

## **REPORT OF HEALTH VISIT TO ST JOHN ANGLICAN CHURCH OKO BY HERFON MEMBERS**

### **Background**

Every year, during the month of August women in Igbo speaking states of south east zone do have what is popularly called “Home and Abroad Meeting”. These meetings which are organized at parish levels are forum where socio cultural, health and developmental issues that affect women, children and the community are discussed. During the meeting experts are invited to deliver lectures on topical issues. Topics of the lectures are either selected by the individual parish or the state may decide the topic that will be delivered through out the state.

### **The Visit**

A health team of four HERFON members went on a two day health visit to St John’s Anglican Church Okoh, Orumba south LGA Anambra state on invitation of the President of Mothers Union of the community Mrs. Ifeoma Ekwueme. The team arrived on 10<sup>th</sup> August at 2.00pm as scheduled and was warmly received by the women. Arrangements for the visit were discussed and finalized by Dr BCN Anyene, state HERFON chairman, Dr R.O. Nriagu and the President of the Mothers Union.

### **Activities**

#### **Day one (10<sup>th</sup>)**

The blood pressures and weight of the women were measured. The instruments were provided by the team. It was a good exercise for many women do not know their baseline BP as most of them do not check their BP.

Those of with raised BP were advised and referred to the hospital to see a doctor while the over weight ones were advised regarding their diet and exercise.

#### **Day two (11<sup>th</sup>)**

Health Talks on the following topics were given:

##### **1) –Arthritis**

- Definition
- Causes
- Clinical features
- Prognosis
- Management
- Recommendation and control

##### **2) –Immunization, focusing on**

- Poor routine immunization coverage at the LGA, state and country
- Vaccine-preventable diseases
- Importance of immunization
- Immunization schedules including tetanus toxoid
- Side effects and their management.

##### **3) Healthful Living:**

- Meaning of healthful living
- Some Components of healthful living viz

Personal hygiene  
Nutrition  
Environmental sanitation  
Sleep/rest/posture  
Exercise  
Family Life education  
Ageing process  
Self medication/patronizing quacks  
Alcoholism/cigarette smoking/drug addiction  
Emotional/mental health  
Control/prevention of diseases (regular check ups)

### **Recommendations**

At the end of the lectures the health team made the following recommendations:

- Formation of child bearing-age mothers club to strengthen routine immunization
- Advocacy meeting with the LGA HOD Health for the establishment of an immunization out reach centre within the church premises.
- Regular medical check ups

### **Resolutions**

The following resolutions were made by the women:

- 1) Policy against women selling Indian hemp
- 2) Policy against female teenage family planning
- 3) Request for immunization centre at St John's Anglican Church for regular immunization sessions aimed at improved coverage.

### **Out come**

The visit was a successful one in that the women were happy and grateful to HERFON and SMOH for sending such highly skilled personnel to their meeting. The women were sensitized and enlightened on immunization and healthful living that they did resolve to take both personal and collective actions to address the issues raised during the lectures.

**Attendance:** Total number of mothers that benefited was 804

### **Health team Members:**

Mrs. A.O. Achugamonye      Dep. Director Nursing  
Mr. L.C. Okeke                Chief Nursing Officer  
Mrs. J.E. Echendu  
Mrs. S.O. Okoli

Photographs taken during the activities will be submitted in due course.