

Quarterly
E-Newsletter #3/2022
(July-September)

CareEpilepsy Ethiopia Saving Lives | Changing Perceptions

In this issue....

- Message from the CEO
- Clinical Services
- Top stories of the QUARTER!
- The wellbeing of our patients
- The Patient Story
- Raising Awareness at Schools
- Raising Awareness at work
- Get to know our staff
- Our Partner Story
- Meet our Volunteers
- Celebrating our great heroes
- Acknowledgements and Thank you
- Tip for living well with epilepsy
- Ways to support us

Dear friends,

I had the opportunity to visit CareEpilepsy's team in Addis Ababa and work on our strategies to meet our fourth-quarter goals. It was also a time to catch up with our partners and define our collaboration further. So, albeit brief, it was a productive visit.

The third quarter was busy and exciting. We celebrated the African Epilepsy Stripes Week on the 21st of September, 2022 by raising awareness about epilepsy in schools. We have also received the much-needed anti-seizure medication in donation from the ROW Foundation. We thank the Foundation for donating Roweepra® (levetiracetam) and Subvenite® (lamotrigine) tablets worth \$6,360.00. I am also excited to share that we are now an Associate Member of the prestigious International Bureau for Epilepsy. We look forward to connecting with the organization's vast community to exchange best practices and explore exciting avenues for collaboration.

We have started running our clinic from Monday - Friday. Our clinical service is not just about epilepsy but rather the general well-being of our patients. We offer general health check-ups to enable us to diagnose epilepsy-related issues early for better treatment outcomes. Change takes time, but I am pleased to share that we are now well-settled into this new way of running the clinic and remain firmly focused on fulfilling our patients and the community's needs.

Mr Abayneh Tunta has joined our team and will perform nursing duties, counselling and community teaching as well as training.

Next quarter, we will continue to provide our programs and work in partnership with other organizations, thinkers and policymakers to achieve this. We have also started planning for the 2023 National Epilepsy Week campaign, which will be held in February 2023.

I always say that it has been my privilege and honour to establish and lead CareEpilepsy Ethiopia for the past seven years, an exceptional charity that is both an initiative pioneer, and a force for good in the communities which we serve.

I look forward to updating you next quarter.

Yours sincerely,



Enat Yewnetu
Founder and CEO



CLINICAL SERVICES

CareEpilepsy Ethiopia offers monthly clinical services delivered by our staff and volunteer neurologists. To support our patients, we have assembled volunteers, including doctors. A patient support group is also available. Patients are able to receive free clinical care from this group once a month. In addition, we offer counseling and medical treatment as a part of this monthly service.

This quarter, we delivered medical care for 35 adults and 32 pediatric patients including medication and counseling. In addition, we provided our EEG services to 13 patients in an effort to address the issue of expenditures that patients face due to a lack of finances.

160 patients were served by our home monitoring service, which involves our nurses checking on the condition of their seizures and recommending further action.

TOP STORIES OF THE QUARTER!

- We have appointed Abayneh Tutu, to the position of Outreach Nurse to support our community outreach work and training.
- Dr Etsegenet Tizazu, an Epileptologist from Newark, Delaware, USA, has given over 10 hours of epilepsy training to Haimanot, CareEpilepsy Ethiopia's Health Officer.
- Dr Jeremy Wong, a pediatric neurologist in Philadelphia, Pennsylvania, gave training on pediatric epilepsy.
- CareEpilepsy held the annual Thanksgiving program on the 17th of September 2022, where we took the opportunity to thank our supporters and patients for their continued support.

THE WELLBEING OF OUR PATIENTS

- Telephone Helpline service provided information and advice to 135 patients;
- Patient support group meetings were a part of our support programs. About 118 patients and their families attended these meetings throughout this quarter. The meeting alone inspires the patients family members by educating them on how to care for and support their family with epilepsy
- 43 individuals participated in our weekly coffee and chat morning, when patients gathered to socialize and engage in craft activities that helped them develop new skills and confidence. The craftwork training and basic materials were provided by Care Epilepsy Ethiopia.
- Our counseling service was delivered to 50 people, which lessens the strain of having epilepsy.

THE PATIENT STORY

It is my pleasure to share the story of a cheeky boy called Michael Tibebu. Michael is 5 years old and was diagnosed with epilepsy at the age of 2. He came in contact with CareEpilepsy in June 2020. Since then, Michael has been followed up by our pediatric neurologist and has been taking Sodium Valproate for 1 year and three months. His father, Mr Tibebu Bekele, is a regular attendant at our monthly patient support group meeting and shares his experience about caring for a family member with epilepsy. Mr Tibebu says, "When you're surrounded by the right care and support, almost anything is possible. CareEpilepsy's care and support eased Michael's recovery from his seizures and our burden as a family." Michael is now a Kindergarten student living everyday school life like his friends and has been seizure free for more than one year. This is what CareEpilepsy does!



RAISING AWARENESS AT SCHOOLS

Schools are the hubs of accommodative minds, whereby we can educate the majority of people who can easily and quickly disseminate valuable information about epilepsy. We believe focusing on epilepsy education in schools will help to address the awareness gap also addresses society.

In order to accomplish the aforementioned objectives, it is crucial to educate the school nurses, teachers, staff, and students on epilepsy, its treatment, seizure first aid, and any stigma associated with epilepsy.

This quarter, we raised awareness among 169 students and more than 20 teachers about epilepsy and taught the recovery position. The majority of the trainers said the training made it clear to students and instructors that the majority of students with epilepsy are able to take part in all school activities if properly treated and followed up.



Enat Yewnetu, Founder and CEO of Careepilepsy, received a surprise trophy for caring for people with epilepsy and inspiring others to get involved.

This quarter you will get to know Sister Haimanot Alitaseb.

Haimanot was born in Dessie (south Wollo Region), Amhara Region of Ethiopia. Haimanot is married and a mother of two. She has a BSc diploma in nursing and an MSc degree in Public Health.

She joined CareEpilepsy Ethiopia 3 years ago and has served as an epilepsy specialist nurse/health officer. Haimanot is currently the lead person for running CareEpilepsy Ethiopia's clinic. This means organizing volunteer neurologists, doing EEG testing, providing counseling and always trying to keep stock of medication. In addition, she gives training.

She finds caring for patients, treating them and seeing them recover rewarding. Haimanot enjoys helping people. She also enjoys working with volunteers, raising awareness, and teaching seizure first aid in schools. When we asked about her role at CareEpilepsy, she replied, "Being part of the only organization working on epilepsy in Ethiopia makes me happy, and I love to contribute to the efforts of our charity. I am delighted to serve those people in need. Moreover, working at CareEpilepsy has helped me increase my expertise as an individual and added much more experience to my career."

GET TO KNOW OUR TEAM Meet Sister Haimanot Alitaseb



OUR PARTNER STORY



Wudassie diagnostic center is a private diagnostic center, one of the most important partners of CareEpilepsy Ethiopia. Working with Wudassie has eased so many burdens on our patients who could not afford payments related to diagnostic imaging. Magnetic resonance imaging (MRI) and computerized tomography (CT) scans are very crucial to diagnose both new as well as those on follow-up who need images from the brain that show the damage related to the disease process.

Wudassie took over an irreplaceable role in addressing those costs related to these imaging services. Wudassie partnered with CareEpilepsy Ethiopia two years back and has continued to support our organization up to date. Careepilepsy Ethiopia would like to recognize Wudassie for their tireless efforts in helping our work. We would like to say thank you to Wudassie diagnostic center.

QUIZ TIME

How many different types of seizures are there?

A. 3

B. 5

C. 10

D. Over 40

MEET OUR STAR VOLUNTEER

Selina Belayneh

This quarter, our story is about Selina Belayneh, who has been the volunteer president of CareEpilepsy Ethiopia since 2021. Selina is currently studying Nursing; "I like to volunteer because I share similar values as that of CareEpilepsy Ethiopia, which is protecting people living with epilepsy. I am generally inclined to help people out and make their lives easier. Volunteering will help me get in close contact with people in need. Apart from that, I am thinking of pursuing a career in health care, but I am quite unsure which field I should go for. A part-time volunteering role seemed the perfect way to give me some valuable work experience and test the water."

As a volunteer, her aim is to assist patients with all aspects of living with epilepsy, offer practical advice and help in living well with epilepsy and educate patients, parents and the community about epilepsy. She concludes by saying, "most importantly, I am here to listen to any questions and concerns anyone affected by epilepsy has. The epilepsy volunteer service is committed to improving and maintaining the standard of care for people with epilepsy. Join us."





CELEBRATING OUR GREAT HEROES

Kelemwork T Kejela

My name is Kelemwork T Kejela (Munit), and I have been a board member with Care Epilepsy for the past 6 years. I consider myself very lucky to be part of this great team. "Giving is one of the most unselfish acts " - the amount of pleasure you get by giving is enormous; making me the beneficiary of this act. God has blessed me with two healthy children. Therefore, the least I can do is help other mothers who need my help as much as possible. My children have also been participating in different activities within Care Epilepsy over the years. My daughter is in her third year at university, and my son is a senior in high school. I am so grateful to God our creator for all my blessings, and a special thank you to CareEpilepsy!

Had she asked us to pay, the in-kind gifts she has provided us over the past six years would be a lot in value. But instead, she gives us the willpower and the hope to press on. Thank you, Mrs Kelemwork.

TIP FOR LIVING WELL WITH EPILEPSY

Manage Your Stress

Tip: For some people, feeling stressed can lead to other things, such as changing sleeping or eating habits, drinking more alcohol, and feeling anxious or depressed. All of these can also increase your risk of having a seizure.

Healthy Ways to Cope with Stress

DO:-

- Take breaks from phones, tv, and computer screens.
- Try to eat healthily and exercise regularly.
- Deep Breathing and stretching can be beneficial
- Avoid excessive alcohol consumption.
- Talk to others. Share your concerns.

ACKNOWLEDGEMENTS & THANK YOU

CareEpilepsy Ethiopia wishes to thank everyone who has supported our work in kind and financially. Specifically, we want to thank Anna Argaw from Canada and Friends of CareEpilepsy in Atlanta for their generous donations during this quarter.

Additionally, we would like to thank our national youth and professional volunteers for their in-kind donations of service and other governmental and private organizations.

WAYS TO SUPPORT US

CareEpilepsy works with the most marginalised children, women and men who face barriers to getting the education and employment they deserve. At CareEpilepsy, we believe in the power of the individual and of a group of thoughtful, committed people to change the lives of people with epilepsy; indeed, it's the only thing that ever has. **Together we can save lives. Together we can change the perception of epilepsy. Together we can make a difference.** There are many ways to support us: become a member, volunteer your time, become a corporate partner and donate.

Ethiopia

CareEpilepsy Ethiopia

Account Number: 1000161849166, COMMERCIAL BANK OF ETHIOPIA

UK

Give online - <https://www.careepilepsyethiopia.org/donate>
Direct Debit to HSBC A/C - (Sort code: 40-07-27) - (A/C No: 11621491).

If you do your Amazon shopping through AmazonSmile at <https://smile.amazon.co.uk/ch/1151942-0>, Amazon will donate 0.5% to CareEpilepsy, at no cost to you.

CONTACT US

Careepilepsy Ethiopia

Yeka Sub-City, Woreda 08, House No. 897
Around Hayahulet, Addis Ababa

Contact No. +251 11 669 4455 / + 251 97 526 4121

Email - info@careepilepsyethiopia.org

CareEpilepsy UK

Contact Number: +44 759 681 7212

Email - ceo@careepilepsyethiopia.org

www.careepilepsyethiopia.org
www.facebook.com/CareEpilepsy/