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in partnership with the  
Emergency Nutrition Network (ENN)

## **Pilot project to strengthen emergency nutrition training in pre-service and in-service training courses**

**Report from initial visit to Kenya February 1<sup>st</sup>-10<sup>th</sup> 2010**  
**Fiona Watson and Wambui Kogi-Makau**

### **Introduction**

The overall objective of this project is to build sustainable human capacity to respond to nutritional emergencies through strengthening pre- and in-service training courses within developing countries.

The project is being supported by NutritionWorks together with the Emergency Nutrition Network (two organisations based in the UK) with funding from the US Office for Foreign Disaster Assistance. The project is being piloted initially in two countries, one of which is Kenya.

Fiona Watson (NutritionWorks) and Wambui Kogi-Makau (University of Nairobi) spent 10 days in February 2010 gathering views from a range of stakeholders on suitable training institutions and how emergency nutrition can be incorporated into existing curricula in Kenya. This report summarises their findings.

### **Objectives**

1. To identify and conduct initial meetings with training institutions that carry out pre-service and/or in-service training for service primary providers (health, agricultural, administration)
2. To identify and conduct initial meetings with other agencies (UN, NGO etc.) that may be able to support new NIE modules and a Training of Lecturers course through providing training inputs/ practical field experience

### **Methods**

Meetings were held with key agencies and contacts. The list of key contacts is in **appendix 1**.

## **Outcomes**

### **Capacity to respond to nutrition emergencies in Kenya**

Nutrition expertise is needed for emergencies in Kenya as well as neighbouring countries (e.g. Sudan and Somalia). The Government and NGOs employ nutritionists and others with nutrition expertise on a regular basis to work in emergency prone areas (e.g. UNICEF recruited 30 nutritionists on behalf of the Government to work in Semi-Arid Regions in 2006).

Staff with direct responsibility for emergency nutrition assessment and response in emergency-affected areas within government services and NGOs include the following:

#### ***Health***

1. Nutritionists. District and regional nutritionist are involved in assessing the extent and type of nutritional problems and for managing the nutrition response at their particular level. There remains a shortage of district nutritionists. The Government plan is to eventually employ nutritionists in every division.
2. Nurses. Nurses are responsible for delivering services such as therapeutic care, supplementary feeding and advice on infant and young child feeding. Nurses may act as district nutritionist where there is no nutritionist available. Nurses may be co-opted as team members in nutrition assessments.
3. Community health workers. In some areas, community health workers take on the role of nurses and are involved in activities such as selective feeding.
4. Clinical officers and doctors. To a lesser extent clinical officers and doctors will be responsible for referring malnourished individuals to specialist services and may be co-opted as team members in nutrition assessments.
5. Public health officers. The focus of public health officers is on water and sanitation.

#### ***Agriculture***

1. Home economics officers. District and regional home economics officers are not directly involved in emergency nutrition assessment and response but are involved in longer-term sustainable livelihood initiatives such as home gardening.
2. Front-line extension officers. These are agricultural officers working at division level directly with farmers.
3. Agricultural officers. Provincial and district agricultural officers have overall responsibility for agricultural activities in their areas but may not be closely involved with nutrition-related activities.

Three levels of skills require strengthening:

1. Management skills for middle level managers  
Skills in rapid assessment and analysis, planning, decision-making and understanding causes are weak in nutrition but crucial for working in emergency contexts. Organisational, human resource management and presentation skills are also weak.

## 2. Technical skills for service providers

Updated technical knowledge in areas such as treatment of acute malnutrition, supplementary feeding and infant feeding in emergencies is needed.

## 3. Overall understanding of NIE

Understanding of the breadth of NIE and its links with other sectors in addition to an understanding of the structures and institutions that respond in emergencies is needed. The importance and practical examples of links between the health and agricultural/food security sectors in emergencies needs emphasis.

*Priority cadre for strengthening NIE training were identified as:*

1. *Nutritionists (mainly working at district and regional level)*
2. *Nurses (mainly working in district health centres)*
3. *Home economics officers (mainly working at district and regional level)*

## **Training institutions**

**Appendix 2** lists the training institutions, identified so far, where nutrition is currently taught in Kenya. There are nine universities and four technical colleges. Five institutions have been visited and details of courses obtained. NIE components have already been incorporated in some courses (notably BSc and MSc courses at the University of Nairobi and Kenyatta University). There was general enthusiasm among the training institutions for NIE training as this was seen as enhancing employment opportunities for students after finishing training.

The challenges identified by training institutions in relation to strengthening NIE included the following:

- Large numbers of students enrolled for courses (up to 70 in some institutions)
- Speed of emerging areas so difficult for lecturers to keep updated
- Lack of hands-on experience for students
- Difficulty of linking with operational partners (to organise internships, attachments)
- Lack of exposure to emergency situations among lecturers
- Lack of orientation to NIE materials among lecturers

The lack of opportunities for gaining practical experience for students was strongly emphasised. This was viewed as essential.

While some universities explicitly run NIE modules, there were notable gaps. These included, most notably:

- No IYCF, MAM or supplementary feeding in emergency contexts covered in nurse training.
- Limited nutrition assessment, emergency nutrition programming (general food distribution, selective feeding, livelihood programming, monitoring and evaluation) at BSc and Diploma level.
- Limited training in managerial skills such as rapid assessment and analysis of key issues in different contexts, presentational skills and report writing.

*Priority training courses for strengthening NIE training were identified as:*

- 1. BSc courses in nutrition and dietetics. A proportion of graduates from these courses become district nutritionists*
- 2. Diploma in nutrition and dietetics. A proportion of graduates from these courses become district or divisional nutritionists*
- 3. Diploma in nursing (community health). A proportion of nurses will go to work in district health centres.*
- 4. BSc in agriculture. A proportion of graduates will work for the Ministry of Agriculture as home economics officers (mainly working at district and regional level)*

## **Curricula**

The curricula for the training institutions are available and in most training institutions there are opportunities for revising curricula to incorporate NIE. The current project will compile and review current curricula in order to assess gaps.

## **Regulatory bodies**

The Kenya Nutritionist and Dieticians Institute (KNDI) is a new body that was set up in October 2009 after The Nutritionists and Dieticians Act, 2007 was passed. All Nutritionists and Dieticians must be registered with KNDI in order to practice legally. Up to now, 2,000 individuals are registered. Some NGOs have noted that nurses are not qualified to register and it is unclear whether nurses can carry out nutrition-related activities such as therapeutic care programming. Clarification is required on this point.

The Act stipulates that the Kenya Nutrition and Dieticians Accreditation Board should be established which *“in particular prepare syllabuses of instruction and training courses for persons seeking registration under the Act”* This provides a future opportunity to ensure accreditation for NIE courses.

## **Operational institutions**

There are a large number of technical agencies involved in response to nutritional issues in emergencies in Kenya. These agencies meet on the first Monday of each month at the Nutrition Technical Forum which is chaired by UNICEF and the Ministry of Public Health and Sanitation (MOPHS). The Forum evolved from the country nutrition cluster which was set up in 2008 in response to post-election violence. The Forum acts as a coordinating body for all nutrition activities within Kenya with a number of working groups including:

- Nutrition information systems
- Urban nutrition
- Capacity Development

The capacity development working group provides an opportunity to strengthen the linkage between training and operational institutions. In general there was willingness from both training and operational agencies to develop closer partnerships and to formalise links.

*Priorities for strengthening partnerships were identified as:*

- 1. Work place attachments. Operational institutions could take on more students during their courses as 'work place attachments'/volunteers. Students generally have 8-12 week time slots to gain practical experience. MOUs between three partners (the training institution, the operational institution and the student) need to be developed that set out the contribution, terms of reference and financial accountability of each partner. Insurance is sometimes an issue but could be resolved by asking students to provide their own health insurance and/or identify insurance companies willing to provide affordable insurance. A fair and equitable system needs to be developed where students 'earn' the chance of practical work (it is not a right).*
- 2. Internships. The system of internship could be broadened by encouraging students to volunteer in their home area in order to gain experience (particularly for Kenya Red Cross that has thousands of volunteers). System for paid interns (e.g. SCUUK provide 10,000 KSh and accommodation per month without insurance) could be formalised by asking training institutions to put forward their best students (based on assessments)*
- 3. Guest lecturers. Most operational agencies are willing to come to institutions and to do sessions on particular topics (e.g. FSNAU already provide input to NIE at University of Nairobi). Guest lecturers would be up-to-date in their field and would be asked to leave materials with the training institution of updated technical material.*

## **Guidelines, training materials and resources**

The large quantity of international guidelines and technical materials on nutrition in emergencies has largely been incorporated into the Harmonised Training Package (HTP) compiled by the Global Nutrition Cluster. The HTP is being revised over the next two years by NutritionWorks. In addition, Kenya has specific guidelines and handbooks relating to nutrition in emergencies. It is important that these materials are reflected in revisions to existing curricula.

## **Training of lecturers course**

A training course to prepare lecturers from identified training institutions to deliver NIE material will take place in August or September 2010. There are three objectives for this course:

1. To provide practical exposure to emergency situations to participants
2. To familiarise participants to existing NIE materials (HTP and Kenya specific guidelines)
3. To support participants to develop their own teaching materials and timetables.

## **Next Steps**

### **Protocol**

1. Request a formal letter of support from the Director of Medical Services. The Director is already aware and supportive of the project).

### **Completion of gap analysis**

2. Complete the mapping of training institutions and courses related to community nutrition. Training institutions not yet contacted will be asked to provide relevant information. This includes institutions outside Nairobi.
3. Complete the needs assessment by visiting all relevant Ministries and operational organisations. This includes the Ministry of Special Programmes (Arid Lands Programme), Ministry of Planning (Food and Nutrition Planning Unit), Ministry of Gender, Sports and Social Services) and all NGO members of the Nutrition Technical Forum
4. Collate all curricula from relevant courses for review.

### **Guidelines and materials**

5. Compile a list of relevant Kenya-specific guidelines and documents relevant to nutrition in emergencies.

### **Support networking**

6. Develop a database of stakeholders.
7. Promote clarification of the Nutritionists and Dieticians Act.
8. Attend the CDWG and Nutrition Technical Forum meetings
9. Produce a template MOU for student attachments setting out the responsibilities of operating agencies and training institutions, and circulate among stakeholders for comments

### **Follow-up visit to Kenya**

10. Plan for the training of lecturers course (identify participants, venue, transport, fieldwork opportunities, costs etc.). This will be done in May when a second visit to Kenya will be conducted out by one of the project team members.

## Appendix 1: List of key informants

<b>Name</b>	<b>Position</b>	<b>Institution</b>
Terry Wefwafwa	Head of Division of Nutrition	Ministry of Public Health and Sanitation
Rosemary Ngaruro	Chief Nutritionist	Ministry of Medical Services
Francis Wambua	Senior Nutrition Officer	Ministry of Medical Services
Francis Kimani	Director of Medical Services	Ministry of Medical Services
Noreen Prendiville	Chief, Nutrition Section	UNICEF
Saba Mebrahtu	Regional Nutrition Advisor	UNICEF
Sophie Ochola	Lecturer	Kenyatta University
Judith Kimiywe	Chairperson Department of Food, Nutrition and Dietetics	Kenyatta University
Assumpta Ndumi	Nutrition Manager	SC UK
Rose Opiyo	Lecturer, Department of Community Health	University of Nairobi
Elidy Wambui	Programme Officer Humanitarian & Emergency Affairs	World Vision
Grainne Moloney	Chief Technical Advisor/Nutrition Technical Manager	Food Security and Nutrition Analysis Unit - Somalia
Assumpta Muriithi	Child and Adolescent Health	WHO Kenya Country Office
Juliah Ojiambo	Chairperson	Kenya Nutritionists and Dieticians Institute (KNDI)
Dr Karanja	Deputy Principal Academic (Nairobi campus)	Kenya Medical Training College
Agnes Muendo	Acting Head of Nursing Department	Kenya Medical Training College
Lt Col Joram Ng'ethe (Rtd)	Training Officer	National Disaster Operations Centre, Ministry of State and Provincial Administration
Immaculate Anyango	Provincial Nutritionist	Nairobi Provincial Medical Office
Dorothy Murugu	Nutritionist, Division of Nutrition	Ministry of Public Health and Sanitation (will move to KNDOC)
Jonathan Kimng'etich	Public Health	National Disaster Operations Centre, Ministry of State and Provincial Administration
Charles Murei	Clinical Desk Officer	National Disaster Operations Centre, Ministry of State and Provincial Administration
Stephen Ogenga	Senior Assistant Director, Technical, Industrial, Vocational and Entrepreneurship Training	Kenya Institute of Education
Cyprian Nkondi	Senior Assistant Director, Technical, Industrial, Vocational and Entrepreneurship Training	Kenya Institute of Education
Tennyson Gitonga	Vocational	Kenya Institute of Education
Gikaru Waweru	Senior Curriculum Development Officer	Kenya Institute of Education
Agnes Koome	Training Officer	Kenya Red Cross
Leonie Toesitich van Mil	Acting Medical & Nutrition	ACF

	Coordinator	
Linner Cherniyst	Assistant Medical & Nutrition Coordinator	ACF
Jane Wambugu	Head Appropriate Household Technology	Ministry of Agriculture
Vernonica Kirogo	Head Home Economics	Ministry of Agriculture
Grace Nyambati	Dean School of Health Sciences	The Kenya Polytechnic
Janet Malla	Acting chairman Department of Nutrition & Dietetics	The Kenya Polytechnic
Peter Gichuhi	Lecturer Department of Nutrition & Dietetics	The Kenya Polytechnic
Beatrice Gisemba	College Principal	Karen College
Esther Waihenya	Lecturer	Karen College
Eglah Kiplagat-Kigen	Lecturer	Karen College
Joyce Kilonzo	Lecturer	Karen College
Adelaide Muraguri	Lecturer	Karen College
Joyce Owigar	Senior Programme Assistant Nutrition	WFP
Natasha Nadazdin	Programme Officer	WFP
Pippa Bradford	Deputy Country Director	WFP
George Chemining'wa	Senior Lecturer/Agronomist, Department of Plant Science & Crop Protection	University of Nairobi
Alice Mwangi	Head of Applied Nutrition Programme	University of Nairobi

## Appendix 2: List of training institutions, regulatory bodies and associations

### UNIVERSITIES

Training institution	Courses	Nutrition in emergencies input
<i>University of Nairobi</i>		
Applied Nutrition Unit	<ul style="list-style-type: none"> <li>• BSc Nutrition &amp; Dietetics</li> <li>• MSc Nutrition &amp; Dietetics</li> </ul>	No NIE currently in BSc NIE module included in the MSc (60 hours ≈ 10 students per year).
Department of Community Health	<ul style="list-style-type: none"> <li>• MPH Public Health</li> <li>• M.B.CH.B Bachelor of Surgery</li> </ul>	Dept becoming School of Public Health and proposal to introduce NIE as short course. This may happen in next 2-3 years
Department of Plant Science and Crop Protection	<ul style="list-style-type: none"> <li>• BSc Agriculture</li> </ul>	Food Security and Nutrition unit is being introduced (45 hours ≈ 80 students per year)
<i>Kenyatta University</i> Department of Food, Nutrition & Dietetics	<ul style="list-style-type: none"> <li>• BSc Food, Nutrition &amp; Dietetics</li> <li>• MSc Food, Nutrition &amp; Dietetics</li> <li>• MPH Public Health</li> </ul>	NIE modules included in BSc (35 hours ≈ 70 students per year) and MSc (≈ 15 students per year)
<i>Moi University</i>	<ul style="list-style-type: none"> <li>• BSc Food, Science &amp; Nutrition</li> <li>• MSc Community Nutrition</li> </ul>	NIE included in BSc (9 hours ≈ 30 students per year)
<i>Jomo Kenyatta University</i>	•	
<i>Mount Kenya University</i>	•	
<i>Egerton University</i>	•	
<i>Baraton University of East Africa</i>	•	
<i>Maseno University</i>	•	
<i>Great Lakes University Kisumu</i>		

### HEALTH COLLEGES

<i>Kenya Medical Training College (KMTTC)</i> Branches in each (8) Province 75 Schools of Nursing 2 colleges of nutrition (Karen and Lodwar)	<ul style="list-style-type: none"> <li>• Kenya Registered Community Health Nurse diploma (3 ½ years ≈60 students per year)</li> <li>• Upgrade from Certificate to Diploma (1 ½ years ≈100 students per year)</li> <li>• Post-basic specialisation (critical care, midwifery, psychiatry, community nursing) (1 year ≈20 students per year.</li> </ul>	No NIE specifically. Karen College lecturer provides 14 hours basic nutrition in year 1 and treatment of malnutrition incorporated into Paediatrics.  In addition to nurses, there are many other para-medics trained (clinical officers, pharmacists, public health technicians) etc.
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<b><i>Karen College</i></b> Branch of KMTC	<ul style="list-style-type: none"> <li>• Diploma in Nutrition (4 years ≈ 35 students per year or 2 years to upgrade from certificate to diploma)</li> <li>• Certificate in Nutrition</li> </ul>	9 lecturers in total of whom some have received TOT training from UNICEF on IYCF and MAM. No NIE elements currently in courses
<b><i>Lodwar College</i></b> Branch of KMTC	<ul style="list-style-type: none"> <li>• Nutrition Certificate</li> <li>• Enrolled Community Nurse certificate (2 years ≈ 50 students per year)</li> </ul>	
<b><i>The Kenya Polytechnic</i></b>	<ul style="list-style-type: none"> <li>• Diploma in Nutrition &amp; Dietetics</li> </ul>	Includes community & nutrition component with a practical (108 hours ≈ 40 students per year) but no specific NIE.

## **AGRICULTURAL COLLEGES**

***Bukura Agricultural College***  
***Embu Agricultural Staff College***  
***Rift Valley Technical Training college***

### Appendix 3: List of technical agencies

Organisation	Type
Ministry of Public Health and Sanitation	Government of Kenya
Ministry of Medical Services	Government of Kenya
UNICEF	UN
WHO	UN
WFP	UN
Save the Children UK	NGO
Action Contre le Faim	NGO
World Vision	NGO
Kenya Red Cross	Red Cross
International Medical Corps	
International Rescue Committee	
Samaritan's Purse	
Merlin	
GOAL	
CARE	
Catholic Relief Services	
Concern Worldwide	

### Appendix 4: List of Kenya specific guidelines and documents related to nutrition in emergencies

- Guidelines for Nutrition Assessments in Kenya.  
Kenya National Bureau of Statistics/MOPHS. 2008.
- National Guideline for Integrated Management of Acute Malnutrition.  
???? 2009.
- Kenya Essential Package for Health ????
- Public Health Emergency Planning and Mangement ??? UNDP ????

### Appendix 5: List of recent NIE short courses in Kenya

Short course	Comments
Management of severe malnutrition	2 week in-service training course. ??? nurses trained. Run by ?????
Infant and young child feeding	????
Nutrition surveys (SMART)	2 week course run by ACF ??? 15 ??? trained

### Appendix 6: Institutional structures for emergency response



