

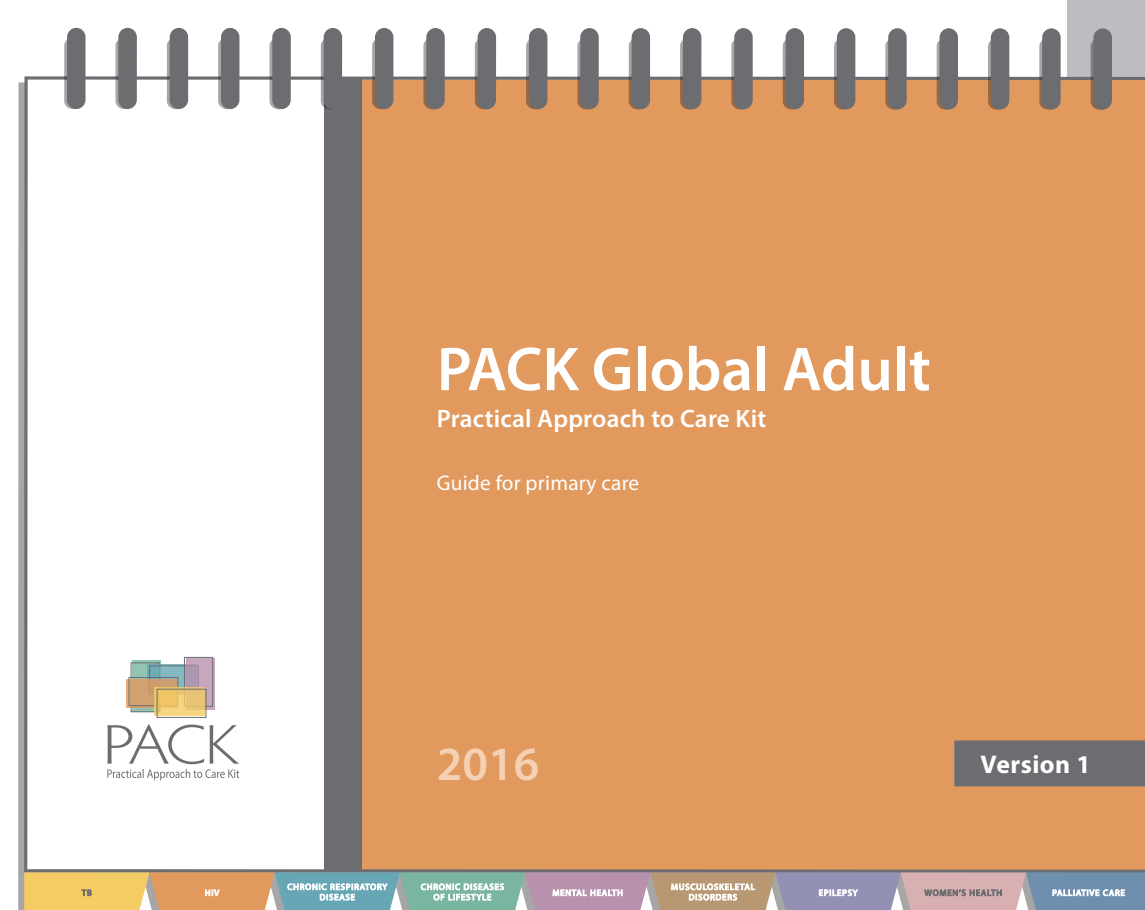
# Development of a customized Practical Approach to Care Kit (PACK) programme for adults in Nigeria to support primary care clinicians: A case study



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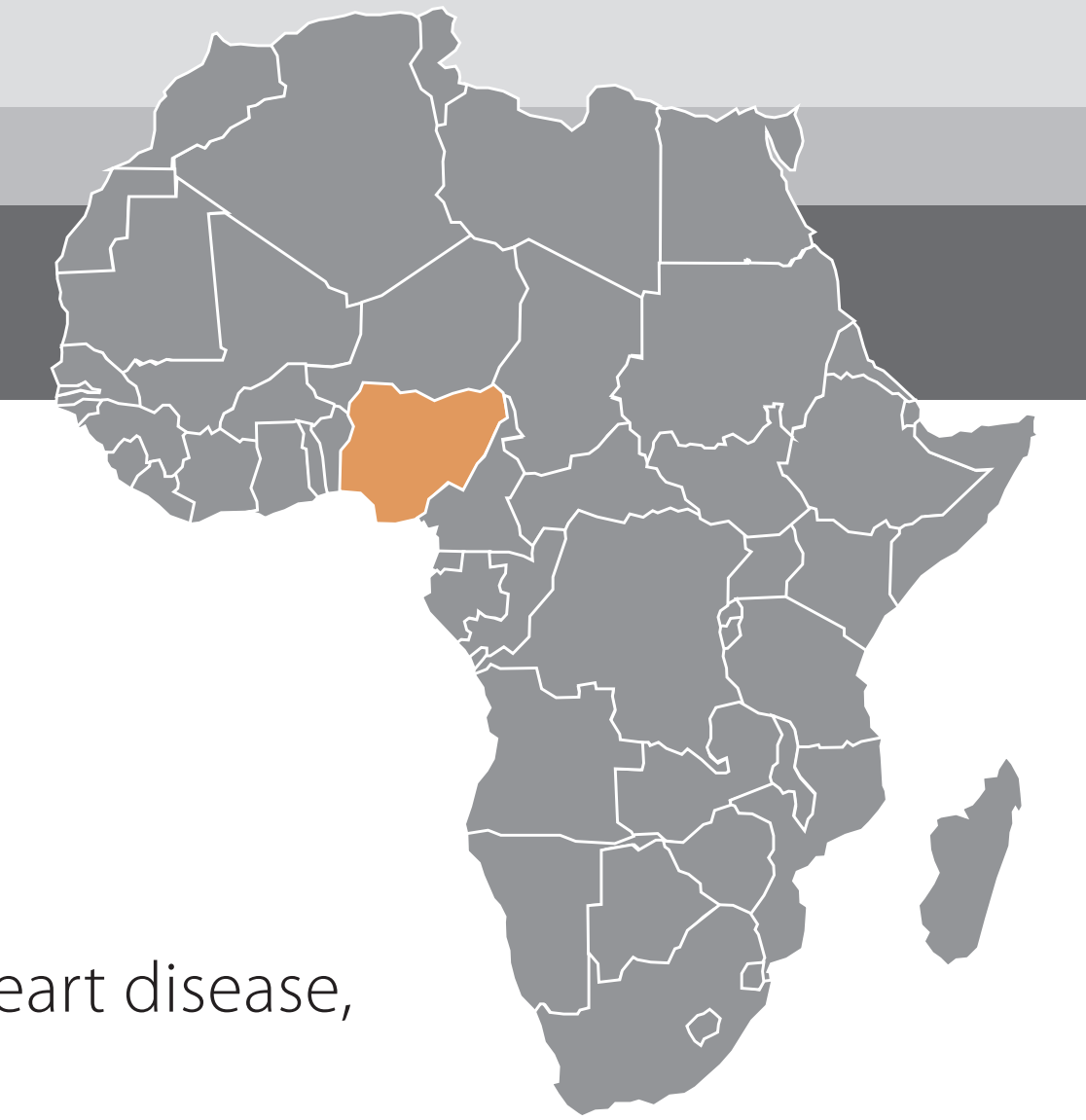
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- The Practical Approach to Care Kit, PACK, is a programme designed to equip clinicians to diagnose and manage common conditions in primary health care.
- PACK was developed in South Africa by the Knowledge Translation Unit (KTU) and evaluated in several pragmatic trials
- The PACK programme comprises an integrated clinical management guide, a case-based onsite in-service training programme, methods for monitoring and evaluation and health system strengthening.
- A generic version has been developed for global use.



## The Nigerian Context

- The seventh largest population in the world with 182 million<sup>1</sup>.
- The top 25 causes of years of life lost in Nigeria included:
  - Maternal disorders
  - Neonatal and childhood disorders
  - Meningitis
  - Communicable diseases such as malaria, HIV, tuberculosis and syphilis
  - Non-communicable diseases such as hypertension, stroke, epilepsy, ischemic heart disease, asthma/COPD and diabetes<sup>2</sup>.
- 3-tiered health care delivery includes tertiary, secondary and primary health care levels.
- Primary health care facilities are managed by local governments are expected to and serve as the entry point to the health care system.
- 30,098 health facilities provided primary health care country-wide<sup>3</sup>
- Primary health care facilities are typically staffed by community health practitioners (junior community health extension workers, senior community health extension workers and community health officers), nurses/midwives and medical officers.<sup>4,5,6</sup>
- The number of health workers per 1000 population - 0.336 vs absolute minimum of 2.28 workers required per 1000 people<sup>5</sup>.



The KTU mentored an interdisciplinary team of six Nigeria-based doctors and community health practitioners over a period of 6 months through an iterative process of adaptation of the PACK Global Adult guide, checking each recommendation for relevance and alignment with local treatment guidelines. The process involved an introductory workshop and three user-engagement workshops in three pilot states (Adamawa, Nasarawa and Ondo states) in Nigeria, and a training programme in South Africa.



The development of the PACK Nigeria Adult guide and training materials involved the electronic exchange of each page of the PACK Global Adult guide between the KTU and Health Resources International West Africa team based in Calabar, Cross River State, Nigeria. Iterations of each page ranged from 3 to 16. We identified and incorporated local priority conditions. The training materials which included a step-by-step manual for Lead/Master Trainers, Facility Trainers and the case-based curriculum, were localised for local priority conditions.

The programme was piloted in 52 primary health care facilities in Adamawa, Nasarawa and Ondo states in Nigeria, supported by the NPHCDA/ FMOH, World Bank Nigeria and the BMJ.

### Scope of practice delineation

**All medications, tests, basic equipment and procedures recommended in this guide are either in black or highlighted in purple, orange or blue:**

- Medications, tests, basic equipment and procedures in black can be prescribed, interpreted or carried out by a junior community health extension worker, community health extension worker, community health officer, nurse/midwife and a medical officer
- Purple-highlighted** medications, tests, basic equipment and procedures can be prescribed, interpreted or carried out by a community health extension worker, community health officer, nurse/midwife and a medical officer
- Orange-highlighted** medications, tests, basic equipment and procedures can be prescribed, interpreted or carried out by a community health officer, nurse/midwife and a medical officer
- Blue-highlighted** medications, tests, basic equipment and procedures can be prescribed, interpreted or carried out only by a medical officer

J	CHEW, CHEW, CHO, Nurse/Midwife, Medical officer
P	CHEW, CHO, Nurse/Midwife, Medical officer
O	CHO, Nurse/Midwife, Medical officer
B	Medical officer

### Local guidelines/policy documents consulted

Guideline title	Date of publication
Client Tracking, Standard Operating Procedure HIV/AIDS.	2010
Curriculum For Certificate in Community Health	2006
Curriculum For Diploma in Community Health	2006
Curriculum For Higher Diploma in Community Health	2006
National Tuberculosis, Leprosy and Buruli Ulcer Management and Control Guidelines	2015
Federal Republic of Nigeria Essential Medicines List	2010
Minimum Standards For Primary Health Care in Nigeria	2012
National Guidelines For HIV and AIDS Treatment and Care in Adolescents and Adults	2010
Standard Operating Procedure for the Provision of Antiretroviral Treatment in Strengthening Integrated Delivery of HIV/AIDS Services (SIDHAS) supported sites	2010
Standard Treatment Guidelines	2008
Standing Orders For Community Health Officers and Community Health Extension Workers	2015
Standing Orders For Junior Community Health Extension Workers	2015
Task-shifting and Task-sharing Policy for Essential Health Care Services in Nigeria	2014

### Stakeholders consulted

Stakeholder category (n)
Consultant ophthalmologist (1)
Consultant psychiatrists (2)
Community health practitioner (2)
General practitioner (2)
Health administrator (12)
Nurse/Midwife (5)
Medical officer (3)
Pharmacist (2)
Professional association (4)
Regulatory body (4)
Specialist community physicians (2)
Specialist physician (4)

This process of localising the PACK Global Adult programme for Nigeria's primary healthcare provided valuable insights and will serve as a model for facilitating remote development of a relevant, integrated policy and evidence-aligned management guide and training programme in other countries with similar needs.

<sup>1</sup>United Nations, Department of Economic and Social Affairs, Population Division (2015). World Population Prospects: The 2015 Revision, Volume II: Demographic Profiles. ST/ESA/SER/A/380

<sup>2</sup>Global burden of diseases, injuries, and risk factors study 2010; Profile Nigeria

<sup>3</sup>Health Facilities in Nigeria by Type and Ownership, December 2011

<sup>4</sup>National Human Resources for Health Strategic Plan 2008 to 2012. Federal Republic of Nigeria, 2007

<sup>5</sup>Task-shifting and Task-sharing policy for essential health care services in Nigeria. Federal Ministry of Health, August 2014

<sup>6</sup>Minimum Standards for Primary Health Care in Nigeria. National Primary Health Care Agency, Federal Government of Nigeria, 2016



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