

DFY Bulletin—The Quarterly Update

NMBT supported health center in Bihar

The NMBT Health center at Masarhi, Patna

Doctors For You has opened Naraindas Morbai Budhrani Trust (NMBT) Health Centre in Masarhi village of Patna district in Bihar. The health Centre intends to provide accessible and affordable primary health care services prioritizing Reproductive and Child health for the underserved and unreached rural population in the 15 km radius of Masarhi region of Fatuah Block of Patna District in the state of Bihar.

The main focus at the health center is to provide antenatal examination, conduct institutional deliveries & provide postnatal care. These services are provided for free of cost to the patients. Family planning, adolescent health promotion, Integrated management of childhood illness (IMCI), community based management of malnutrition(CMAM) via screening, therapeutic feeding and IYCF counselling are the additional RCH services provided. The center has a well-equipped Labour room, Newborn Care Corner and a 6 bedded inpatient ward along with patient pantry. The center also provide ancillary services like general OPD, 24 hour laboratory, immunization day, TB & Leprosy diagnosis & treatment, 24 hour ambulance services and a well equipped pharmacy. Thus, the health center team is not only providing curative services but also provides preventive health services and promotes good health.



CTG Machine at NMBT Health Centre



Cardiotocography (CTG) machine is an established tool for monitoring wellbeing of an unborn baby. It is as essential as the stethoscope for an obstetrician. But due to cost, lack of awareness and lack of technical skill to interpret the graphs, it is rarely used in Bihar outside Patna city. One CTG test in Patna costs Rs 800!! The NMBT Center, Patna has started CTG monitoring of patients in their final month of pregnancy and during labour process.

Relatives and patients were thoroughly intrigued on hearing the heart sounds and seeing the graph on the monitor of their unborn child! It has given something tangible to be experienced by a mother apart from baby's kicks and has reinforced in their minds the need for ANC checkups! It has been a great aid for the center in determining the fetal wellbeing and the need for prompt referral of high risk cases.

School Safety Program by Disaster Risk Reduction Team in Kashmir



The school safety program is one of the major activities of Disaster risk reduction team of CBR2H2 project which is sponsored by CII. The program is basically a combination of training and equipping of school authorities as well as students to face any disaster situation. The program basically covers four major activities that are Hazard mapping; Training and practical demonstration (a) Basic Life Support training b) Things to do in case of Earthquake,

fire, landslides, floods, LPG leaks..etc c)Emergency evacuation d)First Aid box usage training and e)School exit plan); Equipping with emergency kits and; School exit plan designing and installing. The DRR team has actively been conducting school safety programs for all schools under its catchment area to ensure a safe response in case of any disaster.

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DFY Kashmir in the Last quarter

Bandipora district of Jammu & Kashmir is a potential flood zone and also faces multiple development issues like high infant mortality, under-development, malnutrition, frequent disease outbreaks, consumption of contaminated water and poor sanitation like open defecation, lack of toilets, etc. Post 2014 floods, DFY has launched its rehabilitation project to develop sustainable health practices and mitigate or alter the nature of health risks during normal time and also during emergency. The program is sponsored by CII. The aim of the project CBR²H² is to develop sustainable health practices in adopted villages through adopting a multi-sector approach.

The project was launched in August 2015 and the team works with three major departments that are Health, Disaster risk reduction and WASH (Water, Sanitation and Hygiene).

During the last quarter, Medical team benefitted 1942 beneficiaries through its general OPDs (676), Gynecology OPD (120), physiotherapy OPD (9), ARSH (285), Immunization (486) and

VHND (366). The DRR team benefitted 2197 beneficiaries through its programs that are BLS training (500), Village response unit volunteer training (36), school safety program (520), child health and awareness program (308), sanitation drive (410) and cleanliness drive (423). The WASH team benefitted 86 beneficiaries through toilet construction and also supported various hygiene promotion and good sanitation practices promotion activities of DRR team.



General Health

OPD

Location:

Aloosa SC

Date: 23 Jan

2015

Beneficiary: 71

Major Programs in the quarter

Sanitation Drives in Bandipora

The Disaster Risk Reduction team in Kashmir has launched sanitation drive. The complete program is community participatory and organized in a pattern that these are completely community driven. During the last quarter, the program covered 410 children and 52 teachers. The program is a combination of three activities that are health talk, practical demonstration and public rallies.

The topics focused in the program are Water borne diseases and open defecation; Flues and droplet diseases; 7 steps of Hand wash; Brushing technics; Basic personal hygiene- bath, brushing, nails and cloth washing ; Standard Water storage technique- Closed water sources, boiled/ filtered water for drinking ; Standard cooking practices – Washing vessels, vegetables and meats wash in clean water



Cleanliness Drives in Bandipora

The Disaster Risk Reduction team in Kashmir has launched Cleanliness drive. The program is organized to raise awareness for issues related with unclean environmental hazards. The program is run on similar patterns as the sanitation drive and includes three activities, which are



health talk, Public demonstration and public rallies.

The health talk covers the topics like Water borne diseases and water contamination; Epidemics; Air pollution; Proper disposal of liquid waste; Proper disposal of Solid waste; Save trees – plantation drive and Water conservation methods. During the reporting period, the program covered 423 children out of which 211 are male and 206 are female. It also covered 55 teachers out of which 34 are male and 21 are female.

Republic Day Celebrations



Doctors For You-Bihar celebrated India's 67th Republic Day with a grand function. MOIC Fatuha Dr. S.S. Roy, inaugurated the proceedings and hoisted the flag in NMBT-DFY Health Centre Campus. A march past was conducted by children and subsequently, DFY President Dr Ravikant Singh, NMBT-DFY Centre Head & Assistant Director, DFY (RCH) Dr Taru Jindal and Mukhiya of Masarhi Panchayat Sashi Shekhar Singh addressed the gathering.

DFY- CPCE, community development wing of DFY organised various competitions including science quiz and various sports events for the children. Prize distribution of the competition was also done.

Story Telling Sessions

DFY-CPCE have launched story telling sessions for Children under 12 of Masarhi Village. The sessions consist of reading sessions, drawing sessions, writing sessions etc, all based on one core story per day which is ideally a well known published story including fairy tales, legends etc. for example Alibaba and forty thieves, Birbal Stories, Cinderella etc. Through these sessions we intend to introduce the children All these stories are written in simple english aims to increase english language skills, reading habit among the children of the village.



International Women's Day

DFY, Bihar celebrated International women's day on 8th March, 2016 with Elisa, Public Health Researcher & Director, Clinical Research Resources Office, Boston University Medical Centre, USA and Nursing students. It was a sharing of individual life stories between Elisa and Nursing students. Students shared their struggles of life and fight for the rights of education.

Community Audit & Parents Meet

In a first of its kind, DFY CPCE organised a parents meet in the sidelines of Holi-Sammelan including 164 families of children studying in our learning centers (1-6 std). An initiative suggested and started by community suggestion was herein quality checked by community audit.

Kishori Swasthya Abhiyaan

On March 20th, Doctors For you, Masarhi, Bihar Launched 'sakhisaheli' group for adolescent girls at Masarhi. Total of 67 adolescent girls registered under the abhiyaan, girls were provided with adolescent health card, Vitamin A supplementation and deworming tablets. Health talks on 'Loving yourself-finding your way through adolescence' led to a very fruitful discussion on reproductive anatomy, contraception, menstrual hygiene and menstrual myths. The group would hereinafter be meet weekly on Saturdays to discuss about adolescent health. Anaemia corrections and weekly iron and folic acid supplementation will be distributed among all girls. Group has three leaders they are the key person to plan weekly activities.

HUMAN INTEREST STORY

18 months old baby with severe acute malnutrition weighing just 5.8 kg came to our OPD with severe pneumonia, unable to breath and in severe distress. Although child was classified SAM in previous DFY intervention, Mother had been noncompliant in previous 3 months for taking weekly supply of therapeutic food to treat the child. Baby was admitted and managed intensively for pneumonia. Also focus was given on feeding baby with calorie and protein reach food. Condition of baby steadily improved and he gained a significant 6.9 kg in just 6 days of admission. Mother was counselled extensively on right complementary foods, hygiene etc simultaneously to ensure continued support for baby. After discharged from hospital on 7th day, mother came along with baby for regular follow up and has not missed a single packed of RUTF. Baby is now weighing 8.0 kg and is out of SAM category.



DFY Tamilnadu in the Last quarter

In the end of 2015, Tamil Nadu faced heavy floods in Chennai and other districts such as Cuddalore, Kan-
chipuram and Thiruvallur. The DFY team responded to the floods in these three districts and started medical camps. As the situation in Chennai improved, focus shifted to Cuddalore and Tiru-
vallur. DFY has been conducting its intervention activities in



the form of medical camps, CHA & Deworming camps, Health Promotion Talks and Adolescent Reproductive and Sexual Health (ARSH) camps. Child Health Awareness (CHA) & Deworming camps were conducted in schools to provide deworming for children. In the cases where children had already received deworming, Health Promotion Talks were conducted. Adolescent Reproductive and Sexual Health (ARSH) camps were conducted for adolescents.

From December 11th to the 31st March, a total of 114 medical camps were conducted benefiting 16,349 people who attended these camps and were provided medical aid and medicines. Total 26 CHA & Deworming camps were conducted for 1,434 children in schools who were given deworming tablets. 22 Health Promotion Talks were conducted in schools for 1,584 students with whom the importance of personal and surrounding hygiene was discussed. 34 ARSH camps were held for 1,150 adolescents during which personal hygiene and adolescent issues were discussed.



Major Programs in the quarter

Medical Camps:

The aim of the medical camps was to provide medical aid to those communities whose access to their regular aid was cut or made difficult to access in the post-flood scenario. The medical camps provided free services of doctors and the prescribed medicines. 114 medical camps reached over 15,000 people (taking into account follow up camps).

CHA & Deworming camps:

CHA & Deworming camps are conducted for children. Its primary aim is to provide children deworming medication to address the risk of them being affected by the rains, either by drinking the water or other ways. The deworming is com-

bined with a Child Health Awareness talk to spread awareness of basic health and hygiene to the young children. 26 camps were conducted in which 1434 children were given deworming medication.

Health Promotion Talk:

Health Promotion Talks are camps focused on promoting health and hygiene. These are conducted in schools. The team conducts Health Promotion Talks in which hand washing techniques are taught, the children are encouraged to be aware of their personal and environmental hygiene. They are also encouraged to engage in a discussion and demonstrate the techniques they have learned. 22 Health Promotion Talks were conducted for 1584 children.

ARSH Camps:

Adolescent Reproductive and Sexual Health (ARSH) camps are conducted for adolescent children. Most adolescent children find it difficult to discuss the physical and emotional

changes they go through during puberty. As they are unable to discuss it openly with anyone, they may be under incorrect notions and need to be provided the right information and set their concerns at ease. To address these issues, DFY began its ARSH camps to talk to young children on matters related to puberty and health of adolescents. The children are also encouraged to engage in discussions with the team, providing them with an open forum to voice their concerns, either during or after the session. While the talks are mainly focused on girls, the team in Chennai/



Tiruvallur went one step further to engage the boys as well, where possible, in a separate discussion from the girls. Those who wanted to have a personal talk could come after the sessions. 34 ARSH camps were held for 1150 adolescents.



DFY Tamilnadu in the last quarter

Library:

DFY helped Shashtra, a student wing of IIT-Madras, to set up a library for young children in Pattabiram, Tiruvallur. The group had over 500 books they wanted to donate for children affected by the floods. With DFY's support, a venue was acquired to keep the books and function as a library for the children. Motivational books, moral science books and children's fiction books made up the majority of the collection. The day the library was officially opened, students living in the surrounding areas were gathered to explain the importance of reading and studying. Three to four children visits the library on weekdays and on the weekends, around fifteen children come to the library and some spend up to three hours at a time.



Prakash Nagar, Ambikapuram and Nandukuthagai. In Ambikapuram, the population are of the lower middle class who did not have proper access to sanitation facilities. The Palwadi School in the area also did not have toilets on its premises. Based on this, a need arose for toilets to be



constructed in the area which could be used by the children and the people.

The toilet construction thereby began in January in Ambikapuram. There is one Indian style toilet that has been constructed. The sump is 4 feet deep and 2 feet wide. The plan was to have toilets maintained by one of the women employed by Goonj as part of their livelihood programme and monitored by the local coordinator. Upon the success of this programme, this programme can be expanded to other places that are in similar situations needing access to proper toilet facilities. The toilet in Ambikapuram caters to over 22 families living there.

Sanitation support:

While medical camps were being conducted in Tiruvniravur block, Tiruvallur district, which was affected by the floods to a great extent, it was observed by the DFY team that there was a lack of proper sanitation facilities in some areas. An assessment was thereby conducted to this effect in

Human Interest Story

Doctors For You organised a health camp in OT block of Cuddalore district with the support of CIPLA foundation. In the crowd of people who attended the camp, there was one lady, hunched over waiting her turn.

Her name was Thamvathi and she looked very old and confirmed her age to be 82 years. She lived a few streets away from the camp location and had come to the camp with the complain of backpain and general health issues. She mentioned that her health was deteriorating as she was getting old but apart from sickness with old age, she was not able to deal with her occasional back pain.

After the check-up, she came smiling to collect her medicines saying that she was extremely glad that she had visited the camp because she got the free medicines and the doctors were very helpful. On asking how they were helpful, she said the doctor had actually listened to her problem, asking her questions on her pain rather than giving her a prescription. She left happily thanking the team for organising few medical camps and said that she hopes more people in the young generation continues the same practices.



DFY's major activities in Assam in the last quarter

Emergency Management Exercise (EMEx) is a weeklong capacity building exercise conducted to test the response mechanism of the members of the community. The exercise is designed to optimize the strengths and of various line departments/institutions/organizations that are responsible for carrying out the emergency response activities of the affected community during the time of disasters. The aim of EMEX is to prepare the community at district level for any large scale emergencies

This exercise includes a series of events. It begins with trainings and workshops in various tracks/modules followed by the table top stimulation exercise. On last day of the exercise a large scale field drill is organised at various parts of the town including the health facilities. The purpose of the training is to enhance the ability of participants to learn essential skills and knowledge in emergency situations. The field drill is conducted at district level and the district, administration as well as the regional emergency responders, educational departments, hospitals and other health facilities, health care professionals, humanitarian agencies, members of the community, NGO's civil society organizations takes part in the drill to test the real time inter agency coordination and how emergency response mechanism is activated by all the stakeholders.



tated the EMExs in 10 districts of Assam i.e. Kamrup metro (Guwahati), Bongaigaon, Nalbari, Lakhimpur, Dhemaji, Tinsukia, Sivasagar, Dhuburi, Darrang and Sonitpur. Two of the most important tracks on which DFY was facilitating trainings are Hospital preparedness and emergency management and Mass casualty handling for nurses and paramedics.

1. Hospital preparedness and emergency management

While EMS and other first responders provide trauma care in the disaster setting, the hospital will be the prime destination for survivors seeking emergency care. This course on hospital emergency preparedness aimed at enhancing the ability of the hospital administration to efficiently activate hospital care during mass casualty events without interrupting in house patient safety and care. This course also provided orientation on hospital resources like surge capacity and available external local resources, coordinate patient care at all level and effectively assess and mobilize hospital resources to provide patient care to the maximum. Doctors from various health facilities both government and private and hospital administrators are the target groups of this track

2. Mass casualty handling for nurses and paramedics

The course has been carefully designed to give first responders-EMS/ paramedics/nursing staffs working in the hospitals the skills, knowledge and orientation to provide critical and immediate care in disaster settings. This course deals with various emergency and mass casualty handling topics like, extrication, log-roll and patient transportation, psychological first aid and triage.



Emergency Management Exercises in Assam:

district administration as well as the community mem-



DOCTORS FOR YOU—MUMBAI

Health Education Camp for School Children

Doctors For You, Mumbai had organized a general health education camp for 2 days in Sane guruji school Santa Cruz west. Around 500 children participated and were taught basic health and hygiene practices including hand wash , basic management of diseases at home like fever , cough , cold , diarrhea , importance of bathing , tooth brushing. keeping nail small , etc .



There were separate sessions for boys and girls where they were taught about reproductive system , Safe sex , how to use condom , Sexually transmitted diseases , to respect women and there partners , sensitized on alcohol , tobacco , smoking and how they increase the crime against women .Girls were taught about menstrual hygiene , and how does menstruation happen , anatomy , and how to ensure safe sex practices with there partner etc.

CME Sessions at DFY Mumbai

CME on Asthma

A CME on Asthma was organized at Lallubhai health center, Mumbai for staff and Doctors of all the four centres in association with Cipla pharmaceuticals. The speaker for the event was Dr. Sunil Batra. DFY will soon be establishing asthma clinics for all its centers in Mumbai.



CME on Hyper-tension

A CME on Hypertension has been organized at Lallubhai compound center for all the staff members and doctors from all four centers of DFY , Mumbai. The session was taken by Dr. Sunil Batra from Cardiff, England.

CME on Kidney Diseases

A session was taken on continuing Medical Education on kidney disease was organized at DFY-MRVC health center in Mumbai on 2nd March 2016. The session was undertaken by Dr. Howard Trachtman





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Doctors For You (DFY) is a medical humanitarian organization formed by a team of highly experienced and specialized doctors from various parts of the world. DFY's focus is to address the most alarming and concerning problems faced by mankind today viz. healthcare, hygiene, disaster response and emergency medical aid in the most affected, developing countries, thereby touching millions of lives around the world.

Genesis of Doctors for You

The genesis of "Doctors for You" dates back to the time of crisis when Mumbai witnessed the one of the worst outbreak of Malaria & Dengue. Thousands of people were affected. A group of young doctors decided to take on the challenge and address this issue. The word spread, people flocked in to donate blood/platelets and many lives were saved. Owing to the success, the group organized various such drives all across the city. The group decided to formalize the initiative and registered the organization, and 'Doctors For You' was born. In 2008, during the Bihar floods (a national disaster), it was felt that there was no dedicated medical disaster response team in India for the disaster relief work. Doctors for You decided to fill this gap and immediately responded to the call of Nation. A team of 45 doctors was immediately sent to Bihar for flood relief work. The team worked in Bihar for six months treating over 130,000 patients especially women and children. At present DFY has established itself as an organization working on disaster health and primary health

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