

Private Sector Federation (PSF) in partnership with Northern Province in Rwanda organized Mini-Expo. It was the opportunity given to all entrepreneurs from different sectors including but not limited to Health ,Education, manufacturing, construction, ICT, clothing and textile, agro-processing etc... aimed to exhibit creativities(products ) of different organizations and companies in Northern Province.



*The physical appearance of RHIH stand during Mini-Expo 2019*

As other private organizations RHIH Sainte Rose de Lima participated and exhibited its activities that offering to the Rwandan citizen and beyond for improving their welfare through main mission of higher learning institution that include but not limited to education, community services as well as research.

The institution delivered for free some promoting health services including: Hypertension screening accompanied with health education for increasing awareness, prevention and control measures about hypertension disease and other non -communicable diseases as well as explaining family planning by using natural methods.



*Above photo illustrating RHIH staff while explaining the services offered by RHIH toward the committee*

The department of midwifery played a big role in teaching the participants on reproductive health and role of family planning in development of a family. They started by explaining what is family planning and its role: RHIH staff described both types of family planning modern and natural as well as their sub-types.

*The mother was receiving the explaining on how the family planning work from RHIH staff*



Experience from midwifery who interacted deeply with stand visitors showed that negative rumors toward Modern Family were prevalent where attendees stated many impact to their health like: Jadel lead to obesity, disfunctioning of upper limbs therefore no capability of working



for gaining incomes to survive, Vaginal bleeding till die etc.... They alleviate their low knowledge and negative attitude by teaching them how each type of family work. RHIH staff ensured them that each women or person has independent life and are treated at individual basis rather than group, our body habitus are different and react to stimulus differently. They emphasized that prior proposing and FP type, Doctors do the different investigation and assessment to secure your body.

They teach also on natural family planning by explaining the criteria for using that which consist of having regular menses period of 32days without going beyond as well as to give natural family as a couple not only one among married.



*Above photos are demonstrating RHIH staff while demonstrate the functioning of natural family planning.*

Finally, the knowledge and positive perception toward family planning was acquired and improved as evidenced by different questions that they will take into consideration and discuss with their partners.

During this exhibition, RHIH as one among private higher learning institution in Northern Province that train health care professionals and only one in province that train qualified and skilled competent nurses and midwifery; It showcased different projects and innovations in line with the academic programs it offers. The projects and innovation have been planned in a way that they respond to the pressing health related issues faced by the community from global to nationwide by showing their strategies to promote the well-being and health of the population.



***Explanation of RHIH Programs and inspiring younger children to like sciences that combine Biology and chemistry that will enable them to study in health sciences.***

RHIH as an exhibitor get time to interact and networking with their potential customers from different other industry and get the constructive feedback from them to improve its products and services that are being served to the population. Interaction was achieved through RHIH brochures distributed during expo and other stands used to come at RHIH stand for health service seeking which were free at that time and full package offered to the participants were more attractive.



***Other exhibitors use to visit RHIH stands for see their services and benefit free of charge service of NCDs screening.***

It was an opportunity of RHIH to state clearly their geographical location and accessibility because many people had a confusion of Ruli if located in Gakenke or Rulindo and furthermore ,

Transportation means and road to take were not well known and staff explained well all issues raised by attendees toward our Institution



Uniqueness of RHH as health related institution, he created a public awareness on non-communicable diseases because globally, non-communicable diseases (NCD) account for 3.2 million deaths annually a result from current global survey indicated.

The NCDs predominated by hypertension was more emphasized as a public health concern and set it as agenda to discuss among health priorities from global, africa, Sub-Saharan Africa, in east African region as well as nationwide. The current evidence-based research published by Hebe N. Gouda, et al,2019 as also stated previously by several studies done nationwide and in different decentralized health care facilities setting across the globe appreciated high rate of hypertension. In addition to what has been done by Jacques Banyangiriki, et al,2013, who confirmed that there is a high prevalence (36%) of hypertension among employees in Rwanda but also the high prevalence of individuals not aware of their hypertension (33%). A survey conducted in Rwanda in 2015 on the non-communicable diseases risk factors by the Ministry of Health



revealed 15,4% of Rwandans have an elevated blood pressure and Northern and western province were predominantly affected by the burden (MOH, 2015).



### ***Blood pressure and Weight as well as Height measurement during NCDs screening***

The strategies adopted from National NCDs management goals including NCDs screening are being implemented. Existing research agreed that screening for hypertension and other NCDs could help reduce morbidity and mortality associated to them as stated by Schmidt et al,2019 and experience has been observed in many committed countries from developed nations.

RHIH conducted a screening for blood pressure among 462 population where every person visited the RHIH exhibition stand was educated about what is hypertension disease, causes, risk factors, prevention measures and management. Then after asked to be screened voluntarily. Those who accepted to be screened; their age, height, weight, sex and blood pressure measurement were recorded using an automated blood pressure machine (OMRON® digital device) to obtain the blood pressure readings.

Blood pressure measurement showed that the prevalence of hypertension disease was 77(16.7%) and predictor of hypertension among screened population were age and male sex was identified to be more likely to have hypertension than female sex( Full research report with details will be published soon).

Officially closing the Northern Province Mini Expo 2019, the Governor of the Northern Province, Gatabazi Jean Marie Vianney, thanked all exhibitors counted 142 for their role in the growth of the national economy. He emphasized on the higher learning institutions for their participation in the promotion of Made in Rwanda. In her remarks, Mukanyarwaya Donatha, the representative of the Private Sector Federation (PSF) in the Northern Province Mukanyarwaya also recognized a vibrant heroine of the stakeholders in accompanying a successful Mini Expo.