

**Scottish Government International Development Programme
Mid-Year Report**

(1) Scotland Malawi Mental Health Education Project

1. General project information		
1.1	Project reference Number	
1.2	Name of organisation	Scotland Malawi Mental Health Education Project
1.3	Lead partner(s) organisation	College of Medicine, University of Malawi
1.4	Project title	Scotland-Malawi Psychiatry Capacity Development Project (SMPCDP)
1.5	Reporting period	From: 01/04/2020 To: 31/10/2020
1.6	Reporting year	5
1.7	Project start date	01/04/2016
1.8	Project end date	31/03/2023
1.9	Total project budget*	£288699
1.10	Total funding from Scottish Government*	£288699
1.11	Provide a brief description of the project's aims, highlighting which of the Sustainable Development Goals (SDGs) your project is working towards? (200 words)	<p>This project will train psychiatrists who will go on to provide vital leadership in training, research and practice of mental health care in Malawi. It provides funding for up to 4 Malawian MBBS graduates to study for the MMed (Psychiatry) qualification at College of Medicine (COM), in collaboration with the University of Cape Town (see Scholarship Programme). Psychiatrists from Scotland/UK will provide support to the Department of Mental Health to deliver the course.</p> <p>The project will also support the 3 MMed (Psych) graduates who were supported by SMMHEP in their training to acquire further professional training and become established in leadership roles in Malawi.</p> <p>SDG goals: Health, Education</p>
2. Project progress and results		
<p>Please use this section to give an update on the progress the project has made during this reporting period. This should include issues resulting from the COVID-19 pandemic.</p>		

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2.1	<p>Provide an update on the progress your project has made during this reporting period. Use this space to update us on what has gone well and any challenges you have experienced, detailing how you have overcome these. (Max 350 words)</p> <p>[redacted] is now Head of Mental Health Department in COM (from July 2019) and [redacted] has a 30% clinical lecturer post in COM and is leading a successful QI programme in Zomba Mental Hospital. We continue to support these two psychiatrists in their teaching and training work.</p> <p>Scholarship programme: 4 trainees are enrolled to MMed course; 2 appointed as assistant lecturers in COM; 2 as medical officers in MOH.</p> <p>Three trainees have passed part 1 exams (as expected). The trainee currently in the UCT part of his training programme was repatriated during the early part of the Covid pandemic and supported the clinical work of the department during this time. He has now returned to UCT. One was scheduled to go Oct 2020 but has been delayed; he is now due to move in July 2021. The third is making excellent progress with clinical and academic work, and is also due to move in July 2021.</p> <p>The transfer to UCT has been delayed by Covid-related problems in the South African immigration service. The fourth sat Part 1 exams in Sept (6 months later than planned); in spite of considerable support, he failed these exams and has subsequently left the programme.</p> <p>Two of the trainees have been carrying out Covid-related clinical and research work.</p> <p>Since March 2020, progress in delivery of weekly teaching and supervision has been carried out mainly on-line. Delivery of weekly academic teaching programme, psychotherapy teaching and supervision are in place.</p> <p>Research component: Progress as expected. 1 trainee has completed his research project and submitted his thesis; another has completed data collection.</p> <p>To assist [redacted], SMMHEP recruited a long-term volunteer ([redacted]) in October 2019. [redacted] was repatriated to the UK in March 2020. Since then he has been providing remote support to the Department. Another long-term volunteer ([redacted]) was due to be helping in the Department of Psychiatry, from January 2021, for the next academic year. Her starting date was delayed because of Covid-related travel restrictions and she began a short period of volunteering at the beginning of April 2021.</p>
2.2	<p>Have you experienced any delays to planned activities? Provide full details including what action is being taken to bring activities back on track.(Max 350 words)</p>

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	<p>Since the outbreak of the Covid 19 pandemic, restrictions on international travel and the imposition of quarantine requirements in Malawi, together with health and safety considerations in respect of UK staff and volunteers, have disrupted teaching activities to a significant extent.</p> <p>Research supervisors and our long-term volunteer have had to leave Malawi to return to their countries of origin. Visiting lecturers have been unable to carry out teaching visits. One student had to return to Malawi from South Africa, thus interrupting his training there.</p> <p>The Grant Manager has been unable to visit Malawi to discuss the progress of the project with staff and trainees there.</p> <p>To some extent the impact of this disruption has been mitigated by online supervision and more extensive involvement of [redacted] and [redacted], the two Malawian psychiatrists who were the graduates of the first SMMHEP- and SG-supported MMed course.</p> <p>Unfortunately problems of internet connectivity have proved a handicap in providing consistent online supervision and discussion.</p>
2.3	<p>Are you on track to meet your year-end milestones? Give details of any areas that are behind, and how you plan to overcome this. (Max 350 words)</p> <p>One trainee has had his progress delayed by 6 months due to Covid-related repatriation from South Africa. Two trainees' transfer to UCT has been delayed by a further 6 months because of Covid-related delays in South African immigration procedures. The fourth trainee was struggling academically, failed the Part 1 MMed exams, and has subsequently left the programme.</p> <p>We have increased the support for trainees in Cape Town after visiting the current trainee there and liaising with the UCT course organiser; we have compiled written guidance for future trainees and plan to support additional return flights between Cape Town and Malawi to reduce their isolation.</p>
2.4	<p>If not covered above, what mitigation measures have you put in place in response to the COVID-19 pandemic? (Max 250 words)</p> <p>The coronavirus pandemic has made us more aware of the need for flexibility in teaching, particularly the need for distance forms of teaching. We have recently embarked on a Curriculum Redevelopment exercise coupled with a review. This has been combined with an overhaul of our e-learning material, which is well advanced and will help if such a situation recurs. Unfortunately, electricity disruption and inconsistent internet availability in Malawi makes online/Skype teaching unreliable. We therefore plan to develop an off-line version of the e learning modules.</p>
<h3>3. Partnerships and collaboration</h3>	

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This section allows you to discuss how partnership working is progressing on the project, as well as wider collaboration and sharing of learning.

3.1 Provide an update on how partnership working has gone during this reporting period. Let us know about any highlights, challenges or changes to roles and responsibilities. (Max 350 words)

Partnership with the College of Medicine has gone well in most respects. The principal is supportive and helpful, as are other officers. We have recruited a short-term volunteer ([redacted]) to offer support to the Mental Health Department; she travelled to Malawi at the beginning of April 2021. (see SMPCDP report)
Obtaining timely and accurate financial information from the College continues to prove challenging.

3.2 Have any international visits to the project taken place in this period? Give details including key activities and outputs of these visits.

No. The restrictions on international travel and the imposition of mandatory quarantine in Malawi have prevented this. However, there have been Zoom meetings between [redacted] to discuss trainees' progress, the organisation of examinations and pastoral issues affecting trainees.

Date of visit	Key achievements / outputs of visit	Follow-up actions
N/A		

4. Safeguarding and fraud

Please ensure you complete questions 4.1 and 4.2 even if you have no incidents to report.

4.1 Have there been any incidents, relating to the Grant or the Project, in the last reporting period which contravene your safeguarding policy?

No

4.2 Have there been any incidents in the last reporting period of financial mismanagement or fraud, relating to the Grant or the Project?

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	No		
4.3	Have these incidents been reported to relevant authorities, and if so, to whom?		
	N/A		
4.4	Describe what action has been taken, and highlight any lessons learned.		
	N/A		
5. Risk assessment			
5.1	<p>Have any issues materialised during this reporting period? If so, how were they addressed?</p> <p>See Covid 19 reports and risk assessment previously provided</p> <p><i>Please refer to risk assessment provided at application stage.</i></p>		
Assumption	Risk	Action taken	Was this included in the Risk Assessment Table in your application?
6. Financial information			
This section will be reviewed alongside your mid-year budget spreadsheet, which must be included with this report.			
6.1	<p>Explain any variances or delays to planned expenditure in this period. This should include any expenditure no longer possible (as opposed to delayed) as a result of COVID-19 and should be included as True Underspend on the budget spreadsheet. (Max 350 words)</p> <p>There are ongoing delays to the timetabled spend on this project because it almost entirely funds the scholarships to the students. Their progress depends on passing exams, but it has also been significantly delayed this year by the</p>		

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	<p>impact of COVID in Malawi and in South Africa. This has slowed some of the visa processes and also necessitated one of the trainees to return to Malawi for 6 months from Cape Town.</p> <p>In addition, one trainee [redacted] has withdrawn from the programme. Two years of his scholarship funding will be freed. We propose to use this money to fund a number of improvements to the SMPCD project. These will be discussed with the International Development Team; they include: providing more support to students in South Africa: increasing the administrative support for [redacted] in running the teaching programme; meeting increased UCT fees; and providing support for another long-term volunteer. In addition, we wish to incorporate the CPMZ underspend into the SMPCDP budget to support the continuation of medical student teaching; we believe that this would bring both arms of our mental health education work together into one educational project. Thus one project would support both undergraduate and postgraduate training.</p>
6.2	<p>At this stage, does your projected expenditure look to be on track? If not, outline the reasons why, and what plans are in place to bring spending back on track. If you are requesting changes to your budget at this stage, outline them below. (Max 350 words)</p> <p>Expenditure is still on track though at slower pace than predicted (as above). We will discuss with SG the use of the scholarship funding left unspent by the departure of one trainee.</p> <p>Because of the disruption caused by Covid 19, we predict that the final MMed examinations are very unlikely to take place as scheduled in March 2023. We will therefore be requesting a six-month extension to the project to allow the final MMed examinations to take place in October 2023.</p>
6.3	<p>Do you have a proposal for how you would like to utilise any of your ring-fenced underspend, excluding any currency gains? (Max 350 words)</p> <p>See 6.1</p> <p>If possible, we would also wish to use some of the underspend to support undergraduate teaching for a further two years. Please see attached proposal for underspend and reprofiled budget.</p> <p>Continue activities as planned though taking longer than planned.</p>
<p>7. Any other information</p> <p>Use this section to tell us any other relevant information regarding your project. (Max 350 words)</p>	
<p> </p>	

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**(2) Consolidating Psychiatry Capacity Development
in Malawi and Zambia (CPMZ)**

1. General project information		
1.1	Project reference Number	
1.2	Name of organisation	Scotland-Malawi Mental Health Education Project (SMMHEP)
1.3	Lead partner(s) organisation	College of Medicine, University of Malawi Ministry of Health, Government of Malawi Department of Psychiatry, University of Zambia
1.4	Project title	CONSOLIDATING PSYCHIATRY CAPACITY DEVELOPMENT IN MALAWI AND ZAMBIA (CPMZ)
1.5	Reporting period	01/04/20 – 01/04/21
1.6	Reporting year	3
1.7	Project start date	Start: 1/11/2018
1.8	Project end date	End: 30/10/2021
1.9	Total project budget*	£185,750
1.10	Total funding from Scottish Government*	£185,750
1.11	Provide a brief description of the project's aims, highlighting which of the Sustainable Development Goals (SDGs) your project is working towards? (200 words)	<p>This project will consolidate the achievements of the existing Scotland Malawi Psychiatry Capacity Development Project (SMPCDP); improve the quality of care in clinical teaching environments; and develop a Malawi-Zambia mental health link. The aims of the Project are to:</p> <ol style="list-style-type: none"> 1. Support psychiatric hospitals in Malawi and Zambia to develop appropriate standards of clinical care, through standard-setting and audit, with workshops in quality improvement (QI) and reciprocal visits to each other's services. 2. Standardise and improve existing teaching materials (particularly e learning) for use by postgraduate trainees in Malawi and Zambia; conduct workshops in Curriculum development and Teaching methods 3. Continue support for undergraduate teaching at COM
2. Project progress and results		
<p>Please use this section to give an update on the progress the project has made during this reporting period. This should include issues resulting from the COVID-19 pandemic.</p>		

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2.1	<p>Provide an update on the progress your project has made during this reporting period. Use this space to update us on what has gone well and any challenges you have experienced, detailing how you have overcome these. (Max 350 words)</p>
	<p>The project has been severely disrupted by the Covid 19 pandemic through the whole of the reporting period. In particular, in March we had to repatriate the long-term volunteer ([redacted]) who was supporting the Head of the Mental Health Department at COM and undertaking work under aims 2 and 3 above). From March 2020, we were forced to cancel the short-term volunteers scheduled to carry out undergraduate teaching activities, which were then largely postponed by the COM from May 2020. (Aim 3 above). We have also had to cancel joint Malawi/Zambia training workshops.</p> <p>However, SMMHEP has been able to adapt to the altered circumstances and carry on with many planned activities under aims 1 and 2.</p> <p>Aim 1 QI projects in Malawi and Zambia had to be suspended for a period of 3 months, but local small scale projects resumed in June and have since been ongoing. Three virtual joint QI meetings between Malawi and Zambia, hosted by NES took place in July 2020, Dec 2020, April 2021. The in-person joint meeting planned for July 2021 has been converted to virtual format.</p> <p>Aim 2 Two SMMHEP long-term volunteers, [redacted], who are now based in UK, have continued working on curriculum development and the e learning package. The majority of e-learning modules have been developed and populated on the moodle platform.</p> <p>Aim 3 [redacted] returned to Malawi at the beginning of April for a short to help with teaching and planning next semester's undergraduate teaching, which the COM commenced in early February 2021 and plans to run until mid-October 2021. SMMHEP short-term volunteers will help with the teaching as soon as travel restrictions and health and safety considerations permit. Of note is that that COM has increased student numbers by approximately 40%, which significantly increases the teaching burden.</p> <p>In addition, the CPMZ Project Manager, [redacted], has helped produce and distribute the Malawian Quick Guide to Mental Health, which SMMHEP introduced as a response to mental health aspects of the pandemic.</p>
2.2	<p>Have you experienced any delays to planned activities? Provide full details including what action is being taken to bring activities back on track.(Max 350 words)</p>
	<p>See above.</p>

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	<p>We had previously requested an initial eight-month extension of the grant period (to end Oct 21) to enable the above project activities to be completed and to support the postponed undergraduate teaching programme which will now run from March 2021 until October 2021.</p> <p>The extension has been used to hold one previously-cancelled QI workshop in April 21; A further virtual workshop is planned for July 21. There will also be a further virtual curriculum development meeting held.</p> <p>The e-learning package is almost complete and will be finalised, coordinated by [redacted]. The coordinator and contributors will continue to be paid as budgeted. The budget allocated for volunteers' expenses remains in place and will be sufficient to meet the cost of undergraduate teaching, if it proves feasible to send volunteers out.</p>
2.3	<p>Are you on track to meet your year-end milestones? Give details of any areas that are behind, and how you plan to overcome this. (Max 350 words)</p> <p>All year-end milestones have been delayed by 6-9 months, as described above. (Six months in the case of Aims 1 and 2; 9 months in the case of Aim 3) An extension to the grant period as contained in attached proposal would allow majority of aims 1 and 2 to be achieved (albeit with meetings in virtual form). In view of both the increase in medical student numbers and the disruptions caused by Covid 19, a further extension beyond Oct 21 will be requested to continue our support for undergraduate teaching; this will utilise underspend from the current grant and will be discussed with the International Development Team.</p>
2.4	<p>If not covered above, what mitigation measures have you put in place in response to the COVID-19 pandemic? (Max 250 words)</p> <p>See above.</p> <p>In addition, a team of volunteers in the UK and Europe has been providing teaching for medical students via WhatsApp. This has been set up and supervised by our current volunteer, [redacted], in collaboration with [redacted]</p>
<p>3. Partnerships and collaboration</p> <p>This section allows you to discuss how partnership working is progressing on the project, as well as wider collaboration and sharing of learning.</p>	
3.1	<p>Provide an update on how partnership working has gone during this reporting period. Let us know about any highlights, challenges or changes to roles and responsibilities. (Max 350 words)</p> <p>Partnership working with COM has gone well. We have been able to support the Department of Mental Health via on line meetings and conferences. We have also supported Zomba Mental Hospital and been successful in raising funds from previous volunteers to improve hygiene facilities and Covid-related facilities there.</p>

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3.2	Have any international visits to the project taken place in this period? Give details including key activities and outputs of these visits.	
	<p>[redacted] returned to Malawi at the beginning of April 21 for a short trip (4 weeks) to help with teaching and planning next semester's undergraduate teaching</p> <p>Otherwise virtual meetings only. These have been with project leads and the Head of Department at COM. Internet availability in Malawi has limited the extent of these meetings. Undergraduate teaching has been supported via WhatsApp because of issue of internet availability.</p>	
Date of visit		Key achievements / outputs of visit
April 2021 – [redacted]		Provide undergraduate teaching, Plan further teaching.
4. Safeguarding and fraud		
Please ensure you complete questions 4.1 and 4.2 even if you have no incidents to report.		
4.1	Have there been any incidents, relating to the Grant or the Project, in the last reporting period which contravene your safeguarding policy?	
	No	
4.2	Have there been any incidents in the last reporting period of financial mismanagement or fraud, relating to the Grant or the Project?	
	No	
4.3	Have these incidents been reported to relevant authorities, and if so, to whom?	
	N/A	
4.4	Describe what action has been taken, and highlight any lessons learned.	

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	N/A		
5. Risk assessment			
5.1	<p>Have any issues materialised during this reporting period? If so, how were they addressed?</p> <p>See above and previously submitted Covid 19 impact reports</p> <p><i>Please refer to risk assessment provided at application stage.</i></p>		
	Assumption	Risk	Action taken
			Was this included in the Risk Assessment Table in your application?
6. Financial information			
This section will be reviewed alongside your mid-year budget spreadsheet, which must be included with this report.			
6.1	<p>Explain any variances or delays to planned expenditure in this period. This should include any expenditure no longer possible (as opposed to delayed) as a result of COVID-19 and should be included as True Underspend on the budget spreadsheet. (Max 350 words)</p> <p>The delayed spend has been due to Covid 19 disrupting teaching at COM, and the inability of volunteers to travel or for face to face QI meetings to be held. In addition, many previous volunteers have not claimed travel expenses.</p> <p>True Underspend = £49722</p>		
6.2	<p>At this stage, does your projected expenditure look to be on track? If not, outline the reasons why, and what plans are in place to bring spending back on track. If you are requesting changes to your budget at this stage, outline them below. (Max 350 words)</p> <p>Our planned expenditure has been delayed by the Covid pandemic but is on track. We continued to pay our Project Manager and administrative assistant though their work activities were altered to virtual working and to reflect the absence of volunteers (e.g. additional duties ensuring accommodation/cars etc are maintained). We maintained the house where volunteers stay as giving it up, and then trying to find somewhere else, would have been more disruptive.</p>		

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6.3

Do you have a proposal for how you would like to utilise any of your ring-fenced underspend, excluding any currency gains? (Max 350 words)

Please see attached proposal to combine underspend with SMPCDP and support teaching of undergraduate and postgraduate in a coordinated education programme until Oct 2023.

We wish to discuss the remaining underspend with the International Development team at meeting scheduled for 11 May 21. We wish to use the underspend to support the expanded undergraduate teaching programme, by continuing to send volunteers to Malawi until Oct 23. As described the College of Medicine has greatly increased student numbers; this year there are 40+ students in each teaching block, compared with 20-25 previously. The Department of Psychiatry in the CoM is grievously short of permanent psychiatrists (1 F/T psychiatrist and two 0.4 wte lecturers) to carry out all clinical, administrative and teaching duties. In addition, the two trainees who had been helping with this work will be unavailable as they will be continuing their MMed course in Cape Town from Summer 2021.

7. Any other information

Use this section to tell us any other relevant information regarding your project. (Max 350 words)