

## 'Tombo' sharing linked to Hepatitis E, finds research study

A social research study has found that sharing a glass of tombo - a traditionally brewed drink, is one of the various contributing factors that spread the disease that has been tormenting informal settlements in Namibia, since 2017.

The detection of Hepatitis E outbreak was first noticed in the informal settlements of Havana and Goreangab, Windhoek, in December 2017. It then spread to northern Namibia by mid-2018.

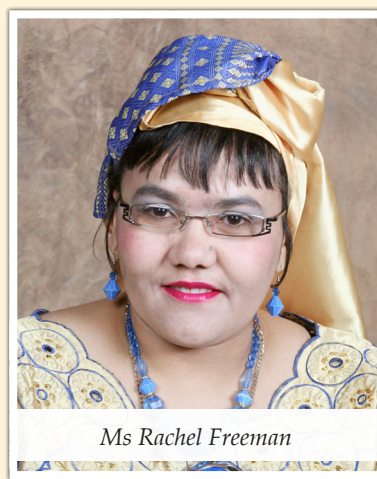
The University of Namibia's School of Public Health, in partnership with SEEDCORN funding from the University of Cardiff, Wales Phoenix Project, in close collaboration with the Ministry of Health and Social Services conducted social science research with local communities.

The research discovered that there is generally a low level of knowledge and understanding of transmission, management & prevention of the disease.

Findings further revealed that, some contributing factors that spread the disease, were the communal sharing of 'Tombo' glasses and touching of 'tombo' jugs and glasses, without washing hands. Another contributing factor is the sharing of 'kapana' in one plate without washing hands.

In response to the findings of the research, Cardiff University, in close collaboration with UNAM students from the Visual Arts Department and the Social Work Department, committed to develop a communication strategy to raise awareness and education to "Kick Out" Hep E.

In addition, as part of the 3rd year Visual Arts students' academic assessment, students will be tasked to design Hepatitis E prevention material to be pilot tested with the communities in four of the Windhoek constituencies. The Department of Social Work will also identify 3rd year social work students to assist the 3rd year visual arts students in the co-designing and



Ms Rachel Freeman

piloting of the visual arts material on the prevention of the disease.

UNAM Senior Lecturer, Dr Rachel Freeman and Dr Hermine Iita, in close collaboration with co-principal investigators Professor Judith Hall and Dr Nina Gobatt from Cardiff University, assisted by local research collaborators, were the driving forces behind the research.

Contributed by Rachel Freeman,  
Copy written by John Haufiku

## Academics gear-up to attract more research funding



Workshop participants posing for a picture just before the workshop commences

UNAM academics from various disciplines went through the first phase of a grant-writing training workshop conducted at the Main Campus. It forms part of a broader strategic plan aimed at helping academics become more skilled at attracting international research grants.

The workshop is one of many activities that fall under the Phoenix project -

an ambitious collaboration between UNAM and Cardiff University.

The workshop took place over several days, running both morning and afternoon sessions to give academics flexibility. The pool of academics that participated were all selected from a vast number of willing academics. Phoenix project head, Professor Judith Hall, assured everyone at the official opening that "more training will be conducted in the near future".

## International Women's Day March

08 March 2019

12h30 at the Emona Gate, Main Campus

Dress in white top & blue jeans



U-ART hereby invites the entire UNAM community (men and women) to participate.

#Balanceforbetter #UNAMforgenderequality



## GRADUATION *Dates 2019*

*Katima Mulilo Campus*

**02 April**

Katima Mulilo Campus, Main Hall

*Rundu Campus*

**04 April**

Rundu Trade Fair Centre

*Windhoek Campuses*

**11 - 12 April**

Safari Hotel & Conference Centre

*Northern Campuses*

**17 April**

Trade Fair Centre, Ongwediva

*Southern Campus*

**25 April**

Keetmanshoop Show Ground Hall

**#UNAMGraduation2019**