

HFN IMPACT

AL . LE TRANSFORM



OCTOBER 10
WORLD
MENTAL
HEALTH
DAY



Monthly Newsletter

Volume 04 | Issue 10 | HFN IMPACT

October 2024

Announcements

WELCOME to the October 2024 issue of HFN IMPACT! We are thrilled to share our latest activities, updates, and projects with you as we continue making strides toward healthcare equity across Nigeria. Together, let's keep driving meaningful change!

NEWS: HAPPY NIGERIAN INDEPENDENCE DAY



A hearty congratulations to Nigeria and all Nigerians as we celebrate our Independence Day, October 1st marking the 64th year of Independence!

Nurse A School Launch

- Erin Ijesha Community High School, Osun State

Inside This Issue

PG.2

- MEET OUR ADVISORY BOARD
- UPCOMING
- HFN IMPACT SNAPSHOT

PG. 3

- NURSE A SCHOOL ACTIVITIES

PG.4

- NURSE A SCHOOL ACTIVITIES (CONT'D)
- EVENTS

PG.5

- DONORS AND SPONSORS
- APPRECIATION
- ABOUT HFN IMPACT

MEET THE HFN ADVISORY BOARD



Dr. Remi Duyile

Dr. Duyile is an accomplished international executive leader and former Vice President of Bank of America. She is a project manager with over 35 years of combined experience. Dr. Duyile is a member of the Forbes Coaching Council and founder of Legacy Premier Foundation she is also a certified John Maxwell coach, and a Les Brown Platinum Speaker and trainer.



Dr. Oluremi Ilupeju

Dr. Oluremi Ilupeju is a board-certified obstetrician-gynecologist, and a fellow of the American College of Obstetricians and Gynecologists, with offices in Greenbelt and Silver Spring, Maryland, USA. Dr. Ilupeju has contributed immensely to healthcare advancement in Nigeria, evident through his trade and humanitarian missions to Osun, Ondo, Lagos, and Oyo states.



Dr. Fola Oluwehinmi

Dr. Oluwehinmi is a primary care physician board-certified in internal medicine and geriatrics with over 16 years of clinical experience and 29 years of combined professional experience. His goal is to help his patients compress morbidity and illness and improve their quality of life in a compassionate and caring way.



Mr. Mkrtych Kirakosyan

Mr. Kirakosyan holds an MBA from the Higher School of Business at Moscow State University. With a wealth of experience in both local and international trading, he has also excelled in leadership roles as a top manager of a bank, an insurance company, and a mining company. Additionally, he proudly serves as the co-founder and CEO of the Social Development Foundation, "Health For Armenia".

UPCOMING PROJECTS

- HEALTHCARE LEADERSHIP AND MANAGEMENT CERTIFICATE PROGRAM
- ADOPT A PHC PROJECT/GRANT

HFN IMPACT SNAPSHOT



12 School Sickbays Established



Over 30,000 Students Seen by HFN Nurses



Across 6 States and 12 Communities in Nigeria



Healthcare Services for 6000+ Nigerians



Over 1000 Faculty and Staff attended by HFN Nurses

NURSE A SCHOOL ACTIVITIES



This month, we are highlighting the various efforts HFN has made through the Nurse A School (NAS) program to impact communities across partnering states. As the schools resumed for their second term, our nurses

conducted health inspection initiatives.

During the first week of the new session, HFN nurses also established a positive rapport with the students. They provided a comprehensive overview of the health services available at the school clinic, detailing the clinic's operating hours, the range of services offered, and the process for how students can access care at the clinic. Additionally, they outlined the students' expectations and responsibilities in utilizing these services.



On World Mental Health Day, October 10th, HFN nurses equipped students with the tools to nurture their mental well-being. They empowered students with knowledge, support, and practical coping

strategies, focusing on building resilience, encouraging help-seeking behaviors, and fostering kindness towards others. Their efforts were also aimed at reducing the stigma surrounding mental health.

By raising awareness and developing these essential skills, they helped create a supportive environment where students can thrive emotionally and academically.



NURSE A SCHOOL ACTIVITIES

Raising awareness about breast cancer among students is crucial in building a health-conscious generation.



During the School Health Club meeting at Oreki High School and St. Stephen and St. Monica Grammar Schools in Ondo state, our nurses passionately educated students about breast cancer.

They delivered comprehensive education on the topic in an engaging and informative manner, covering the signs, symptoms, and the importance of regular self-examinations. By empowering students with this knowledge, they emphasized the importance of early detection when treatment is most effective. Instilling this awareness at a young age fosters a lifelong mindset of prevention, encouraging students to prioritize regular screenings as they grow older.



In Ekunle High School 2, Iseyin, Oyo state, Nurse Adesina informed students about Athlete's Foot, a common skin infection that many people experience, mostly affecting individuals who

stay active. It's important to know how to prevent, identify, and treat it to stay healthy.

She discussed the causes, prevention, and treatment of Athlete's Foot, emphasizing the importance of proper hygiene. She encouraged everyone to practice good hygiene habits to prevent other skin infections and maintain healthy feet.



NURSE A SCHOOL ACTIVITIES (CONT'D)



At Kayarda Junior Secondary School Kuje, Abuja, Nurse Ochigbo Grace discussed the importance of exercise and physical activity. It is important to promote a balanced approach that encourages a lifelong commitment to staying active. The goal is to instill a love for physical activity in students and empower them to make healthy choices that will benefit them in the long term.



Syncope, commonly known as fainting, occurs when there is a temporary loss of consciousness due to a sudden drop in blood flow to the brain. While typically brief and followed by a quick recovery, effective management can help prevent complications.

Nurse Adeshina Naimot can be seen in the picture above, engaging students during a recent School Health Club meeting. She informed students about the causes of syncope, warning signs to watch out for and tips for first aid treatment. She also shared practical advice on staying hydrated, managing stress, and being mindful of early symptoms to prevent fainting episodes. These insights are essential for promoting student health and safety both in and outside school.



EVENTS

NURSE A SCHOOL LAUNCH

We are excited to announce the successful launch of our 12th Sickbay in Erin Community Grammar School, Erin-Ijesha



Osun state, reinforcing our commitment to providing quality healthcare and well-being support for the communities in Nigeria. The event was held on the 4th of October 2024.



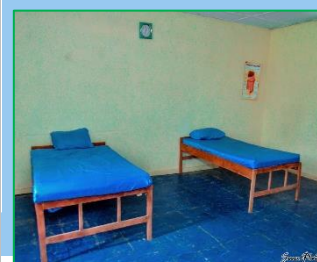
HFN representatives were welcomed by the school principal, staff members, and the Old

Students Association. The Old Students Association also honored our founder with the prestigious **Humanity Award**.



The launch event included a welcome speech from the Alumni president as well as drama, poetry, and cultural dance presentations by the school's students.

Pictured below are some images from the interior of the newly launched Sickbay.



DONORS

Bumi Adeyera | Dr. Adekunle Adeyeye
Mr. Kunle Akinjagunla | Mr. & Mrs. Akintola
Mrs. Oyeyemi Anthony | Mr. Adewale Adeselu
Dr. Kayode Bademosi | Mr. Ejiofor Chukwuelue
Mr. Kenneth Asiegbu | Mr. Ehizogie Esezobor
Dr. Dipo Fadayomi | Mr. and Mrs. Fadayomi
Mr. Wale Fajuyigbe | Mr. Joseph Ikeneku Mudiaga
The Ogunlaja Family | Mr. Oladapo Gbolade
Dr. Oluremi Ilupeju | Mr. Samuel Iroju
Mr. David Ikudayisi | Mr. Chijioke Ibekwe
Ms. Omokehinde Akintade | Mr. Nwabueze Okwodu
Mr. Oloyede Oladapo | Mr. Oladotun Olajide
Dr. Tunde Olujobi | Dr. Fola Oluwehinmi
Mr. Andrew Osazua | Mrs. Osho | Mr. John Osode
Mr. John Smith | Mrs. Sheila Zinentah
Mr. & Prof. Jolade

THANK YOU to all our Donors, Sponsors and Partners.

DONOR SPOTLIGHT

Pamela Reis PhD, CNM, NNP-BC, FACNM

Our donor spotlight for this month is Pamela Reis PhD, CNM, NNP-BC, FACNM of East Carolina University, North Carolina USA. We are grateful for her contributions and help with iPads for our schools. HFN says a BIG THANK YOU!



PARTNERS

Above Standard Healthcare and Consulting
Acclaim Homecare Svc. | Food and Care For All
Friends of Obruch Eduvie
HERise Global | Incubator Africa
Josiah's Portmanteau | Cornerstone Grace
Legacy Premier Foundation
Makario Works | Medforte NG
Our Mite His Might
Prestige Healthcare Resources
Reliance Clinical Limited
Tade Healthcare Solutions
Teach For Nigeria | TheEzeWay
The New Nigerian
Queen Beauty Lounge

About HFN IMPACT

HFN Impact is a monthly Newsletter.

Follow us:

Twitter: @ OfficialHFN

Instagram: @ healthfornigeria

Facebook: @ healthfornigeria

YouTube: @ Health For Nigeria Foundation

To become a donor or sponsor, Contact us:

Email: info@healthfornigeria.org,

hfnfoundation@gmail.com

Call: +234 706 463 4724