

# DOCTORS FOR YOU

## MONTHLY REPORT

September 2015



2015



Dr Ravikant (DFY), Ms Susaana (Goonj) and Ms Prema Ghatge (CDPO- Mankhurd) distributing toys for Anganwadi Centres during nutrition promotion week on 1<sup>st</sup> September 2015 in Ambedkar Nagar

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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 socio-economic and health indicators of the PAP's resettlement colonies. The interventions are being carried out through 2 health facilities in the area. The Health centre in Natwar Parikh Area is functional since 2010 and in Lallubhai compound since 2013. He 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, promotive and curative health care services to all.

## **2. Highlights of the Month**

- a) **School health check up Camp:** on 22<sup>nd</sup> September 2015, school health check up camp was organized by Doctors For You team for rag picker children of Rafique Nagar attending informal school by Karunya Trust. DFY's Team led by Dr Amit Nohwar treated 64 children during the day long activity.
- b) **Nutrition Week Celebration and distribution of Toys for Anganwadi:** DFY team collaborated with Anganwadi workers under the leadership of Dr Ravikant Singh (President, DFY) and Ms Prema Ghatge (CDPO-ICDS, Mankhurd). On 1<sup>st</sup> September, the program for nutrition promotion was organized in Ambedkar Nagar (PAP colonies). The program was attended by 52 Anganwadi workers of area. Importance of 1000 days, starting from detection of pregnancy to first 2 years of life of child was explained by Dr Ravikant. On this occasion, Toys were distributed for children attending Anganwadi Centre by Goonj Organization and DFY.

### 3. Project Status and Statistical data

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

**Table 1- Statistical data of Natwar Parikh Compound Colony (1st to 30th September 15)**

Sr No.	Particulars	Sep 2015	Year 2015-16 Cumulative	Sep 2014	Year 2014-15 Cumulative	Since Oct 2012
1	OPD patients	1277	7632	1258	6405	36877
2	Male Patients	802	3170	517	2605	14871
3	Female patients	475	4462	741	3800	21826
4	Children below 5 years	332	2038	242	1454	8344
5	Children b/w 5 and 12 years	181	972	174	923	5292
6	Patients above 60 years	79	503	60	357	2000
7	Follow up patients	529	3191	361	2034	11790
8	ANC check-up	25	277	19	65	598
9	Gynecological Patients	37	260	9	9	423
10	Immunization done	86	715	129	676	3859
11	Vitamin A Supplementation	14	183	104	517	2462
12	Malaria Patients	49	236	68	655	1831
13	Typhoid Patients	154	646	59	149	1256
14	Patients for Sputum Testing	227	1418	178	1073	7082
15	TB Patients	9	55	8	42	291
16	Family Planning Beneficiaries	47	597	43	233	1591
17	Malnutrition cases	12	56	13	55	255
18	De-Worming	99	497	322	866	2795

**Table 2- Statistical data of Lallubhai Compound Colony (1st to 30th September 15)**

<b>Sr No.</b>	<b>Particulars</b>	<b>Sep 2015</b>	<b>Year 2015-16 Cumulative</b>	<b>Sep 2014</b>	<b>Year 2014-15 Cumulative</b>	<b>Since Oct 2012</b>
1	OPD patients	2354	13458	2291	10526	50878
2	Male Patients	1423	5501	886	4157	21013
3	Female patients	931	7957	1405	6369	29310
4	Children below 5 years	497	2655	364	2003	9848
5	Children b/w 5 and 12 years	306	1492	319	1404	6437
6	Patients above 60 years	147	964	204	785	4089
7	Follow up patients	691	4184	705	2973	14478
8	ANC check-up	65	431	20	95	814
9	Gynecological Patients	78	377	70	70	691
10	Immunization done	150	1296	226	1488	5320
11	Vitamin A Supplementation	161	800	210	1130	4693
12	Malaria Patients	193	454	99	296	1349
13	Typhoid Patients	142	404	51	88	794
14	Patients for Sputum Testing	9	37	14	88	193
15	TB Patients	5	17	9	55	76
16	Family Planning Beneficiaries	63	825	130	665	2669
17	Malnutrition cases	39	282	18	63	516
18	De-Worming	174	494	225	827	4791

<b>Table 3: Dental OPD at Natwar Parikh Compound</b>				
<b>Sr No.</b>	<b>Particulars</b>	<b>September 2015</b>	<b>Year 2015-16</b>	<b>Since Oct 2012</b>
1	Total OPD patients	56	323	1222
2	X- Ray taken	2	4	161
3	Extraction Done	12	58	235
4	Restoration Done	1	6	229
5	Scaling done	0	4	73
6	RCT	2	3	50

<b>Table 4: Dental OPD at Lallubhai Compound</b>				
<b>Sr No.</b>	<b>Particulars</b>	<b>September 2015</b>	<b>Year 2015-16</b>	<b>Since Oct 2012</b>
1	Total OPD patients	381	2204	7880
2	X- Ray taken	2	5	369
3	Extraction Done	39	217	1235
4	Restoration Done	7	35	213
5	Scaling done	0	15	357
6	RCT	26	185	719

## **Physiotherapy and Rehabilitation**

### **Area of work**

1. Services at Health centre
2. Community outreach services

### **Services at Health centre**

It includes General Physiotherapy and Disability Rehabilitation Department.

### **General Physiotherapy**

In this department patients with muscular related joint pain and muscle pain are treated. The total number of patient treated in General Physiotherapy is 59 (49 New Registration and 10 Follow Up cases).

**Table 5: Showing conditions treated in Physiotherapy in the month of September 2015**

<b>Sr. No</b>	<b>Conditions Treated</b>	<b>Number of Patient</b>
1.	Low Back pain	15
2	Knee Pain	14
3.	Hip Pain	3
4.	Ankle Pain	4
5.	Cervical Pain	7
6.	Shoulder conditions	8
7.	Forearm and Arm	1
8.	Elbow wrist and Hand	2
9.	Nerve entrapment	2
10	Leg	2
11	Other	1
Total		59

### **Disability Rehabilitation Department**

In this department all neurological and paediatric related disability condition are treated.

Total 13 patients were treated (2 New Registration and 11 follow up cases).

**Table 6: Showing conditions treated in the month of September 2015**

<b>Sr. No</b>	<b>Condition</b>	<b>Number of Patients</b>
1.	Hemiplegia	4
2.	Cerebral Palsy	4
3.	Delayed Milestones	1
4.	Spina Bifida	1
5.	Myopathy	1
6.	Moya Moya Disease	1
7.	T.B.Meningitis	1
Total		13

**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.

Total beneficiaries for the under five clinic was 34 and 161 (57 New + 104 Follow Up) at NP compound and Lallubhai compound health centre respectively.

**Table 7. Distribution of children according to their nutrition status at NP Compound**

Category	Male	Female	Total
Normal	13	13	26
Moderate Malnutrition	3	3	6
Severe Malnutrition	3	3	6
Total	17	17	34

**Table 8. Distribution of children according to their nutrition status at LB Compound**

Category	Male	Female	Total
Normal	11	7	18
Moderate Malnutrition	14	7	21
Severe Malnutrition	8	10	18
Total	33	24	57

## Immunization

Under the immunization programme our target is to achieve 100% immunization of children in below 5 years age group. To achieve the target our immunization team has been organising camps building wise.

### Statistical data of Immunization Beneficiaries at each centre in September 2015

Sr No	Centre Area	Number of children immunized
1	Natwar Parikh Compound	86
2	Lallubhai Compound	150
<b>Total</b>		<b>236</b>

**\*Total number includes 03 pregnant women immunized for Tetanus**

Follow ups of children in both areas is being conducted simultaneously. This would help us to track the children who have been dropped out and missed out due to various reasons such as unavailability of the caretaker of the child, absence of family members at home.

Community Outreach Services			
Topic	Dates	Venue	No of beneficiaries
Breast Feeding	10-09-2015	HN, 6B	31 Females
	10-09-2015	HN, 10 A	24 Females
	11-09-2015	LB,67	26 Females
Play for peace activity	05-09-2015	HN-22	20 adolescents
	12-09-2015	HN-22	30 adolescents
	19-09-2015	HN-22	10 adolescents
	26-09-2015	HN-22	20 adolescents
	28-09-2015	HN-22	10 adolescents
School Health Check up	23-09-2015	Natwar Parikh	59 children
Malnutrition	14-09-2015	HN, 19B	18 Females
Menstruation hygiene	19-09-2015	HN, 18	15 adolescents

**Total activities- 11, Total beneficiaries -263**



### Community awareness on TB Programme:

- 1) **Counselling:** 168 individuals with their family members were counselled in the month of September 2015. They were made aware on the preventive measures and importance of treatment adherence.
- 2) **Home Visits:** 78 visits were made at tuberculosis patients home. Points covered were:
  - **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.

### Family Planning Services

In the month of September 2015, total 252 women (115 at Lallubhai compound and 137 at Natwar Parikh compound health centre) were counselled regarding maternal and child health conditions. The topics covered were family planning, immunization, exclusive breast feeding, child nutrition and personal hygiene.

### Distribution of Condoms, Mala N & Copper T from 1<sup>st</sup>- 30<sup>th</sup> September 2015

Centre	Oral Contraceptive		Condom		Copper T	
	Sep 15	Since Nov 2013	Sep 15	Since Nov 2013	Sep 15	Since Nov 2013
Natwar Parikh	6	193	46	720	0	0
Lallubhai compound	9	360	47	1838	7	66

**Topics covered for Community Health Awareness are:**

Our social workers have been sensitizing the community through one to one counselling as well as group counselling during the immunization programme on the importance of

- A) **Exclusive breast feeding:** The right infant feeding practices, importance of exclusive breast feeding- advantages, and disadvantages of feeding other than mother's milk.
- B) **Family Planning measures:** under family planning our social workers educate the women on the importance of family planning, use of various types of family planning measures- condom, Oral contraceptives, Copper T, and advantages and disadvantages of each.
- C) **Immunization:** The parents visiting the immunization camp are made aware on the importance of immunization and the complications if a child is not being fully immunized
- D) **Counselling:** women and adolescent girls visiting the OPD are counselled on the various health topics such as Menstrual Hygiene, family planning, Exclusive breast feeding and nutrition.

**Ophthalmic Services-**

The eye clinic in Lallubhai compound was inaugurated in August at MRVC Health centre, Lallubhai. The services are now made 2 times per week due to large number of patient with eye problems

Eye OPD Statistics September 2015		
Sr No	Health Centre	Patients
1	Lallubhai Compound	78

**Photo Gallery**



MCH counsellor Ms Manisha Nikam during a counselling session at Natwar Parikh Compound Health Centre



Dr Nazneen Shaikh examining a child in the OPD

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