



Internship Placement

Philani Maternal, Child Health and Nutrition Project

Yanique Bell



Sunrise on the way to Philani



General Information

- Name: Yanique Bell
- Year: 2017
- Placement: Philani Maternal, Child, Health and Nutrition Project
- Location: Khayelitsha, South Africa (township outside of Cape Town)



Slave Lodges in Cape Town City Center



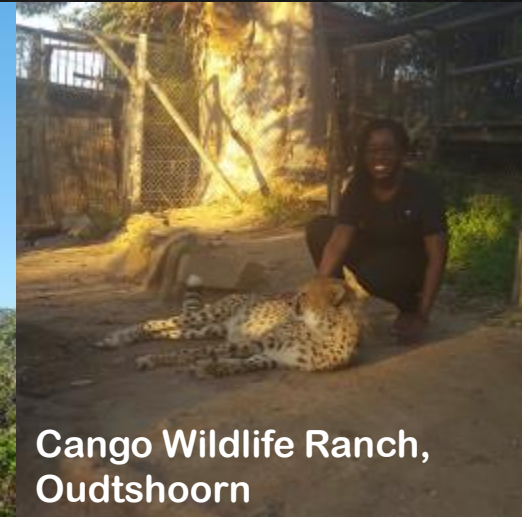
Seal Island



Penguin Colony on Boulder's Beach



Cape Point, South Africa



Cango Wildlife Ranch,
Oudtshoorn



Camps Bay, Cape Town



Work Description

- Filed Mentor Mother Closed Folders (for cases opened in 2009-15)
- Filed Administrative Forms for Mentor Mother's Profile Folders
- Captured, filed, and logged all open and closed cases from the past few years for Philani's Orphan and Vulnerable Children (OVC) Program
- Reviewed a point of sale and stock control system for Philani's Income Generation Project and reported the flow of progression
- Researched coffee vending machines for use in Philani's Shop and made recommendations for purchase



Work Description (cont.)

- Oversaw the creation of a ‘movie theater’ in Philani’s Site C Shop – Researched and recommended projectors and monitored screen production
- Researched coverage surveys for the Mentor Mother Program and wrote a report detailing the basic utility and advantages of coverage surveys and provided recommendations on its implementation
- Filed and archived documents from the OVC Office
- Physically sorted and logged all keys for Site C and reported key/lock functionality



Work Description (cont.)

- Edited and prepared the Mentor Mother Database (Coded Green [Pregnant Women], Blue [Malnourished Children], and Yellow [Severe Diseases]) for statistical analysis
- Analyzed the Malnourished Children data collected by Mentor Mothers using R Studio and Excel. Reported findings and trends in a written report and made recommendations for improvement.
- Assisted with Medication Stock Control by recording all medications that were ordered and distributed by Philani in the past few years
- Researched affordable options for online storage ('cloud') databases for Philani's staff work to increase organization and efficiency and protect against theft



AUGUST 2015: ANALYSIS OF MENTOR MOTHER PROGRAM

MALNOURISHED CHILDREN

*Site C, Khayelitsha, South Africa
Yanique Bell
Delaney Johnson*

Program Recommendations

As we have seen throughout this report, in many ways, the Mentor Mother Program is much needed amongst this community of malnourished children and the Program is positively affecting the lives of many mothers and children in Philani's coverage sites in the Western Cape. Based on our findings in this report we have a few suggestions for future program development and research:

- Upon admission, calculate, record, and identify stunted growth amongst children.
- Closely monitor children within the program that are born premature and with low birth weight as these are the leading identified reasons for malnutrition.
- Investigate ways in which the Nutrition Program can improve its impact on food security.
- Closely track the progress of children of HIV+ mothers from birth and watch for malnutrition.
- Income is a major contributor of child malnutrition. Children who are receiving the grant are not much better off than those who are not.
 - Investigate ways to increase household income and educate families on the best way to manage their expenses.
 - Form a program dedicated to financial training.
 - Lobby for an increase in grant funding.
- Continue to study the effects of caregiver depression on child health.
 - Start a counseling program for mothers that have been diagnosed with depression, as a mother's emotional and mental health affects her physical health and her ability to provide her child with proper nourishment. It is clear that a caregiver's depression has a significant impact on children's growth, so recognition and treatment of depression should be implemented. This program could indirectly treat child malnourishment and improve home life.

Our analysis of data on malnourished children collected by Mentor Mothers from 2009-2015. Here we compared multiple variables and provided recommendations for future research and program improvement.



Most Rewarding Aspect

- Getting to know the workers at Philani and their amazing stories
- Experiencing a different culture and learning about South Africa's political, economical and social conquests and current struggles
- Being challenged on a personal level and growing in my faith
- Gaining a greater sense of gratitude for what we perceive to be the little things in life, but is actually inaccessible to others
- Learning to serve others, be more patient and give my time more freely to others

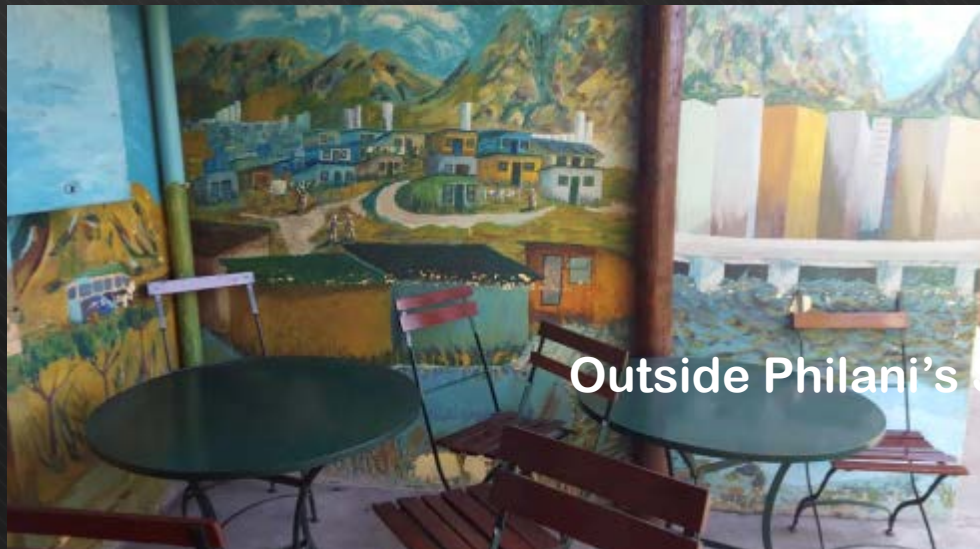


**Outside of Philani
Site C, Khayelitsha**



Impact on the Organization

- Created order in the office and organized backed-up paperwork, providing workers with more time to serve the community.
- Took the preliminary steps for implementing a coverage survey for the Mentor Mother Program. Researched and reported findings in a clear and easy to read manner, detailing how others can pick up where we left off.
- Used statistical methodology to analyze data and highlighted Philani's impact on the community and ways to improve.



Outside Philani's Shop



Fresco Painting by Mothers admitted into Philani's Income Generation Project (IGP)



Inside Philani's Shop- Products created by mothers admitted into IGP





Impact on Career Plans

- Affirmed my interests in Global Health
- Solidified my desire to travel while working
- Affirmed my desire to work with children

In all...

I am very grateful for my time spent in South Africa. The moments I have enjoyed most and will miss dearly are those spent simply listening. Listening to the life experiences, grievances, and first-hand accounts of the people I was able to meet has forever changed my perspective and the way in which I go about my own life. While I still look to the future, I am more grateful for the now and those around me who I get to spend it with.

