



WELCOME TO OUR

# 2024 Quarter 2 Newsletter

## Featured Articles

- Community Impact Spotlight: Kara and Friends' Generosity
- Successful Workplace Safety and Health Outreach by WAAF/IHCC in Tema
- WAAF Carries out HIV Education Session at TAAG
- Client-Centered Care: IHCC's Commitment to Excellence and Transformation in Healthcare Delivery
- Enhancing Safety and Security through Comprehensive Training
- A Brief Analysis of the Healthy Mother equals Healthy Baby and Shelter Home Programs



Read more

## Community Impact Spotlight: Kara and Friends' Generosity

We're excited to spotlight the incredible impact of Kara and her community's generosity. Kara, an intern from earlier this year, together with her family and friends, stepped up to support pregnant and lactating women living with HIV and other women living with HIV who have experienced GBV/ IPV. Their contributions provided essential supplies, medications, cost of treatment and transportation



assistance to many women and their children. Thanks to the support of Kara and her community, many women who benefitted felt a level of temporary relief knowing their nutrition and medical needs are taken care of. We extend our deepest gratitude to Kara and her community for their remarkable kindness and compassion. Together, we're making a real difference in the lives of those who need it most.

## Successful Workplace Safety and Health Outreach by WAAF/IHCC in Tema

On June 2024, the WAAF-IHCC team visited Tema to conduct a comprehensive course on workplace safety and emergency procedures. This was followed by a health screening for all team members of the construction crew. The course began with practical training on handling workplace emergencies, such as assisting a coworker who has fallen, handling unconscious colleagues, and managing both major and minor wounds. Participants learned the correct procedures for moving individuals with potential fractures, dressing wounds, and selecting appropriate first aid products. They were also trained to identify signs of life in unconscious persons, including checking pulses and airways. A practical CPR presentation allowed workers to practice and received feedback on their CPR techniques. A thorough inspection of the workplace first aid kit was conducted. Missing items



identified for the workplace safety officer to replenish. Each item in the kit was reviewed and detailed explanations provided on their uses. The WAAF-IHCC team then transformed a small plywood office into a makeshift clinic, where workers received comprehensive health screenings. These included checks for a healthy Body Mass Index (BMI), blood

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pressure screenings, and lab tests such as HIV, Hepatitis B tests and vaccinations, among others. The physician consulted the workers to further discuss their lab results or any abnormalities whereas the counselor addressed other concerns they might have. Additionally, free Hepatitis B vaccinations were offered to all participants. It was a great success as workers received their first aid training certificates, learned valuable CPR skills, underwent full health screenings, received vaccinations, and enjoyed a day of learning and camaraderie all onsite.

### WAAF Carries out HIV Education Session at TAAG

WAAF recently delivered an engaging and informative presentation on HIV, at the Technical Assistance and Action Group (TAAG) in Accra. Upon arrival, the WAAF team met the place set up, with attendees seated and eager to learn. After a brief introduction by TAAG, the meeting kicked off with Esinam, our physician, sharing the inspiring story behind the establishment of WAAF, its mission and vision. This opened the stage for a deeper dive into education on HIV. She shared basic information about HIV, its transmission, and emphasized key prevention strategies, including safe sexual practices, the condoms and Pre-Exposure Prophylaxis (PrEP). She also busted widespread myths and misconceptions, using eye-opening statistics about HIV to throw light on the gravity of the epidemic. Most importantly, she urged the participants to embrace those living with HIV with kindness and compassion, fighting against the harmful stigma that still surrounds the disease. The session continued with Alice Asante, the clinic counselor, demonstrating the correct use of condoms in a practical and informative segment. She made sure the audience understood the importance of proper application for effective prevention. Before the



event wrapped up, Alice distributed educational materials and souvenirs to the participants. Overall, the presentation did not only equip the audience with essential knowledge on HIV prevention but also fostered empathy and understanding towards people living with HIV, making it a truly impactful event.

## Client-Centered Care: IHCC's Commitment to Excellence and Transformation in Healthcare Delivery

Dr. Naa recently delivered a presentation on the key principles of delivering excellent care at the International Health Care Center (IHCC). She began by re-echoing IHCC's main purpose; which is to be a valuable resource for people who need help. During the presentation she emphasized how IHCC would have no reason to exist without clients hence making it essential for all staff to focus on how they interact with clients. Dr. Naa outlined several



important qualities that should guide every interaction with clients. She highlighted the need to be thoughtful, considerate, helpful, and kind, while also maintaining a high level of professionalism. These qualities are critical to creating positive experiences for clients, which help build trust and encourage them to return to IHCC for health services.

She also stressed the importance of understanding, practicing, and continually improving the care process. It was also explained that ongoing improvement is necessary to meet the changing needs of clients and to maintain the high standards of care that IHCC is known for.

In discussing professionalism, Dr. Naa reminded everyone that IHCC is in the business of helping people. Due to this, it is important to humanize every aspect of the organization. She pointed out that each interaction with a client is significant and can affect whether or not the client chooses to return. Also, she clearly stated that it is crucial to provide excellent care every time, as failing to do so could result in losing clients.

Finally, she talked about the need to go beyond simply completing transactions. She encouraged staff to focus on transforming each client's experience, making them feel valued and well cared for. This approach, focusing on transformation rather than just transactions, will help IHCC stand out and succeed in the long term.

In conclusion, Dr. Naa's presentation was a strong reminder of the values that should guide all interactions at IHCC: empathy, continuous improvement, and a commitment to excellence. By following these principles, IHCC can continue to be a trusted and respected resource for those in need.

## Empowering Safety: WAAF and IHCC Staff Receive Comprehensive Fire Safety Training

A fire safety training session was recently held at WAAF and IHCC where all staff were present. The trainer began by explaining what fire is, breaking it down in a simple way that everyone could understand. He then discussed the different types of fires, helping us recognize the various kinds that could occur. He further went ahead to talk about causes of fire. One of the key points the trainer highlighted was that overloading electrical sockets could lead to fire outbreaks, especially when the wattage exceeds what the socket can handle. This was a crucial reminder of how



easily a fire can start if we are not careful with electricity. The trainer also shared important fire safety precautions. He advised that in the event of a fire, it is essential to first check what kind of fire it is or identify the source before taking any action. This helps in choosing the correct method to handle the fire.

Emergency exits and fire alarms were also covered during the session. The trainer stressed the importance in ensuring everyone's safety during a fire outbreak. Following that, he introduced the team to the use of fire extinguishers. He explained the different types of fire extinguishers and demonstrated how to use one correctly. Staff members practiced the use of the different fire extinguishers in the different fire scenarios in which they are useful, this added a hands-on aspect to the training. This training equipped all WAAF and IHCC staff members with the knowledge and confidence to handle fire emergencies.



## UCEAP 2024 SUMMER SCHOOL PROGRAM



The West Africa AIDS Foundation (WAAF) recently welcomed a group of international students to its center. The visit aimed to help the students understand the challenges people living with HIV face in Ghana. The students were split into two groups, and each group attended two different sessions. The first session was with women living with HIV. These women shared their personal stories, explaining the difficulties they face daily, such as stigma and discrimination. The students learned about the unique healthcare challenges these women encounter and how they remain strong and find support to cope with their situation. In the second session, the students met with Key Population Living with HIV (KP-LHIV). This session was also very informative, focusing on how HIV affects their lives and how society's view on homosexuality adds to their challenges. The gay men talked about their experiences with social exclusion, mental health issues, and the struggle to get both medical and social support. Both sessions gave the students a real-life view of what it's like to live with HIV in Ghana. Hearing directly from those affected helped the students understand the complex nature of living with HIV. These stories highlighted the importance of empathy, support, and ongoing efforts to reduce stigma in the fight against HIV/AIDS.

# GET IN TOUCH WITH WAAF & IHCC

WAAF and IHCC enjoy servicing the people of Ghana; we continue to ensure our services are available to all and that absolutely no one is left behind. We also enjoy sharing our experiences as we continue our journey in the areas of health in Ghana focusing on HIV, TB and all associated conditions. You can reach us and keep in touch with us via any of the under-listed contact details. We look forward to an exciting year in 2024 and you can follow our work on these same platforms.

## PHYSICAL OFFICE ADDRESSES

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### WAAF ESSIAMA OFFICE

Essiama on top of the Ecobank Building opposite Dukes filling Station  
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### WAAF NORTHERN REGIONAL OFFICE

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- Techiman – TF5564, Diasempa
- Sunyani – New Dormaa Extension Pastoral Road Plot No. 188 Ethiopia Junction
- Obuasi Municipality Community Nyameso 044 Manganese PTH House N0. Ac-116-7735
- Bonsu - Beside Kpogas Furnitures- Tech Traffic Light



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