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Youth Friendly Services Baseline Research Report

Objectives



Understand the extent of Youth Friendly Services currently provided at Matongo and Iranda Health Centers and use obtained information to create a YFS implementation checklist.



Identify Matongo and Iranda Health Center's staff skillset capacity and areas of needed improvement.



Determine the community's knowledge and perception of YFS provided at Matongo and Iranda Health Centers.



Determine youth involvement, knowledge, and perception of YFS provided.



Identify the kind of services other YFS implementing organizations in the area are providing, their strengths, challenges, and potential areas for collaboration.



Identify if Matongo and Iranda Health Centers have adequate structural capacity to provide comprehensive YFS

Research Questions

- **Research Question 1:** What is the perception of Youth Friendly Services at both community and health facility levels?
- **Research Question 2:** To what extent are Youth Friendly Services available in Matongo/Iranda?
- **Research Question 3:** What are the roles and responsibilities of MoH staff in relation to YFS?
- **Research Question 4:** What are the roles and responsibilities of the community in relation to YFS?
- **Research Question 5:** How were current YFS protocols developed?
- **Research Question 6:** How are other non-profit agencies implementing YFS in Kisii County?

Key Informants

Informant Type	Number interviewed	Format	Sampling
Kisii County Reproductive Health Coordinator	1	KII	Purposive
Kisii County Child and Adolescent Health Focal Person	1	KII	Purposive
Kitutu-Chache South Sub-County Reproductive Health Coordinator	1	KII	Purposive
Kitutu-Chache South Sub-County Medical Officer of Health	1	KII	Purposive
Matongo Health Center Staff	3	FGD	Purposive
Iranda Health Center Staff	3	FGD	Purposive
Matongo Clan Elders	6	FGD	Random
Iranda Clan Elders	6	FGD	Random
Matongo CHV's	6	FGD	Random
Iranda CHV's	6	FGD	Random
Matongo Community Youth	6	FGD	Random
Iranda Community Youth	6	FGD	Random
Bogeka Primary School Adolescent Health Program Steering Committee	7	FGD	Purposive
Iranda DOK Adolescent Health Program Steering Committee	7	FGD	Purposive
Daraja Vision Representative	1	KII	Purposive

YFS Perception

- Community members
 - YFS is provided by churches and schools and involve seminars and health talks
 - NGO's that conduct occasional trainings for young people in the community

"These are teachings provided to the teenagers and young people, how they should take care of themselves and prevent themselves from behaviors and things that can harm or cause them problems later in life."

Participant Iranda DOK Steering
Committee FGD

- MOH leaders
 - YFS is provided in only 6 facilities within the county through a combined effort of the MOH and NGO partners
 - Only 90 healthcare providers in the county have been trained on provision of comprehensive YFS
 - Requested more partners to work with MOH in implementing YFS in additional facilities within the county

YFS Perception

- Services provided by YFS include:
 - Family planning
 - HIV/STI testing and treatment
 - Cervical cancer testing and treatment
- All participants were in agreement that YFS are fit for young people aged 10-24, but education on certain topics and provision of certain services should be tailored to age.
 - Some informants were against youth under the age of 18 using family planning services unless they're married

Family Planning Controversy

- Belief that contraceptives at a young age will lead to infertility
 - This is especially critical because having children is a highly valued right of passage in this culture
- Religious beliefs
 - Christianity encourages abstinence from all sexual activity before marriage so provision of family planning to unmarried young people is dishonoring God
- Belief that using contraceptives at a young age will lead to promiscuity

"Teenage girls like us we rush for family planning methods, injectable or hormonal family planning methods, so that we avoid getting pregnant, but we forget to protect ourselves from getting infected with diseases."

Iranda Teen Participant

YFS Availability

Matongo

- Doesn't have YFS
- Only service that targets youth is under the Patient Support Center (PSC)
- Staff occasionally do health education outreaches to schools in the community
- No YFS trained staff

Iranda

- Previously had a YFS program
- The room that was designated for YFS is now mainly used for HTS
- Two YFS trained staff

Post- Abortion Care

- Services are available at both health facilities
- The procedure utilized for post-abortion care entails:
 1. Examine patient and take history
 2. Extract any foreign objects
 3. Admit for 24 hours observation
 4. Administer fluids, antibiotics, HIV prophylaxis and any other necessary treatment.

“You cannot come, you'll be caned. You cannot just come.”

Teen Participant

“This is what she is told “you aborted? Who even told you to abort?” they actually become tough on her making her to even start crying. They will tell her to even take the medicine she was using to finish aborting. Instead of just helping her, finish the abortion, then start the counselling; telling her that that was wrong they should have come and sought help with that.”

CHV Participant

Health-Seeking Barriers

- Lack of privacy and confidentiality
- Provider mistreatment
 - Especially related to seeking of SRH services
- Low self-esteem
- Stigma and judgement
- Poor roads
- Long distance to health facility
- Lack of knowledge
- Poverty
- Additional health facility barriers – long wait times, lack of commodities, inadequate infrastructure, poor staffing, lack of staff trained on YFS provision

"Sometimes provision of condoms is limited, sometimes we have stock-out occasionally then we also have I want to call it naively but affirmatively staff attitude that when a young person comes and say give me condoms, the staff will say what are you going to do with the condoms or I have come for family planning, is family planning for you or for mothers, I want to see those who have not gone through youth friendly training, occasionally that turns away our clients. So I can say capacity building behind that attitude."

Health Facility Staff Participant

YFS Protocol

- Implementation of YFS within Kisii County is done using the National Guideline for Implementation of Adolescent-Youth Friendly Services.
 - Developed in 2016 by the MOH, National Youth Council, and additional partners
 - Has been adapted to fit the local context, but interviewed MOH personnel stated that there are still many gaps that remain unaddressed.
 - There is no YFS policy specific to Kisii County
 - There is need for protocol development that is tailored to the needs of this area

“I think the county adopts, but there is a national one of course. I think the national one is the one being adopted by the county, but it is not implemented the way it should be. I think.....some of the part is being implemented but not like the whole document.”

MOH Participant

Implementing Partners

- Implementing partners are non-governmental organizations (NGO) or community-based organizations (CBO) that are providing health services, that target adolescents and young people, on an individual basis or in partnership with the Kisii MOH.
- We were only able to speak to a representative from Daraja Mbili Vision
 - Community-based interventions that target young people ages 10-24 and their parents

Desired YFS Interventions

- Provision of infrastructure solely dedicated to YFS
- Servicing facilities with additional trained staff and commodities

“They ask their mothers for money to buy them [pads] but you find they do not have then she gets it from a boy who in turn involve in sexual activity with. That is where these issues like pregnancy and contracting of diseases come from. That is why we are asking as nurses kindly help us, you come to the community and help us in educating the youth.”

CHV Participant

- Group education sessions similar to the Care Group model
 - Use peer educators

"The way KIKOP has come up with this care group program, I think if they come up with this youth friendly groups, I think we can perform well, and we get their leaders to get this information in their groups."

Community Health Volunteer Participant

- Include boy child in all interventions, especially since most programs for young people within the county are skewed toward the girl child

Key Take-Aways

1. Community mobilization and sensitization on:
 - Preventative care
 - Youth Friendly Services – special emphasis on the other services (apart from SHR) provided under this umbrella i.e. nutrition, mental health and substance abuse
 - Family planning sensitization
2. Age-sensitive curriculum
 - Using the Care Group model
3. Adequately equip the health facility and staff
 - Including education on respectful and culturally appropriate care with special emphasis on respectful post-abortion care
4. Alleviate social constraints to health-seeking
5. Sustainability plan

Next Steps

AFFORDABLE



- Creation of YFS evaluation tools based on study feedback
- Integrated model of YFS provision

Thank You!



Questions?

Comments?

Suggestions?

KIKOP Facility-Based Youth Friendly Services Checklist Manual

Background

Young people often have needs that are different from the general population and therefore require services tailored to meet those needs. Youth Friendly Services (YFS) is therefore the term that has been given to programs that specifically cater to the needs of young people. These programs are implemented with the goal of protecting and improving the health and well-being of young people in areas such as sexual and reproductive health, mental health, and physical health – including drug and substance abuse, nutrition and diet, medical self-care, rest and sleep, harm reduction, wellness promotion, and gender-based violence/domestic violence (Ministry of Health, 2016). According to the 2019 census conducted by the Kenya National Bureau of Statistics, youth below the age of 35 make up 75.1% of the country's population: with 69.8% of these young people living in rural areas. In addition, majority of the country's young people under the age of 15 live in rural areas (Gitogo, 2020). Health services have traditionally been offered in a general manner; however, the country recognizes that investing in the health of its young people is a key intervention in promoting economic and development progress. There is thus a national guideline that mandates the availability, accessibility, acceptability, and quality of reproductive health services that adolescents and youths should receive. This guideline provides a framework of the essential services young people should receive, the infrastructure and commodities necessary for optimal service provision, training requirements for providers, and monitoring and evaluation procedures (Ministry of Health, 2016).

Given that most young people live in rural areas and make up the bulk of the population in this country, it is paramount that their health service needs are given priority. Teen pregnancy is also a major challenge, especially within Kisii County where one hospital recorded 841 teen pregnancies over a