

Rwandan Nurses Saving Lives Educational Tool Kits Review

Further work on the Educational Toolkit is dependent upon grant approval and the ability to hire a graphic artist to complete the toolkit.

Background- An internet search for available educational tools appropriate for Sub-Sahara Africa revealed no source. The WHO has an RHD flipchart, yet not only are the graphics not reflective of the population most inflicted with RHD, and the focus was on after the diagnosis of RHD. The Rwandan Nurses Saving Lives project is focused on the clinical diagnosis of Streptococcus pyogenes infections (Strep Throat and Impetigo) and the evaluation of possible ARF in the 1-4 weeks after an infection. Therefore, it was deemed that we needed to develop an educational tool kit for each distinct population of our project: 1. Nurses/Physicians; 2. Teachers; 3. Community Health Workers (CHW). Each of these populations have a specific role and educational focus.

Tool Kits- The tool kits will have an educational flip chart designed to educate the patient and family/community/or student while providing evidenced-based information to be shared. Each tool kit contains:

1. A flip chart
2. Posters
3. Ideas for community/student education

Flip Charts-

Reason: to aid education and provide a platform for consistent and evidenced based information

Design: 1-2 pages per topic

Style: flip chart where the side facing the patient has a graphic and the nurse/teacher side has the information to share

1. Nurses. Topics: (Kinyarwanda)
 - a. What is Strep Throat?
 - b. What is Impetigo?
 - c. Antibiotic Treatment
 - d. Transmission -What you can do to decrease risks
 - e. Why is treatment important?
 - f. Autoimmune reaction.
 - g. ARF - what and signs and symptoms.
 - h. RHD -what and signs and symptoms.
 - i. long-term Antibiotic therapy.
 - j. Emotions. Stigma.

Size: 8.5 X 5.5

Printed in Rwanda

2. Teachers: Topics (English)

- a. What can cause a sore throat?
- b. Virus versus Bacteria.
- c. Streptococcus pyogenes.
- d. What is Strep Throat.
- e. What is Impetigo.
- f. Transmission. What you can do to decrease risks
- g. How S. pyogenes causes an autoimmune reaction.
- h. ARF - what and signs and symptoms.
- i. RHD -what and signs and symptoms.
- j. Open heart surgery in Rwanda.
- k. Primary prevention
- l. secondary prevention.
- m. Emotions.

Size: Full sheet of paper

Added pages on project ideas (hand washing, easy transmission, improving breathing capacity [pursed lip breathing], cardiac anatomy, autoimmune reaction game, understanding cardiac output through a bicycle), how to prevent transmission, When to let your parent know you are sick.

3. CHW. (Kinyarwanda)

- a. What is Strep Throat?
- b. What is Impetigo?
- c. Why is this important?
- d. Transmission. What you can do to decrease the risks.
- e. Antibiotic therapy.
- f. Clinical diagnosis by a trained nurse.
- g. Undertreated or untreated risks. importance of evaluation at the HC by a trained nurse.
- h. Autoimmune reaction
- i. ARF - what and signs and symptoms.
- j. RHD -what and signs and symptoms.
- k. Emotions & stigma.

Size: 8.5 in x 5.5 in (or similar)- printed in Rwanda

Posters- We have reviewed several posters (examples shown). Most are not graphically incorrect for the communities. Our graphic artist will review and design specific posters:

1. Possible Strep Throat and Impetigo need to be seen at the clinic
2. ARF
3. RHD

4. What can I do to stop the spread
5. Antibiotics are safe
6. Auto immune response

RHEUMATIC HEART DISEASE

Rheumatic Heart Disease is a common heart disease among children

Rheumatic Heart Disease affects the heart valves

Breathlessness, increase in heartbeat, tiredness, swelling of feet are common symptoms of Rheumatic Heart Disease

Untreated Sore Throat can lead to Rheumatic Heart Disease

Rheumatic Heart Disease can be prevented through simple measures

PREVENT RHEUMATIC HEART DISEASE PROTECT LIVES

IS YOUR CHILD SUFFERING FROM

SORE THROAT WITH FEVER BUT NO RUNNING NOSE

JOINT PAIN OR SWELLING WITH OR WITHOUT FEVER

If your child is suffering from the above symptoms, it could be Rheumatic Fever and can lead to Rheumatic Heart Disease.

PREVENT RHEUMATIC HEART DISEASE, PROTECT LIVES

Ministry of Health & Family Welfare Government of India

Untreated Sore throat / Joint pain may damage the heart

Visit health facility immediately. Take medicines regularly as prescribed.

Do not ignore Sore throat / Joint pain

Jointly developed by Ministry of Health and Family Welfare and World Health Organization

Find a top doc

Is Strep Throat Contagious?

How contagious is strep throat? How long is strep throat contagious?

WITHOUT ANTIBIOTICS:
You are contagious for a few weeks.

WITH ANTIBIOTICS:
You shouldn't be contagious 24-48 hours after beginning treatment.

Visit a doctor if you have a persisting sore throat.

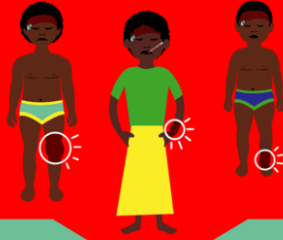
HOW IS THE BACTERIA SPREAD?
Strep-causing bacteria can be transmitted by direct contact, such as sharing utensils.

HOW LONG DOES IT SURVIVE?
The strep bacterium can survive on a dry surface for up to 6 months.

JOINT PAIN + FEVER CAN BE: RHEUMATIC FEVER

Malaria is not the only cause of joint pain and fever.

Joint pain and fever can indicate **Acute Rheumatic Fever.**



Two atipa peen keken aye kelo arem me wang mwot ento twero bedo anyut me **two adunu nyo two itao.**

Acute Rheumatic Fever can damage the heart.



Two adunu nyo two itao twero balo adunu ni woko.

HOW CAN I STOP RHEUMATIC FEVER?

- See your doctor if you have a sore throat or skin sores.
- Take all of your medicine on time.
- If you are pregnant and think you may have Rheumatic fever, see the doctor straight away.
- brush your teeth 2 times a day and go to the dentist regularly.
- Wash hands properly with soap.
- after the toilet.
- after playing with animals.
- after changing nappies and before eating.
- Have a shower or bath everyday.

RHD Queensland For more information contact Rheumatic Heart Disease Register and Control Program QLD Phone 1300 135 854 or email ArRhdRegister@health.qld.gov.au