



Regional COR-NTD Meeting for the Pacific Islands

25-26 September 2024
Sofitel Brisbane Central, Australia

LKN Workshop 1: Developing programmatic tools in a digital age Presenter Jan Douglass



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Workshop overview

- Interactive Presentation (*25 mins*)
 - What training tools are available?
 - What platforms host the resources?
 - What are the benefits and drawbacks in going digital?
- Small Group Discussion: Current and potential new resources (*30 mins*)
 - What online resources do they use? How do they receive WHO/MOH updates?
 - Where do they look for information on lymphoedema?
 - What is the main source of information on lymphoedema within the community?
 - What social platforms are they on?
 - What social platforms are the patient/families on?
 - How can digital tools be leveraged to reduce stigma and counteract misinformation?
- Main Group Discussion (*20 mins*)
 - Integrating and leveraging existing resources
 - How can digital tools increase the spread of accurate and reliable information within your program/community?

Aims and Objectives

- Aims:

- Gain practical insights into the use of digital tools for lymphoedema self-care
- Develop online strategies to overcome programmatic challenges

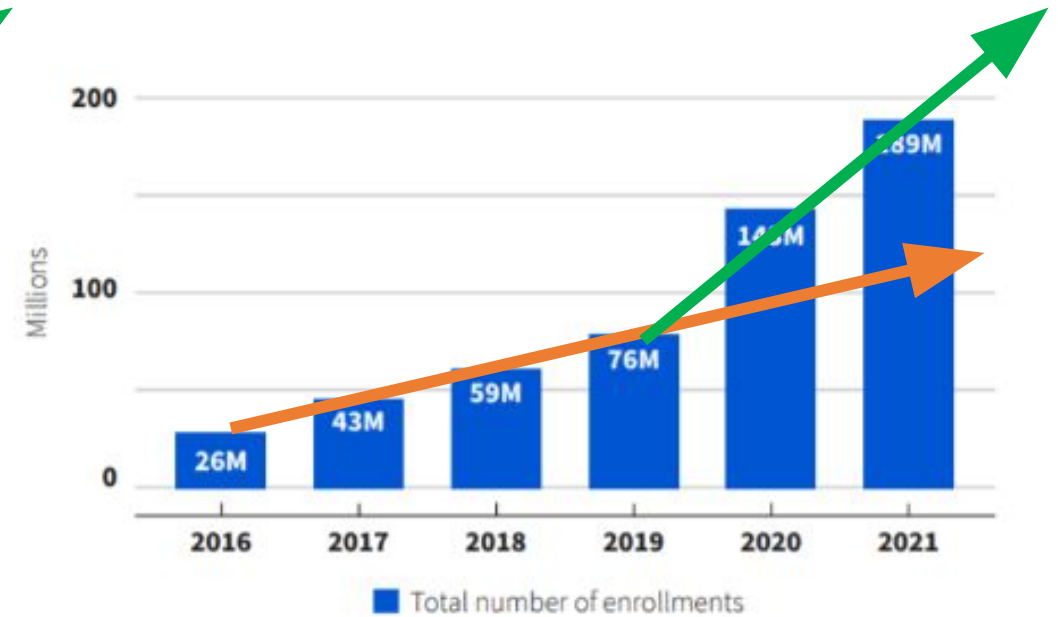
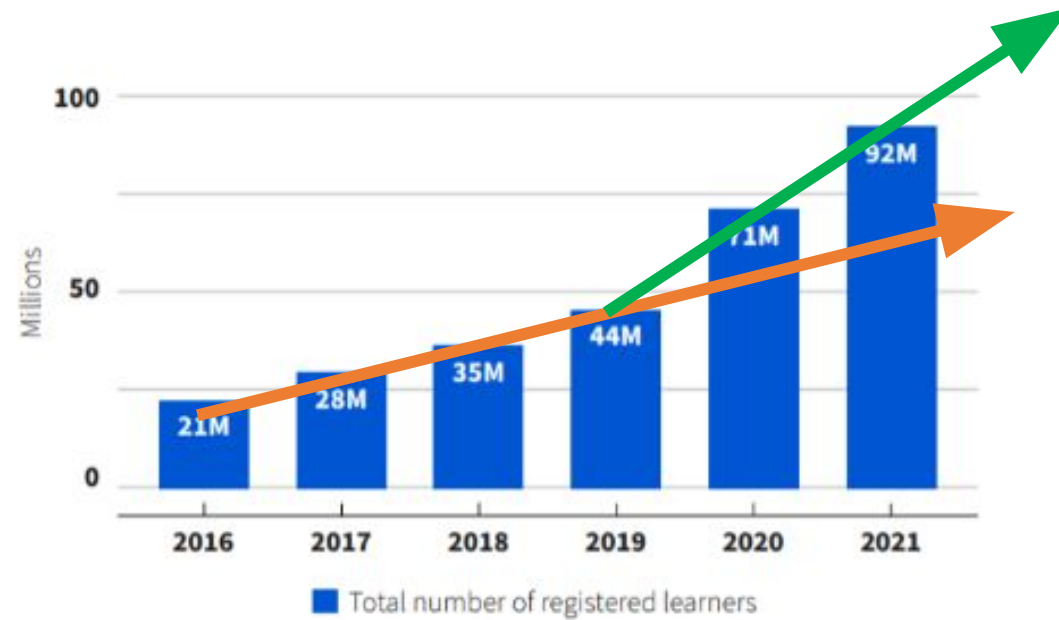
- Objectives:

- Identify and evaluate available online training tools and platforms
- Discuss advantages and limitations of online learning in the context of lymphoedema self-care education.

The upward trend in online learning

More learners are accessing online learning

The demand for online learning on Coursera continues to outpace pre-pandemic levels.

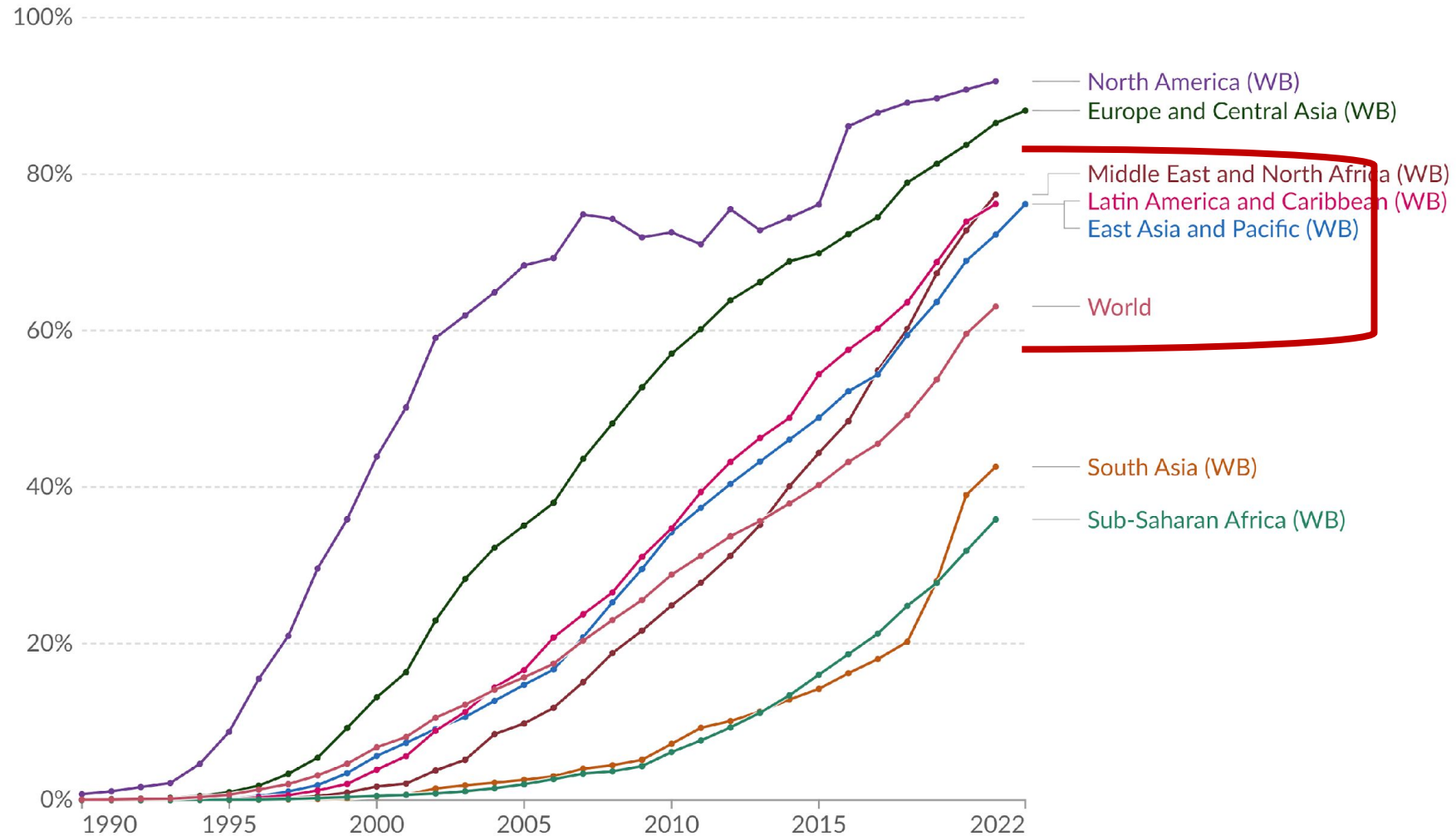


More than 20 million new learners registered for courses in 2021.

Image: Coursera

Share of the population using the Internet

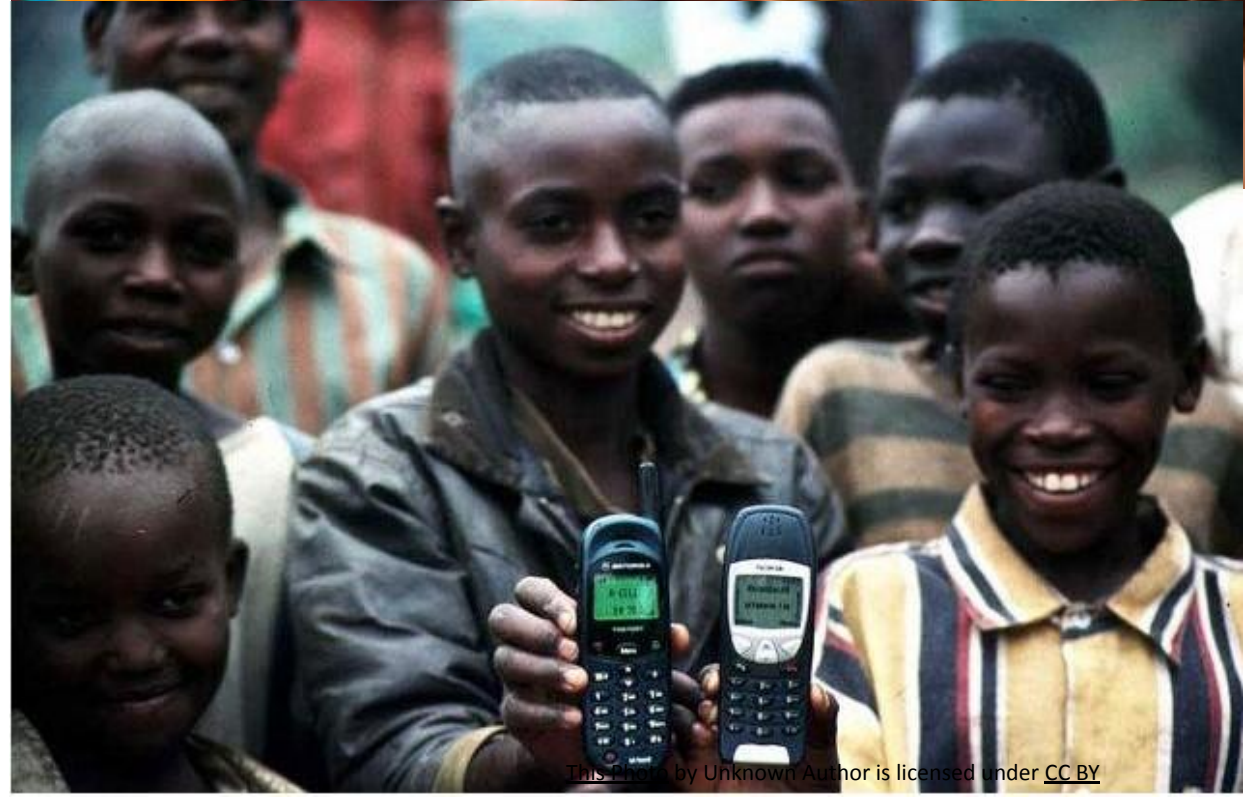
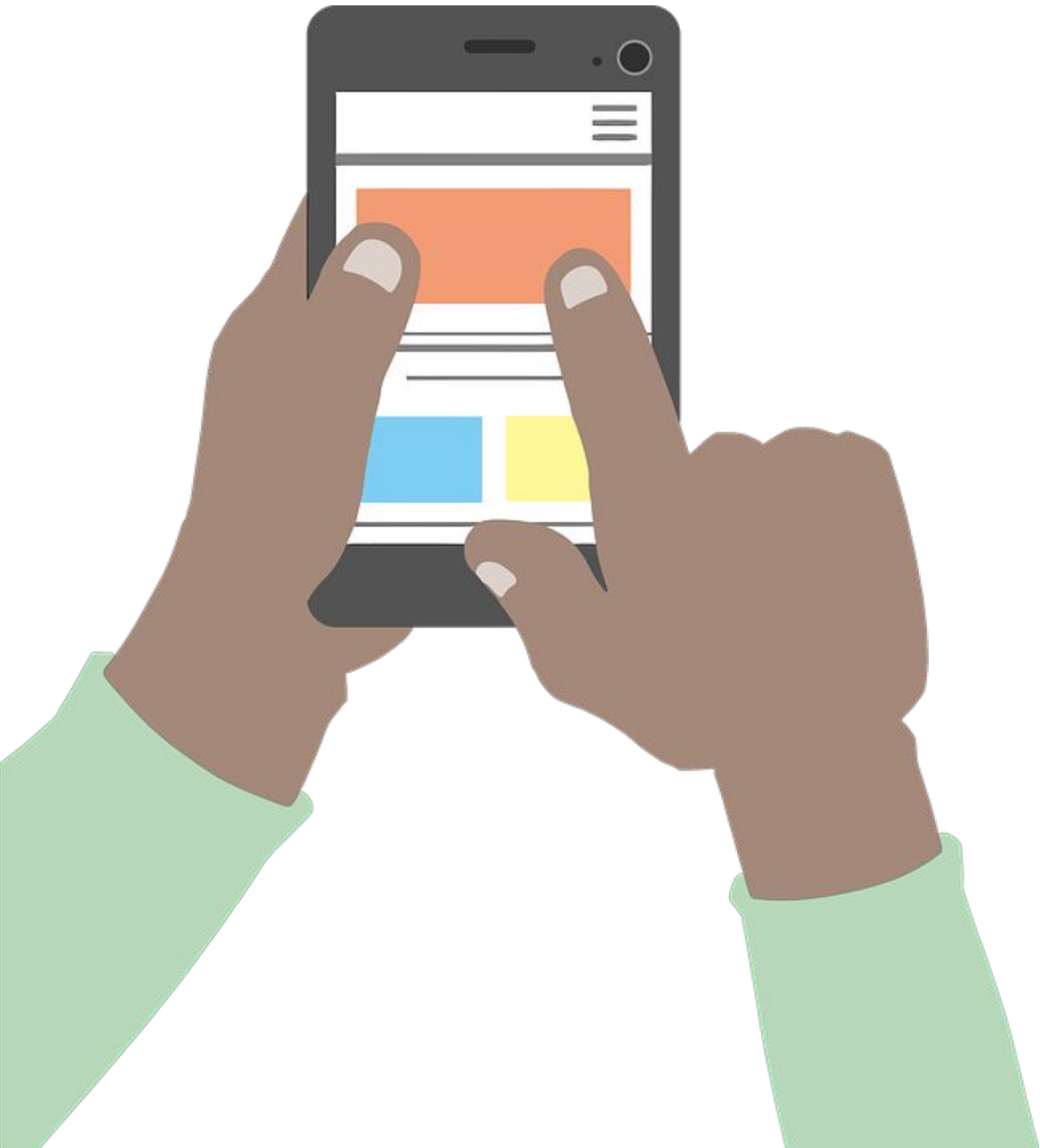
Share of the population who used the Internet¹ in the last three months.



Data source: International Telecommunication Union (via World Bank)

OurWorldinData.org/internet | CC BY

1. Internet user: An internet user is defined by the International Telecommunication Union as anyone who has accessed the internet from any location in the last three months. This can be from any type of device, including a computer, mobile phone, personal digital assistant, games machine, digital TV, and other technological devices.





OpenWHO.org






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Courses for current outbreaks...

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| | | | | |
|--|---|---|---|--|
|  <p>Inflammation surrounding the brain and spinal cord. FOCUS: bacterial meningitis which causes epidemics</p> |  <p>Illustration of people in a rural setting, one person is holding their head in pain.</p> |  <p>TICK ANIMAL</p> |  <p>Illustration of a person coughing into their elbow.</p> |  <p>Mpox: Introduction</p> |
| Meningitis: Introduction Outbreak channel | Lassa fever: Introduction Outbreak channel | Crimean-Congo Haemorrhagic Fever: Introduction Outbreak channel | Seasonal influenza: Introduction Outbreak channel | Mpox: Introduction Outbreak channel |
| Meningitis: Introduction | Lassa fever: Introduction | Crimean-Congo Haemorrhagic Fever: Introduction | Seasonal influenza: Introduction | Mpox: Introduction |
| SELF-PACED | SELF-PACED | SELF-PACED | SELF-PACED | SELF-PACED |
| # CURRENT OUTBREAKS, MENINGITIS | # CURRENT OUTBREAKS, LASSA FEVER | # CURRENT OUTBREAKS, CRIMEAN-CONGO... | # CURRENT OUTBREAKS, INFLUENZA | # CURRENT OUTBREAKS, MPOX |
| CONFIRMATION OF PARTICIPATION | CONFIRMATION OF PARTICIPATION | CONFIRMATION OF PARTICIPATION | CONFIRMATION OF PARTICIPATION | CONFIRMATION OF PARTICIPATION |
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Clinical management of dengue patients in the South-East Asia Region

- SELF-PACED
- # DENGUE
- CONFIRMATION OF PARTICIPATION
- EN



Resources for control and management of cystic echinococcosis

- SELF-PACED
- # ECHINOCOCCOSIS
- RECORD OF ACHIEVEMENT
- EN



Accountability to Affected People in WHO Health Emergencies

- SELF-PACED
- # HEALTH TOPIC
- RECORD OF ACHIEVEMENT
- EN



Lymphatic Filariasis Morbidity Management and Disability Prevention

- SELF-PACED
- # NTD
- RECORD OF ACHIEVEMENT
- EN







Global provision

- SELF-PACED
- # NTD
- RECORD OF ACHIEVEMENT
- EN

Course is available

Lymphatic Filariasis Morbidity Management and Disability Prevention

 Learnings Progress Certificates Collab Space Course Details Documents Announcements

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This course is intended to introduce participants to WHO's Global Programme to Eliminate Lymphatic Filariasis (GPELF), specifically focusing on the strategies to reduce suffering among persons affected by the disease. The course was developed and refined based on training workshops that included both classroom and practical modules conducted in Southeast Asia, Americas, African and Western Pacific Regions. In addition to the etiology and pathology of lymphatic filariasis, participants will learn about the essential package of care that the WHO recommends for patients suffering from lymphoedema, elephantiasis, and hydrocele.

Photo credit: WHO / TDR / Chandran

 Self-paced Language: English # NTD[Enroll me for this course](#)

Course information

Overview The course is intended for national neglected tropical disease focal points, health professionals and care providers from LF-endemic countries. The course covers the strategies of the Global Programme to Eliminate Lymphatic Filariasis, assessment of persons with LF-disease, the clinical management of the disease including management of lymphoedema and hydrocele, and associated support such as mental health care.

Enroll me for this course

The course is free. Just register for an account on OpenWHO and take the course!

<https://openwho.org/courses/NTDs-lymphatic-filariasis>

Who this course is for

- National Neglected Tropical Disease focal points.
- Health professionals.
- Care providers from LF endemic countries.

Course contents

Module 1: Introducing the Global Programme to Eliminate Lymphatic Filariasis:

By the end of this module, you will demonstrate knowledge of how lymphatic filariasis is transmitted; describe how lymphatic filariasis impacts affected populations; evaluate programmatic strategies to address LF infection and morbidity.

Module 2: Clinical components:

By the end of this module, you will explain how filarial infection occurs; demonstrate knowledge of how lymphoedema, elephantiasis, and hydrocele develop; analyze the role of acute attacks (ADL) and interdigital lesions in the progression of lymphoedema.

Final Assessment:

A certificate of achievement will be available to participants who score at least 80% on this assessment.

Survey

Module 3: Programmatic components:

This is an optional module intended for neglected tropical disease focal points who are charged with implementing MMDP programmes. By the end of this module, you will: demonstrate Knowledge of the ultimate programmatic goal of the MMDP component of GPELF; list the components of the essential package of care for LF, describe the strategic framework to achieve the ultimate programmatic goal, explain the MMDP indicators and reporting frameworks.

Signs and symptoms of acute attacks

- Pain
- Redness
- Warmth
- Limb swelling with or without fever, chills, headache and weakness.



Photo credit: WHO Collaborating Centre Filariasis Research Unit, Government T D Medical College, Alappuzha

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Signs and symptoms of filarial lymphoedema

- Gradual onset of progressive swelling, usually of the legs, but also of the arms, breasts and genitalia
 - Can be unilateral or bilateral
 - Non-pitting
- Associated with skin changes
 - Skin knobs
 - Skin folds
 - Mossy lesions
- Thickened skin

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Patient history – Lymphoedema

- At what age did the onset of swelling begin?
- Where did the swelling start?
- How did the swelling start (i.e. presence of traumatic injury)?

Staging of lymphoedema

Stage 1



- Reversible swelling: goes away overnight

Stage 2



- Irreversible swelling: does not go away overnight

Stage 3

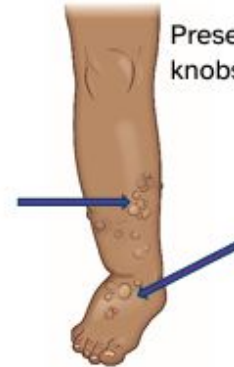


- Presence of shallow folds: see the base of the fold when patient moves foot

25

Staging of lymphoedema (cont'd)

Stage 4



- Presence of knobs

Stage 5



- Presence of deep folds: Unable to see the base of the fold when patient moves foot

Stage 6



- Presence of mossy lesions

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Module 2- Clinical Components

Part 3- Essential package of care and management of acute attacks



2

Introduction: Purpose of the module

This module is intended to introduce participants to the essential package of care and strategies for the treatment of acute attacks.

Treating acute attacks

- 1) Antibiotic treatment
- 2) Symptomatic management
- 3) Continue with hygiene measures as tolerated



Source: All Illustrations in this presentation are courtesy of the USAID-funded MMDP Project led by Helen Keller International

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Managing lymphoedema



1. Hygiene



2. Skin and wound care



3. Exercises

Lymphedema Management Video and Training Guide

A Training Resource

- [Lymphedema Management Video Trainer's Guide \(with handouts\) \[Version Française\]](#)
 - **Video 01:** [Introduction \[Version Française\]](#)
 - **Video 02:** [Lymphatic Filariasis Overview \[Version Française\]](#)
 - **Video 03:** [Lymphedema Overview \[Version Française\]](#)
 - **Video 04:** [Role of Community Health Worker \[Version Française\]](#)
 - **Video 05:** [Hygiene \[Version Française\]](#)
 - **Video 06:** [Skin and Wound Care \[Version Française\]](#)
 - **Video 07:** [Exercises \[Version Française\]](#)
 - **Video 08:** [Elevation \[Version Française\]](#)
 - **Video 09:** [Suitable Footwear \[Version Française\]](#)
 - **Video 10:** [Acute Attack Management \[Version Française\]](#)
 - [Lymphedema Management Video Script \[Version Française\]](#)
-



Lymphedema Management Video: Trainer's Guide

TO BE USED IN CONJUNCTION WITH THE *LYMPHEDEMA MANAGEMENT VIDEO*



This trainer's guide was made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Helen Keller International and do not necessarily reflect the views of USAID or the United States Government.

Managing Lymphedema



1. Washing



2. Skin and Wound Care



3. Exercises



4. Elevation



5. Wearing Comfortable Shoes



06 Skin and Wound Care EN


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Optimising lymphoedema management

Course

Free for MoH and NGO Program Managers on the enhanced care protocol developed with CNTD to maximise clinical outcomes in...

\$60



Self-care for lower-limb lymphedema in LMIC

Course

Lymphedema self-care for people affected by NTDs. This course is provided free to MOH &

100% donated to LKN

Self-care for lymphoedema in LMIC

\$60.00

GST included



FREE

Chronic oedema and lymphoedema: overview and assessment

★★★★★ 4.5 (723 reviews) ⌚ 1 hour 📅 Updated Oct 13, 2022

Through interactive case histories, discover what chronic oedema and lymphoedema are and how they present, how to examine for them, and learn how to distinguish between chronic oedema and true lymphoedema. With multimedia video.

Start learning

Save

Who is this for?

GPs

GP trainees

Practice nurses

Physician associates



Australasian Lymphology Association ALA

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The peak professional organisation promoting best practice in lymphoedema management...more

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MARIE HENDERSON
305 views · 11 years ago

What platforms host the resources?

- MOOCs – massive open online course
 - WHO – PDFs and Certificate of Completion
- YouTube – transcripts and multiple language subtitles
 - HKI – short and sharable videos
- Membership/App based - Security/privacy for discussion groups
 - MLO – signing in is a barrier to many

Education & Empowerment

- Digital Swaraj Fellowship
- START**
- NDLM
- EDGE
- ITE
- RAISED
- Helping Women Go Online
- Internet Saathi
- Gyanpedia



Imparting digital literacy and media & information literacy to first-generation Internet users.

<https://www.defindia.org/education-empowerment-2/#START>



How to activate your community through social media

PROVIDED BY ALECIA HANCOCK

 Webinar recording

 Skill level: **Basic**

Topics:  Digital Marketing

#1 REASON PEOPLE USE EACH PLATFORM



Message
Friends &
Family



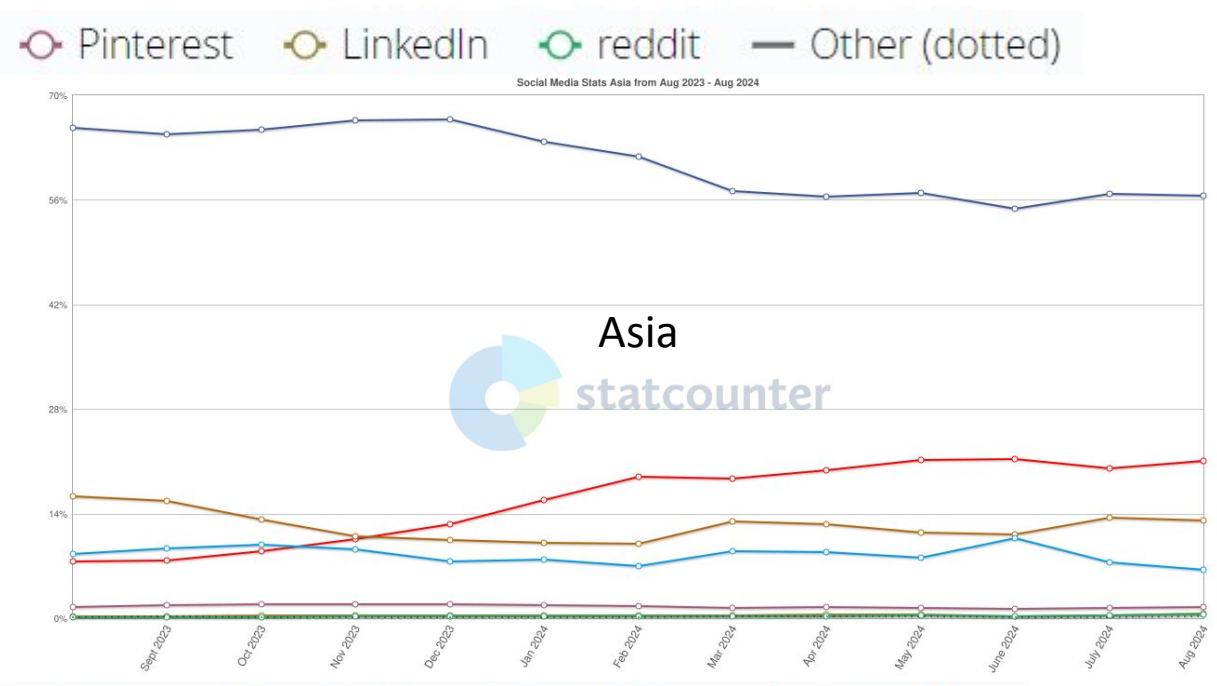
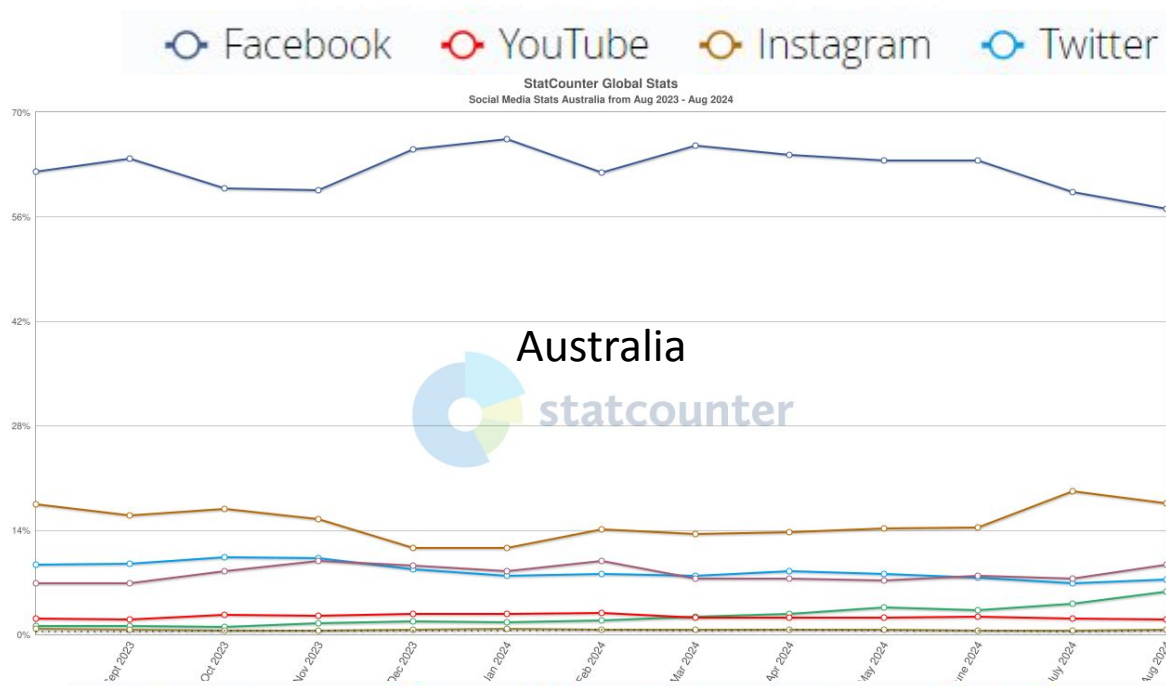
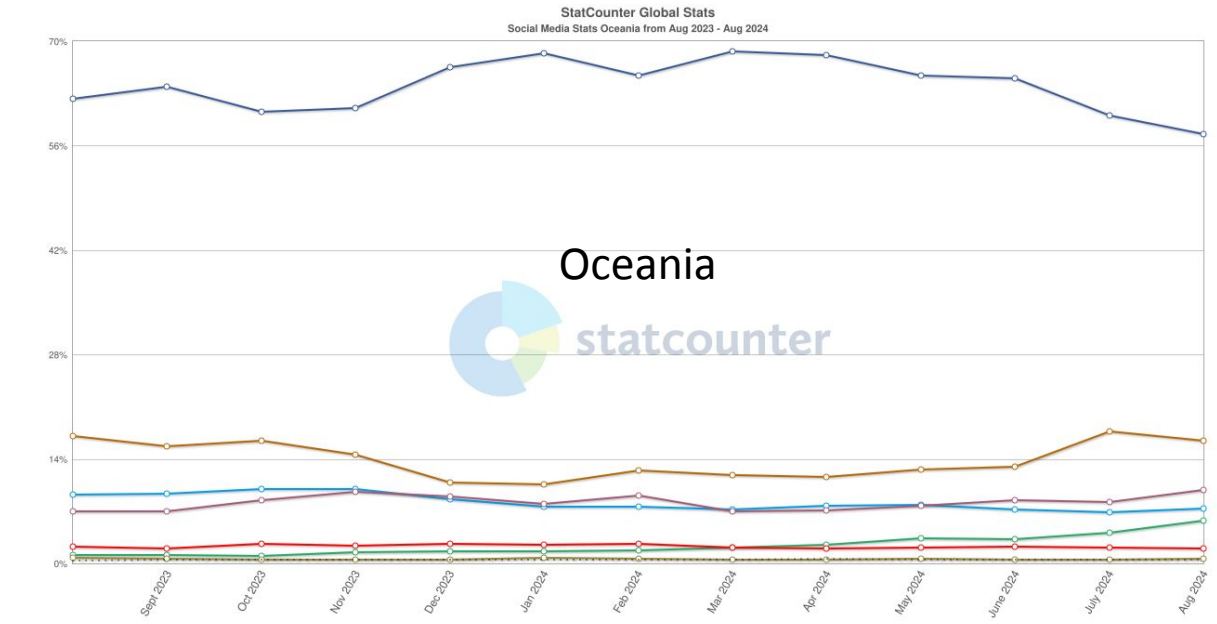
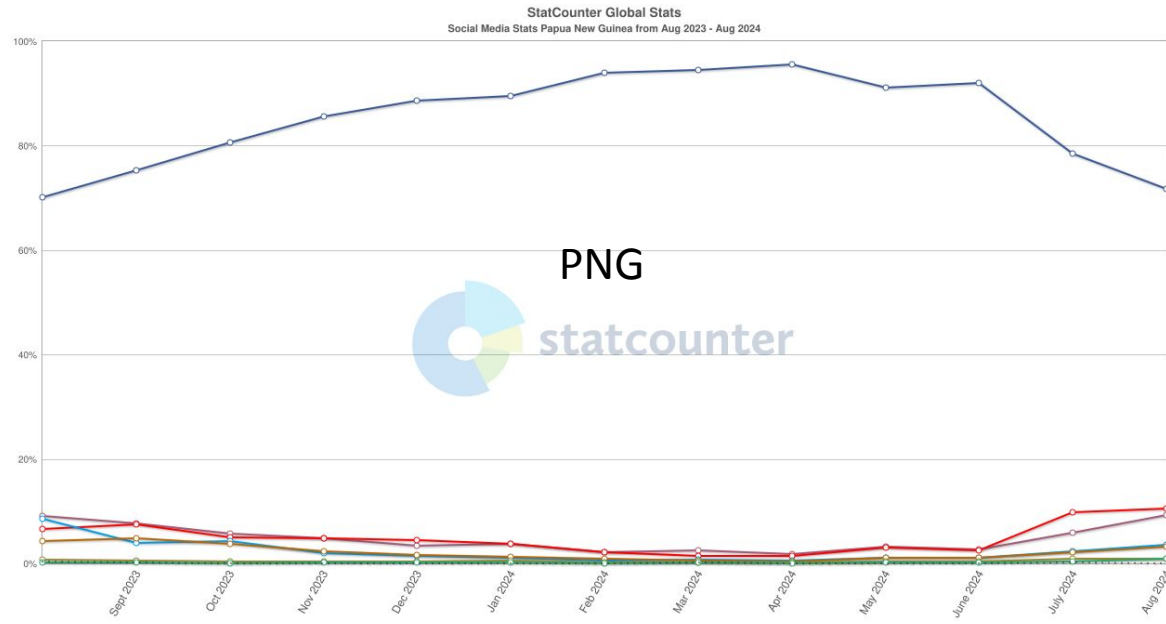
Post or Share
Photos or
Videos



Look for Funny
or Entertaining
Content



Keep up to Date
with News &
Current Events



Facebook YouTube Instagram Twitter Pinterest LinkedIn reddit Other (dotted)

Group discussions

- 6 – 8 people per group
- 5 – 7 minutes to discuss the first question.
- Upload keywords that
 - Describe the problem
 - Identify a digital solution
 - Show the benefits and limitations of digital solutions

What is your experience of online learning as a health worker?

Can digital technologies offer solutions to barriers and challenges in public health training?

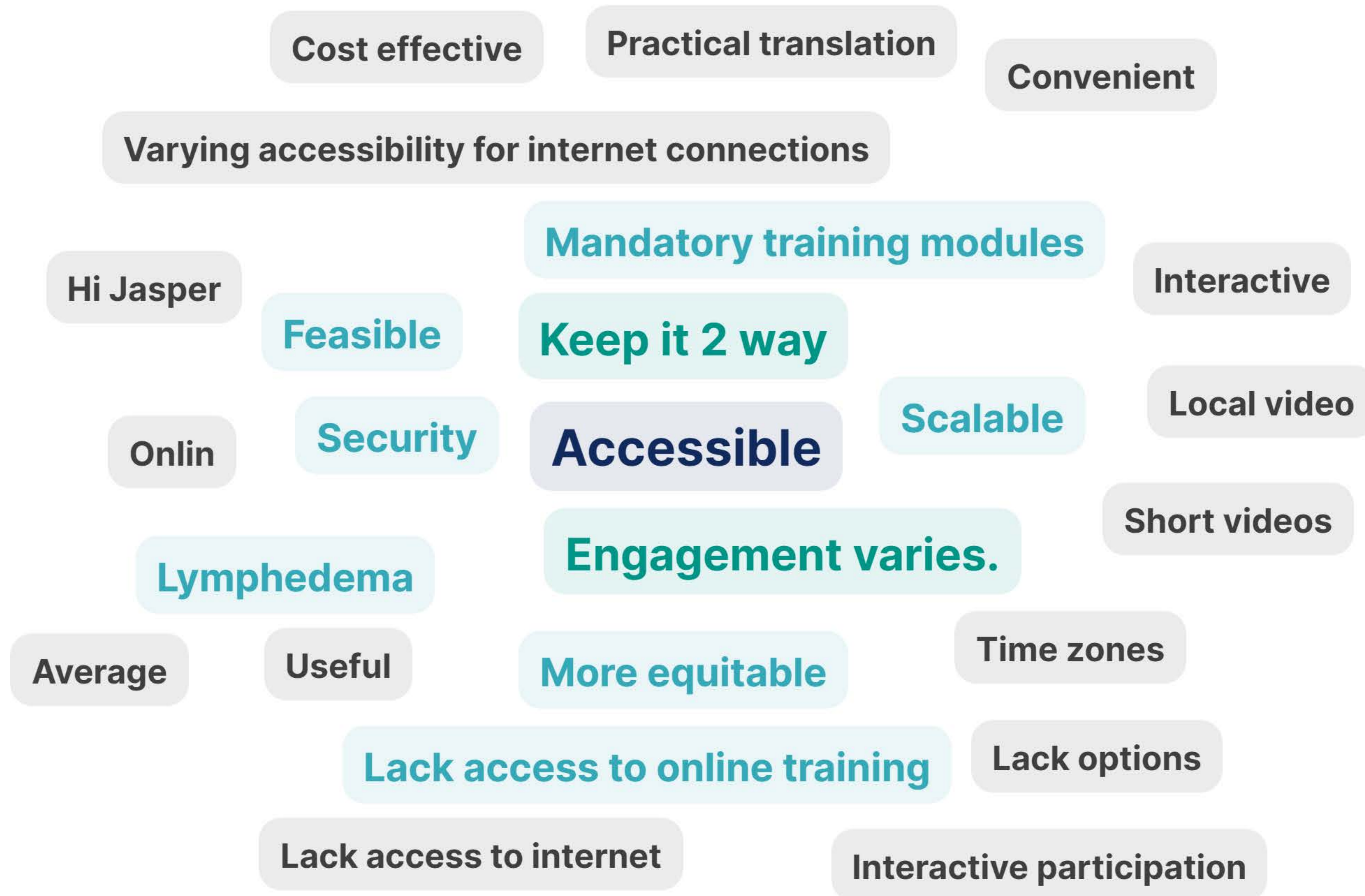
- How do you currently receive WHO / MHO training material?
 - Have you used online training material from non-government websites?
- What are the barriers to knowledge transfer?
 - Where/how is central health knowledge lost, diluted or otherwise prevented from reaching the people affected?
- What are the barriers to using digital resources at the community level?
 - What would enable greater use of online education at the community level?
- What programmatic barriers offer themselves to digital solutions?
 - Where can you imagine your National Program adding more digital resources?

Upload keywords that

Describe the problem | Identify a digital solution | Show a benefit or limitation in digital solutions

What is your experience of online learning as a health worker? Can digital technologies offer solutions to barriers and challenges in public health training?

Wordcloud Poll 58 responses 12 participants



How is information on lymphoedema shared?

Peer to peer and within communities.

- Where do you get extra information on lymphoedema management?
 - Have you used the internet to help with lymphedema cases?
 - What kind of information were you looking for?
 - How helpful was the information you found?
- What is the main source of knowledge within the community?
 - What resources reach the community clinic? The patients?
 - How could digital educational material fill any gaps?
- What are the barriers to distributing digital education material at the community level?
 - What would be needed to enable this?

Upload keywords that

Describe the problem | Identify a digital solution | Show a benefit or limitation in digital solutions

Can we harness social media to increase community engagement?

Using social media to reduce stigma and counter misinformation.

- What social platforms are used by health workers and communities?
 - Do people use local messaging groups? Which ones?
 - How could closed groups (Messenger/WhatsApp etc) be used to monitor and follow up patients/families who have receive lymphoedema training?
- Can social media be used to promote evidence-based health messages?
 - Tiktok videos by people doing their exercises?
 - Locally targeted educational videos to share accurate evidence-based information non lymphoedema using regional terminology and addressing specific superstitions or beliefs that are common to the region.
- What other issues could be addressed using social media platforms?
 - How can digital literacy within the community be improved?
 - What might be the upside and downside of increased device use in the community?

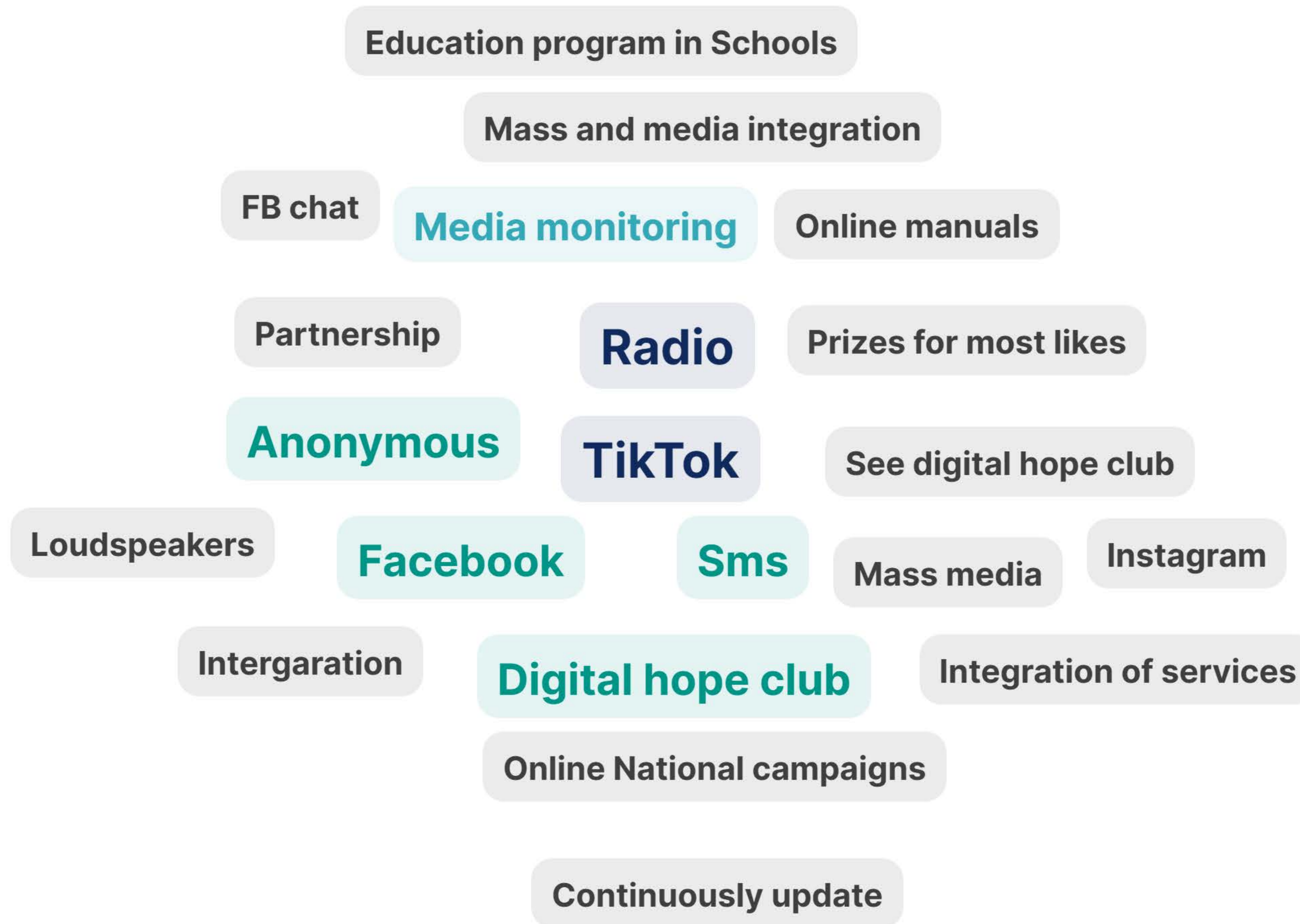
Upload keywords that

Describe the problem | Identify a digital solution | Show a benefit or limitation in digital solutions



Can we harness social media to increase community engagement?

Wordcloud Poll 40 responses 14 participants



First research question?

- How can digital training programs address gaps in
 - Knowledge transfer from central health staff to affected communities?
 - Knowledge sharing within the community?
- Can social media be used to
 - Spread accurate and reliable information on lymphedema management?
 - Reduce stigma and counteract misconceptions?