

Monthly Report



Total Patients Availed services at DFY

Natwar Parikh Centre = 2120

Lallubhai Compound Centre = 6361

Total Patients = 8481

| Special OPD s | Patients Availing services at NP | Patients Availing services at LP |
|--------------------------------------------------------------|----------------------------------|----------------------------------|
| General OPD | ↑1320 | ↑2366 |
| Tuberculosis (individual & family counselling & home visits) | 154 | 433 |
| Gynaecology (ANC + Family Planning) | ↑160 | ↑206 |
| Dental | ↑98 | ↑526 |
| Immunization (ANC + Routine) | 77 | 120 |
| De-worming | 154 | 79 |
| Vitamin A | 56 | 82 |
| Dermatology | ↑61 | ↑186 |
| Diabetes and Hypertension ^{new} | 40 | 49 |
| Geriatric ^{new} | - | 1186 |
| General Physiotherapy | - | ↑430 |
| Health Camps ^{new} | - | 312 |
| Disability rehabilitation ^{new} | - | ↑267 |
| Orthopaedic ^{new} | - | 41 |
| Ophthalmology | - | ↑57 |
| Psychiatry ^{new} | - | 21 |
| Total | 2120 | 6361 |

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1. Introduction

Mumbai Railway Vikas Corporation (MRVC), MMRDA & Doctors for You (DFY) have been working in the M-east ward of Mumbai for the past three years for improvement in the socioeconomic and health indicators of the PAP's resettlement colonies. The interventions are being carried out through two health centres in the area. The Health centre in Natwar Parikh Area is functional since 2010 and in Lallubhai compound since 2013. The services are provided on daily basis by the team of doctors, paramedical staffs and outreach workers. The services are provided at the health centres on daily basis like general OPD, dental OPD, Tuberculosis treatment, Immunization, Growth monitoring OPD, family planning and maternal & child health services.

In the health centre at Lallubhai compound specialized services i.e. physiotherapy and disability rehabilitation, Gynaecology clinic, Eye clinic and Skin disease, Psychiatric, heart ailments treatment etc. are also provided. The OPD services are backed up by laboratory services and pharmacy. With the opening of health centre, quality health services are easily accessible and affordable to residents of these PAP's resettlement colonies and nearby slum areas. DFY has now been providing health care services to more than 1.5 lakh populations.

Apart from services at the health centre, health services and awareness activities are also organized in the area through community meetings, rally, street plays etc. The main aim of the project is to provide preventive and curative healthcare services to all.

2. Highlights of the month

2.1 Street Play:

A street play was conducted on 3rd of August at Lallubhai compound by Malnutrition Team to create awareness regarding fitness and well being . Also the team sensitized the public regarding good hygiene practices.

2.2 Physiotherapy Dept:

There was a Physiotherapy camp held on the 16th of Aug at DFY MRVC Health Center. The camp was for children below 5 years of age. The mothers was taught correct techniques of giving massage to kids along with some easy exercises for them . The total number of beneficiaries were 39.

2.3 Malnutrition Counseling Camp for children & mothers:

There were 2 malnutrition counseling camps for children & mothers. One was at Tata Nagar on the 9th of August and other was at Natwar Parik Center on the 18th of August. The total no of beneficiaries for these camps were 14 and 36 respectively. The importance of Nutrition & immunization were explained in the camps.

2.4 Cervical & Oral Cancer Camp :

Since 12th July onwards, twice a week we are having cervical, breast & oral cancer testing camps till date. The number of beneficiaries was 53 in the month of August. Women between 30 to 69 years of age are beneficiaries of these camps and are also counselled about self examination. There were 4 camps this month.

2.5 Women's Health Camp:

There was Women's health camp on 21st August where they were given Vitamin A and were also counseled regarding Family Planning methods such as Copper T, Contraceptives & Condoms. The total number of beneficiaries were 50.

2.6 Diabetes Camp:

Diabetes camp was held on 22nd & 23rd of August .There were 120 beneficiaries. Their Random Sugar was checked & those with high blood sugar levels were referred to the center for OPD consultation. One Camp was held at Tatanagar Anganwadi & another was at Jan Adhar Sena office in Sathe nagar.

2.7 Swacha Bharat Abhyan:

The entire staff of DFY engages in Swacha Bharat Abhyan activity every month on 2nd & 4th Saturday . All Staff wear their gloves & masks before starting our cleaning. We also inform the ward offices if the road in front of the Health Center is not clean.

3. Project Status and Statistical Data

The area wise details of health care activities undertaken by DFY are given below:

3.1 Statistical Data of Health Centre based activities

Table 3.1.1 General OPD services at Natwar Parikh Compound Colony Centre

| Sr.No. | Particulars | Aug 2017 | Year 2017-18 | Aug 2016 | Year 2016-17 | Total Since 2012 |
|--------|-----------------------------|----------|--------------|----------|--------------|------------------|
| 1 | General OPD Patients | 1320 | 6824 | 1060 | 5335 | 65285 |
| 2 | Male Patients | 461 | 2334 | 346 | 1871 | 24641 |
| 3 | Female Patients | 859 | 4430 | 714 | 3467 | 40404 |
| 4 | Children Below 5 | 140 | 735 | 131 | 1048 | 12808 |
| 5 | Children b/w 5 and 12 years | 117 | 633 | 145 | 749 | 8857 |
| 6 | Patients Above 60 years | 120 | 593 | 98 | 413 | 4446 |
| 7 | New Patients | 679 | 3348 | - | - | - |
| 8 | Follow up Patients | 641 | 2881 | 181 | 1311 | 22699 |
| 9 | TB Patients | 36 | 44 | 7 | 38 | 467 |
| 10 | Malnutrition Cases | 04 | 94 | 17 | 58 | 748 |

Table 3.1.2 MCH services at Natwar Parikh Compound Centre

| Sr No. | Particulars | Aug 2017 | Year 2017-18 | Aug 2016 | Year 2016-17 | Total Since 2012 |
|--------|--------------------------------------|----------|--------------|----------|--------------|------------------|
| 1 | ANC check-up | 36 | 178 | 34 | 73 | 1239 |
| 2 | Family Planning Services | 45 | 322 | 111 | 352 | 3167 |
| 3 | Immunization Services (ANC+ Routine) | 77 | 410 | 137 | 495 | 6512 |
| 4 | Vitamin A Supplementation | 56 | 198 | 109 | 325 | 4360 |
| 5 | De-worming Service | 154 | 496 | 158 | 570 | 6672 |

Table 3.1.3 General OPD services at Lallubhai Compound Colony Centre

| Sr No. | Particulars | Aug 2017 | Year 2017-18 | Aug 2016 | Year 2016-17 | Total Since 2012 |
|--------|-----------------------------|----------|--------------|----------|--------------|------------------|
| 1 | General OPD Patients | 2366 | 10462 | 1994 | 9264 | 99869 |
| 2 | Male Patients | 850 | 3689 | 741 | 3565 | 39777 |
| 3 | Female Patients | 1516 | 6773 | 1253 | 5749 | 59587 |
| 4 | Children Below 5 | 234 | 1233 | 339 | 1931 | 17507 |
| 5 | Children b/w 5 and 12 years | 140 | 610 | 369 | 1313 | 11177 |
| 6 | Patients Above 60 years | 1051 | 4786 | 201 | 823 | 15120 |
| 7 | New Patients | 2215 | 9434 | - | - | - |
| 8 | Follow up Patients | 151 | 1028 | 570 | 2084 | 25258 |
| 9 | TB Patients | 35 | 40 | 21 | 22 | 153 |
| 10 | Malnutrition Cases | 50 | 300 | 15 | 118 | 1612 |

Table 3.1.4 MCH services at Lallubhai Compound Centre

| Sr No. | Particulars | Aug 2017 | Year 2017-18 | Aug 2016 | Year 2016-17 | Total Since Oct 2012 |
|--------|--------------------------------------|----------|--------------|----------|--------------|----------------------|
| 1 | ANC check-up | 28 | 161 | 10 | 78 | 1978 |
| 2 | Family Planning Services | 61 | 186 | 67 | 353 | 4854 |
| 3 | Immunization Services (ANC+ Routine) | 120 | 716 | 310 | 1272 | 10121 |
| 4 | Vitamin A Supplementation | 84 | 698 | 258 | 1209 | 8519 |
| 5 | De-worming Service | 79 | 873 | 457 | 2422 | 10899 |

3.2 Statistical data of Dental Care Service**Table 3.2.1 Dental care services at Natwar Parikh Centre**

| Sr No. | Particulars | Aug 2017 | Year 2017-18 | Total Since Oct 2012 |
|--------|--------------------|----------|--------------|----------------------|
| 1 | Total OPD patients | 98 | 552 | 2132 |
| 2 | X- Ray taken | 8 | 59 | 222 |
| 3 | Extraction Done | 9 | 49 | 348 |
| 4 | Restoration Done | 3 | 26 | 264 |
| 5 | Scaling done | 3 | 17 | 93 |
| 6 | RCT | 4 | 30 | 92 |

Table 3.2.2 Dental care services at Lallubhai Compound Centre

| Sr No. | Particulars | Aug 2017 | Year 2017-18 | Total Since Oct 2012 |
|--------|--------------------|----------|--------------|----------------------|
| 1 | Total OPD patients | 526 | 7389 | 17444 |
| 2 | X- Ray taken | 48 | 371 | 761 |
| 3 | Extraction Done | 28 | 706 | 2052 |
| 4 | Restoration Done | 14 | 238 | 546 |
| 5 | Scaling done | 13 | 150 | 551 |
| 6 | RCT | 36 | 485 | 1688 |

3.3 Statistical data of Ophthalmic (Eye OPD) Services

The Eye Clinic in was inaugurated in August 2014 at MRVC Health centre, Lallubhai. The ophthalmic services are provided twice a week on Wednesday (two times in a day) and Saturday.

Table No. 3.3.1 Eye Clinic (Ophthalmic) Services at Lallubhai Compound

| Sr. No. | Health Center | Patients |
|---------|--------------------|----------|
| 1 | Lallubhai Compound | 57 |

3.4 Statistical Data of Gynaecology Services

The Gynaecology Clinic was inaugurated in September 2014 at MRVC Health Centre, Lallubhai. The Gynaecology services are provided twice a week on Tuesday and Friday in Lallubhai Centre and every day in Natwar Parikh.

Table No.3.4.1 Gynaecology Services at Lallubhai and Natwar Parikh Compound

| Sr. No. | Health Center | Patients |
|---------|--------------------|----------|
| 1 | Natwar Parikh | 79 |
| 2 | Lallubhai Compound | 118 |

3.5 Statistical data of Dermatology (Skin OPD) services

The Skin OPD (Dermatology) services were started at MRVC Health Centre, Lallubhai Compound in July 2015. The same service has been started at Natwar Parikh from September 2016. This services are available four times in a month in every Thursday for both the centers and out of 1st and 3rd week services have been sponsored by Dignity Foundation and rest of are founded by Doctors For You.

Table No. 3.5.1 Dermatology (Skin OPD) Services at Lallubhai and Natwar Parikh Compound

| Sr. No. | Health Center | Patients |
|---------|--------------------|----------|
| 1 | Natwar Parikh | 61 |
| 2 | Lallubhai Compound | 186 |

3.6 Statistical data of Diabetes and Hypertension Services

Diabetes and Hypertension services were started at MRVC Health centre, Lallubhai Compound and Natwar Parikh centres from August 2016.

The services are available every Friday at Lallubhai compound and every Wednesday at Natwar Parikh in every month.

Table No. 3.6.1. Non-Communicable Disease (NCD) Diabetes & Hypertension OPD Services

| Sr. No. | Health Centre | Patients |
|---------|--------------------|----------|
| 1 | Natwar Parikh | 40 |
| 2 | Lallubhai Compound | 49 |
| Total | | 89 |

3.7 Statistical Data of Geriatric Care Service

MRVC DFY Health Centre, Lallubhai Compound, Mankhurd has started a new Geri-atric OPD services in collaboration with Dignity Foundation from 5th December 2016 which have been provided from Monday to Saturday in every week.

Table 3.7.1 Geriatric OPD Services at Lallubhai Compound

| Sr. No. | Health Center | Patients |
|---------|--------------------|----------|
| 1 | Lallubhai Compound | 1186 |

3.8 Statistical data of Psychiatric & De-Addiction Services

Every 2nd and 4th Wednesday we have Psychiatric & De-addiction OPD.

Table No. 3.8.1 Psychiatric & De-Addiction Services at Lallubhai Compound

| Sr. No. | Health Center | Patients |
|---------|--------------------|----------|
| 1 | Lallubhai Compound | 21 |

3.9 Statistical Data of Orthopaedic Care Service

Table No. 3.9.1 Orthopedic Care Service

| Sr. No. | Health Center | Patients |
|---------|--------------------|----------|
| 1 | Lallubhai Compound | 41 |

3.10 Statistical Data of Physiotherapy & Disability Rehabilitation Care Service

3.10.1 General Physiotherapy

In this department patients with joint pain and muscle pain are provided with Physiotherapy based treatment.

Table 3.10.1 General Physiotherapy Clinic at Lallubhai compound center

| Sr. No. | Conditions Treated | Patient No. |
|---------|--------------------|-------------|
| 1 | Spine | 140 |
| 2 | Knee Pain | 138 |
| 3 | Upper Limb | 62 |
| 4 | Lower Limb | 12 |
| 5 | Post Surgery | - |
| 6 | Neck Pain | 59 |
| 7 | Weight Gain | 19 |
| 8 | Fracture | - |
| 9 | DM+HTN+Cholesterol | - |
| Total | | 430 |

3.10.2 Disability Rehabilitation Department

In this department all neurological and pediatric patients with disability conditions are provided with Physiotherapy services.

Table 3.10.2 Disability Rehabilitation Clinic at Lalubhai Compound Centre

| Sr no. | Conditions Treated | Number of Patients |
|--------|----------------------------|--------------------|
| 1 | Cerebro-Vascular Accidents | 88 |
| 2 | Cerebral Palsy | 153 |
| 3 | Paraplegia | 23 |
| 4 | Delayed Milestone | - |
| 5 | Down Syndrome | 01 |
| 6 | TBM | 01 |
| 7 | MMD | 01 |
| Total | | 267 |

3.11 Statistical Data of Children Under Five Clinic

This clinic was started for the children of 0-5 year age group. This group is the most vulnerable age group for malnutrition and subsequent mortality due to under nutrition complicated by infections. The aim of Under-five Clinic is to promote health of mother and children of this age group.

Services:

- Measurement of Height and weight
- Treatment of common conditions of mother and child
- Assessment of immunization status
- Provide nutritional education to mother
- To provide family planning counselling and services

In this clinic both mother and child are provided comprehensive health care services at free of cost. Since this is health promotion clinic, mother is asked to follow up every month with child for growth monitoring.

Table 3.11.1 Under 5 Clinic at Natwar Parikh Compound Centre

| Category | Male | Female | Total New August 2017 |
|-----------------------------------|-----------|-----------|-----------------------|
| Normal | 17 | 07 | 24 |
| Moderate Acute Malnutrition (MAM) | 01 | 07 | 08 |
| Severe Acute Malnutrition (SAM) | 01 | 01 | 02 |
| Total | 19 | 15 | 34 |

Table 3.11.2 Under 5 Clinic at Lallubhai Compound Centre

| Category | Male | Female | Total New August 2017 |
|-----------------------------------|-----------|-----------|-----------------------|
| Normal | 00 | 00 | 00 |
| Moderate Acute Malnutrition (MAM) | 14 | 07 | 21 |
| Severe Acute Malnutrition (SAM) | 13 | 16 | 29 |
| Total | 27 | 23 | 50 |

3.12 Statistical data of Immunization Services

Target to achieve 100% immunization coverage of 0-5 age group children.

Table 3.12.1 Immunization Services (0-5 age group children)

| Sr. No. | Health Centre | Number of children Immunized |
|---------|--------------------|------------------------------|
| 1 | Natwar Parikh | 77 |
| 2 | Lallubhai Compound | 110 |
| 3 | Mandala Camp | 10 |
| Total | | 197 |

3.13 Statistical Data of Special Community Outreach Services and Health Camp

Table 3.13.1 Special Community Outreach Services and Health Camp Statistics

| Topic | Date | Venue | No. of Beneficiaries |
|-------------------------------|-------------------------|----------------------------|----------------------|
| Street Play | 03/08/2017 | Lallubhai Compound | Lallubhai Compound |
| Cancer Screening Camp | Aug month | Lallubhai Compound | 53 |
| Physiotherapy camp | 16/08/2017 | Lallubhai compound | 39 |
| Malnutrition counselling camp | 09/08/2017 & 18/08/2017 | Tata nagar & Natwar Parikh | 50 |
| Women's health camp | 21/8/17 | Mandala | 50 |
| Diabetes Camp | 22/08/2017 & 23/08/2017 | Lallubhai Compound | 120 |
| Swacha Bharat Abhyan | 12/08/2017 & 26/08/2017 | Lallubhai Compound | - |

3.14 Statistical data of Community Awareness on TB Project (Outreach service)

Table No. 3.14.1 Community Awareness on TB Project (Outreach service) at Natwar Parikh Compound Center

| Sr No. | Activity | Beneficiary |
|---------------|-----------------------------------------------------|--------------------|
| 1 | New Registrations | 01 |
| 2 | Existing Patients | 35 |
| 3 | Counselling of Individuals and their Family Members | 110 |
| 4 | Home Visits of the TB patients | 08 |

Table No. 3.14.2. Community Awareness on TB Project (Outreach service) at Lallubhai Compound Center

| Sr No. | Activity | Beneficiary |
|---------------|-----------------------------------------------------|--------------------|
| 1 | New Registrations | 01 |
| 2 | Existing Patients | 34 |
| 3 | Counselling of Individuals and their Family Members | 386 |
| 4 | Home Visits of the TB patients | 12 |

Activities and Topics are covered:

1.Home environment: Importance of environment such as space, ventilation, over-crowding in the prevention of spread of TB.

2. Medicines: DOTS provider explains importance of adherence to treatment and completing the complete course of AKT. They also emphasize the problems associated with irregular treatment and defaulter.

3. Awareness among family members: The family members are educated about mode of TB transmission, precaution to be taken to prevent spread of disease and importance of timely intake of medicines and development of drug resistance due to incomplete and inadequate treatment. Family members were also advised to visit health centre in case of symptoms such as Cough (> 2 Weeks), Fever and decreased appetite.

3.15 Family Planning Services

Table No. 3.15.1 Family Planning Services

| Center | Oral Contraceptives | | Condoms | | Copper T | |
|--------------------|---------------------|----------------|----------|----------------|----------|----------------|
| | Aug 2017 | Since Nov 2013 | Aug 2017 | Since Nov 2013 | Aug 2017 | Since Nov 2013 |
| Natwar Parikh | 14 | 438 | 29 | 1852 | 02 | 07 |
| Lallubhai Compound | 06 | 508 | 54 | 3352 | 01 | 106 |

4. Project Gallery:



Picture 1: Malnutrition Team during the street play explaining the need for nutrition.



Picture 2: Dr Shivalaxmi conducting the camp .



Picture 3: Social worker Archana counseling the mothers.



Picture 4: Counselor Manisha Nikam counseling the mothers.



Picture 5 : Patients outside the Gynecology OPD for cancer screening.



Picture 6 : Social worker Shraddha conducting the camp .



Picture 7: Sister Rekha checking the Blood Sugar Levels.



Picture 8: Staff Usha cleaning the Gynecology OPD room during the Swacha Bharat Abhyan.