



QUARTERLY NEWSLETTER JULY TO SEP-2023
LOK BIRADARI PRAKALP HOSPITAL
(BRANCH OF MAHAROGI SEWA SAMITI, WARORA)

BHAMARAGAD, GADCHIROLI, MAHARASHTRA, 442710



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HIGHLIGHTS

- SCHOOL HEALTH AWARENESS PROGRAMME REPORT (SHAPE)
- SICKLE CELL PROGRAMME
- NURSING ASSISTANTS TRAINING PROGRAM
- MUHS SUMMER INTERNSHIP PROGRAM -2023
- DENTAL UNIT UPDATES
- VILLAGE MEETINGS FOR PRE-MONSOON PREPARATION
- WORLD BREASTFEEDING WEEK-2023

Important Statistics at a glance

5353

OPD

682

IPD

104

DELIVERIES

21

NICU

1729

CHC

942

OPHTHAL

579

DENTAL

22

SURGERIES

147

MALARIA



School Health Awareness Programme Report (SHAPE)

'Knowledge is the best pill & best vaccine' therefore Health education is important for improving health status of people in the tribal region like Bhamragad. Tribal Ashram schools & ZP Schools at villages provides a platform to give proper health education & helps to achieve generational changes for the community.



Age appropriate sex education activity



Dental check up with personal counselling

LBP's School Health Awareness Programme (SHAPE) focuses on awareness of students and teachers about adolescent health, sex education, hygiene, menstrual health and addictions. For most of the Madia families it is their first generation who are attending the formal schools. Doctors from LBP conduct this programme. They guide about personal hygiene and good touch-bad touch to the students of 1st to 5th standard. For the students of 6th to 12th standard, focus is on adolescent health education and sex education. It covers the scientific information about physical and mental changes in adolescents, human reproductive system, menstruation, nightfall, sexual reproduction, hazards of consanguineous marriages and early pregnancy, masturbation, difference between love and attraction, sexually transmitted diseases, methods of contraception etc. Thorough oral health screening is done by dentist from our hospital along with personal counselling of students.



Hand washing demonstration by school kids & teachers



Kids watching health education video in Madia

Complete health & hygiene check-up is conducted & nail cutting is done to demonstrate kids how to maintain it at their home. Different tools of health education like videos, power point presentation, games, competition, Madia short films, questionnaire, group discussions, puppet show, etc. are used in this programme. 27 remote tribal schools in Bhamragad were covered in 33 camps under School Health Awareness Programme (SHAPE) in academic year 2022-23. Health check-up of Total 1858 students were done individually.

In addition, Sanitary Pad Incinerator called as 'Ashuddhi-nashak' provided to Six Ashram-schools for facilitating the tribal girls to dispose the sanitary pads in eco-friendly way.

For the year Academic year 2023-24 the program has started from month of September. This year some important topics like Road safety & prevention from accidents is added to the SHAPE content. 347 students from 11 government zilla parishad schools were reached till the report is written.



Sickle Cell Programme

Indian Council of Medical Research- National Institute of Immunohematology (ICMR-NIIH) in collaboration with Lok Biradari Prkalp Hospital started providing technical support and working since more than a year on Sickle Cell Disease in Bhamragad region. Sickle cell disease is a prevalent but least tracked condition in the region. Disease causes painful episodes, internal organ damage, need of repetitive blood transfusion, etc. if not detected and starts with medication. It can only be prevented by early detection and not allowing carrier genes marriages. Multi-pronged approach is adapted for dealing with sickle cell disease which includes-

1. New-borne screening.
2. Family screening of detected new borne sickle cell disease cases.
3. Community village screening
4. Ashram school student screenings.
5. Monthly Sickle cell clinic at LBPH in which follow up of detected patients & testing of suspected patient is done.
6. Awareness at all above levels about disease, its prevention, treatment options, benefits from government, etc.



Village screening camp at Pengunda village



Awareness session of ashram school students



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Field visit at village for family screening



New borne follow up at Pengunda village



Nursing Assistants Training Program (2022-23)- internal exam & YCM Open University Examination

After a year-long preparation of nursing assistant students from first batch was ready for facing their internal examination for nursing assistant and for YCMOU's Patient assistant course exam.

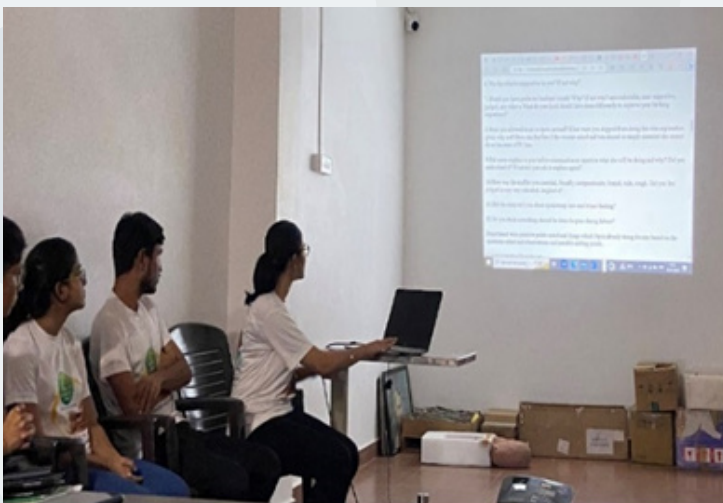
They gone through theory written examination, practical tests, viva, spotting for evaluation in internal exam. They performed well in it and on basis of its preparations they faced the university exam confidently. Now they are eagerly waiting for their result of YCMOU exam and internship of nursing assistant programme in month of July-2023.





MUHS Summer Internship Program at Lok Biradari Prakalp Hospital, Hemalkasa, Bhamragad, Dist.- Gadchiroli

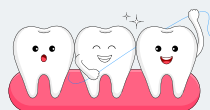
Interns worked for four weeks as a part of the hospital team. They were involved in all activities from planning to implementation which gives them first-hand experience of working in low resource setting in remote places like Hemalkasa. They made IEC materials for health education activity in village meeting camp, made an infantometer, worked on resources for their respective research studies during the internship period. Interns got clinical exposure with various procedures under guidance by LBPH staff on mannequins, models & on patients. They attended deliveries, assisted minor surgical procedures, involved in attending OPD & IPDs, counselling sessions, , etc.



They got time-to-time guidance in brain storming discussions with Dr. Anagha & Dr. Digant Amte along with other staff at LBPH which enhanced their understanding about tribal health needs, research-based perspective.

They worked throughout the period on topics given to them, made a report & presented on last day of internship followed by comments from doctors of LBPH. All are felicitated for the choice they have made & work they did during this Summer Internship Programme.

Lok Biradari Prakash Hospital, Hemalkasa is thankful to Lt. General Dr. Madhuri Kanitkar madam, Dr. Sandip Rathod Sir & other team of MUHS, Nashik for giving our organization an opportunity to be a part of this Summer Internship Programme. We are looking forward for conducting next year Summer Internship Program more enthusiastically.



Dental Unit

Dental Unit of LBPH works on both clinical level at hospital & preventive level at community. From July to September month there were 546 patients treated at Dental clinic at LBPH, amongst which 03 cancerous & 32 pre-cancerous cases were detected. They are treated, counselled & referred for further needful treatment.

Under the school health awareness program (SHAPE), 347 students from 11 tribal ZP school were examined. The students were told about proper brushing habits, hazards of tobacco & alcohol consumption. A movie in Marathi language made about hazards of tobacco products is shown to students.



Village meetings for pre-monsoon preparation

Every year during monsoon period villages in Bhamragad gets disconnected from the block headquarter where major hospitals & health facilities are located. It is also a period of peak for Malaria cases which sometimes becomes fatal. Incidences of Home-deliveries also increases during this period due to inability to reach in time to the healthcare facilities.

To tackle these conditions in some extent community health workers of Lok Biradari Prakalp Hospital conducted village meetings in some villages for pre-monsoon preparations. They gathered villagers and talked about health-related issues they may face during monsoon. They told them information about keeping clean drinking water, destroying mosquito breeding sites, methods to reduce incidences of mosquito bites. They Demonstrated how to use mosquito net effectively & told them strictly not to use it for other purposes. Specially made Health education movies in Madia language at LBPH were showed to them on Laptop for awareness.



Pregnant mothers who have expected delivery date during monsoon period are told to get admitted at the hospitals in well advance where their all the care is going to be taken. Families are counselled about it to prevent the chances of home delivery.

Finally, mosquito nets were distributed to the families. Our community health workers Birju Durwa, Pali Mahaka, Dansu Pungati, Sunita Majji conducted these meetings for Kucher, Kawande, Aldandi, Paraynar & Moradpar villages. ASHA workers, village heads, traditional healers also attended the meetings & supported the initiative. Dr. Aditya Burile monitored & co-ordinated these events. We are thankful to Infina Finance Private ltd. for external support.





World Breastfeeding Week-2023

World Breastfeeding Week (WBW) is an annual celebration which is held every year from 1st to 7th August in more than 120 countries to create awareness and promote breastfeeding. It is celebrated with the goal to promote exclusive breastfeeding for the first six months of life which yields many health benefits providing critical nutrients, protection from deadly diseases such as pneumonia.

Lok Biradari Prakash Hospital, Hemalkasa organized a Breast-feeding Awareness competition for hospital staff and student nurses with objective of improving and refreshing their knowledge about the breastfeeding which will make them capable for educating mothers along with their families about breastfeeding effectively. Staff were asked to choose topic of their interest regarding Breastfeeding, get information about it and were given option of presenting it in any way like power point presentation, poster making, short film, small roleplay, storytelling, etc.



Nursing students explaining about proper methods of breastfeeding .



Dr. Anagha Amte explaining about important aspects of Breastfeeding

Staff refreshed their knowledge and presented topics like Importance and Benefits of Breastfeeding, Misconceptions about Breastfeeding, Problems & solutions regarding Breastfeeding, Proper methods of Breastfeeding, Role of nurses in Breastfeeding, Nutrition & care of lactating mother in a team and individually. Some prepared presentation, posters, used props for explaining their topics.

Dr. Anagha Amte took conducted an interactive session after the presentations regarding some additional important aspects of Breastfeeding.

Winners of competition were decided on basis of efforts of participants for learning more, effective use of available resources, team work, clarity of topic and its presentation. First place given for Group of newly joined nursing students Shreya Wasekar, Pallavi Sidam, Roshani Bangare and Bharati Belsare for the topic of 'Proper methods/positions of Breast-feeding' which they studied and presented effectively with use of available models & other resources. Second place given to Nurses group from Delivery ward Dipmala Latkar, Priyanka Sadmek, Sharda Bhasarkar and Jhunki Lekami for their presentation on the topic 'Role of nurses in Breastfeeding'. The event was co-ordinated by Dr. Aditya Burile.