SPIRITUALITY, MENTAL HEALTH & RESILIENCE IN THE DUAL PANDEMIC OF COVID-19 & HIV

BEST PRACTICES & LESSONS LEARNT – A CASE OF ACHAP
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Our identity

- A networking & joint advocacy organization for Christian Health Associations & other Church Health Networks from Sub-Saharan Africa - established in 2007

- Secretariat is located in Nairobi, at the AACC building complex

www.africachap.org

VISION
Health & healing for all in AFRICA
ACHAP’s objectives

To **facilitate networking and communication** among Christian Health Associations and other Church Health Networks in Africa.

To **facilitate joint advocacy** with and for the Christian Health Associations and Church Health Networks in Africa on matters of health development.

To **support the capacity development** of Christian Health Associations and Church Health Networks to **provide quality health care**

To **establish and maintain partnerships** with other institutions and organisations in support of health development in Africa.
OUR PERSEPTION

MENTAL HEALTH

• Caring for the caregiver (burnout, anxiety, fears)
• Caring for the patient (anxieties, fear)
• Caring for the family & community

SPIRITUALITY

• Role of the church
• Role of CHAs
• Role of individual religious leaders
Morning devotion at a CBHCS Facility at the onset of the Pandemic
SOCIO-ECONOMIC/CULTURAL SYSTEMS: habit, belief, practice

- Congregating in church: ‘going to church’
- Funeral, wedding events
- Visiting the sick
- Handshake greeting
- Transport system
- Examining patients
- Quarantine/isolation
- Difference in Dx prognosis
Deliveries to patients
LESSONS …..

Putting people first and caring for the caregiver
✓ Online counselling sessions with mental health professionals for their staff members (CHAK)
✓ Wellness sessions that included exercise (UPMB)
✓ Providing supplies for staff members whose jobs have been affected by the lockdowns.
✓ Flexi time/telecommute Psychosocial support in isolation & quarantine
✓ Providing PPE
✓ community is as informed as their gate keepers

Addressing mass panic by fact-checking pandemic-related information and reassuring staff on their ability to survive the pandemic.
✓ religious as champions for the response
✓ Appropriate messaging including sermon guides
✓ Capacity building of health works to respond

Crisis management plan and future-proofing your operations as an organization
✓ consider new/better ways to prepare for unforeseen circumstances by taking a deeper look at how our operations, SOPs, and staff have been affected

Embracing technology
virtual interactions with staff and partners, allowing for social distancing while still meeting their deliverables.

Strategic partnerships to support the response
VHTs IN UGANDA DURING COVID-19 & NCD SENSITISATION