



NEWSLETTER

M-CARE PROJECT NEWSLETTER

SEPTEMBER 2026

Dear Reader,

The M-CARE consortium is pleased to share this latest update on progress across Ghana, Kenya and Uganda. This edition highlights completion of ground-truthing across the three implementation countries, continued stakeholder engagement, public outreach in Ghana, WP2 pilot consultations, and a student spotlight.

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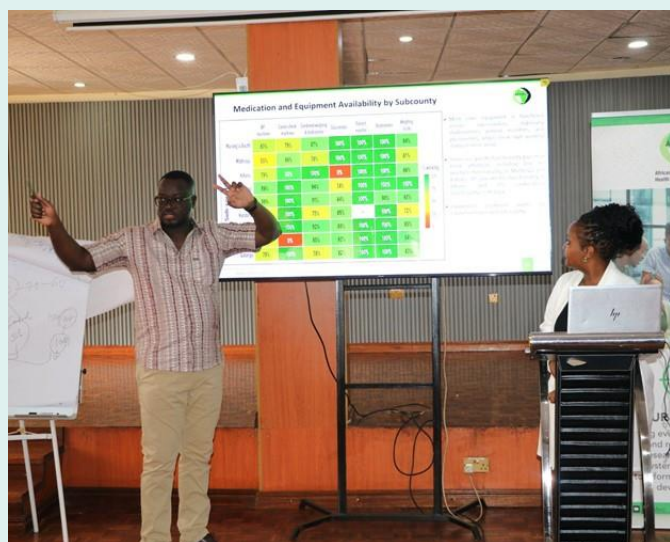


PROJECT OVERVIEW

M-CARE is developing and implementing an integrated, patient-centred model of care for people living with multiple cardiometabolic and common mental health conditions in Ghana, Kenya and Uganda. The project combines WHO's PEN and mhGAP-IG approaches with local health-system insights to strengthen early detection, coordinated treatment, continuity of care and long-term health outcomes at the primary healthcare level. By equipping frontline health workers and engaging communities, M-CARE aims to improve access to quality care, strengthen health systems and promote sustainable, evidence-based healthcare solutions across Sub-Saharan Africa.

GROUND-TRUTHING COMPLETED ACROSS GHANA, KENYA AND UGANDA

A major implementation milestone has been reached with completion of the M-CARE ground-truthing exercises in Ghana, Kenya and Uganda. The exercises assessed health-facility capacities and generated contextual information to inform the next stages of implementation. Across the three countries, the findings will support refinement of implementation planning and help ensure that the integrated care model responds to the realities of participating primary healthcare settings.



M-CARE field activities



Ground-truthing completion

Why This Matters

Ground truthing is a core M-CARE research activity used to ascertain existing health-facility capacities before implementation. The completed exercises provide an important evidence base for subsequent co-design, implementation and evaluation activities.

M-CARE GHANA TAKES THE PROJECT TO UNIVERSITY OF GHANA RADIO

The M-CARE Ghana team visited the University of Ghana radio station to showcase the project and raise awareness of its focus on integrated care for people living with multiple cardiometabolic and mental health conditions. The engagement provided an opportunity to communicate the project's objectives, planned activities and expected contribution to stronger, people-centred primary healthcare in Ghana.



M-CARE Ghana team at Radio Univers 105.7 FM

M-CARE IN GHANA

M-CARE seeks to improve care for people with multiple long-term cardiometabolic conditions - including diabetes, hypertension and dyslipidaemia - alongside common mental health conditions such

as depression, anxiety and substance-use disorders. The project is working with stakeholders to adapt and implement evidence-based integrated care approaches within primary healthcare.



Research and Innovation Agenda

Topic:

Implementation of an Integrated Care Model for Patients with Multiple Cardiometabolic and Mental Health Conditions

Host: Pascaline K. Songore

Co-Host: Jane Dokuaa Oppong

Guest: Prof. Alfred Doku
Department of Medicine and Therapeutics, UGMS

LIVE ON 105.7MHZ

Wednesday, 27th May, 2026

9:00am - 10:00am

@univers1057fm @rid_ug_ @rid.ug

KENYA STRENGTHENS COUNTY ENGAGEMENT FOLLOWING FACILITY ASSESSMENT

On 9 July 2026, the APHRC M-CARE team convened a stakeholder engagement meeting in Murang'a Town with 26 participants from the Murang'a County Government, County Health Management Team, nine Sub-County Health Management Teams and APHRC. The meeting reintroduced M-CARE, presented an overview and preliminary findings from the health-facility assessment, and concluded with a joint stakeholder-mapping exercise to identify actors and collaboration opportunities for integrated NCD and mental health care.



Murang'a County stakeholder engagement

Building A Shared Implementation Pathway

The engagement created a shared platform for county health leaders and the research team to interpret facility-assessment findings and strengthen collaboration ahead of implementation.

WP2 PILOT STAKEHOLDER CONSULTATIONS UNDERWAY IN GHANA

The Ghana team has completed the WP2 stakeholder mapping and pilot stakeholder consultation interviews. The pilot consultations gathered perspectives from stakeholders working across policy, mental health and non-communicable disease programmes, as well as nurses and other frontline healthcare professionals, on the management of multiple cardiometabolic and common mental health conditions and opportunities for more integrated care. Insights from the pilot interviews have informed the refinement of the interview approach and preparations for the next phase of the study. Plans are now underway for the training of the research team and commencement of the main field data collection.

POLICY

Policy and health-system perspectives

NCD & MENTAL HEALTH

Views from NCD and mental health focal persons

FRONTLINE CARE

Experiences of nurses and healthcare workers

From Consultation To Co-design

Lessons from the pilot will inform subsequent stakeholder engagement and the co-design and optimisation of M-CARE implementation strategies and tools in Ghana.

STUDENT SPOTLIGHT - AMIDA RAHMAN

Meet Amida



Amida Rahman is a Public Health Physician Specialist and PhD candidate at Amsterdam UMC, University of Amsterdam. Her interests span health policy and systems, NCDs, multimorbidity and implementation research.

Her PhD research, aligned with M-CARE, explores health-system readiness for the integrated management of cardiometabolic and mental health multimorbidity at primary care level in Ghana.

Amida is motivated by research that moves beyond publications to improve how people experience healthcare. Through her work, she hopes to contribute to stronger, more integrated and people-centred primary healthcare systems in Ghana and across sub-Saharan Africa.

Away from research, she enjoys reading, sightseeing and discovering new places and cultures.

"I'm excited to be part of M-CARE and to contribute to its vision of improving care for people living with multiple chronic conditions in sub-Saharan Africa."

NEXT STEPS

With ground-truthing completed across Ghana, Kenya and Uganda, the consortium will build on the evidence generated from health facilities and stakeholder consultations. Upcoming work will advance country implementation activities, strengthen stakeholder engagement, refine implementation strategies and tools, and prepare for the next phases of M-CARE.

UPCOMING EVENTS

M-CARE Annual Meeting
Lira, Uganda
28 September – 3 October 2026

M-CARE Inception Meeting
Kenya
5 October 2026



A new model of integrated, patient-centered care
M-CARE delivers a new model of integrated, patient-centered care for managing multiple chronic and mental health conditions in Sub-Saharan Africa. By combining WHO's PEN and mhGAP-IG guidelines with local insights, we empower primary healthcare systems to detect, treat, and manage cardiometabolic and mental health conditions effectively. Our innovative approach ensures early intervention, sustainable health improvements, and stronger communities across Ghana, Kenya, and Uganda.

CONTACT INFORMATION

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