



NEWSLETTER

CIH^{LMU} CENTER FOR INTERNATIONAL HEALTH

www.international-health.uni-muenchen.de

December 2017

New PhD Candidates

Academic Teacher Training Course 2017 - Munich

Global Mental Health Symposium

CIH Regional Cooperation Meetings 2017

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Incoming PhD Candidates

The CIH^{LMU} would like to welcome eight new PhD candidates, who arrived in Munich this October for their first module block of the PhD Program Medical Research – International Health! Furthermore, we would like to welcome the four participants of the Diploma in Tropical Medicine and International Health.

At the beginning of October these students went to the Monastery Plankstetten outside of Munich for a retreat week. Here, they learned about intercultural communication, were equipped with their first German language skills, and did some exercises on how to give presentation. Moreover, all of the students got to know their colleagues from Tanzania, Ecuador, Ethiopia, Austria, Mozambique, Pakistan, Indonesia, Ghana, Kazakhstan and Germany.

Also joining at the monastery were the first batch of students of the [Diploma in Tropical Medicine and International Health](#), who began the course in October. The four participants from Austria, Germany, and Pakistan will follow an intense and interesting program that varies from lectures to clinical practice and microscopy.



Incoming cohort of PhD students and students of the DTMIH program who began their winter term of courses at the Monastery Plankstetten.

Photo credit to Bettina Prüller



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PhD Defense & Graduation Ceremony

Seven PhD candidates of the PhD program Medical Research – International Health successfully defended their PhD theses during the defense week in November. Together with candidates of the other PhD programs in the area of Medical Research, we celebrated the achievement together with supervisors, families and friends!



PhD students who successfully completed their projects and defense. They participated in the graduation ceremony together with family and friends.

Photo credit to Andrea Kinigadner



Academic Teacher Training Course 2017 Munich



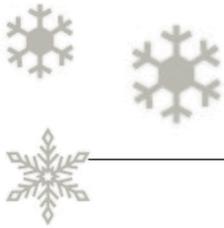
Participants of the ATTC 2017 in Munich, Germany.

Photo credit to Paola Ruttkowski

The 8th International Academic Teacher Training Course (ATTC) took place in Munich from October 23rd – November 3rd. During these two weeks, 40 health professionals from 18 different countries participated in the course to help improve their skills as health educators. PBL, microteaching, and assessment are just a few of the new teaching methods that participants learned about.

You could feel the expectation and excitement from the participants as they discussed what they have learned about the interactive teaching methods and what they are looking forward to in the future.

We are happy with the events that took place this year and are looking forward to welcoming the participants at the next International Teacher Training event.



Symposium: Mental Health in Developing Countries

On October 27-28th 2017, the 9th international symposium titled “Global Mental Health - Mental Health in Developing Countries” was held in Munich.

The topic for the symposium this year was chosen due to the fact that over half a billion of the world’s population is currently suffering from either neuropsychiatric disorders or from alcohol and drug dependence with the vast majority residing in developing countries. At least 20-30% of patients in developing countries who visit primary care facilities and about 50% of those who see traditional healers are also suffering from one or more neuropsychiatric disorders. Therefore, this year’s symposium focused on traditional healing as well as on service development regarding mental health in low income countries.

There were 120 participants in total who attended the symposium. The structure of the symposium encouraged interaction and participation of all those who attended.

More information on the symposium as well as the program with speakers and topics can be found [here](#).



Participants during lecture and workshops at the symposia.

Photo credit to Dr. K. Adorjan



CIH Regional Cooperation Meetings Mérida, Mexico & Beira, Mozambique

In November, two CIH Cooperation Meetings were held with different collaborators of the CIH network

On November 8th, during the conference on Occupational Health and Safety Issues in Merida, Mexico, the CIH organized a one-day meeting with different collaborators with focus on occupational safety and health. Using a dynamic and interactive method, new project ideas were discussed. Furthermore, a new concept of courses in rural areas was presented by some of the partners.

15 collaborators from Africa also came together in Beira, Mozambique November 14-16th for a similar idea. They aimed to stimulate the collaboration and communication between partners, including universities, research institutions, students and alumni and to develop new project that can be carried out together.



*Participants in Mérida
Photo credit to Catalina Diaz*

Conference on Occupational Health and Safety Issues in Agriculture – Mérida, Mexico

Employment creation and especially employment upgrading requires a healthy workforce which not only depends on food availability but also precautionary health measures in the various workplace. In rural areas, pay and income levels are usually lower than the national average, health and safety issues are frequently ignored and working conditions are harsh.

Three members of the exceed networks (CIH, Food Security Center, and International Center for Development and Decent Work) explored this problem in the scope of rural areas. The conference took place from November 6th-10th, 2017 in Mérida, Mexico and was host by the Universidad Autónoma de Yucatán (UADY). During the course of the conference, current research results were presented, panel sessions were held, and workshops on effective teaching methods were held.

One of the highlights of the conference was the excursion to Yaxunah, Yucatan to visit a local Maya community. Here, the host institution (UADY) runs a variety of community based projects to help improve the lives and some agriculture practices of the Mayan community.



Photo 1: Participants at the conference.

Photo 2: Visit to the Maya community.

Photo credit to Catalina Diaz

FASD Awareness Campaign and Training in Mozambique

Location: Beira, Mozambique

Date: 06. – 18.11.2017

In November 2017, the three partners involved in the FASD project (Dr. von Haunersches Kinderspital at the Ludwig-Maximilians Universität in Germany, Universidade Católica de Mocambique in Mozambique and Universidade Federal do Paraná in Brazil) met in Beira to carry out a variety of activities.

An awareness campaign about the potential harm of maternal alcohol consumption during pregnancy and about the implications for the health and function of the child was planned together with students of the Universidad Católica de Mozambique (UCM). The campaign also involved a play which demonstrated the symptoms of children with FASD, a controversial discussion, and T-shirts with a FASD prevention logo and slogan.

Educational modules were developed first in English and then translated into Portuguese. These interactive lectures were held for the medical, psychology, and nursing students in the 1st through 4th years of study at the UCM in Beira (307 students total). The lectures provide practical training for these students by presenting cases of different children with FASD.

Nursing students in the 3rd and 4th years were given support from the coordinators of the FASD project to conduct a survey in the slums about social status, health behavior and alcohol use (before, during and after pregnancy). The questionnaires were collected and will be assessed by the research team of UCM. The results will provide information for future studies regarding FASD.

Coordinated by

Dr. Mirjam Landgraf, Dr. Birte Rahmsdorf and Dr. Florian Heinen from Dr. von Haunersches Kinderspital at LMU

Dr. Kajal Chhaganlal, Universidade Católica de Mocambique in Mozambique

Dr. Denise Carvalho, Universidade Federal do Paraná in Brazil



Photo 1: Coordinators of the FASD Project.

Photo 2: Visit to the slums.

Photo 3: Dr. M. Landgraf visiting the slums in Beira.

Photo credit to Dr. M. Landgraf



Congratulations to the CIH Photo Contest Winners!



First Place - Nepal's Female Community Health Volunteer providing a bi-annual dose of Vitamin A supplements



Vitamin A deficiency is one of the public health problems in Nepal primarily affecting children. Bi-annual distribution of high-dose vitamin A dose by a network of more than 50,000 Female Community Health Volunteers (has been a cost-effective intervention to reduce under-five mortality and to reduce incidence and severity of diarrheal diseases and measles. In the picture, FCHV is providing a dose to a child in Nuwakot district (one of the highly affected areas from the 2015 earthquake) of Central Nepal as part of the national campaign. Photo taken by Deepak Paudel on 2017 in Nuwakot district hospital, Nepal.

Second Place - Childhood as an agent of change in the community



This photo was taken during a day of social action in a rural Costa Rican community called Isla Caballo. The community is lacking basic commodities like electricity and drinking water and is located in an endemic area for dengue. The social actions are aimed at preventing this disease with a special emphasis on childhood prevention. We believe that the children play an important role and their active participation in the local problematic can generate real changes in the health of the community. Photo taken by Carlos Gonzalez on 2015 in Isla Callo, Golfo de Nicoya, Costa Rica.



Third Place - From recovery to self-reliance



This is a picture of a Somali refugee doing a traditional Somali house cover from palm tree leaf. She is now recovered from a mental illness and is generating an income by selling these products. This community project is a good way for refugees, especially for those who suffer from mental illness, to gain some independence. These activities help them not only to recover but also to contributed to their communities. Photo taken by Sisay Mulugeta on 2016 in Dollo Ado refugee camp, Ethiopia.

Audience award - Young children fetching water



The picture shows two young children in a rural Ethiopian village. They travel long distances, often barefoot on a gravel road, to fetch water from river basins that is then used at home. Unfortunately, this is a common scene in many villages today. This emphasizes how important community work is for the health of the population as well as to help better the lives of the people in these rural area. Photo taken by Mihereteab Teshome on 2016 in Bedele, Ethiopia.

CIH ALUMNI

Paulina Reyna
Mexico City, Mexico
Mexican Institute of
Social Security



I graduated in 2017 from the Master OSH program and am currently working as the Chief of Service for Prevention and Health Promotion for workers of Mexican Institute of Social Security.

The topic of my thesis project was “Effort/reward imbalance and work – family conflict related to back pain: a cross sectional study among Mexican female daycare workers”.

It's very hard to sum up what all I learned in the master's program. One thing the program taught me is how to formulate scientific questions about real problems in my work and how to research and find answers about them; moreover, I acquired skills for working in a globalized world.

The biggest benefit I took from the program was that I was able to train and learn while I was working. It was possible thanks to the blended learning and the part-time study. I also acquired awareness about the integral approach for looking for solution to problems in the occupational environment.

Dr. Loveline Lum Niba and her husband Dr. Lifoter Kenneth Navti are both graduates from the PhD Program Medical Research – International Health.

Dr. Loveline graduated in 2016 with the topic “Determinants of outcome of children and adolescents with type 1 diabetes in the North West Region of Cameroon”. She is currently working at the Catholic University of Cameroon (CATUC) as an assistant lecturer and researcher in pediatric diabetes.

In 2014, Dr. Kenneth graduated with the topic “Contribution of stature and socioeconomic status to overweight/obesity in Cameroon school-aged children”. He is also currently working at the CATUC as a lecturer and researcher in pediatric obesity and linear growth.

In addition to this work, they are both founding members of the Nutrition and Health Research Group (NHRG) in Bamenda, Cameroon, working to identify and evaluate the contribution of nutritional and environmental determinants to chronic diseases and promote evidence-based nutrition.

The PhD program equipped both of them with the necessary cross functional skills to become independent researchers that others can rely on. This helps them contribute to addressing the health challenges in their developing settings.

Dr. Loveline Lum Niba and
Dr. Lifoter Navti Bamenda,
Cameroon
Catholic University of
Cameroon





UPCOMING EVENTS

April 21st, 2018

Symposium: Humanitäre Hilfe und Entwicklungszusammenarbeit Munich, Germany

For those who are interested in becoming involved with development cooperations or humanitarian aid or are interested in some of the latest strategies used in international health care, we would like to cordially invite you to the next Humanitarian Symposium Munich on April 21st, 2018.

Here, you will have the opportunity to learn about the latest trends and findings in the prevention and treatment of diseases in the so-called developing countries. Some key topics will be presented along with new challenges and strategies for work as a medical doctor in humanitarian aid.

During the breaks, participants will have the opportunity to receive information about the possibilities of cooperation in the field of humanitarian aid and development cooperation. Target groups for this symposium are doctors, nurses, midwives, and students.

Sign up now for early bird registration savings! For more information visit the CIH website [here](#).



PUBLICATIONS

Don't forget to look at the articles from our alumni which have recently been published.

Journal Publications

- Khosa *et al.* in BMC Proceedings [here](#)
- Paudel *et al.* in BMJ Open [here](#)
- Solis-Soto *et al.* in BMC Musculoskeletal Disorders [here](#)
- González *et al.* in Annals of Global Health [here](#)
- Niba *et al.* in BMC Research Notes [here](#)

DAAD Article

- Nyanda Elias Ntinginya [here](#)



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Don't forget to like us on Facebook to stay up-to-date with all of the activities and events happening at CIH^{LMU}



Application Open!



2018 PhD Program Medical Research – International Health

The application is now open for students interested in the PhD Program Medical Research – International Health

Duration	Three years
Concept	Sandwich program (on-site classes in Munich / research in students countries of origin)
Grade	Doctor of Philosophy (Ph.D.) in Medical Research – International Health from the Ludwig-Maximilians-Universität in Munich
Approach	Research/Professional
Language	English

Students who are interested in applying for the October 2018 start date must do so before February 28th, 2018. To find more information about the requirements of the program and how to apply, please visit the PhD program site [here](#).

We are looking forward to seeing your interesting research project ideas!

Advanced Modules in International Health

Starting in the winter term of 2015/16, we are offering advanced training courses to all of the students of the tropEd Master Program in International Health.

The tropEd network currently offers over 160 different courses on various public and global health related topics. These courses are available whether you wish to participate in a short course as part of your master program, for continuing professional development, or just to refresh your knowledge.

Here in Munich we offer three courses to students: learning science, infectious disease diagnostics, and applied clinical research. For more information, please visit the website [here](#).



THE CIH TEAM WISHES YOU
Merry
CHRISTMAS AND A HAPPY *New Year*



.... Katja Radon, Matthias Siebeck,
Michael Hölscher, Peter Falkai,
Florian Heinen, Mirjam Landgraf,
Kristina Adorjan & Sandra Dehning.