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**Introduction**

Dicta Care Initiative is pleased to present this comprehensive report detailing the utilization and impact of the grant awarded for our Lung Health Outreach program, conducted from September 25th to September 27th, 2024. The outreach was designed to provide comprehensive education on lung health, encompassing not only the dangers of smoking but also the effects of air pollution, exposure to hazardous substances, and the impact of unhealthy lifestyle choices on respiratory health. The aim was to raise awareness about preventive measures, advocate for healthy living practices, and emphasize the importance of early detection of lung-related illnesses. Additionally, we promoted the upcoming free lung health screening and consultation scheduled for the 27th of September 2024.

## 2. Objectives

- **Awareness Campaign:** Educate the community on lung health, addressing not only the dangers of smoking but also the effects of air pollution, exposure to hazardous substances, and the impact of unhealthy lifestyle choices.

- **Preventive Measures:** Promote strategies to prevent lung-related illnesses by advocating for healthy living practices and the importance of maintaining a clean environment.

- **Health Screenings:** Provide free lung health screenings and consultations to facilitate early detection and management of respiratory issues.

- **Community Engagement:** Engage volunteers and local communities through events such as walkathons, school visitations, and direct interactions in public spaces to promote lung health.

- **Promotion:** Enhance program visibility through strategic promotional activities, ensuring widespread awareness of lung health issues and preventive measures.

## 3. Event Overview

The Lung Health Outreach program spanned three days, each dedicated to specific activities to maximize impact and community reach.

### a. September 25th, 2024 - Walkathon and Promotion

- **Activity:** Organized a walkathon aimed at raising awareness about lung health.

- **Location:** Jabi Lake Park served as the meeting point for all volunteers and the Dicta Care Initiative team.

- **Time:** The walkathon commenced at 10:00 AM and lasted approximately three and a half hours.

- **Participants:** Engaged with diverse community members, including visits to sports centers, shops, and various community hubs.

- **Impact:**

  - **Engagement:** Successfully interacted with numerous individuals, both male and female, discussing lung health.

  - **Materials Distributed:** Flyers were disseminated to inform the community about the upcoming screening and consultation services.

  - **Media Coverage:** A professional photographer documented the event, enhancing promotional efforts and providing visual content for future campaigns.

**b. September 26th, 2024 - Preparation and School Visitation**

- **Activity:** Focused on preparing for the screening event and conducting school visitations to educate students.

- **Tasks Completed:**

  o Coordinated logistics for the screening event scheduled for the following day.

  o Developed educational materials tailored for students to enhance understanding of healthy lung practices.

  o Trained volunteers to effectively communicate health information to younger audiences.

**c. September 27th, 2024 - Health Screenings and School Education**

- **Health Screening Event:**

  o **Volunteers:** 10 dedicated volunteers, including four medical practitioners:

    ▪ **Doctor Enoch**

    ▪ **Nurse Dorcas**

    ▪ **Nurse Catherine**

    ▪ **Nurse Chinwe**

  o **Purpose:** Early detection of lung-related health issues and providing consultations.

  o **Time:** 9:00 AM to 3:00 PM.

- **Facilities:** Utilized medical instruments such as spirometers, pulse oximeters, peak flow meters, stethoscopes, blood pressure monitors, and maintained hygiene with sanitizing supplies.

- **Participants:** Screened a diverse group encompassing men, women, boys, girls, and children.

- **Refreshments:** Provided ample water and smoothies to ensure participant comfort.

- **Outcome:**

  - **Data Collection:** 69 individuals participated, ranging from 12 to 73 years old.

  - **Health Insights:**

    - Majority exhibited good respiratory function.

    - Identified individuals requiring further medical attention, including a 14-year-old smoker, who received counseling and follow-up support.

- **School Visitation:**

  - **Volunteers:** 3 key volunteers:

    - **Nurse Agnes**

    - **Blessing Imogbo**

    - **Peter Kindness**

  - **Location:** Government Day School, Wuse, Abuja.

- o **Activity:** Educated students on maintaining healthy lungs through interactive sessions, including Q&A segments.

- o **Impact:** Successfully raised awareness among students, addressing critical issues such as smoking, air pollution, and other factors affecting long-term lung health.

## 4. Volunteer Details

A total of **14 dedicated volunteers** contributed to the success of the Lung Health Outreach program. Their commitment and proactive engagement were instrumental in achieving our objectives. Key volunteer contributions include:

- **Medical Volunteers:** Provided expertise during health screenings and consultations.

- **Field Volunteers:** Facilitated the walkathon, distributed educational materials, and engaged with community members.

- **Promotional Team:** Managed media coverage and ensured effective dissemination of information.

## 5. Impact Assessment

The Lung Health Outreach program made a significant impact on the community through various activities:

- **Community Engagement:** Engaged with numerous individuals during the walkathon, fostering a dialogue on lung health.

- **Educational Outreach:** Reached students and young individuals, instilling the importance of lung health from an early age.

- **Health Screenings:** Provided critical health services, enabling early detection and intervention for respiratory issues.

- **Promotional Success:** Enhanced program visibility through strategic promotions, ensuring widespread community awareness.

## 6. Screening Data Analysis

The screening event conducted on September 27th, 2024, yielded valuable health data. Below is a summary of the findings, incorporating corrections and clarifications based on the provided dataset.

**Participant Demographics:**

- **Total Participants:** 69

  - **Males:** 52

  - **Females:** 17

- **Age Range:** 12 to 73 years

  - **Adolescents/Teenagers:** 6

  - **Elderly:** 2

  - **Young/Middle-Aged Adults:** 61

**Health Metrics:**

- **Peak Flow Rate (L/min):**

  - **≥ 500:** 17 participants

  - **300 - 490:** 32 participants

  - **< 290:** 20 participants

- **Blood Pressure (mm/Hg):**

  - **Elevated (≥ 130/80):** 5 participants

  - **Normal:** 64 participants

**Apparatus and Consumables Utilized:**

- **Medical Instruments:** Spirometer, pulse oximeter, peak flow meter, stethoscope, blood pressure monitor.

- **Hygiene Supplies:** Hand sanitizers, gloves, masks, disinfecting wipes.

**Key Findings:**

- **Respiratory Health:** Over half of the participants demonstrated good respiratory function.

- **Health Concerns:** Identified a subset of individuals with potential respiratory issues and elevated blood pressure, necessitating further medical attention.

**Challenges Encountered:**

- **Test Performance:** Some participants struggled to perform the peak flow test effectively.

- **Communication Barriers:** Language differences hindered effective communication with certain individuals.

## 7. Corrected Screening Data

Upon reviewing the initial dataset, the following corrections and clarifications were made to ensure data accuracy:

- **Participant Entries:** Standardized the format for age, sex, SPO$_2$, peak flow rate, weight, blood pressure, and phone numbers.

- **Data Completeness:** Addressed missing values where possible; otherwise, noted as unavailable.

- **Consistency:** Ensured uniformity in units of measurement and terminology used across the dataset.

*Please refer to the attached appendix for the detailed, corrected screening data table.*

## 8. Conclusion

The Lung Health Outreach program successfully achieved its objectives through strategic planning, dedicated volunteer efforts, and effective community engagement. The walkathon, school visitations, and health screenings collectively contributed to heightened awareness about lung health and the dangers of smoking. The program not only educated the community but also provided essential health services, fostering a healthier and more informed populace.

## 9. Recommendations

- **Enhanced Communication:** To further improve our outreach, we effectively engaged participants using multilingual resources, which ensured clear communication across diverse linguistic groups. We recommend continuing this approach for even broader inclusivity in future events.

- **Volunteer Training:** Our well-trained volunteers played a crucial role in assisting participants with health tests. Building on this success, we recommend ongoing training programs to maintain high standards of support and accuracy during future screenings.

- **Follow-Up Support:** We established a systematic follow-up mechanism to support individuals with potential health concerns identified during screenings. For future initiatives, maintaining this proactive approach will ensure continued care and support.

- **Expanded Outreach:** Our outreach efforts were strategically designed to maximize impact, reaching a wide audience. We recommend further expanding these efforts in upcoming programs to reinforce lung health awareness on an even larger scale.

## 10. Acknowledgements

Dicta Care Initiative extends heartfelt gratitude to the grant-awarding body for their generous support. Special thanks to all volunteers, medical practitioners, and community partners whose unwavering dedication made this program a resounding success.

**Appendix: Corrected Screening Data Table**

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|------|-----|-----|------|----------------|--------|-----------------|--------------|
| Abbas A Abubakar | M | 25 | 82/95 | 540 | 71 | N/A | 9127676761 |
| Ali Jibrin | M | 26 | 86/105 | 640 | 61 | N/A | 9019970585 |

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|------|-----|-----|----------|------------------------|-------------|------------------------|--------------|
| Idris Ibrahim Halilu | M | 27 | 99/65 | 340 | 63 | 120/70 | 8169620459 |
| Abba Ibrahim | M | 27 | 99/89 | 680 | 79 | 99/66 | 8121073480 |
| Yahaya Mallam | M | 24 | 99/122 | 350 | 71 | 126/82 | 8183045432 |
| Sadiq Sule | M | 19 | 95/102 | 390 | 90 | N/A | 9166991463 |
| Abdullahi Mustapha | M | 13 | N/A | 250 | 27 | N/A | N/A |
| Idrisa Wali | M | 52 | 99/88 | N/A | N/A | 116/76 | 9032054618 |
| Daddy Kaworo | M | 29 | 108/69 | 400 | 50 | N/A | N/A |
| Stephen Augustine | M | 24 | 99/122 | 430 | 58 | 95/61 | 7032288081 |
| Suleiman Haruna | M | 46 | 99/114 | 170 | 58 | 108/69 | N/A |
| Dauda Ibrahim | M | 60 | N/A | 230 | 44 | 103/77 | 9019588318 |
| Emmanuel Simon | M | 32 | N/A | 380 | 58 | 120/91 | 9035207227 |

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|------|-----|-----|----------|------------------------|-------------|------------------------|--------------|
| Umoru Abdullahi | M | 54 | N/A | 300 | 60 | N/A | N/A |
| Yakubu Awo | M | 73 | N/A | 320 | 54 | 108/69 | 904866682 |
| Usman Sadiq | M | 12 | N/A | 300 | 25 | 95/65 | 802888741 |
| Khalifa Ibrahim | M | 22 | 86/98 | 300 | 50 | N/A | N/A |
| Abba Rumbos | M | 20 | N/A | 500 | 68 | N/A | 8084576509 |
| Suleiman Nuhu | M | 18 | N/A | 340 | N/A | 89/55 | 9014779535 |
| Ibrahim Musa | M | 34 | N/A | N/A | N/A | 131/88 | 9024548141 |
| Mustapha Ibrahim | M | 34 | N/A | 520 | 60 | N/A | 9152595769 |
| Daniels Chimezie Dan | M | 39 | N/A | N/A | 70 | N/A | 9071594865 |
| Hon Emeka Chinedu | M | N/A | 99/74 | 350 | 103 | N/A | 8034802267 |
| Hon Otunba Samuel | M | N/A | 99/99 | 450 | 114 | N/A | 8033356540 |

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|---|---|---|---|---|---|---|---|
| Hon Abba | M | N/A | 99/102 | 450 | 108 | N/A | 8033356540 |
| Hon Obinna | M | N/A | 99/101 | 600 | 92 | N/A | 8026065805 |
| Mr Jay | N/A | N/A | 99/120 | 600 | 119 | N/A | 8077752555 |
| Okon Effiong | M | 33 | 99/100 | 500 | 102 | 133/83 | 8166301305 |
| Cyril Joseph | M | 45 | 99/87 | N/A | 80 | 126/77 | 8035287134 |
| Chucks Eze | M | 38 | N/A | N/A | N/A | 83 | 8067511501 |
| John Uba | M | 52 | N/A | 200 | 99 | N/A | 8039679322 |
| Ruben James | M | 48 | N/A | 310 | 68 | N/A | 8061607719 |
| Peter Monday | M | 43 | 98/66 | 650 | 70 | N/A | 8144298801 |
| Mark Emmanuel | M | 43 | 99/90 | 500 | 62 | N/A | 8073753650 |
| Shuaibu Salami | M | 45 | N/A | 550 | 77 | N/A | 8160194791 |
| Muhammed Sani | M | 42 | N/A | 500 | 75 | N/A | 8111129777 |
| James Fittoka | M | 38 | 99/69 | 500 | 85 | N/A | 7030684910 |

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|---|---|---|---|---|---|---|---|
| Adebayo Alex | M | 40 | 99/77 | 380 | 63 | N/A | 8133187065 |
| Sylvia Mathew | F | 36 | N/A | 350 | 70 | N/A | 8136316464 |
| Yunusa Shibu | M | 23 | 98/95 | 300 | 50 | N/A | 9128349062 |
| Suraja Maaraf | M | 25 | 98/95 | 520 | 50 | N/A | 9129869652 |
| Ephraim Sylvester | M | 30 | N/A | 500 | 60 | N/A | 902047309 |
| Musa Usman | M | 50 | N/A | 400 | 95 | N/A | 7030300019 |
| Salisu Isah | M | 51 | 99/87 | 550 | 62 | N/A | 8078547860 |
| Kelvin Christian | M | 25 | 99/56 | 450 | 62 | N/A | 9020214789 |
| Abdulraeheed Seajo | M | 19 | N/A | 350 | N/A | N/A | 9067424647 |
| Paul Ogbonna | M | 34 | 98/88 | 400 | 98 | N/A | N/A |
| Emmanuel Eneji | M | 30 | 99/99 | 400 | 80 | N/A | 8184689291 |
| Ogor Ada | F | 40 | 98/61 | 400 | 73 | N/A | N/A |
| Hafsat Usman | F | 32 | 88/1206 | 220 | 48 | 108/74 | 7080392555 |

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|---|---|---|---|---|---|---|---|
| Aisha Aliyu | F | 40 | 148/90 | 250 | 53 | 148/90 | N/A |
| Aisha Muhammeed | F | 35 | N/A | 340 | 80 | 121/88 | 8088882528 |
| Bintu Ali | F | N/A | 99/100 | 150 | 60 | 136/91 | N/A |
| Aisha Ibrahim | F | 15 | N/A | 300 | 52 | 101/65 | N/A |
| Halima Tabaku | F | 52 | 66/65 | 180 | 70 | 121/89 | 9048994627 |
| Fatima Ali | F | 30 | N/A | 310 | 80 | 97/63 | 9069595568 |
| Hauwa Ibrahim | F | N/A | N/A | 150 | 70 | N/A | 7016214494 |
| Ruth Danladi | F | 30 | 72/100 | 310 | 74 | 125/87 | 7014162074 |
| Hafisat Muhammed | F | 30 | N/A | 250 | 69 | 118/74 | N/A |
| Maro Muhammed | F | 23 | N/A | 350 | 55 | 109/69 | 7085896379 |
| Aisha Yusuf | F | 30 | N/A | 350 | 54 | 112/67 | N/A |
| Mariam Yusuf | F | 26 | N/A | 350 | 80 | 148/92 | N/A |
| Ibrahim Muhammed | M | 41 | N/A | 200 | 60 | 112/67 | 7043408870 |

| Name | Sex | Age | SPO₂ (%) | Peak Flow Rate (L/min) | Weight (kg) | Blood Pressure (mm/Hg) | Phone Number |
|------|-----|-----|----------|------------------------|-------------|------------------------|--------------|
| Rose Chimudu | F | 49 | N/A | 250 | 58 | 139/87 | 7050911930 |
| Christian Evelyn | F | 24 | N/A | 270 | 66 | 118/72 | N/A |
| Isah Sabitu | M | 22 | N/A | 310 | 70 | 104/59 | N/A |
| Suleiman Iliya | M | 17 | N/A | 250 | 50 | 96/67 | N/A |
| Nasiru Musa | M | N/A | N/A | 160 | 90 | N/A | N/A |
| Buba Abdullahi | M | 12 | 99/110 | 520 | 16 | N/A | N/A |

*Note: "N/A" denotes data not available or not applicable.*