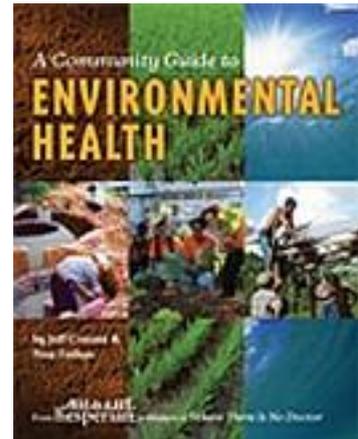


### For your resource centre

Please send your suggestions for other items for resource centres to Dr Hakim at [eluzai\\_hakim@yahoo.co.uk](mailto:eluzai_hakim@yahoo.co.uk)

**A Community Guide to Environmental Health** is a nicely illustrated new book from the Hesperian Foundation (the organisation that produced 'Where there is no doctor' – see next page).

Drawing the connections between peoples' health and the environments in which we live, this book aims to empower health promoters, development workers, educators, activists, community leaders and ordinary people to take charge of their communities' health. Hard copies of the book cost \$28 and the CD version \$18. Contact [hesperian@hesperian.org](mailto:hesperian@hesperian.org) for more details. The book can be downloaded for free as separate chapters at [http://www.hesperian.org/publications\\_download\\_EHB.php](http://www.hesperian.org/publications_download_EHB.php).



**Family Nutrition Guide** 2004 is a well-illustrated easy-to-use guide from FAO for health and other development staff working with families. To request a free copy, email [nutrition@fao.org](mailto:nutrition@fao.org) or download by googling 'Family Nutrition Guide'.

**Footsteps** is a free hard copy well illustrated Christian newsletter that covers a variety of health and other development topics, and gives practical tips from around the world. To join the mailing list contact [footsteps@tearfund.org](mailto:footsteps@tearfund.org). Footsteps is also available in e-version at <http://tilz.tearfund.org> or can be sent direct to your email address (request by emailing [footsteps@tearfund.org](mailto:footsteps@tearfund.org)).

#### A free CD-ROM

This CD-ROM contains 62 short fact sheets and other practical items on **PMTCT and infant feeding** and **HIV/AIDS, food security and nutrition**. It is available free from Academy for Educational Development, Center for Nutrition, 1825 Connecticut Ave NW, Washington DC 20009-5721, USA. Email [nutritionandhiv@aed.org](mailto:nutritionandhiv@aed.org).

#### August 1<sup>st</sup>-7<sup>th</sup> 2008 was World Breastfeeding Week

##### WHO says:

Breastfeeding is the ideal way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information, and the support of their family and the health care system.

Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn, and feeding should be initiated within the first hour after birth. Exclusive breastfeeding is recommended for most babies up to 6 months of age -see <http://www.who.int/topics/breastfeeding/en>

Most Southern Sudanese babies are breastfed but some start other foods too late (i.e. after 6 months of age) – we hope to discuss this in another issue of the Bulletin.

**What infant feeding problems do you see – please share them with us.**

#### Quiz (based on an article in issue 2 of the Bulletin).

##### What do you know about undernutrition?

1. What are the *immediate* causes of undernutrition?
2. Why do infections increase the risk of undernutrition?
3. Which age groups are most likely to be undernourished?
4. At what age should most infants start other foods in addition to breastmilk?
5. How long should women leave between pregnancies to reduce the risk of undernutrition?

See answers below.

## Useful items on websites

If you have good access to the Internet you can download for free:

- **Child Health Care: a learning programme for professionals** from the website [www.childhealthcare.co.za](http://www.childhealthcare.co.za). This is written for under-resourced areas of Africa and deals with most of the main causes of death and illness during childhood. You can download and print out the separate sections. The course was developed at the School of Child and Adolescent Health, University of Cape Town, South Africa and it may need some modifications for use in Southern Sudan – but it does provide a lot of useful material.
- **The prevention and control of childhood pneumonia** a special issue of the WHO Bulletin (May 2008 vol 26 no 5) from <http://www.who.int/bulletin/volumes/86/5/en/index.html>.
- Hesperian Foundation books such as **Where there is no doctor** and **Helping health workers learn**. These are listed and can be downloaded from [http://www.hesperian.org/Publications\\_and\\_Resources.php](http://www.hesperian.org/Publications_and_Resources.php)
- **MAQ Briefs on family planning and reproductive health.** Maximizing Access and Quality (MAQ) is an initiative of USAID and partners and aims to identify practical, cost-effective, and evidence-based interventions that improve the access to and quality of family planning and reproductive health services. MAQ produces 2-page *Global Health Technical Briefs* that include the background of the topic, lessons learned in programme application and where to get more information. You can find the Briefs at <http://www.maqweb.org/techbriefs>. An example is:

**Brief 48 (2008) on Preventing Postpartum Hemorrhage** – see <http://www.maqweb.org/techbriefs/tb48posthem.shtml>. In summary it recommends:

- Administration of a uterotonic drug, preferably oxytocin, within 1 minute of childbirth to cause the uterus to contract;
- Controlled traction of the umbilical cord with counter pressure to the uterus, which supports and stabilizes the uterus; and

## Free newsletters sent by email

**AED-SATELLIFE** ([www.healthnet.org](http://www.healthnet.org)), a non-profit organization, offers 4 health newsletters for health care providers in low and middle income countries, free of charge. Sent via email, the newsletters cover primary health care topics such as HIV/AIDS, malaria, TB, pneumonia, diarrhoea, cardiovascular health, maternal and child health, nutrition, and more. Content includes selected abstracts and full text from peer-reviewed medical and health journals.

The newsletters are:

- **HealthNet** findings (sent weekly)
  - **HealthNet News-AIDS:** clinical and public health information (sent twice/month)
  - **HealthNet News-Community Health:** current, thematic public health content (sent monthly)
  - **HealthNet News-Nursing:** nursing practices, management, and care (sent monthly)
- To subscribe, email [hnet@healthnet.org](mailto:hnet@healthnet.org)

- **Massage of the uterus** through the abdomen after delivery of the placenta to keep the uterus well contracted and prevent further blood loss.

In March the Ministry of Health, GOSS with support from UNICEF and WHO published the first issue of **EPI Southern Sudan Update**.

This reported:

- Details of the grant from Global Alliance for Vaccines and Immunization (GAVI) which will help boost immunization coverage;
- The opening of the EPI and Nutrition office at MoH;
- That vitamin A supplementation and deworming was added to the 3<sup>rd</sup> and 4<sup>th</sup> NIDs;
- That a mass measles campaign had reached 3.67 million children.

To receive future issues of the **Update** contact [alako\\_k@yahoo.com](mailto:alako_k@yahoo.com) or [kcumhamangalam@unicef.org](mailto:kcumhamangalam@unicef.org)

## Immunization Schedule

Children under one year:  
At birth - BCG, polio  
At 6, 10 and 14 months – Polio, DPT  
At 9 months – Measles

Women between 15 – 45 years – TT1, TT2

## Summaries from journals, reports, etc.

Please send us more material for future issues of the Bulletin.

### Sudan Food Assistance Transition Study

December 2007

FANTA Project, Academy for Educational Development, Washington DC, USA.

Available at [www.fantaproject.org](http://www.fantaproject.org)

This study was designed to:

- assess the impact of stability resulting from the Comprehensive Peace Agreement on the most food insecure and nutritionally vulnerable areas and groups in Southern Sudan and
- make recommendations about how USAID Title II and Disaster Assistance resources should be used to address the food insecurity.

### Three I's to reduce the burden of TB in people with HIV

By Theo Smart from the e-newsletter "HIV & AIDS Treatment in Practice (HATIP - see below) #112

This year, approximately 750,000 people with HIV will develop TB, mostly in sub-Saharan Africa. About 230,000 of them will die. But TB is both a preventable and treatable illness so it does not have to be a death sentence in people with HIV.

#### The 'Three I's

There are three essential activities that all HIV programmes should be doing that could: - protect people with HIV from TB infection; - help prevent active disease from developing and - identify active TB disease early and improve the chances of cure. These are:

1. **Intensified case finding (ICF) for active TB:** aggressive screening can lead to the early diagnosis of TB — improving the response to treatment and reducing the likelihood of it spreading to others. It also offers an opportunity to protect people with HIV who don't yet have TB by:
2. Giving **Isoniazid preventive treatment (IPT)**, an antibiotic that could reduce their risk of developing active TB by 33-62%; and
3. Practising **TB infection control (IC)** which involves measures that can reduce the spread of TB to vulnerable people with HIV, health care workers and the community.

**HATIP** is an electronic newsletter on HIV treatment for health care workers and

community-based organisations in resource-limited settings. It has almost 29,000 subscribers in over 100 countries of which about 45% are in sub-Saharan Africa. You can read the whole of the newsletter and get further issues by subscribing at <http://www.aidsmap.com/cms1260989.aspx>.

For further information visit the HATIP section of [www.aidsmap.com/hatip](http://www.aidsmap.com/hatip).

### Making water safer for people living with HIV in Southern Sudan

Extracted from pronut-hiv listserve (16 May 2008).

Due to their weakened immune systems, people living with HIV are particularly susceptible to pathogens that can be present in untreated water. Since the end of the war, treatment tablets have become available in the shops, and HIV-positive people who can afford them are now able to protect themselves from the outbreaks of cholera and other diarrhoeal diseases that are common in this region.

Now Population Services International (PSI – see <http://www.psi.org/child-survival>) include water treatment tablets in the basic 'care packets' they distribute to people with HIV every three months. Each care packet contains 90 tablets (each tablet treats 25 litres of water), a jerry can with a tap at the bottom, water containers, condoms, two mosquito nets and educational materials on malaria and how to prevent HIV infection. The decision to include water tablets in PSI's care packets was partly in response to pressure from people living with HIV.

The distribution of care packets to people living with HIV is to be expanded in the near future. Meanwhile, several organisations, including UNICEF and Solidarits, a French NGO, are raising awareness about hygiene and sanitation, drilling boreholes and repairing existing water points across the country.

#### Answers to quiz

1. Poor diets and Disease
2. Infections reduce appetite and absorption of nutrients and may increase nutrient needs.
3. Children ages 6 – 24 months and women of reproductive age.
4. 6 months.
5. 2- 3 years.

