Health in Africa

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Health in Africa

Time to wake up to cancer's toll
Editor—As exemplified by your theme issue on Africa of 1 October, cancer has remained comparatively neglected in Africa although increasingly prevalent: 70% of people with cancer live in the economically developing world, where by 2020 the annual death toll is predicted to reach 20 million.1

In sub-Saharan Africa measures to prevent cancer emphasised in the developed world—such as smoking cessation and screening—are not nationally adopted. One third of African cancers are preventable, but the influence of tobacco companies with mass media advertising and high crop payments is real. Traditional cancers, such as gastric and hepatocellular carcinoma, and newer cancers, such as lung cancer, breast cancer, and AIDS related Kaposis sarcoma, are increasing in incidence.2,3

Patients expectations for oncological treatment are low in Africa. Lack of money, or a concern not to place their family in debt, prevents many from seeking medical help.4 Lack of awareness of predisposing factors, warning symptoms or signs of cancer, or treatment options mean that patients present late. Cost and difficulty of travel over rough terrain also discourage service use. After diagnosis patients may tend to look for peace of mind and spiritual comfort rather than a physical cure.

In Africa disease modifying cancer treatment and basic control of symptoms are largely absent. Even when anaesthesia is available, patients with cancer may experience severe and inadequately managed pain, as health professionals underprescribe strong analgesics, fearing drug dependency.5

Individual sub-Saharan countries cannot tackle the challenges of cancer in isolation. A new, cooperative approach and research base are being advocated for preventing, treating, and palliating cancer to bridge the gap between developed and developing nations.6

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Competing interests: None declared.

4 Murray SA, Grant E, Grant A, Kendall M. Dying from cancer in developed and developing countries. Lessons from two qualitative interview studies of patients and their carers. BMJ 2003;326:368-71.

British mental health trust twins with psychiatric service in Sierra Leone
Editor—Barnet, Enfield, and Haringey Mental Health NHS Trust has formally twinned with mental health services in Sierra Leone.7 This small project, currently funded by UNISON trade union, aims to provide regular, annual, in-service training programmes for staff at Kissy Mental Hospital, Freetown, and other health workers and trainees in Sierra Leone. The programme is formally supported by the British High Commission in Freetown, and the first delegation of trust staff drawn from various disciplines and some originating from Sierra Leone and other parts of west Africa will travel to Freetown next month.

We hope to learn from this programme as much as our colleagues in Sierra Leone hope to learn from us. The population in parts of the trust has a high proportion of refugees affected by war in their country of origin, including those of west, central, and the Horn of Africa. And we hope to help our colleagues in Sierra Leone develop sustainable mental health services provided for themselves, rather than depending on the short term interventions of non-governmental organisations.

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Competing interests: None declared.

1 Assar J, Jones L. Tackling mental health in Sierra Leone. BMJ 2005;331:726. (1 October)

In Taiwan, taking action on road safety made a difference
Editor—Ten years ago Taiwan was a developing country like many in Africa with a high mortality due to road traffic injuries.8 Mortality due to road crashes was stable at 7500 people a year from 1990 to 1995. It dropped from about 7500 in 1995 to 4300 in 2003—a 42.7% decrease in nine years. Various reasons led to this result, the most important factor having been vigorous government policies and campaigns relating to traffic safety. These include:

• 1994 Enforcement of helmet use in Taipei City
• 1997 Implementation of helmet law
• 1998 Implementation of an emergency medical system
• 1999 Enforcement of regulations on wearing seat belts and not using cell phones while driving and strict prohibition of drinking and driving
• 2001 Campaign to use safety seats for children.

An active policy taken by the government was essential in improving road safety. The efforts of people from many sectors and disciplines, including public health professionals, healthcare providers, road and motor vehicle engineers, law enforcement officials, and educators, are crucial.

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Competing interests: None declared.

1 Khayesi M, Peden M. Road safety in Africa. BMJ 2005; 331:176-11 (1 October)

It’s time for good guidelines on health financing practice
Editor—The implementation of global organisations in the public health systems of African countries1 is a form of research involving humans and should be subject to the Declaration of Helsinki and good clinical practice guidelines.2,3

In structural reforms, global organisations (the investigators) work to convince the governments of countries (legal representatives of the study subjects) to take part in health financing reforms (or policy experiments, the new “medical” procedure). Since the health consequences of the interventions are largely unknown and the outcomes are used as a basis of an evidence base, these policy interventions are a form of experi-
Let's learn from the success stories from other poor counties…

Editor—Why is it that donor agencies and policy advisers continue to ignore success stories from poor countries such as Sri Lanka?1 Together with Cuba, Costa Rica, and Kerala in India, Sri Lanka’s achievements have been exemplary. Much has been written about these models, but rarely are there attempts to replicate them in developing countries.2 Are they out of date or are they too alien to even consider?

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Other failings are evident in the lack of an independent ethical review and the equivalent of an independent data monitoring and safety committee. Furthermore, a compensation mechanism should exist for subjects who find themselves worse off as a result of their participation in the experiment. Yet the organisations recommending or even imposing the reforms take no financial or moral liability for any unfavourable outcomes, rather leaving it to the governments to take care of the consequences.

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Competing interests: None declared.


Insulin pumps: more consultation was needed

Editor—Colquitt et al recently published a health technology assessment on the clinical and cost effectiveness of continuous subcutaneous insulin infusion for diabetes for the National Institute for Health and Clinical Excellence (NICE).1 Believing that some important issues needed to be communicated with other readers, we contacted the NHS Health Technology Assessment Programme and were informed that its journal does not offer the opportunity to respond to previous appraisals in forthcoming publications. Although the programme’s website offers a forum for discussion, at www.nchta.org (correspond/). Given the potential impact of such publications in the United Kingdom and beyond, this approach caused us concern, as we believe that the website discussion would reach only a limited audience. We here outline certain shortcomings of the assessment by Colquill et al.

Colquill et al based their findings on a literature review made before August 2002 (published in October 2004), at which time no published cost effectiveness analyses on continuous subcutaneous insulin infusion were available. They observed benefits for glycaemic control into costs per quality adjusted life year (QALY) gained. However, publications on at least four health economic models that are able to project the long term change in risk of
complications dependent on concentrations of glycaemic haemoglobin, and thereby calculate clinical and cost outcomes, were available at that time.2-5 Since the completion of the review, at least five other peer reviewed diabetes models have been published that can project cost effectiveness on the basis of changes in glycaemic haemoglobin, and two further studies have actually examined the cost effectiveness of implementing continuous subcutaneous insulin infusion > multiple daily injections of insulin treatment in the UK, both reporting attractive incremental cost effectiveness ratios (see longer version of this letter).

Colquitt et al did not seek further consultation from competent health economics modelling groups with experience in diabetes before publishing their report. If they had they would have been unlikely to conclude that they had not found a satisfactory method, in the time available, of converting observed benefits into a cost per QALY. A method has been available for some time and, in the years between completion of the review and its publication, several transparent, validated, and generally well accepted computer simulation models of diabetes have been described in the medical press (see longer version of this letter).

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Competing interests: AJP, DMIT, JAR, and WJ are all employees of CORE. CORE has received an unrestricted grant from Methrion to perform an analysis evaluating the cost effectiveness of subcutaneous pumps.


Data need to be accurate when screening for depression in teenagers

Editor—With reference to Lenzer's news article,1 one of the problems with promotion of universal mental health screening of children—and a good reason for many people's suspicions of another agenda—is the often inflated numbers cited. For example, the TeenScreen website notes that one in 10 American children and adolescents experience mental illness and impairment, but only one in five receives treatment.2 The source cited is a US Surgeon General's report from 2001—in support of a "National Action Agenda on Children's Mental Health."3

Yet the US Centers for Disease Control (CDC) reports that in 2001-3, 5% of American children aged 4-17 had emotional or behavioural difficulties, based on over 10 000 national health interview surveys.4 The CDC also reports that these difficulties had an impact on functioning in 80%—in other words, 4% of the total, substantially lower than the 10% cited by TeenScreen and perhaps not the "public crisis in mental health for children and adolescents" that the Surgeon General's report claimed.5

The CDC also reports that in 2005, 65% of children aged 4-17 with emotional or behavioural difficulties received some type of mental health service for their problem, with 45% receiving help from a mental health professional and 40% from a general physician.6 Again, this is substantially different from the 20% treatment rate cited by TeenScreen.7

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Europe in transition

Biomedical research from eastern Europe may be under-represented

Editor—The unique database of ISI (Institute of Scientific Information) has well known limitations in assessing biomedical research. The most important one is that its content mainly reflects the mostly English language pool of the "international journals." Some European non-English speaking countries, and especially east European countries, have a strong tradition of publishing in their native languages. This pool of publications is not closely connected to the one reflected in the ISI database.

The "quality" of research products published in local journals may be disputed, but the quantity or research input of east European countries is underestimated in the study by Zotkains and Falagás.1

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Dietary fat is not the villain

Editor—Zotkains and Willett claim that the decrease of saturated fat and an increase of polyunsaturated fat consumption explain the increase of coronary heart disease in Poland.1 However, ecological data are prone to bias because they are rarely, if ever, adjusted for confounders. In this case they are even contradicted by similar studies in the past. In a review including 105 time periods in 35 countries, I found that in 30 time periods an increased intake of saturated fat was followed by increased coronary mortality, but after 29 other periods with increased saturated fat consumption heart mortality was unchanged in six and decreased in 23.2 Zotkains’s and Willett’s statement that their finding is supported by epidemiological and clinical evidence is not true either. In a review of all cohort and case-control studies, heart patients had eaten more saturated fat than had healthy controls in three cohorts, but in one cohort they had eaten less, and in 22 cohorts and in six case-control studies no difference was found.3 No cohort study or case-control study has found that coronary patients have eaten fewer polyunsaturated fats either; on the contrary, three cohort studies found that they had eaten more than the healthy controls, and in 29 studies no difference was found.4

The absence of an association between fat intake and coronary disease was recently confirmed in a large Swedish population study.5 No association has been found either between intake of dietary fats and degree of atherosclerosis at necropsy.6 Most importantly, two meta-analyses of all controlled, randomised dietary trials, in which the only type of intervention was a lowering of dietary saturated fats and an increase of dietary polyunsaturated fats, found that the total number of deaths was identical in the treatment and the control groups.7

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Although the HIV prevalence is zero among injecting drug users, the prevalence of hepatitis C is about 30-35%. According to Gyarmathy VA, Rácz J, Neaigus A, Ujhelyi E. The urgent need for HIV and hepatitis prevention in drug treatment. BMJ 2001;322:577-80, the availability of injecting drug use, risk behaviour and risk environment in Hungary underline the importance of unlimited availability of injecting equipment in pharmacies and the need of needle exchange programmes (which are, however, available only in bigger cities).

The problems mentioned included the deterioration in health and social services since the collapse of the communist system in eastern Europe. The opportunity to study prospectively what is possibly the biggest system reform in our time was missed because the pressure to deliver changes overnight was so strong that a more systematic, planned, and reasoned approach seemed to be equal shambles. Money was spent on reforms but without monitoring because of this pressure. Consequently, baseline data to measure progress and impact of reform are hardly available, although UNICEF's TransMonee database was mentioned as a resource.

Human resources were also identified as a problem—not because of a lack of trained people but because of attitudinal or financial problems, political conflicts of interest, a lack of practical skills, and a lack of incentives. A lack of local ideological change, a hindrance to progress by some, but a lack of knowledge of how to use existing resources most effectively was probably worse. An absence of individuals' responsibility for their own health—another problem—may be a legacy of communism. Scarce finances affect preventive health measures, such as screening programmes, which have deteriorated in some parts of eastern Europe. Participants even wondered whether some governments take health problems in their countries seriously and whether years under communist rule might have created an aversion to solving problems collectively.

Suggested solutions to this array of problems included capacity building and pan-European health programmes. Providing governments with unbiased international donor support or opportunities to work with international bodies may help because small collaborative pilot projects have already been found to be effective.

Funding and government support were seen as perennial problems, although joint international applications from academic partners were regarded as having a chance of success. Good epidemiological and economic studies could help to provide a common focus. The health agenda needs to be supported at the overall political level, while local governments, better informed about local needs and conditions, should set strategies.

The underlying assumption behind the opposition to reform is that the current NHS is as good as it can be and there is no way to do it better. There is legitimate debate about how to do better, but starting with a fairy tale view of how the NHS is now is not a good place to start.

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Ignore fairy tales when campaigning for NHS reform

Editor—I find it hard to see why the Poet Laureate or Philip Pullman has anything useful to say about NHS reform.1 However good their writing (and it is), their views of the NHS are mere fairy tales.

The “collaborating network” so threatened by competition does exist. The NHS that I know has good parts, but other parts lose your medical records when you move from unit to unit, fail to eliminate bad medical practice, and have consultants whose rivalry over who gets patients into beds is a serious barrier to running the hospital efficiently.

As for the “planned and equitable” way it delivers care to patients: in the real world, centrally planned economies are a total failure because the incentive to improve is completely dominated by the incentive to be uniform. Competition creates a sufficiently powerful incentive to improve how things are organised that the long term benefit to all is far greater than the apparent inefficiency of competition.

But the most absurd statement of all is the idea that “growth in paperwork” is eating into “scarce funding.” How any organisation where spending has doubled in a mere decade could consider funding “scarce” is rich enough. But the idea that all management activity is parasitic on the hardworking medical staff (which is what the jibe about paperwork implies) is another fairy tale. The real NHS isn't like that. It's under-managed and badly organised, and putting good managers in place can often dramatically improve the capacity of the medical staff to treat patients.

Summary of webchat

The aim of the theme issue of Europe in transition was to give a snapshot of countries in political and economic transition. Participants in the accompanying webchat discussed problems that they were facing in the course of their own work, analysed where those problems might stem from, and thought of some tentative solutions.1

1. Arie S. Writers join experts to campaign to save NHS from privatisation. BMJ 2001;321:713. (1 October.)