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| **Story Title** | **Author** | **Story Translation** |
| 1.Safe-Keeping of Medicines in your home | **Dr. Abdel-Rahman Mohammed** | Omar is a 10 year old child, filling his house with a spirit of joy and mischief. In one of the hot days of March, he was thirsty so he went and opened the fridge hoping to find something to drink: cold juice or water .He found a bottle and started to drink from it, thinking that it was juice, when in fact it was an anti-histamine medicine! He became very dizzy, sleepy and eventually he fainted. He was taken immediately to the hospital. He was examined by the doctor and hospitalized for two days. Fortunately, (Thanks to God) he recovered completely.  This story is intended to show people the importance of keeping the medicines safe in their homes. Medicines should be kept in places inaccessible to children (out of reach of children). Any body who needs more information on this topic may follow our shows on the television & radio stations or contact us directly at the Directorate of Pharmacy. |
| 2.Improving Pharmacy Practice: The importance of following pharmacy instructions | **Dr.Abu-Baker El-Sadig Awad** | Dear patient please don’t re-sell any drugs that you receive from the pharmacy. The pharmacy is the only place you should buy medicines from. For the sake of your health , which is the most precious thing that you have be careful and follow all the useful instructions from the pharmacist to be healthy. Take your medicines on time and according to the instructions provided by the pharmacist. By following the respective instructions you will recover. If you are healthy you will be able to return to your job and life and succeed. |
| 3.Water and Public Health | **Dr. Ahmed Mohammed El-Mubarak** | There are some environmental problems that contribute to the spread of some diseases. I chose those pictures that include children playing in contaminated waters that cause a variety of illnesses. Such illnesses cost the country a lot of resources due to the medical costs including hospitalizations and medications. We are very concerned for the health of our children and the well-being of our environment, so we will make sure that neither of the two gets affected or infected by diseases like Belhariasis & malaria. We would also prohibit public bathing in such waters. This way we would have contributed greatly in the cessation of the transmition of such illnesses. |
| 4.The importance of the Long Lasting Insecticide treated Nets (LLITNs) | **Mr. El-Amin Ibrahim Mohammed** | In the name of Allah the most gracious the most merciful. El-Amin Ibrahim Mohamed, Manager of the Malaria Directorate. The utilization of LLITNs is an absolute necessity in the fight against Malaria, for two or three reasons. The citizen may be familiar with the nets, but the new about them is that they are treated with an insecticide making them effective in killing and sending away mosquitoes, leading to the protection of the users. We meet with the communities to whom we distribute the LLITNs and explain to them the importance of possessing, using and taking good care of the LLITNS. After we register the families as targeting especially pregnant women and children below 5 years of age, we deliver the LLINTs with a small festivity just to advocate and raise awareness about the importance of LLITNs. Then we distribute the nets to the houses of targeted families, where every registered family would receive its LLINTNs together with some health booklets about the LLINTN and the importance of using it and how to well-maintain it, because if it is not well-maintained (Damaged) then it would be useless. We insist on the importance of using LLITNs because they are the easiest, accessible measure to prevent Malaria and everybody can do it. |

**Digital Stories Blue Nile State 2008**

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| 5.The importance of seeking Professional Medical Treatment | **Dr. Amir Alsheik Hussein** | This is Ga’afar, he is 27 years old. He was injured in a car-accident and broke his wrist. His family took him to the “Basseer” (*Traditional Healer*) where he received the traditional remedy for his injury. After a while, his injured limb started to get infected .After a long time has passed , he was taken to the Doctor where they discovered that his hand had become  ‘’Gangrenous”! The doctor had no choice but to amputate that limb. That’s why we highly recommend that people should seek the doctor’s help after injuries or any medical condition so that the doctor can best manage the condition. Patients should seek professional medical advice to avoid such harmful practices and further complications of their condition that they might not be able to bare. |
| 6. Animal Husbandry and Public Health.  Transmission of Diseases Through Animals in Rural Areas | **Mrs. Amna El-Faki** | My name is Amna el-Faki El-Basheer, my occupation is a “*sister*” in the Rousseriss Hospital. I did this “story” in the village of “Al-Jerrif” according to the norms and everyday life there. Life in the countryside is beautiful; especially that it is characterized with its simplicity and lovely nature. In the country-side everything is available: dairy products, meat, fruits & vegetables. But, strong mixing with animals may cause many illnesses, especially those illnesses which are shared between humans & animals. That’s why we need to educate people to know how to properly separate there lives from their animals so that they don’t get contaminated from their animals & live healthy happy life filled with joy in that beautiful nature. |
| 7.Accessibilty Challenges at Health facilities in the Blue-Nile state | **Dr. Badr El-Din Mohammed** | In the name of Allah the most Graceful the most merciful. I am Dr. Badr El-Din Mohammed El-Jizouly, the manager of the “Revolving Drug Fund” project in the Blue Nile state. Due to the nature of the state,(permittivity) we realize that the inhabitants suffer a lot and encounters a great difficulty in reaching the medical care facilities, to the extent that in some areas, patients are carried on primitive stretchers on people’s backs, shoulders or hands just to reach somewhere where they can find a “Carroo”(*Carroo: is a primitive carriage pulled by a donkey*) which is a basic transportation mean in that area. The carroo would take the patient to a place where a “Rakkasha” can be found. The Rakkasha is considered a simple mean that can take the patient to the Emergency room. Through this story, my message is to the decision makers to deal take some measures in this issue , stressing on the importance of the availability of good First-Aid and emergency services in all the regions in the state. |
| 8.Training does make a change in the team’s motivation | **Dr. Ehab Ahmed Musa** | In my digital story, I would like to illustrate the importance of *Training* in inducing the *Change*. So, the first picture show’s a number of employees in an office, who are unable to do their work properly. They do not even know what would be a good starting point for their work. At the same time, their manager was attending a “Leadership” training workshop.  Upon his return from the workshop, the manager shared the topics & knowledge that he acquired from the workshop with his team & after several discussions; they managed-all together- to formulate their vision, ultimately the vision of the administration. The last picture where we see a man sitting in front of a computer, tells us that the results of the training were starting to show. |

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| 9.The Benefits of Voluntary HIV/AIDS Testing | **Mrs. Intisar Bakhit Hamid** | In the name of Allah the most gracious the most merciful. My digital story is about the promotion of the voluntary HIV/AIDS testing, which is being conducted by the AIDS program, who has printed & distributed books and information regarding the voluntary HIV/AIDS testing. A citizen found one of these informative books and learned about HIV/AIDS and about the Voluntary Counseling & Testing centers (VCTs). To know his status he went to one of the VCTs and got tested. So, first he was seen by a counselor who sent him to the laboratory, and after getting the test done, he was seen by the counselor again. He was then called back for his results –they confirmed the results- and he was HIV negative. This citizen who was stressed and worried was relieved to know that he was not carrying the HIV virus. He then shared the book with other people and explained the idea to them, so they too were convinced & came to get tested and determine their status at the VCTs. |
| 10. The Challenge of Affordable Medicine for the Poor. | **Dr. Mahmud Ali Mohammed** | I am Mahmud Ali Mohammed. My story is about a poor citizen who went to the pharmacy to purchase some medication. He realized that he did not have enough money to buy the medication that he needed. So, he left the pharmacy without purchasing any medication. So, he did not want to go home empty handed. Instead of the medication, he bought fruit & vegetables for his family. But his condition worsened and he was taken by an ambulance to the emergency room where he was given free emergency drugs. He knows that the free-emergency-drugs are only for 24 hours, so how is going to have access to the medication he needs after the 24 hours are over if he cannot afford it? This message is to the government that either through the Health Insurance system, the *Zakat* fund or the ministry of Finance, such expenses for patients who cannot afford treatment should be covered. |
| 11. The Role of Volunteers in the Malaria Prevention. | **Dr. Mohammed Eltom** | The story is about the role of volunteers in fighting against malaria. And that is through their participation in the campaigns for the distribution of Bed-Nets to the families. The volunteers distributed the bed-nets from house to house. This work was very appreciated by the families especially that the task was not easy. The bed-nets were heavy and transporting them was not easy. The volunteers did not only distribute the bed nets, but they also visited all the houses to make sure that the families, women, & children all were using the bed-nets. The bed-nets were well-accepted among the communities. The members of those communities benefited a lot from the bed-nets and became healthier & happier. |
| 12. The Importance of Properly Admitting Patients | **Dr. Mustafa GabreAllah** | I am Mustafa GabreAllah; my digital story is about the steps that the patient has to follow when he feels sick and goes to seek medical care. It is important that he goes first to the Emergency Room (Casualty) and gets to be seen by a doctor who –after examining him- sends him to the laboratory for some tests, after which he returns to the doctor with the results of the tests. According to the diagnosis and test results, the doctor will then prescribe the right medication for the patient. If the patient’s condition requires admission, then he will be admitted to the hospital & receives the treatment that he needs there. He may be admitted for sometime, and then upon discharge he can continue taking the rest of the treatment at home. This is the message that I wanted to convey through this story. |

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| 13.The Dangers of Water Born Illnesses | **Dr. Nabeel Abdel-Nabi** | The Bilharzias is a disease which is transmitted through infested waters. It is one of the dangerous diseases which can lead to serious complications. This illness is treatable & actually it can be easily treated. It is also considered an-easily preventable disease, through good sanitation systems and prohibiting children from playing in infested waters. |
| 14. A Forgotten Tragedy | **Dr. Osama Hussein Salah** | I am Dr. Osama Hussein, Planning Director, at the Ministry of Health of the Blue-Nile state. My digital story is about “Al-Manttiga” area in El-Rousserriss. It is a forgotten Tragedy. With great expectations and hope, they are waiting for our support and positive needs-assessment. The story is about the suffering of the “Leprosy” patients who live there. They are hoping , looking forwards a better tomorrow and an effective rapid intervention from our side. |
| 15.Smoking Ruins you Also and Your Family | **Dr. Zuhair Abu-Bakr Mohammed** | Once upon a time, there was a family who was living in peace and happiness.  But because of the “Smoking” the parents separated. The story started with the father smoking all the time, even in the presence of his only child! The mother tried to warn the father about the harm & danger of smoking but he never stopped & continued to smoke. So, one day the mother found her child holding the cigarettes! She got very angry, took her child and left the house for the man to stay alone and enjoy the smoking! Since she has warned him numerous times about the dangers of smoking but he never listened.    *Note:”This story rhymes nicely in Arabic. The author narrates it in a very lovely way*!” |