

# EPHCG OVERVIEW

1



Health Extension & primary health care  
Directorate PHCG training

2/9/2020

2/9/2020

# Presentation outline

- Introduction
- 4 pillars of EPHCG implementation
- Theory of change
- Implication of PHCG
- EPHCG piloting status

# Introduction

- ▶ Ethiopia's PHC clinical guide is **an algorithmic guideline**, prepared to be used as a **quick and action-oriented toolkit** for care givers in a health center
- ▶ Primarily it targets health officers and nurses as care givers
- ▶ 98 and 37 adult and child symptoms respectively, 25 chronic illness including women health issues.
- ▶ Under 5 children's will be addressed based on Integrated Management of New-born and Childhood Illness (IMNCI) guidelines

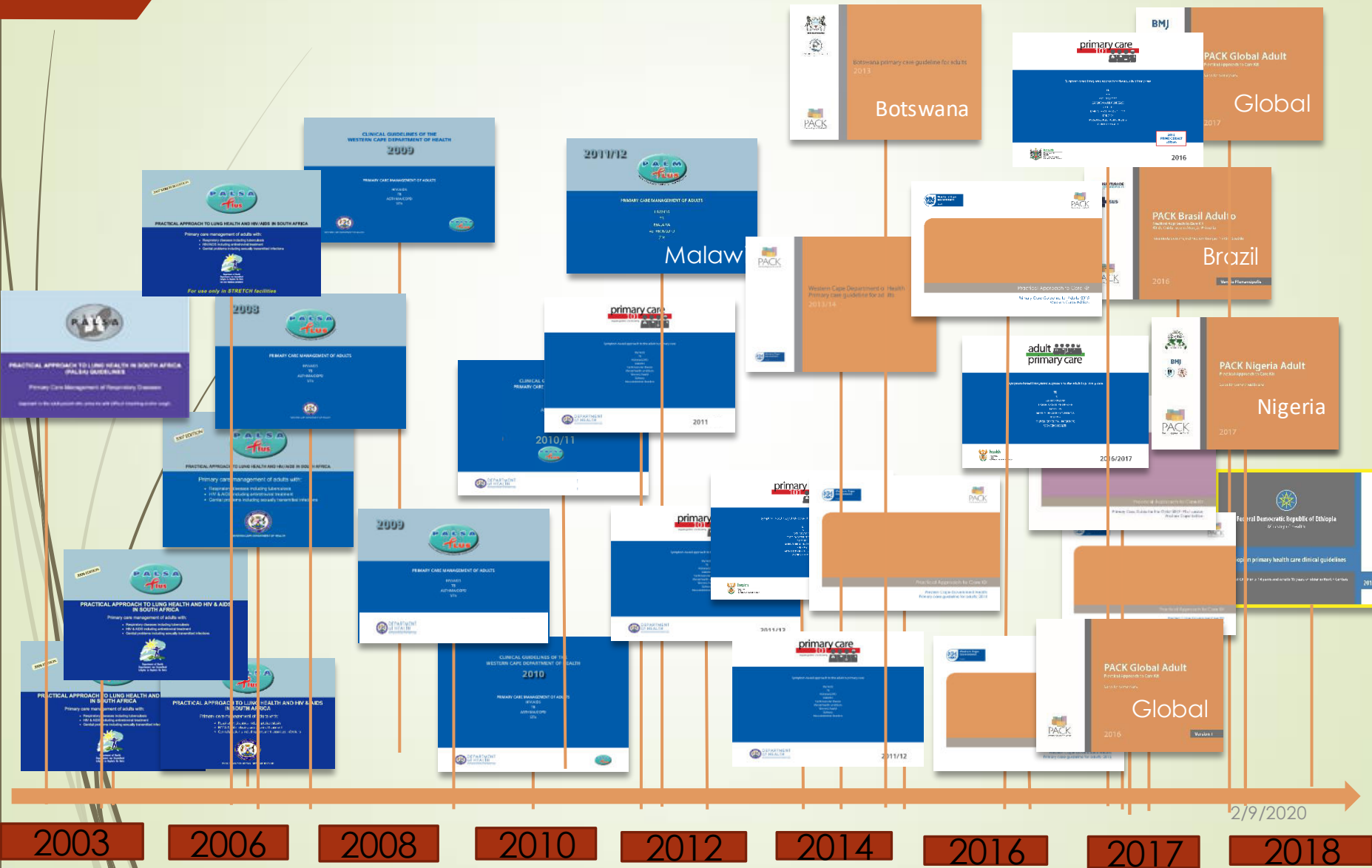
## Introduction cont...

- Each part is divided into two sections: symptoms and chronic conditions (Routine Care)
- Ethiopian primary health care clinical guidelines is integrated to the **four health sector transformation agendas**
- The EPHCG was localized from PACK (practical approach to care kit) guide—developers of this guide based at Knowledge Translation Unit (KTU), University of Cape Town, Lung Institute

# Guide editions in 18 years



5



2/9/2020



# Localized guidelines

6



2003

2006

2008

2010

2012

2014

2016

2017

2018

2/9/2020

# There are 4 pillars to the EPHCG implementation programme

1

**EPHCG**

2

**Training  
programme**

3

**Health Systems  
improvement**

4

**Monitoring  
and evaluation**



# Pillar 1: EPHCG



**Federal Democratic Republic of Ethiopia**

Ministry of Health

## Ethiopian primary health care clinical guidelines

Care of Children 5-14 years and Adults 15 years or older in Health Centers



**PACK**  
Practical Approach to Care Kit

Addis Ababa

**2010 (EC) | 2017 (GC)**





# PACK guide: What you need to know?

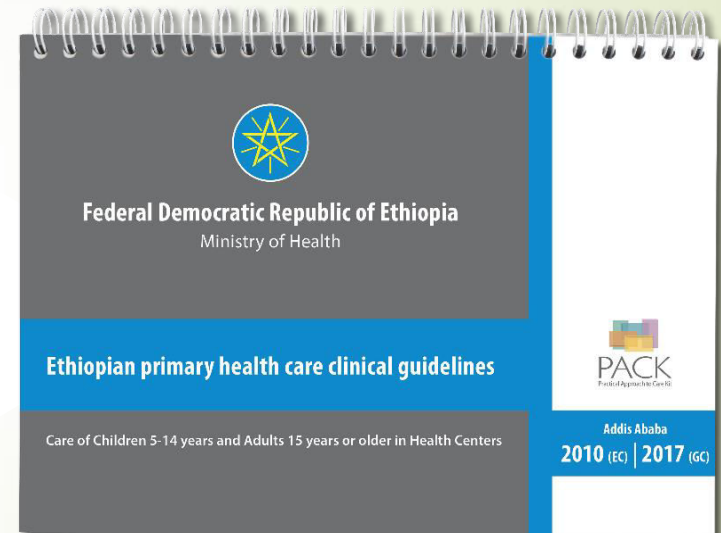
- Organized to reflect **the way patients present to primary care** (symptoms or follow-up of a chronic condition or both)
- Prompts the clinician to **consider a chronic condition diagnosis** at every opportunity
- Integrates multiple guidelines into one concise comprehensive tool
- Evidence-informed



# The Ethiopia PHCG Principles

- **Comprehensive and integrated** care
- Dealing with **the whole patient**,
- Provision of various services at a service delivery point (**“one stop shop”**)
- Continuity **throughout the lifecycle**, as well as between types of care providers
- Provide services that are **safe, respectful** to the user

# Too many guidelines



# Stroke: diagnosis and routine care

**Sudden onset** of one or more of the following suggests a stroke or a transient Ischaemic attack (TIA):

- Weakness or numbness of the face, arm or leg, especially on one side of the body
- Difficulty speaking or understanding
- Blurred or decreased vision in one/both eyes or double vision
- Difficulty walking, dizziness, loss of balance or co-ordination

If patient has one or more of: hypertension, diabetes, heart disease, on warfarin, > 60 years and has no history of head trauma, **stroke** likely. If not, refer to hospital to confirm the diagnosis of stroke.

## Give urgent attention to the patient with a stroke/TIA:

- If oxygen saturation < 95% or oxygen saturation machine not available, give face mask oxygen.
- If glucose < 70mg/dL or unable to measure, give 25mL **glucose 40%** IV over 1-3 minutes. Repeat if glucose still < 70mg/dL after 15 minutes.
- Keep patient nil by mouth until swallowing is formally assessed.
- Give **normal saline** 1L IV 4-6 hourly. If glucose  $\geq$  70mg/dL, avoid fluids containing glucose/dextrose as raised blood glucose may worsen a stroke.
- If BP  $\geq$  220/120, give single dose of **nifedipine** 20mg PO.
- Refer urgently.

## Assess the patient with stroke/TIA

Assess	When to assess	Note
Symptoms	Every visit	<ul style="list-style-type: none"> <li>• Manage symptoms as on symptom pages.</li> <li>• Ask about symptoms of another stroke/TIA. Also ask about chest pain <math>\hookrightarrow</math>94 or leg pain <math>\hookrightarrow</math>96.</li> </ul>
Depression	Every visit	In the past month, has patient: felt depressed, sad, hopeless or irritable or worrying a lot, had multiple physical complaints, felt little interest or pleasure in doing things? If yes to any $\hookrightarrow$ 99.
Rehabilitation needs	Every visit	Refer to physiotherapy for mobility.
BP	Every visit	<ul style="list-style-type: none"> <li>• Check BP <math>\hookrightarrow</math>89. If new hypertension, avoid starting treatment until &gt; 48 hours after a stroke.</li> <li>• If known hypertension <math>\hookrightarrow</math>90.</li> </ul>
Glucose	At diagnosis, then yearly	Check glucose $\hookrightarrow$ 86. If known diabetes $\hookrightarrow$ 87.
Random total cholesterol (by referral to hospital)	3 months after starting simvastatin and then after 3 months if $\geq$ 190mg/dL	<ul style="list-style-type: none"> <li>• If cholesterol <math>\geq</math> 190mg/dL: Increase simvastatin to 40mg. If already on 40mg daily, refer to hospital.</li> <li>• If cholesterol &lt; 190mg/dL, no need to repeat.</li> </ul>
HIV	At diagnosis or if status unknown	Test for HIV $\hookrightarrow$ 75.

## Advise the patient with stroke/TIA

- Advise the patient to seek medical attention immediately should symptoms recur. Quick treatment of a minor stroke/TIA can reduce the risk of major stroke.
- Help patient to manage his/her CVD risk  $\hookrightarrow$ 85.
- If patient is < 55 years (man) or < 65 years (woman), advise the first degree relatives to have CVD risk assessment  $\hookrightarrow$ 84.
- Avoid combined oral contraceptive. Advise other method such as IUD, injectable, progestogen-only pill or subdermal implant  $\hookrightarrow$ 110.

## Treat the patient with an Ischaemic stroke/TIA

- Give **aspirin** 75-150mg PO daily for life. Avoid if haemorrhagic stroke, peptic ulcer, dyspepsia, kidney or liver disease. If heart valve disease or atrial fibrillation, refer for warfarin instead.
- Start **simvastatin** 20mg PO daily. If repeat cholesterol > 190mg/dL increase to 40mg daily. If already on 40mg, refer to hospital.

## Pillar 2: Training programme - What you need to know

- Educational Outreach/Onsite training
- Train the team



# Educational Outreach: Onsite sessions



# Onsite training

- Onsite training is used to promote usage of the EPHCG.
- Each of the training sessions follow the 4 steps ;-
  - welcome,
  - recap and problem solving,
  - training the new topic and
  - prepare for next session & closure.



# Onsite training comprises:

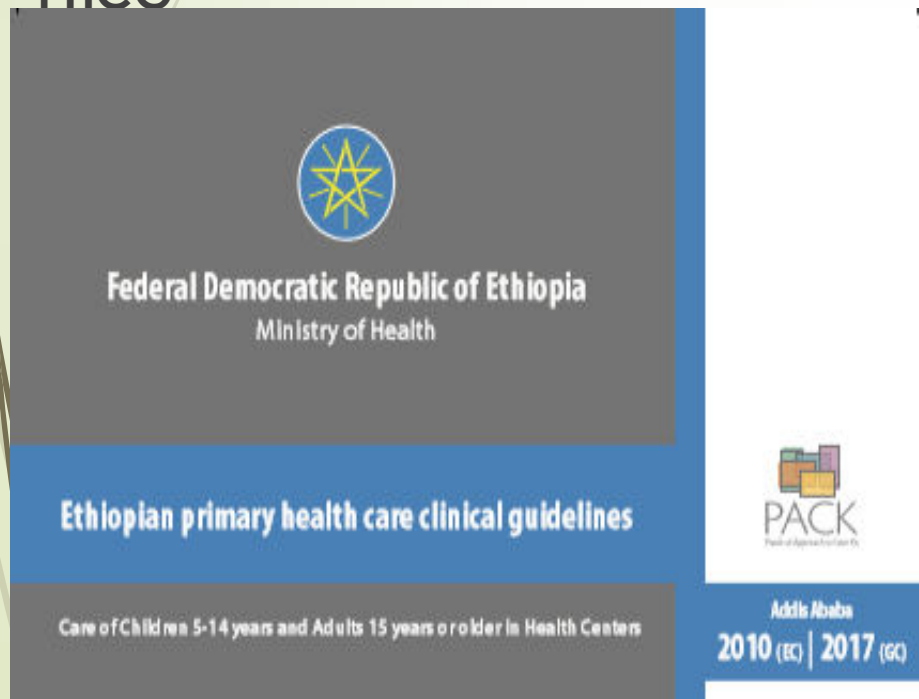
- Short (1-1 ½ hours) training sessions.
- Held onsite at an agreed upon time
- Minimal disruption to clinical services.
- In-service training at the facility so that staff can be trained together and can apply what they have learnt in practice immediately.
- Weekly program: **learning with practice**



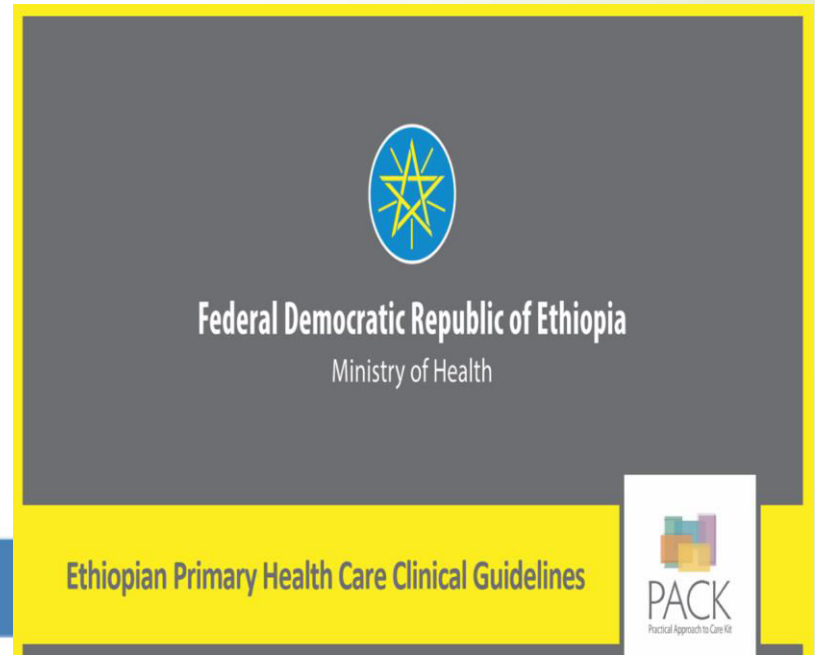


# PHCG Training Materials

## PHCG



## Facility Trainer Manual



# PHCG Training Materials

## How to use the PHCG

Federal Democratic Republic of Ethiopia  
Ministry of Health  
PACK

**Always start on the Adult or Child contents page – as appropriate:**

Symptoms  
Chronic conditions

Use the red box to determine if the patient needs **urgent attention** and manage them appropriately.

If the patient does not need urgent attention, follow the algorithmic approach to either a management plan or to consider a chronic condition.

Does the patient need:

This or That

The guide refers you to relevant pages during patient evaluation or routine care with arrows:

- The return arrow (↶) guides you to a new page but suggests that you return and continue on the original page.
- The direct arrow (→) guides you to continue on another page.

A 3 step framework of **Assess, Advise and Treat** standardises the approach to the patient with a chronic condition.

The 'Assess' table is divided into different grey to indicate 3 assessment areas:

Assess
History (what to ask)
Examination (what to look for)
Investigation (what tests to do)

See back covers for more information on how to use this guide.

## The PHCG initiative

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### 1 The PHCG

It aims to guide the clinician to assess a patient's symptoms, make a diagnosis and develop a management plan, and deliver routine care for one or more chronic conditions.

### 2 Training

- Cascade Model
- Educational outreach – on-site training
- Alternate training with practice
- Train approach
- Interactive methodology – case based
- Cases covering:
  - Communicable diseases
  - Non-communicable diseases
  - Women's health
  - Mental health

**Cascade Model**

```

  graph TD
    A[Knowledge dissemination unit] --> B[Community health workers]
    A --> C[Community health workers]
    B --> D[Health extension workers]
    C --> D
    D --> E[Health extension workers]
    D --> F[Health extension workers]
    D --> G[Health extension workers]
    D --> H[Health extension workers]
    D --> I[Health extension workers]
    D --> J[Health extension workers]
    D --> K[Health extension workers]
    D --> L[Health extension workers]
    D --> M[Health extension workers]
    D --> N[Health extension workers]
    D --> O[Health extension workers]
    D --> P[Health extension workers]
    D --> Q[Health extension workers]
    D --> R[Health extension workers]
    D --> S[Health extension workers]
    D --> T[Health extension workers]
    D --> U[Health extension workers]
    D --> V[Health extension workers]
    D --> W[Health extension workers]
    D --> X[Health extension workers]
    D --> Y[Health extension workers]
    D --> Z[Health extension workers]
  
```

### 3 Health Systems strengthening

- Referral linkage
- Medications, equipment and laboratory test availability
- Task shifting and task sharing
- Implementing Health-care reform

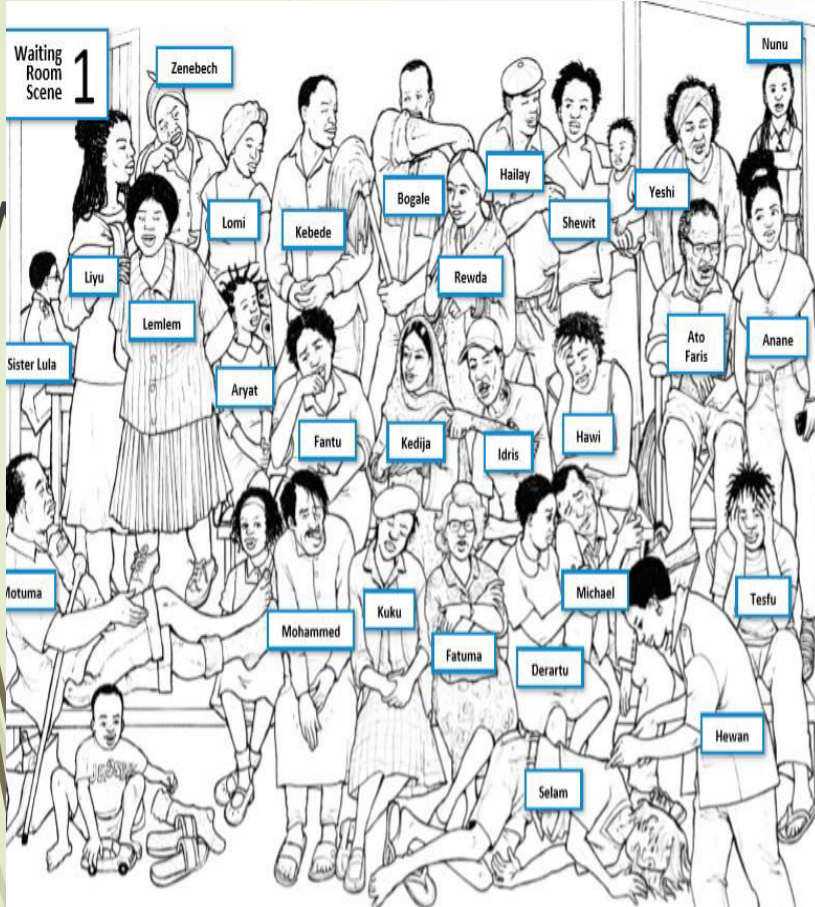
### 4 Monitoring, evaluation and improvement

- Individual training records
- Facility Trainer training records
- Database
- Reporting
- Quality improvement

Training Records



# PHCG Training Materials



<p>29</p> <p><b>TB</b></p> <p>Urge adherence to prevent resistance. How do you check the TB patient's adherence?</p>	<p>30</p> <p>Where in the PHCG will you manage a heart attack?</p>	<p>31</p> <p>On what policies/guidelines is the PHCG content based?</p>	<p>32</p> <p>Where in the PHCG will you know how to protect yourself when working in the TB room?</p>	<p>33</p> <p><b>STROKE</b></p> <p>Which drug can be prescribed to treat a patient with stroke/TIA?</p>	<p>34</p> <p><b>HIV ROUTINE CARE</b></p> <p>HIV patients should be screened for IPT. When and in what dose should IPT be given and for what duration?</p>	<p>35</p> <p><b>CONGRATULATIONS!</b></p> <p>You have completed the PHCG journey!</p>
<p>28</p> <p>Find 3 pages that mention malaria.</p>	<p>27</p> <p>Where in the PHCG might you identify risky alcohol use?</p>	<p>26</p> <p>What page in the PHCG helps you decide if a child's blood pressure is normal?</p>	<p>25</p> <p><b>MANAGE CVD RISK</b></p> <p>Which lifestyle CVD risk factor would you tackle first in your life?!</p>	<p>24</p> <p>In the EPHCG what treatment is given to the patient with malnutrition?</p>	<p>23</p> <p><b>ASTHMA</b></p> <p>Control asthma with inhaled steroids. When is asthma uncontrolled?</p>	<p>22</p> <p>What investigations would you do first in the patient losing weight?</p>
<p>25</p> <p>If a patient happens to have any of the symptoms and signs listed in the box with red border, what does it mean?</p>	<p>26</p> <p><b>DIABETES:</b> Control glucose to save eyes, kidneys, feet. What is the fasting glucose target for the patient on insulin?</p>	<p>17</p> <p>Where in the PHCG are you going to manage a patient who has fractured his/her arm?</p>	<p>18</p> <p>When should you consider giving your patient palliative care?</p>	<p>19</p> <p><b>HIV</b></p> <p>When can you stop co-trimoxazole prophylaxis in HIV?</p>	<p>20</p> <p>Where in the PHCG will you find how to treat a patient with sudden sore big toe joint known with gout and not needing urgent referral?</p>	<p>21</p> <p>What is the standard 3-step approach for the routine care of a patient with a chronic disease?</p>
<p>14</p> <p>Find 5 symptom pages that prompt the diagnosis of a chronic condition.</p>	<p>15</p> <p>Assess the patient's family planning needs. Where in the EPHCG will you find family planning methods?</p>	<p>12</p> <p><b>DEPRESSION</b></p> <p>Name 1 symptom &amp; 1 routine care page that will lead you to diagnosing depression?</p>	<p>11</p> <p><b>Pallor:</b> At what Hb level is anaemia diagnosed in a child?</p>	<p>10</p> <p>Where in the PHCG will you find how to treat your STI patient's partner?</p>	<p>9</p> <p><b>HYPERTENSION</b></p> <p>Control BP to prevent stroke/heart attack. What is the target BP?</p>	<p>8</p> <p>Where in the PHCG will you find how to give a patient CPR?</p>



# Records used during onsite training

Individual record

Facility trainer record

**PHCG individual training record: module 1**

Federal Democratic Republic of Ethiopia  
Ministry of Health  
PACK

To complete PHCG module 1 you will need to complete this training record and send it to .....  
Please ensure that ALL criteria are filled in neatly and accurately.

To complete the Module 1 and receive your certificate, please complete the cases below.

Name & surname	Date	Duration (minutes)	Trainer name & surname	Trainer signature
KIBRU BIKIR	09/15/11	2 hr	Kibru Bikir	[Signature]
	15/15/11	2hr		[Signature]
	29/15/11	2hr		[Signature]
	06/06/11	2hr		[Signature]
	06/06/11	2hr		[Signature]
	08/16/11	2hr		[Signature]
	12/16/11	2hr		[Signature]
	12/16/11	2hr		[Signature]
	19/06/11	2hr		[Signature]

Circle the appropriate codes

Rank  
 MO Medical officer  Other health worker  
 HO health officer  Non health related position  
 N Nurse  Counsellor (any)

Facility type  
 C Clinic  Community Health Centre  
 H Hospital  MOU Midwives Obstetrics Unit

Gender  
 F Female  M Male

**PHCG Facility Trainers record**

Federal Democratic Republic of Ethiopia  
Ministry of Health  
PACK

Please ensure that all criteria are filled in neatly and accurately.

Attach training session please use this form to .....

Trainer name: Samrat Asrat Region: A-A Zone: N/SL  
 Date (dd/mm/yyyy): 17-03-11 Woreda: 12 Facility: 12 KC  
 Duration (minutes): 2.50

Circle codes completed in this session:  
 1.  2.  3.  4.  5.  6.  7.  8.  9.  10.  11.  12.  13.  14.

Number of people in session: .....

| ID | First name | Full name | Gender | Profession     | Role      | Signature   |
|----|------------|-----------|--------|----------------|-----------|-------------|
| 1  | Amtelesh   | Kebede    | F      | BSc Nurse      | ATI       | [Signature] |
| 2  | Wend       | Adelle    | F      | HO             | OPD       | [Signature] |
| 3  | Kaloch     | Gurmeso   | F      | midwife        | ANC       | [Signature] |
| 4  | Meson      | Ababa     | F      | HO Nurse       | AMAC      | [Signature] |
| 5  | Gele       | Cetaya    | F      | clinical nurse | Emergency | [Signature] |
| 6  | Zenebawon  | Asch      | F      | BSc nurse      | OPD       | [Signature] |
| 7  | Tateh      | Dimeh     | M      | LPH/SP         | OPD       | [Signature] |



# Cases

| Session            | Case   | Name               | Symptom/content/point of entry  | Clinical content  | Structure and features used in the EPHCG   | Case complexity |
|--------------------|--|--------------------|---|---|--|-----------------|
| Session 1          | Introductory cases: symptom-based approach                 |                    |   |   |  |                 |
|                    | 1  | Elias              | Cough/difficulty breathing  | Severe chest infection  | <ul style="list-style-type: none"> <li>• Contents page</li> <li>• Symptoms page</li> <li>• Red box</li> </ul>  | Introductory    |
|                    | 2  | Hagos              | Face pain   | Gum infection   | Introduction to using an algorithm   | Introductory    |
| Session 2          | STIs: introduction to 'Assess, advise and treat' framework |                    |   |   |  |                 |
|                    | 3  | Kebede             | <ul style="list-style-type: none"> <li>• Urethral discharge</li> <li>• Genital ulcer</li> </ul> | <ul style="list-style-type: none"> <li>• Genital ulcer</li> <li>• Male urethritis syndrome</li> </ul>           | <ul style="list-style-type: none"> <li>• Moving from one symptom page to another symptom page</li> <li>• Intro to Assess Advise Treat</li> </ul>   | Mid-level       |
| Session 3          | Women's Health   |                    |   |   |  |                 |
|                    | 4  | Anane              | N/A   | Pregnancy   | Navigating the routine care pages  | Mid-level       |
|                    | 5  | Ayantu             | Urinary symptoms (emergency contraception)  | <ul style="list-style-type: none"> <li>• UTI</li> <li>• Risk of Pregnancy</li> </ul>                            | Symptom page indirectly leading to a routine care page   | Mid-level       |
| Session 4          | Asthma routine care  |                    |   |   |  |                 |
|                    | 6  | Kedija             | Asthma  | Difficulty breathing/routine care for asthma  | <ul style="list-style-type: none"> <li>• Management of the patient needing urgent attention</li> <li>• Moving from a symptom page to a routine care page</li> <li>• Introduction to routine care using "assess, advise and treat" structure</li> </ul>                                       | Mid-level       |
|                    | Hypertension: diagnosis and routine care                   |                    |   |   |  |                 |
|                    | 7  | Lemlem             | Back pain   | <ul style="list-style-type: none"> <li>• CVD risk</li> <li>• Hypertension</li> <li>• Diabetes screen</li> </ul> | <ul style="list-style-type: none"> <li>• Moving from a symptom page to a diagnosis page</li> <li>• Moving from a diagnosis page on to the routine care page</li> <li>• Screening for other chronic conditions according to routine care and moving to the relevant diagnosis page</li> </ul> | Complex         |
| Session 5          | HIV: routine care  |                    |   |   |  |                 |
|                    | 8  | Ariat (Child case) | Viral gastroenteritis: moderate dehydration   | Diagnosing and managing moderate dehydration  | <ul style="list-style-type: none"> <li>• Routine care page</li> <li>• Symptom pages and red boxes</li> </ul>   | Mid-level       |
| Session 6<br>+ PRY | Exposed to infectious fluid: post-exposure prophylaxis     |                    |   |   |  |                 |
|                    | 9  | Hewan              | Needle-stick injury   | Post exposure prophylaxis   | <ul style="list-style-type: none"> <li>• Moving from a symptom page to a diagnosis page</li> <li>• Introduction to new pages</li> </ul>  | Mid-level       |
|                    | HIV: routine care  |                    |   |   |  |                 |
|                    | 10   | Liyu               | Rash  | <ul style="list-style-type: none"> <li>• Papular pruritic eruption</li> <li>• Routine HIV care</li> </ul>       | <ul style="list-style-type: none"> <li>• Moving from symptom page to a diagnosis page</li> <li>• Navigating routine care pages</li> </ul>  | Complex         |
| Session 7<br>+ ICE | Mental Health  |                    |   |   |  |                 |
|                    | 11   | Taytu              | Tiredness   | Mild depression with anxiety  | Moving from a symptom page to a diagnosis page   | Mid-level       |
| Session 8<br>+ ICE | Mental Health  |                    |   |   |  |                 |
|                    | 12   | Lubaba             | Abdominal pain  | <ul style="list-style-type: none"> <li>• Dyspepsia</li> <li>• Risky alcohol use - alcohol dependence</li> </ul> | <ul style="list-style-type: none"> <li>• Moving from a symptom page to a diagnosis page</li> <li>• Moving from a diagnosis page to a routine care page</li> </ul>  | Mid-level       |



# The example below explains each component of the case template

**Case 12: Lubaba** <sup>(1 visit)</sup>

**1** The case is numbered and the name of the patient is given.

**2** The picture of the patient is shown in the waiting room area.

**3** The outline of the case is presented in a table for easy overview and preparation.

| Symptom/content/point of entry | Clinical content  | Mid-level   |
|--------------------------------|---|---|
| Abdominal pain                 | <ul style="list-style-type: none"> <li>Dyspepsia</li> <li>Risky alcohol use - alcohol dependence</li> </ul> | <ul style="list-style-type: none"> <li>Moving from a symptom page to a diagnosis page</li> <li>Moving from a diagnosis page to a routine care page</li> </ul> |

**4** Instructions for the facilitator:

- Before you give the participants the case scenario, explain that they will need to use the statements in the guide as prompts to ask you questions about the case.
- Once you have read the case scenario out, use column 1 to ask the participants where they will go in the guide, and to prompt what they should be looking for.
- Only give the required information from column 2 as the participants ask you questions from the guide.
- Follow in the guides with the participants using column 3 to ensure you are on the right page.

**5** Introduce the patient with the story that he/she presents with.

**Lubaba** is a 50 year old woman who is next in the queue at the clinic. Discuss how you would prepare for her using the 'P' of PRY. She has entered your consultation room, how would you initiate the consultation in a way that will build relationship using the 'R' of PRY? How would you ask her why she has come to the clinic today using the 'W' of PRY? She tells you she has had pain in her abdomen for 3 days.

**6** Use the prompts in the table to begin helping the participants navigate the Guide.

How will you use the EPHCG to manage Lubaba?

| 1 FACILITATOR to ask these questions to prompt using the guide.   | 2 As the PARTICIPANTS use the EPHCG/EPHCC, give these details to help answer their questions about the case.  | 3 Page/s to follow in the EPHCG/EPHCC. |
|---|---|--|
| <b>SYMPTOM - Abdominal pain</b>   | <b>Symptom:</b> This is the approach to assessing and managing a patient's symptom.   | Abdominal pain (no diarrhoea)          |
| <p><b>1</b> Does the patient need urgent attention?</p> <p><b>2</b> How do you manage this symptom?</p> <p><b>ICE</b> Question: How would you use the clinical communication skill of ICE to find out what Lubaba's ideas, concerns and expectations are?</p> | <p>Lubaba has no signs that she needs urgent attention.</p> <ul style="list-style-type: none"> <li>Lubaba has no abnormal vaginal discharge.</li> <li>Her pain has no relation to her menses.</li> <li>She has no urinary symptoms.</li> <li>She is not constipated.</li> <li>Her stool microscopy test was negative.</li> <li>Her pain is in the upper abdomen and is worse after eating.</li> <li>She does not smoke but admits to drinking 6 bottles of beer per day.</li> <li>Her waist circumference is 80cm.</li> <li>You assess her CVD risk and it is &lt; 10%.</li> <li>She is not taking any medication.</li> </ul> |  |
| <p><b>3</b> Can you identify a possible chronic condition?</p> <p><b>4</b> Do you need to refer the patient?</p>  | <p>She drinks 6 bottles beer per day.</p>   |  |

PACK Ethiopia Adult: cases 1

**8** Diagnosing a chronic condition: Diagnosing a chronic condition is usually a stepwise process that can involve history, examination, tests and referral. Use this section to plan and complete the diagnostic process.

**9** Routine care: This section outlines the 'assess, advise and treat' structure of the routine care approach.

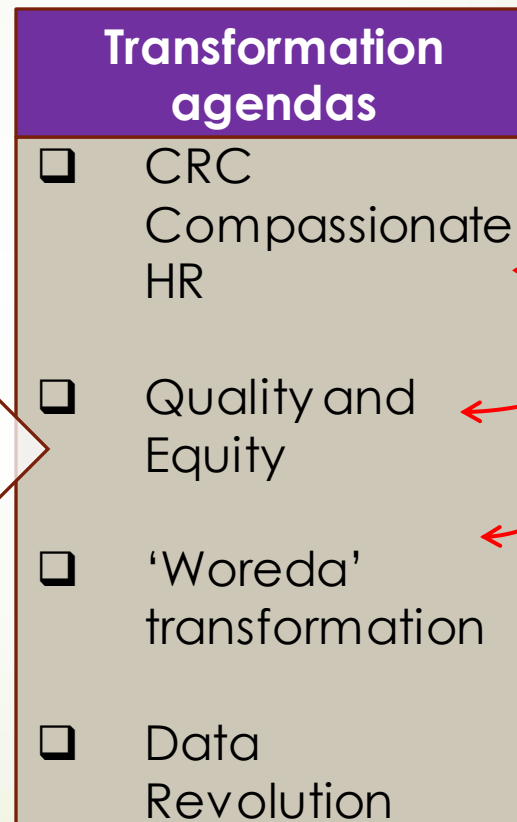
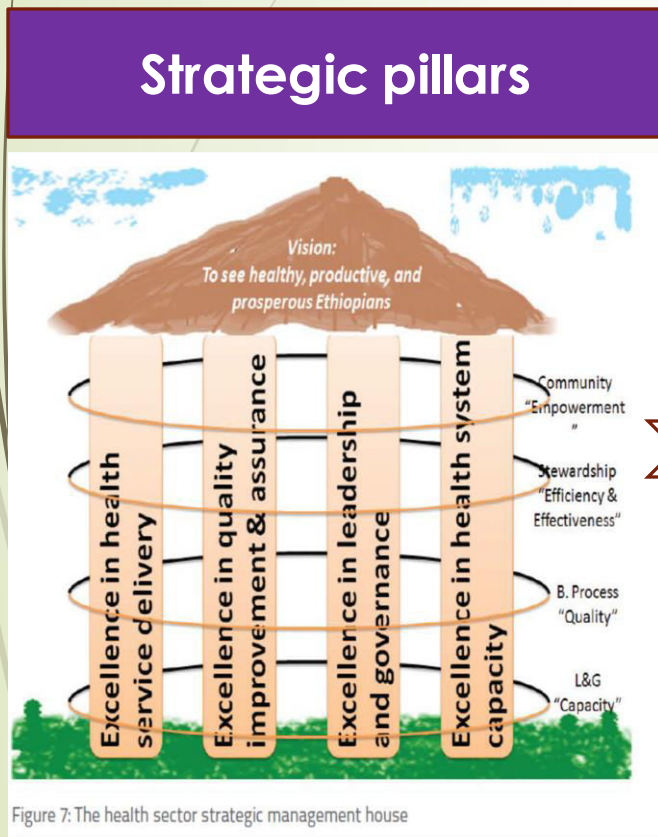
**10** The discussion points are there to highlight other important aspects of mental health care that have relevance to the care of patients and health care workers.

**11** The case summary is a reminder to highlight the pathway of the pages/points you used through the guideline in order to manage the client.

| DIAGNOSING A CHRONIC CONDITION - Alcohol/drug use                 |   | Alcohol/drug use |
|---|---|------------------|
| <b>5</b> Does the patient need urgent attention?                  |   |                  |
| <b>6</b> What is the next step to diagnose the chronic condition? | She drinks 6 bottles of beer per day.         |                  |
| <b>7</b> Do you need to refer the patient?                        |   |                  |
| ROUTINE CARE - Alcohol/drug use                                   |   | Alcohol/drug use |
| <b>8</b> Assess   | What must you ask this patient?               |                  |
| <b>9</b> Advise   | What advice must you give this patient?       |                  |
| <b>10</b> Treat   | What drug treatment do you give this patient? |                  |
| DISCUSSION  |   |                  |
| <b>11</b> What did you learn from this case?                      |   |                  |
| SUMMARY   |   |                  |
| <b>12</b> Highlight the pathway                                   |   |                  |



# Pillar 3: Health Systems engagement



# Implementation

- ▶ The PHCG initiative will be implemented aligned to
  - Health Development Army
  - Clinical forums
  - **Quality Transformation Agenda**
    - ▶ Using the EHAQ





# Pillar 4: Monitoring and Evaluation

- EPAQ committees will be set up at federal, regional, zonal and woreda levels.
- Performance monitoring and evaluation will mainly be based on: EHCRIG, KPIs, change packages, PHCG, woreda management standards.
- Recognition and awards for best performance based on EPAQ at PHCU, Woreda, Zonal and Regional levels.

| BPR (Best Improved Region)   | BIZ (Best Improved Zone)  | BIW (Best Improved Woreda)   | BIP (Best Improved PHCU)  |
|--|---|--|---|
| <ul style="list-style-type: none"><li>• Federal Level</li><li>• Annually</li></ul> | <ul style="list-style-type: none"><li>• Regional Level</li><li>• Annually</li></ul> | <ul style="list-style-type: none"><li>• Zonal Level</li><li>• Semiannually</li></ul> | <ul style="list-style-type: none"><li>• Woreda Level</li><li>• Quatrely</li></ul> |





# The Cascade Model

## Implementation and Training Plan

KTU & FMoH

Equip PHCG National team and Master-Trainers to comprehensively plan, deliver and manage the PHCG in a country

Equip

PHCG Master Trainers

- Attend a 5-day Master Trainers workshop
- Plan and deliver the PHCG training for Facility Trainers in the region/zone/woreda
- Equip, train, support and mentor the PHCG Facility Trainers to deliver the PHCG onsite training in a facility
- Monitor and evaluate PHCG training and implementation

Train, support & mentor Facility-Trainers

PHCG Facility Trainers

- Attend a 4-day Facility Trainers workshop
- 2 PHCG Facility Trainer per facility (Doctor, health officer, nurse or midwife)
- Know how to use the PHCG materials
- Plan and deliver the PHCG training for clinicians at your Facility
- Equip, train, support and mentor the clinicians at the facility using the PHCG
- Monitor individual and group learning activities

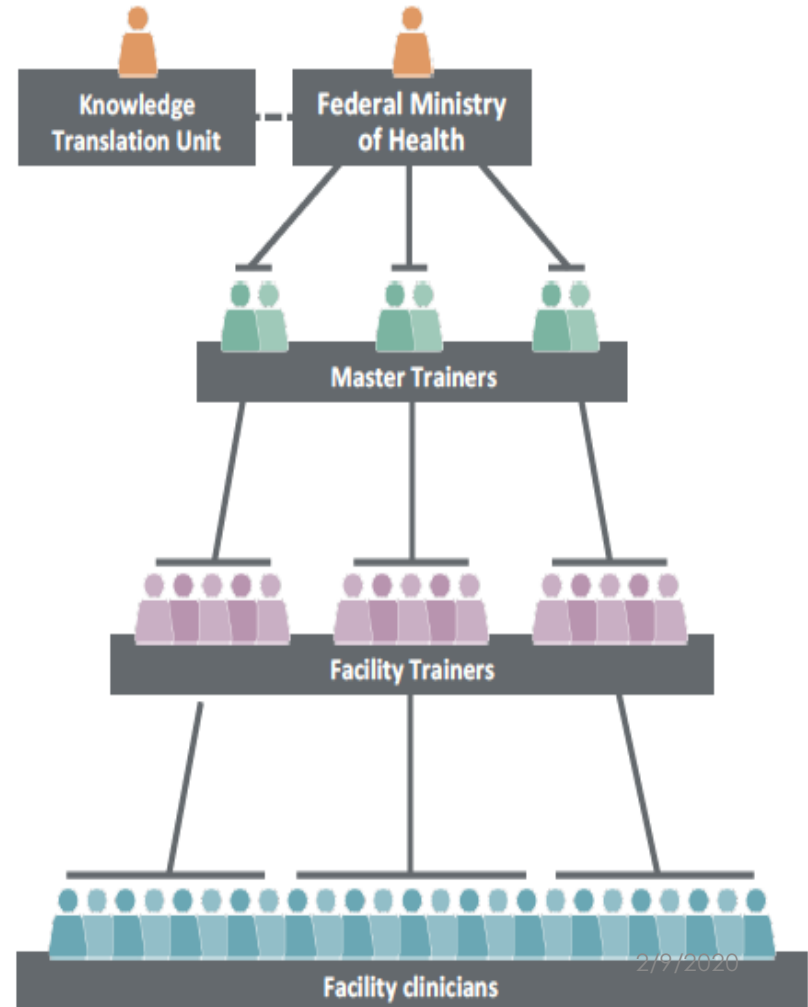
Train, support & mentor Clinicians in the PHC Facilities

Health Facility clinicians

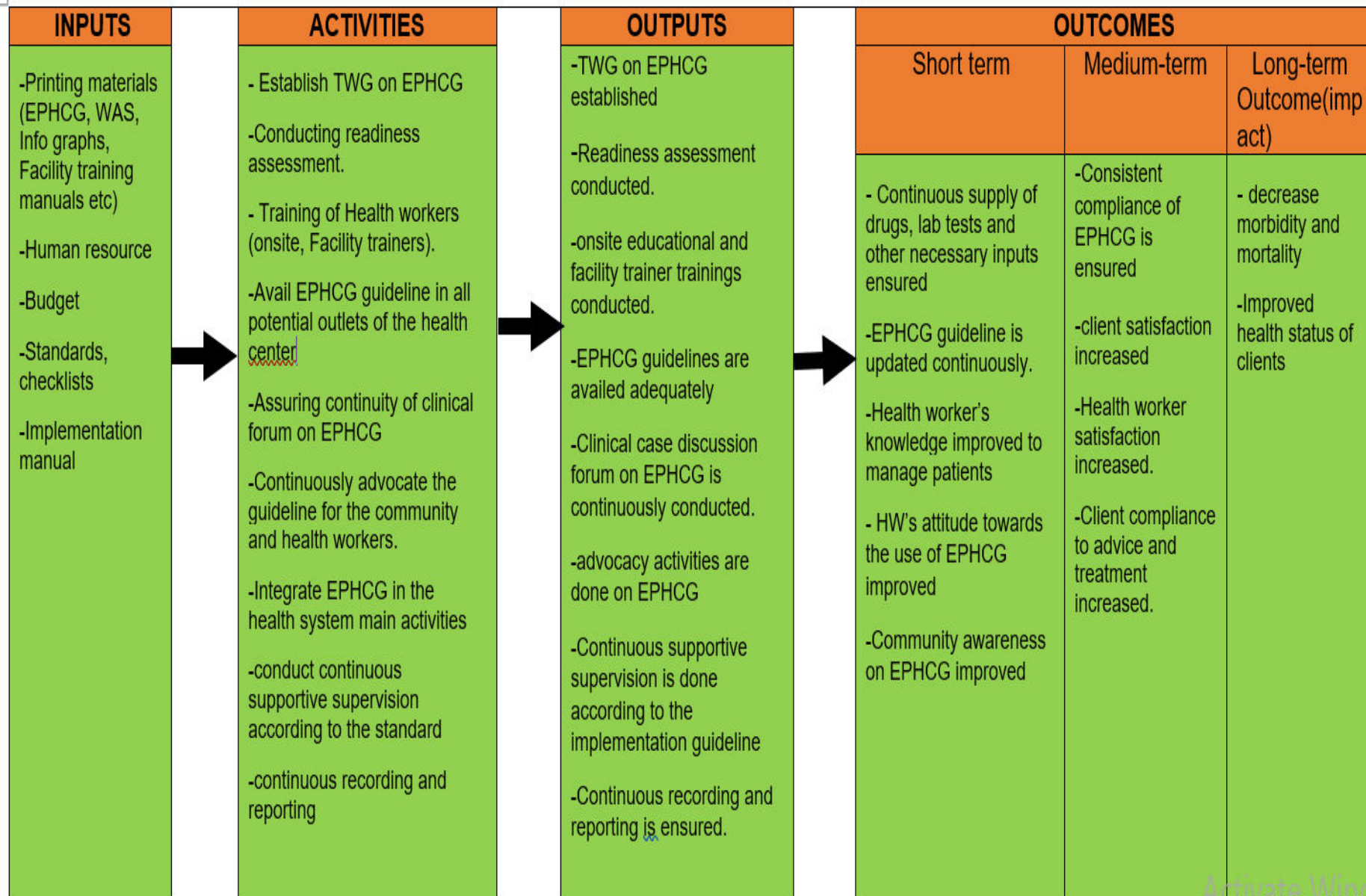
- Attend the PHCG onsite training sessions weekly/fortnightly
- Use PHCG consistently in PHCG care
- Embrace a culture of ongoing clinical learning

Use PHCG

## Cascade Model



# Theory of change



## PROCESS EVALUATION

- 28
- Minute on establishment and activities of TWG
  - Readiness assessment report
  - Training reports, attendance sheet (facility record and individual record),
  - EPHCG on the site at all outlet of HCs
  - Clinical forum reports
  - Minutes of community forum; schedule and minutes of health education
  - see plan whether EPHCG implementation is one of the major activities in health center monthly, quarterly and yearly plan; in individual BSc plan.
  - mentoring and supportive supervision team establishment letter
  - Internal supportive supervision reports from the facilities

- # TWG established
- Proportion of HCs done readiness assessment
- # of facility trainers trained
- proportion of HCs which completed 8 weeks onsite trainings within 14 weeks of placement of Facility trainers.
- Proportion of HCs which availed the EPHCG on all possible clinical outlets.
- Proportion of HCs established biweekly clinical case discussion forum.
- # of advocacy activities done on communities.
- essential drugs availability
- essential lab tests availability
- Proportion of continuous supportive supervision done according to the implementation manual

## OUTCOME EVALUATION

- Proportion of HC availing necessary drugs and lab test as per EPHCG
- EPHCG guideline regularly updated (how regular???)
- proportion of HWs with minimum acceptable knowledge score on basic areas of EPHCG.
- Proportion of HWs with positive attitude towards EPHCG.
- Proportion of clients who know the guideline.
- 
- proportion of HCs having 100% compliance of using EPHCG
- % increase in client satisfaction
- % increase in health workers satisfaction.
- proportion of clients who comply with advice on selected case types.
- proportion of clients who comply with treatments on selected case types.
- Indicators on major types of diseases and conditions will be selected latter (infectious, maternal and child health, Non-communicable diseases)

# Implication of PHCG

# women's health

- It includes the women's health
  - ❖ Routine antenatal care
  - ❖ Routine postnatal care
  - ❖ The pregnant patient (Normal & abnormal conditions)
  - ❖ Contraception etc...
  - ❖ menopause



# Adult contents: chronic conditions

## Tuberculosis (TB)

|                                      |    |
|--------------------------------------|----|
| Tuberculosis (TB): diagnosis         | 71 |
| Drug-sensitive (DS) TB: routine care | 72 |

## HIV

|                   |    |
|-------------------|----|
| HIV: diagnosis    | 75 |
| HIV: routine care | 76 |

## Malnutrition

70

## Chronic respiratory disease

|                            |    |
|----------------------------|----|
| Asthma and COPD: diagnosis | 81 |
| Using inhalers and spacers | 81 |
| Asthma: routine care       | 82 |
| COPD: routine care         | 83 |

## Chronic diseases of lifestyle

|   |    |
|---|----|
| Cardiovascular disease (CVD) risk: diagnosis      | 84 |
| Cardiovascular disease (CVD) risk: routine care   | 85 |
| Diabetes: diagnosis                               | 86 |
| Diabetes: routine care                            | 87 |
| Hypertension: diagnosis                           | 89 |
| Hypertension: routine care                        | 90 |
| Heart failure                                     | 91 |
| Rheumatic heart disease/previous rheumatic fever  | 92 |
| Stroke  | 93 |
| Ischaemic heart disease (IHD): initial assessment | 94 |
| Ischaemic heart disease (IHD): routine care       | 95 |
| Peripheral vascular disease (PVD)                 | 96 |

## Epilepsy

97

## Mental health

|   |     |
|---|-----|
| Admit the mentally ill patient          | 98  |
| Depression: diagnosis                   | 99  |
| Depression and/or anxiety: routine care | 100 |
| Tobacco smoking                         | 102 |
| Alcohol/drug use                        | 103 |
| Psychosis                               | 104 |
| Dementia                                | 106 |

## Musculoskeletal disorders

|                   |     |
|-------------------|-----|
| Chronic arthritis | 107 |
| Gout              | 108 |
| Fibromyalgia      | 109 |

## Women's health

|                        |     |
|------------------------|-----|
| Contraception          | 110 |
| The pregnant patient   | 112 |
| Routine antenatal care | 114 |
| Routine postnatal care | 116 |
| Menopause              | 119 |

## Palliative care

120

## Other pages

|  |    |  |     |                                      |     |
|--|----|--|-----|--------------------------------------|-----|
| Prescribe rationally                                   | 9  | Protect yourself from occupational infection | 122 | Communicate effectively              | 124 |
| Exposed to infectious fluid: post-exposure prophylaxis | 68 | Protect yourself from occupational stress    | 123 | Support the patient to make a change | 125 |

# Child health

- Addresses 37 child symptom
- Addresses child chronic conditions like malnutrition and epilepsy
- Includes quick reference charts to decide if respiratory rates and pulse rates, maintenance of fluid rate, blood pressure level, and assess level of consciousness.





# Child contents

## Symptoms

|                                     |     |                 |     |                      |     |
|-------------------------------------|-----|-----------------|-----|----------------------|-----|
| <b>A</b>                            |     | <b>F</b>        |     | <b>R</b>             |     |
| Abdominal symptoms                  | 143 | Fever           | 134 | Rash, generalised    | 147 |
| <b>B</b>                            |     | <b>H</b>        |     | Rash, localised      | 148 |
| Breathing difficulty, child         | 140 | Headache        | 135 | Respiratory arrest   | 128 |
| Burns                               | 133 | Head injury     | 127 | Resuscitation, child | 128 |
| <b>C</b>                            |     | <b>I</b>        |     | <b>S</b>             |     |
| Cardiac arrest                      | 128 | Injured child   | 132 | Seizures             | 130 |
| Cardiopulmonary resuscitation (CPR) | 128 | <b>L</b>        |     | Shock                | 129 |
| Coma                                | 131 | Leg symptoms    | 146 | <b>T</b>             |     |
| Confusion                           | 131 | Limp            | 146 | Throat symptoms      | 139 |
| Convulsions                         | 130 | Lymphadenopathy | 136 | <b>U</b>             |     |
| Cough                               | 140 | <b>M</b>        |     | Unconscious child    | 131 |
| Cough, recurrent                    | 142 | Mouth symptoms  | 139 | Underweight          | 150 |
| <b>D</b>                            |     | <b>P</b>        |     | Urinary symptoms     | 145 |
| Dehydrated child                    | 129 | Pallor          | 137 | <b>W</b>             |     |
| Diarrhoea                           | 144 |                 |     | Walking problems     | 146 |
| <b>E</b>                            |     |                 |     | Wheeze               | 141 |
| Ear symptoms                        | 138 |                 |     | Wheeze, recurrent    | 142 |
| Emergency child                     | 127 |                 |     |                      |     |

## Long-term health conditions

**Malnutrition** 153

**Epilepsy** 154

**Quick reference chart** 155

## Quick reference chart

### Decide if respiratory rate is normal for age

| Age        | Respiratory rate (breaths/minute) |                                |
|------------|-----------------------------------|--------------------------------|
|            | Respiratory rate decreased if:    | Respiratory rate increased if: |
| 5-12 years | < 20                              | ≥ 25                           |
| ≥ 12 years | < 15                              | ≥ 20                           |

### Decide if pulse rate is normal for age

| Age        | Pulse rate (beats/minute) |                          |
|------------|---------------------------|--------------------------|
|            | Pulse rate decreased if:  | Pulse rate increased if: |
| 5-12 years | < 80                      | ≥ 120                    |
| ≥ 12 years | < 60                      | ≥ 100                    |

### Estimate weight according to age

5-12 years      Weight (kg) = (3 x age in years) + 7

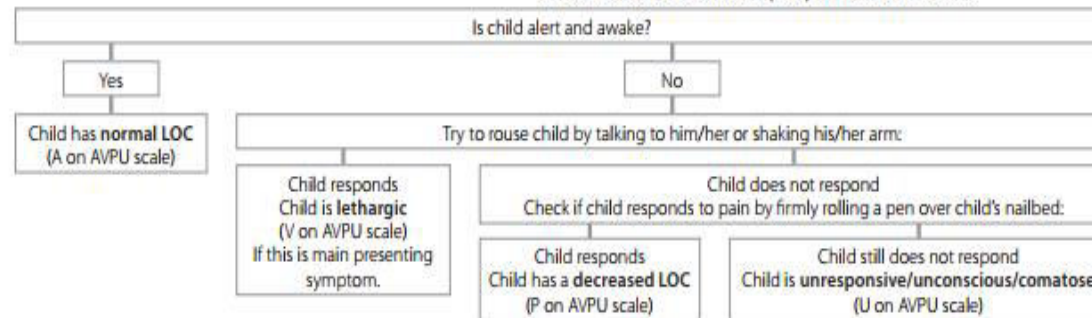
### Decide if blood pressure is normal for age

| Age             | Blood pressure decreased if: |       | Blood pressure increased if: |       |
|-----------------|------------------------------|-------|------------------------------|-------|
|                 | DBP                          | SBP   | DBP                          | SBP   |
| 6-10 years old  | < 57                         | < 97  | > 76                         | > 115 |
| 10-12 years old | < 61                         | < 102 | > 80                         | > 120 |
| 12-15 years old | < 64                         | < 110 | > 83                         | > 131 |

### Decide on maintenance fluid rate

| Weight  | 24 hour fluid need  |
|---------|---|
| < 10kg  | 120mL/kg  |
| 10-20kg | 1000mL + (50mL for every kg body weight over 10kg)<br>e.g.: if 14kg: 1000mL + (50 x 4)<br>= 1200mL/24 hours   |
| ≥ 20kg  | 1500mL + (20mL for every kg body weight over 20kg)<br>Up to 2000mL in girls and 2500mL in boys<br>e.g.: if 23kg: 1500mL + (20 x 3)<br>= 1560mL/24 hours |

### Assess level of consciousness (LOC) with the AVPU scale:



### Assess level of consciousness with AVPU

|   |                          |
|---|--------------------------|
| A | Alert                    |
| V | responds to Voice        |
| P | responds to Pain         |
| U | Unresponsive/Unconscious |

# Chronic condition

- ▶ Enable to be addressed at all units
- ▶ All patients will be screened for possible chronic conditions
- ▶ Early detection of chronic conditions
- ▶ Early treatment of chronic conditions
- ▶ Life style change activities included
- ▶ Behavioral change management activities included



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| Menopause              | 119 |

## Palliative care

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# Emergency/urgent attention condition

- ▶ Gives priority for emergency patient/urgent attention
- ▶ Guides on how to manage emergency/urgent attention conditions
- ▶ Guides whom to refer to hospitals and why



# Additional contents of EPHCG

- Communicate effectively
- Exposed to infectious fluid: post-exposure prophylaxis
- Protect yourself from occupational stress
- Prescribe rationally
- Protect yourself from occupational infection
- Support the patient to make a change



# Implication on health professionals

- User friendly for health care provider
- Able to manage the same case/clinical feature with the same algorithm between health professional and in all health centers
- Fills health professional knowledge gaps
- It gives opportunity for patients' ideas, concerns and expectations to be addressed in all OPDs

## Implication on health professionals cont...

- Cost effective clinical care with better outcomes for patients.
- Increases clinical communication skill of health professional
- Strengthens clinical forums
- Helps health professionals gain confidence
- Creates a good platform for clinical auditing



# EPHCG piloting status

# Ethiopian Primary Health Care clinical Guideline implementation plan Vs performance 2011 EFY

| Region          | Number of health centers getting Facility trainer training |                |                | Number and percentage of health centers which started onsite training |                | Number and percentage of health centers started PHCG implementation |                |
|-----------------|--|----------------|----------------|---|----------------|---|----------------|
|                 | Plan   | Achievement(n) | Achievement(%) | Achievement(n)  | Achievement(%) | Achievement(n)  | Achievement(%) |
| Oromia          | 125  | 98             | 78.4           | 94  | 95.9           | 89  | 90.82          |
| Amhara          | 85   | 104            | 122.4          | 104   | 100.0          | 104   | 100.00         |
| SNNPR           | 75   | 95             | 126.7          | 87  | 91.6           | 73  | 76.84          |
| Addis Ababa     | 38   | 48             | 126.3          | 46  | 95.8           | 46  | 95.83          |
| Diredewa        | 4  | 8              | 200.0          | 8   | 100.0          | 8   | 100.00         |
| Harar           | 4  | 8              | 200.0          | 7   | 87.5           | 7   | 87.50          |
| Tigray          | 20   | 20             | 100.0          | 19  | 95.0           | 19  | 95.00          |
| B/G             | 7  | 7              | 100.0          | 6   | 85.7           | 6   | 85.71          |
| Somali          | 20   | 20             | 100.0          | 20  | 100.0          | 20  | 100.00         |
| Gambella        | 7  | 8              | 114.3          | 8   | 100.0          | 8   | 100.00         |
| Afar            | 15   | 17             | 113.3          | 17  | 100.0          | 15  | 88.24          |
| <b>Ethiopia</b> | <b>400</b>   | <b>433</b>     | <b>108.25</b>  | <b>416</b>  | <b>96.1</b>    | <b>395</b>  | <b>91.22</b>   |



# Major gaps identified during piloting

- ▶ The EPHCG onsite training principle was new which causes confusion on the implementation
- ▶ Low engagement of regional, zonal, woreda and health center management
- ▶ Health workers low motivation to attend the onsite training sessions.
- ▶ Large time gap between facility trainers training and starting of onsite educational training.



# Major gaps identified cont...

- ▶ Using EPHCG as a reference material, rather than as a tool, and used the guideline sparingly.
- ▶ Using the guideline take much time to manage a patient against previous standards
- ▶ Negative attitude of HWs towards the use of EPHCG, especially in large city health centers.
- ▶ Most of health centers did not have laboratory tests and drugs as per the EPHCG requirement.



# Support focus areas

- Follow of EPHCG implementation: implementation manual
- Provide technical support on EPHCG at all levels.
- Provide financial support for conducting ISS with RHB in the piloted health centers on EPHCG
- Provide financial and technical support for regional EPHCG review meetings
- Provide technical and financial support for EPAQ cluster meetings
- Strengthening hospitals support of the EPAQ clustering, and EPHCG implementation
- Support experience sharing visits and best practice activities





**Thank You**