



NEWSLETTER

M-CARE PROJECT NEWSLETTER

APRIL 2026

Dear Reader,

The M-CARE project team, which began its work in 2025, would like to share an update on recent activities to keep you informed about the latest developments within the project. This newsletter covers the period since October 2025 and highlights key progress, milestones, activities, and ongoing work across the consortium.

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PROJECT OVERVIEW

The Horizon Europe-funded M-CARE Project continues to make significant progress in advancing integrated care for individuals living with multiple chronic cardiometabolic conditions and common mental health disorders across sub-Saharan Africa. By bringing together consortium of partners from Ghana, Kenya, Uganda, the Netherlands, the United Kingdom, and Denmark to develop and implement an integrated, patient-centred model of care. This approach aims to provide coordinated and continuous care for patients within primary healthcare settings, allowing individuals to receive support for multiple conditions in one place. The model is designed to be practical, scalable, sustainable, and adaptable to different health system contexts, with the goal of improving patient outcomes and strengthening health systems.



KEY ACHIEVEMENTS THIS QUARTER

During the first quarter of 2026, the M-CARE Project recorded several important achievements. This was followed by the national launch in Ghana, which secured high-level stakeholder support and institutional commitment.

The project also achieved a major milestone with the official launch in Uganda, expanding its implementation footprint and strengthening regional collaboration. In addition, field engagement activities in Ghana, particularly in the Bono East Region, enabled early planning for implementation and fostered strong partnerships with regional stakeholders.

Overall, these activities have significantly strengthened collaboration within the consortium and positioned the project for effective implementation in the coming phases.

LAUNCH OF M-CARE PROJECT IN GHANA

The M-CARE Project was officially launched in Ghana on 4th December 2025, with strong participation from national stakeholders under the leadership of the Ministry of Health. The launch brought together key institutions, including the Ghana Health Service, the National Cardiothoracic Centre, the National Diabetes Research Centre, Korle-Bu Teaching Hospital, and international partners such as WHO Ghana, PATH Ghana, GIZ-AYA, and APHRC.

The event demonstrated a unified national commitment to addressing the increasing burden of cardiometabolic conditions and mental health disorders through integrated care approaches. Stakeholders emphasized the urgent need to move away from fragmented service delivery towards coordinated, patient-centred models of care that can better respond to the complex needs of individuals living with multiple conditions.

There was strong consensus on the importance of collaboration across institutions and sectors, as well as the need to align the project with existing national policies and health system priorities. This level of engagement and support provides a solid foundation for effective implementation of the M-CARE Project in Ghana.



M-Care Launch in Ghana



Participants at the Launch in Ghana

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M-CARE GHANA TEAM VISIT TO KINTAMPO

On 23 January 2026, the M-CARE team conducted a field visit to the Kintampo Health Research Centre in the Bono East Region, a key implementation site for the project. The visit brought together the M-CARE team, the Centre, and the Regional Health Directorate to discuss implementation planning and strengthen collaboration.



M-CARE Ghana team in Kintampo

The engagement highlighted existing gaps in integrated care for cardiometabolic conditions and mental health orders, particularly challenges with fragmented services and patient follow-up. Stakeholders expressed strong support for the M-CARE model and committed to supporting facility mapping and implementation activities.



M-CARE Ghana team in Kintampo

The visit marked an important step in preparing the site for rollout and strengthening partnerships at the regional level.

M-CARE PROJECT ENGAGES BONO REGIONAL HEALTH DIRECTORATE IN SUCCESSFUL STAKEHOLDER VISIT

The M-CARE Project team paid a productive working visit to the Bono Region, where they met with the Regional Health Director and his

management team in Sunyani to discuss key implementation plans for the project. Discussions focused on the selection of participating health facilities, stakeholder engagement, and preparations for the upcoming ground-truthing exercise. The Regional Health Directorate expressed strong support for the initiative and reaffirmed its commitment to facilitating successful project implementation in the region.



M-CARE Project Engages Bono Regional Health Directorate

UGANDA LAUNCH: EXPANDING REGIONAL IMPACT

The Uganda team successfully launched the M-Care project at Lira University, marking an important milestone in the project's expansion across sub-Saharan Africa. The event brought together a wide range of stakeholders, including representatives from the Ministry of Health, local government authorities, healthcare professionals, researchers, civil society organizations, and community members. The full report is available on the M-CARE website: [M-CARE Project Reports](#)

The launch highlighted the growing burden of cardiometabolic conditions and mental health disorders in Uganda, as well as the challenges posed by fragmented healthcare systems. Stakeholders emphasized that patients with multiple conditions often experience difficulties



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The M-Care and Lira University Leadership proudly present the signed commitments Charter by all stakeholders during the project launch



A group photograph of participants

The M-CARE Project in Uganda will be implemented across 60 health facilities in the Lango sub-region, with a focus on strengthening primary healthcare systems and promoting integrated, patient-centred care. The strong engagement observed during the launch reflects a shared commitment to improving healthcare delivery and addressing the complex needs of patients living with chronic conditions.

The official launch was presided over by the Mayor of Lira City and the Guest of Honour, Commissioner National NCD, MoH who commended the consortium for prioritizing chronic diseases and mental health.



The RDC Lira District appends her signature during the M-CARE project launch.



Panelists at the launch



The official launch of M-CARE Uganda





UPCOMING M-CARE WEBINAR – 28 MAY

The M-CARE Project is pleased to announce an upcoming webinar scheduled for 28 May, bringing together researchers, health professionals, policymakers, and stakeholders to discuss innovative approaches to improving care for people living with multiple long-term chronic conditions in Africa. The session will provide a platform for knowledge sharing, dialogue, and collaboration on challenges, opportunities, and solutions for integrated chronic care. We warmly invite all interested participants to join this important conversation.

M-CARE PROJECT HOLDS MAIDEN STEERING COMMITTEE MEETING TO STRENGTHEN IMPLEMENTATION OVERSIGHT AND STRATEGIC DIRECTION

The M-CARE Project successfully held its maiden Steering Committee meeting, bringing together key stakeholders from government, academia, research institutions, and partner organizations to provide strategic direction for implementation. Chaired by Dr. Hafez Adam Taher of the Ministry of Health, with Dr. Caroline Amisshah of the Ghana Health Service as Co-Chairperson, the meeting reviewed project progress, planned activities, and priorities for 2026. Members also refined the Governance Committee Terms of Reference and agreed on key action points to support initial project activities at the implementation sites.

The Committee further agreed to meet quarterly each year, with two virtual and two in-person meetings.



WEBINAR

28th May, 2026 from 14.00-15.30 (CET); 12.00-13.30 (GMT)

Transforming Care for Patients with Multiple Long-Term Chronic Conditions in Africa: Challenges, Innovations & Opportunities

OVERVIEW

Multiple long-term chronic conditions - especially the dangerous intersection of cardiometabolic diseases and common mental health disorders - are rising at an alarming pace across sub-Saharan Africa. The result is a rapidly escalating burden on patients, families, communities, and already-stretched health systems. Traditional, single-disease care models can no longer keep up. They leave too many people undiagnosed, unsupported, and without access to the integrated, person-centred care they urgently need.

This webinar, hosted by the M-CARE Consortium in collaboration with Amsterdam Public Health – Global Health, brings together leading experts to confront this challenge head-on. Together, we will explore practical, scalable solutions to strengthen primary care for people living with multiple chronic conditions across Africa. We will unpack the true scale of the problem, examine why whole-person primary care is essential, and highlight how evidence-based tools such as WHO PEN and mhGAP can transform frontline services.

The session will also spotlight real-world insights from the European Commission-funded M-CARE Project (<https://www.mcareproject.org>), currently evaluating integrated care strategies in Ghana, Kenya, and Uganda. Expect rich insights, actionable strategies, and a forward-looking discussion on how to improve care for millions across the region.

The event will be chaired by Prof. Charles Ayemang (Amsterdam UMC, University of Amsterdam) and will feature presentations from eminent speakers, followed by an interactive Q&A and panel discussion.

PROGRAMME

14.00-14.05: Welcome and scene setting - Prof. Charles Ayemang (Amsterdam UMC, The Netherlands & PI of M-CARE)
 14.05-14.20: Confronting the Rising Burden of Multiple Chronic Conditions in Sub-Saharan Africa: Insights from the WHO-AFRO - Prof. Kofi Nyarko (Team Lead for NCDs/ Mental Health and Injuries, WHO-AFRO)
 14.20-14.25: The Dutch Approach to Integrated Chronic Care: What Other Systems Can Learn - Dr. Monika Hollander, (Amsterdam UMC, The Netherlands)
 14.35-15.05: M-CARE - A model of integrated, patient-centered care for patients with multiple long-term chronic conditions in sub-Saharan African countries - Prof. Alfred Doku (University of Ghana M. medical School)
 15.05-15.25: Panel discussion with speakers & Prof. Ama de-Graft Aikins (LSE), Dr. Gershini Asiki (APHRC, Nairobi, Kenya), Dr. Bernard Omech (Lira University, Uganda) & Mr. Labram Musah (NCD Alliance, Accra, Ghana) - Facilitated by (Dr. Wouter Munneke, Amsterdam UMC, The Netherlands)
 15.25-15.30: Closing remarks - Prof. Marie Norredam (University of Copenhagen, Denmark)

SPEAKERS


 Prof. Charles Ayemang
Chair & Project Lead, UMC, of Amsterdam


 Prof. Kofi Nyarko
NCDs Lead, WHO, African Region


 Dr. Monika Hollander
Assoc. Prof., Amsterdam UMC


 Prof. Alfred Doku
Ghana Lead, University of Ghana


 Prof. Marie Norredam
WP 9 Lead, UMC, of Copenhagen


 Prof. Ama de-Graft Aikins
WP 2 Lead, LSE


 Dr. Wouter Munneke
Project Coordinator, UMC, of Amsterdam


 Dr. Gershini Asiki
Kenya Lead, APHRC


 Mr. Labram Musah
Nat. Coordinator, Ghana NCD Alliance


 Prof. Bernard Omech
Uganda Lead, Lira University, Uganda

Registration: [Webinar MLTC registration form](#) Deadline for registration: 25th May, 2026
 Webinar link: <https://eu01web.zoom.us/j/6117236013?pwd=YbHRk3d5YrIwK3IcRRAAJBtod.1>

DETAILS

mcareproject.org/webinar





Participants at the Steering Committee Meeting



Participants at the Steering Committee Meeting



KENYA M-CARE ACTIVITIES: STRENGTHENING COUNTY ENGAGEMENT AND GROUND-TRUTHING PREPARATIONS

ENGAGEMENT WITH COUNTY AND SUB-COUNTY HEALTH MANAGEMENT TEAMS IN MURANG'A COUNTY, KENYA

As part of ongoing implementation activities under the M-CARE Project in Kenya, the African Population and Health Research Center (APHRC) team conducted a series of stakeholder engagement meetings with the County Health Management Team (CHMT) and Sub-County Health Management Teams (SCHMTs) in Murang'a County.

The first engagement meeting was held on 9 February 2026 and brought together members of the Murang'a County Health Management Team, led by the County Director of Health, together with a representative from Kenya's Ministry of Health. During the meeting, the M-CARE Project Manager, Dr Frederick Murunga Wekesah, introduced APHRC and presented an overview of the M-CARE project, including its objectives and implementation plans. The meeting aimed to establish collaboration with the County Government, align priorities, and discuss the way forward for implementation.

A follow-up meeting with an expanded CHMT was later convened on 26 February 2026 and attended by the Kenya Site Principal Investigator, Dr Gershim Asiki. During the discussions, the study protocol was reviewed, key roles and responsibilities were agreed upon, and a joint implementation work plan was developed. Following these deliberations, the study protocol was formally submitted to the County for review and approval, which was subsequently granted on 3 March 2026.

Further strengthening stakeholder engagement, another meeting was held on 14 April 2026 involving representatives from Kenya's Ministry of Health, the CHMT, and SCHMTs from all nine sub-counties in Murang'a County.

The meeting focused on introducing the project objectives and planned implementation activities while securing support and buy-in from health management teams. As part of the outcomes, one focal person from each sub-county was identified to support the research assistants during the health facility assessment and ground-truthing exercise. SCHMT representatives also committed to supporting the mobilisation of health facilities during the exercise.

TRAINING OF RESEARCH ASSISTANTS AND GROUND-TRUTHING EXERCISE

To support the implementation of the ground-truthing exercise, a total of 20 research assistants were trained between 15 and 17 April 2026. The training focused on study procedures, ethical considerations, and the use of data collection tools for the health facility assessment exercise.

A pilot test of the study processes and data collection tools was conducted on 17 April 2026 to refine operational procedures before field implementation. Subsequently, the health facility assessment and ground-truthing exercise were carried out between 22 April and 5 May 2026 across selected facilities in Murang'a County.

The activities marked an important milestone in strengthening collaboration with county health leadership and preparing for the implementation phase of the M-CARE project in Kenya.



Figure 1: SCHMT Engagement Meeting Group Photo - 14 April 2026



Figure 2: Dr James Mburu, Director of Health, Murang'a County during SCHMT engagement meeting on 14 April 2026



Figure 3: Dr Gershim Asiki during training of Research Assistants



Figure 4: Dr Morin Kaunda, MoH Dep't of NCDs, during training of research assistants



Figure 5: Research Assistants during the ground-truthing exercise training





KEY CHALLENGES IDENTIFIED DURING STAKEHOLDER CONSULTATIONS AND SITE ENGAGEMENTS

Despite the strong progress made, several challenges were identified across the participating countries. One of the major issues is the fragmentation of healthcare services, which limits the delivery of integrated care for patients with multiple conditions. Access to comprehensive services remains uneven, particularly in resource-constrained settings.

Health workforce shortages continue to pose a significant challenge, alongside weak referral systems and inadequate follow-up mechanisms. In addition, limited digital infrastructure and gaps in patient tracking systems hinder effective monitoring and continuity of care.

These challenges highlight the need for targeted interventions and system-level strengthening to support the successful implementation of integrated care models.

NEXT STEPS

Looking ahead, the M-CARE consortium will focus on advancing key implementation activities. This includes finalising the selection and mapping of health facilities in Ghana, strengthening stakeholder engagement at both national and regional levels, and developing implementation tools and training materials.

Efforts will also focus on establishing strong monitoring and evaluation systems to track project progress and outcomes. In addition, the consortium will continue stakeholder engagement and mapping activities to better understand stakeholder needs and support the development of culturally appropriate interventions and implementation strategies suited to local contexts. Partners will also continue working closely together to ensure coordinated and effective implementation across all participating countries.

The first quarter of 2026 marks a strong and promising start for the M-CARE Project. The successful launch activities, growing stakeholder engagement, and strengthened partnerships across countries demonstrate the project's potential to drive meaningful change. With a shared vision for integrated, patient-centred care and a commitment to collaboration, the M-CARE consortium is well-positioned to improve the management of chronic cardiometabolic conditions and mental health disorders across sub-Saharan Africa..



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.

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