



# Health 2 Go

Progress Report through June 30, 2020

9/21/20

# Table of Contents

- Acknowledgements..... 2
- Abbreviations..... 3
- H2Go Summary of Accomplishments ..... 4
- Executive Summary..... 6
- Introduction ..... 7
- Child Deaths ..... 8
- Community Health..... 10
- Program Overview ..... 12
- Health 2 Go: Wawase CHPS Zone Pilot ..... 18
  - Implementation Overview ..... 18
  - Recent H2Go Wawase CHPS Zone Pilot Activities in Context of COVID-19..... 19
  - Wawase CHPS Zone Results..... 23
- Health 2 Go BCCDP Demonstration Project..... 28
  - Implementation Overview ..... 28
  - Recent H2Go BCCDP Activities in Context of COVID-19 ..... 31
  - BCCDP Demonstration Project Results ..... 34
- Lessons Learned ..... 38
  - Wawase CHPS Zone Pilot ..... 38
  - BCCDP Demonstration Project..... 38
- Next Steps ..... 39
- Appendix 1: Health 2 Go Timeline ..... 40
- Appendix 2: Collaborative COVID-19 Study ..... 44
- Appendix 3: Budget..... 46
  - Wawase CHPS Zone Pilot ..... 46
  - BCCDP Demonstration Project\* ..... 47
- References ..... 48

## Acknowledgements

We wish to express our gratitude to the individuals and institutions for the support and commitment in the development and implementation of Health 2 Go:

Stephen Alder, Ph.D.  
Stephen Manortey, Ph.D.  
Edward Sutherland, MD  
Jeanette Nelson, Ph.D (c)  
Gideon Kwarteng Acheampong, MPH  
Rebecca Ametepe, RN  
Daniel Opoku Agyemang, MPH  
Yvette Avorgbedor, MPH  
Irina Ofei, Municipal Director of Health Services – Lower Manya Krobo  
Catherine Asare, Municipal Disease Control Officer  
Stella Natriku, Sub-Municipal Health Director – Kpong Health Centre  
Wawase CHPS zone Communities, Kpong Sub-Municipal, Lower Manya Krobo District  
Daniel Ansong, MD, Dean of KNUST School of Medical Sciences  
Kingsley Osei-Kwakye, MD, Director of Health Services, Atwima Nwabiagya District  
Shaibu Mohammed, PA, sub-District Director, Berekese  
Sharon Talboys, Ph.D.  
Krista Ocier, Ph.D (c)  
Barekuma Community Collaborative Development Program (BCCDP) Communities  
Lynette Gay, Chair, Board of Governors of the Ensign College of Public Health  
Gabrielle Gay, COO, Ensign College of Public Health  
Elizabeth Rabon, Associate Director of Administration, University of Utah West Africa Programs  
Alicen Bringard, Director of Accounting and Finance, University of Utah West Africa Programs  
Jill Stephenson, Administrative Manager, University of Utah West Africa Programs  
Rick Haskins, Cast a Pebble Foundation  
Spencer & Kristen Kirk Family

Report prepared and reviewed by Jeanette Nelson, Ph.D. (c) and Stephen Alder, Ph.D.



## Abbreviations

BCCDP: Barekuma Community Collaborative Development Project

CHPS: Community-Based Health Planning and Services

CBA: Community-Based Agent

CHN: Community Health Nurse

CHO: Community Health Officer

GHS: Ghana Health Services

H2Go: Health 2 Go

ICCM: Integrated Community Case Management

IMCI: Integrated Management of Childhood Illness

MOH: Ministry of Health

PI: Principal Investigator

RDT: Rapid Diagnostic Test (malaria)

SDG: Sustainable Development Goals

UN: United Nations

UNICEF: United Nations Children's Fund

WHO: World Health Organization

## H2Go Summary of Accomplishments

### **Wawase CHPS Zone Pilot - Serving 1,500 People (Kpong, Eastern Region of Ghana)**

- Continuous service in 6 communities in the Lower Many Krobo District since Nov. 2016
- All 10 CBAs remain active and effective, and all equipment has been well utilized
- Communities recognize CBAs as front-line service providers
- 11,337 educational Home Visits by CBAs on illness prevention, nutrition, and health promotion
- Among approximately 200 children under age 5, there were 2,605 illnesses treated in the community setting (Nov. 2016 through Jun. 2020)
  - 1,628 malaria; 529 diarrhea; 448 pneumonia/Acute Respiratory Illness (ARI)
  - 166 children referred to collaborating health facilities for serious and life-threatening illnesses
- Engagement of communities through 5 multi-community durbars (Town Hall Meeting) to discuss program (Oct. 2016, Mar. 2017, Sep. 2017, Oct. 2018, Dec. 2018)
- Routine monthly meetings with District Health Leadership to continually improve the program
- 38 monthly Supportive Supervision Visits provided on-site to CBAs (Dec. 2016-Jun.2020)
- 8 Refresher Trainings including clinical training at collaborating hospitals (Jan. Apr., Jul. 2017; Jan., Aug. 2018.; Mar. 2019, Nov. 2019)
- Completed GIS Mapping, Census, and Health Behavior Survey in communities (June 2017)
- Launched in 6 communities of the Wawase CHPS zone (Nov. 2016)
- Completed initial basic training for 12 GHS personnel and 10 CBAs (July, Aug. 2016)
  - 5 days Manager/Facilitator training + 3 days supervisor training + 6 days Community Based-Agent training + 2 days community internship: 16 training days total
- Press event at Ensign with coverage from national TV and 12 newspaper journalists
- Identified 6 target communities, received official welcome by chiefs (May 2016)
- Formed direct linkage to hospital and health facility that receive referrals by Health 2 Go
- Established strong relationships with GHS Lower Many Krobo District Health Director, Kpong sub-District Director, key District Public Health and Community leaders
- Initiated Health 2 Go Program in Ghana with partnership of University of Utah, Ensign College of Public Health, Cast a Pebble Foundation and Ghana Health Service (GHS) in 2015

### **BCCDP Serving Approximately 20,000 People (Ashanti Region of Ghana)**

- Continuous service in 20 communities in the Atwima Nwabiagya North District since May 2018
- 30 CBAs remain active and effective, and all equipment remains operational
- Communities recognize CBAs as front-line service providers
- Procured funding for one-year supply of medicines from Cast-A-Pebble Foundation after previously committed source did not follow through (Dec. 2018)
- 13,229 educational Home Visits by CBAs on illness prevention, nutrition, and health promotion
- Among approximately 2,200 children under age 5, there were 5,388 illnesses treated in the community setting (Oct. 2018 through Jun. 2020)
  - 2,517 malaria, 1,378 diarrhea, 1,493 pneumonia/Acute Respiratory Illness (ARI)

- 144 children referred to collaborating health facilities for serious and life-threatening illnesses
- Engagement of communities through 2 multi-community durbars (Town Hall Meeting) (May 2018, Oct. 2019)
- 21 monthly Supportive Supervision Visits provided on-site to CBAs (Jun. 2018-Jun. 2020)
- 3 Refresher Trainings including clinical training at collaborating hospital (Jan. 2019; June 2019; Oct. 2019)
- Launched in 20 communities of the BCCDP in Atwima Nwabiagya North District (May 2018)
- Completed initial basic training for 14 GHS personnel and 30 CBAs (Feb, Apr. 2018)
  - 5 days Manager/Facilitator training + 5 days supervisor training + 5 days Community Based-Agent training + 1-day community internship: 16 training days total
- Press event at Ensign with coverage from national TV and 12 newspaper journalists (Jan 2018)
- Established strong relationships with Atwima Nwabiagya North District Health, Berekesse sub-District, key sub-District Public Health, and community leaders in BCCDP in Ashanti Region

## Executive Summary

### Overview

Health 2 Go is a community-based primary healthcare program that focuses on improving the health of children under 5 years of age, including newborns and pregnant women. The program is currently implemented in two geographically diverse areas in Ghana. While the traditional model of health care requires people to go to facilities to access basic services, Health 2 Go employs the approach of bringing the health system to the doorsteps of the people in their communities. The program is designed to overcome obstacles that cause similar programs to fail and to support countries in reaching United Nations' Sustainable Development Goal (SDGs) targets to reduce child deaths to no more than 25 deaths per 1,000 live births and maternal deaths to 70 or less per 100,000 live births by 2030. Ghana's current rate for child deaths is 48 deaths per 1,000 live births and for 319 maternal deaths per 100,000 live births. The vast majority of both child and maternal deaths are preventable.

Since November 2016, Health 2 Go has had continuous service in the six small communities of the Wawase CHPS Zone, serving 1,500 people in a remote area of the Kpong sub-District of the Lower Manya Krobo District (Eastern Region) in Ghana. In May 2018, Health 2 Go expanded to a larger demonstration site of the Berekuma Community Collaborative Development Program (BCCDP), which consists of 20 communities with approximately 20,000 residents in the Berekese Sub-district of the Atwima Nwabiagya North District (Ashanti Region). The overarching goals are for Health 2 Go to be scalable to a level that allows for country-wide implementation and to be able to adapt and expand this program to other countries.

### The Health 2 Go Difference

- Recurrent High-Quality Training
- Consistent Provision of Equipment, Medicines and Supplies
- Routine Effective Supervision
- Continual Community Engagement
- Clear Integration into Health System
- Focus on Prevention, Health Promotion, and Early Treatment

### Results

- **Wawase CHPS Zone: Among Approximately 200 Children under age 5, (Nov. 2016 - Jun. 2020)**
  - 1,628 malaria; 529 diarrhea; 448 pneumonia/Acute Respiratory Illness (ARI)
  - 166 children referred to hospital for serious illnesses; and 11,337 health education Home Visits
- **BCCDP: Among Approximately 2,200 Children under age 5, (Oct. 2018 – Jun. 2020)**
  - 5,388 illnesses treated: 2,517 malaria; 1,378 diarrhea; 1,493 pneumonia/ARI; 144 referrals for serious illness; and 13,229 health education Home Visits

### Vision, Community Capacity, and Impact at Home

A defining principle of the program is the vision to create capacity for communities to be healthy, well, and self-reliant. The real impact of the program is intended to be in the home where inequities of society are most felt, which begin in the first five years when children are developing, including during the mother's pregnancy, affecting long-term outcomes in health and quality of life. Impact at home can impact communities and countries.

## Introduction

### *Making Measurable Impact to Improve Health Outcomes*

One of the greatest challenges faced by developing countries today is providing community-based resources to health care which improve outcomes and make a measurable impact. Although substantial progress has been made globally to improve health since the 1990s<sup>1</sup> the traditional model of health care in which the people access resources at a health facility outside of their community has not worked well. It is challenging to reach vulnerable populations who frequently live far from health centers, making it difficult to achieve country and global health goals.<sup>2</sup> All countries have committed to achieving the target Sustainable Development Goals (SDG) for reducing child deaths to no more than 25 deaths per 1,000 live births by 2030, yet many developing countries are not currently on track to meet this ambitious goal.<sup>3</sup> Ghana's current rate for child deaths is 48 deaths per 1,000 live births.<sup>3</sup> Attempting to solve the issue of access to health resources, multiple programs have been developed to improve community health. The issue has been that they have often been designed without considering the potential risks that could limit their effectiveness, and then have been implemented poorly, resulting in their impact disappointing stakeholders.<sup>4</sup>

### *Creating Capacity for Health Development through Health 2 Go*

Having witnessed firsthand the ineffectiveness of poorly designed and implemented community health programs as they worked on global health projects around the world, Professor Stephen Alder and Mr. Rick Haskins knew that a better strategy was needed. Drawing on decades of highly successful careers in public health, academia, and business, they committed to take a different approach. With the motto of, *'Let's do community health, but let's do it right,'* Alder and Haskins established the vision of 'creating capacity for communities to be healthy, well and self-reliant.' Believing in the philosophy of community-engagement, they set out to find partners to create a model approach to facilitate capacity for communities to improve the health of their own populations. Thus, Health 2 Go was developed with the mission to change the face of global health starting in Ghana.

### *Health 2 Go in Ghana*

Ghana provides favorable capacity for implementation of the pilot project due to established partnerships, previous experience working in Ghana with communities, and alignment with Ghana Health Services' national strategy of improving access of health services in communities.

The initial Wawase CHPS Zone Pilot for Health 2 Go was implemented in the six small communities of the Wawase CHPS zone in the Lower Manya Krobo Municipality of the Eastern Region, for about 1,500 residents and has been successfully implemented since November 2016. In May 2018, the program scaled up to a 'Demonstration Site' of 20 more communities serving about 20,000 people in the Barekuma Community Collaborative Development Program (BCCDP) in the Atwima Nwabiagya North District of the Ashanti Region. Lessons learned will be used to inform expansion to other district-level sites and to engage the leadership of Ghana to scale the program country-wide, and then used for expansion into additional countries.

## Child Deaths

It is estimated that 69 million children will die between 2016-2030 unless committed and consistent action is taken.<sup>3</sup> Major killers of children under age 5 are pneumonia, malaria, and diarrhea with malnutrition being an underlying cause in nearly 50 percent of these deaths.<sup>5,9</sup>

Inequities impacting the household level are also determining factors in a child's chance of survival,<sup>3</sup> including:

- Lack of access to health care
  - Children die because they live too far from a health facility<sup>5</sup>
- Poverty
  - Poorer children are almost two times as likely to die before age 5 than wealthier children<sup>3</sup>
- Low maternal education level<sup>3</sup>
  - Children whose mothers have no education are three times as likely to die than children whose mothers received secondary education<sup>3,6</sup>
- Household poor health practices
  - related to behaviors such as delayed care seeking, nutrition, water, sanitation, etc.<sup>3</sup>

Children from households that are poor not only face higher risks of dying, but account for a larger percentage of child deaths than children from wealthy families.<sup>3</sup>

Most child deaths are preventable, and most illnesses are easily treated at low cost if healthcare is accessed early.<sup>5</sup>

### *Call to Action*

The United Nation's (UN) calls upon all countries to reduce under age 5 child deaths to no more than 25 deaths per 1,000 live births by 2030 as part of the UN Sustainable Development Goal (SDG) targets.<sup>1,3</sup>

In order to meet child health targets, UNICEF has called for countries to address inequities which affect health outcomes of the disadvantaged the most, as the poor and marginalized will need to make faster progress since they account for a greater percentage of child deaths.<sup>3</sup>

### *Ghana Context*

UNICEF reports 41,354 deaths of children under-5 years of age in Ghana during 2018 resulting in a child mortality rate of 48 deaths per 1,000 live births.<sup>7</sup> The most recent available data on cause of death (updated by UNICEF in 2018) indicates that three preventable causes were responsible for half of deaths of children ages 1-59 months in Ghana during 2016.<sup>7</sup>

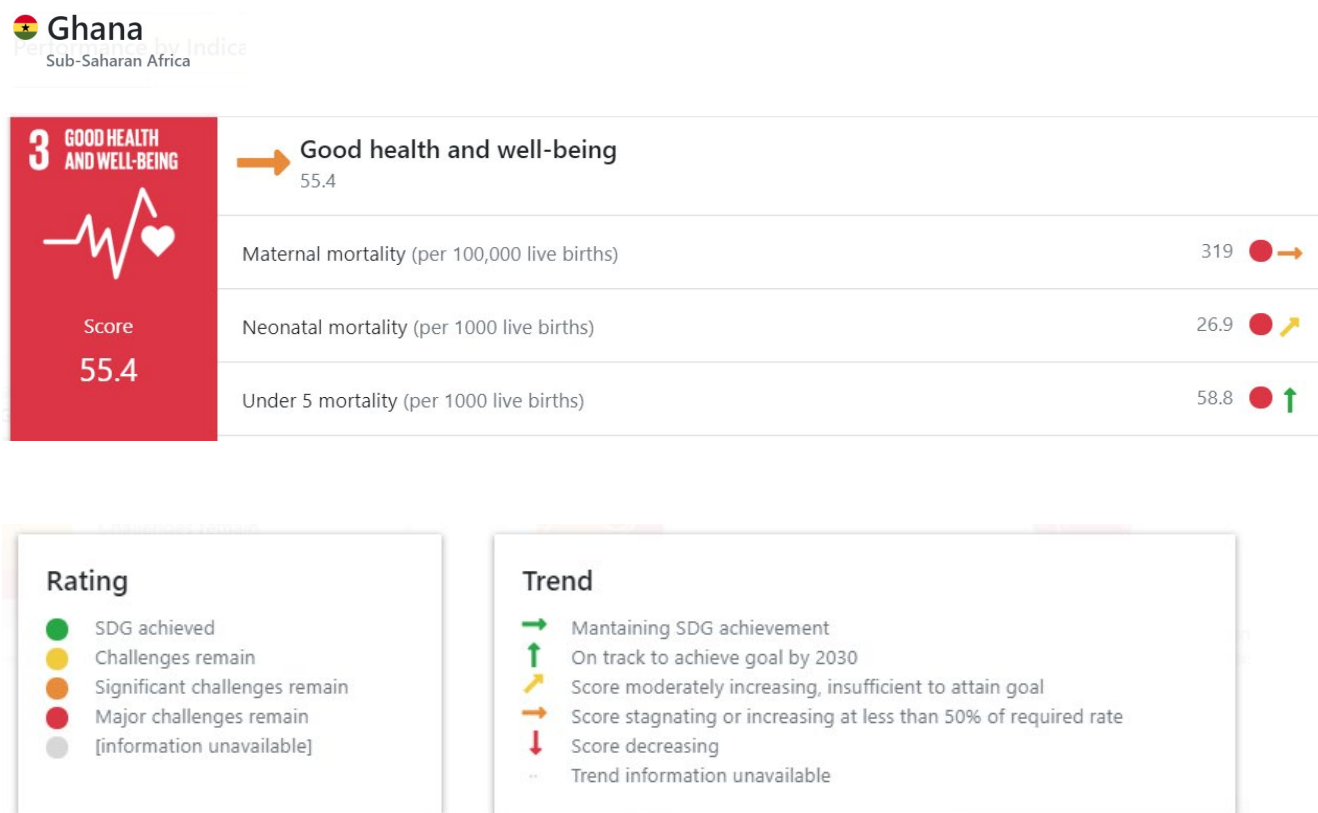
Causes of Death Ages 1-59 Months (2016):<sup>7</sup>

- Malaria (21%)
- Pneumonia (17%)
- Diarrhea (12%)
- Malnutrition-a contributing cause in almost half of child deaths<sup>5,9</sup>

## Major Challenges Remain

The UN SDG Index Dashboard indicates major challenges remain for Ghana to meet SDG targets by 2030 for child health as depicted below by the red circle rating for under age 5, newborn, and maternal mortality.<sup>10</sup> While Ghana has made significant progress in reducing child (and maternal deaths) since the 1990's, as have other developing countries, substantial efforts still need to be made. Trends indicate that if Ghana's current rate of progress continues, it is on track to achieve the under 5 SDG target by 2030, but not progressing enough to achieve newborn or maternal SDG targets by 2030. However, it is important to realize that the pace needs to be sustained in order to stay on track to meet under age 5 targets for child health and needs to increase to achieve newborn and maternal targets by 2030. Additionally, it is significant to note that It is only recently that Ghana increased progress enough to be reclassified as 'on track' to achieve the SDG target for under age 5 child health, since In a 2016 UNICEF report, Ghana was classified as 'not on track' to reach the SDG of 25 deaths per 1,000 live births by 2030.<sup>3</sup>

**Figure 1: SDG Dashboard for Maternal and Child Health**



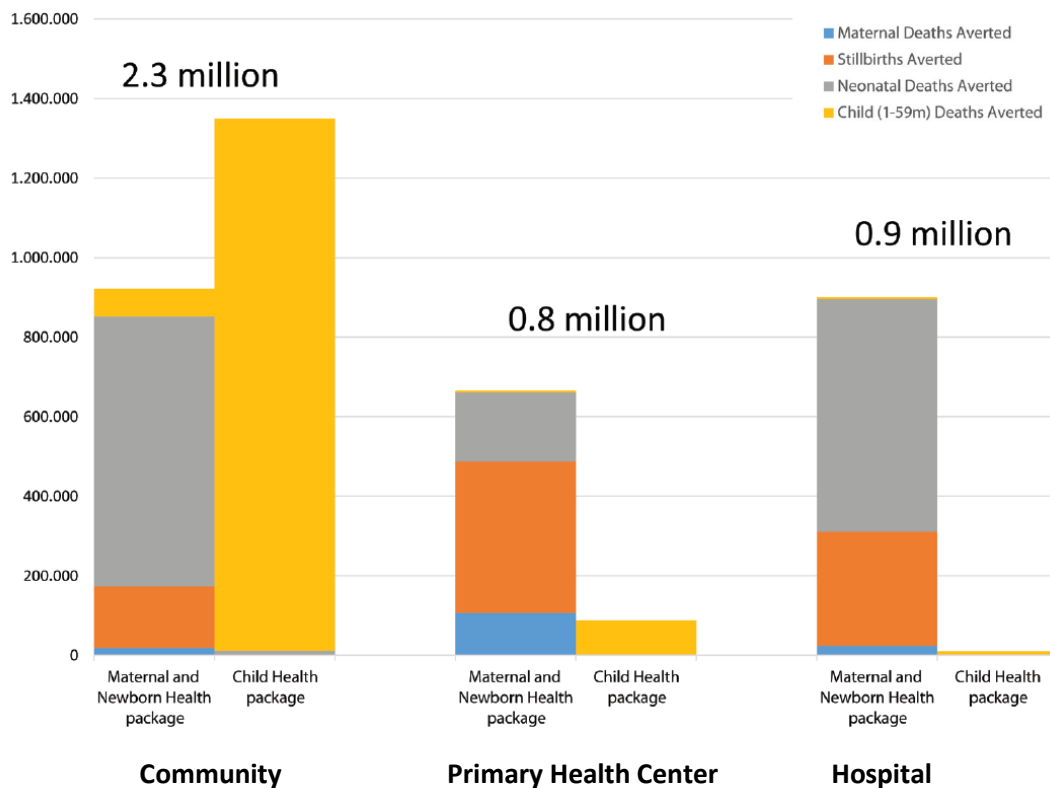
Source: <https://dashboards.sdgindex.org/#/GHA>

## Community Health

### Health Care Delivery Platforms

The potential impact community-based primary health care along with engaging with communities is often overlooked, even though research indicates that easily implemented community interventions can increase healthcare coverage and reduce deaths.<sup>11</sup> In a comprehensive review of evidence of effectiveness of community-based primary care to improve child, newborn and maternal health, Black and colleagues report that the community level platform provides the most potential opportunity to prevent deaths, which could be reduced by 2.3 million per year if the total package of evidence-based interventions for communities reached all children and mothers. In comparison, interventions needing to be implemented at primary healthcare centers and in hospitals would prevent less than half of the total number of deaths (0.8 million, 0.9 million).<sup>11</sup>

**Figure 2: Comparison of Maternal, Perinatal, Newborn and Child Deaths that can be Averted by Health-Care Packages through three Service platforms<sup>11</sup>**



Source: (Black et al, 2017)<sup>11</sup>

Recommendations from the Expert Panel of Black and colleagues, calls for strengthening health systems through community-based primary healthcare, tracking resources, and recognizing that communities are a valuable resource to bridge the gap between health systems and communities. The community platform can reach people where they live who have the greatest needs to improve health outcomes.<sup>11</sup>

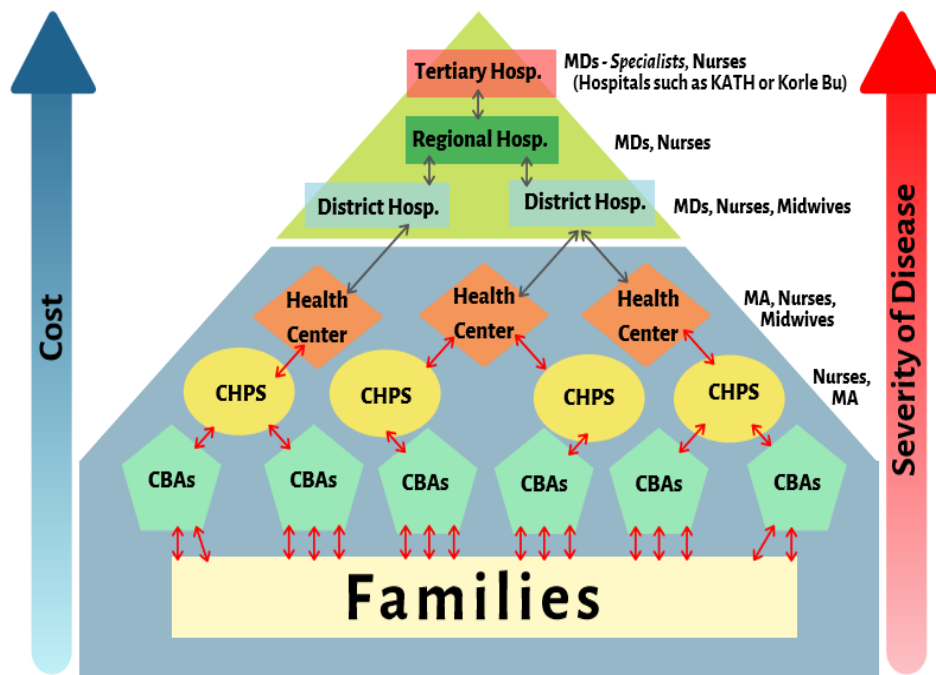
## The Health Model, Severity of Disease, and Costs

The significance of the community and household levels in a health care model and their respective potential to prevent illness, improve health, and control costs is underappreciated.

Many resources are allocated to improving health at the top level of the health triangle where costs are highest and outcomes uncertain, yet few resources are invested at the base levels to improve health where the potential returns are greatest. The Ghana Health Systems Model depicted below highlights the relationship between health care access, severity of illness and cost.

**Figure 3: Ghana Health Systems Strategy: Severity of Disease and Costs**

**If health care is delayed, due to lack of access to services in the community, severity and cost for each higher-level care accessed increases, and outcomes are uncertain.**



**If health care is accessed early at the family level and treated in the community, and then managed at home, both severity and costs are lower, and outcomes are generally positive.**

## Past Efforts of Community-based Programs

Although past efforts have been made to address health at the community level through various programs, problems with such programs have been common<sup>8</sup> including inadequate training, equipment & supplies; lack of effective supervision; failure to engage communities, and disconnection from health system. As a result of these common problems, community health workers are often unable to serve their communities without essential medicines, equipment, ongoing training, and supervision. Thus, it is not surprising programs have experienced low demand and uptake of services from residents.

## Program Overview

### *What is Health 2 Go?*

#### **Health 2 Go delivers the health system to communities**

- Builds community capacity through education and health promotion
- Treats basic illnesses in communities
- Bridges the gap between health system and communities
- Connects complicated illnesses to health facilities

#### **Current System**

- People → Healthcare



#### **Health 2 Go**

- Healthcare → People



#### **Health 2 Go Mechanisms include**

- Appropriate use of the health care system
- Community Health Workers known as Community Based Agents (CBAs)
- World Health Organization (WHO)/UNICEF Integrated Community Case Management of Childhood Illness
- Children under age 5 → mothers → families → communities

#### **Health 2 Go overcomes common challenges of community- based programs:**

##### **Common Challenges**

- Inadequate suboptimal training
- Inconsistent provision of equipment, medicines, and supplies
- Sporadic, ineffective supervision
- Failure to engage communities
- Disconnected from health system
- Insufficient focus on prevention

##### **Health 2 Go Solutions**

- Recurrent high-quality training
- Consistent provision of quality equipment, medicines, and supplies
- Routine effective supervision
- Continual community engagement
- Clear integration into the health system
- Focus on prevention, health promotion and early treatment

## The Health 2 Go Difference

H2Go is unique, in that District and sub-District personnel who oversee the Health 2 Go program as managers are highly engaged in the program and provide direct linkage to health facilities, since they are trained to serve as H2Go facilitator/managers. The managers then train supervisors and community-based agents (CBA) who will serve in communities. The purpose is to provide opportunity so that strong relationships are built among managers, supervisors, and CBAs during the trainings across the levels of health workers. Not only does it ensure that program personnel have deep knowledge of the program, but they take responsibility and ownership of the program as well.

The six (6) differentiating features of H2Go include:

- Recurrent High-Quality Training
- Consistent Provision of Equipment, Medicines and Supplies
- Routine Effective Supervision
- Continual Community Engagement
- Clear Integration into Health System
- Focus on Prevention, Health Promotion, and Early Treatment

### Recurrent High-Quality Training

H2Go training follows a comprehensive curriculum consisting of rigorous initial and routine refresher trainings, which utilize the gold standard curriculum from the World Health Organization (WHO) and United Nations Children’s Fund (UNICEF). In addition to classroom training, clinical sessions are conducted in partnership with selected hospitals in the area. Figure 4 illustrates how trainings for managers, supervisors, and CBAs are structured. All CBAs take a competency exam and must have a passing score of at least 80% for CBAs to achieve the H2Go certification.

**Figure 4: Health 2 Go Training Model**

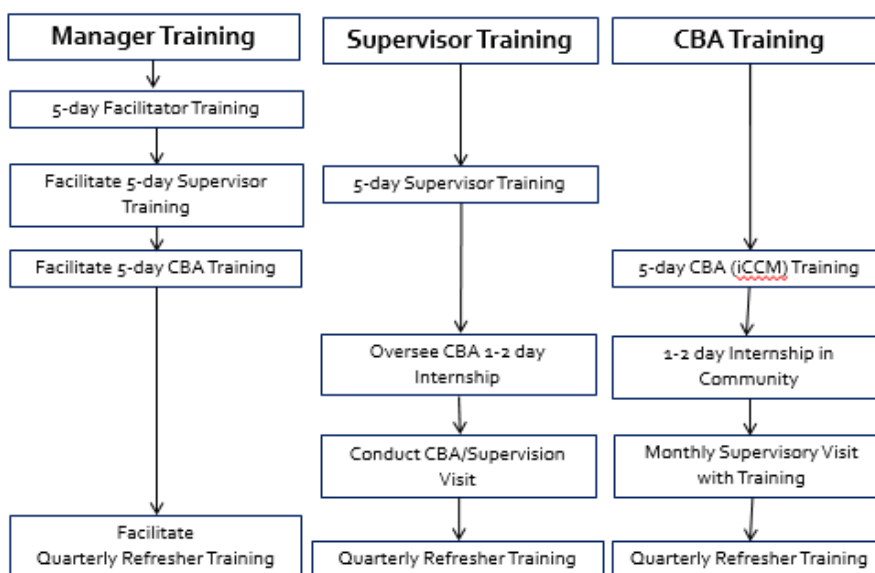


Figure 5: Health 2 Go Training Topics

## H2Go training topics

---

Introduction of H2Go
Expectations of participants during training
Integrated community case management (ICCM) of childhood illness overview
Hand washing
Pregnant woman danger sign assessment
Newborn (0 to 2 months old) danger signs assessment
General danger signs in children (2 months to 5 years old)
Fever/malaria in children (2 months to 5 years old)
Cough/pneumonia in children (2 months to 5 years old)
Diarrhea in children (2 months to 5 years old)
Nutrition in pregnant women, infants, and children
Documentation
Home visits
Role of the CBA

---



## Consistent Provision of Quality Equipment, Medicines and Supplies

High quality equipment along with an uninterrupted provision of medicines and supplies is essential to the success of the H2Go program. Rugged Bicycles are equipped with fully enclosed chains for safety and solid tires to ensure continual mobility and are branded with the H2Go logo for easy identification. Additionally, uniforms, rain gear, cell phones, and treatment equipment is provided to CBAs. A list of basic CBA equipment, medicines and supplies is listed below:

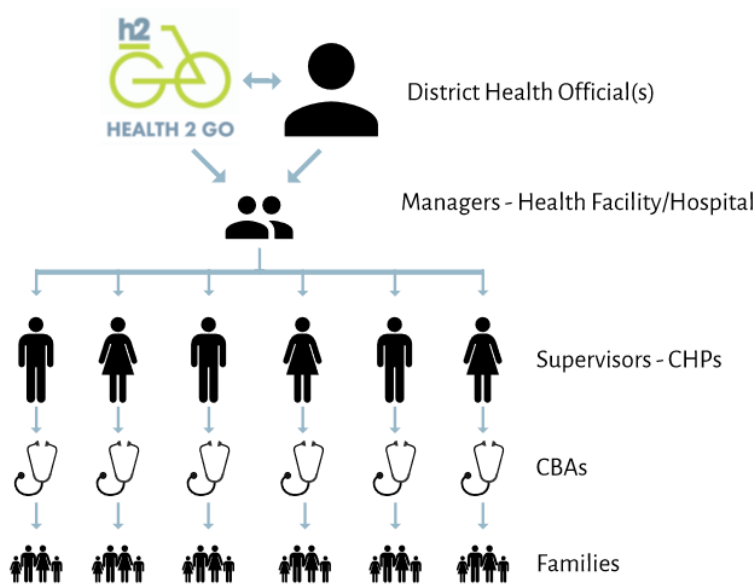
- **Mobility:** H2Go branded *Rugged* bicycles with rear basket, bicycle helmet, H2Go messenger bag, flashlight
- **Uniform/Identification:** H2Go polo and T-shirt; identification badge
- **Communication:** Cell phone
- **Treatment diagnostic/supplies:** Medicine box, timer, ORS mixing equipment, middle upper arm circumference (MUAC) tape, soap, Job Aid
- **Record keeping/documentation:** CBA Register, Referral book, Home visit log, inkpad, pen, pencil, eraser
- **Vision/sight:** Corrective eyeglasses are provided if CBA vision is impaired
- **Medicines/tests:** Rapid Diagnostic Tests (RDT) for malaria, AA for malaria, ORS for diarrhea, amoxicillin suspension for pneumonia/Acute Respiratory Illness (ARI), and paracetamol.
  - H2Go sources all medicines/tests through GHS Regional Medical Supplies
  - Restocking occurs during monthly supervision visit



## Routine Effective Supervision

Community health officers are trained as supervisors, while CBAs provide healthcare services to communities. The H2Go supervision structure is established to be supportive, as CBAs receive support from their supervisors and are encouraged to develop relationships with their supervisors. In addition to supporting CBAs, supervisors are indirectly involved with communities, as they provide outreach services in the communities by conducting routine monthly visits. Overall, H2Go is structured in such a way that reinforces linkage to health facilities and integration into the national health system (Fig. 6).

Figure 6: Health 2 Go Supervision Structure



## Continual Community Engagement

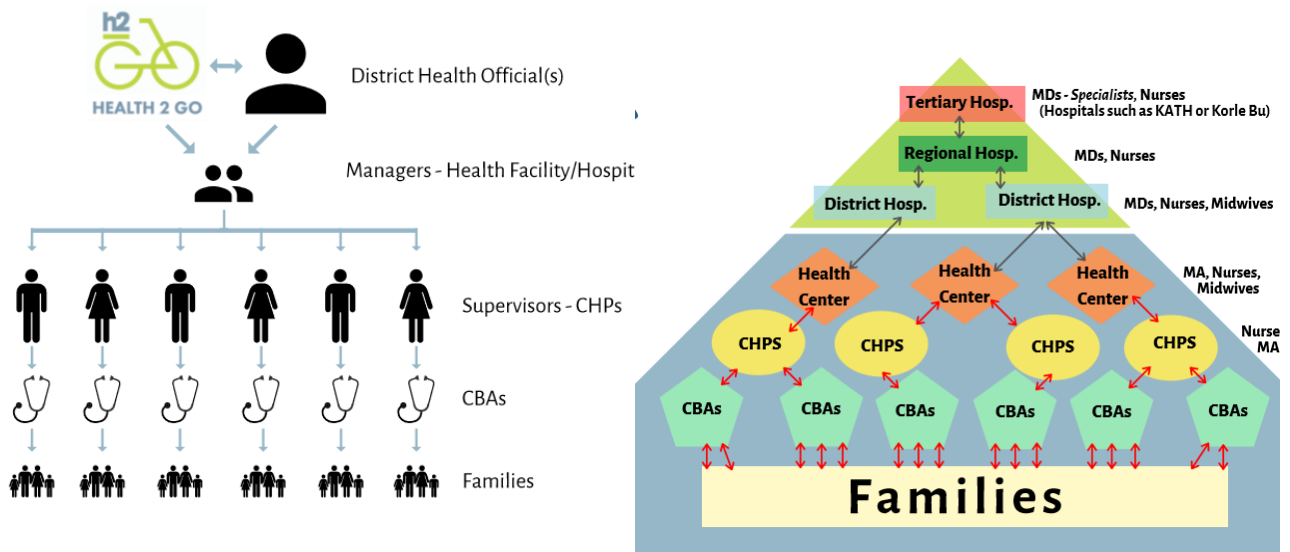
- Communities are engaged through all stages of H2Go
- Official entry/welcome into communities
- Routine durbars (town hall meeting) for feedback on H2Go activities within the communities



## Clear Integration into Health System

- H2Go structure aligns with the Ghana Health Model (Figure 7)
- Integrated from the District level to sub-district level to CHPs zone down to community level
- District Health administrators, providers, and nurses serve as H2Go managers and supervisors
- Strong linkage to health facilities and hospitals that receive referrals by Health 2 Go Community
- Strong leadership and ownership of program by District Health

**Figure 7: Alignment of Health 2 Go Supervisor Structure and Ghana Health Systems Strategy**



## Focus on Prevention, Health Promotion, and Early Treatment

Educational home visits are another core component of the program. CBAs routinely educate mothers or caregivers during monthly household visits on illness prevention, health-promoting behaviors, nutrition, and seeking early treatment for illness. CBAs receive performance-based stipends per household visit. 10 home visits per week for a total of 40 per month are required for CBAs to receive the entire stipend. CBAs also encourage mothers during home visits to bring their children to outreach activities in which they can access life-saving interventions such as immunizations.

*“Our dream is to see communities where women are empowered and equipped with basic knowledge on health, especially child health, and continuously strive to improve and reduce child mortality. We believe that we can change our communities by positively impacting them.”*

*-Mrs. Irina Ofei, Municipal Director of Health Service, Lower Manya Krobo Municipality*

## Health 2 Go: Wawase CHPS Zone Pilot

### Implementation Overview

Health 2 Go launched in six (6) small communities serving approximately 1,500 people in the Wawase CHPS zone in the Kpong sub-district of the Lower Manya Krobo District in the Eastern Region of Ghana on Oct. 24, 2016. It is approximately 3 hours to the nearest health facility, which includes walking long distances, then obtaining public transportation.

**Figure 8: Wawase/Kpong Health 2 Go Pilot Site in Lower Manya Krobo District (Eastern Region)**

Communities include:

1. Aplah
2. Abobeng
3. Wawase
4. Piengua
5. Obelemanya
6. Atotorisi



Preceding the official program launch in the Wawase CHPS Zone, initial training took place for 12 GHS Personnel and 10 CBAs which occurred at Ensign College with clinical sessions held at St. Martin's Hospital and Atua Hospital during July and August of 2016. Following initial basic training, CBAs performed a 2-day community internship in their respective communities during Aug 2016, which was overseen by H2Go Supervisors and Managers. In conjunction with the introduction of the program, two multi-community Durbars were held in which residents expressed gratitude for the program being implemented in their communities. CBAs were given bikes, medicines, cell phones, rain gear and solar torches. CBAs began serving their communities on Nov. 1, 2016.

The communities continue to receive services from H2Go CBAs and supporting Ghana Health Services (GHS) personnel trained as H2Go Managers and Supervisors, with no interruption of continuity since implementation began in November 2016.

### **Impact of Health 2 Go**

The Impact of the H2Go Wawase CHPS Zone Pilot and the service of CBAs to families in their communities cannot be overstated. All CBAs are actively engaged in serving families through conducting routine household visits to educate mothers and caregivers on nutrition, preventing illness, and promoting health through behaviors such as handwashing.

## Recent H2Go Wawase CHPS Zone Pilot Activities in Context of COVID-19

### **Overview**

In response to the first cases of the novel coronavirus COVID-19 detected in Ghana on March 12, 2020, the President of Ghana issued a partial shutdown of certain areas of the country on March 30, 2020, in addition to country-wide suspensions of non-essential activities to enable social distancing. The H2Go Wawase CHPS Zone Pilot site was not affected by the shutdown orders and has been operational with H2Go supervisory visits, uninterrupted CBA service in communities providing essential health services to children under age five, and monthly health educational Home Visits to mothers and families. Additionally, CBAs received training on COVID-19 health education and risk communication, which has been incorporated into CBA's monthly educational Home Visits to mothers and families. However, routine H2Go activities where social gatherings take place such as H2Go Refresher Training and Durbars have been postponed supporting the country's social distancing guidelines. To help protect the CBAs, H2Go procured face masks and hand sanitizers which were distributed to CBAs. Furthermore, we requested the pharmacist at Atua Government Hospital fill an order to restock our medication supply. To ensure mobility in communities, the few H2Go bicycles that required repairs have been repaired and returned to CBAs.

### **COVID-19 Pandemic Context**

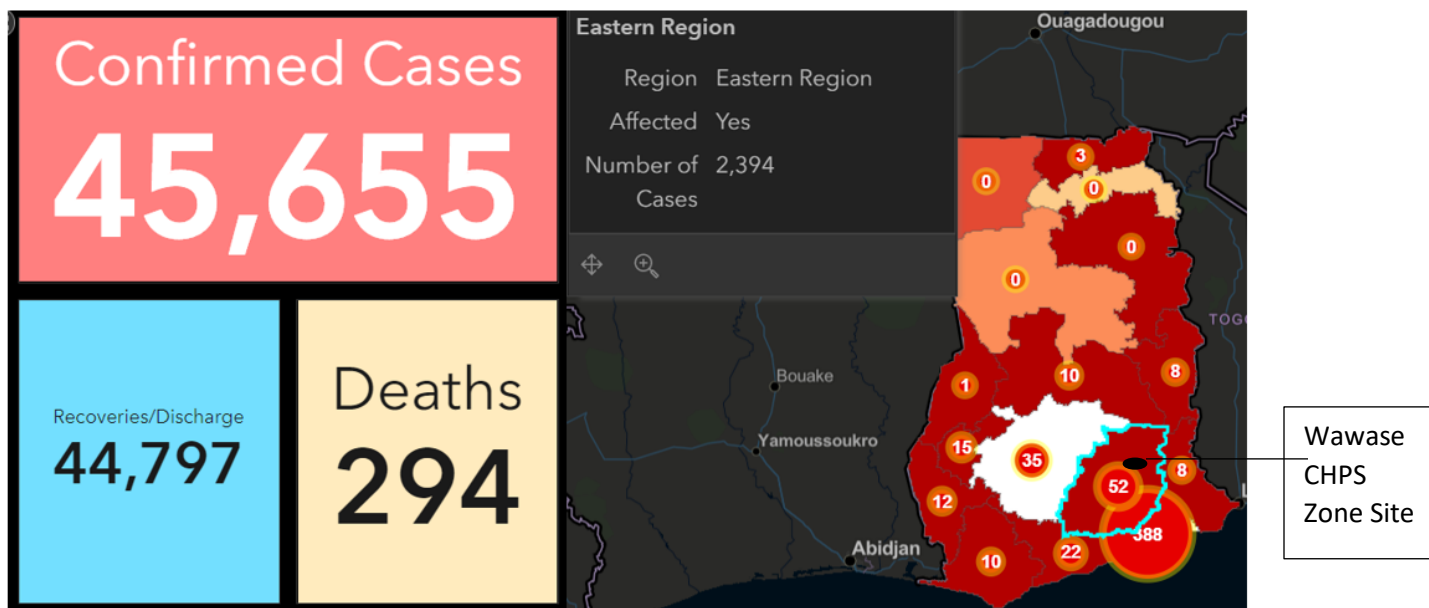
Similar to other countries, Ghanaian government efforts to control the virus included a series of efforts ranging from a national 21-day partial lockdown to mitigate the spread of the virus at the end of March to phased easing of restrictions on businesses and services in most areas as of September 2020.<sup>12</sup> All of Ghana's sixteen regions were affected by COVID-19. The Eastern Region, in which the Wawase CHPS Zone resides, reports less than 10% of the country's more than 45,655 total cases, although cases across both the country and the Eastern Region continue to decrease.<sup>13</sup> The Wawase CHPS Zone, which is in a remote area, has not had reported positive cases.

### ***Eastern Region and Wawase CHPS Zone Status***

The following are main points relevant to the Eastern Region and Wawase CHPS Zone (**see figure 9**):

- COVID-19 cases are decreasing in the Eastern Region similar to the country, and are comparatively low, comprising less than 10% of Ghana's total case count.<sup>13</sup>
- The Eastern Region recorded a total of 2,394 cases (52 recorded active cases) out of Ghana's total case count of 45,655 as of Sept. 15, 2020.<sup>13</sup>
- The Wawase CHPS Zone has not had any reported positive COVID-19 cases.
- Currently, the Wawase CHPS Zone is not under national directive on movement restriction.
- H2Go CBA service within the community setting has not been restricted.

**Figure 9: Ghana Country COVID-19 Case Count and Regional Distribution of COVID-19 Cases, Eastern Region Case Count Highlight, as of Sept. 15, 2020<sup>13</sup>**



Source: <https://ghanahealthservice.org/covid19/>

### **H2Go Response**

To support national efforts to control the spread of COVID-19, as well as adapt to current conditions of the pandemic, Health 2 Go has taken several actions. First, in adherence with national guidelines of suspending workshops and events, the planned H2Go Refresher Training and Community Durbar were postponed. Second, recognizing the essential role H2Go CBAs in communicating COVID-19 prevention measures to community members, H2Go CBAs received training by their supervisors on health behaviors to prevent COVID-19 (see COVID-19 Health Education and Risk Communication, below), and are encouraged to educate community members. Third, H2Go has continued full support to CBAs with essential medications, supplies, and personal protective equipment such as masks and hand sanitizer, ensuring children receive prompt treatment at home, reducing the need to travel to a health center. Fourth, H2Go modified monthly supervision visits to ensure restocking of medications and data collection, while adhering to strict prevention protocols. Finally, H2Go collaborated with Ensign College and Engage Now Africa on a research study in three regions in Ghana, including the Eastern Region, aimed at understanding household practices to effect health behavioral changes and stop community spread of COVID-19 (see Appendix 2).

Below is a summary of H2Go actions in the context of the COVID-19 pandemic listed above:

- Adherence to national guidelines by postponing routine H2Go Refresher Trainings and Community Durbars

- Training of CBAs on COVID-19 Health Education and Risk Communication by H2Go Supervisors (see COVID-19 Health Education and Risk Communication below)
- Continued support of H2Go CBAs and provision of personal protective equipment
- Modification of monthly H2Go Supportive Supervision Visits to follow strict COVID-19 prevention protocols
- Collaborative COVID-19 research study aimed at effecting community behaviors/practices to stop community spread (see Appendix 2)

## **Summary of H2Go Activities**

### ***COVID-19 Health Education and Risk Communication***

CBAs received health education and risk communication training on basic health behaviors to prevent transmission of COVID-19. This was conducted by H2Go Supervisors during a modified onsite supervisory visit, practicing social distance protocols. CBAs were encouraged to educate community members on COVID-19 preventive and health-promoting behaviors when conducting Home Visits as well as when other opportunities emerge. CBAs educate mothers and community members on the following practices related to COVID-19:

- Physical and social distancing
- Frequent handwashing and use of hand sanitizers when handwashing is unavailable
- Use of face coverings/masks when in public
- Healthy nutritional habits to boost the immune system to fight infection, including consumption of a variety of vegetables and fruits

Health education and risk communication of COVID-19 have been championed by Wawase CBAs in their respective communities. H2Go provided personal protective equipment to H2Go CBAs such as masks and hand sanitizers to enable strict observation of infection prevention as they perform their duties serving community members.

### ***H2Go CBA Service in Communities***

H2Go CBAs have continued to provide essential frontline health services in their communities, reducing the need for parents with sick children to travel outside the community to health facilities. Routine activities have continued in the Wawase CHPS Zone under strict observation of COVID-19 prevention protocols. From April through June 2020, CBAs in the Wawase CHPS Zone conducted a total of 663 Home Visits across the 6 communities educating mothers and families providing health education on risk and prevention of COVID-19 in addition to education on prevention of other illnesses and proper nutrition practices to support a healthy immune system. Among approximately 200 children under age five, Wawase H2Go CBAs treated 176 illnesses. The most common illness treated was malaria at 103 cases, followed by 43 cases of severe diarrhea, and 30 cases of pneumonia/Acute Respiratory Illness (ARI). H2Go CBAs referred 6 children with severe illness to collaborating hospitals for treatment.



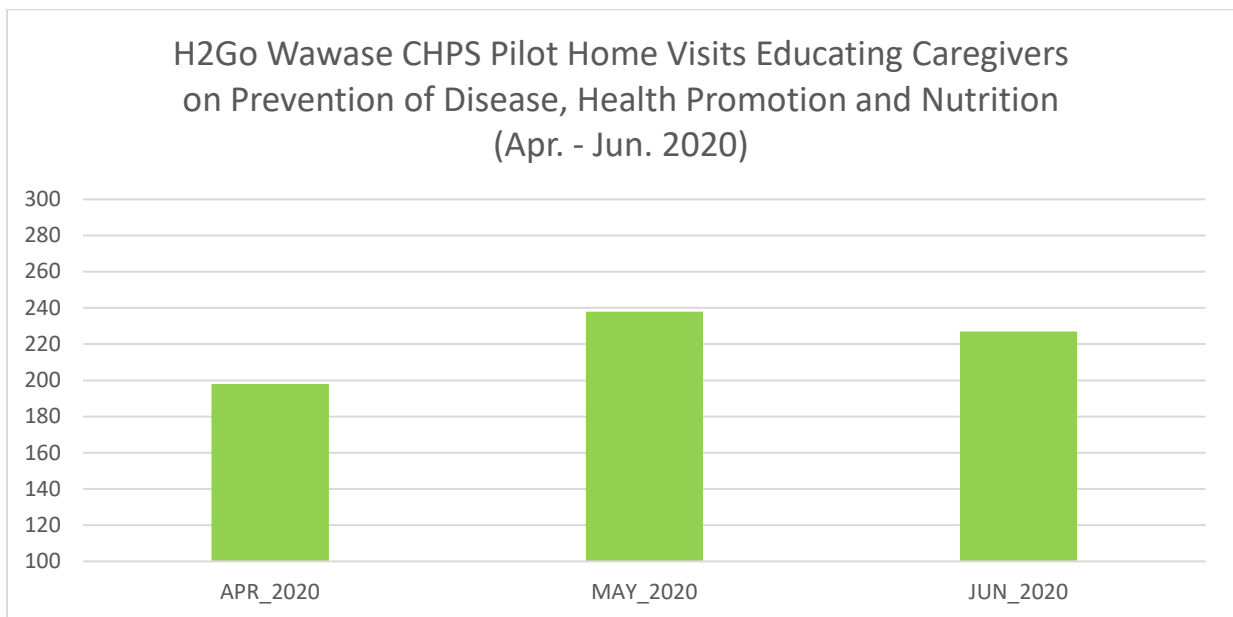
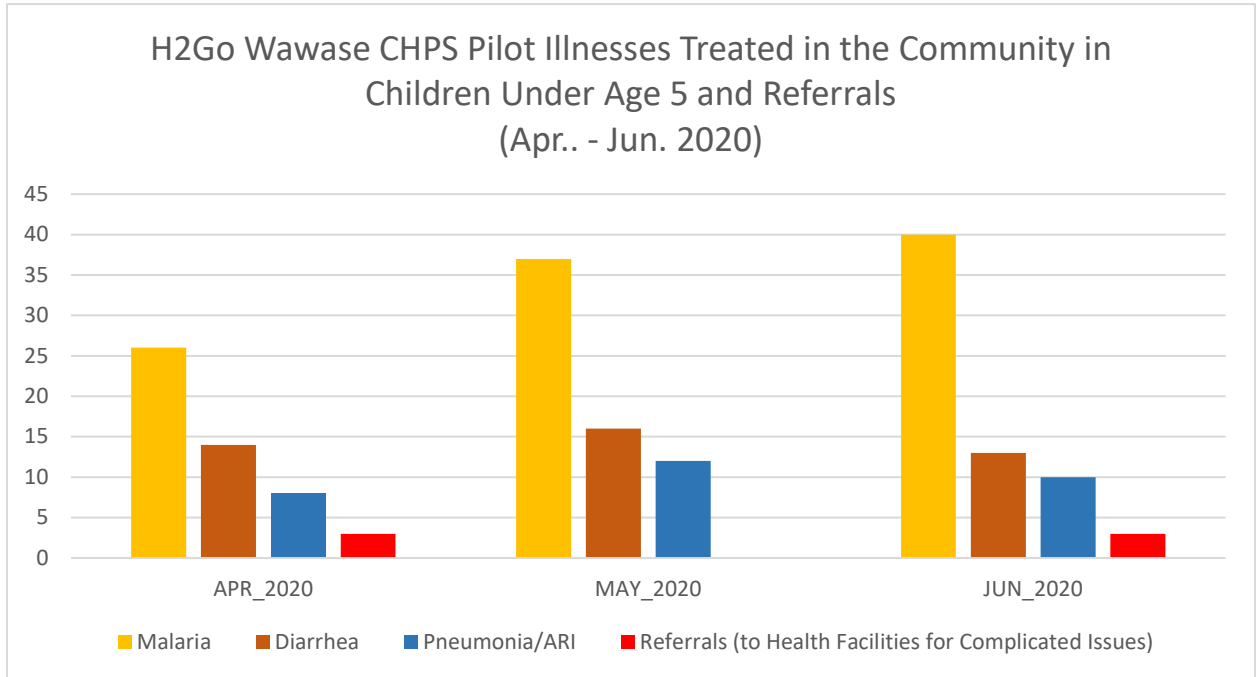
*H2Go Supervisor inspecting H2Go CBA community registers during supportive supervision visit in Wawase CHPS ZONE*

## Wawase CHPS Zone Results

### From Apr. to Jun. 2020, results are as follows:

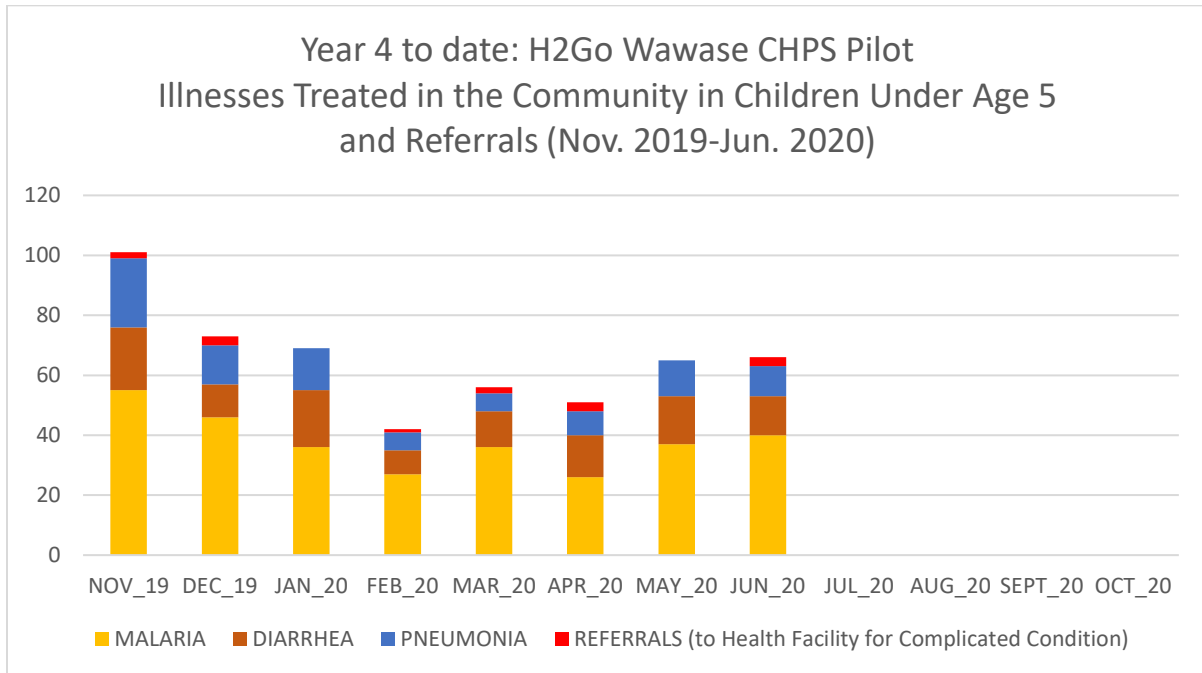
Among approximately 200 children under age 5,

- 176 Illnesses treated in the community by H2Go CBAs
  - 103 malaria; 43 diarrhea; 30 pneumonia/Acute Respiratory Illness (ARI)
- 6 referrals were made to hospital for serious illness and life-threatening illness
- 663 Home Visits



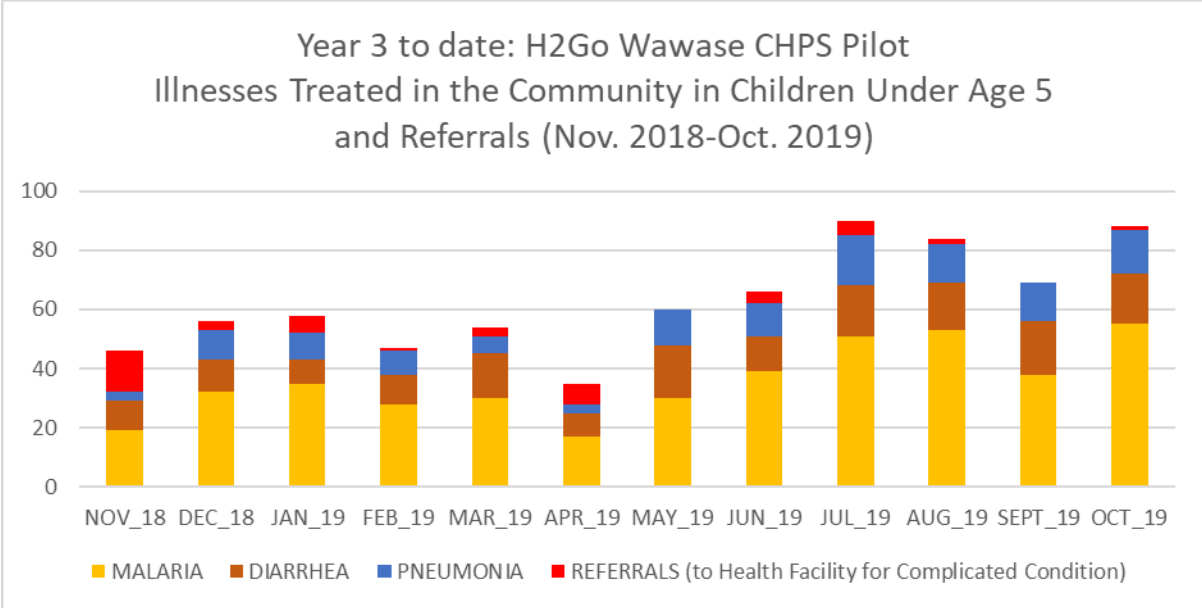
**Year 4 to date (Nov. 2019-Jun. 2020):** Among approximately 200 children under age 5,

- 509 Illnesses treated in the community by H2Go Wawase CHPS Zone CBAs
  - 303 malaria; 114 diarrhea; 92 pneumonia/Acute Respiratory Illness (ARI)
- 14 Referrals to health facility for serious and life-threatening illnesses; 1,832 Home Visits



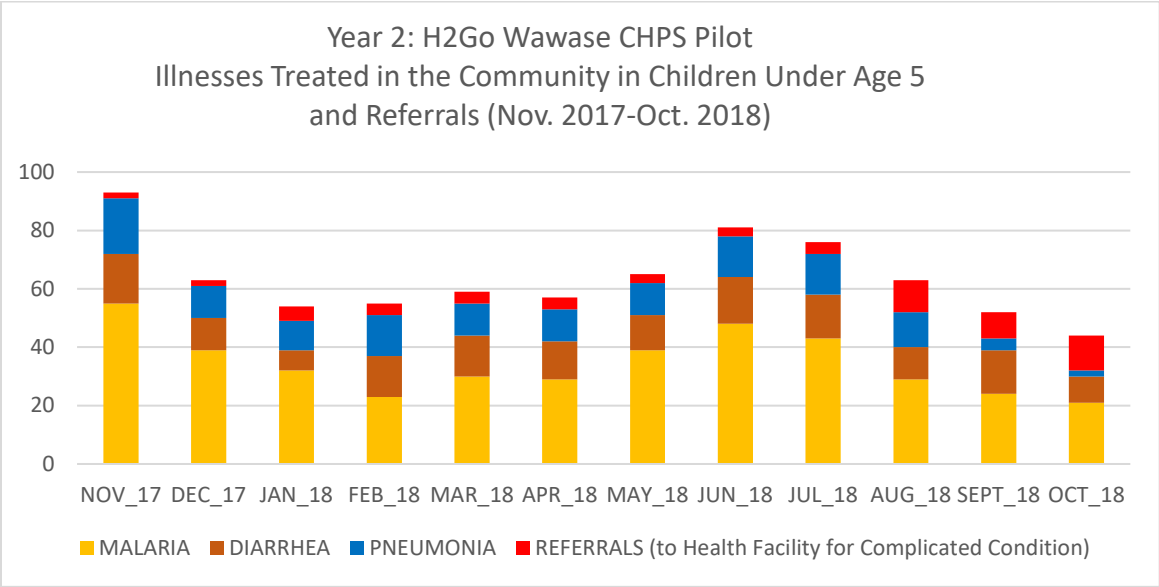
**Year 3 (Nov. 2018-Oct. 2019):** Among approximately 200 children under age 5:

- 707 Illnesses treated in the community by H2Go Wawase CHPS Zone CBAs
  - 427 malaria; 160 diarrhea; 120 pneumonia/Acute Respiratory Illness (ARI)
- 46 Referrals to health facility for serious and life-threatening illnesses; 2,571 Home Visits



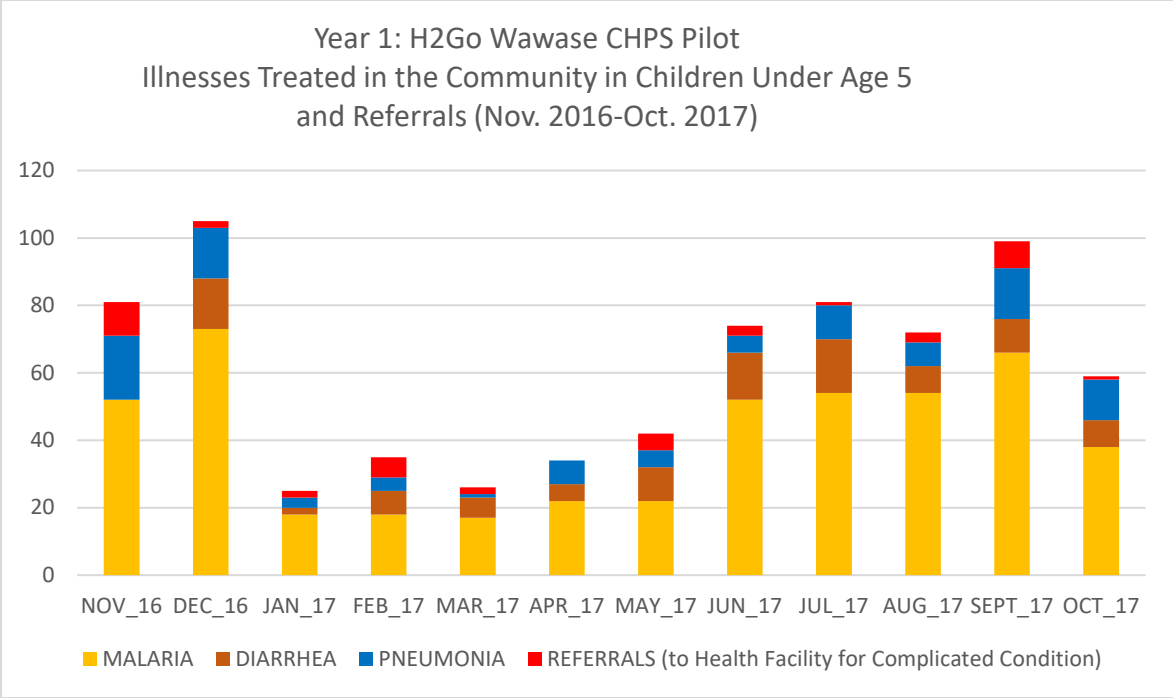
**Year 2 (Nov 2017-Oct. 2018):** Among approximately 200 children under age 5,

- 699 Illnesses treated in the community by H2Go Wawase CHPS Zone CBAs
  - 412 malaria; 154 diarrhea; 133 pneumonia/Acute Respiratory Illness (ARI)
- 63 Referrals to health facility for serious and life-threatening illnesses; 3,197 Home Visits



**Year 1 (Nov 2016-Oct. 2017):** Among approximately 200 children under age 5,

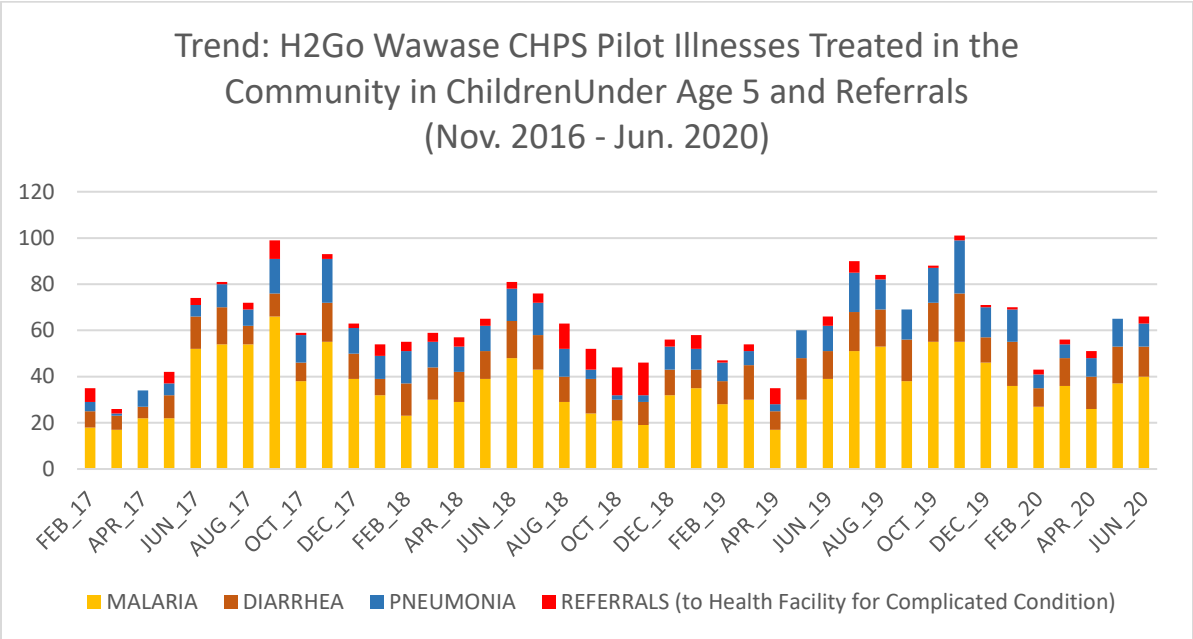
- 690 Conditions treated in the community by H2Go Wawase CHPS Zone CBAs
  - 486 malaria; 101 diarrhea; 103 pneumonia/Acute Respiratory Illness (ARI)
- 43 Referrals to health facility for serious and life-threatening illnesses; 3,524 Home Visits



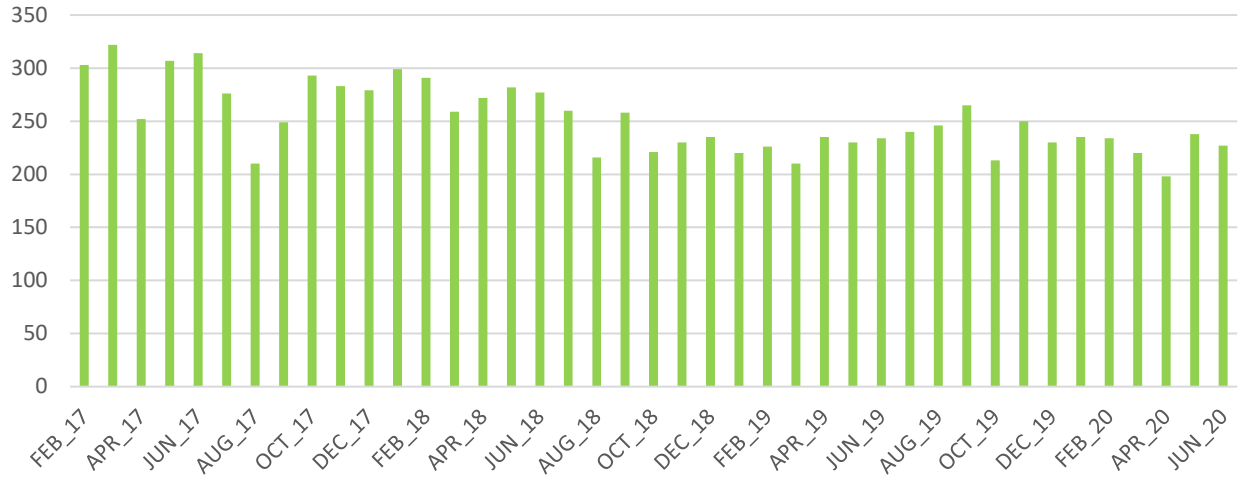
**Trends to date (Nov. 2016-Jun. 2020):**

Trend-Project total: Among approximately 200 children under age 5:

- 2,605 Illnesses treated in the community by H2Go Wawase CHPS Zone CBAs
  - 1,628 malaria; 529 diarrhea; 448 pneumonia/Acute Respiratory Illness (ARI)
- 166 children referred to collaborating health facilities for serious and life-threatening illnesses
- 11,337 Home Visits



Trend: H2Go Wawase CHPS Pilot Home Visits Educating Caregivers on Prevention of Disease, Health Promotion and Nutrition  
(Nov. 2016-Jun. 2020)



*CBA Abednego Mensah counsels a mother on the results of malaria test in Piengua*

# Health 2 Go BCCDP Demonstration Project

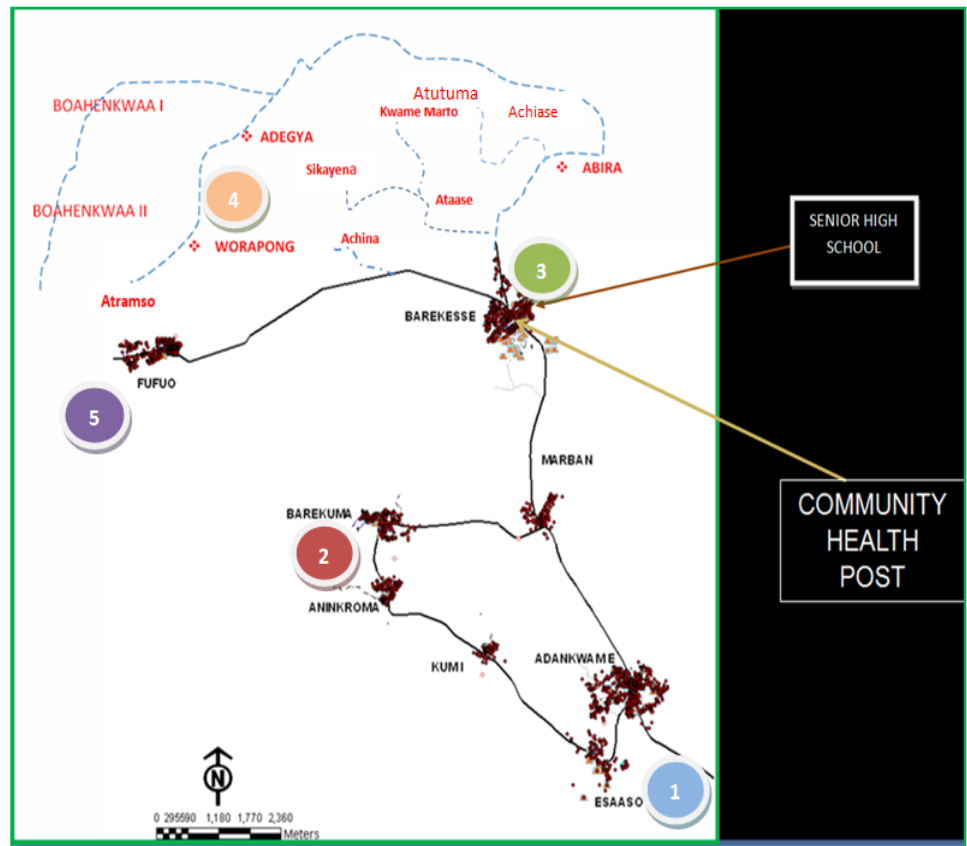
## Implementation Overview

The expansion of Health 2 Go into a larger Demonstration project for the BCCDP follows the success of the Kpong Pilot, launched in May 2018. Approximately 20,000 people in 20 rural communities in the Atwima Nwabiagya North District near Kumasi in the Ashanti Region are being served by 30 H2Go CBAs.

**Figure 10: BCCDP Communities**

Communities include:

1. Boahenkwa I
2. Boahenkwa II
3. Adegya
4. Worapong
5. Atramso
6. Sikayena
7. Achina
8. Atutuma
9. Kwame Marto
10. Ataase
11. Achiase
12. Abira
13. Berekesse
14. Marban
15. Fufuoo
16. Barekuma
17. Aninkroma
18. Kumi
19. Adankwame
20. Esaaso



### **Initial Training**

Preceding the launch of the H2Go BCCDP Demonstration Project in communities, initial training was completed for 14 GHS Personnel and 30 CBAs which occurred at Ensign College with clinical sessions held at St. Martin’s Hospital and Atua Hospital in Kpong during February and April of 2018.

### **Community Internship**

Following initial basic training, CBAs performed a 1-day community internship on April 25, 2018 in three communities. The primary purpose of the internship is to provide CBAs an opportunity to repeatedly practice newly learned clinical skills, particularly performing rapid diagnostic tests (RDT) for malaria and

reading results, while receiving supportive supervision by Managers and Supervisors. Additionally, the community internship engages communities and introduces them to the H2Go program. The three communities where the internship occurred included Barekese, Berekuma, and Fufuo.

Turnout of mothers with children was high, as the H2Go Community Internship had been announced in communities the week prior to the event. Over 250 children were tested for malaria, and treated if results were positive, by CBAs. In addition to testing for malaria, CBAs assessed children for pneumonia, diarrhea, danger signs, and malnutrition. Children were treated for respective conditions or referred if necessary. Newly trained H2Go GHS personnel serving as BCCDP Managers and Supervisors provided oversight and mentoring.



### *H2Go BCCDP Demonstration Project Launch and Press Event*

BCCDP was launched on April 26, 2018 in two multi-community Durbars. Press coverage was provided by national TV and radio stations, including Metro TV and UTV.

- Adegya Community
- Fufuo Community



In attendance were Ashanti Regional Director of Health Services (Dr. Tinkorang); Atwima Nwabiagya District Director of Health Services (Dr. Kingsley Osei-Kwakye); H2GO Team (Dr. Manortey, Gideon Acheampong and Daniel Opoku Agyemang); Prof. Steve Alder; Traditional leaders, Assemblymen and women, H2Go BCCDP Manger/Facilitators, Supervisors, and CBAs. Speakers included Prof. Ansong, Dr. Manortey, Dr. Osei-Kwakye, and Dr. Tinkorang. Traditional leaders also spoke to show appreciation and support for the project. CBAs were given their certificates and logistics following the durbars.

### **Overview**

The first cases of the novel coronavirus COVID-19 were detected in Ghana on March 12, 2020. In response, the President of Ghana ordered a partial shutdown of certain areas of the country on March 30, 2020, including Kumasi and its environs of the Ashanti Region, which includes the Atwima Nwabiagya North District where the H2Go BCCDP Demonstration project currently operates. A national directive included movement restrictions and called for suspension of non-essential activities. At the time H2Go was preparing for the fourth Refresher Training and the restocking of medicines and other supplies for the site. Despite restrictions in the area, H2Go CBAs received training on COVID-19 health education and risk communication from H2Go Managers and Supervisors via telephone. It is important to note that although H2Go CBAs performed essential health services until the restrictions were implemented, we do not have measurement due to persistence of COVID-19 hotspots and movement restrictions in the area, preventing routine data collection. Additionally, while non-essential activities have been temporarily suspended, H2Go CBAs continue to be active in their communities playing a crucial role of conveying COVID-19 preventive messages to their residents, a rural population which may otherwise be challenging to reach. As cases in the country and the Ashanti Region have decreased as of Sept. 2020, we are projecting to resume H2Go CBA routine health service activities in communities on Oct. 1, 2020, following a 2-day Refresher Training (occurring Sept. 24-25, 2020) and restocking of medications and supplies.

### **COVID-19 Pandemic Context**

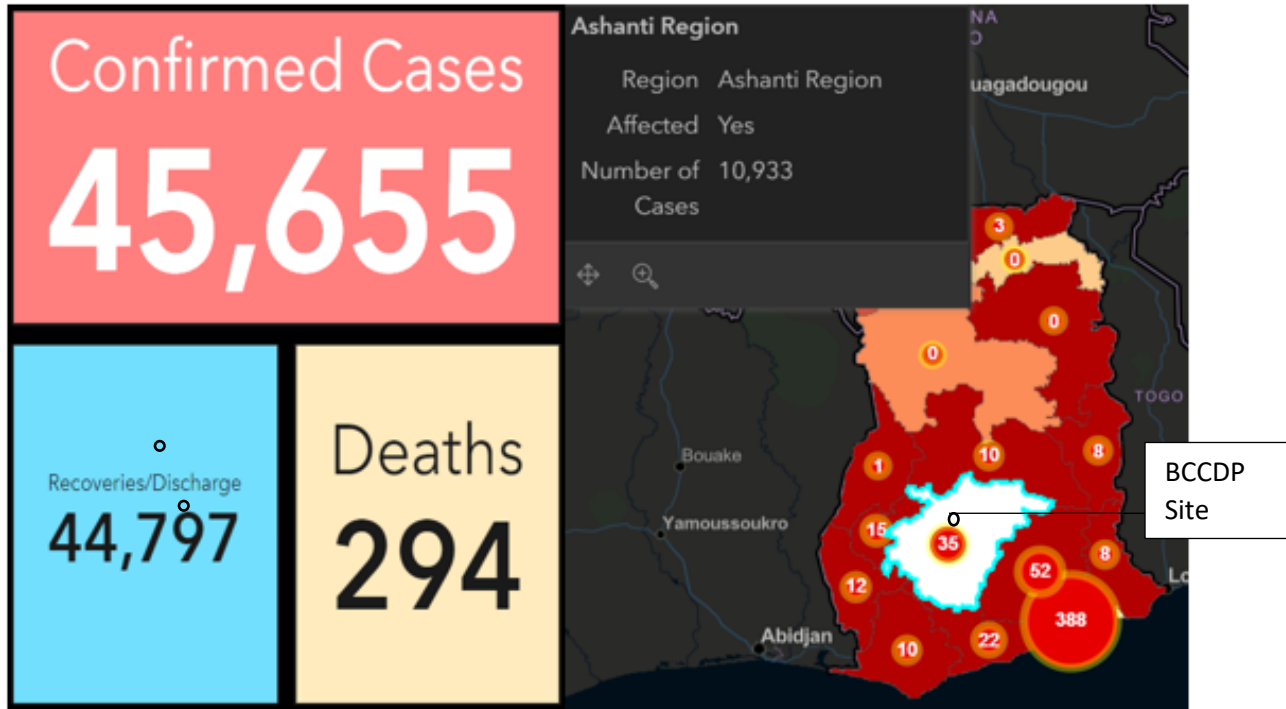
Similar to other countries, Ghanaian government efforts to control the virus included a series of efforts ranging from a national 21-day partial lockdown to mitigate the spread of the virus at the end of March to phased easing of restrictions on businesses and services in most areas as of September 2020.<sup>12</sup> All of Ghana's sixteen regions were affected by COVID-19. While the Ashanti Region, in which the H2Go BCCDP Demonstration Project resides, previously reported one of the highest case counts of any region in the country, cases have decreased substantially as strict movement restrictions in the area were implemented.<sup>13</sup>

### ***Ashanti Region and H2Go BCCDP Site Status***

The following are main points related to the Ashanti Region and BCCDP (see figure 11)<sup>13</sup>:

- COVID-19 cases are decreasing in the Ashanti Region, similar to the rest of the country
- The Ashanti Region recorded 10,933 cases (35 reported active cases) out of Ghana's total case count of 45,655 as of Sept. 15, 2020 <sup>13</sup>
- The Berekese subdistrict of the BCCDP has had positive COVID-19 cases.
- The BCCDP site has been affected by a national directive on movement restriction.
- H2Go CBAs continue to be active in communities, including providing essential COVID-19 health education and risk communication to residents.
- As cases continue to decrease, H2Go projects Oct. 1, 2020 as a resumption of routine CBA activities in the BCCDP site, following a 2-day Refresher Training and restock of medications.

**Figure 11: Ghana Country COVID-19 Case Count and Regional Distribution of COVID-19 Cases, Ashanti Region Case Count Highlight, as of Sept. 15, 2020 <sup>13</sup>**



Source: <https://ghanahealthservice.org/covid19/>

### ***H2Go Response***

To support national efforts to control the spread of COVID-19, as well as adapt to the current conditions of the pandemic, Health 2 Go has taken several actions. First, in adherence with national guidelines of suspending non-essential activities, and movement restrictions in the area, the planned Refresher Training, Community Durbar, onsite H2Go supportive supervision visits, and data collection have temporarily been suspended. Second, recognizing the essential role H2Go CBAs play in communicating COVID-19 prevention measures to community members, H2Go CBAs received training by their supervisors/managers on COVID-19 health education and risk communication via telephone (see COVID-19 Health Education and Risk Communication below). Third, H2Go continues to fully support CBAs in communities, providing personal protective equipment such as masks and hand sanitizers. Finally, H2Go has been collaborating with Ensign College and Engage Now Africa on a research study in three regions in Ghana, including the Ashanti Region, aimed at understanding household practices to effect health behavioral changes and stop community spread of COVID-19 (see Appendix 2).

Below is a summary of H2Go actions in the context of the COVID-19 pandemic (listed in the previous paragraph):

- Adherence to national guidelines on movement restrictions for the area by postponing Refresher Training, Community Durbar, onsite supervision visits and data collection activities

- Training of CBAs on COVID-19 Health Education and Risk Communication via telephone by H2Go Supervisors (see COVID-19 Health Education and Risk Communication below)
- Continued support of H2Go CBAs, including provision of personal protective equipment
- Collaborative COVID-19 research study aimed at effecting community behaviors/practices to stop community spread (see Appendix 2).

## **Summary of H2Go Activities**

### ***COVID-19 Health Education and Risk Communication***

H2Go CBAs received training on basic health behaviors to prevent transmission of COVID-19. This was conducted by H2Go Managers and Supervisors via telephone in April 2020. H2Go CBAs provide education to community residents, while practicing strict prevention and social distance protocols, on the following practices related to COVID-19:

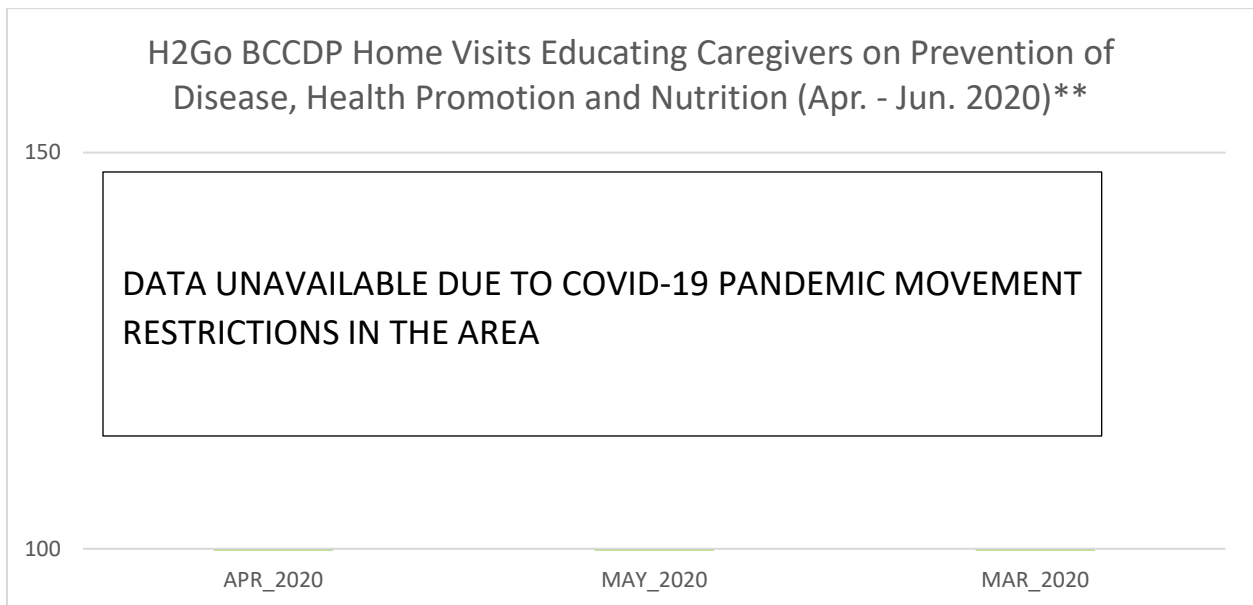
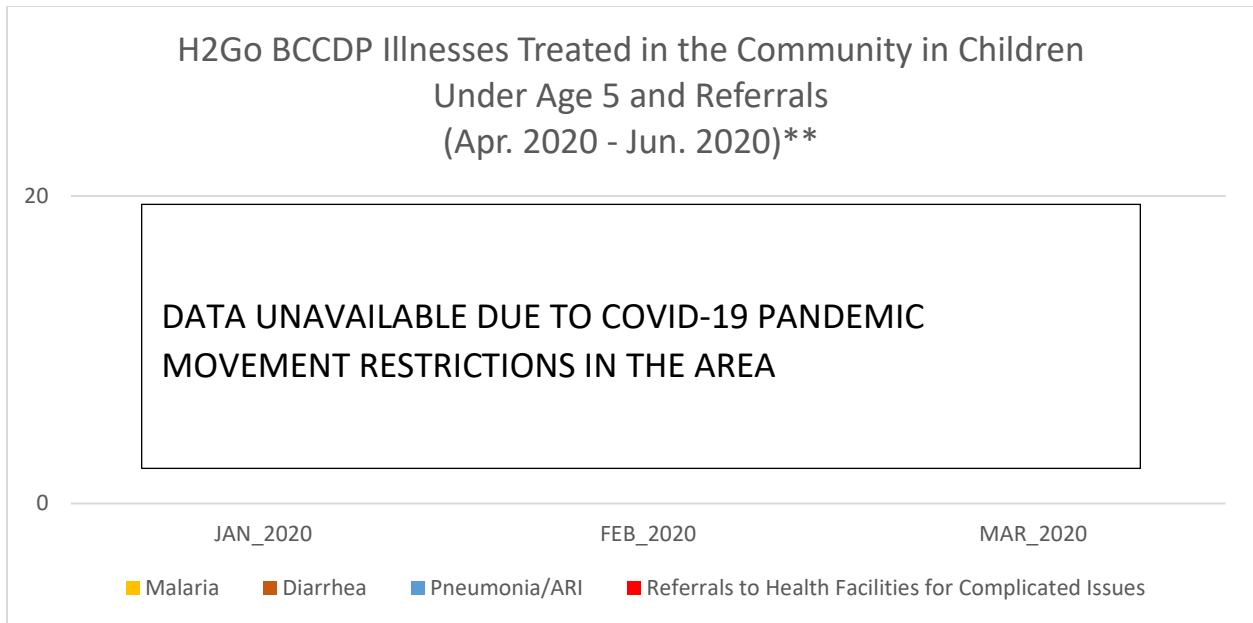
- Physical and social distancing
- Frequent handwashing and use of hand sanitizers when handwashing is unavailable
- Use of face coverings/masks when in public
- Healthy nutritional habits to boost the immune system to fight infection, including consumption of a variety of vegetables and fruits

### ***H2Go CBA Service in Communities***

Routine Health 2 Go activities in the H2Go BCCDP Demonstration Site have been restrained following the detection of positive COVID-19 cases within the area. However, CBAs have embarked on frequent COVID-19 health education and risk communication visits in their respective communities while following strict COVID-19 prevention protocols. Scheduled CBA Refresher Trainings and supportive supervision visits, including data collection remain temporarily suspended. It is important to emphasize that H2Go CBAs provided full essential frontline health services in their communities up until government issued movement restrictions were mandated. However, it has not been feasible to collect H2Go CBA data due to the pandemic and movement restrictions in the area, thus H2Go CBA services are not reflected in the data in this report. We continue to monitor the situation closely and will collect monthly CBA data from CBA Registers as soon as it is feasible., Currently, COVID-19 cases are decreasing in the area, and active cases are relatively low. We are projecting a date of Oct. 1, 2020 as the target for CBAs to resume routine activities, following a 2-day Refresher Training (occurring Sept. 24-25) and restocking of medications and supplies.

## BCCDP Demonstration Project Results

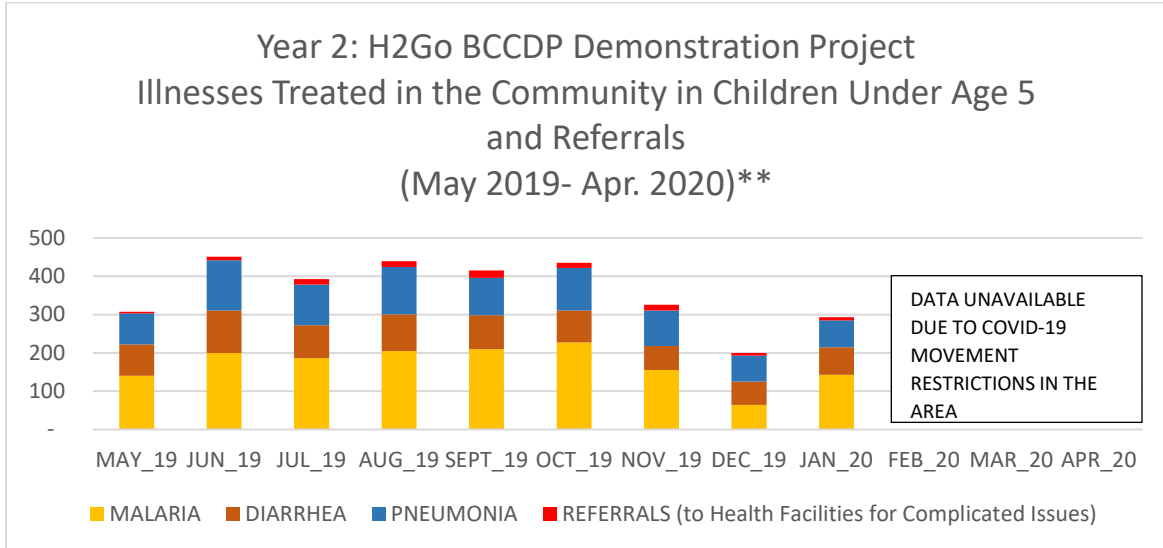
Among approximately 2,200 children under age 5, (Apr. – Jun. 2020):



**\*\* Data have not yet been collected due to area movement restrictions in the area related to the COVID-19 pandemic.**

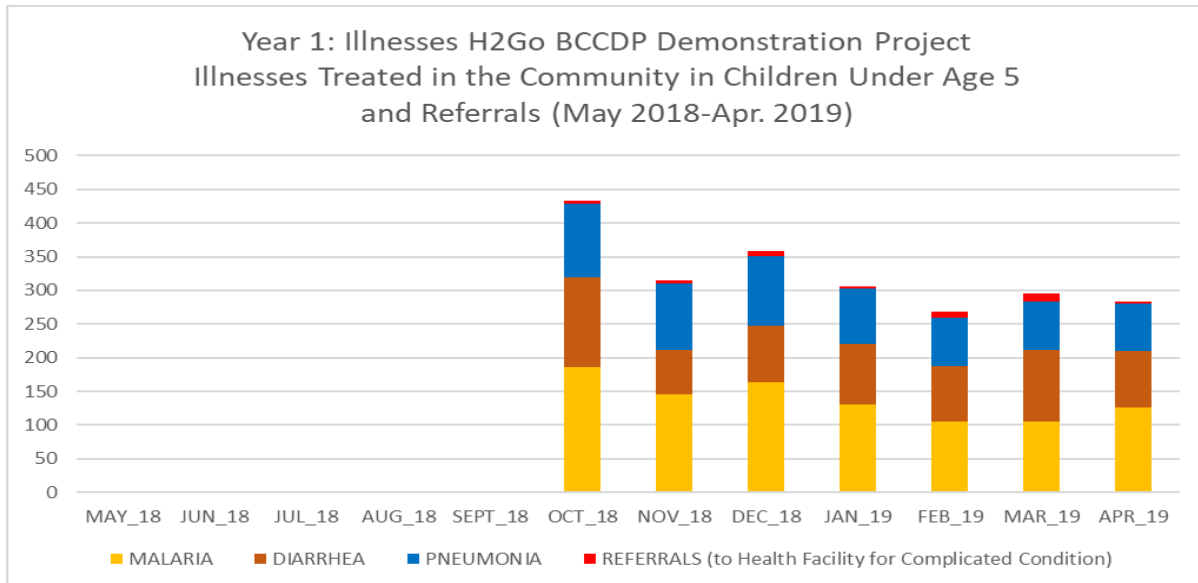
**Year 2:** Among approx. 2,200 children under age 5, (May 2019 -Mar. 2020):

- 3,154 illnesses were treated in the community by H2Go BCCDP CBAs
  - 1,550 Malaria; 743 Diarrhea; 881 Pneumonia/Acute Respiratory Illness (ARI)
- 105 Referrals were made to health facilities for serious illness; 5,186 Home Visits



**Year 1:** Among approx. 2,200 children under age 5, (May 2018 -Apr. 2019)\*:

- 2,234 illnesses were treated in the community by H2Go BCCDP CBAs
  - 987 Malaria; 635 Diarrhea; 612 Pneumonia/Acute Respiratory Illness (ARI)
- 39 Referrals were made to health facilities for serious illness; 8,037 Home Visits



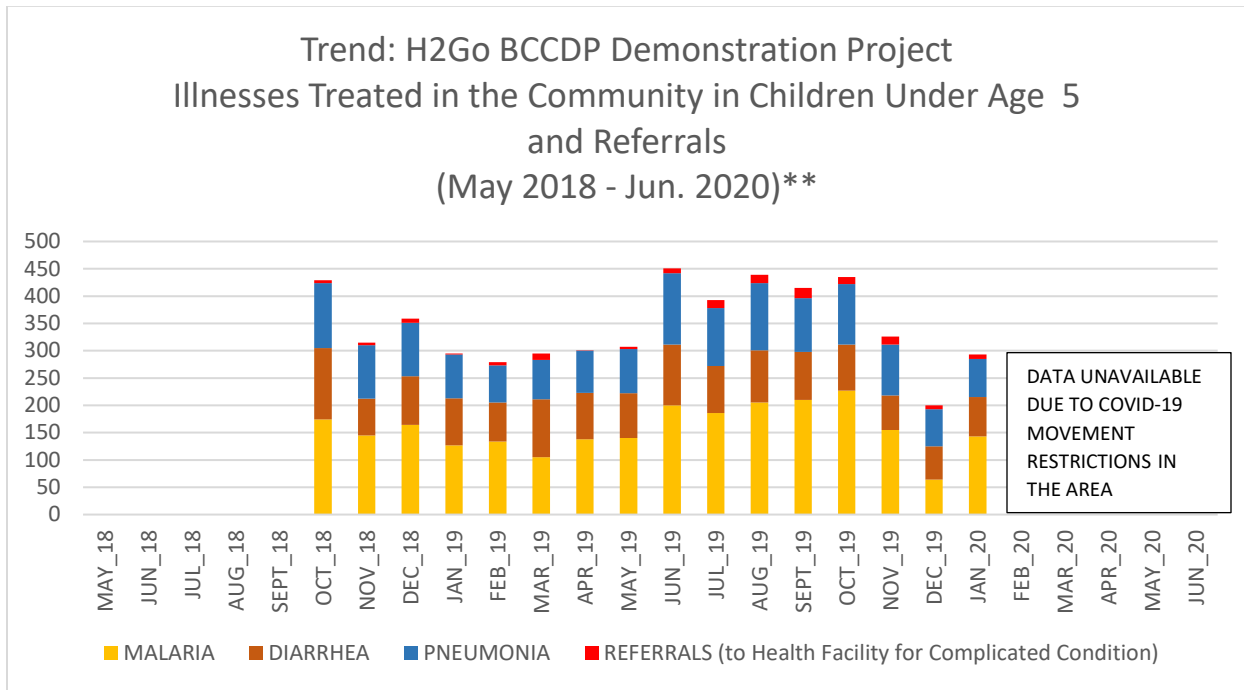
\*CBAs did not have medicines until Oct. 2018, but began conducting home visits in May 2018

\*\* Feb-June 2020 data have not yet been collected due to area movement restrictions related to the COVID-19 pandemic, although H2Go services were performed.

**Trends to date (May 2018-Jun. 2020)\*:**

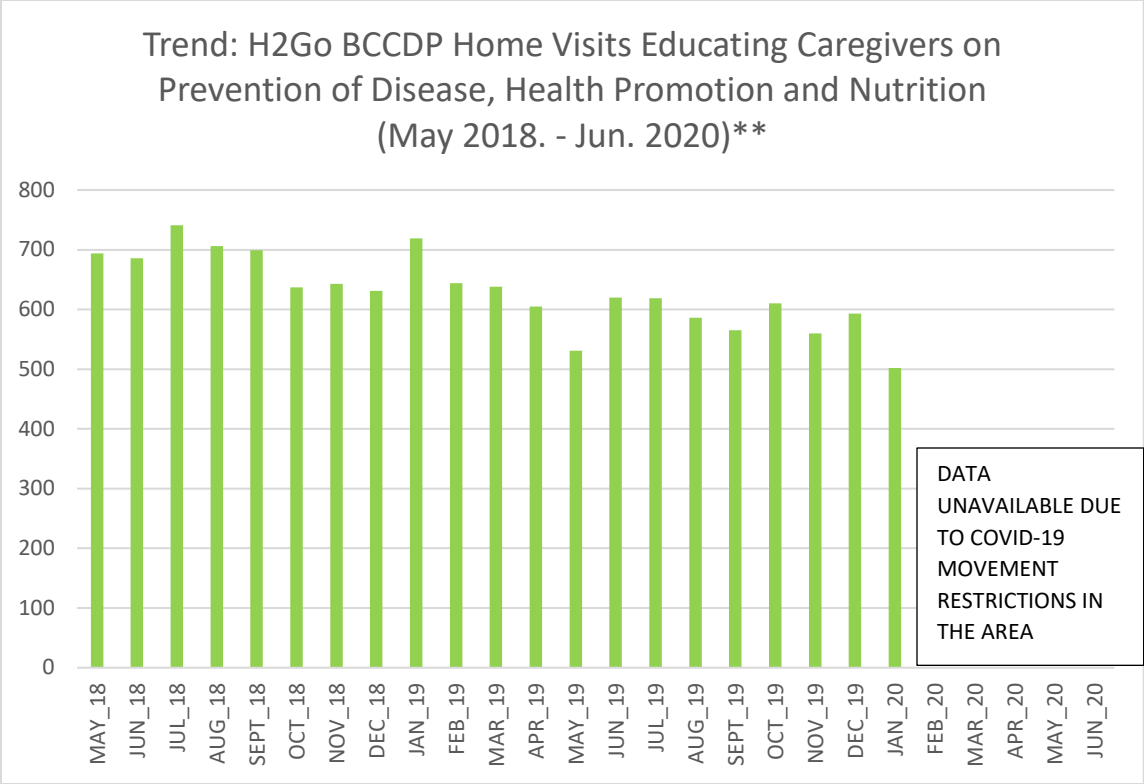
Trend-Project total: Among approximately 2,200 children under age 5:

- 5,388 illnesses treated in the community by H2Go BCCDP CBAs
- 2,517 malaria; 1,378 diarrhea; 1,493 pneumonia/Acute Respiratory Illness (ARI)
- 144 referrals for serious and life-threatening illnesses
- 13,229 Home Visits



\*CBAs did not have medicines until Oct. 2018, but began conducting home visits in May 2018

\*\* Feb-June 2020 data have not yet been collected due to area movement restrictions related to the COVID-19 pandemic, although H2Go services were performed.



\*CBAs did not have medicines until Oct. 2018, but began conducting home visits in May 2018

\*\* Data have not yet been collected due to area movement restrictions related to the COVID-19 pandemic, although H2Go services continue to be performed.

## Lessons Learned

### Wawase CHPS Zone Pilot

Lessons learned from the Wawase CHPS Zone Pilot have been significant as H2Go has tested Training, Implementation and Monitoring and Evaluation processes in a limited population and a manageable geographically defined site. In addition to improving overall healthcare and encouraging health prevention in households, the successful implementation of H2Go enabled health facilities to address urgent care more effectively.

Key learning includes:

- Determining the right amount of initial and refresher training
- Creation of additional tools and job aids to support CBA activities
- Development of a comprehensive CBA competency exam
- Linkage of supervision to training
- Community internship and supervision processes
- Appropriate equipment and replacement strategy
- Mobilizing CBAs quickly to support COVID-19 health education and risk communication in their respective communities

### BCCDP Demonstration Project

Key lessons learned thus far include:

- Refinement of training model for adaptation in the community
- Reinforcing training skills with community internship
- Expansion to a larger site
- Mobilizing CBAs quickly to support COVID-19 health education and risk communication in their respective communities

## Next Steps

With the implementation of the Wawase CHPS Zone Pilot and the expansion to the larger BCCDP Demonstration Project, H2Go aims to scale up to a larger area of District level and create a means for country-wide implementation as well as adaptation and expansion to other countries. Additionally, H2Go is exploring ways the program can be adapted to: 1) play a larger role in supporting country efforts within the community context for the current global pandemic and future emerging diseases; and 2) expand the scope of the program to extend health services coverage to a broader population. Our current next steps plans have been delayed due to COVID-19

- Present H2Go program to National House of Chiefs
- Prepare for expansion to a larger area of District level in Ho (Volta Region)
- Expand Countrywide in Ghana
- Prepare for implementation and expansion to additional countries
- Seek additional funding (USAID grant)
- Evaluate impact of the H2Go program
- Adaptation of H2Go program to support COVID-19 pandemic prevention efforts as well as other future infectious diseases that may emerge
- Assess feasibility of broadening H2Go program to cover other conditions and age groups

CHPS Zone (Wawase CHPS Zone Pilot < 2,000 pop.) → Sub-District (BCCDP Demonstration Site, approx. 20,000 pop.) → District Level (Approx. 100,000 pop.) → Country-wide and Additional Countries

## Appendix 1: Health 2 Go Timeline

### **2015**

January -June

- Extensive research conducted on community-based programs
- Determined to begin with child and maternal health with the concept of eventually expanding to address other populations within the community
- Program outcomes and objectives identified
- Selected evidence-based gold standard curriculum WHO/UNICEF Integrated Community Case Management, 'Caring for newborns and children in the community.'
- Connected with World Health Organization, UNICEF, Ghana MOH, and Child health leaders to obtain relevant program information and resources
- Health 2 Go logo designed

July-December

- Ghana visit to Kumasi and Kpong for needs assessment and site research (July 2015)
- Established and worked with a planning group
- Initiated Health 2 Go Program in Ghana with partnership of University of Utah, Ensign College of Public Health, Cast a Pebble and Ghana Health Service (GHS)
- Worked with Lower Manya Krobo Municipal Health to identify administrative personnel and site
- Identified a cluster of 6 small communities in the Wawase CHPs zone for Kpong Pilot
- Research and test equipment for program

### **2016**

January – June

- Sourced CBA equipment in Ghana and US
- Worked with Municipal Health to identify 10 CBAs in communities in Wawase CHPS Zone
- Prepared material for Manager, Supervisor and CBA training
- Developed launch promotional materials, including press kits
- Engaged communities; received official entry and welcome by chiefs (May)
- Formed direct linkage to hospital and health facility that receive referrals by Health 2 Go

July – December

- Manager/Facilitator Training (5-days) conducted by former Ghana national (iCCM) facilitator to train 6 GHS administrators and providers as H2Go Wawase CHPS Zone Managers and Facilitators held at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (July 4-8)
- Press event at Ensign with national TV and regional newspaper coverage to promote H2Go Kpong Pilot (July 14)
- Supervisor Training (3-days) to train 5 GHS Community Health Officers as H2Go Kpong Supervisors; held at Ensign College, St. Martin's, and Atua Hospitals (July 25-27)

- CBA training (6-days) to train 10 community members as H2Go Wawase CHPS Zone CBAs held at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Aug. 1-6)
- CBA Community Internship (2-days) in CBAs communities in Wawase CHPS Zone (Aug. 23, Aug 30)
- Engagement of communities through multi-community durbars (town hall meeting) to introduce H2Go in Wawase CHPS Zone (Oct. 24)
- Official H2Go launch in 6 communities in the Wawase CHPS Zone: total pop. 1,500 people (Oct. 24)
- H2Go BCCDP CBA bikes, medicine boxes and supplies delivered (Oct. 24)
- CBAs begin service in H2Go Wawase CHPS Zone Pilot communities (Nov. 1)
- Supportive supervision provided for H2Go Wawase CHPS Zone Pilot CBAs beginning this month (Dec.)

## **2017**

January – June

- First Kpong Refresher Training (1-day) held at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Jan.)
- Engagement of communities through multi-community durbars (Town Hall Meeting) to discuss program (Mar.)
- H2Go Wawase CHPS Zone Refresher Training (2-days) at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Apr.)
- Completed GIS Mapping, Census, and Health Behavior Survey in communities (June)

July-December

- H2Go Wawase CHPS Zone Refresher Training (2-days) at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Jul.)
- Engagement of communities through multi-community durbars (Town Hall Meeting) to discuss H2Go Wawase CHPS Zone program (Sep.)

## **2018**

January – June

- H2Go Wawase CHPS Zone Refresher Training (2-days) at Ensign College with clinical sessions at St. Martin's and Atua Hospitals, included press coverage as part of H2Go BCCDP promotion (Jan. 18-19)
- Press event was held at Ensign College with Ghana National TV and regional newspaper coverage to promote H2Go expansion to BCCDP (Jan. 19)
- Met with Ghana Health Service (GHS) regarding medicine supply to ensure program's sustainability (Jan.)
- Established strong relations with Regional, District, sub-District, and community leaders associated with BCCDP (Jan.)

- Formed direct linkage to health facilities (Berekese Heath Center and St. Patrick's Hospital) that will receive H2Go referrals (Feb.)
- Completed the initial H2Go BCCDP 5-day training for 6 GHS administrators and providers trained as H2Go Managers/Facilitators (Feb. 19-23)
- Completed the initial H2Go BCCDP 5-day training for 7 GHS community health officers trained as H2Go supervisors (Apr. 16-20)
- Completed the initial H2Go BCCDP 5-day training for 30 community members trained as H2Go community-based agents (CBAs) (Apr. 16-20)
- 1-day H2Go Community Internship at 3 BCCDP communities (Berekese, Barekuma, and Fufuo) (Apr. 25)
- Engagement of BCCDP communities through 2 multi-community Durbars (town hall meetings) (Apr. 26)
- Press event at durbars with Ghana National TV, radio, and newspaper (Apr. 26)
- H2Go BCCDP CBA bikes, medicine boxes and supplies delivered (Apr. 26)
- CBAs began service in H2Go BCCDP communities (May 1)
- Supportive supervision provided for CBAs beginning this month (Jun.)

#### July-December

- H2Go Wawase CHPS Zone Refresher Training (2-days) at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Aug.)
- H2Go team have agreed on supplying medicines for CBA's on-the-job training, scheduled to occur in September
- H2Go BCCDP CBA equipment and supplies such as torchlight, raincoat, and rainboots delivered (Sep.)
- 1-day H2Go BCCDP Refresher Training and distribution of 1-month medicine supply for Fufuo, Barekuma, and Maban Zones at Berekese (Sep. 27)
- 1-day H2Go BCCDP Refresher Training and distribution of 1-month medicine supply for Abira and Warpong Zones (Oct. 2)
- Engagement of communities through multi-community durbars (Town Hall Meeting) to discuss H2Go Kpong program at Abobeng and Wawase (Oct. 9)
- Engagement of communities through multi-community durbars (Town Hall Meeting) to discuss H2Go Kpong program held at Abobeng and Wawase (Dec. 11)
- Cast-a-Pebble agreed to fund H2Go BCCDP CBA medicines for one year (Dec.)
- Cast-a-Pebble indicated they would fund H2Go Wawase CHPS Zone Pilot for an additional year

## **2019**

#### January –June

- H2Go BCCDP Refresher Training held SDA Nursing Training School and St. Patrick's Hospital in Berekese, Kumasi (Jan 17-18)
- Wawase CHPS Zone Refresher Training (2-days) at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Mar. 7-8)
- Site visit to BCCDP conducted (May 21)

- Assessment of H2Go Wawase CHPS Zone Pilot CBA equipment (June 20)
- H2Go BCCDP Refresher Training held at SDA Nursing Training School and St. Patrick's Hospital in Barekese, Kumasi (June 27-28)

#### July-December

- Assessment of H2Go BCCDP Demonstration Project CBA equipment (July 17)
- Engagement of communities through multi-community durbars (Town Hall Meeting) to discuss H2Go BCCDP program at Achina (Oct. 23)
- H2Go BCCDP Refresher Training held SDA Nursing Training School and St. Patrick's Hospital in Barekese, Kumasi (Oct. 24-25)
- Wawase CHPS Zone Refresher Training (2-days) at Ensign College with clinical sessions at St. Martin's and Atua Hospitals (Nov.14-15)

## **2020**

#### January – June

- Pre-scheduled H2Go Refresher Trainings for Wawase CHPS Zone Pilot and BCCDP Demonstration Project postponed due to COVID-19 pandemic and Ghana national quarantine restrictions
- Training of H2Go BCCDP Demonstration Project CBAs on COVID-19 health education and risk communication via telephone
- Training of H2Go Wawase CHPS Zone Pilot CBAs on COVID-19 health education and risk communication via onsite supervisory visit

## Appendix 2: Collaborative COVID-19 Study

The following overview of the collaborative COVID-19 study and Progress Report (as of Aug. 14, 2020) was submitted by Dr. Stephen Manortey, Ghana Country H2Go Principal Investigator:

The Ensign College of Public Health with its collaborative partners Engage Now Africa (ENA) and the Health2Go Project have launched out a two-phased projects (Digital and Community Initiatives) in support to the national effort to mitigate the community spread of COVID-19 within Ghana. The primary aim of the Community Initiative is to adopt a research-driven approach to assess residents' current level of preparedness in practicing the laid-out protocols of preventing the disease using tested health behavioral change model. The findings from the baseline study will then guide the chosen health intervention strategy that will guide residents in the communities to appropriately follow the prescribe measure to curb the fast spread of the disease. The collaboration is relying strongly on the experience and expertise of the institutions on their past or ongoing community-based health intervention activities across the country.

Currently, the project has completed a baseline survey involving 770 adult residents in three administrative regions (Eastern, Volta and Ashanti Regions) in selected rural and peri-urban communities across the country. The study reported a very high response rate (98.9 %), an indication of the willingness of all to understand the disease condition and what can be done to stop the spread.



It was further revealed from the baseline data that the majority of the respondents hinted they are taking some individual actions to prevent the community spread of the disease. However, when asked very specific questions regarding adherence to the prescribed protocols and identification of at least three (3) symptoms of the disease most of them (above the average age 37.4 yrs.) could not provide correct answers. Those who indicated not practicing protocols such as wearing of face masks and using of hand sanitizers attributed their inabilities to lack of funds to buy. It was also admitted that the directive not to shake hands and frequent washing of hands is new to their cultures and therefore very difficult to deviate from what is known to be normal.

These findings will, therefore, call for an intervention strategy that will not only support the vulnerable with PPEs but an opportunity to offer very informative education on the practices that will promote behavioral change on all prescribed protocols.

COVID-19 Community Initiative Progress Report Aug. 6-12, 2020:

- 6th August: The project was launched at Mafi Dove, in the Volta Region. Over 200 community members were in attendance, including previously trained Engage Now Africa (ENA) field facilitators who will offer continuous education on Covid-19 protocols within the communities.
- 6th August: Some team members were dispatched to deliver intervention materials to two (2) locations in the Ashanti Region; Health2Go operational communities and Sawaba. On the same trip, a branded handwashing basin was presented on behalf of the project to KNUST Medical School
- 11th August: The project was officially launched at Wawase in the Eastern Region. This was done with staff from the Ghana Health Service and the Health2Go Community-Based Agents (CBAs). The CBAs were trained to offer continuous education on Covid-19 protocols alongside their other health intervention activities within the communities.
- 12th August: The project was officially launched at Kpong at the main lorry park in the Eastern Region. The occasion was graced with the presence of traditional leaders, the leadership of the Drivers' Union (GPRTU), staff from the Ghana Health Service, selected students and teachers from schools within the community and the leadership of the Students Representative Council (SRC) of Ensign College. The event
- 12th August: A branded handwashing basin was donated by the team to the Volta River Authority (VRA) Hospital at Akosombo, in the Eastern Region. This was well received with great appreciation.

All activities have been covered on selected social media handles, including the use of the traditional media platforms. The Media Committee of the team is making all efforts to strategically project the teams' work and also use the opportunity to reach out with the education to a much larger audience.

<https://newsghana.com.gh/ecoph-engage-now-africa-and-h2go-push-for-covid-19-behavioural-change/>

<https://twitter.com/ensigncollege?lang=en>

<https://www.myjoyonline.com/news/regional/>

Appendix 3: Budget  
Wawase CHPS Zone Pilot

<b>Health 2 Go Wawase CHPS Pilot Project</b>			
10 CBAs Serving 6 Communities			
	Budget 7/1/15- 12/31/20	Actual Expenditures 7/1/15 through 6/30/20	Amount remaining on 6/30/20
Costs			
Medications	\$ 11,142.02	\$ 4,521.19	\$ 6,620.83
Program Equipment and Supplies	\$ 40,762.56	\$ 31,472.56	\$ 9,290.00
Training (Initial Basic and Refresher)	\$ 60,766.24	\$ 33,610.00	\$ 27,156.24
Supervision	\$ 13,870.12	\$ 9,899.59	\$ 3,970.53
CBA Stipends	\$ 12,760.00	\$ 7,435.15	\$ 5,324.85
Community Engagement	\$ 3,316.68	\$ 2,530.93	\$ 785.75
Site Visits by Central H2Go Team	\$ 13,000.00	\$ 18,065.13	\$ (5,065.13)
Ghana H2Go Team Support	\$ 65,402.92	\$ 70,477.00	\$ (5,074.08)
Central H20Go Team Support	\$ 125,502.08	\$ 79,375.68	\$ 46,126.40
Monitoring and Evaluation	\$ 13,477.38	\$ 229.89	\$ 13,247.49
<b>Total</b>	<b>\$ 360,000.00</b>	<b>\$ 257,617.13</b>	<b>\$ 102,382.87</b>

BCCDP Demonstration Project\*

<b>Health 2 Go BCCDP Demonstration Project</b>			
30 CBAs Serving 20 Communities			
	Budget 7/1/15-12/31/20	Actual Expenditures 7/1/15 through 6/30/20	Amount remaining on 6/30/20
Costs			
Medications	\$ 32,000.00	\$ 7,996.30	\$ 24,003.70
Program Equipment and Supplies	\$ 37,923.80	\$ 41,086.65	\$ (3,162.85)
Initial Training	\$ 42,984.00	\$ 27,940.48	\$ 15,043.52
Refresher Training	\$ 98,980.00	\$ 17,726.03	\$ 81,253.97
Supervision	\$ 5,076.92	\$ 3,215.89	\$ 1,861.03
CBA Stipends	\$ 18,461.54	\$ 14,904.18	\$ 3,557.36
Community Engagement	\$ 2,779.49	\$ 3,111.39	\$ (331.90)
Site Visits by Central H2Go Team	\$ 26,844.25	\$ 10,228.07	\$ 16,616.18
Ghana H2Go Team Support	\$ 16,250.00	\$ 19,430.70	\$ (3,180.70)
Central H2Go Team Support	\$ 74,700.00	\$ 102,727.09	\$ (28,027.09)
Monitoring and Evaluation	\$ 6,000.00	\$ -	\$ 6,000.00
Total	\$ 362,000.00	\$ 248,366.78	\$ 113,633.22

\*Cast a Pebble Foundation directly purchased and donated bicycles and accessories through Rugged Cycles to Health 2 Go amounting to approximate retail value of \$40,000, \$30,000 of which is reflected in the BCCDP Demonstration Project *Program Equipment and Supplies* Budget.

## References

1. Wardlaw, T., You, D., Newby, H., Anthony, D., & Chopra, M. (2013). Child survival: a message of hope but a call for renewed commitment in UNICEF report. *Reprod Health, 10*, 64. doi:10.1186/1742-4755-10-64
2. Daelmans B, Seck A, Nsona H, Wilson S, Young M. Integrated Community Case Management of Childhood Illness: What Have We Learned? *The American journal of tropical medicine and hygiene.* 2016;94(3):571-3. Epub 2016/03/05. doi: 10.4269/ajtmh.94-3intro2. PubMed PMID: 26936992; PMCID: PMC4775893.
3. United Nations Children’s Fund, *The State of the World’s Children 2016: A fair chance for every child.* UNICEF, New York, 2016.
4. Diaz T, Aboubaker S, Young M. Current scientific evidence for integrated community case management (iCCM) in Africa: Findings from the iCCM Evidence Symposium. *Journal of global health.* 2014;4(2):020101. Epub 2014/12/19. doi: 10.7189/jogh.04.020101. PubMed PMID: 25520783; PMCID: PMC4267091.
5. Young M, Wolfheim C, Marsh DR, Hammamy D. World Health Organization/United Nations Children's Fund joint statement on integrated community case management: an equity-focused strategy to improve access to essential treatment services for children. *The American journal of tropical medicine and hygiene.* 2012;87(5 Suppl):6-10. Epub 2012/11/21. doi: 10.4269/ajtmh.2012.12-0221. PubMed PMID: 23136272; PMCID: PMC3748523.
6. United Nations Children’s Fund, *Committing to Child Survival: A Promise Renewed –Progress report 2015,* UNICEF, New York, September 2015.
7. United Nations Children’s Fund. *Child Mortality Estimates: Country-specific under-five mortality rate* [Internet]. UNICEF Global Databases. 2019. Available from: <http://data.unicef.org>
8. Costello AM and Dalglish SL on behalf of the Strategic Review Study Team. “Towards a Grand Convergence for child survival and health: A strategic review of options for the future building on lessons learnt from IMNCI.” Geneva: WHO, 2016.
9. Liu L, Oza S, Hogan D, Chu Y, Perin J, Zhu J, Lawn JE, Cousens S, Mathers C, Black RE. Global, regional, and national causes of under-5 mortality in 2000-15: an updated systematic analysis with implications for the Sustainable Development Goals. *Lancet (London, England).* 2017;388(10063):3027-35. Epub 2016/11/15. doi: 10.1016/s0140-6736(16)31593-8. PubMed PMID: 27839855; PMCID: PMC5161777.
10. <https://dashboards.sdindex.org/#/GHA>
11. Black RE, Taylor CE, Arole S, et al. Comprehensive review of the evidence regarding the effectiveness of community-based primary health care in improving maternal, neonatal and

child health: 8. summary and recommendations of the Expert Panel. Journal of global health. 2017;7(1):010908.

12. <https://www.bloomberg.com/news/articles/2020-05-31/ghana-emboldened-by-low-fatality-rate-to-ease-some-restrictions>

13. <https://ghanahealthservice.org/covid19/>