Sitara Khan is a post graduate student undertaking a Masters in Global Health at Vrije Universiteit Amsterdam. She shared her experience with our Communications and Knowledge Management team.

What is your research about?

My research is looking at community health in Kenya, more specifically, I'm evaluating the teamwork between members of the community health committees (CHCs). I'm evaluating things like trust, team cohesion, and decision making. The aim is to assess whether these are functioning well, identify challenges and also develop recommendations.

What support did you receive from LVCT Health?

There was this interview guide that I wanted to create, to ask the CHC members about teamwork but the guide I had was created in Zambia, it wasn't conceptualized to the Kenyan context. I asked the LVCT Health researchers to help me out with how to ask a few questions because some things are can be sensitive to ask. They helped me with, how to ask questions, what I should say, what I shouldn't say. After I had an interview guide, I went into the field and collected data from two different CHCs in the field. After that I did focus group discussions with the CHC as well. From that I started analysing the results and the last phase of my research is to do disemmination of my research to the the sub-county offical so this is where I'll be going to the sub county official and telling them what I found ,

what their challenges were and I'll be asking their opinion or whether they saw this as a problem themselves and whether they have any recommendations.

What were your expectations for LVCT Health?

My expectations was to interact with some of the projects LVCT is doing, for example, the DREAMS girls project, GBV consultancy or the SQALE project. I have been able to have experiences with those as well. With SQALE I was part of the learning event that took place very recently and it was very interesting to see what they had done for the past few years, and how they want to move forward with this.

Which of LVCT Health's programs stood out to you?

The project that stood out to me was SQALE. I'm a little biased because I was mostly involved in that one. It stood out to me because SQALE gave power to the community to create their own interventions and improve the health in their own communities. That allows for sustainability. After SQALE is gone, they can be sure of contuinity because the people are capable of sustaining these projects themselves.