What is Lung Health?

Keeping our lungs free from getting damaged

Main causes:

Poor growth in early life (malnutrition & smoke)

- Infections. e.g. TB, Pneumonia, bronchitis etc
- Inflammation e.g. asthma and COPD related to:
 - Inhalation of harmful substances eg:
 - smoke from cigarettes,
 - cooking smoke, Paraffin lamps (tadooba),
 - outdoor air pollution
 - Substances at work eg chemicals, Dusts in Grinding mills



Lung Health – Key messages

- “Look after your lungs
And they will look after you”
- “If you cannot breathe, nothing else works”



Methods

- 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



Train the trainer

Train HCWs - target 10- 12 completed this.



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graph TD; A[Train HCWs - target 10- 12 completed this.] --> B[12 HCWs tested training material and techniques with VHTs  
Experience - materials improved]; B --> C[12 trainers then trained other 47 HCWs  
Village health team training is ongoing with over 100 so far completing.]; C --> D[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];
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Developing educational materials

- Posters and flip over charts needed



Posters



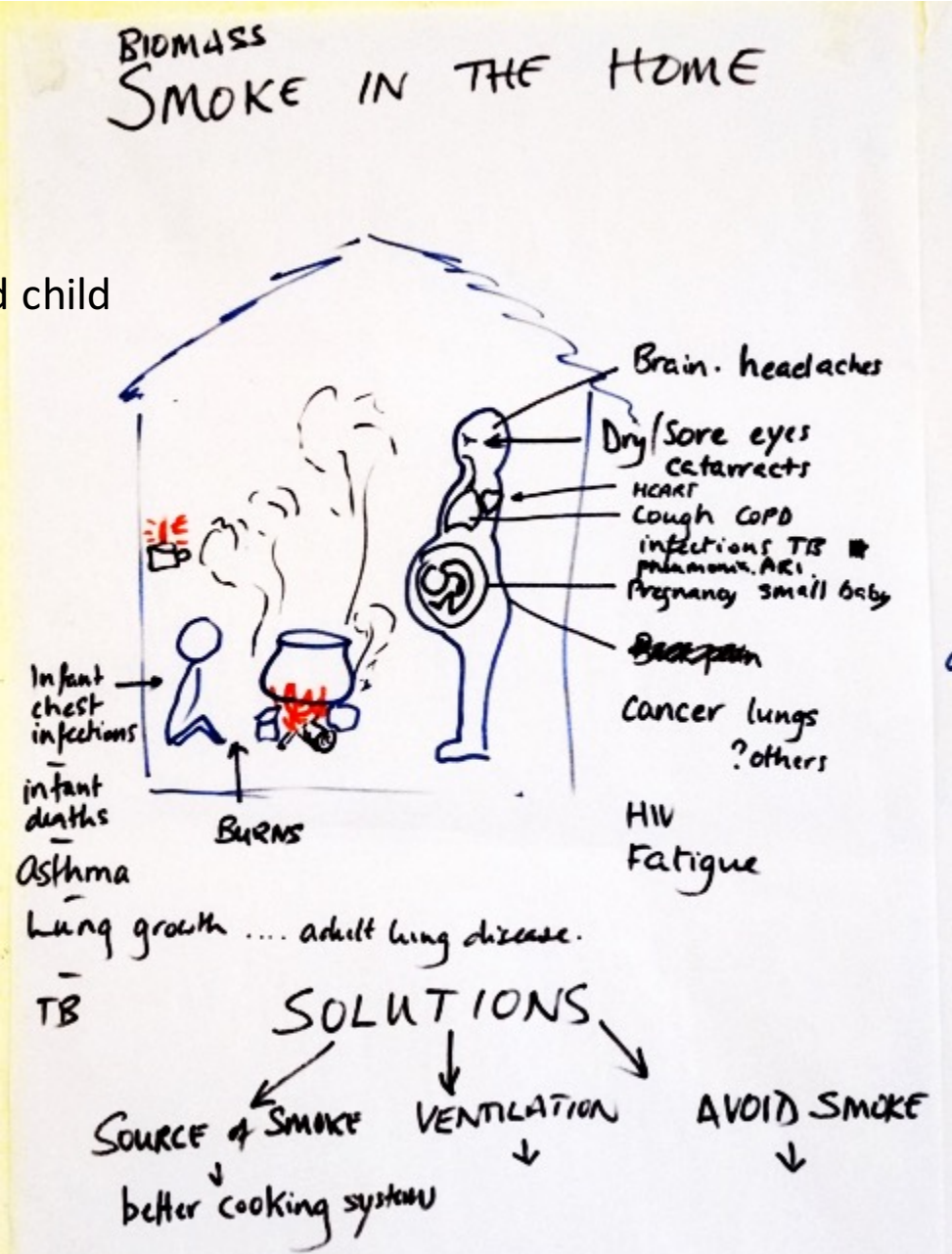
MINISTRY OF HEALTH

Indoor air pollution

Effects on mother and child

Causes

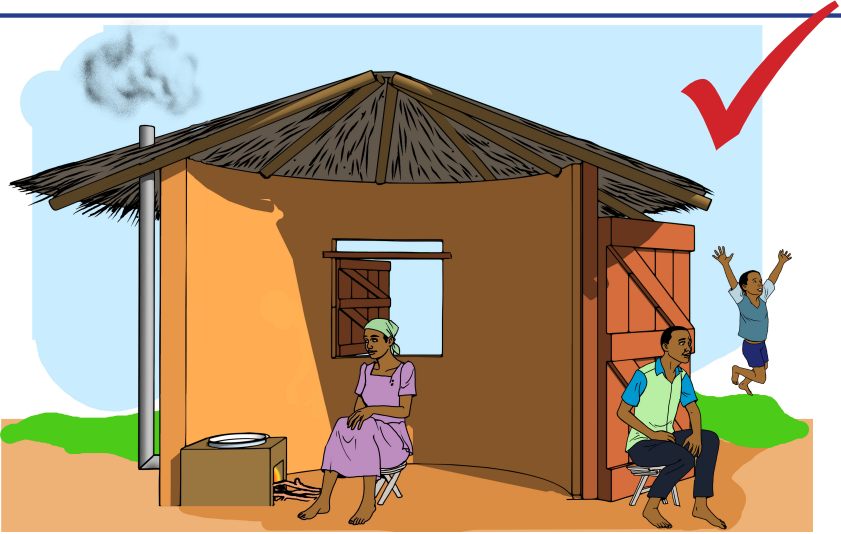
Solution



SMOKE IS HARMFUL TO YOUR HEALTH



Any form of smoke is harmful to your lungs

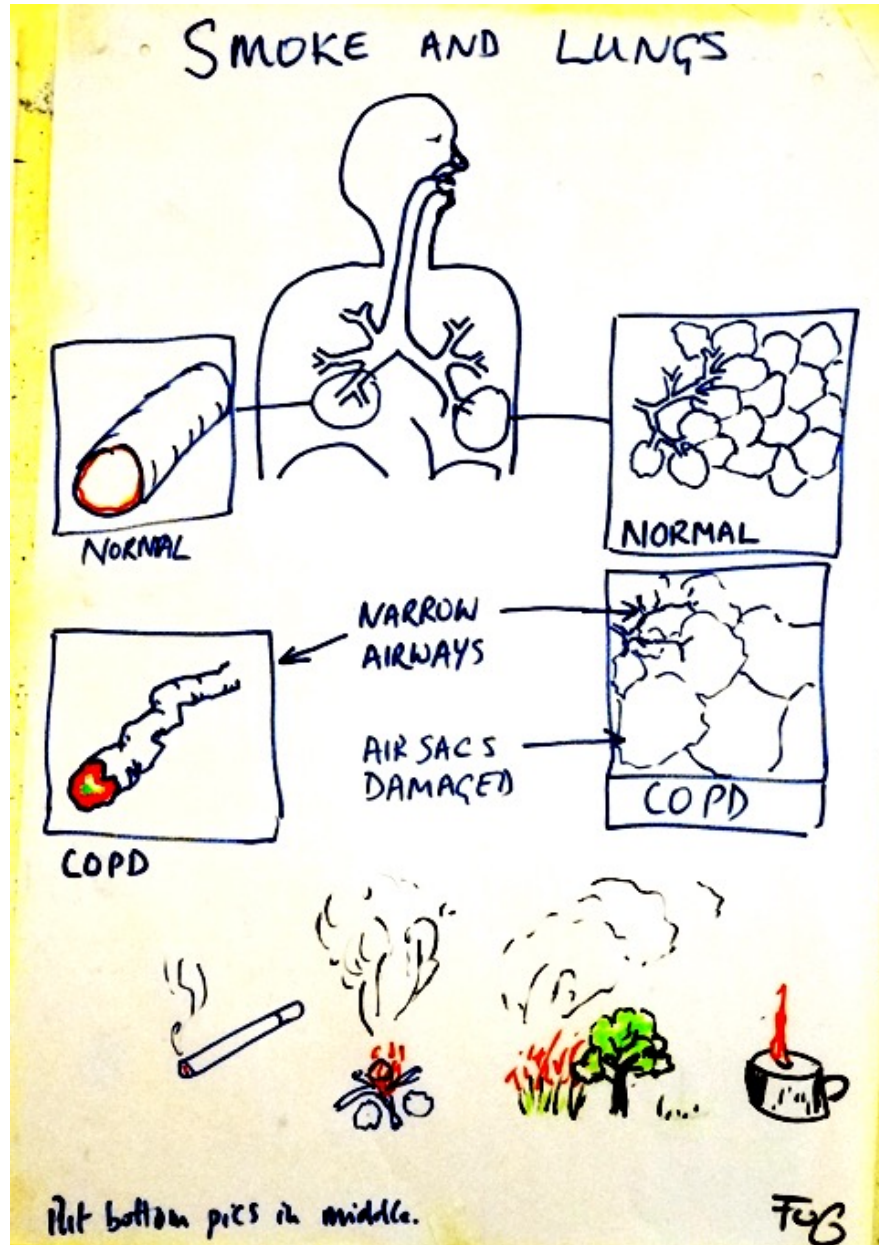


Always cook in a well ventilated kitchen for better health

For more information, please contact your nearest health facility

Posters

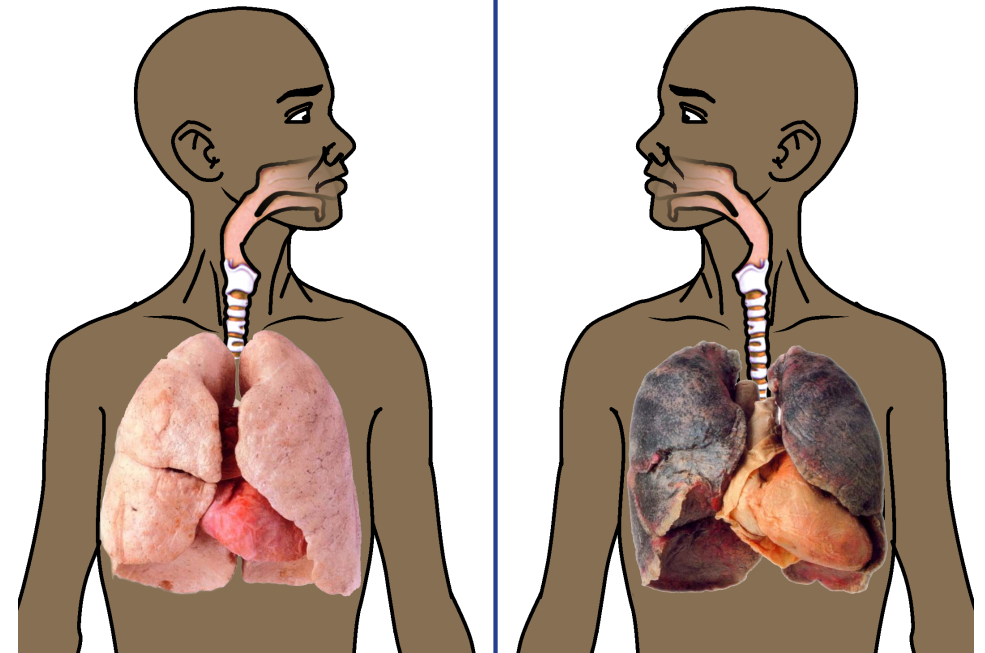
- Narrowed airways
- Emphysema
- Causes : Tobacco
- Biomass smoke
- Burning bushes
- Kerosene lamps



BREATHING IN SMOKE CAUSES LUNG DAMAGE

Normal lungs

Lungs affected by smoke



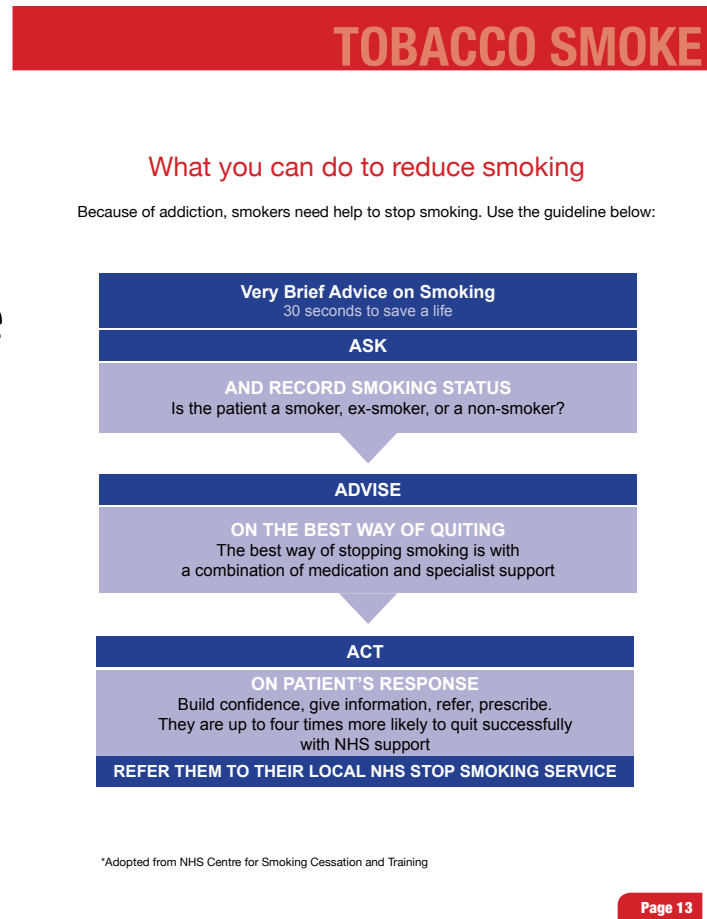
Avoid breathing in smoke for healthy lungs

Flip over charts:

back for teacher

front for patients

- Lung health
- Tobacco smoke
- Biomass smoke



Before cessation



After cessation



Flip over charts: Lung health

LUNG HEALTH

3

What is lung?.....3

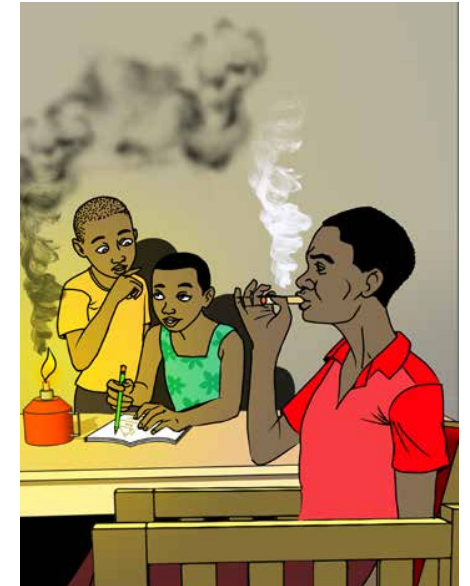
How lungs develop.....3

What is lung health.....3

What can damage our lungs?5

People whose lungs can easily get
damaged5

Preventing lungs from damage/harm....5



Flip over charts

Tobacco

TOBACCO SMOKE 7

What are the different ways Tobacco is used?	9
What are the effects of tobacco smoking?	11
Effects of tobacco smoking to pregnant women	11
Associated effects	11
What you can do to reduce smoking ...	13
Benefits of not smoking	15
Evaluation Session	15
What shall we do?	15
How can we find a solution to avoid exposure to tobacco smoke?	15



Biomass smoke

BIOMASS SMOKE 17

What is biomass smoke?	17
What are the dangers of biomass smoke?	17
How to control biomass smoke.....	19
Short-term solutions.....	21
Evaluation Session	22



Lung Health programme now

- Training is on going
- Mass media radio campaign:
 - chat shows and radio spots
 - 100 villages randomly selected 10 households to receive questionnaire: 2000 completed
- SMS support for trained HCWs being developed
 - Toll free number acquired



The Lung Health education materials now

- Developed with DHO, clinicians and people
- Approved by Ministry of Health
- Available (on IPCRG website)
- Amended for international projects including:
 - pulmonary rehabilitation
 - midwifery training
- A professional video made



Lung Health for everyone

- There is a big job of education to be done!
- Contact me rupert.jones@plymouth.ac.uk and I can send you the posters or Flip charts

