



QUARTELY NEWSLETTER

JULY - SEPTEMBER 2022



Dear Reader,

Welcome to our first ever **Quarterly Newsletter**.

Each quarter, a Newsletter will be released as a platform for quarterly updates for all Programs implemented by R4H: **Sample Transport**, **Waste Management** and **Driving School**.

Contributions towards the 2nd Quarterly Newsletter are welcome and they can be shared to the Communications desk through this email: mnyirenda@r4hmw.org.

Kind regards,

Mervis Nyirenda, **Communications Officer**

MISSION

Make the last mile the most important mile in health care delivery by creating efficient solutions for achieving truly equitable access to health care.

VISION

To ensure that health care reaches everyone, everywhere.

VALUES



Collaboration



Accountability



Diversity



Practicality



Reliability



Environmental



Enterprising



Respect

HARNESSING CHALLENGES IN HEALTHCARE DELIVERY IN MALAWI: THE STORY OF R4H

Article by: Mervis Nyirenda

When it comes to accessing quality health care services, the tale of most Malawians in hard- to- reach communities has been a story of difficulty and challenge. Through R4H, Chikondi Makawa; a courier from Thyolo has assisted in renewing hope for many Malawians.

“I am happy to be working with R4H in its mission to Make the last mile the most important mile in health care delivery. I have been working with R4H as a Sample Transport courier since 2018 and I reach to 31 health facilities” Makawa explained.

R4H previously known as Riders for Health has since 2011 been implementing a Sample Transport program to address challenges in health care delivery. In 2011, R4H was operating in 7 districts only: Rumphi, Mzimba South, Dowa, Lilongwe, Machinga, Neno and Nsanje. Currently, STP is reaching to twenty-eight districts in Malawi.

Makawa is not the only agent of change under R4H's Sample Transport Program. Crispine Hara from Lilongwe east is also one of the couriers who is championing the programme in the central region. Hara is a courier for Lilongwe District Health Office.



Crispin Hara arriving at Bwaila DHO for Sample delivery.

“Sample transport program has been a relief to a lot of people across the country. Before the implementation of this program it was a challenge for community members especially those living in hard - to - reach communities like Chimalanga and M’bang’ombe to access diagnostic healthcare services like Tuberculosis, Covid and HIV/ AIDS testing.” Crispine Hara explained.

R4H Malawi delivers sample and results transport, medical waste management and road safety training nationally. R4H ensures that universal healthcare is afforded to the most vulnerable at the last mile where access to health care services is still challenged by distance, terrain, and transport. This includes improving diagnostics through the delivery and collection of clinical samples / results. Samples are transported from community health facilities to laboratories by trained R4H couriers. The results are delivered to over 764 health facilities nationwide.

The Programmes Manager Angellina Nazombe explained that the Sample Transport programme is promoting a community-wide approach to addressing health equity problems which affect a lot of people in the country especially those who are living in the hard-to-reach areas.

Reporting on the lessons learnt from the 11 years of implementing the Sample Transport Programme, Levi Mzumara, Sample Transport Coordinator for central region observed that, Most of R4H activities are under Ministry of Health hence involvement of government is paramount more especially when it comes to decision making on new program activities and other legal requirements. In addition, being a hospitality organization, community participation is key when it comes to activity participation and project acceptance.

As the fortunes of many Malawians change for the better through the Sample Transport programme, one only hopes for the continual progression of the programme to benefit more people.



WHAT WE DO

SAMPLE TRANSPORTATION

R4H is implementing a Sample Transport Program in 28 districts; 764 health facilities across Malawi. R4H ensures that universal healthcare is afforded where access to healthcare services is challenged by distance, terrain, and transport. Core activities over the last eleven years include *delivering and collecting clinical samples / results*.

R4H Couriers transport samples from health facilities which offer ART services and are approved as ART providers. Samples are transported from health facilities and handed over to laboratory technicians in district laboratories.

In cases where the district lab does not have the necessary diagnosis equipment, the samples are sent to molecular labs. All data with regards to the samples are recorded in a web - based data collection platform known as **Commcare** which is managed by couriers through tablets .

R4H Malawi has worked in the country for eleven years since 2011 with 22 bikes in seven districts. R4H today runs a fleet of 86 motorcycles, 86 riders, three vehicles, and boat transport that reaches over 764 sites.



DRIVING SCHOOL

To address large levels of road accidents /fatalities, a road safety school is run, training on defensive driving / motorcycle maintenance.

The next page show cases the courses and fees:



FULL COURSES

Full Course

- **30** Lessons
- **30** Minutes / Day

Half Course

- **15** lessons
- **30** Minutes / Day

Weekend Classes

- **3** Weekends
- Full Day

Prices Available on request

OTHER TRAININGS

Hire for Exams and Practical

- **4** Lessons (**4** Days)

Assessment (pre-test)

- **1** Lesson (**1** Day)

Day Sitting

- **1** Lesson (**1** Day)

Highway Code Coaching

REFRESHERS TRAININGS

The training areas include:

- Introduction to motorcycles / protective clothing.
- Motorcycle functions and controls assessment on riding
- skills, highway code theory lessons.
- Starting, moving off and Stopping.
- Turning and changing gears, breaks and breaking.

Motor Services

R4H can also assist with:

- Motorcycle Services and maintenance.
- Motorcycle assembling.
- Auto Parts Supplies.



- Mzuzu
- Lilongwe
- Blantyre
- Zomba



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WASTE MANAGEMENT

R4H undertakes health care services by safely disposing potentially hazardous waste from health facilities across Malawi. This initiative was commended due to the growing HIV programs and Covid 19 services which are producing wastes like Guanidium Thiocynate (GTC).

GTC is found in tests that are required to manage HIV Viral Load (VL) and SARV- CoV- 2 which is necessary for anyone potentially infected by the viruses.

Since October, 2019, R4H has been involved in reserve logistics specifically implementation of waste management of the Viral Load, EID Gene Xpert and Covid-19 cartilages.

As laboratories are providing EID, Viral Load and Covid-19 testing, the used cartilages need to be managed properly to protect the very people they are trying to serve. It is against this background that R4H embarked on this waste management program.

R4H's scope of work entails waste collection, transportation, storage and proper disposal. It also provides technical assistance on waste handling to laboratory service providers from the health facilities that R4H collect waste from. In the program, waste is being collected from 45 health facilities across Malawi.

A photograph of a group of motorcycle police officers in a dusty, arid environment. The officers are wearing helmets and high-visibility vests, and are positioned in a line, facing away from the camera. They are on motorcycles, and the scene is filled with a thick layer of dust or sand. In the background, there are some buildings and a tree. The text "KEY ACHIVEMENTS" is overlaid in the center of the image.

KEY ACHIVEMENTS

SAMPLE TRANSPORTATION

Project Success

- ST implementation for all districts.
- ST implementation for 19 DICs.
- ST implementation for MSF, I-TECH project and MLW Trust projects.
- Monthly route schedule and fuel analysis.
- Program monthly reporting to UMB.
- ST agreement with MLW Trust.
- ST spot checks for all health facilities in Nkhatabay, Chiradzulu, Mchinji, Ntchisi, Salima and Dowa District Hospitals.
- Great communication and coordination between R4H and Lab managers.
- Proper handling and transportation of samples and results as per standards by R4H couriers.

Meetings

- Drone TWG at Latitude 360 on 23rd June 2022.
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- WHO digital atlas reporting in Salima between the 11th and 14th May 2022.
- External Quality Assessment review meeting for the National TB and Leprosy Elimination Program (NTLEP) that took place in Salima on 3rd June 2022.
- Village Reach meeting that our ICT team demonstrated the Digital Tracking tool for stool polio samples at Village Reach offices on 15th Aug 2022.
- EPI meeting with Village Reach that demonstrated the Digital Tracking tool for stool polio samples at CHSU on 1st September 2022.
- CopperSmith on STO server migration and with EGPAF on the same., PAKACHERE, MACRO.
- R4H – Village Reach Drones in ST arising issues coordination meeting.

WASTE MANAGEMENT

Project Success

- Waste collection and destruction for all districts.
- CDC waste management cost framework.
- UID waste management costing submission.

Meetings

- R4H – Matachana Group waste treatment meeting.
- CDC liquid Waste management training that was offered by the CDC Atlanta consultant and African CDC expert at CHSU between 16th and 17th Aug 2022.

DRIVING SCHOOLS

Project Success

- + Corporate training clients, a total of 37 trainees:
 - JTI -16 Trainees
 - WVI-13 Trainees
 - AHF-3 Trainees
 - VSO-5 Trainees
- + Kabaza Clients , 25 + Clients.
 - Includes 7 kabaza clients from Kasungu Town.

SHOUT
OUTS!!!



Shoot out!
Mr Benson Mbughi

You have been a great asset to the organization. R4H team wishes you the best in your new endeavours.



Shoot out!
Abigail

Through out the quarter, you have always been reporting early for work. That's remarkable, keep it up!

HR UPDATES

Note from the Human resource department:

- We are delighted to announce R4Hs partnership with Global Health Corps through its fellowship programme.
- We welcome new staff who joined R4H for various roles as highlighted be-low:

New Employee Profiles

- Lawrence Kachule : programs manager, Digitalization & Innovation, Lilongwe Office.
- Angellina Nazombe: Programs Manager, Quality Assurance, Lilongwe Office.
- Linda Njete : Sample Transport Coordinator, Blantyre Office.
- Mervis Nyirenda : GHC Fellow/ Communications Officer, Lilongwe Office.
- Ronald jr Matsoka : GHC Fellow/ Business Development Officer, Lilongwe Office.

Couries

- Maltida Banda , Lilongwe
- Junnie Mulanzi, Blantyre
- Catherine Chitseko, Thyolo
- Chikondi Kanyenje, Zomba
- Clement Thyolani, Chiradzulu
- Kenneth Singini, Mangochi

PICTORIAL FOCUS



Group photo - R4H Head Office Staff.



Motorcycle riding trainees posing with Instructor Jhuwao Chikaoneka, The Sample Transport Coordinator; Levi Mzumara after a successful 3 weeks training.



Instructor Jhuwao chikaoneko orienting riding trainees to motorcycle parts and use.

PLANS FOR THE NEXT QUARTER

Driving School

- + Full operational of three new schools in each of these districts:
 - Mzuzu
 - Zomba
 - Blantyre
- Train two staff from AHF.
- Train 4 Clients from WVI.

