



NOVEMBER 2022 | EDITION 08

# Solina

MONITOR





# Table of Contents

Helping Men & Boys



SCIDaR  
SOLINA CENTRE FOR INTERNATIONAL  
DEVELOPMENT AND RESEARCH

[Happy International Men's Day](#)

## Project Update

- 03 NLC started a podcast series**  
In October 2022, the Nigerian Learning Collaborative (NLC) for Social Norms team launched a podcast series titled “Norms Lab”. Read more about this below.
- 07 Campaign Funds Process Improvement Workshop**  
On the 22nd and 23rd of September, 2022, the OBR Africa team organised a Campaign Funds Process Improvement Workshop at Brazzaville Congo to address the challenges with timely and complete disbursement of funds to the frontlines.

## Announcements



### Staff Spotlight

*In this edition, we spotlight four (4) humans of SCIDaR across our different work locations. Hurry to pages 11 & 13 to view.*



### Solina Bingo!

*Scroll down to page 17 to tick off the Solina Bingo. Let's know how “Solina” you are!*

# From a Principal's Desk



**Dr. Abdulateef Salisu**  
**Principal**

Dear Colleagues,

I am delighted to present the eighth edition of the Solina Monitor.

This edition spotlights three of our new projects; the Frontier Health Markets Engage project (FHM), Improving Digital Support for Malaria (IDSM) project and the Top Team Effectiveness project (TTE). In this edition also, the Communications team highlights recent updates on selected existing projects including, OBR Africa, Guinea Bissau, Smiles for Mothers and Nigeria Learning Collaborative.

I encourage you to read these updates to be reminded of the diversity of the work we do, and the impact we are constantly making in the development space.

You can also learn more about Mental Health and breast cancer prevention by reading featured articles from AXA Mansard below.

As you prepare to go on holiday, I encourage you to maximise the break to rest well and be rejuvenated to kickstart the new year with gusto.

Happy holidays in advance!



## NLC's Norms Lab Podcast



In October 2022, the Nigerian Learning Collaborative (NLC) for Social Norms team launched a podcast series titled “Norms Lab”. The Norms Lab is the Social Norms Learning Collaborative (SNLC)’s exciting and refreshing communications channel that harnesses the power of audio and in-depth conversations to share theories, trends, and tips on social norms and norms-shifting approaches in development interventions.

The first episode titled “Social Norms 101” featured Hasbiyallah Ahmed and Raihanah Ibrahim who provided some foundational knowledge on social norms, sharing from their personal experiences with norms, how they navigate social norms in their development work, and why it has become important to embed social norms in programs and ensure responsiveness and community participation. You can listen to the podcast on [Anchor](#) or [YouTube](#) if you missed it.

The team in their [October newsletter](#) mentioned that the focus of the upcoming episode will be on how social norms that uphold certain gender roles restrict women's economic empowerment. According to the World Bank, only 44.2% of Nigeria’s workforce is female. Similarly, a larger percentage (60%) of Nigeria’s out-of-school children are girls, placing them at a disadvantage in getting paid decent employment and becoming self-sufficient as they grow. You can follow NLC for more updates on [Twitter](#) and [LinkedIn](#).





# Make MENTAL HEALTH & WELLBEING for all a global priority

It's no surprise that Mental Health is a big deal in today's world. Now more than ever is the time to take charge of our own mental security. To that end we have put together a few tips to help us safeguard our mental estate and also assist our friends and loved ones fortify theirs as well.

*There is a crack in everything, that's how the light gets in.*

- LEONARD COHEN

## 1. STAY POSITIVE

It is easier said than done, but one key way is to look around and be thankful for what you have. Look to your loved ones and be thankful for them. Things may seem tough right now, but there is always light at the end of the tunnel. Things will get better.

## 2. ESTABLISH A ROUTINE

Try not to give in to the overwhelming news or the emotions stoked as a result of your surroundings. Seek to establish a 5-10 activity routine. They need not be large tasks. Tasks as little as brushing your teeth or eating a meal at a certain time can do wonders in offering your mind some needed structure and tranquility.

## 3. AVOID MAKING LIFE DECISIONS AT THIS TIME

This might seem heavy handed, but now is not the time to make certain major decisions such as seeking a different job, or changing accommodation. Having a familiar, steady place or source of income is an asset in times like these. The drain of such major tasks can put both a mental and physical strain on you. Wait things

## 4. TRY SOME SPIRITUALITY

Engaging in some spiritual exercise can be of help mentally. Kind acts such as helping those in need, feeding those who have little to eat, can give you a renewed sense of purpose. Seeking out a transcendent goal or any cause outside of oneself can reinforce one's mind with a lot of positivity.

## 5. UNDERSTAND THAT THERE WILL BE CHANGES

One inescapable truth remains in times like these. Some irreversible changes might take place around us, but one great thing about our species is the ability to make the best of situations. We will adapt and we will succeed.

*Axa Mansard Health  
stands with you.*

*We will continue to stand  
for balance and light.*

## Smiles for Mothers: Learning exchange workshop



The Smiles for Mothers consortium conducted a workshop on the 16<sup>th</sup> and 17<sup>th</sup> of November 2022 with the theme “Strengthening Postpartum Haemorrhage (PPH) Response and Maternal and Perinatal Death Surveillance Response (MPDSR) Structures across the Smiles for Mothers Program States”. The workshop was geared towards supporting the program states to identify opportunities to strengthen PPH response and the current MPDSR structures in their states.

The specific objectives of the strategic workshop were for the core stakeholders across the three program states to:

1. Discuss lessons from states’ experiences with the roll-out of the 2018 WHO recommendations on uterotonics for PPH prevention and opportunities for improvement
2. Explore opportunities to strengthen MPDSR structures in the states and facilitate quality improvement for maternal and newborn services in health facilities

The first day of the workshop focused on strengthening the PPH response by improving the availability and appropriate use of uterotonics. On this day, participants at the workshop were briefed on the utilisation and consumption of heat-stable carbetocin (HSC) in the program states. While on the second day, the focus was on strengthening MPDSR structures. On this day, the Head of the Safe Motherhood Unit, FMoH gave an overview of MPDSR in Nigeria and participants were briefed on quality of care techniques to improve

MPDSR systems and discuss the MPDSR systems in their states.

The learning exchange meeting was attended by thirty-eight (38) participants including fifteen (15) from the three program states (Kano, Lagos, and Niger), two (2) from the Federal Ministry of Health (FMoH), two (2) from Life Bank, two (2) from JHPIEGO, and seventeen (17) from the Smiles for Mothers consortium.

The overall objectives and outcomes of the meeting were achieved as state representatives recognised the need to strengthen PPH response and MPDSR structures, identified opportunities for improvement, and developed state-specific roadmaps to secure buy-in for implementation across all themes.







## *Letter from a future self*

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You are not the inadequate adjective  
that rides shotgun when people drive your name in their  
mouth

You are not the disapproving voice  
your father fathered in his drunken state

Sometimes life is a typhoon  
that dumps waves of tiredness on your plate  
Sometimes even the sunny day  
sends with the downpour of rains

But amid these treacherous storms  
Remind yourself that you have a track record  
of making it through the darkest night  
Take a break, take a breath and take a dance  
the butterfly will not always remain a pupa

Let your inner child see the light of day once again  
dance in the rain

Sing in the shower at the top of your voice  
I promise you the taps won't make fun of you

Let your hair down  
It is okay if you are only halfway to your destination  
The journey is as important as the arrival  
We are more wholesome when you are with us.

## OBR Africa: Campaign Funds Process Improvement Workshop



On the 22nd and 23rd of September, 2022, the OBR Africa team organised a Campaign Funds Process Improvement Workshop at the Radisson Blu M'bamou Palace Hotel, Brazzaville Congo to address the challenges with timely and complete disbursement of funds to the frontlines that have hampered the implementation of polio campaigns in sub-Saharan Africa and have resulted in delayed and/or poor-quality campaigns.

To address these challenges, GPEI partners with support from SCIDaR identified recommendations that will improve the timeliness of disbursements for polio vaccination campaigns and, potentially, other health emergency response activities.

The objectives of the workshop were to:

1. Understand GPEI polio funds disbursement processes and the cause of the bottlenecks
2. Learn about innovations and best practices for the disbursement of funds for emergency responses and
3. Develop strategies to improve the campaign funds' disbursement processes.

The workshop was a success as through presentations and group activities, the participants were able to align on key recommendations that can improve the funds disbursement process. Some of these recommendations include. optimising fund approval process for polio campaigns by updating the list of countries under the emergency framework and empowering GPEI coordinators to be approvers as per the SOP and advocate with WRs, deploying and building the capacity of staff in-country, digitalization of the campaign funds process and advocate for more financial innovations.





## Guinea Bissau EPI: Macro Process Manual Dissemination Workshop

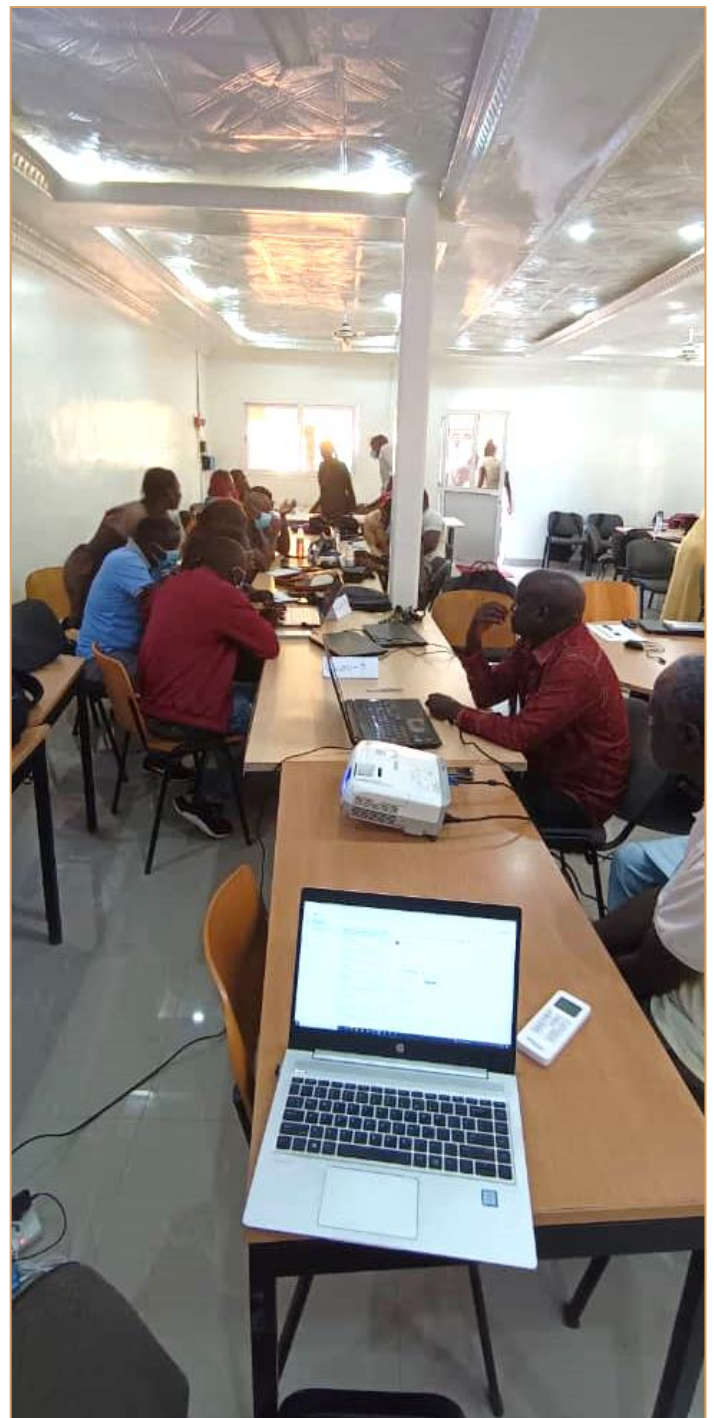


Our Guinea Bissau EPI team conducted a 5-day workshop to disseminate the Macro Processes Manual from November 8th to November 12th, 2022. The workshop's goal was for the participants to review the seven (7) chapters and nineteen (19) annexes of the Macro Process Manual to have a thorough understanding of the standard best practices for the effective management of the EPI program.

Participants included the Maternal and child health general directorate (DGSMI), Inter agencies coordination committee (ICC) Administrative Assistant, EPI director and Deputy Director, fourteen (14) EPI program officers, eleven (11) Health Regional Directors (DRS), eleven (11) Responsible for Sanitary area (RAS), ten (10) Vaccination Focal Points, and representatives from World Health Organization and Solina.

Participants held breakout sessions consisting of eleven (11) groups (1 DRS, 1 RAS, 1 Focal point with guidance from the EPI team and partners) to review and adopt the macro process manual across 7 key EPI program themes (Leadership and Governance, Monitoring and evaluation, Supportive supervision and continuous learning, Administration and Finance, Logistics, Routine and supplementary immunization as well as surveillance).

The participants committed to providing their maximum support towards implementing the strategy. Accordingly, the EPI team will print and distribute hard copies of the macro process manual to the 117 health structures across the eleven (11) regions in the week of November 14, 2022.



# BREAST CANCER



Breast cancer arises in the lining cells (epithelium) of the ducts (85%) or lobules (15%) in the glandular tissue of the breast. Initially, the cancerous growth is confined to the duct or lobule where it generally causes no symptoms and has minimal potential for spread (metastasis).

Over time, these cancers may progress and invade the surrounding breast tissue (invasive breast cancer) then spread to the nearby lymph nodes (regional metastasis) or to other organs in the body (distant metastasis). If a woman dies from breast cancer, it is because of widespread metastasis.

## Risk factor

The female gender is the strongest breast cancer risk factor.

Approximately half of breast cancers develop in women who have no identifiable breast cancer risk factor other than gender (female) and age (over 40 years).

Female gender, 40 years and increasing age, obesity, alcohol, family history, radiation exposure, tobacco use, post-menopausal hormone therapy, menstrual period onset, age at first pregnancy.

## Symptoms

Breast cancer most commonly presents as a painless lump or thickening in the breast.

Generally, symptoms of breast cancer include:

- A breast lump or thickening
- Alteration in size, shape, or appearance of a breast
- Dimpling, redness, pitting or other alteration
- Change in nipple appearance or alteration in the skin surrounding the nipple (areola) and/or
- Abnormal nipple discharge

## Prevention

- Eat healthy and nutritious food
- Avoid alcohol
- Practice gentle exercises upon doctor's advice
- Visit doctor for regular examination
- Preventive surgery may be recommended in women with high risk
- To reduce the risk of developing cancer, get the pre-screening done

## Treatment

Breast cancer treatment can be highly effective, achieving survival probabilities of 90% or higher, particularly when the disease is identified early. Surgery, Hormonal (anti-oestrogen therapy), Radiation, Chemotherapy, Biological therapy (antibodies)



# Staff Spotlight

#humansofscidar

## Tope Fortune



- ❑ **Position** – Program Officer, ACHIEVE/ASPIRE Project, Rivers state.
- ❑ **Describe yourself with 3 to 5 words** – Intelligent, Resourceful, friendly and a Team-player
- ❑ **When you are not working you.....?** I love Knowledge! I am always reading, learning new stuff or writing
- ❑ **Favourite quote or saying?** “Mastering others is strength; mastering oneself is true power” – Lao Tsu
- ❑ **Favourite App?** Facebook, Instagram
- ❑ **Favourite Food?** I am a great foodie. Lol. I love good homemade meals. Any well-prepared Rice dishes, garnished with coleslaw, and chicken.
- ❑ **If you could wake up anywhere tomorrow, where would you choose?** Maldives
- ❑ **If you could change the world, what would you change?** Societal decadence, by raising and helping parents raise wholesome children who will transition into better adults. I am an advocate of a better healthy world
- ❑ **Is there a book/movie you think everyone should read/watch and why?** **A book** - The subtle art of not giving a f\*ck by Mark Manson. It teaches some meaning of human existence and values.
- ❑ **First Solina employee you bonded with?** King Ewa Henshaw
- ❑ **Who is your mentor - work/life?** Pst Peter Arome, Wendy Ologe, Oluseye Ashiru

## Briend Kilone



- ❑ **Position** – Associate RI Chad
- ❑ **Describe yourself with 3 to 5 words** – Patient, trustworthy, open minded
- ❑ **Describe what you do to a five-year-old child** – I follow up with people and ensure they take their drugs to get better.
- ❑ **When you are not working you.....?** I play long tennis (I love it), and I play soccer sometimes. And do research online on how to improve myself.
- ❑ **Favourite quote or saying?** “The greatest glory in living life is not in never falling, but in rising every time we fall.” (Nelson Mandela)
- ❑ **Favourite App?** LinkedIn, then Facebook
- ❑ **Early bird or nocturnal?** Nocturnal
- ❑ **If you could wake up anywhere tomorrow, where would you choose?** Finland. Although I love my country more than anywhere else
- ❑ **If you could change the world, what would you change?** I would make the world gun free.
- ❑ **First Solina employee you bonded with?** Funminife
- ❑ **Who is your mentor - work/life?** Dr Abubacar Jah (Gambia)



## Top Team Effectiveness (TTE) Project

SCIDaR is providing management support to the Top Team Effectiveness project funded by Nigeria Governors Forum (NGF). The 8-month project is being implemented together with Nigeria Health Commissioners Forum (NHCF) and aims to foster high performance and effectiveness of leaders of State health teams.

We are building on our experience in conducting a diagnostic assessment to understand the challenges and barriers limiting top team effectiveness of the leadership of the state health team. As part of our support, we are supporting the co-creation of a framework for establishing and maintaining Top Team Effectiveness. We are also working to develop potential solutions and kick-start the implementation of these solutions towards improving the effectiveness of the state health management teams across Nigeria's 36 states and the FCT.

### *TTE Project team members*



Muyi Aina



Nonso Nwaokorie



Adebisi Adeyoyin



Olalekan Shakiru



Osezefe Ehimen



Seyi Adesigbin



# Staff Spotlight

#humansofscidar

## Oluwasegun Ajetunmobi



- ❑ **Position** – Intern ANRiN/Oyo
- ❑ **Describe yourself with 3 to 5 words** Idealistic, Meditative, Inquisitive...
- ❑ **When you are not working you....?** Watching chiro videos and YT shorts, Playing online card games, Catching up with friends, etc.
- ❑ **Favourite quote or saying?** “When the student is ready, the master will appear?”
- ❑ **Favourite App?** Reddit
- ❑ **Favourite Food?** Pasta
- ❑ **If you could wake up anywhere tomorrow, where would you choose?** Zagreb, Croatia
- ❑ **If you could change the world, what would you change?** I will make corruption a capital offence
- ❑ **Early bird or nocturnal?** Nocturnal++
- ❑ **First Solina employee you bonded with?** Seun Adejumo
- ❑ **Who is your mentor - work/life?** My father, Jordan Peterson, Dr A. Abolarinwa (UNILAG)

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## Amina Dikko Iya



- ❑ **Position** – HRH Training Specialist, Banyan HWM, Bauchi State
- ❑ **Describe yourself with 3 to 5 words** – Friendly, confident, reliable, accountable and Innovative
- ❑ **Describe what you do to a five-year-old child** – I want to give people health and love so they can play, be happy and enjoy life with passion and curiosity
- ❑ **When you are not working you?** Quranic recitation and memorization
- ❑ **Favourite quote or saying?** “May Allah be our guide”
- ❑ **Favourite Apps?** WhatsApp
- ❑ **Favourite Food?** African traditional food (Tuwo Miyan Kuka)
- ❑ **If you could wake up anywhere tomorrow, where would you choose?** In my mother’s room
- ❑ **Early bird or nocturnal?** Early bird
- ❑ **If you could change the world, what would you change?** The rapid drop-down of Naira rate
- ❑ **First Solina employee you bonded with?** Babafemi Adebola
- ❑ **Who is your mentor - work/life?** Dr I.M Bello

## Improving Digital Support for Malaria (IDSM Project)

SCIDaR is conducting a three (3)-month landscaping assessment of the National Malaria Elimination Program (NMEP) malaria campaign digitisation efforts. The assessment which is funded by BMGF is conducted in collaboration with eHealth Africa. The team seeks to understand the key components of campaign digitalisation in Nigeria, identify strengths, gaps, and opportunities within the system and ultimately design tailored and actionable solutions to holistically optimise and integrate the malaria campaign digitalisation by the NMEP and its partners

The team utilises a mixed-method approach that includes: desk review, Key Informant Interviews (KIIs), Focus Group Discussions (FGDs), user survey, review of e-tools currently deployed by different donors and partner organisations, and an ideation workshop to achieve the objectives of this landscaping exercise.

### *IDSM Project team members*



Oluwaleke Jegede



Kunle Oreagba



Sodiq Yusuff



Olufemi Peters



Emmanuella Wotogbe



## Frontier Health Markets Engage (FHM) Project

Solina is part of a network of implementing partners on the USAID-funded Frontier Health Markets (FHM) Engage project led by Chemonics international. FHM Engage is a global cooperative agreement to provide technical support to local actors to improve access to family planning (FP) and maternal, neonatal, and child health (MNCH) outcomes by strengthening the private sector markets in their 24 priority countries (including Nigeria).

Solina supports both global core activities and Nigerian country-specific activities on the project. On the global side, we are conducting a global assessment of opportunities to leverage provider aggregation and networking models to improve access to family planning. Other activities are scheduled to commence soon.

On the Nigerian support side, we are supporting the development and initiation of its year-one work plan. The Nigerian work is commencing in FCT and Ebonyi states with the possibility of expanding to other USAID priority states.

The FHM engage team is a very diverse team with stakeholders spread around the world which provides a great learning opportunity for the team.

### ***FHM project team members***



Uchenna Igbokwe



Efosa Omoregie



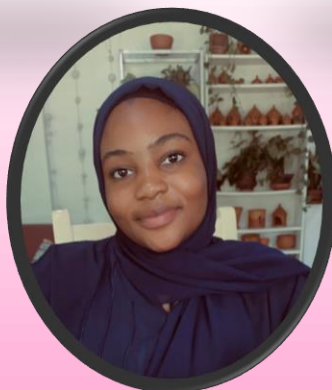
Isioma George



Toluwanimi Adewole



Viashima Bitto



Amina Baba-Ari



Oreoluwa Adeagbo

# Celebrations



## ***New babies***



*Saheed Oguntade*

*Shehu Ango*

*Hopewell Paul Dangtim*

*Mohammed Saleh Kambar*

*Lois Durunguma*

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## ***Wedding Bells***

*Ali Ogoh*

*Ihunnaya Njemanze*

*Happiness Micheal*

*Hauwa Inuwa*





# Announcements



**SCIDaR**  
SOLING CENTRE FOR INTERNATIONAL DEVELOPMENT AND RESEARCH

TOPIC:  
**Stay Healthy to Achieve more**

**Dr. Yusuf Zubair**  
Senior Consultant Physician/  
Neurologist,  
Defence Hospital, Abuja

**Dr. Gbonjubola Abiri**  
Consultant Psychiatrist &  
CEO,  
RedMed Consulting Services

**Dr. Edeigbini Omokhudo**  
Head, Preventions &  
Wellness Team,  
AXA Mansard Health

**Dr. Victoria Awosika**  
Head of Physiotherapy  
Department,  
Defence Hospital, Abuja

FRI DAY | OCT 28 | 05 PM

zoom

@SCIDaR\_ f @SCIDaR001 @SCIDaR in @SCIDaR

Did you miss the Health webinar on the 28<sup>th</sup> of October, 2022?

Watch the recording [here](#).

Are you ready to look dressy or dapper? The final Happy hour holds on Saturday, 17<sup>th</sup> December 2022.

See flier for more details.

**Dapper meets Dressy**

17 DEC 2022

Dance aerobics and Yoga 8:30am

Final happy hour event (Red carpet) 3pm

**SCIDaR**  
SOLING CENTRE FOR INTERNATIONAL DEVELOPMENT AND RESEARCH



# SOLINA

# Bingo

impact

insight innovation

*How Solina are you? Do you tick off all these boxes?*

*Play this game with a colleague or as an icebreaker in team meetings.*

*Eaten at Yellow  
Canopy*

*Use the word  
“suboptimal” or  
“deep dive” in a  
deck*

*Received a mail  
at midnight*

*Ever been  
hijacked by a  
colleague with “  
do you have a  
minute?”*

*Ever been to the  
“states”*

*Participated in  
Karaoke at an  
happy hour  
event*

*Conspired to  
plan a vacation  
leave*

*Dodged a  
principal*

*Attended a  
secret house  
party with work  
clique*

*Have a hidden  
office crush*

*Have the  
superpower to  
meet deadlines  
on deadlines*

*Planning to  
japaa*



# Special thanks

## to the contributors

**Toyin Seth-Ogungbemi**  
(Editor)

**Ayomide Fasan**  
(Co-editor)

**Grace Ameh**  
(Polio Africa project update)

**Oluwatobiloba Emitomo**  
(NLC project update)

**Olalekan Shakiru**  
(TTE Project update)

**Oluwabukola Shaba**  
(SFM Project update)

**Olufemi Peters**  
(IDSM Project update)

**Oreoluwa Adeagbo**  
(FHM project update)

**Aseeyah Umar**  
(Guinea Bissau EPI project update)

**AXA Mansard HMO**  
(Featured article on Breast cancer & Mental Health)

**Rilwan Sholanke**  
(Celebrations)

**Victor Adetimilehin**  
(Featured poetry & Solina Bingo)

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