Rwanda Land of a Thousand Hills

Rebecca L White , MSN, FPMHNP-BC, FNP-BC, NE
Human Resources for Health
University of Illinois at Chicago and University of Rwanda

Rwanda is small but only in size

University of Rwanda

- The only public University in Rwanda
- Started in 2013 with the combining -14 universities
- 30,000 students
- Now tied with John Hopkins University in the US for citations
- **Core Values**
  - Equity
  - Tolerance and mutual respect
  - Scholarship
  - Quality
  - Accountability

University of Rwanda

- **Vision**
- An internationally known centre of excellence in producing professionally qualified teachers, scholars, other education professionals and lifelong leaders in high-quality research environment that promotes engagement, reflection, creation and innovative response to community, national and global challenges.

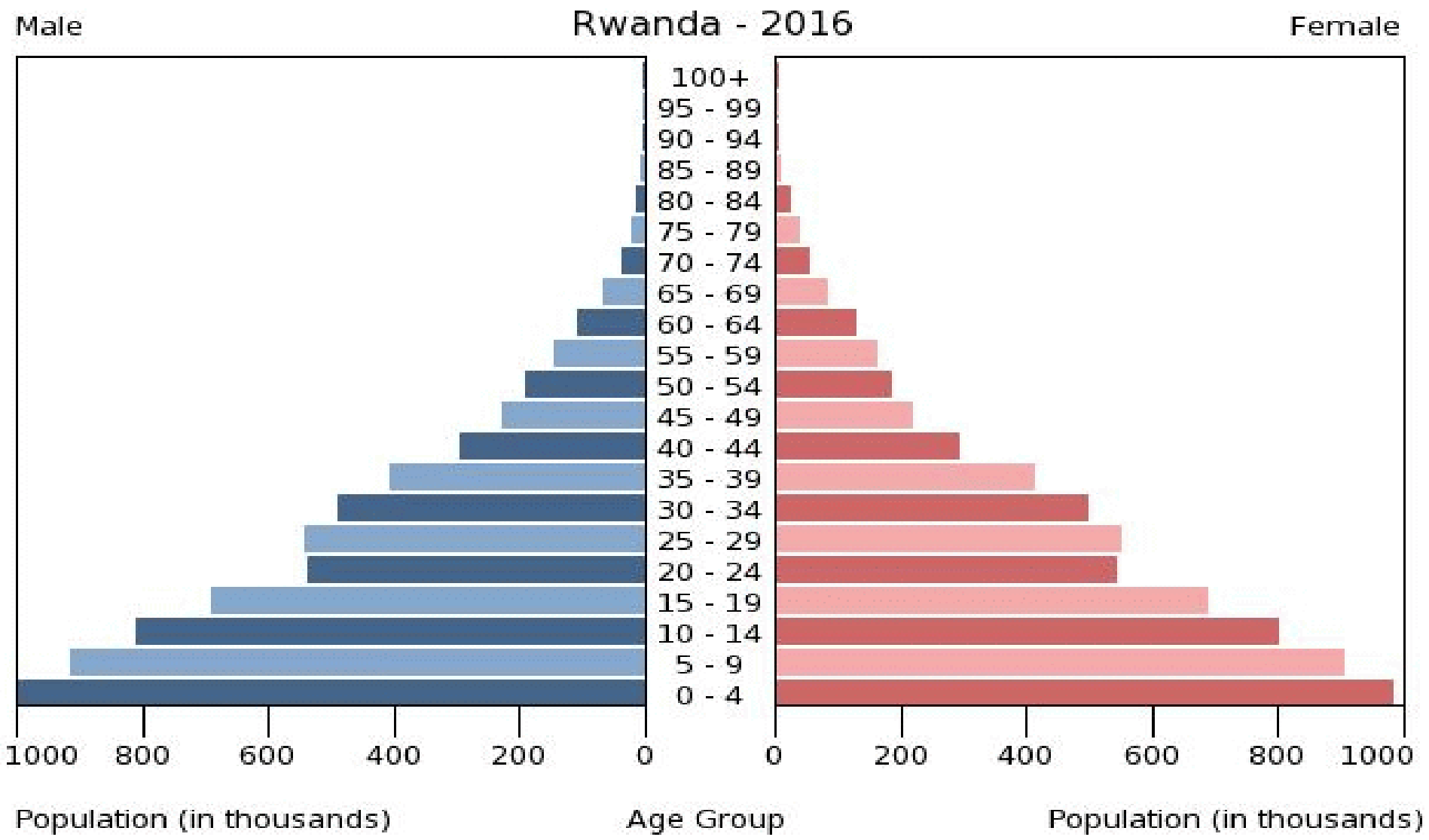
President Paul Kagame

- “We cannot allow our youth to go to waste
- *”the threat of drug abuse, especially among young people, would help ensure that the gains the country has made over the years are not eroded.”*
- Global illegal drugs business is a multibillion dollar enterprise
- *“Rwandans owe it to themselves and future generations to urgently and collectively tackle the vice.”*

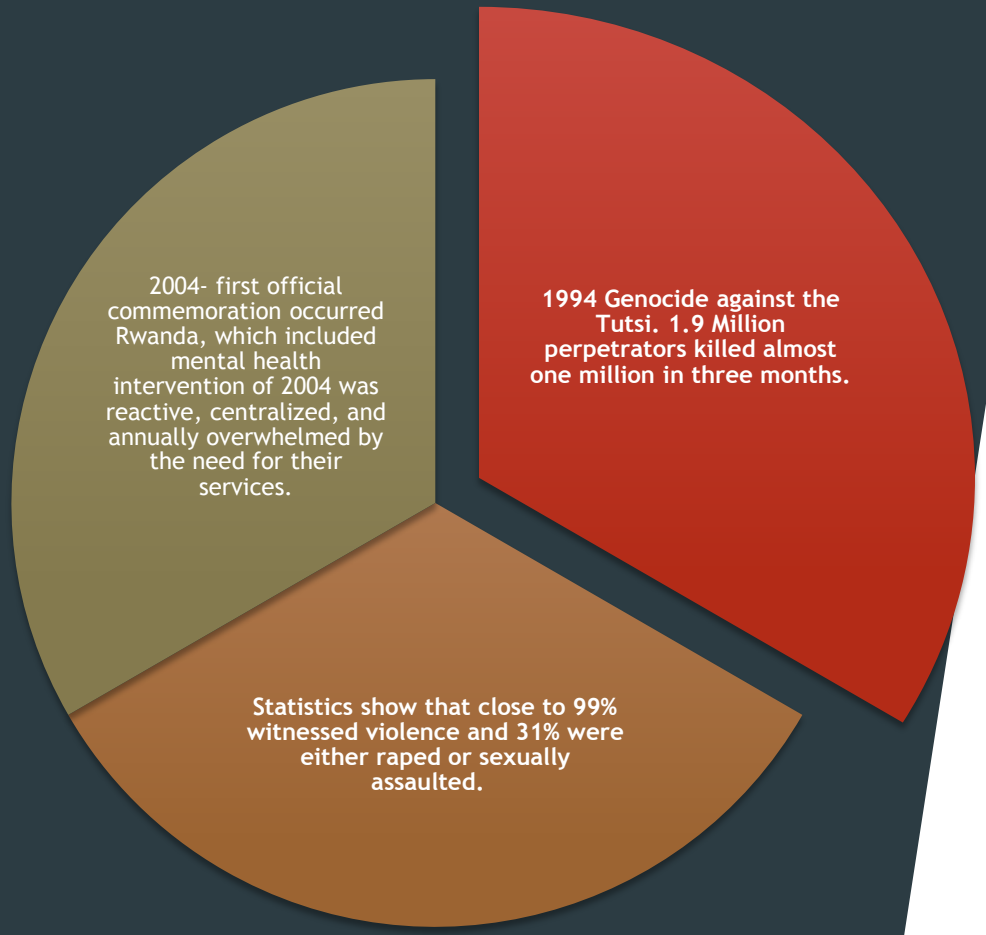
- 15th National Dialogue

Rwanda Population

- **Population 2018 12.6 Million**
- **2020 16 million**
- **Age structure**
  - **0-14 years:** 41.38%
  - **15-24 years:** 19.34%
    60.7% under the age of 25
  - **25-54 years:** 32.77% (male 1,845,501/female 2,054,410)
  - **55-64 years:** 4.09% (male 216,725/female 269,972)
  - **65 years and over:** 2.43% (male 113,822/female 174,982)
    - 2018 CIA Workbook


Male
Rwanda - 2016
Female
100+
95 - 99
90 - 94
85 - 89
80 - 84
75 - 79
70 - 74
65 - 69
60 - 64
55 - 59
50 - 54
45 - 49
40 - 44
35 - 39
30 - 34
25 - 29
20 - 24
15 - 19
10 - 14
5 - 9
0 - 4
1000 800 600 400 200 0
0 200 400 600 800 1000
Population (in thousands)
Age Group
Population (in thousands)

Genocide- Trauma



Commemoration 25th Anniversary 2019

- April from 7th to the 13th of July
  - 100 days
- In 2013 the Rwandan Biomedical Center
  - created a decentralized network
  - well-trained mental health responders throughout Rwanda

Current Mental Health Services

8 psychiatrist with 3 more graduating

Mental Health Nurses- 500 A1 or diploma; MH MSN 8; PHD 3

Psychologists > 1000

Referral hospitals like Centre Hospitalier Universitaire de Butare (CHUB), Centre Hospitalier Universitaire de Kigali (CHUK), Ruhengeri and Ndera Hospitals.

Mental health services have also been integrated into Mutuelles de Sante

Ministry of Health partners with various organisations that support genocide survivors like IBUKA, AVG, AERG (students association of genocide survivors)

Current Mental and Substance Use Health Care Facilities

- Icyizere provides the only specialized treatment for PTSD in the Rwandan healthcare system
- Clinical charts-patients October 2013 and 2014
- A total of 719 patients (55.08% male)
- Findings
  - Patients profile more educated
  - More likely to live in the capital
  - Less likely to be married than the general population.
  - most patients (55.60%) were still in care
- Most diagnosed with psychotic disorders, substance use disorders, or depression
- Only 20 patients were diagnosed with PTSD, and symptoms were improved at discharge (p = 0.003)

  - Ng, & Harerimana, 2016

Developing & Evaluating an Addiction Care Model of Patients' Motivation for Engagement & Retention in the Addiction Recovery Process

- Primarily findings
  - Lack of a therapeutic relationships and lack supportive social networks
  - Lack of access of medications access and access to social support systems
  - Cultural Stigma

IWAWA: Rwanda's Drug Rehabilitation & Skills Center

- **Re-education and Rehabilitation**
- Nearly 2,000 between 18 to 35 years
- Island in Lake Kivu some 28 kM
  - (17 miles) from the mainland

Rwandan Context

- Rwanda culturally has a history of being very hard & harsh regarding deviant behavior
  - “Suicide is as bad as murder”
  - “Suicide is totally an immoral act that ignores the sacrosanct nature of human life”
  - “Suicide is an act of cowardice that isn’t a trait of our ancestors or parents and should never be tolerated in any kind of way, hence making it illegal”
    - New Times 2014
- Females with SUD Depression have tripled risk for suicide

Prevalence of Psychoactive Substance Use Among Youth in Rwanda

2015- Cross-sectional home survey

N=2479 Rwandan youth.
56% male-44 % female

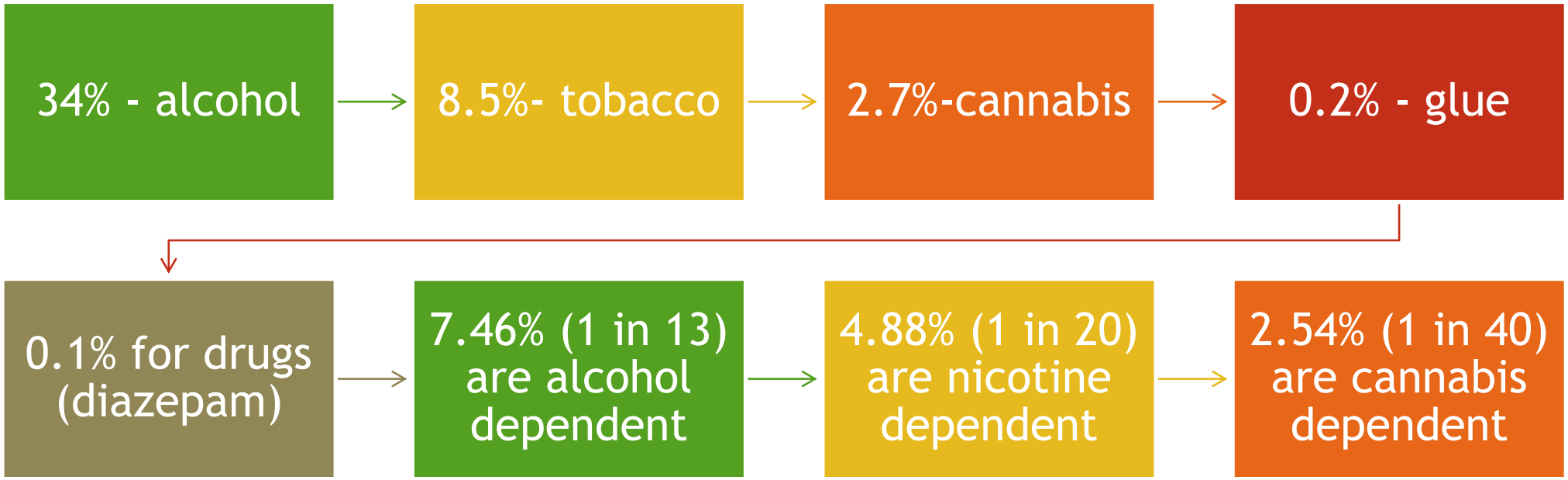
Ages 14-35 years-randomly selected from 20 out of the 30 districts

Questionnaire-socio-demographic information & self-reported substance use

- Alcohol Use Disorders Identification Test (AUDIT)
- Cannabis Abuse Screening Test (CAST)
- Hooked on Nicotine Checklist (HONC)

(Kanyoni, Gishoma,& Ndahindwa 2015)

Prevalence of Psychoactive Substance Use Among Youth in Rwanda 2015



Developing & Evaluating and Addiction Care Model of Patients' Motivation for Engagement and Retention in the Addiction Recovery Process

- Prospective predictive study ongoing
  - Consecutive sampling technique-N= 320 adult patients
    - Substance use problems seeking inpatient care from tertiary mental health settings
- Data at baseline, discharge, & three-month follow-up
- Structured interviews using self-reporting scales
- Scales
  - Assess Therapeutic Relationships; Community Assessment Inventory; Basic Psychological Needs Satisfaction; Texas Christian University Motivation scale; Substance Use Recovery Evaluator
    - Harerimana, Forchuk, Csiernik, & Kerr, 2018

Mental and physical health in Rwanda 14 years after the genocide

Tool- Mini International Neuropsychiatric & Medical Outcomes Study 36-Item Short-Form

- translated – Knyarwanda; N= 1,000 adult residents from five provinces

Participants- + PTSD were significantly more often affected:

- major depression (68.4 % vs. 6.6%, P=0.001)
- substance dependence (7.6% vs. 3.5%, P = 0.013)
- Munyandamutsa, Nkubamugisha, Gex-Fabry & Eytan , 2012

Umuganda

- Community targeting cleanliness of the area sin the communities
- After each monthly meetings there is a meeting that is chaired by village leaders
- Each Umuganda there is information form all Ministries that they wasn't to inform the residents.
- Last Saturday of the month from 7 am to 11 am
- The 11 am -12pm the meeting happens
- Umudugudu- is a local cell that meets to support small groups

Inter-ministerial Committee on Drug Control

- All religious organizations and NGOs that are faith based
- Reports to the Prime Minister on a quarterly basis
- Sensitization activities and is mandated by law
- Prepare outreach in school and even in markets
- Visit inpatient facilities in Rwanda

Rwanda Mental Health Survey 2018 (RMHS)

- RMHS 2018 nation wide cross study which combined 2 samples
- Rwandan populations aged 14 to 54
- Documented prevalence of PTSD
- General Population randomized sample 240 clusters and systematic mapping of 30 households per cluster
- Purposive sampling for Genocide survivors
- Using the Mini International Neuropsychiatric Interview (M.I.N.I.)

Results

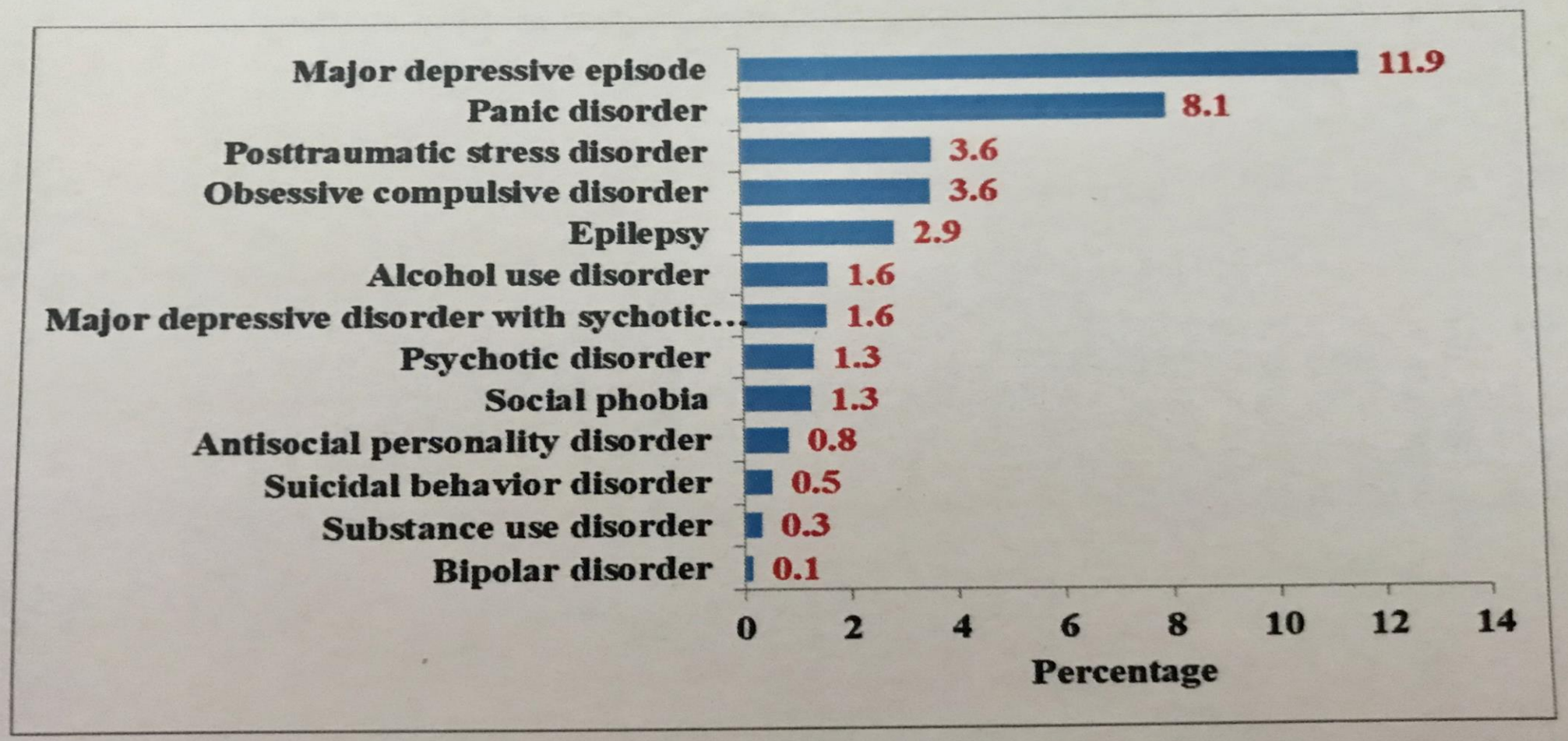


Figure 1 : Prevalence of mental disorders among population aged 14-65

Figure 2. Prevalence of any mental disorder by District

·Figure 2 shows that Gasabo district has the highest prevalence (36.7%) of mental disorder combined whereas Nyabihu, on the other hand, present the lowest prevalence with 5.8 percent. Geographically, South, South West, and the Northern regions of the country show higher prevalence of mental disorders combined. The East and North West regions present relatively lower prevalence compared to other regions.

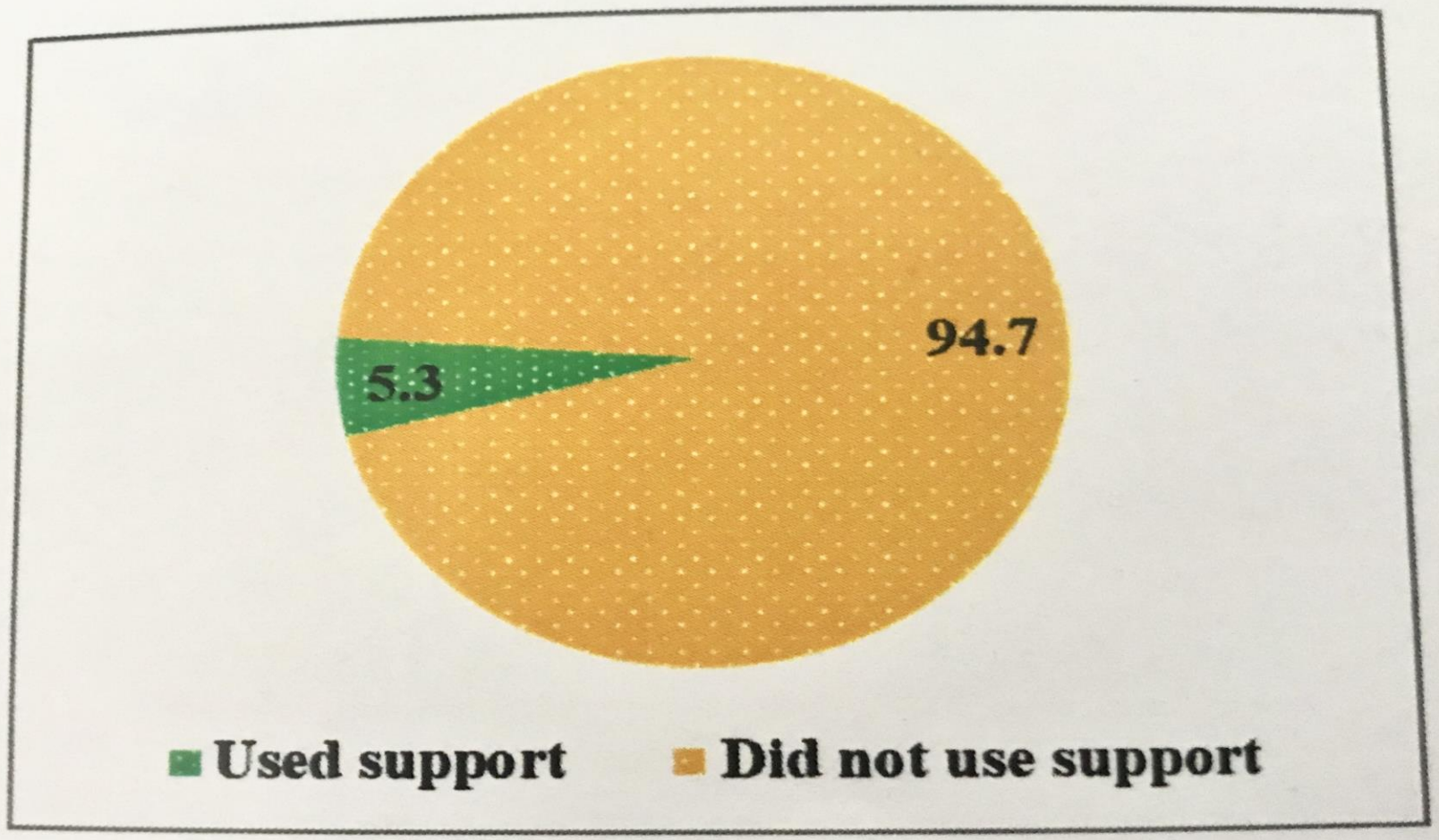


Figure 3. Reported utilization of mental health support

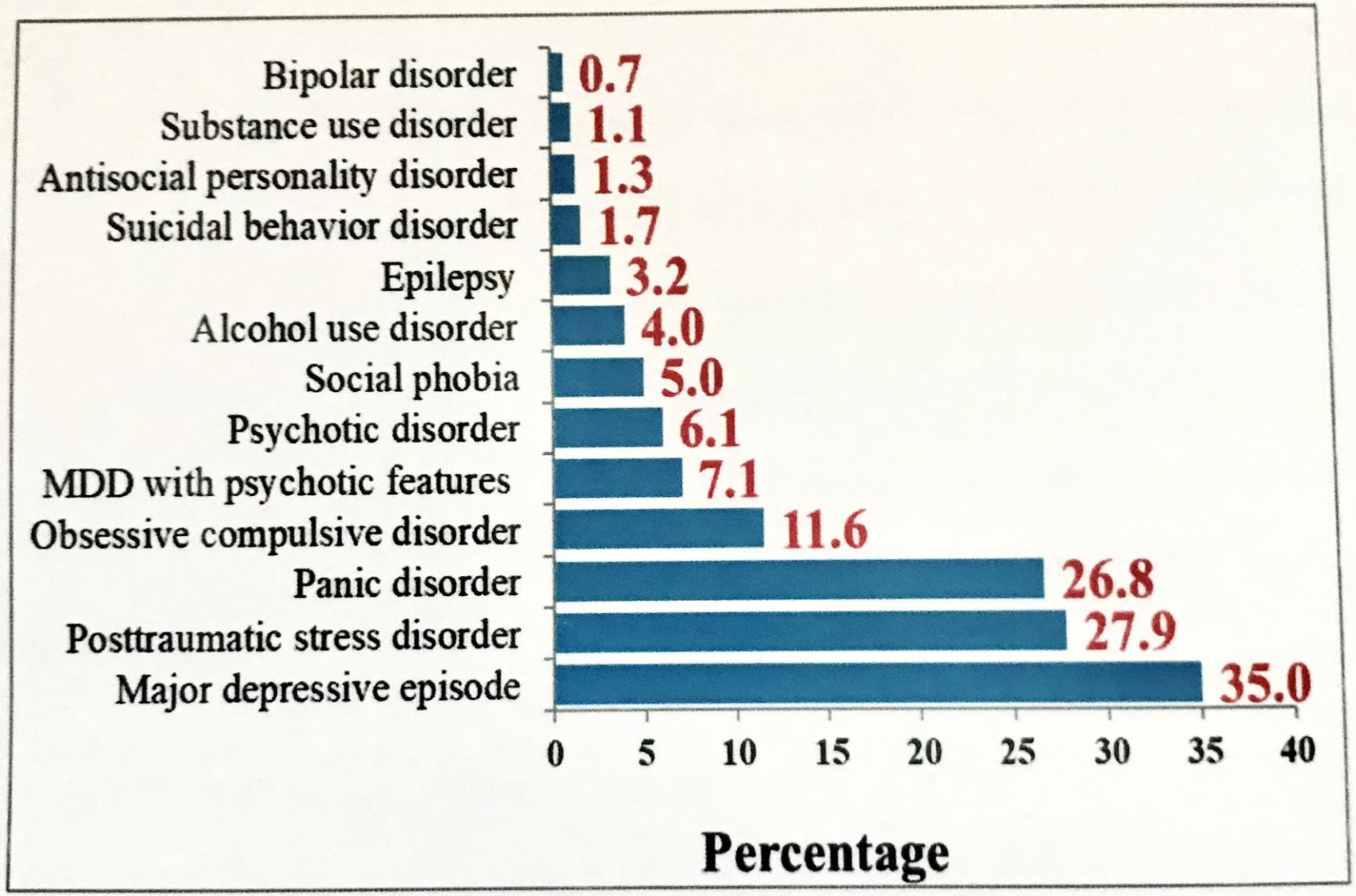


Figure 5. Prevalence of mental disorders among Genocide survivors aged 24-65

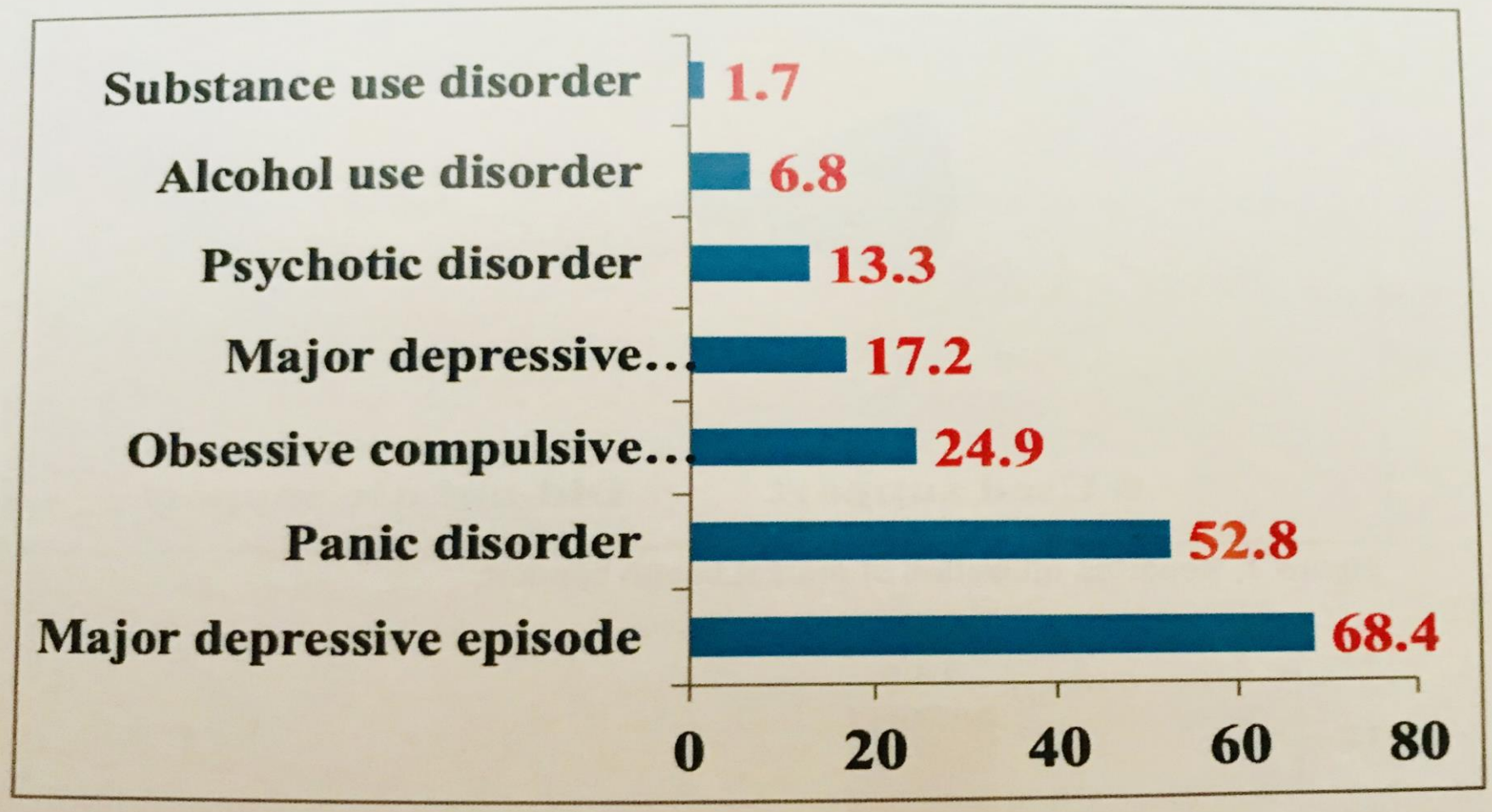


Figure 6. Co-morbidity of PTSD with major mental disorders among Genocide Survivors

Figure 6 highlights the situation of survivors who meet the criteria of PTSD while also suffering

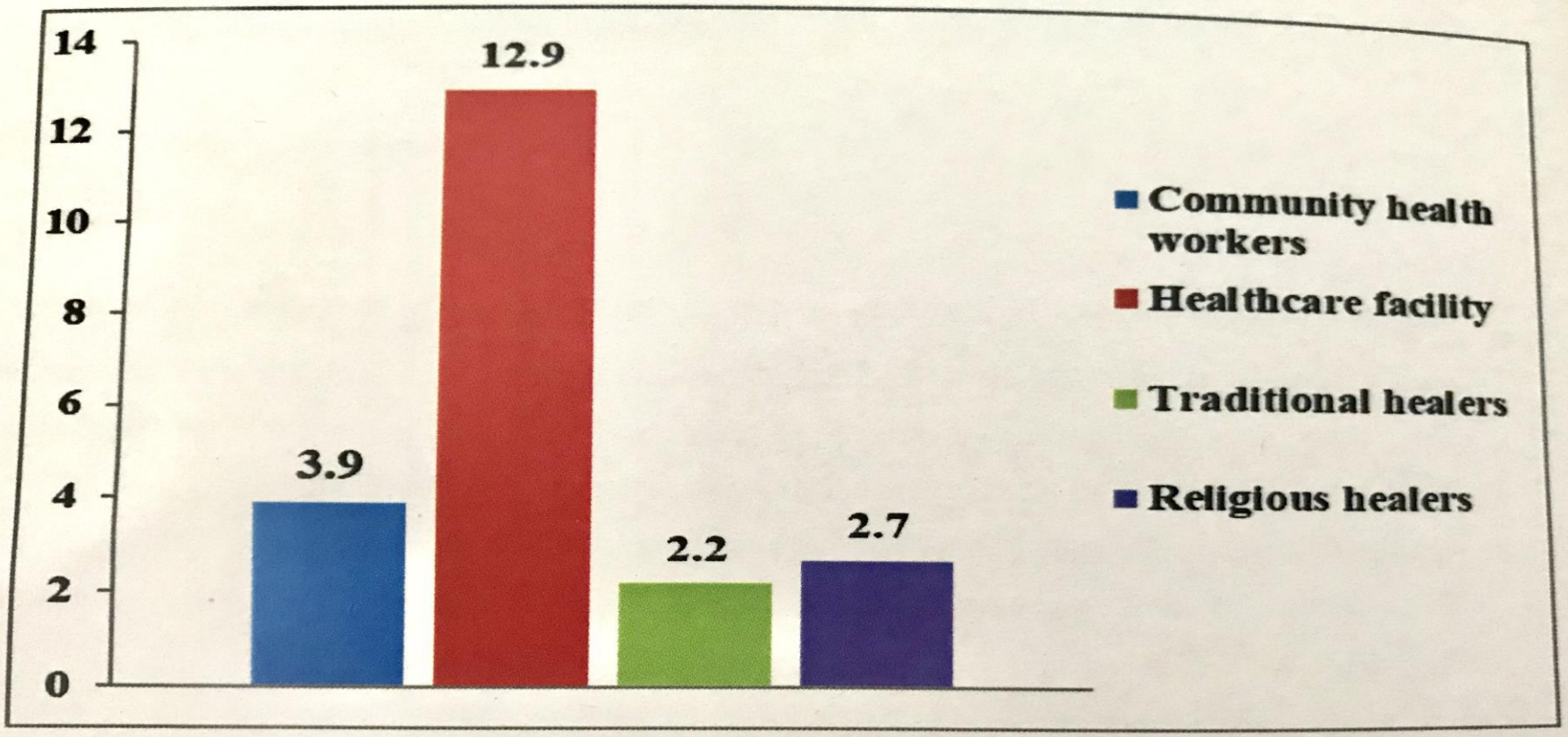


Figure 8. Level of mental health services known to Genocide survivors

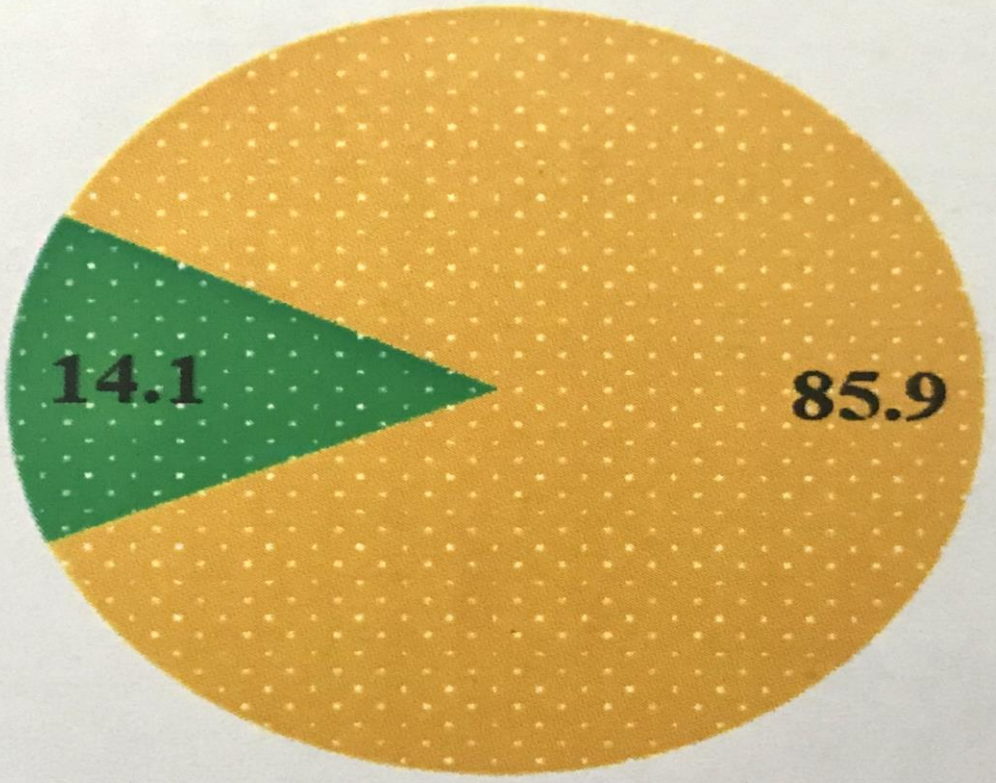


Figure 7. Reported utilization of mental health support

Mental Health Survey 2018

- Conclusions Rwandan needs to take a comprehensive promotional approach to Mental Health Disorders and co-occurring issues.
- Create programs and packages to strengthen mental Health
- Reinforce capacity of all health professional at the community level to asses s treat early.
- Fight Stigma
- Increase and focus on improving the MH and well-being of all genocide survivors.

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  - (Harerimana in process for a PhD in Nursing Leadership in Health Promotion and Advanced Practice with an emphasis on development and evaluation of addiction care intervention at University of Western Ontario)

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