

REPORT OF THE PATS LUNG HEALTH INITIATIVE (PALI) AWARD IN COMMEMORATION OF WORLD LUNG DAY 2024

Date: September 25, 2024

Venue: Paediatrics Department Seminar Room, University of Port Harcourt Teaching Hospital (UPTH), Port Harcourt, Rivers State.

Background

Every year, World lung day is celebrated globally on the 25th of September, in order to create awareness and promote lung health. This year, I was privileged to be one of the recipients of the 2024 PALI awards, and executed a project titled '**Asthma Friendly Schools: Creating Awareness in Nigeria through Asthma Education and Inter-School Competition**'. The event held on September 25, 2024.

World Lung Day 2024 Event

This held at the Seminar Room of Paediatrics Department, UPTH, Rivers State. In attendance were about 103 persons, comprising students, teachers, nurses, health personnel, parents/caregivers, medical students, members of the Paediatric Respiratory Unit, consultants, head of Paediatrics department (represented by the immediate past head of department) and the President-elect of the Paediatric Association of Nigeria.

The activities for the day kicked off at 10:20am with an opening prayer, followed by a welcome address and introduction of guests by Dr. Chukwuma CA, the 2024 PALI award recipient. All invited secondary school were present at the event, and they include:

1. Community Secondary School, Rumuapara
2. University of Port Harcourt Demonstration Secondary School, Aluu
3. Community Secondary School, Ozuoba
4. Community Secondary School, Alakahia (UBE)
5. Olobo Premier College, Choba

A brief lecture, titled "Asthma Friendly School" was excellently delivered by the convener. The lecture gave an overview of what an asthma friendly school is, why it is important to create them and the model for creating it. The lecture provided insight to a workable asthma friendly model, and re-emphasized the need for participating schools to continue to work towards complete implementation of the template provided them, which includes-

1. An up-to-date asthma register
2. Emergency kit and medications to manage asthma exacerbations in school
3. Up-to-date asthma policy
4. Asthma friendly environment
5. School asthma team lead and

6. Regular school-based asthma education and awareness programmes
7. School-community-specialist partnership

After the lecture, each school selected their asthma team leads, which comprised nurses and health personnel present at the event.

The next session was the playlets by students of each school, based on the information provided them in the asthma education leaflet. The scenes role-played included- asthma definition and prevalence, common asthma triggers, an episode of asthma exacerbation during a sports event in school, the kits/drugs needed to manage the simulated emergency setting, and appropriate responses geared towards managing the attack. This was quickly followed by two playlets, the first by the medical students in the respiratory unit aimed at re-emphasizing key points on asthma education, and the second by the convener and the Senior Registrar in the Respiratory unit, aimed at correcting myths and misconceptions about asthma in the society. The use of playlets provided a relaxed and exciting atmosphere that enhanced learning and full participation by attendees. This was evidenced by the nature of questions asked at the end of the session and the visual and verbal expressions that thrilled each playlet.

One of the highlights of the day was the debate competition between two students, one supporting and the other opposing the motion for the need of creating asthma friendly schools. Each student demonstrated clear understanding of the subject and enumerated intelligent points to buttress their topics. It was an exhilarating moment as each student was cheered on by the spectators.

The final session was the practical demonstration of the use of spacers, inhalers and construction of improvised spacers using readily available plastic bottles. Participants were divided into five groups, the convener and four senior registrars manned each group and ensured that every member of a group constructed a spacer device and was able to administer relievers and steroids with or without a spacer, during an asthma flare.

Prizes and certificates, including a protocol for managing asthma flares in school and a model for establishing an asthma friendly school, were awarded.

The President-elect of the Paediatric Association of Nigeria (PAN), Dr. Petronilla Tabansi extolled the PALI grant initiative. She emphasized the importance of the asthma friendly school initiative and other school health programmes, and promised future collaborations towards the actualization of our common goal.

Closing remark was given by a father, whose daughter, a student from one of the schools, is an asthmatic and had not received proper care for her symptoms. He thanked the organizers of the programme for the teachings and was glad that there were medications available to improve his daughter's quality of life.

The World Lung Day celebration ended by 12:30pm and packed refreshments were distributed to all participants.

Conclusion

The 2024 World Lung Day celebration was a resounding success, with a unique and refreshing concept in this region. There is no doubt that it has left an indelible mark on the mind of every participant.

I thank PATS for the opportunity to organize this noble and epoch-making event.

God bless Pan African Thoracic Society (PATS)

Chidiebere Adaku Chukwuma,

2024 PALI Awardee

adachukwuma1@gmail.com

WORLD LUNG DAY 2024 PICTURES



**PLAYLET BY COMMUNITY SECONDARY SCHOOL,
RUMUAPARA**



COMMUNITY SECONDARY SCHOOL, ALAKAHIA



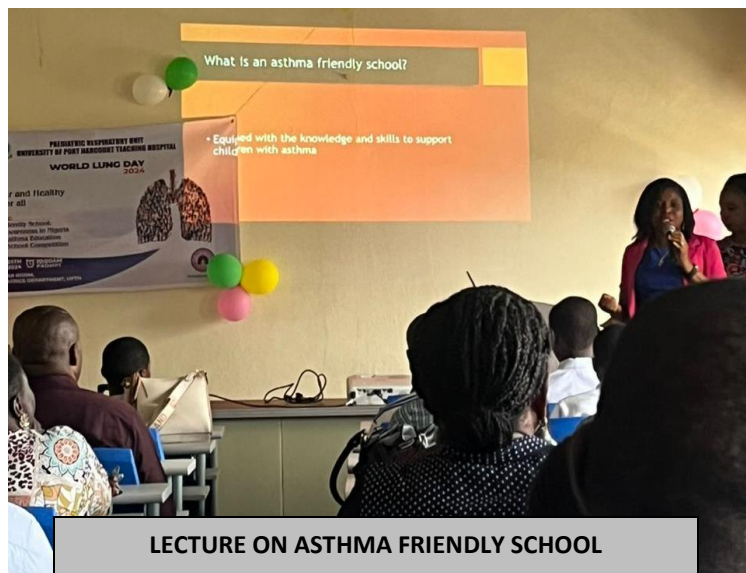
PLAYLET BY OLOBO PREMIER COLLEGE, CHOBA



**PLAYLET BY UNIVERSITY DEMONSTRATION SECONDARY
SCHOOL, ALUU**



PLAYLET BY COMMUNITY SECONDARY SCHOOL, ALAKAHIA



LECTURE ON ASTHMA FRIENDLY SCHOOL



PLAYLET BY COMMUNITY SECONDARY SCHOOL, OZUOBA



PRESENTATION OF PRIZES



PRESENTATION OF PRIZES



PRESENTATION OF PRIZES



PRESENTATION OF PRIZES



PRESENTATION OF PRIZES



CROSS SECTION OF THE HALL



ONGOING DEBATE



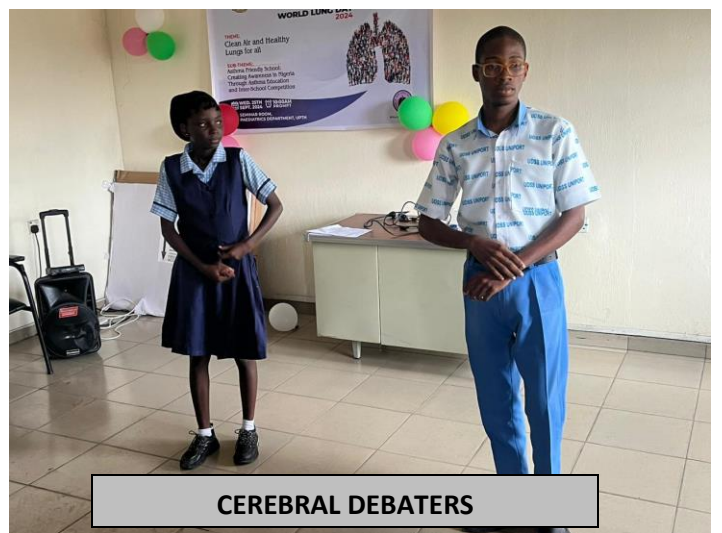
CONSTRUCTION OF SPACERS BY STUDENTS



MEDICAL STUDENTS PLAYLET



CAPTIVATED AND THRILLED AUDIENCE



CEREBRAL DEBATERS



**SPEECH BY PRESIDENT -ELECT OF PAEDIATRIC
ASSOCIATION OF NIGERIA**



VIEW OF THE VENUE



VIEW OF THE VENUE



ASTHMATIC WITH HABITUS DUE TO POOR CARE