

**Report of TOT training for Health Collaborator
on December 2009 in Da Nang and Khanh Hoa
Date: 7-11 Dec 2009**

Introduction

These trainings were organized in order to prepare for health staffs in hospital and CHS to conduct the PHQ9, BA, the initial contact worksheet in the right manner and to equip Health Collaborator with some basic knowledge on depression and psycho- education to help identify patients and persuade them to participate in our project.

Date & Location

Training was organized separately in Khanh Hoa on 7 and 8 Dec and in Da Nang on 10 and 11 Dec with the same contents. The first morning of training was delivered by Dr. Lam Tu Trung, Director of the Da Nang Psychiatric Hospital and in the afternoon of the first day and the second day, three members of each province TOT team to be the facilitator of the training for the HC.

Participants

- Da Nang Psychiatric Hospital and Community Health Stations (Tam Thuan, Hoa Minh): 13 people and 18 HC
- Khanh Hoa Psychiatric Hospital and Community Health Stations (Vinh Ngoc, Suoi Tan): 16 people and 14 HC

Summary of the Training

Participants have an opportunity to share their difficulties in doing the PHQ9 and learn experience from others. One important thing is health staffs that use PHQ9 can start asking patients the PHQ9 form with any questions without having to follow from the first to the very end question. However, as this form is quite new to the health staffs and the form must be delivered with the precise word, it is recommended that health staffs follow the word in the form exactly. It has been revealed that in Khanh Hoa CHS patients were diagnose by doctors then get the PHQ9 screen and then come back to doctor to get the prescription. It has been noticed that this procedure will cause patients lots of annoyance; therefore, the project team came to the concrete procedure for both provinces that every patient who came to hospital or CHS will get PHQ9 screen first before meeting the doctor. The first initial contact worksheet has been introduced regarding the way to conduct the interview. The psycho-education outline also been mentioned again to participants as the psycho – education has been taught in the TOT training in September.

The rest of the training focuses on training for Health Collaborator. Once again, the animation technique was used in designing training materials and in delivering training. In the afternoon of the first day and the second day of the training, three people of the TOT team has been chosen to be the facilitator to teach Health Collaborator about the model of our project, the role of each person such as Health Collaborator, family, doctors. It has been a good exercise for facilitators as this is a new technique of delivering training

for them comparing the old method of giving lecture to participants. After each session, the TOT team sat together and drew experience of how to make it more fun and flexible. Some of the facilitators share their points of view such as “I have been a bit confused because I have never used this method before. However, if I practice more, I think I can do it”. The agenda, training documents and materials to be used in the training for HC will be amended so that the training will be organized in one day. The HC really enjoyed the training. They said it is the first time that they participate in such training. It does not only equip them with knowledge but also more relax and fun. There was a general doctor of the Dien Phuoc CHS who stood out of all activities of the training on the first day, however, with the tactfulness of the facilitator he gradually enjoy and participate in all activities and finally he said he hope that this kind of training will be organized more and more.

However, besides the success of the training there are some administrative problems occurred. In Khanh Hoa, even it has been mentioned several times by the Hanoi project team that the training documents must be given to participants prior to the training for them to read and prepare, participants received it only on the morning of the first day of the training. Besides, due to the invitation of the Khanh Hoa psychiatrist hospital on the first day of the training at first only few HC showed up then HC call their peers to come and join the training. Also, due to the change of the personnel in Khanh Hoa Psychiatrist Hospital one psychologist quit work in the Khanh Hoa psychiatrist hospital, three new members of the hospital were encouraged to participate in the training and later on one out of these three persons will be chosen to participate in the project. The change in personnel will cost Khanh Hoa psychiatrist hospital and our project a lot of energy and effort to equip them with adequate knowledge, sufficient understanding of the project technique and therapy.

Remarks

It is of a certain that this training for HC when implement in large scale will success with the effort of the TOT team to practice the animation technique and get acquainted with the role of facilitator. It is recommended that some of the training materials will be printed on large paper to make it easier for trainers to travel to communes and deliver training.

Materials from the training will be further adjusted to make it more easily and suitably to understand for community level with the support from both psychiatric hospital.

Some materials such as reasons and symptoms of depression, psycho-education should be printed and give participants as the handout for them to bring home so that they can refer to it later.

As this is first project for Khanh Hoa psychiatrist hospital, so it is essential to empower the Khanh Hoa hospital staffs so that they will be able to conduct the project in proper way.