

MRVC-DOCTORS FOR YOU HEALTH CENTRE, MANKHURD & GOVANDI, MUMBAI

MONTHLY REPORT

May 2016



2016



World Anti Tobacco Day activities were organized in the Dental OPD for patients on 3rd May 2016 to create awareness regarding Tobacco and related cancers.

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 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

1. **Immunization camp at Mandala Slums**: Under the 100% immunization campaign in Mandala slums with MCGM, DFY team organized 12 immunization camps in the month of May. During these camps total of 111 children were immunized, while Vitamin A and given Deworming treatment. As an incentives soaps were distributed to the beneficiaries after explaining them proper process of hand wash and importance of maintaining hand hygiene.
2. **SEMINAR ON HIV BY MDACS**: A seminar was conducted by MDACS (Mumbai District AIDS control society) for the Medical practitioners in Mankhurd to Prevent Parent to Child Transmission (PPTCT) of HIV.

The topics covered were:

- a. To reduce HIV prevalence in pregnant women and new born children.
- b. Follow up of new born babies of seropositive mothers.

- c. Follow up of seropositive new born babies of seropositive mothers with free investigation and free treatment.
- d. Coordination with various Maternity homes and health centres to provide free treatment and follow up.

Doctors and staff from both the Natwar parikh and Lallubhai centre attended the program.

3. **Session on Cerebral Palsy by Physiotherapy Department:** On 22nd May 2016, an awareness and treatment session was organized at Spandan Hospital in Deonar. During this session DFY physiotherapy team explained about the Neuro Rehabilitation facility available at Lallubhai centre for children affected from cerebral palsy.
4. **Soap for Hope Project:** This project for promotion of hand hygiene, livelihood for local women was started by DFY team with Sealed Air Pvt Limited. Under this program, recycled soap will be used to promote hand hygiene among children and other community members. At the same time local women will get an opportunity to earn livelihood by making recycled soaps.
5. **World No Tobacco Day- 31st May 2016;** World anti tobacco day activities were organized at both the health centres on 31st may 2016 by Dental department. Patients and relatives attending dental OPD as well as General OPD were informed about harms of tobacco consumption smokeless as well as cigarettes.

3. PROJECT STATUS AND STATISTICAL DATA

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

a. Statistical Data of Health Centre based activities-

Table 1- General OPD services at Natwar Parikh Compound Colony Centre						
Sr No.	Particulars	May-16	Year 2016-17	May-15	Year 2015-16	Total Since Oct 2012
1	OPD patients	925	1840	1208	2512	45519
2	Male Patients	325	597	440	929	17505
3	Female patients	600	1243	768	1583	27834
4	Children below 5 years	231	407	326	734	10369
5	Children b/w 5 and 12 years	110	238	134	297	6468
6	Patients above 60 years	63	135	56	151	2590
7	Follow up patients	278	632	520	1124	14720
8	Gynecology OPD	21	77	40	82	783
9	Malaria Patients	7	11	34	83	1924
10	Typhoid Patients	4	7	28	105	1449
11	Patients for Sputum Testing	184	372	204	439	8705
12	TB Patients	5	19	13	27	361
13	Malnutrition cases	13	28	6	19	403

Table 2- MCH services at Natwar Parikh Compound Centre						
Sr No	Particulars	May-16	Year 2016-17	May-15	Year 2015-16	Total Since Oct 2012
1	ANC check-up	10	25	46	79	810
2	Immunization Services	111	229	146	261	4961
3	Vitamin A Supplementation	68	136	42	65	3034
4	Family Planning Services	111	133	155	331	2159
5	De-worming Service	128	288	49	113	3924

Table 3- General OPD services at Lallubhai Compound Colony Centre						
Sr no.	Particulars	May-16	Year 2016-17	May-15	Year 2015-16	Total Since Oct 2012
1	OPD patients	1607	3132	1974	3884	65700
2	Male Patients	629	1196	738	1439	26781
3	Female patients	978	1936	1236	2445	38364
4	Children below 5 years	325	606	372	769	12762
5	Children b/w 5 and 12 years	217	385	194	411	8338
6	Patients above 60 years	135	246	135	259	5396
7	Follow up patients	315	694	608	1216	17921
8	Gynaecological Patients	46	97	57	127	1114
9	Malaria Patients	12	45	24	54	1770
10	Typhoid Patients	16	48	24	52	1202
11	Patients for Sputum Testing	11	24	8	11	314
12	TB Patients	0	0	9	10	84
13	Malnutrition cases	34	60	68	113	1012

Table 4- MCH services at Lallubhai Compound Centre						
Sr No	Particulars	May-16	Year 2016-17	May-15	Year 2015-16	Total Since Oct 2012
1	ANC check-up	48	118	78	146	1286
2	Immunization Services	270	551	172	505	7064
3	Vitamin A Supplementation	219	414	114	283	5696
4	Family Planning Services	100	193	276	421	3749
5	De worming Service	472	922	0	0	6652

b. Statistical data of Dental Care Service:

Table 5- Dental Care services at Natwar Parikh Compound Centre				
Sr No.	Particulars	May-16	Year 2016-17	Since Oct 2012
1	Total OPD patients	52	84	1630
2	X- Ray taken	0	0	163
3	Extraction Done	13	21	312
4	Restoration Done	3	4	241
5	Scaling done	0	0	76
6	RCT	0	0	62

Table 6 -Dental care services at Lallubhai1 Compound Centre				
Sr No.	Particulars	May 16	Year 2016-17	Since Oct 2012
1	Total OPD patients	300	628	10683
2	X- Ray taken	6	15	405
3	Extraction Done	24	56	1402
4	Restoration Done	13	40	348
5	Scaling done	9	27	428
6	RCT	25	70	1249

c. 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 Monday and Saturday.

Table 7- Eye Clinic (Ophthalmic) Services at Lallubhai Compound		
Sr No	Health Centre	Patients
1	Lallubhai Compound	57

d. Statistical data of Dermatology (Skin OPD) services:

The Skin OPD (Dermatology) services were started at MRVC Health Centre, Lallubhai Compound in July 2015. The services are available twice a month on 1st and 3rd Thursday.

Table 8- Skin Clinic (Dermatology) Services at Lallubhai Compound		
Sr No	Health Centre	Patients
1	Lallubhai Compound	45

e. Statistical data of Physiotherapy and Disability Rehabilitation Services:

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

Table 9- General Physiotherapy Clinic at Lallubhai compound center		
Sr. No	Conditions Treated	Number of Patient
1	Low Backache	12
2	Knee Pain	15
3.	Hip Pain	10
4.	Arm and Elbow	04
5.	Shoulder conditions	03

6.	Wrist and Hand	04
7.	Weight gain	02
8.	Fracture	01
9.	Pregnancy	00
10.	Other	09
Total		60

➤ **Disability Rehabilitation Department:** In this department all neurological and paediatric patients with disability conditions are provided with Physiotherapy services.

Table 10: Disability Rehabilitation Clinic at Lallubhai Compound Centre		
Sr. No	Condition	Number of Patients
1.	Cerebro-Vascular Accidents	04
2.	Cerebral Palsy	10
3.	Paraplegia	01
4.	Myopathy	01
5.	Duchene muscular dystrophy (DMD)	01
Total		17

f. Statistical data of 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 11- Under 5 Clinic at Natwar Parikh Compound Centre (Nutritional Status of 0-5 age group children)			
Category	Male	Female	Total
Normal	3	4	7
Moderate Acute Malnutrition (MAM)	0	4	4
Severe Acute Malnutrition (SAM)	0	2	2
Total	3	10	13

Table 12- Under 5 Clinic at Lallubhai Compound Centre (Nutritional Status of 0-5 age group children)			
Category	Male	Female	Total
Normal	0	0	0
Moderate Acute Malnutrition (MAM)	13	08	21
Severe Acute Malnutrition (SAM)	08	05	13
Total	21	13	34

g. Statistical data of Immunization Services:

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

Table 13- Immunization Services (0-5 age group children)		
Sr No	Centre Name	Number of children Immunized
1	Natwar Parikh Compound Center	111
2	Lallubhai Compound Centre	270
Total		381

h. Statistical data of Special Community Outreach Services:

Table 14- Special Community Outreach Services at Lallubhai compound Centre			
Topic	Dates	Venue	No of participants
Immunization Campaign	May 16	Mandala	111
Anti Tobacco Activities	31 st May	MRVC Health Center	84
Anti Tobacco Activities	31 st May	Natwar Pareikh Center	43

i. Statistical data of Community Awareness on TB Project (Outreach service):

Table 15- Community Awareness on TB services (Outreach services) at Natwar Parikh Compound Centre		
Sr No	Activity	No of beneficiaries
1	Counselling of Individuals and their Family Members	116
2	Home Visits of the TB patients	25

Table 16- Community Awareness on TB services (Outreach services) at Lallubhai Compound Centre		
Sr No	Activity	No of beneficiaries
1	Counselling of Individuals and their Family Members	25

2	Home Visits of the TB patients	15
---	--------------------------------	----

➤ Activity and Topics covered are:

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

i. Statistical data of Family Planning Services:

Centre	Oral Contraceptive		Condom		Copper T	
	May 16	Since Nov 2013	May 16	Since Nov 2013	May 16	Since Nov 2013
Natwar Parikh	16	292	95	928	0	0
Lallubhai compound	10	415	88	2430	2	88

4. PROJECT GALLERY



Immunization Camp being conducted at Mandala Slums



DFY Staff nurse Manisha Mhatre immunizing a child during immunization camp in the Mandala Slum area



MDACS official conducting the CME cum seminar for the doctors and staff



Physiotherapy Assistant Ms Smita Chavan with one of the Cerebral Palsy affected child at Spandan Hospital Deonar



Soap for Hope program launch in Mumbai

Report Submitted by:

Dr Amit Kumar Nohwar,
Head, Mumbai Operations,
Doctors For You.
Mob: +91 8693837772