

PHAST Step-by-step Guide:

A participatory approach
for the control
of diarrhoeal disease

PHAST

Participatory Hygiene
and Sanitation
Transformation
Series



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Geneva



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This guide is a collaborative effort of the Rural Environmental Health Unit, the Global Task Force on Cholera Control and the Cholera Sub-Regional team in Harare.

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Contents

Welcome	v
Evaluation form	vii
Acknowledgements	ix

Part I: Introduction to PHAST

Purpose and overview of the guide	3
Why use this guide?	3
Who this guide is for	4
What PHAST tries to achieve	4
What are participatory methods?	5
Why use participatory methods?	5
PHAST and empowerment	5
How the guide is organized	7
How to use the guide	9
Prepare before you start	9
Make your toolkit	9
Select the group	10
Group size	10
Should I follow the steps in order?	11
Moving from step to step	11
Keep records and activity outputs	12
Evaluate each activity	12
Some necessary background concepts	13
Diarrhoeal diseases and disease transmission	13
Health awareness and community change	15
Other uses of this guide	16
How to be a facilitator: some important points	17
All participants are equal	18
There is no one right answer	18
Creating the right atmosphere	18
How to cope with dominant personalities	19
General instructions for all activities	19
Removing and storing PHAST materials for future use	20

Part II: Step-by-Step Activities

Step 1: Problem identification	23
Activity 1: Community stories	24
Activity 2: Health problems in our community	27
Step 2: Problem analysis	31
Activity 1: Mapping water and sanitation in our community	33
Activity 2: Good and bad hygiene behaviours	36
Activity 3: Investigating community practices	39
Activity 4: How diseases spread	43
Step 3: Planning for solutions	47
Activity 1: Blocking the spread of disease	48
Activity 2: Selecting the barriers	50
Activity 3: Tasks of men and women in the community	53
Step 4: Selecting options	57
Activity 1: Choosing sanitation improvements	58
Activity 2: Choosing improved hygiene behaviours	62
Activity 3: Taking time for questions	66
Step 5: Planning for new facilities and behaviour change	69
Activity 1: Planning for change	70
Activity 2: Planning who does what	73
Activity 3: Identifying what might go wrong	77
Step 6: Planning for monitoring and evaluation	81
Activity 1: Preparing to check our progress	82
Step 7: Participatory evaluation	85
Activity: Checking our progress	87

Part III: Making a toolkit

Guidelines for PHAST facilitators and programme managers	97
Guidelines for PHAST artists	103
How to make and use a pocket chart and more examples of how to use it	119
Activity, tool and artist acknowledgements	123
Glossary	124
References	126

Welcome

This step-by-step guide can help you help communities improve their environments and manage their water and sanitation facilities, particularly for prevention of diarrhoeal disease. You won't need to do a lot of additional background reading, but you will need training in either the PHAST¹ or SARAR² methodology upon which this guide is based. You will also need some technical knowledge about diarrhoeal disease transmission to share with community members and to guide discussion.

The participatory techniques used in the PHAST initiative have proved to be very successful and rewarding for communities *and* for facilitators. So much so, that community workers who took part in the initial pilot study to test the use of participatory techniques for improving hygiene behaviours did not want to go back to their previous methods. They wanted to continue with the participatory approach because results were much better and the process was more enjoyable. But don't simply take our word for it. Invest time in learning about participatory techniques and how to use them. Enquire about training opportunities or ask to take part in ongoing projects that use a participatory approach.

We would very much like to hear about your experience of using this guide. We have therefore included an evaluation form and would be very grateful if you would complete it and return it to us. Your comments will help us to improve the next edition of the guide.

Good luck!

¹ A joint programme of WHO and the UNDP/World Bank Water and Sanitation Program. It began with a pilot study in four African countries in 1993 to test the use of participatory methods for promoting hygiene behaviours, sanitation improvements and community management of water and sanitation facilities. Since 1994 PHAST has been an official Ministry of Health programme in Zimbabwe and incorporated into sanitation programmes in Uganda and Kenya. For more details see: Simpson-Hébert, Sawyer & Clarke (1996).

² SARAR stands for Self-esteem, Associative strengths, Resourcefulness, Action-planning, and Responsibility. It was developed during the 1970s and 1980s by Lyra Srinivason and colleagues for a variety of development purposes. See Srinivason, 1990.



Evaluation form: PHAST Step-by-step guide

Please help us to improve the PHAST guide by answering the following questions and sending this evaluation form to:

Division of Operational Support in Environmental Health
World Health Organization
1211 Geneva 27
Switzerland

Name: _____

Title: _____

Organization: _____

Postal address: _____

1. Does the guide contain all the information you need to use the PHAST approach?

Y N

If not, please tell us what information you still need. _____

2. Is the guide easy to read and understand?

Y N

3. Was the guide translated into another language for you to use in your work with communities?

Y N

If yes, which language was used? _____

Was the guide difficult to translate into this language?

Y N

If yes, please explain why. _____

4. After using the guide, did you feel that any of the steps or activities were not necessary?

Y N

If yes, please tell us which ones you thought weren't necessary and why. _____

5. Briefly list the changes that took place as a result of using this guide with a community group.

Changes to facilities: _____

Changes to hygiene behaviours: _____

Changes in community spirit: _____

Other changes: _____

6. Would you like to continue working with community groups using the guide?

Y N

If not, please explain why not. _____

7. Have you or your colleagues modified the guide for use on other issues besides water and sanitation?

Y N

If yes, please tell us what issues. _____

8. Had you received any training in SARAR or PHAST or any other participatory methodology before you used the guide?

Y N

If yes, please tell us about the training you received. _____

9. If you have any other comments that you would like to make or suggestions, please write them below.

Thank you for taking the time to fill in this evaluation form.

Note: If you don't want to cut this page out, you can photocopy it.

Acknowledgements

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The concepts, activities, tools and drawings used in PHAST have been borrowed largely from the earlier work of others. Please see **Activity, tool and artist acknowledgements** for details.

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