



DATA

INCREASED UPTAKE
FP UPTAKE OF
CONTRACEPTIVES
IN TCI SITES

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POWER OF DATA TO
DIFFUSE IMPACT

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QUOTES

FROM THE LIPS OF
OUR BENEFICIARIES

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TUPANGE PAMOJA

NEWSLETTER | ISSUE 4



Healthcare providers in Tanga-Tanzania, being coaching on TCIs evidence-based interventions



"EVERY DAY I
IMAGINED HOW
HELPFUL IT WOULD
BE IF I ADOPTED
SOME OF THE
METHODS WE
HAD LEARNED.
I WANTED TO
TRANSFORM
MY DISPENSARY
AT MOIVO BY
ADOPTING
SOME OF THE
INNOVATIONS
LEARNED... WITHIN
LESS THAN TWO
MONTHS, MOIVO
DISPENSARY HAD
ESTABLISHED
YOUTH FRIENDLY
SERVICES "

KYLIE GYUBI

REGISTERED NURSE MOIVO
DISPENSARY - ARUSHA

TUPANGE PAMOJA GOING DEEPER & WIDER!

Within cities scaling high-impact best practices in family planning and adolescent and youth sexual reproductive health, adaptation and adoption is becoming evident. As implementers engage with their peers and partners, partners, they share their experience of partners, they share their experiences of implementing the TCI best practices. This has in turn facilitated diffusion beyond TCI supported cities to include other health areas such as HIV and nutrition.

The circle of implementers at city level knowledgeable in delivery of quality family planning programs has widened creating more impact. The implementers continue to engage with each other through Sisi kwa Sisi coaching as well as various community of practice forums such as the WhatsApp groups to support implementation efforts.



PROGRAM DIRECTORS NOTE



Paul Nyachae,
Project Director,

The Challenge Initiative (TCI) East Africa - Tupange Pamoja

Dear Readers,

We are pleased to welcome you to the 4th issue of our Tupange Pamoja newsletter.

We warmly welcome you to our Issue 4, which highlights our partner's efforts and successes implementing FP/AYSRH high impact approaches even during these extra ordinary times of COVID-19 pandemic. TCI is committed and has endeavored to support our partners and local governments efforts to ensure access to quality FP and AYSRH services for the urban poor. In this issue, we share updates on the TCI University with

new approaches, publications and an access link to an animated video on our integrated outreach approach. You will also find a highly encouraging story on the successful adaptation of TCIs 72Hr makeover approach and the impressive outcomes following implementation. We shine a spotlight on 'Graduation'-the steps and what it means as a celebration of local government maturity towards complete self-reliance.

We would like to thank our partners, the Ministry's of Health of Tanzania, Kenya and Uganda, the Bill and Melinda Gates Institute of Reproductive Health and our donors, all of whom are a vital component of The Challenge Initiative.

To our readers, Happy reading and share widely!

Paul



TCI UNIVERSITY

Welcome to **TCI University, a Updates!** university without walls that offers a comprehensive model for continuous dynamic learning

You can now see your **progress** on **TCI U** by accessing **your profile page**:

Ensuring we are keeping up-to date with your implementation learnings, we have now developed the Youth Engagement Approach (hyperlink) & updated approaches

Check them out here:

*Community Dialogue
Adolescent & Youth
Friendly Service*



<https://tciurbanhealth.org>



We have updated our publications to make them more applicable to your needs, as you engage with various stakeholders.

- ✓ TCI Tutorials
- ✓ TCI Technical Briefs
- ✓ Past Issues of Tupange Pamoja Newsletter



Have you **downloaded** the **TCI U App** – We have added new features – be sure you have notifications enabled in your phone to receive all the latest TCI news.

Mini University Updates!

New video on private sector engagement, watch and learn how MoH is partnering with private facilities to increase access to FP/contraception service

New animated how-to videos featuring its high-impact interventions to help coach local government stakeholders during the COVID-19 pandemic and beyond.

The first video spotlights East Africa's integrated family planning outreach approach. **CLICK HERE**

Webinar Alert:

We held a webinar to share your experience implementing family planning and adolescent and youth sexual and reproductive health

programs during this COVID-19 pandemic.

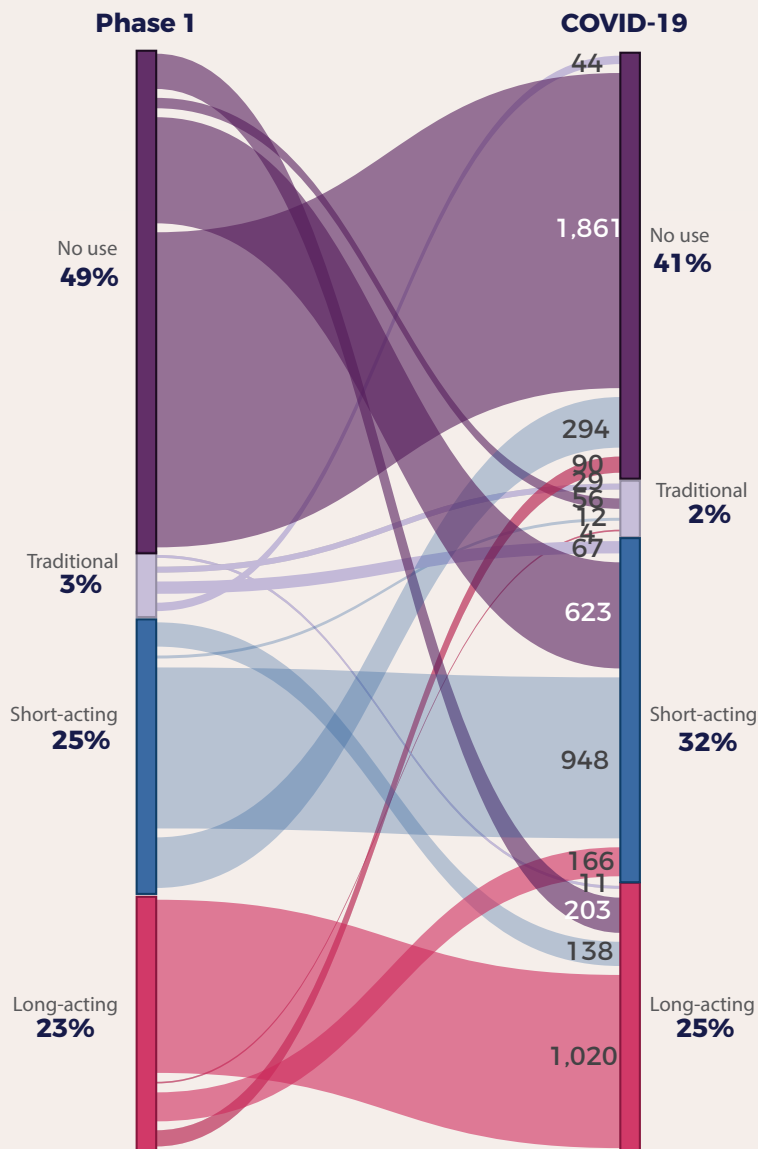
You can listen to the recording **HERE**



DATA RUSH

CONTRACEPTIVE USE STATUS

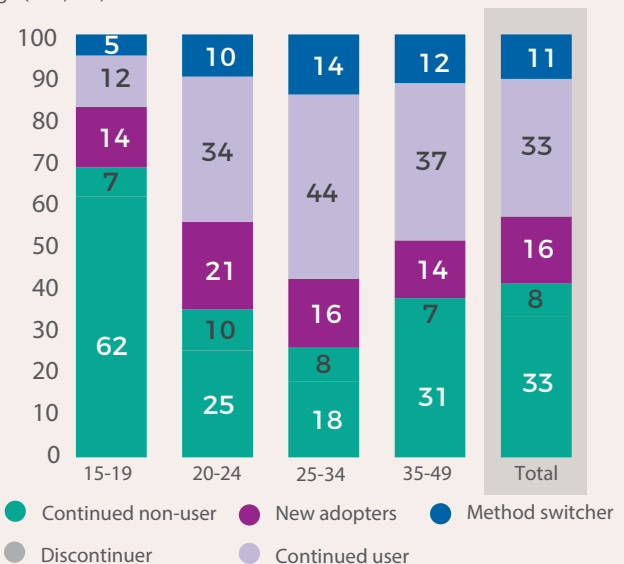
Percentage of women who changed contraceptive method type or use status between the Phase 1 and the COVID-19 phone survey (n=5,567)



Percentage of women who changed contraceptive use status (user to non-user or vice versa) between the Phase 1 and the COVID-19 phone survey, by age (n=5,567)

	No	Yes
Total	69	31
35-49	71	29
25-34	66	34
20-24	63	37
15-19	75	25

Percentage of women who changed contraceptive method type or use status between the Phase 1 and the COVID-19 phone survey, by age (n=5,567)



KEY FINDINGS for section 5: CONTRACEPTIVE USE STATUS

- Thirty-one percent of women changed their contraceptive status (user to non-user or vice versa).
- Though 41% of women are currently not using any contraceptive method, there is a decrease from 49% reported during the Phase 1 survey 6 months earlier.
- Differences by age occur among the women who discontinued, with highest reported (21%) among women aged 20-24 years.

OUR STORIES

IMPACT BEYOND FAMILY PLANNING:

ADOPTION OF THE 72-HOUR FACILITY MAKEOVER TO IMPROVE MATERNAL & CHILD HEALTH

BY Albert Bwire & Allan Katamba



The Challenge Initiative (TCI) is sparking a movement whereby local health systems are being effectively activated and leveraged for provision of quality services. It is evident that high impact interventions are diffusing into other technical health areas on their own accord.

The St Joseph's Hospital Maracha in Uganda – is a catholic based private not for profit hospital, providing curative, rehabilitative, health promotion and preventive health interventions to the people within their community since 1972. After learning about the 72-hour clinic makeover – (hyperlink to approach on TCI U) from the TCI team, the hospital management wanted to upgrade and improve the quality of their maternal, neonatal, child and reproductive health care services. Since inception over thirty years ago, most of their facility infrastructure and equipment were now dilapidated – and various surveys conducted on the quality of services offered in the facilities reported a decline in performance.

The Improving Quality of Care for Maternal, Newborn, and Child health Project (IMPROQ) team reached out to TCI Tupange Pamoja team for technical support and coaching

on implementation of the 72-hour clinic makeover approach. IMPROQ is a UNICEF funded grant made to Jhpiego and is a working to strengthen the national capacity to deliver improved health and nutrition outcomes for children, adolescents, pregnant mothers and other vulnerable groups and contribute to sustained improvements in population dynamics in Uganda. This initiative promotes a life cycle approach and focuses on four areas 1) reproductive, maternal, newborn, children and adolescent health, 2) HIV/AIDS and adolescent health 3) nutrition and 4) Water sanitation and hygiene targeting 5 regional referral hospitals and 12 district hospitals across the country through system strengthening using a mentorship and technical assistance approach.

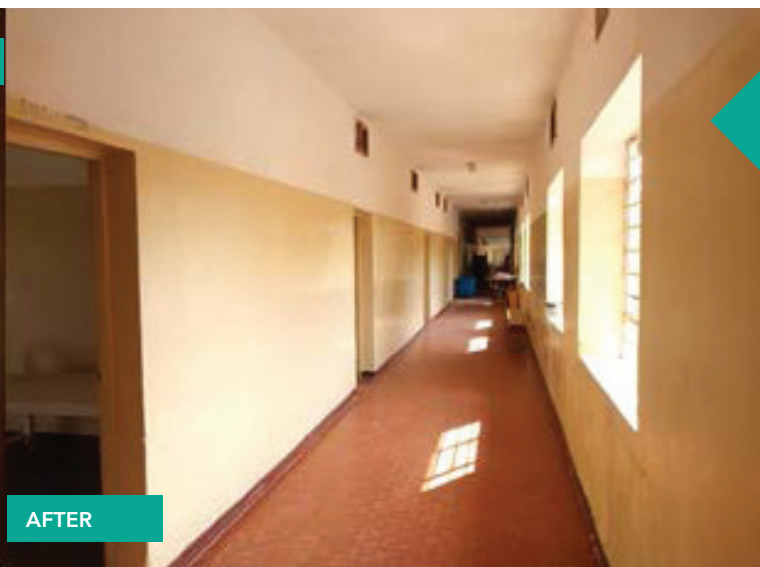
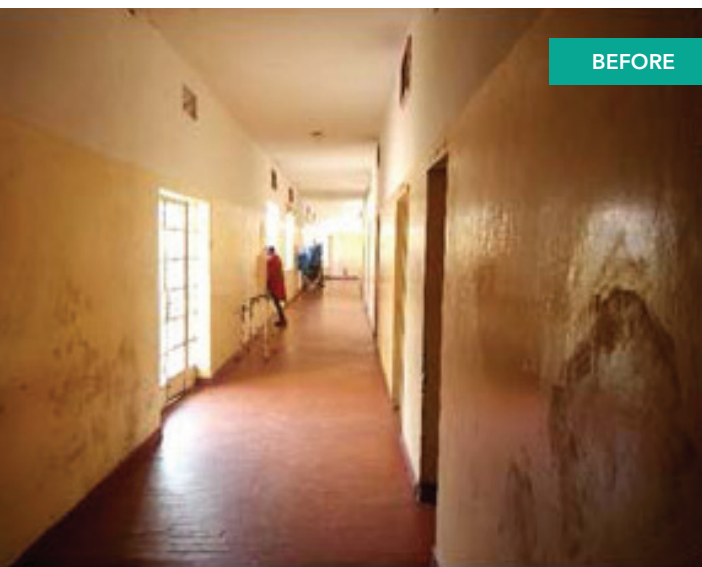
The hospital team were coached and mentored on how to conduct the 72-hour clinic makeover one of the evidence-based intervention supported by TCI Tupange Pamoja in East Africa to increase access to modern contraception and services to women and men of reproductive age. Following adaption of the approach to a 144hr facility makeover, they commenced renovations and upgrading the newborn, pediatric

units, labor ward, general female ward, theatre and intensive care unit. The community was at hand to support the activity with provision of various resources such as wall and roof paintings required for the makeover.

“Even with the COVID-19 pandemic which could have impeded access, the number of maternity admissions has increased by 27.2% from 125 to 159 in February and March respectively. Deliveries have increased above our monthly target of 80 to 91, 90 and 105 in three months. The health workers are more motivated and the community appreciate the response to their needs’ said Dr Taban Alphonse the Medical Director at St. Joseph's Hospital Maracha.

During the handover of the facility, the TCI focal person – Albert Bwire noted that TCIs Business Unusual model is supporting not only implementers but also partners with new ways of thinking to build effective and sustainable health systems.

The IMPROQ team have now adopted the clinic makeovers as part of their interventions to improve reproductive, maternal and newborn care in 5 regional referral hospitals and 11 more district hospitals across the country.



SPOTLIGHT INTERVENTION | GRADUATION



GRADUATION

BY Allan Katamba,
Albert Bwire & Dr. Njeri Nyamu

One of the tenets of The Challenge Initiative's (TCI) business unusual model is that local governments should take the lead to make positive change in family planning and adolescent and youth sexual and reproductive health programs. This means that from the beginning, the local governments are working towards self-reliance and eventually institutionalizing the positive changes within their health systems.

TCI views graduation as a process and recognition of sustainable success – not an “exit strategy” or one-time event. The year-long process begins at a pre-graduation phase where the city demonstrates improvements not only in the uptake of family planning methods but also in its health systems. Throughout its engagement with a city, TCI uses the Reflection and Action to Improve Self-reliance and Effectiveness (RAISE) tool to measure a number of indicators. Results from the RAISE help determine when a city is nearing graduating and, once a city is deemed ready to graduate, TCI reduces coaching and financial support and graduates the city. At Post-graduation phase, cities are expected to sustain results, which TCI will continue to track while also providing coaching on demand.

“I want to thank TCI for the great work and support it has rendered to our district. You have taught us what to do and how to do it. We are now able to plan and provide FP/AYSRH services to our people so that they are able to produce the number of children they can look after. When time comes for TCI to leave, as a district we are ready to sustain the gains of the TCI program. The district has funds to continue supporting FP/AYSRH services”, Mike Yoga - Deputy CAO Iganga.

“As Mukono municipality, we have funds already to continue with implementation of some of the TCI classic high impact interventions in year 5 and therefore graduation, will not affect our work”. Dr. Kkonde Anthony, Medical Officer Mukono Municipality Council.

The TCI platform acts as a catalyst for local governments and therefore graduation, empowers geography/city leadership to own, lead and sustain implementation of the TCI high impact interventions with coaching on demand. The cities should be able to adapt/adopt and institutionalize some of the TCI high impact approaches in their policies, guidelines and annual operational plans while sustaining demand for family planning services.

“AS MUKONO MUNICIPALITY, WE HAVE FUNDS ALREADY TO CONTINUE WITH IMPLEMENTATION OF SOME OF THE TCI CLASSIC HIGH IMPACT INTERVENTIONS IN YEAR 5 AND THEREFORE GRADUATION, WILL NOT AFFECT OUR WORK”

DR. KKONDE ANTHONY,
MEDICAL OFFICER MUKONO
MUNICIPALITY COUNCIL



WHAT HAPPENS WHEN A CITY GRADUATES?

When the city/ geography graduates, TCI reduces coaching and financial support as the city leads coaching and increases funding for FP/AYSRH services. The cities/ geographies will continue with the following:



Sustain results, which TCI will continue to track while also providing coaching on demand

The trained coaches continue to **provide coaching** at geography/city level



Geographies are expected to continue **committing financial, political and human resources** for FP/AYSRH interventions

Lead the **implementation** of the RAISE tool



While TCI will continue to offer the following:



Provide coaching on demand - light, focused coaching

Continue to **analyze HMIS** (e.g. increasing modeled mCPR growth)



TCI will **monitor continued impact** of the high-impact approaches through qualitative & qualitative measures

TCI will support non-performing geographies to **develop a short-term plan** to provide customized coaching on demand



OUR STORIES



Joyce Charles (right in front) conducting an in-reach session on FP services to young adolescents (19-24) girls who attended family planning session at Kimara Health center in Dar es Salaam

HITTING THE TRIUMPHS

HOW CREATIVE HEALTH WORKERS MADE CONTRACEPTIVE PREVALENT RATE INCREASE AMID COVID-19 IN TANZANIA

BY Owen Mwandumba & Lena Mfalila

As the world struggles to endure the COVID-19 pandemic, some health care providers in Dar es Salaam, Tanzania, are finding creative ways to not only maintain family planning progress, but also increase key indicators like the modern contraceptive prevalence rate (mCPR). Tanzania recorded its first case of COVID-19 on March 16, 2020, in Arusha, one of the cities supported by The Challenge Initiative (TCI). Since then, the number of new cases has steadily risen to more than 500 cases by the end of June 2020. Efforts to control COVID-19 at the national, regional as well as district levels included interventions like social distancing, masks and restricted movement. With support from TCI, health care providers were able to continue working with local government counterparts to implement high-impact approaches like integrated family planning outreaches and in-reaches to deliver family planning services to the population. Subsequently, cities like Ubungo Municipality in Dar es Salaam showed an 8.42% annualized mCPR growth from TCI's implementation baseline until June 2020 (from HMIS modeling of mCPR growth).

The increase in family planning uptake was recorded across many other TCI-supported cities and lower level health facilities, such as the Bugarika Dispensary in Mwanza City. Using TCI-supported in-reaches, Bugarika Dispensary provided family planning services to 1,112 clients (755 were new family planning users) between March and May 2020 (Table 1).

Tanzania's family planning client volume trend did not dip during COVID-19, as compared to slight dips in Uganda and Kenya (Figure 1). Support from TCI (locally implemented as Tupange Pamoja) inspired committed health workers like Joyce Charles, a registered nurse and a family planning provider at Kimara Health Centre in Ubungo Municipality. She continued to promote family planning even in this challenging time to help women and couples maintain access to reproductive health services.

Joyce works with Tupange Pamoja to improve the reproductive health of the urban poor in highly populated areas like Ubungo Municipality by increasing the accessibility, quality and use of family planning services. Her facility faced a number of challenges in

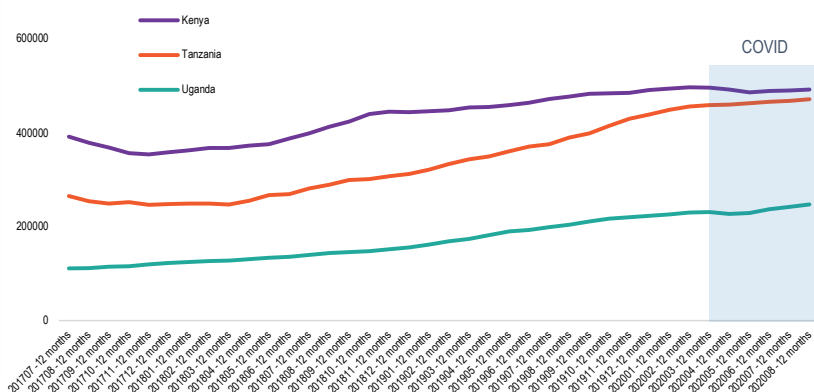
ensuring quality family planning service provision – specifically making sure health providers have the necessary personal protective equipment and overcoming fears of coronavirus that health providers, like Joyce, and women in the community both shared. "It was not easy to address these gaps. We had to undertake intensive community engagement and sensitization, planning and leading various sensitization consultations with local regional leadership including ward councilors and member of parliaments who also advocate for the FP services in their areas," she added.

Among the most effective innovative approaches was linking clients who came to the health facilities for other services – such as immunization, cervical cancer screening and HIV/



Joyce Charles (right) handing over a female condom after a counselling session to a client who come for the FP service at Kimara Health center in Dar es Salaam

FP CLIENT VOLUME (AUGUST 2020)



have contributed to unprecedented improvements in the contraceptive prevalence rate (CPR) of these cities over the project implementation period.

THANKS
TO THE TCI
PROJECT THEY
EMPOWERED
US WITH
KNOWLEDGE
ON HOW TO
CONTINUE
IMPLEMENTING
THE PROJECT
EFFECTIVELY"

SIS. REHEMA

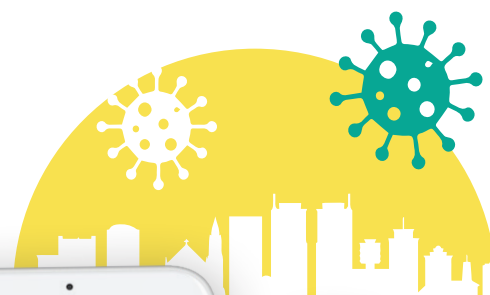
During this COVID-19 pandemic we are ensuring quality family planning services guided by the following principles:

- Ensure FP is essential; ensure it is treated that way
- Protect providers, clients, and communities
- Ensure facility readiness for RH services
- Integrate FP with other essential service contacts
- Ease continuity of FP access and use
- Message accurately to clients and communities

AIDS – to family planning. In addition, TCI supported the municipality in training 40 community health workers on contraceptive distribution, which increased the distribution rate of pills and condom in the community.

Apart from the project financial support, the TCI project in Ubungo Municipal has also demonstrated its local ownership and political commitment to family planning and sexual and reproductive health to youth (AYSRH) by increasing its funding level from TShs. 34million in 2018 to TSh. 169 million in 2020. This was a result of strategic advocacy conducted among high level municipal officials and political leaders, they were able to increase this budget allocation for family planning. These efforts

The Municipal reproductive and child health coordinator Sis. Rehema Panga poses for a portrait photo at Kimara Health Centre in Dar es Salaam



ADDITIONAL RESOURCES

CLICK TO ACCESS:

- 1 Kenya COVID19 RMNH Guidelines
- 2 Tanzania COVID-19 Guidelines
- 3 Uganda COVID-19 Guidelines



QUOTES



"Tupange Pamoja did things very differently; we have been involved in everything that is happening. We have borrowed what we have learned and implemented in a HIV program and it is working. This is the accountability we want - even with other partners coming to the County."

Dr Shem Patta
Mombasa County Director of Health



"TCI, has made us pique interest in monitoring other services within the division such as HIV, immunization and TB. Now with support from TCI, the division is able to track the performance of FP services on monthly basis including ensuring that all the data capturing tools are available at all the facilities. We are happy that now facilities report exactly the numbers they actually attended to since they have it in mind that at any time the division will come for the audit. Now the little data reported is real and available in all source documents - that is a big achievement for us as a division!!! ...Most of the facilities are now prioritizing using data for decision-making, which is evidenced by graphs and charts drawn in some FP units supported by TCI"

Martin Habumugisha,
Data/ M&E Assistant, Makindye Division



"When I heard about "sisi-kwa-sisi" (literally meaning-peer to peer) program conducted by TCI Tupange Pamoja, I was unclear about it but I knew it would bring about positive changes in my District Health Department took all the nurses to learn about best practices done in Moivo Dispensary, Nduruma Health Centre and ELMC Hospital. This made all the nurses enthusiastic to go back to their respective duty stations and acclimatize it. When the District Medical Officer (DMO) read the comprehensive activity report articulated after the visit, he was impressed and recommended such learning visits to be done on monthly basis."

Agusta Komba,
District Nursing Officer, Arusha District

PICTURE SPEAK



1

Makindye Division health providers receiving PPEs to be used at TCI sites from Janet Adongo – City focal person for Kampala City Council Authority



2

TCI Uganda Country lead talking to religious leaders during the World Contraceptive Day celebrations in Uganda



3

TCI County Manager courtesy call to the CEC Health in Vihiga County Dr. Amos Kutwa (in the middle)

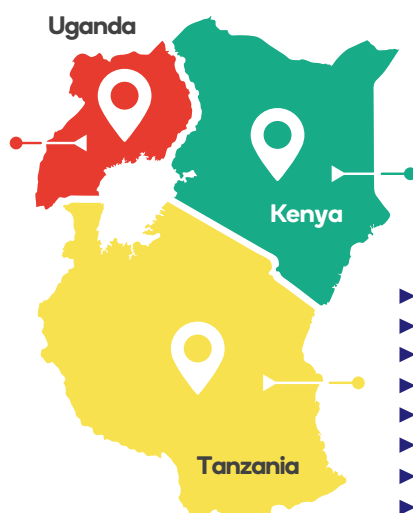


4

Community health volunteers reviewing their activities in Kilifi County

OUR FOOTPRINT

- ▶ Busia*
- ▶ Buikwe
- ▶ Iganga
- ▶ Mukono*
- ▶ Kampala City
- ▶ Wakiso



- ▶ Kericho*
- ▶ Kilifi
- ▶ Migori
- ▶ Mombasa
- ▶ Nairobi
- ▶ Uasin Gishu*
- ▶ Nyamira
- ▶ Vihiga**

- ▶ Dodoma**
- ▶ Ilala*
- ▶ Kigamboni
- ▶ Kinondoni
- ▶ Temeke*
- ▶ Mwanza (Ukerewe)
- ▶ Mwanza (Ilemela)
- ▶ Mwanza (Nyamagana)
- ▶ Ubungo
- ▶ Arusha
- ▶ Arusha
- ▶ Tanga
- ▶ Geita**

Graduated cities*
New cities**

OUR LOCATIONS

📍 Jhpigo - Tanzania Plot 72, Block 45B, Victoria Area, New Bagamoyo Road

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