Federal Democratic Republic of Ethiopia

Ministry of Health

Ethiopian primary health care clinical guidelines

PACK
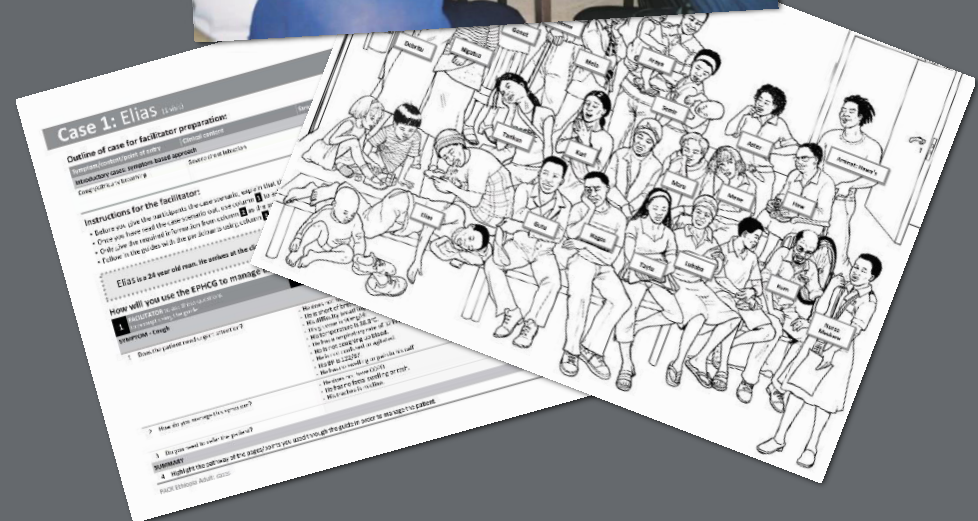Practical Approach to Care Kit

Training Overview

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

Introduction to EPHCG training methodology

- Educational outreach/onsite training

- Waiting room scene

- Cases

- Modules

Educational outreach

Educational outreach is used to promote usage of the PACK guide.

Educational outreach comprises:

- **Short** (1-1 ½ hours) training sessions.

- Held **onsite at an agreed upon time** at the facility ensuring 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.

- Training continues through the use of maintenance training after the set curriculum has been trained to **embed the use of the PACK guide in practice**.

- Weekly sessions allows for **alternating of learning with practice** because the sooner one uses what one learns the better one can apply the new knowledge.

- A **team approach** targeting all cadres of staff working across programmes within a facility, increasing coverage and creating opportunities to discuss care coordination.

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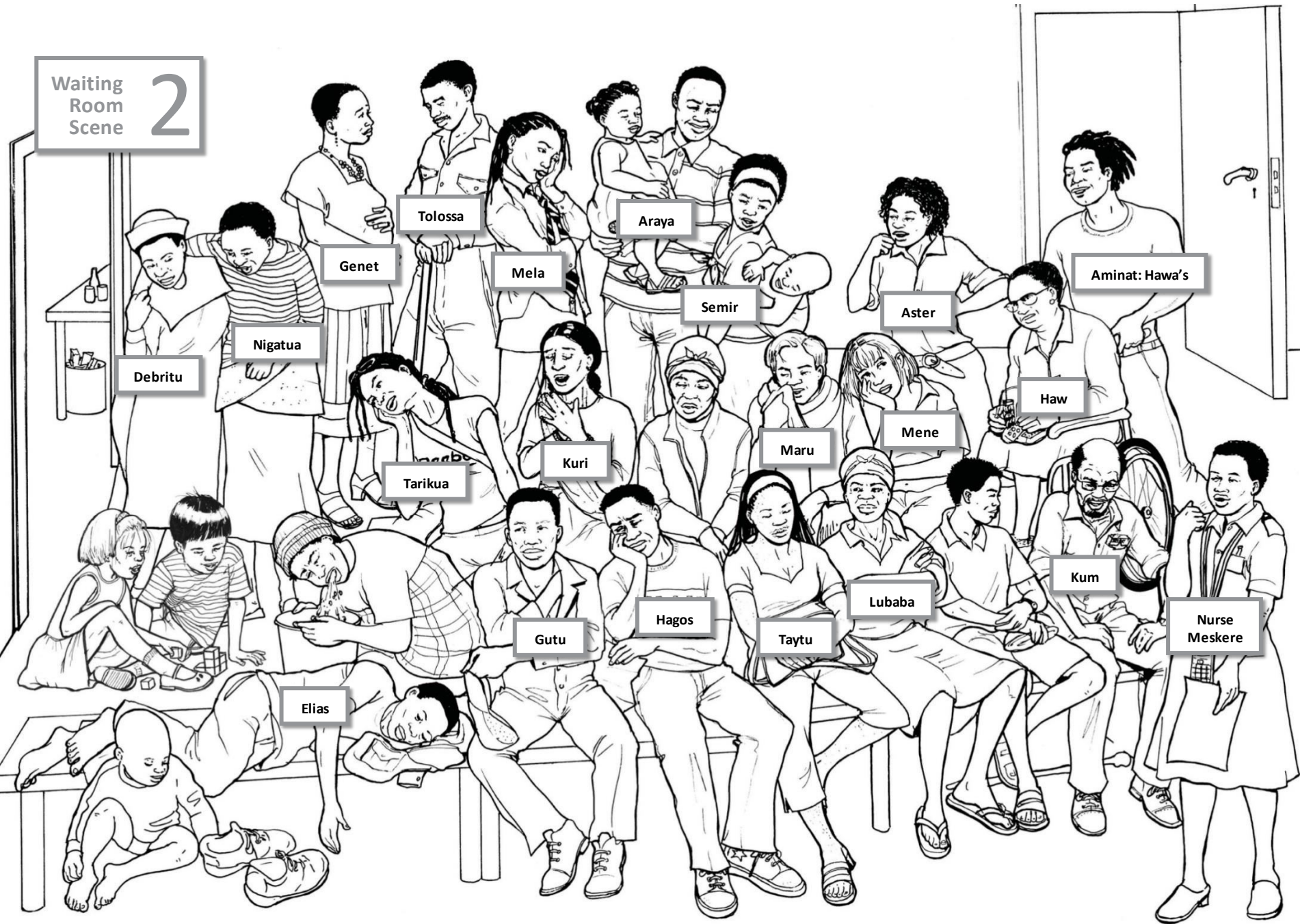
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Practice Approach to Care Kit

Approach to onsite training

Each of your training sessions will comprise of a welcome, a recap and problem solving, training the new topic and a closure.

We will guide you as to how long each session will be and what to cover at each session. During this training we will practice using this template to mirror what you are going to be doing onsite.

Waiting Room Scene 2

Tolossa

Genet

Mela

Araya

Semir

Aminat: Hawa's

Nigatua

Debritu

Aster
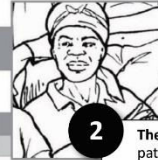
Haw

Tarikua

Kuri

Maru

Mene

Gutu

Hagos

Taytu

Lubaba

Kum

Elias

Nurse Meskere

The example below explains each component of the case template

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

Case 12: Lubaba (1 visit)

Outline of case for facilitator preparation

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

2 The picture of the patient is shown, waiting room scene

Symptom/content/point of entry	Clinical content		
Mental Health			
Abdominal pain	· Dyspepsia · Risky alcohol use - alcohol dependence	· Moving from a symptom page to a diagnosis page · Moving from a diagnosis page to a routine care page	Mid-level

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 care.
· Once you have read the case scenario out, use column **1** to ask the pa...
· Only give the required information from column **2** as the participants...
· Follow in the guides with the participants using column **3** to ensure yo...

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 ...
She has entered your consultation room, how would you initiate th...
How would you ask her why she has come to the clinic today using ...
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 na...

How will you use the EPHCG to manage Lubaba?

1 FACILITATOR to ask these questions to prompt using the guide:		**2** As the l... to help
SYMPTOM - Abdominal pain	**7**	**Symptom:** This is t...
1	Does the patient need urgent attention?	Lubaba has ...
2	How do you manage this symptom?	· Lubaba has · Her pain ha · She has no · She is not c · Her stool n · Her pain is · She does n · Her waist c · You assess · She is not t
ICE	**Question:** How would you use the clinical communication skill of ICE to find out what Lubaba's ideas, concerns and expectations are?	
3	Can you identify a possible chronic condition?	She drinks 6
4	Do you need to refer the patient?	

PACK Ethiopia Adult: cases

DIAGNOSING A CHRONIC CONDITION - Alcohol/drug use				Alcohol/drug use
5	Does the patient need urgent attention?			
6	What is the next step to diagnose the chronic condition?	She dr... misuse prescription drugs.		
7	Do you need to refer the patient?			

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.

ROUTINE CARE - Alcohol/drug use				Alcohol/drug use
8	Assess	What must you ask this patient?	...ndrawal ...t. ...any previous bumps to her head while she has been drunk in the past. She denies depressive symptoms and is not in a relationship. · She says that if she does not drink beer every day she experiences restlessness, nausea, headache and tremor. · She describes an uncontrollable urge to drink alcohol - she says she just can't help herself. She often has to borrow money or sell something to buy the beer. She continues to drink despite acknowledging that it often results in harm. · She denies any trauma or abuse and has no chronic illness. · She denies a low mood and has not lost interest in daily activities. · She has no dementia symptoms.	
9	Advise	What advice must you give this patient?		
10	Treat	What drug treatment do you give this patient?		
DISCUSSION				
11	What did yo...		...y" page)	
SUMMARY				
12	Highlight the pathway			

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.

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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	• Contents page • Symptoms page • Red box	Introductory
	2	Hagos	Face pain	Gum infection	Introduction to using an algorithm	Introductory
Session 2	STIs: introduction to 'Assess, advise and treat' framework					
	3	Kebe	• Urethral discharge • Genital ulcer	• Genital ulcer • Male urethritis syndrome	• Moving from one symptom page to another symptom page • Intro to Assess Advise Treat	Mid-level
Session 3	Women's Health					
	4	Tarikua	N/A	Pregnancy	Navigating the routine care pages	Mid-level
	5	Mela	Urinary symptoms (emergency contraception)	• UTI • Risk of Pregnancy	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	• Management of the patient needing urgent attention • Moving from a symptom page to a routine care page • Introduction to routine care using "assess, advise and treat" structure	Mid-level
	Hypertension: diagnosis and routine care					
	7	Lemlem	Back pain	• CVD risk • Hypertension • Diabetes screen	• Moving from a symptom page to a diagnosis page • Moving from a diagnosis page on to the routine care page • Screening for other chronic conditions according to routine care and moving to the relevant diagnosis page	Complex
Session 5	HIV: routine care					
	8	Miriam (Child case)	Viral gastroenteritis: moderate dehydration	Diagnosing and managing moderate dehydration	• Routine care page • Symptom pages and red boxes	Mid-level
Session 6 + PRY	Exposed to infectious fluid: post-exposure prophylaxis					
	9	Hewa	Needle-stick injury	Post exposure prophylaxis	• Moving from a symptom page to a diagnosis page • Introduction to new pages	Mid-level
	HIV: routine care					
	10	Liyu	Rash	• Papular pruritic eruption • Routine HIV care	• Moving from symptom page to a diagnosis page • Navigating routine care pages	Complex
Session 7 + ICE	Mental Health					
	11	Debritu	Tiredness	Mild depression with anxiety	Moving from a symptom page to a diagnosis page	Mid-level
Session 8 + ICE	Mental Health					
	12	Lubaba	Abdominal pain	• Dyspepsia • Risky alcohol use - alcohol dependence	• Moving from a symptom page to a diagnosis page • Moving from a diagnosis page to a routine care page	Mid-level

Training Record Keeping

- Facility training records (attendance registers for each session)

- Individual training records (a record of all cases completed per staff member)

A certificate is given on completion of all cases, with both records to validate attendance.

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Thank you

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