

Monthly Report July 2017



Special OPD s	Patients Availing services at NP	Patients Availing services at LP
Diabetes and Hypertension	30	125
Gynaecology (ANC + Family Planning)	128	106
Dermatology	31	143
Ophthalmology	-	86
Geriatric	-	1344
Disability rehabilitation	-	312
Orthopaedic	-	127
General Physiotherapy	-	569
Dental	98	659
Immunization (ANC + Routine)	87	127
Vitamin A	61	140
De-worming	98	147
General OPD	1469	2532
Tuberculosis (individual & family counselling & home visits)	216	90
Health Camps	-	326
Total	2218	6833

Total Patients Availed services at DFY

Natwar Parikh Centre = 2218

Lallubhai Compound Centre = 6833

Total Patients = 9051

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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 Cancer Screening Camp:

In the month of July cervical, breast & oral cancer screening camps were conducted to detect cancer. The number of beneficiaries were 76 from 6 camps. Doctors for You in collaboration with Indian Cancer Society counselled women between age of 30 and 69 about awareness and self examination.

2.2 Anaemia Camp for children:

There was an anaemia check up camp for children between the age of 6 months to 5 years . The number of beneficiaries were 39. A thorough check up of their height, weight and anaemia was done.

2.3 Physiotherapy Dept:

The patient came with a complaint of difficulty in speech , walking in fast speed and reduced balance. The patient also had poor appetite. The patient was treated at our health centre with regular exercise & counselling and is now brisk walk in normal speed along with improved appetite.

2.4 School Dental Camp at Mankhurd:

Dental check up camp was conducted at the Crescent High School in Mankhurd. Children were guided on how to take care of their teeth and a talk was given on how to brush their teeth. The total number of beneficiaries were 196.

2.5 Mandala Under 5 Camp:

In Mandala health centre Under five clinic has been started for under-nourished children from 18/07/2017. Their height & weight were checked. They were given nutrition based on their assessment. There were 18 children in all of which 11 were under nourished.

2.6 Program conducted on Physical & Emotional Hygiene:

Program conducted in one of TISS sponsored centres, Saksham Yuva Janjagruti Sanstha, which is an activity centre for children (school students & drop outs). 40 children from Mandala attended the session on physical and emotional hygiene.

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	July 2017	Year 2017-18	July 2016	Year 2016-17	Total Since 2012
1	OPD Patients	1469	5504	1211	4275	63965
2	Male Patients	473	1873	462	1525	24180
3	Female Patients	936	3571	749	2753	39545
4	Children Below 5	138	595	191	917	12668
5	Children b/w 5 and 12 years	139	516	178	604	8740
6	Patients Above 60 years	121	473	99	315	4326
7	New Patients	717	2669	-	-	-
8	Follow up Patients	752	2240	190	1130	22058
9	TB Patients	04	07	06	31	430
10	Malnutrition Cases	04	90	10	41	744

Table 3.1.2 MCH services at Natwar Parikh Compound Centre

Sr No.	Particulars	July 2017	Year 2017-18	July 2016	Year 2016-17	Total Since 2012
1	ANC check-up	36	142	7	46	1239
2	Family Planning Services	50	277	71	312	3172
3	Immunization Services (ANC+ Routine)	87	333	101	459	6522
4	Vitamin A Supplementation	61	142	54	270	4248
5	De-worming Service	98	342	141	553	6616

Table 3.1.3 General OPD services at Lallubhai Compound Colony Centre

Sr No.	Particulars	July 2017	Year 2017-18	July 2016	Year 2016-17	Total Since 2012
1	OPD Patients	2532	8096	2232	7270	97503
2	Male Patients	862	2839	860	2824	38927
3	Female Patients	1670	5257	1422	4496	58071
4	Children Below 5	250	999	517	1592	17273
5	Children b/w 5 and 12 years	152	470	324	944	11037
6	Patients Above 60 years	1377	3735	194	622	14069
7	New Patients	2337	7219	-	-	-
8	Follow up Patients	195	877	384	1514	25107
9	TB Patients	01	04	12	20	117
10	Malnutrition Cases	50	250	18	103	1562

Table 3.1.4 MCH services at Lallubhai Compound Centre

Sr No.	Particulars	July 2017	Year 2017-18	July2016	Year 2016-17	Total Since Oct 2012
1	ANC check-up	36	133	0	68	1950
2	Family Planning Services	36	125	51	286	4793
3	Immunization Services (ANC+ Routine)	90	596	211	962	10001
4	Vitamin A Supplementation	140	614	252	951	8435
5	De-worming Service	147	794	584	1965	10820

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

Sr No.	Particulars	July 2017	Year 2017-18	Total Since Oct 2012
1	Total OPD patients	98	454	2034
2	X- Ray taken	7	51	214
3	Extraction Done	5	40	339
4	Restoration Done	1	23	261
5	Scaling done	5	14	90
6	RCT	5	26	88

Table 3.2.2 Dental care services at Lallubhai Compound Centre

Sr No.	Particulars	July 2017	Year 2017-18	Total Since Oct 2012
1	Total OPD patients	659	6863	16918
2	X- Ray taken	36	323	713
3	Extraction Done	41	678	2024
4	Restoration Done	37	224	532
5	Scaling done	12	137	538
6	RCT	33	449	1652

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	86

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	78
2	Lallubhai Compound	70

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	31
2	Lallubhai Compound	143

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	30
2	Lallubhai Compound	125
Total		155

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	1344

3.8 Statistical Data of Orthopaedic Care Service

Table No. 3.8.1 Orthopedic Care Service

Sr. No.	Health Center	Patients
1	Lallubhai Compound	127

3.9 Statistical Data of Physiotherapy & Disability Rehabilitation Care Service

3.9.1 General Physiotherapy

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

Table 3.9.1 General Physiotherapy Clinic at Lallubhai compound center

Sr. No.	Conditions Treated	Patient No.
1	Spine	165
2	Knee Pain	144
3	Upper Limb	94
4	Lower Limb	19
5	Post Surgery	-
6	Neck Pain	105
7	Weight Gain	40
8	Fracture	-
9	DM+HTN+Cholesterol	02
Total		569

3.9.2 Disability Rehabilitation Department

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

Table 3.9.2 Disability Rehabilitation Clinic at Lallubhai Compound Centre

Sr no.	Conditions Treated	Number of Patients
1	Cerebro-Vascular Accidents	100
2	Cerebral Palsy	153
3	Paraplegia	25
4	Delayed Milestone	14
5	Down Syndrome	-
6	TBM	-
7	MMD	20
Total		312

3.10 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 3.10.1 Under 5 Clinic at Natwar Parikh Compound Centre

Category	Male	Female	Total New June 2017
Normal	10	08	18
Moderate Acute Malnutrition (MAM)	04	03	07
Severe Acute Malnutrition (SAM)	0	02	02
Total	14	13	27

Table 3.10.2 Under 5 Clinic at Lallubhai Compound Centre

Category	Male	Female	Total New July 2017
Normal	00	00	00
Moderate Acute Malnutrition (MAM)	19	13	32
Severe Acute Malnutrition (SAM)	9	9	18
Total	28	22	50

3.11 Statistical data of Immunization Services

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

Table 3.11.1 Immunization Services (0-5 age group children)

Sr. No.	Health Centre	Number of children Immunized
1	Natwar Parikh	87
2	Lallubhai Compound	90
3	Mandala Camp	37
Total		214

3.12 Statistical Data of Special Community Outreach Services and Health Camp

Table 3.12.1 Special Community Outreach Services and Health Camp Statistics

Topic	Date	Venue	No. of Beneficiaries
Cancer Screening Camp	12/07/2017	Lallubhai Compound	73
Anaemia Camp	02/07/2017	Lallubhai Compound	39
Dental Camp	22/07/2017	Cheeta Camp	196
Under 5 Clinic-Malnutrition	18/07/2017	Mandala	18

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

Table No. 3.13.1 Community Awareness on TB Project (Outreach service) at Natwar Parikh Compound Center

Sr No.	Activity	Beneficiary
1	New Registrations	04
2	Existing Patients	35
3	Counselling of Individuals and their Family Members	165
4	Home Visits of the TB patients	12

Table No. 3.13.2. Community Awareness on TB Project (Outreach service) at Lallubhai Compound Center

Sr No.	Activity	Beneficiary
1	New Registrations	01
2	Existing Patients	38
3	Counselling of Individuals and their Family Members	38
4	Home Visits of the TB patients	13

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.

3.14 Family Planning Services

Table No. 3.14.1 Family Planning Services

Center	Oral Contraceptives		Condoms		Copper T	
	July 2017	Since Nov 2013	July 2017	Since Nov 2013	July 2017	Since Nov 2013
Natwar Parikh	18	424	29	1823	03	05
Lallubhai Compound	03	502	33	3298	0	105

3.15 Statistical data of Psychiatric & De-Addiction Services

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

Table No. 3.3.1 Psychiatric & De-Addiction Services at Lallubhai Compound

Sr. No.	Health Center	Patients
1	Lallubhai Compound	11

4. Project Gallery:



Picture 1: Dr Sudha Borlikar taking a class on Cervical cancer screening



Picture 2 : Dr Vaishali checking patients. Picture 3 : White patches in one of the patients.



Picture 4 : Manisha Nikam taking blood samples.



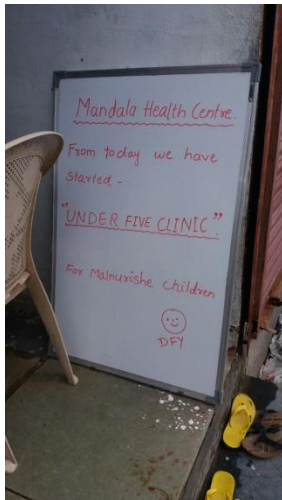
Picture 5: The child smiling after major improvement in her walk.



Picture 6 : Dr Vaishali checking children



Picture 7: The team consisting of 4 doctors



Picture 8: Under five camp for under-nourished children



Picture9 : Social worker Sonal Adlakhiya & Shraddha M taking sessions