



Sukarya

Quarterly progress report [July - September 2017]

USHA (Urban Slum Health Action) Project Delhi & Gurgaon

Tackling anemic conditioning and Malnutrition amongst mother [15-49 years] and children [0-6years] through comprehensive approach



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Project Goal

The goal of this project is to help strengthen the detection, treatment and prevention of anemia and malnutrition amongst mother and children and to help combat some of the major causes of child mortality, through immunization and improve care at the community level. The project aims to support the provision of basic health services, contribute to the response to the nutrition issues and ensure that the marginalized population has access to basic health checkups, vaccines and essential medicines.

Broad objective:

- To reduce IMR (Infant mortality rate) , child malnourishment/malnutrition and child morbidity.
- To improve maternal health, reduce morbidity, reduce and prevent anemic conditioning.

Specific objective:

- Detection, treatment and prevention of malnutrition and anemic condition amongst mother and children.
- Providing basic health care services like pregnancy, ANC & PNC health checkups along with counseling.
- Ensuring timely immunization in national immunization program.
- Promoting adequate Nutrition for mothers, infants and young children.

- Promote basic Micro nutrients.
- Promoting home based and community based Nutrition solutions /dietary interventions to combat Malnourishment and anemic conditioning amongst mothers and children.

Geographical coverage:

Delhi (8 slums) and Gurgaon, Haryana (2 slums)

- Inder Camp Rangpuri Pahadi ,Delhi
- Israel Camp Rangpuri Pahadi ,Delhi
- Arjun Camp Rangpuri Pahadi ,Delhi
- J.J.Bandhu camp Vasant Kunj ,Delhi
- Jaihind Camp, Vasantkunj ,Delhi
- Rajokari, Mahipalpur ,Delhi
- Nalapar ,Mahipalpur ,Delhi
- Tarachand Colony,Mahipalpur ,Delhi
- Sector-53 slum Gurgaon
- Sector-57 slum Gurgaon

Population coverage

Approximately -100000

Targeted Group:

The project targeted the following beneficiaries:

- Pregnant women
- Lactating mothers.
- Children 0-6 years.

Strategies:

- Preventive health care services – Individual counseling, awareness sessions with pregnant and lactating women groups on health topics.
- Curative primary health care services
- Testing facilities: by the lab technician under the supervision & prescription of the Doctor.
 - ❖ Hemoglobin test
 - ❖ Blood group test
 - ❖ Pregnancy test
 - ❖ Blood sugar test
 - ❖ Blood pressure
 - ❖ Weighing
 - ❖ Height
- Prevention & control strategy for anemia and malnutrition amongst Mothers & children
- Micro nutrient & food supplements to Mothers
- Nutritional & IFA Supplement to Children.
- Diet Counseling & session
- Promoting Institutional Delivery

Project Team

S. No.	Name	Designation
1	Mr. Shahnawaz Shahid	Director Programs
2	Ms. Renu Bisht	Project Coordinator
3	Dr. Jethra	Doctor
4	Dr. Kriti Mathur	Doctor/Nutritionist
5	Ms. Anuja Agraheri	Lab Technician
6	Mr. Dulal Maythi	Dispenser
7	Ms. Sunni	Community Health Worker
8	Ms. Suman	Community Health Worker
9	Ms. Rinki	Community Health Worker
10	Ms. Poonam	Community Health Worker
11	Ms. Priti	Community Health Worker
12	Ms. Ramesh Yadav	Community Health Worker
13	Ms. Kavita	Community Health Worker
14	Ms. Shobha	Community Health Worker
15	Ms. Rajani	Community health worker
16	Ms. Pushpa	Community Health Worker
17	Ms. Bhanumati	Community Health Worker

Key Activities:

- Health clinic/nutrition clinics.
- Cooking demonstration/Nutrition session
- Sanitation activities/sanitation drive/sanitation awareness
- Meeting with community stakeholders/Government frontline workers.
- Meeting with Government Health & ICDS officials.
- Organize MCH day.
- Capacity building and training of staff.
- Training and capacity building of CHWs.

Activities planned for the quarter

Activities achievements /accomplishment for the quarter

Sl	Activities	Planned for the quarter	Achievements	Outcome
	• Health Clinic	30	30	Total no. of patients- 1270 15-49 years received services- 1304(pregnant, lactating and adolescent) 0-6years -314 ANC received by pregnant women-421 Total no. of lactating mothers received services-234 No. of women identified anaemic- 363 Mild-158 Moderate -192, severe-13 Total no. of children identified severe malnourished-11, Under weight and height-159 Follow up & home visit done by CHW-965
	• Cooking demonstration session/Nutrition session	02	02	Total participants-49
	• Community /Stakeholder Meeting	03	04	Had meeting with Ara Pradhan, RWA and other community people. Meeting in new locations-02 Old locations-02
	• Nutrition Clinic /Sessions	30	30	Total no. of patients counselled-806
	• Distribution of Nutrition/Food supplements	30	30	Total patients received nutrition food supplements-562
	• Meeting with Government frontline workers	05	05	Had meeting with ANM, AWW and ASHAs in Nalapar, Arjun Camp and Gurgaon Sector 57 and Inder Camp.

• Meeting with Government Health & ICDS officials	00	00	Not planned
• MCH day	09	06	MCH day organized -06 Total vaccination-42 Total immunization-72
• Sanitation drive/activity	02	02	Total participants –Approx-74

Best practices:

- Proper utilization of IEC materials developed on sanitation during awareness sessions and health clinics in the community which is spreading clear messages on personal hygiene and cleanliness.
- Ensured the active participation of children and adolescent girls in sanitation activities in the community.
- Regular follow up of activities to ensure the sustainable impact of the activity.
- Organized Health clinics in collaboration with Govt.health and ICDS in Delhi and Gurgaon like immunization and vaccination (MCH day).

Qualitative achievement

Promoted good maternal and child nutrition and health practices in the slums through organizing cooking demonstration sessions

Conducted 2 Cooking Sessions during the quarter (July - Nutritionist, played an instrumental role in changing the d habits of the people living in these low-income communit Focus was to promote low cost locally available high nutri



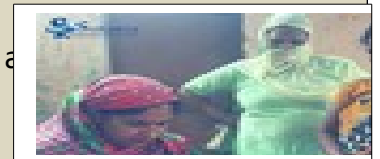
The sessions demonstrated cooking of **Sprout Salad** using simple, yet essential ingredients like gram (pulse), tomato, onion, cucumber and lemon. The dish combines all the important vitamins and minerals with the vegetables being put into it.

A total of 49 participants were recorded for this session, including pregnant, lactating mothers and the mother-in-laws who usually are the decision-makers and required to change their perception regarding food habits during and after pregnancy.

Door to door visit by Community health workers

A home visit by CHW includes follow-ups and feedbacks about the services

It ensures that the facility provided by USHA is reaching in form of a each and every household.



CHW also identified new beneficiaries who can be registered with USHA and avail its facilities.

Sanitation activities/Hand washing session with children:

The sanitation drive focused on personal hygiene and

Hand-washing technique, the latter being ignored

of the time and being the root cause of intestinal

Parasites and malnourishment among young kids



There were almost 74 participants of varying age group, which ensured maximum people learning the benefits of hygiene and sanitation in daily life.

Community stakeholders meetings

4 meetings with Community Stakeholders - *Pradhan*, *ASHA* worker and *Anganwadi* workers. This is as important as conducting a meeting with the people living in the slums, as the stakeholders influence the actions and decisions of

these people. Also, since they know the slum in and out, it becomes easy to study and learn the nuances of the slum eventually which helps us in reaching each and every person living in the slum.

Capacity building of community health workers

To enhance the knowledge and to make the community health workers

more efficient, 3 review cum capacity building trainings were

conducted on aspects like mobilization techniques, home visits

referral process and their role in the health service delivery

Govt. Health and ICDS department.



Success story

Rajkumari, resident of Arjun Camp, has been diagnosed with Iron Deficiency Anaemia. She says, "I felt body weakness very often. But when I came in contact with USHA, I understood why it is so & what can be done to increase Iron level. During the counseling at clinic helped me make right choices when it comes to eating healthy food. I now regularly follow the doctor's advice to take nutritious things as my daily diet. And it is having good effect on me; I feel less weak now & I do my daily chores easily". Rajkumari also adds, she likes how awareness is being spread by USHA Clinic in their slums.

Challenges faced during the quarter:

- To trace and follow up the patients in sector 53 and 57 Gurgaon as the community is very mobile so patients frequently moved out from the area.

Suggestions and recommendations

Some new nutrition supplements can be added on for pregnant and malnourished children to the current list as the season is about to change now.

: Key action plan for the next quarter

- Meeting with Govt. health department (PHC and sanitation department).
- Regular follow up of activities in the community.
- Meeting with govt. grass root worker/community stakeholders.
- Conduct cooking demonstration session/Nutrition sessions.
- Organize hand washing activity in the community.
- Regular health clinic and MCH day.

List of abbreviations:

USHA	Urban Slum Health Action
MCH	Mother & Child Health
PHC	Primary Health Centre
CHC	Community health Centre
ANM	Auxiliary Nurse Midwife
ASHA	Accredited Social Health Activist
CHW	Community Health Worker
ANC	Antenatal care
PNC	Post Natal Care
ICDS	Integrated Child Development Scheme
IEC	Information Education Communication
IFA	Iron Folic Acid
FA	Folic Acid

LT

Lab Technician