

# MicroResearch Crystal Celebration: 15 Years of Research!



**7**  
COUNTRIES



**400+**  
VOLUNTEERS



**55**  
WORKSHOPS



**1291**  
PARTICIPANTS



**130**  
PROJECTS



**45**  
PUBLICATIONS



*MicroResearch Workshops over the years*

MicroResearch is proud to be celebrating its 15th anniversary in 2023! MR is an innovative, community-focused, and locally empowering research training program conceived in 2008 in Mbarara, Uganda, by Noni MacDonald and Bob Bortolussi of IWK Health and Dalhousie University in Canada, in collaboration with Jerome Kabakyenga of Mbarara University of Science and Technology in Uganda. The vision of MR is to train and coach local multidisciplinary teams to solve local health problems through small-project research using local knowledge and resources.

As shown above, MR has achieved a great deal since its inception. Many of the projects have resulted in meaningful changes to health practices and/or policies in LMICs. This is proof of how small-scale, community-driven projects can improve health and well-being of communities.

We congratulate and offer a huge thank you to all our MR graduates, volunteers, and sites for their continued hard work and dedication in furthering health research in their communities. As MicroResearch continues to grow, we look forward to its next chapter and the next 15 years!

**To keep up to date with MicroResearch activities, visit [www.microresearch.ca/news/](http://www.microresearch.ca/news/)!**

## Hats off to all the MR reviewers, coaches, teachers, advisory committee members, and volunteers from the past 6 months!

Asasira Shinah  
Ashley Vandermorris  
Beatrice Katusiime  
Beth Cummings  
Bives Mutume  
Bob Bortolussi  
Bob Hilliard  
Catherine Abaasa  
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Rosemary Ricciardelli  
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Schola Ashaba  
Shawna O'Hearn  
Stephanie Onguka  
Stephen Mutua  
Teddy Kyomuhangi  
Timothy Nduhikire  
Tony Otley  
Towela Maleta

### IMPORTANT DEADLINE!

MicroResearch  
International grant  
application deadline:  
May 1, 2023



### Connect With Us!

**Web:** [www.microresearch.ca](http://www.microresearch.ca)

**Twitter:** @MRinAfrica

**Email:** [MicroResearch@dal.ca](mailto:MicroResearch@dal.ca)

# Save the Date - Upcoming Event: MicroResearch Virtual Forum

June 19, 20 and 21, 2023



MicroResearch International will be hosting its next virtual Forum June 19 and 20, 2023

The objectives of the two-day event will be to:

- **Present and share findings from MicroResearch projects** by providing investigators an opportunity to present their projects and discuss implications on local/regional health programs and policies.
- **Panel discussions** on the overarching themes of Climate Change and Universal Healthcare
- **Feedback and discussion** on MicroResearch's Mission and Values and future directions

## June 19 Climate Change

As climate change continues to result in increasing extreme weather events and environmental changes, more consideration needs to be given to how this has resulted in serious social, economic, and health impacts on communities. A wide range of health research topics can fall under this topic, including migration, infectious disease, agriculture and food security, etc.

## June 20 Universal Healthcare + MicroResearch's Mission and Values

This session will at the potential of universal healthcare on the health of the community. With differing perspectives coming from the various participating countries, the discussion is sure to be dynamic.

The final session of the Forum will involve small group discussions via breakout rooms. As MicroResearch is re-evaluating its Values and Mission statement, we want feedback from local sites, volunteers, and participants. This is an opportunity for people to voice their opinions and help shape MicroResearch's future.

## June 21 Wrap up

Final discussions, announcements of prize winners, and wrap up of event! Attendance is optional. Exact schedule TBD.

To get more up to date information on the Forum, visit:  
[www.microresearch.ca/news](http://www.microresearch.ca/news)



## MicroResearcher Spotlight! Congratulations to Teddy Kyomuhangi

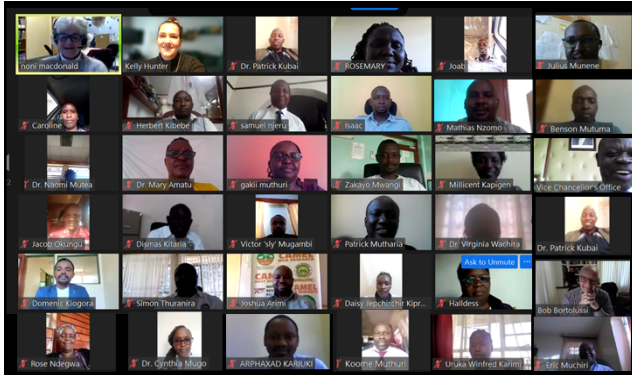


We offer a huge congratulations to our MR Hub Site Manager in Mbarara, Uganda, Teddy Kyomuhangi, who was awarded among 4 awardees of the Global Health Publication Award 2023 for authoring: "Health system strengthening using a Maximizing Engagement for Readiness and Impact (MERI) Approach: A community case study". These awards are funded by Massachusetts General Hospital Center for Global Health every year for outstanding merit in publishing relevant Global Health work in peer-reviewed journals, thereby enhancing research capacity at the university.



# Recent Virtual Workshops

Meru, Kenya  
January 9 - 20, 2023



MicroResearch Virtual Workshop in Meru, Kenya in 2023

The first MicroResearch workshop for the new site in Meru County, Kenya was held virtually January 9 - 20, 2023.

This workshop involved 33 participants recruited from different department and faculties at MUST, including the School of Health Sciences, School of Nursing, School of Agriculture, School of Education, School of Engineering and Architecture, School of Pure and Applied Sciences, School of Business and Economics, and the School of Computing and Informatics. This resulted in one of the most multidisciplinary workshops that MR has ever held!

The teams are expected to submit full grant proposals for MicroResearch funding in May.

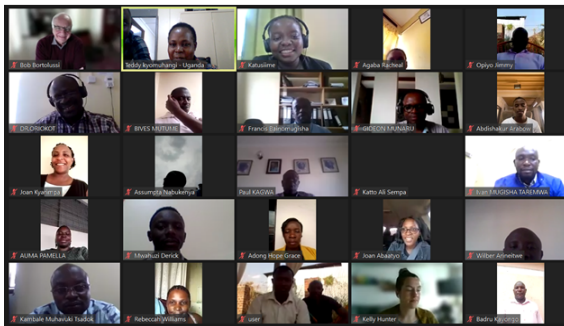
### Team 1: Effects of Economic Insecurity on Mental Health Among the Youth in Meru County, Kenya

**Team 2: Determinants of Consumption of Selected African Traditional Vegetables for Iron and Folic Acid Supplementation among Pregnant Women in Tigania West Constituency, Meru County**

### **Team 3: Factors contributing to the widespread use of marijuana (cannabis sativa) among college students in Meru County**

**Team 4:** Individual Birth Plan (IBP) knowledge among Pregnant Women in Igembe Central Sub-County, Meru County

**Mbarara, Uganda**  
**February 20 - March 3, 2023**



MicroResearch Virtual Workshop in Mbarara, Uganda in 2023

The 15th MicroResearch workshop for the Mbarara University of Science and Technology in Uganda was held virtually. 30 participants were recruited from Mbarara University of Science and Technology (Mbarara), Lira University (Lira), Bishop Stuart University (Mbarara), Kampala International University (Kampala), St. Mary's Lacor Hospital (Gulu), Mbarara Regional Referral Hospital (Mbarara), and St. Francis Family Helper Programme (Mbarara). Three participants also joined from Somali National University in Somalia.

The teams are expected to submit full grant proposals for MicroResearch funding in May.

**Team 1:** Lived experiences of teenage mothers attending Mbarara Regional Referral Hospital. A Phenomenological Approach

**Team 2:** Acceptability of Sickel Cell Trait Screening among Adolescents aged 15 to 19 years in Lira District, Northern Uganda

### Team 3: Under-utilization of Village Health Teams during disease outbreaks in Bushenyi District

**Team 4:** Experiences of Patients with Sickle Cell Disease and their Care Givers at Bundibugyo General Hospital

**Team 5: Depression among pregnant teenagers in Mbarara City, Southwestern Uganda**

**You can read full workshop reports on [www.microresearch.ca/workshops](http://www.microresearch.ca/workshops).**



# New MicroResearch Sites

As MicroResearch expands throughout Africa and beyond, we are excited about four new sites joining those in Uganda, Rwanda, Kenya, and Malawi.



**Meru University of Science and Technology - Meru, Kenya**  
As outlined on the previous page, the first MicroResearch Research Skills Workshop for MUST was held in January, involving students and faculty from a range of departments within the university.

**Kenya Medical Training College - Nairobi, Kenya**  
With campuses across Kenya and training over 70,000 students in medical professions, KMTC is looking to grow research capacity among its faculty and students. A Train the Trainer workshop is being planned in the coming months.

**Kisii University - Kisii, Kenya**  
Kisii University's Schools of Health Sciences, Arts and Social Sciences, and Information Science and Technology are collaborating to bring MicroResearch to its faculty and students. A Train the Trainer is being held in April, with a full workshop likely in July.

## Korle-Bu Training Hospital - Accra, Ghana

In partnership with the IWK Health Department of Obstetrics and Gynecology and the Korle-Bu Teaching Hospital Department of Obstetrics and Gynecology, MicroResearch hosted a virtual Train the Trainer workshop in January, with plans for an in-person workshop in Ghana later this year.

## Recent MicroResearch publication:

Taremwa IM, Ashaba S, Naggayi BRK, Kayongo B, Nimwesiga C, Ayebazibwe C, Tumuhimbse M, Frank J. **Psychosocial Challenges of the Coronavirus Disease-2019 Pandemic Among Frontline Health Care Providers and Their Coping Mechanisms at Mbarara Regional Referral Hospital, Southwestern Uganda.** Psychological Research Behavioral Management, 2023;16:549-560. DOI: 10.2147/PRBM.S399687



Check out our most recent MR Project Booklet for a full list of publications and project updates! [www.microresearch.ca/projects](http://www.microresearch.ca/projects)

## Thank you to all our partners and supporters!



Academics Without Borders (AWB)  
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Canadian Paediatric Society (CPS)  
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Dalhousie University Research and Innovation  
Dalhousie University Faculty of Medicine  
Healthy Child Uganda  
IWK Health  
Kabarak University, Kenya  
Kenya Medical Training College, Kenya  
Kigali University Teaching Hospital, Rwanda  
Kisii University, Kenya

Korle-Bu Teaching Hospital, Ghana  
Maternal Newborn Child Health Institute (MNCHI), Uganda  
McGill University  
Mildmay Uganda  
Meru University of Science and Technology, Uganda  
Montreal Children's Hospital Foundation  
Nairobi Hospital, Kenya  
Rotary Clubs of Nova Scotia, Prince Edward Island, and Uganda  
Royal College of Physicians and Surgeons of Canada  
Society of Obstetrics and Gynecologists of Canada  
University of Calgary  
University of Malawi - College of Medicine

**Please consider donating your time or resources,  
visit [www.microresearch.ca](http://www.microresearch.ca) for more information.**