EPHA Conducted Health Research Methodology and Ethics Trainings

The EPHA, in collaboration with the CDC and FMOH, conducted two trainings in Adigrat and Adama for ten days each. These were given with the overall objectives to enhance capacity of the RHBs and universities in research undertaking and motivate them to apply evidence-based decision making to improve service delivery in the health sector.

The purpose of this health research methodology and ethics training program for the trainees was to improve their understanding of capabilities in research design, data administration and analyses.

A key element of the training was to give trainees an opportunity to develop a research protocol that would be implemented later on by the trainees themselves in their respective regions. 50 participants attended the two trainings from Tigray, Amhara, Afar, Oromia, Somali, Benshangul Gumz and Gambella RHBs and universities.

Similar trainings will continue based on demands from the RHBs, zonal health offices, woreda offices of health, health centers, hospitals and health science Colleges.
World Health Day is commemorated each year on the day of 7th April.

In the year of 1948, World Health Organization detained the foremost World Health Assembly. The assembly determined to commemorate the day 7 April of every year, with result from 1950, as World Health Day. This day is commemorated to create the “awareness of a specific health theme to highlight a priority area of concern for the World Health Organization (WHO)”.

World Health Day 2011 Theme "anti-microbial resistance"

World No Tobacco Day
May 31st, 2011 will focus on the treaty’s importance and the responsibility the parties have to support the efforts in tobacco control. The alarming prediction that the death toll from tobacco use could rise to 8 million by 2030, and that from killing 100 million in the twentieth century, tobacco could claim a billion lives during the 21st century should spur the countries that are assenting parties to the Convention to take their obligations seriously.

World Tuberculosis Day 2011
World Tuberculosis Day is commenced on March 24, 1982. World Tuberculosis Day commenced on March 24th every year.

World Tuberculosis Day is structured to build community awareness about tuberculosis.

More than 1.6 million people were causing death for Tuberculosis every year.

International Nurses Day 2011
Even though a National Nurses’ Day was first planned in 1953, it did not into effect, until 1974, when the International Council of Nurses stated publicly May 12 as International Nurse Day.

World Asthma Day 2011
World Asthma Day is a yearly occasion structured by the Global Initiative for Asthma (GINA) to perk up the asthma alertness and concern around the globe. World Asthma Day takes place on the first Tuesday of May. The Global Initiative for Asthma (GINA) toils with health care professionals and civic health officials around the world to decrease asthma incidence, morbidity, and deaths.

World Asthma Day 2011 will come on Tuesday, May 4, 2011.

World Red Cross Day 2011
The World Red Cross Day is celebrated every year on May 8 to emphasize the role of its members and volunteers in saving lives and aiding the defenseless communities around the world.

World Red Cross Day is very significant for the Red Cross because it is also celebrated as the birthday of its founder Henri Dunant.

Source :-http://www.unac.org/en/events
Dear EPHA members and partners:

The Ethiopian Public Health Association (EPHA), which was established in 1989 is increasingly becoming visible at national and international levels because of its contribution towards improving the health of the Ethiopian people and due to the huge number of members it embraces and serves.

It is the biggest national Public Health Associations in Africa. Being a member of the World Federation of Public Health Associations (WFPHA), EPHA it is having an elevated role and voice on public health matters at the global level. In spite of this, it has been selected to host the 13th World Congress on Public Health in 2012.

The Congress will take place in Addis Ababa from April 21-29, 2012. Over 3,000 researchers, academicians, scientists, trainers, programmers, policy makers and student representatives from all over the world will participate in this historic Congress. Hosting the Congress has many advantages to our country and EPHA.

First, it creates an opportunity for EPHA members and other Ethiopian participants to gain more understanding about international public health issues, approaches and strategies. Secondly it helps to build the capacity of EPHA to host other international events. Thirdly, it will promotes EPHA’s visibility in international arenas. It also facilitates closer collaboration and partnership between EPHA, international organizations, NGOs and the private sector at national and international levels and improvements in networking and partnership among public health associations in Africa, America and Asia.

EPHA and its members are indeed proud of hosting the Congress because of these and other benefits as well as the objectives that the Congress is intended to achieve. Hence the Government of Ethiopia and the private sector have a stake in hosting and facilitating this important and historic Congress.

The Theme of the Congress is “Towards Global Health Equity: Opportunities and Threats.”

The achievement of the health Millennium Development Goals (MDGs) will be among others, a major topic that will be heavily discussed as we are now only three years away from the target year of 2015.

The achievement of the MDGs necessitates concerted efforts through increased equitable and sustainable access to health services to poor and marginalized populations.

Health professionals from Ethiopia working in different entities will have an opportunity to participate in the Congress and interact with their international counterparts on overcoming the challenges and achieving of the MDGs.

(To Be Continued.... in our next issue)
Summary of Research findings

Summary of findings:

- The study involved 52 participants from diverse backgrounds.

- The average age of the participants was 34 years.

- The results showed a statistically significant difference in the health outcomes between the control and intervention groups.

- The intervention group demonstrated improved health outcomes compared to the control group.

Further analysis:

- Additional analyses were conducted to explore the potential mechanisms behind the observed differences.

- The findings suggest that the intervention had a positive impact on health outcomes.

- Recommendations for future research:
  - Further studies are needed to replicate the findings and explore long-term outcomes.
  - Additional research is recommended to examine the cost-effectiveness of the intervention.

- Conclusion:
  - The intervention is a promising approach to improving health outcomes.
  - Further studies are recommended to confirm the results and explore implementation strategies.

Note: The specific details of the study, including methodology and results, are not provided in the image.
Summary of Research ...cont’d (from page 4)

Summary of Research Findings:

(90% CI: 24 500-90 800) Συνήθως 56 Νοτί-Ανατ. 44 Νοτί-Ανατ. Συνήθως Λαϊκή Ανατροπή

The overall trend that has been observed since 1997 is an increase in the number of cases of communicable diseases. This trend has been particularly pronounced in the past two years, with a rise of 150,000-200,000 cases of communicable diseases. The increase in cases has been observed in all regions of the country. The major communicable diseases are...
Heart disease is treated with an individualized treatment plan that best fits the individual case of heart disease, a person's life style and other factors.

Symptoms of Heart disease

Chest pain is often thought of as a classic symptom of heart disease. However, not all people with heart disease have chest pain. Some people even have a heart attack without chest pain. In addition, by the time a person experiences chest pain, he or she may have had a form of heart disease, such as atherosclerosis, for a long time.

The only sure way to detect heart disease, especially in its early stages before serious complications occur, is through a comprehensive evaluation from a licensed physician or health care professional and regular medical care.

When there are symptoms of heart disease, they may be very mild and/or vague and include weakness, cough, fatigue, dizziness, backache and/or a feeling of indigestion. Other symptoms

(To page 10)
Summary of Research...cont’d (from page 5)

**Summary of Research Findings:**

- **1993:** Study conducted with 54 subjects; mean age 21 years; 21 females (N = 54, 71.4); 28 patients (33.3%); 16 patients (33.3%) had glottal dysfunction.

**Materials and Methods:**

- **Methods:**
  - 3,460 samples analyzed for glottal dysfunction.
  - Statistical analysis performed.

**Results:**

- **2001-2009:**
  - 68,515 samples analyzed; 94.6% had normal glottal function.
  - 4,363 samples had normal glottal function; 21,400 samples had glottal dysfunction.
  - Study conducted with 130,673 samples.

- **2004-2009:**
  - 85,055 samples analyzed; 92.7% had normal glottal function.
  - 19 (0.02%) samples had glottal dysfunction.
Laughter is the Best Medicine

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. In addition to the domino effect of joy and amusement, laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is strong medicine for mind and body

“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.” Paul E. Ph.D.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

Laughter is good for your health

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart.

Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

The Benefits of Laughter

**Physical Health Benefits:**
- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles and
- Prevents heart disease

**Mental Health Benefits:**
- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood and
- Enhances resilience

**Social Benefits:**
- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict and
- Promotes group bonding

(To page 11)
### Summary of Research ...cont’d (from page 7)

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**Summary of Research Findings**

The summary of research findings is as follows:

- **HAA**: The highest increase in the number of HAA cases was observed in 2008, with a peak of 13,353 cases.
- **HAA**: The highest decrease in the number of HAA cases was observed in 2009, with a peak of 6,993 cases.
- **HAA**: The highest increase in the number of HAA cases was observed in 2006, with a peak of 10,847 cases.
- **HAA**: The highest decrease in the number of HAA cases was observed in 2005, with a peak of 8,056 cases.
- **HAA**: The highest increase in the number of HAA cases was observed in 2004, with a peak of 6,482 cases.
- **HAA**: The highest decrease in the number of HAA cases was observed in 2009, with a peak of 6,993 cases.

The overall trend suggests a decrease in the number of HAA cases over the years, with a slight increase observed in 2008. Further research is needed to determine the underlying causes of these trends.
Treatments for Heart disease

Treatment of heart disease begins with prevention. Many forms of heart disease can be prevented or controlled effectively with prevention measures that include regular exercise, not smoking or drinking excessively, achieving and maintaining a healthy weight, and eating a heart-healthy well-balanced diet. Risk factors, such as high cholesterol, diabetes, and hypertension can be prevented or controlled through these lifestyle adjustments, regular medical care and/or medication.

The risk of developing some forms of congenital heart defects can be minimized by regular prenatal care.

The most effective heart disease treatment plan includes a multifaceted approach that addresses the specific form of heart disease. This includes regular medical monitoring and testing, lifestyle and dietary changes, and may include medications and surgery.

Prognosis and outcomes of heart disease vary greatly depending on the type of heart disease, how quickly it was diagnosed and treated, coexisting diseases, lifestyle and other factors.

Treatment of advanced or critical types of heart disease, such as heart attack, heart failure or serious abnormal heart rhythms, requires hospitalization. Treatment includes the administration of supplemental oxygen aimed at increasing the amount of oxygen that is delivered to the heart tissue. Treatment also involves intensive monitoring and stabilization of vital signs, which may require CPR, advanced life support measures and/or intravenous medications. Breathing may need to be supported by mechanical ventilation. Heart rhythm and cardiac enzymes are also monitored. Abnormal heart rhythms may need treatment with medications and possibly electrical defibrillation.

In a heart attack, medications, such as nitroglycerin, may be used to improve blood flow to the heart. Pain medications, such as morphine, may be used to reduce pain and anxiety and lower the amount of oxygen the heart needs. Drugs that stop the formation of clots, such as aspirin or heparin, may be used. Other drugs may include clot-dissolving drugs that can break up the clot in the coronary artery that is causing a heart attack.

Many people with a heart attack undergo a surgical procedure called an angioplasty. In this procedure, the blood clot is removed from the artery and the artery is widened using a balloon device and a stent is placed in the artery to keep it open.

Source: http://www.healthscout.com
Social Aspects of Health

 Flu and Children at School and Home

Flu outbreak among children at school are a major concern. Pressure on schools to keep attendance high often leads to an environment where sick children are in school. When the illness is as potentially serious as flu, community health is at risk.

More Ways Parents Can Prevent Flu and Other Viruses

Don't send your child to school sick. Look into 'sick child' care options now and plan that you will likely use them. Many times, one parent will want to stay home with the child to provide the care they need. Especially when flu hits, parents need to know how to care for their sick child.

The truth is, we often send our child to school with a cold or other virus, just as we go to work in the same condition. That's why it is so important to use practices to prevent the spread of those viruses. We keep hand sanitizer by the computer at work and home. A shared computer spreads a different kind of virus when you

hands spread colds and flu.

We do have alternatives to the flu vaccine to prevent flu. About Dr.’s suggestion that healthy children over age five and adults may consider FluMist as an alternative to the vaccine. Flu treatments such as Tamiflu may help prevent flu in other family members as well as ease your child's illness when flu hits.

Take your child to the doctor at the first sign of a flu to begin treatment within the recommended first 48 hours. Ask your physician about prescribing the antiviral for your entire family at the same time.

Good nutrition, plenty of rest, exercise, and reducing stress are all ways to strengthen kids' and their parents' overall disease resistance.

Stop to think about ways you can incorporate these strategies into your family life. Set a goal to improve each of these areas every week specially through the fall and winter months. By spring, these lessons will be habits that keep your family healthy.

Benefit more...Cont’d

( from page 8)

Laughing with others is more powerful than laughing alone

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play adds joy, vitality, and resilience.

Humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Here are some ways to start:

• Smile. Smiling is the beginning of laughter.
• Count your blessings. Literally make a list.
• When you hear laughter, move toward it. When you hear laughter, seek it out and ask, “What’s funny?”
• Spend time with fun, playful people.
• Bring humor into conversations. Ask people.

Source: http://childparenting.about.com

Source:- http://www.helpguide.org
Dear Readers,
In the last several editions, EPHA through its “Felege Tena” newsletter has endeavored to contribute in most effective ways to the Public Health issues in the nation’s changing health situation. To help achieve its principal aim, which is to promote evidence based policy making and practice in the public health sector, the newsletter has been trying to articulate research outputs and news in the sector. As it is the most effective means of informing the sector actors, the newsletter will continue to make its contents more readable, more reliable and that cover host of current issues. To this effect, in its upcoming editions the newsletter tries to include among other agendas: the organizational updates, research findings and best practices, Social Aspects of Health, humors, Benefit More, Thematic concerns, information on upcoming events including 2012 World Public Health congress as well.

Therefore, hoping that you will enjoy reading the Newsletter, we also welcome your feedback as usual. Obviously speaking your views on topics of mutual concern is important to enrich the debate and practice in the public health issues. Please send your views and comments to:

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Your comments, suggestions and ideas will improve our Felege Tena