See one, do one, teach one:
Building capacity of African teachers of evidence-based health care through experiential learning

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Background

Collaboration for Evidence-based Healthcare and Public Health in Africa (CEBHA+)

- 7 African, 2 German partners
- BMBF funded: 2017 to 2023

Aims

- To establish long-term capacity and infrastructure for evidence-based healthcare and public health in sub-Saharan Africa
- To strengthen African research institutions
- To build competence in the understanding and rapid uptake of evidence in health system institutions
Aim

- To equip CEBHA+ partners with knowledge and skills to teach EBHC
- To describe our approach and experience of training teachers of EBHC in Sub-Saharan Africa within a five-year project

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<th>Institutional</th>
<th>Individual</th>
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<td>- Research co-production</td>
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<td>- Capacity to use evidence</td>
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<td>- Facilities</td>
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<td>- Staff development</td>
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<td>- Train-the-trainer</td>
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<td>- Short courses, workshops</td>
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Methods

Experiential learning approach:

1. Attended Teaching Evidence-based Health Care (EBHC) course at Stellenbosch University
2. Taught on Evidence-based Public Health (EBPH) workshop
3. Co-facilitated train-the-trainer in EBHC
1. Teaching EBHC at SU

Aim:
• to develop an understanding of the fundamental theory relating to teaching and learning in an adult learning context, and to apply that theory in an authentic EBHC teaching context

Blended approach:
• online learning and a one week, in-person contact block
• Integrating didactic and interactive learning

Assessment:
• Plan, implement and evaluate an EBHC teaching event
2. EBPH workshops

- CEBHA+ partners joined a workshop in another country to observe and assist
- Subsequently hosted workshop in own country
- Experienced facilitators provided guidance and mentorship
- Reflections during and after the workshop

Virtual support during Covid-19
Evidence-based Public Health workshop

Kampala, Uganda 8-12 Oct 2018

Kigali, Rwanda 23-27 Sept 2019

Addis Ababa, Ethiopia 13-17 Dec 2021

Blantyre, Malawi 6-10 Sept 2021

Cape Town, South Africa 24-28 Oct 2022
3. CEBHA+ Train-the-trainer

- To equip participants with knowledge and skills to plan, implement, and evaluate an EBHC learning event
- Lecturers, clinicians, researchers
- Hybrid workshop across CEBHA+
- Participants met in-person in each country
- Virtual participation from each country team
- CEBHA+ partners facilitated interactive exercises
- Didactic input and feedback from groups virtually
Limits

- Time and resource intensive
- Required a lot of travelling
- Dependent on external funds
- Did not formally evaluate this approach
Conclusions

- Multi-pronged, longitudinal, experiential learning approach worked well
- Increasing pool of EBHC teachers is a sustainable way to ensure training of EBHC can continue after funding period
- Network of African EBHC teachers
- Opportunity to explore virtual support and mentorship
Thank you

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