

OCTOBER NOVEMBER 2022

THE IHR PROJECT NEWSLETTER

Updates from UKHSA's
International Health Regulations
Strengthening Project

In this edition

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- New resources on the IHR Project Knowledge Hub
- Media roundup
- Wellbeing tip

Welcome! This publication provides updates for the project's internal colleagues and external partners. If you have any queries, feedback or contributions please contact:

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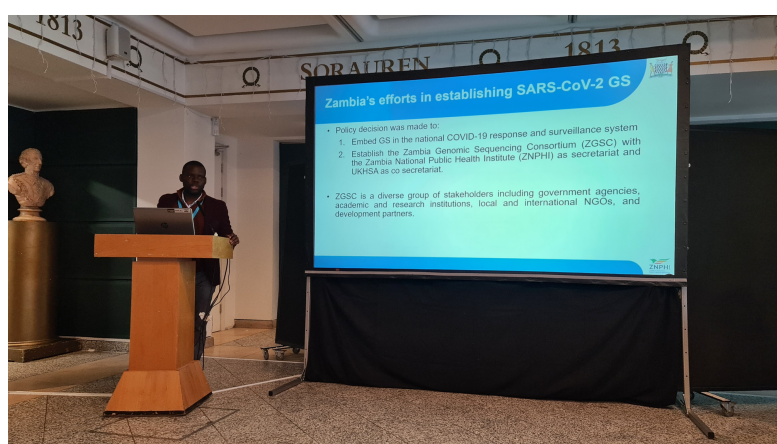
IHR Country Based Project Staff Visit the UK!

Last month, staff from our IHR countries had the opportunity to visit the UK to attend the UKHSA conference in Leeds. Many of them were also able to attend a Global Operations Directorate Away day as well as two IHR Strengthening Away Days organised by the team. Find out more about all the events below...

IHR Strengthening Project Attends the UKHSA Conference 2022 in Leeds

Members from the IHR Strengthening UK, Zambia, Pakistan and Nigeria teams attended the UKHSA Conference 2022 in Leeds on the 18th and 19th October. The project also sponsored a number of attendees from our partner organisations to attend – including from the Nigeria Centre for Disease Control (NCDC), Pakistan National Institute of Health (NIH) and Zambia National Public Health Institute (ZNPHI).

The impact of the IHR Strengthening Projects work was duly recognised throughout the conference. Dr Malik Safi, Senior Health Advisor in the UKHSA Pakistan team, spoke at the second day's morning plenary, highlighting the impact on our collaborative work with NIH on Integrated Disease Surveillance Response (IDSR) implementation in Pakistan and the importance of this in light of the recent flooding.



Lydia Izon-Cooper from the IHR strengthening project Radiation, Chemicals and Environmental (RCE) team presented on the project's unique approach to capacity building for chemical hazards and public health. Our partners Muhammed Salman from NIH presented on our work around labs and Mpanga Kasonde from the ZNPHI was also able to share about the implementation of a SARS-CoV-2 genomic surveillance system in Zambia, highlighting how vital multi-stakeholder collaboration & coordination is.

In total, the project had a total of 15 abstracts accepted with 4 oral talks presented at the conference.

The conference provided a valuable opportunity to learn about the work going on in the wider organisation, and for our team and partners to meet each other in person, as well as other experts within the public health field. A huge thanks goes to the event organisers for a fantastic couple of days, and for all of the team who attended.

[Read the full article about the IHR Strengthening's attendance at the UKHSA conference on the hub](#)

IHR Strengthening Project Away Days

After the success of the conference, the project held two away days in London - one for the country-based staff to meet with the Senior Leadership Team, and the second with the wider in country and UK teams, with colleagues from DHSC also in attendance. Both days (as well as the Global Operations Directorate Away Day held later that week) provided a great opportunity for team members from all countries to get together, some of us meeting each other for the first time outside of the virtual world.

On the second day Anne Wilson, Head of Project welcomed the team as a whole and reflected on the year we have had. There were presentations from country-based staff and subject matter expert teams showcasing their work and what they had accomplished. There was also plenty of opportunity to discuss and reflect on what we have learnt, as a group but also individually. The day was filled with activities and featured a "thank-you wall" where team members were able to express their gratitude towards fellow colleagues. The days provided a chance to reflect on what we have achieved and what we intend to do in the future, and we left strengthening our relationships with each other whilst looking forward to meeting again in the future.



"For me the away days were an opportunity for learning, networking and fun. At the IHR strengthening project away day, in the group of senior health advisors, we exchanged our experiences and shared the hardships we have been facing. The manner in which the senior leadership acknowledged our achievements and encouraged us made it worthwhile."

"...One of our health advisor colleagues found the away days a source of energy and he said 'Our team welcomed the break, and I didn't know we needed time away from the energy and pace of work until the initial sessions of team away day started.' More than bringing together all the wider teams that make up the global unit, the team away days were an opportunity to enjoy the lighter moments and get to know each other better."

Dr Wasif Shah, Health Advisor, Pakistan

"The away-days came at the perfect time and enabled me to bring my thoughts together on the learning experience. On a side note, I cannot over emphasis how much of a positive difference it makes to finally physically meet people that I have been in many virtual meetings with."

"After we got through the hugs and hi's, the first away-day had all project support officers in the same group. I found out that while we are working in different countries with different challenges, there are also some commonalities one of which is the extent we go through to understand, maintain and harness the relationship with our in-country partners."

"...Meeting the extended family of the global ops was the perfect ending to an educative and impactful two weeks."

"...To sum it up, the idea that our operational model at the IHR-SP has allowed us to build firm relationships in the countries that we work in and by so doing puts us on DHSC's recognition radar as a sustainable project was not only a morale-booster for me but also the perfect cocktail I needed to go home and think about how best I can contribute to the strategic objectives of what we are doing as a project."

"There is a lot I have taken home with me from my trip and one thing is certain, I left the UK with a renewed personal zeal and professional energy."

Ijeoma Anya, Project Officer, Nigeria



A big thank to all those involved in organising the travel and logistics for these events, and for all the team who travelled across the globe to attend! We hope to meet again soon!

[Read Dr Wasif Shah and the Pakistan team's reflections on the UKHSA conference and away days on the hub](#)

Look out for Ijeoma Anya's full reflections in a pulse article coming soon...

Updates from the IHR Project - October

IHR Strengthening EPRR Team Assist with the Finalisation of the Zambian PHEOC Implementation Plan

The IHR Strengthening EPRR supported colleagues from the Zambian Public Health Institute (ZNPHI) and other government stakeholders in the review and finalisation of the Zambian Public Health Emergency Operations Centre (PHEOC) Implementation Plan. The Implementation Plan outlines the strengthening of the National PHEOC in Lusaka which will oversee and coordinate all national public health emergencies, and the establishment of at least five provincial PHEOCs.



The publication of this plan will allow ZNPHI and Zambia to move forward with the strengthening of PHEOCs and allow advocacy and support for further strengthening of public health emergency response in Zambia.

[Read the full article on the hub](#)

UKHSA Supporting the Sensitisation Forum for the NCDC Compulsory Confirmation and Promotion Examination



The Compulsory Confirmation and Promotion Examination (COMPRO) is the Nigerian civil/public service commission promotional examination which is conducted for Staff of the Nigeria Public/civil service to gain promotion. Eligible candidates are those that have joined the civil/public service in the last 6 months to 2 years

The Human Resource and Administration department of the Nigeria Centre for Disease Control and Prevention (NCDC) organised a two-day sensitisation forum for its staff who were eligible to complete the COMPRO examination.

[Read the full article on the hub](#)

ISO 15189 International Standard for Medical Laboratories Training Provided to University Lecturers in Ethiopia

From October 3rd to 7th 2022, the IHR strengthening project laboratory team in collaboration with the Ethiopian Public Health Institute (EPHI) delivered ISO 15189 standard training to medical laboratory science teachers of the Ethiopian universities. Previously this training was delivered to laboratory professionals working in health facilities, so this was the first initiative providing ISO 15189:2012 international laboratory standard training to university lecturers. Participants were in attendance from 23 Ethiopian universities which provide medical laboratory science courses.



[Read the full article on the hub](#)

Updates from the IHR Project - November

Subnational One Health Taskforce Review Meeting – Operationalisation and Strengthening of One Health in Ethiopia

Ethiopia has adopted a One Health (OH) approach and has made significant progress in strengthening human resources, facilities and developing and implementing cross-sectoral strategies in collaboration with partners. UKHSA and the WHO Country office in Ethiopia have an agreed joint plan of activities and work closely together to contribute to the operationalization of OH in the country. This initiative is a new way of working for the IHR-strengthening project and builds on UKHSA's strong links with the WHO AFRO OH team.

The Subnational OH Taskforce Review Meeting was held in Adama, hosted by UKHSA in collaboration with WHO and the Ethiopia National OH Steering Committee. The purpose of the meeting was to review and discuss progress towards implementation of OH platforms sub-nationally and progress made in collaboration, coordination and communications between the National One Health Steering Committee (NOHSC), Regional One Health Taskforces (ROHTF), and other organisations.

[Read the full article on the hub](#)



"No one sector can solve the many problems we face alone. To secure human, animal and environment health – to secure the very future of this planet – we need more collaboration and partnerships. We need to stand together and work together. WHO-UKHSA partnership is a new initiative to synergise the efforts for more impact and to strengthen and operationalisations of One Health in Ethiopia. This review meeting is organised by WHO-UKHSA to review the progress, best experiences and main challenges, and accordingly we have got great lessons from the National Steering Committee as well as the subnational One Health taskforces and this is to reassure that we are ready to do our part based on the action points of this review meeting and keen to see the results."

Prof. Dilys Morgan, Consultant in Global Health,
IHR-Strengthening Project, UKHSA

Data Analysis Training for State Epidemiologists in Nigeria

Lack of capacity for data analysis was identified as a knowledge gap by the State Epidemiologists in a recent learning needs assessment of State Epidemiologists in Nigeria conducted by UKHSA. The capacity for data analysis is critical for preparedness and response to disease outbreaks and is interconnected to the ability of epidemiologists to apply themselves effectively in areas such as descriptive epidemiology, research, communication, and advocacy.

The IHR Strengthening Project in collaboration with Nigeria Center for Disease Control and Prevention (NCDC) and WHO Nigeria developed and delivered a bespoke data analysis training to 19 State Epidemiologists. The training upskilled the epidemiologists use of excel for data analysis maximizing their resourcefulness.



"I thought I had the basic knowledge of Excel until I attended this training and discovered that the basic knowledge I had is even not up to basic. The training will enable me to develop and circulate the state's epidemiological bulletin. I also want to say that the excel training handbook, is the best gift I have received this month".

[Read the full article on the hub](#)

Omolola Adeagbo,
Osun State Epidemiologist

New Resources Available on The Knowledge Hub

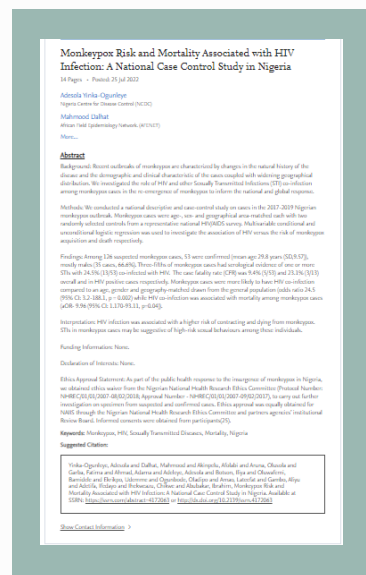
Access the latest resources and publications from the IHR Project and its partners on the **"Resources" page of the knowledge hub.**

Monkeypox Risk and Mortality Associated with HIV Infection: A National Case Control Study in Nigeria

Nigeria Centre for Disease Control | July 2022

Recent outbreaks of monkeypox are characterized by changes in the natural history of the disease and the demographic and clinical characteristic of the cases coupled with widening geographical distribution. This paper investigates the role of HIV and other Sexually Transmitted Infections (STI) co-infection among monkeypox cases in the re-emergence of monkeypox to inform the national and global response.

[Link to the full article on the hub](#)



The WHO Strategic Partnership for Health Security and Emergency Preparedness (SPH) Portal.

The WHO Strategic Partnerships for Health Security and Emergency Preparedness (SPH) Portal identifies over 60 bilateral or multilateral donors or partners engaged in financial and/or technical support for IHR capacity development across the 19 IHR (2005) technical areas. The IHR Project's country and regional level contributions to the global COVID-19 response are captured on this WHO SPH Portal. The Resource Landscape section of the WHO SPH Portal displays the activities of donors and partners contributing to IHR technical support for health security.

[See UKHSA's latest updates on the portal](#)

[Read more about the work on the "COVID-19" section of the hub](#)

Winter Wellbeing

Burnout is a state of physical and emotional exhaustion. It can occur when you experience long-term stress in your job or working a physically or emotionally draining role for a long time. Burnout isn't something which goes away on its own - it can worsen unless you address the underlying issues causing it.

The attached article explores 9 factors that lead to burnout and specific actions you can take to combat them: **[Burnout - Mental Health UK \(mentalhealth-uk.org\)](#)**

Using your wellbeing hour is another great way to give yourself a break when things are getting on top of you and you need room to breathe: **[Take an hour for your wellbeing \(ukhsa.gov.uk\)](#)**



Know the signs of burnout:

- Feeling tired or drained most of the time
- Feeling helpless, trapped and/or defeated
- Feeling detached/alone in the world
- Having a cynical/negative outlook
- Self-doubt
- Procrastinating/taking longer to get things done
- Feeling overwhelmed

Monthly Media Round Up

A selection of recent appearances of the IHR Project in the media. Please click the items to view the posts.



Dr Sam Collins
@DrSamColl

Great to spend the last two weeks with colleagues from 🇹🇼 🇨🇳 🇻🇳 🇵🇭 🇮🇩 🇸🇮 🇺🇸 exploring partnerships for @UKHSA #IHR_strengthening in the #ASEAN region. Lots of exciting opportunities ahead. Special thanks to @ukinThailand @UKinMalaysia and @UKinIndonesia for the hospitality!



4:00 AM · Nov 24, 2022 · Twitter for Android



Dr Sam Collins
@DrSamColl

Great to meet with colleagues from @ukinThailand and @pr_moph Office of International Cooperation to further discussions on mutual #IHR_strengthening activities in Thailand and #ASEAN. Lots of opportunities to take forward together.

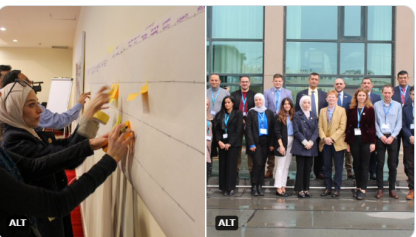


10:48 AM · Nov 14, 2022 · Twitter for Android



UK Health Security Agency
@UKHSA
Official

The #IHR_Strengthening Project and @EMPHNET recently held the third in a series of meetings on regional multi-sectoral coordination. Partners from Iraq & Pakistan joined to reflect on the effectiveness of the regional model to date, next steps & collaboration opportunities.



11:14 AM · Nov 11, 2022 · Twitter Web App



UK in Nigeria
@UKinNigeria

Last week, the #IHR_Strengthening Project together with @NCDCgov & @WHONigeria led a 3-day training on Data Analysis for State Epidemiologists across all geopolitical zones in Nigeria; 17 states were represented at this training.



UK Health Security Agency and 2 others

2:50 PM · Oct 18, 2022 · Twitter Web App



Dr Sam Collins
@DrSamColl

Great to have the #IHR_strengthening project and #UKPHRST at the forefront of #UKHSA22 discussion on global health security. We are the organisations flagship global initiatives! @UKgovGHS 🇮🇹 🇪🇸 🇩🇪 🇬🇧



9:56 AM · Oct 19, 2022 · Twitter for Android



UK Health Security Agency
@UKHSA
Official

Earlier this week, the team was involved with #UKHSA22's panel on global health security. Dr Malik Saifi from the Pakistan team praised the enormous achievements of the UKHSA Pakistan #IHR partnership.

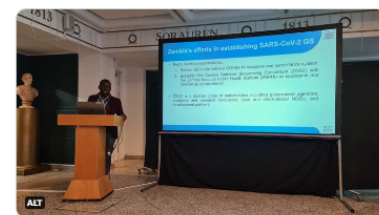


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UK Health Security Agency
@UKHSA
Official

Mpanga Kasonde from @ZMpublichealth was also able to share about the implementation of a SARS-CoV-2 genomic surveillance system in Zambia, highlighting how vital multi-stakeholder collaboration & coordination is. #IHR_Strengthening

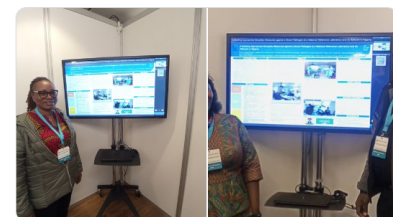


11:57 AM · Oct 21, 2022 · Twitter Web App



Bunmi Negedu-momoh
@bumyn15

At the UKHSA 2022 conference in Leeds. Glad to be among public health specialists and scientists. Thanks to @UKHSA #IHR_Strengthening project in Nigeria. Good to partner with @NCDCgov and NRL Reference Lab team.



10:09 AM · Oct 19, 2022 · Twitter for Android



Adebisi Ajileye
@AdebisiAjileye

#IHR_strengthening team making waves at first ever #UKHSA2022 conference. Super proud to be on the team!

11:55 AM · Oct 19, 2022 · Twitter for iPhone



Africa CDC
@AfricaCDC · Oct 27

@AfricaCDC team led by @JustinMMeada and @rieklu30 held a Planning and Development Workshop to support the establishment of Regional #KnowledgeHub. #NewPublicHealthOrder



2



Africa CDC
@AfricaCDC

The workshop, supported by @UKHSA #IHRStrengthening project focused on the operationalisation process to ensure good information continues to inform public health decision making. #AfricaResponds

12:24 PM · Oct 27, 2022 · Twitter for Android



Sola Aruna
@solaruna

@UKHSA #IHR_Strengthening Project in #Nigeria is committed to supporting @NCDCgov as the national Public Health Institute in human capacity development in line with our triple mandate

UK in Nigeria 🇬🇧 🇳🇮 @UKinNigeria · Oct 17
Last week, @UKHSA #IHR_Strengthening Project in Nigeria supported @NCDCgov to conduct a sensitization forum for eligible candidates of the Compulsory Confirmation and Promotion (COMPRO) examination, which is now computer-based and the first of its kind in the public service.



10:47 AM · Oct 18, 2022 · Twitter for Android



UK Health Security Agency
@UKHSA
Official

The team also supported @Fmohnigeria in hosting the 2nd National Committee on Chemical Surveillance and Emergency System (NCCSES) in Abuja, with @NCDCgov, @FMEnvg & other stakeholders - including a workshop to develop a chemical surveillance guideline. #IHR_Strengthening



4:36 PM · Oct 13, 2022 · Twitter Web App



Sola Aruna
@solaruna

Replying to @WUluombo @WHONigeria and @WHOAFRO

@UKHSA #IHR_Strengthening Project gave a goodwill message at the onboarding & National ToT of the @WHOAFRO SURGE flagship project also supported by @AfricaCDC. Proud to have played our part supporting AvoHC which will be part of its implementation. @DrSamColl @Martin_Muita_

7:58 AM · Nov 9, 2022 · Twitter for Android