MOBILE HEALTH CARE PROJECT











MOBILE HEALTH CARE PROJECT	
Commenced on	**2012**
Duration	**Long Term (5 yrs)**
Implementing Agency	**Voluntary Health Association of Goa (VHAG)**
Why Mobile Health Care Project?	➲ Promote health, prevent disease and treat illness in the hinterland through mobile health centre equipped with state -of –the- art facilities.

MOBILE HEALTH CARE PROJECT IN QUEPEM TALUKA

PROCEDING FACTORS FOR THE PROJECT

- **A survey conducted by TISS in Quepem taluka revealed the following:**
  - **No proper water facilities**
  - **Large no. of school dropouts.**
  - **Unemployment rate among youth was high**
  - **Shortage of firewood after government announced forest area expansion**
  - **No proper medical facilities in the village**
  - **The nearest hospital is about 10 km away at Cuncolim**





- **VHAG's observations also revealed certain facts :**

GENERAL

- **Reduction in water availability & Irrigation facilities are poor**
- **Drinking water is a major problem in most places.**
- **Some of the villages are in mining areas**
- **Shortage of Fire wood.**
- **Poor public transport**
- **Poor access to the villages located on the hill.**

HEALTH RELATED

- **The two-way minimum fare to a nearest health facility is Rs. 20 - 50.**
- **Use of paan, gutka, smoking and alcohol**
- **Under nutrition amongst children**
- **TB & Renal cases go undetected due to Taboos, belief among villagers.**



AN OVERVIEW: MOBILE HEALTH CARE PROJECT

CSR initiative of Goa Shipyard Ltd. in collaboration with Voluntary Health Association of Goa

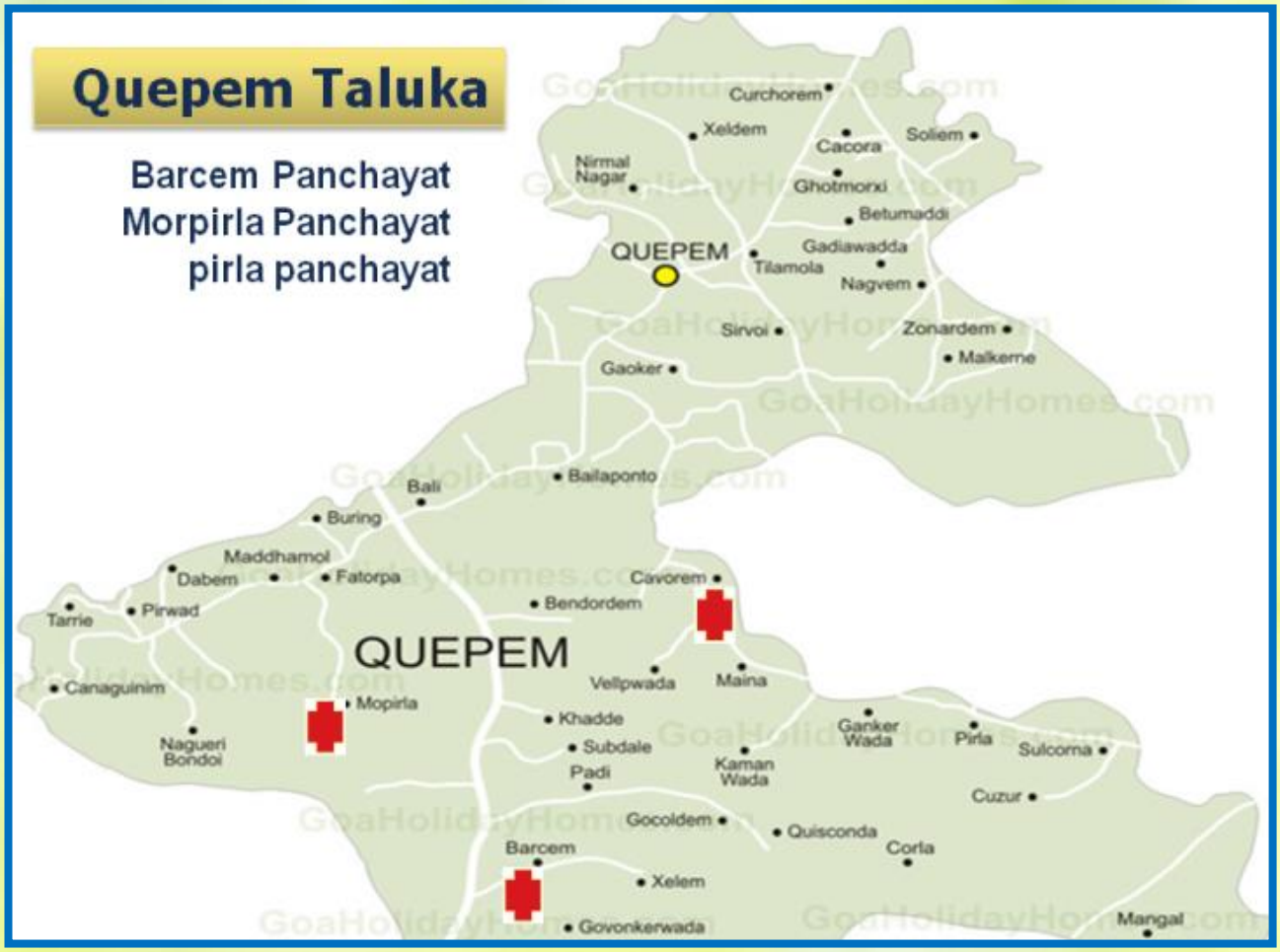
Voluntary Health Association of Goa, (VHAG) is a non-profit organization, working in the field of health promotion in Goa since 2001. It is the state unit of the Voluntary Health Association of India, the largest healthcare NGO in India with branches in every state in the country. VHAG on the recommendation of Tata Institute of Social Science (TISS) and in collaboration with Goa Shipyard Limited (GSL) launched the ***"Mobile Health Care Project in Quepem Taluka"*** in August 2012. The inaugural ceremony was held on 17th August 2012, at Holy Cross Institute Quepem; in the presence of the dignitaries of both VHAG and GSL.

Project Objective:

- To create awareness amongst the community and bring about a change about the various aspects of health and hygiene through Behaviour Change Communication (BCC).

- To screen the children and adults for illness, and provide early diagnosis and timely treatment.

PROJECT AREA



"INAUGURATION OF AROGYA MITRA MOBILE VAN"

On **Wednesday 29th May 2013; Honorable Chief Minister of Goa** Mr. Manohar Parrikar inaugurated the Mobile Health Van **"AROGYA MITRA"** for Mobile Health care Project at Cavrem, Quepem. Mobile Health Care Project is a result of the collaborative effort of **Voluntary Health Association of Goa (VHAG)** and **Goa Shipyard Limited (GSL)**.

Though the project was launched in August last year; the Mobile Van has been commissioned & launched this year. The mobile health van is seen as a step towards providing ***accessible doorstep healthcare services*** to the people of Quepem taluka.

The **Chief Guest**, Hon'ble Chief Minister of Goa Mr. Manohar Parrikar along with the Guest of Honour Mr. Subhash Phaldessai, MLA- Sanguem Constituency, on reaching the venue, first sought blessings from the temple deity "Shri Mallikarjun" following which they proceeded to the Mobile health van. Then amidst a crowd of over 200 villagers & dignitaries the Chief Guest inaugurated the Mobile health van **"Arogya Mitra".**





Hon'ble Chief Minister Shri. Manohar Parrikar Inaugurating Arogya Mitra

Later a welcome song was sung by the singing troupe "**Arya Durga Saunsthan**" to greet the guests at the inaugural ceremony. This was then followed by the lighting of the lamp by **Mr. Manohar Parrikar,** Chief guest & Hon'ble Chief Minister of Goa**; Shri Subhash Phaldessai**, Hon. MLA of Sanguem constituency**; R.Adm**.(Retd.) **Shri. Vineet Bakhshi, VSM,** Chairman & Managing Director, Goa Shipyard Limited, Shri Navnath Naik, Vice Chairman South Goa Zilla Parishad; and Shri Raj Vaidya, President of VHAG.

On behalf of the organisers, **Mr P.K Shrivastava, Director CPP & BD** ,GSL welcomed the gathering. He gave a brief overview of the projects done by GSL and the achievements gained under the Mobile health care project so far.

Later addressing the dignitaries, members of the audience as well as the media, **the Hon'ble Chief Minister** highly appreciated the organisers for their initiative in setting up a project in a village like Caurem Pirla which is considered to be the highest priority area due to the ill effects that mining has caused herein. He stated that from his own experience he feels that most of us are living with a false belief that we are all healthy & that no disease or health condition can engulf us and due to this we fail to take advantage of the health facilities available to us. He cautioned the gathering that today even in Goa almost 40% of population especially women are suffering from anaemia. He thus urged upon the villagers especially the women to step forward & take the advantage of this opportunity available to them. He concluded his speech on a note that today each one of us have to fulfil two main responsibilities one being the education of our children since this leads to self empowerment and the other being monitoring & taking care of our health which will ensure that we live better lives.



The Chief Guest in the presence, released the Mobile Health Care Project brochure in the presence of the Guest of Honour & the other dignitaries ,The brochure that was released was available both in English & Marathi. The staff of VHAG then distributed the copies of the brochure to the members of the audience.

Mr. Raj Vaidya, President of VHAG then briefed the gathering on the work done under this project in entire Quepem taluka and how they have & will continue to serve the villagers through their healthcare project.

Later **Mr. Rajendra Faldessai**, Sarpanch of Pirla Panchayat extended his gratitude to the organizers for providing the mobile health van for the general population & thus easing the burden of travelling distant miles to attain their healthcare needs.



Mr. Raj Vaidya, President VHAG briefing on project work

Mr. **Subhash Faldessai,** MLA Sanguem constituency also in his speech thanked the Goa shipyard Limited & Voluntary Health Association of Goa (VHAG) for their noble cause. He stated that till date they have been successfully carrying out this project without any support from the government. He also assured that he will provide for if any help is needed from his side in this venture.
A short session was organized for the disbursement of spectacles provided under the Mobile health care Project.



MLA Mr. Subhash Faldesai addresing the audience

Mr. **Subhash Phaldessai,** MLA Sanguem consitutency who handed over the spectacles to the respective village Sarpanch/Panch member with an assurance that they will pass on this to the patients (villagers) concerned.

The event then concluded with a **vote of thanks** proposed by the staff of Goa Shipyard Limited.

The event also saw the presence of other dignitaries namely Adv. Narendra Savoikar, Law commissioner Govt of Goa; Shri Navnath Naik, Vice Chairman South Goa Zilla Parishad; Dr. Sanjeev G Dalvi, Director of Health Services Goa; Shri Rajendra Phaldessai, Sarpanch Cavorem-Pirla Panchayat and the panch members & Sarpanch of other village panchayat's in Quepem

VILLAGE GENERAL CHECK UP CAMPS IN QUEPEM TALUKA

The general health camps for the community were conducted by Arogya Mitra team in each village under the 3 Panchayats, with an aim of screening the community in the area for various ailments sensitizing them to health care measures and dispensing basic medical treatment for the various ailments.

The village health camps are organized with the able support of the Morpirla, Barcem & Caurem Pirla village panchayats of Quepem Taluka.

The following activities are routinely followed during the general health camps:-

- Monthly schedule calendar is planned, informed& displayed at each panchayat.
- Information to panch members of wards by Arogya Mitra team
- Registration of the patient(filling up Name, Age, Sex, Village/Vaddo)
- Measurement of vital health parameters like height, weight, pulse, blood pressure of the patients.
- Entering data on case paper
- Check up by Project Medical Officer
- Dispensing medicines free of cost as prescribed by the Project Medical Officer. During dispensing of medication, the details on how to take the medicines, precautions & side effects if any are explained to the patient by Project Nurse.
- Referral letter if case referred to PHC or Govt. Hospital & social worker to accompany the patient.
- Keeping record of referred patients for proper follow ups & ensuring treatment progress.
- Counseling held with patients during general checkups & educating them on various health awareness aspects by Social worker.
- Also one to one interaction with patients during general checkups & educating them on Tobacco & its ill-effects, Diet & Nutrition, Dental hygiene, open defecation & its consequences, Hypertension, Hygiene & sanitation, Diabetes etc.



Project Medical Officer Examining Patient



Blood Pressure Monitoring



Women Participate in Anaemia Camp



Basic first – aid for injuries



Dr. Satoskar – Health Awareness Session on Anaemia

SCHOOL HEALTH CAMPS IN QUEPEM TALUKA

The School Health Check up camp consists of following routine activities:

Pre-Camp Activities:

- ❖ Seeking permission from School authorities & fixing a date for the camp
- ❖ Written communication to school about the check up camp & its nature (General, Dental, Eye)
- ❖ Confirming dates with Project Medical Officer, Goa Dental College team & Ophthalmology Unit for the checkups.

Check up Camp Activities:

- ✓ Registration of students.
- ✓ Checking for the developmental parameters of the students i.e. height and weight.
- ✓ Followed by general examination.
- ✓ Prescription of general medicines & special cases referral to PHCs or Government Hospitals in consultation with school teachers & parents.
- ✓ Health awareness talks on various topics like General Hygiene, Sanitation, Nutrition, Eye care etc.

Post Check up camp activities:

- ✓ Providing list of referral cases & list of students diagnosed with special ailments to school principal.
- ✓ Follow up of the students with the help of their respective class teachers and school principal.
- ✓ Screen out the disabled or severely ill children and refer them to the appropriate health centers.

Activities like Quiz competition in the schools at Morpirla & Maina, Caurem on various health topics & Poster competition on “Tobacco free Schools” also done at Padi, Barcem.





Quiz competition at Morpirla & Maina Schools



Poster competition – Padi School

SPECIAL CAMPS IN QUEPEM TALUKA

Besides organizing the general health camps for schools and villages of Quepem taluka; VHAG in collaboration with GSL organized dental, eye and diabetes screening camps.

DENTAL CAMPS (COMMUNITY & SCHOOLS)

Dental camps were organized both in schools and villages; with the help of a Dental team from Goa Dental College, Bambolim.

Activities carried out during the Dental Camps:

- ✓ Registration
- ✓ Screening for the various dental problems like decayed teeth, calculus, broken teeth, missing teeth, orthodontic problems etc. by Goa Dental College team.
- ✓ Cases which required cleaning, filling, restoration, flossing, extraction etc. require were guided to Dental treatment van available at the camp site.
- ✓ The cases where further major dental treatments i.e. root canal, teeth replacement and orthodontic procedures are required were referred to GDC, Bambolim.
- ✓ Besides dental checkup, the villagers are also counseled on how to maintain good dental hygiene. Considering the fact that there were a large number of tobacco users who had severe dental problems.
- ✓ In schools, during awareness sessions an audio-visual programme on How to Brush & Dental Hygiene were shown.





Dental screening by Dr. Vidyesh Nadkarni, Project Dentist



Dental checkup of students



Checking students for Dental Problems at schools

EYE CAMPS (COMMUNITY & SCHOOLS)

The eye camps were conducted by AROGYA MITRA in schools and 3 village panchayat's of Quepem taluka with the able support of **Mukta Opticians**.

Activities carried out during the eye camps:

- ✓ Registration
- ✓ Checking for height, weight & BP (for community camps)
- ✓ Screening for refractive errors, colour blindness & cataract by Ophthalmic assistants.
- ✓ Those found to have refractive errors were prescribed spectacles which are provided free of cost.
- ✓ The cataract patients were first screened out by ophthalmic assistants & then categorized according to the level of urgency by the consulting ophthalmologist at GMC.
- ✓ Students were guided to have vegetables & food containing Vit A in diet.
- ✓ Awareness sessions on eye care were conducted.



Eye checkup camps snippet

SPECTACLE DISTRIBUTION PROGRAMME

Voluntary Health Association of Goa (VHAG) and Goa Shipyard Limited (GSL) along with the project staff of **"Arogya Mitra *Mobile Health Care Project*"** organized program of Spectacles Distribution for the villagers of Panchayat area. The objective of the program was also to create awareness among people about Arogya Mitra Activities.

DIABETES SCREENING CAMPS

Diabetes Screening Camps were conducted by VHAG staff, Project staff nurse. Blood Glucose levels were measured using a Glucometer under the supervision of the Project Medical officer, who would then diagnose whether the patient is suffering from diabetes by analyzing the blood sugar values. Those patients detected to have high blood sugar levels were referred Physicians in Tertiary Government Hospitals.





CANCER DETECTION CAMPS FOR COMMUNITY

Cancer is quite a scourge in society today – it is important that cancer is detected early – because, if so, it can be dealt with more effectively. During its routine work on the Arogya Mitra Project, VHAG has noticed that a large number of people in this region eat Paan, with areca nut (supari), and/or tobacco, thus making them high risk cases for oral Cancer. Taking this cue, Voluntary Health Association of Goa (VHAG) and Goa Shipyard Limited (GSL) along with Manipal Hospitals Goa, Indian Medical Association & GOKARMA Oncology Association, organized a cancer detection (Oral, Abdominal & Breast Cancer) program for the villagers of Pirla. The main motive of this program was early diagnosis & awareness of cancer. Male patients were screened for oropharyngeal cancer and female patients were screened for oropharyngeal as well as breast cancer.

In addition, oral cavity cancer screening camps were arranged in Morpirla, Kajur, Mangal, Quiskond .

The patients suspected for primary stage of oral cancer, (T1 cases) were advised to visit GMC for further consultation.





HEALTH AWARENESS SESSIONS FOR COMMUNITY & SCHOOLS

The aim of AROGYA MITRA project is to make Quepem a healthy taluka by following the objectives of the Mobile Health Care programme:

To create awareness amongst the community and bring about a change about the various aspects of health and hygiene & to screen the children and adults for illness, and provide early diagnosis and timely treatment. In these regards health awareness sessions were conducted in various villages & schools on different topics.

Health education is an essential tool of community health. A great deal of ill-health in these rural parts of Goa is due to ignorance of simple rules of hygiene. Good health is a pre condition for good education.

Topics covered were Nutrition, General Hygiene, Malaria-Dengue, Oral Hygiene, say No to Tobacco etc. in schools. For the community topics like Nutrition, General Hygiene, Oral Hygiene, harmful effects of Tobacco, Gynecological problems, Diabetes, Hypertension, Eye care etc. were covered.



Health Awareness Session in Morpirla School



Health Awareness Session in Gokuldem School



Health Awareness Session in Maina High School





Health Awareness Sessions for Community

ENVIRONMENT AWARENESS PROGRAMMES: (SCHOOLS & COMMUNITY)

Environment awareness is to understand Environment & the importance of its protection.

Community as well as school children were educated that the environment and nature is important for us to live. Education on global warming, its causes, factors affecting the air, noise, soil water pollution were explained to community & students. They were made aware about the corrective steps to be taken for conservation of environment.



Environment Awareness Session at Pirla School



Environment Awareness Session at Maina School



Environment Awareness Session at Padi School



Environment Awareness Sessions for Community

PROVISION OF GREEN (BIO) TOILETS

Open defecation is the practice of defecating outside and in public, in and around the local community, as a result of no access to toilets, latrines or any kind of improved sanitation. It currently affects one billion people in the developing world, or 15% of the global population. It is a practice widely considered to be at the heart of issues around sanitation worldwide.

Health Impact: A single gram of human faeces contains as much as 10,000,000 viruses, 1,000,000 bacteria, 1,000 parasite cysts and 100 parasite eggs. When ingested it can therefore lead to typhoid, cholera, hepatitis, polio, pneumonia, fatal worm infestation, trachoma, stunted physical development and impaired cognitive function. It makes open defecation a lead cause of diarrheal death; 2,000 children under the age of five die every day, one every 40 seconds, from diarrhea.

In Goa, in villages like Kajur village, Quiskond, Borigotov, Dabem village of Quepem taluka the open defecation continues due to lack of access to toilets.

Committed towards the health of community, GSL installed 5 Bio toilets as on date in the designated panchayat areas where it is providing the health checkup services through Mobile Medical unit, AROGYA MITRA.

The community in Kajur- Pirla Panchayat, Quiskond- Barcem Panchayat & Dabem- Morpirla Panchayat area were made aware about the good sanitation practices & ill effects of open defecation before the installation of the Bio toilets in these villages.

Community Awareness sessions for bio-toilets:





Awareness sessions





Awareness sessions









Installation

PROVISION OF PROSTHETIC AID THROUGH ALIMCO

Arogya Mitra team identified 32 disabled cases during community check up camps. The disabilities found were mental retardation, deafness, dumbness,blindness, physical handicap, slow learner, cerebral palsy etc. The Arogya Mitra team helped the disabled to obtain the disability certificates & also helped in getting benefits throgh DSS scheme by Govt of Goa.

Arogya Mitra team helped the disabled patients for checks ups at Govt. Hospitals and necessary checks through speciality doctors, and provided them with the required assistance.

Three differently abled persons were provided with Wheel chairs & hearing aids through ALIMCO.

Beneficiaries through ALIMCO AIDS



1. **Maya Velip -** Wheel chair folding - Child Size.



2. **Ramanand Velip-** Wheelchair Chetak



3. **Siddhi Devidas -** Wheel chair folding - Child Size.



4. **Vanshita Juvatkar -** Behind the ear - Hearing Machine

IMPORTANT MILESTONES

- **Mobile Medical Van inaugurated on 29th May 2013** by Honble' Chief Minister Shri. Manohar Parrikar at Caurem pirla.
- **Large number of villagers & school children** participated in health & environmental awareness programmes conducted by Arogya Mitra team.
- Successful arrangement of **quality special camps** for community & school children & provision of spectacles for the needy in a short time. Successfully carrying out cataract surgeries and their follow ups.
- Successful installed 5 bio toilets for community.
- **Mobile Dental Checkup Van inaugurated on 14th November 2014** by Honble' Raksha Mantri Shri. Manohar Parrikar at GSL.

PROJECT STATUS AS ON 31.03.2016 AGAINST DELIVERABLES (FY 2015-16)

FUND EARMARKED : Rs. 30.00 lacs

FUND SPENT : Rs. 30.00 lacs

DELIVERABLES	STATUS
Environmental & Health awareness programmes	Environmental & Health awareness programmes completed (10 each for Community & School) **Target Completed**
Community Eye Camps	Community Eye Camps - 6 nos. **Target Completed**
Diabetic detection camps	Diabetic detection camps: 4 nos. **Target Completed**
Cancer detection camps	Cancer detection camps: 3nos. **Target completed**
Bone density camps for community	Bone density camps for community : 6 Camps. **Target completed**
Anemia detection camp for community	Anemia detection camp for community: 6 nos. **Target Completed**
Thyroid disease detection camp for community	Thyroid disease detection camp for community: 3nos. **Target Completed**
Creation of 2 additional Green toilets for the community	Installation Completed at Quiskond Village
Dental Screening & Procedures for Community and School Children	Dental Screening camp for Community and School Children (36 Screening & procedure camps for community & 12 Screening & procedure camps for school children completed)

MOBILE HEALTH CARE PROJECT SNIPPETS









DENTAL CLINIC ON WHEELS





MEDICAL CAMP IN PROGRESS













Swachh Bharat Activity at Rawapan








Health Education Camp for children at Saklawada / Vaizawada





World No Tobacco Day Celebrated at Morpirla Panchayat



