

# Burundi



**Burundi is a small landlocked country bordered by the Democratic Republic of the Congo, Rwanda, and Tanzania.**

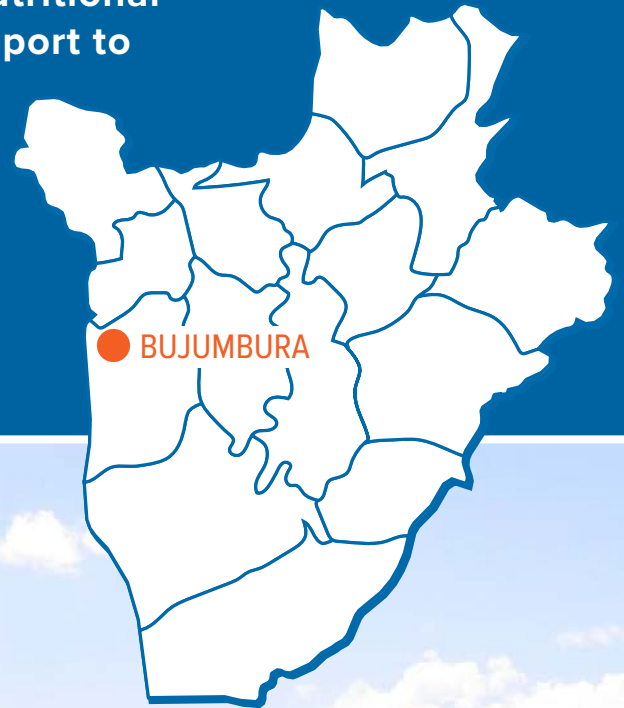
Burundi has been plagued by corruption and prolonged conflict between rival Tutsi and Hutu tribes and is among the world's poorest countries. Burundi gained independence in 1962 and an estimated quarter of a million people died in Tutsi-Hutu violence during the first three decades of Burundi's freedom. Burundi has struggled to rebuild in the ensuing fragile peace; 67% of the population live below the poverty line with a life expectancy at birth of only 49.6 years.

Burundi is currently sustaining relative peace and stability, which is allowing the country to focus on development efforts. International Medical Corps has worked in Burundi since 1995 and today administers programs in 9 of the country's 17 provinces. Our programs include primary health care, gender-based violence, community-based programs and a variety of nutrition interventions.



## For the past 15 years, International Medical Corps has worked to bring primary health care, nutritional interventions and other crucial medical support to the people of Burundi.

Our main objective is to build local capacity by delivering quality primary health care while addressing emergency health and nutrition needs. International Medical Corps utilizes a sustainable, community-driven approach to engage local leaders, facilitate the establishment of health management committees, and train community based health workers.



### PRIMARY HEALTH CARE

International Medical Corps' trains local health care professionals, community-based health workers and community leaders in effective preventive and curative primary health care practices. Our staff teaches community health workers to maintain good health by learning to address the root causes of malnutrition through increasing knowledge of mothers and care givers on Infant and Youth Child Feeding, water, sanitation and hygiene (WASH) and home management of common childhood illnesses. Secondly, we work closely with other NGOs to support the Ministry of Health's implementation of child growth monitoring programs

and programs in childhood illness management at 60 health facilities and at the community level. International Medical Corps implemented 12 pilot programs supporting child growth monitoring which inspired the Ministry of Health staff to initiative 6 more programs in the community. Furthermore, International Medical Corps supports the Ministry of Health to develop curricula and national guidelines on nutrition, postnatal care, malnutrition, and childhood illness as well as rehabilitate and equip health facilities and support the Ministry's training of health workers in nutrition, gender based violence, maternal health, and childhood illness.

## CAPACITY BUILDING

International Medical Corps has worked to revitalize Burundi's health care sector by rehabilitating health care facilities and providing specialized medical training for health care personnel.

- We have established joint supervision with Ministry of Health supervisors in order to ensure the delivery of quality health services and smooth integration of health activities within the existing facilities.
- Local health care professionals have received detailed training from International Medical Corps on primary health care, prenatal and postnatal procedures, and emergency interventions.
- International Medical Corps constructed incinerators and rain water catchments for supported health centers and repaired or donated critical equipment.

## COMMUNITY BASED PROGRAMS

International Medical Corps is raising awareness about important health and nutrition topics in Burundi using community-based activities such as home visits and campaigning. One such topic is good hygiene and sanitation practices. Because of these trainings, households have built latrines, started to compost, and learned how to conserve water in clean containers, among many other practices.

## GENDER-BASED VIOLENCE

International Medical Corps provides program in Burundi that focus on raising community awareness of sexual and gender-based violence (SGBV) as well as train doctors, nurses, lawyers, psychologists and community health workers that offer medical and psychosocial care to survivors. We conduct workshops, awareness campaigns and community meetings to heighten understanding of the potentially crippling consequences of violent gender-based attacks. Additionally, we provide financial, logistic and technical support to local community-based organizations to run sensitization campaign through cultural performances and community meetings.



## NUTRITION

International Medical Corps provides a number of essential, prevention and treatment-based nutritional services to people throughout Burundi. Our programs focus on pregnant and lactating women as well as children under five to ensure a healthy start to life. The Mother Care Group (MCG) approach trains mothers to reach out to the broader community to teach healthy nutrition practices to their peers. MCG is especially effective in Burundi because it employs local women to focus on behavior change and peer-to-peer communication aimed at stopping malnutrition before

it takes hold. As part of our HIV/AIDS related assistance, International Medical Corps provides monthly food rations and nutritional advice to people living with HIV/AIDS. Also, in collaboration with Community Health Workers (CHW) we screen children under five years of age to help prevent and detect early malnutrition and make referrals to local programs for support. Furthermore, International Medical Corps works with the Ministry of Health to supply local health facilities with necessary, life-saving equipment.



## INTERNATIONAL MEDICAL CORPS ORGANIZATIONAL CAPACITY

Since 1984, International Medical Corps has demonstrated the ability to deliver major relief and development programs to improve lives and strengthen national capacity through health, education, and social programming. International Medical Corps has responded to complex emergencies and implemented transitional development programs in more than 70 countries worldwide.

## INTERNATIONAL MEDICAL CORPS IN AFRICA

For nearly three decades, International Medical Corps has worked in the most difficult and war-torn nations of Africa. International Medical Corps has consistently provided lifesaving interventions during times of war and prolonged conflict and has remained in relatively stable areas to initiate and sustain long-term development.



[www.InternationalMedicalCorps.org](http://www.InternationalMedicalCorps.org)

Since its inception 30 years ago, International Medical Corps' mission has been consistent: relieve the suffering of those impacted by war, natural disaster and disease, by delivering vital health care services that focus on training. This approach of helping people help themselves is critical to returning devastated populations to self-reliance.

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