

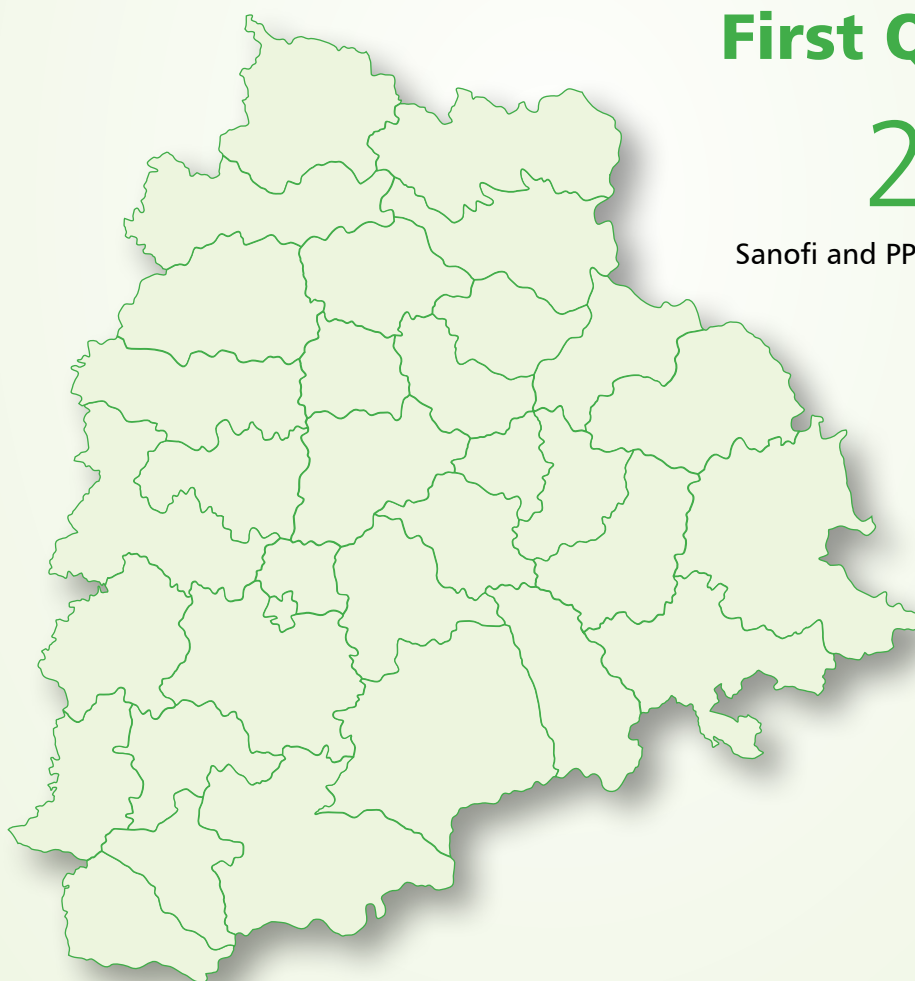


Project Aspire - Telangana

First Quarter

2022

Sanofi and PPHF Collaboration



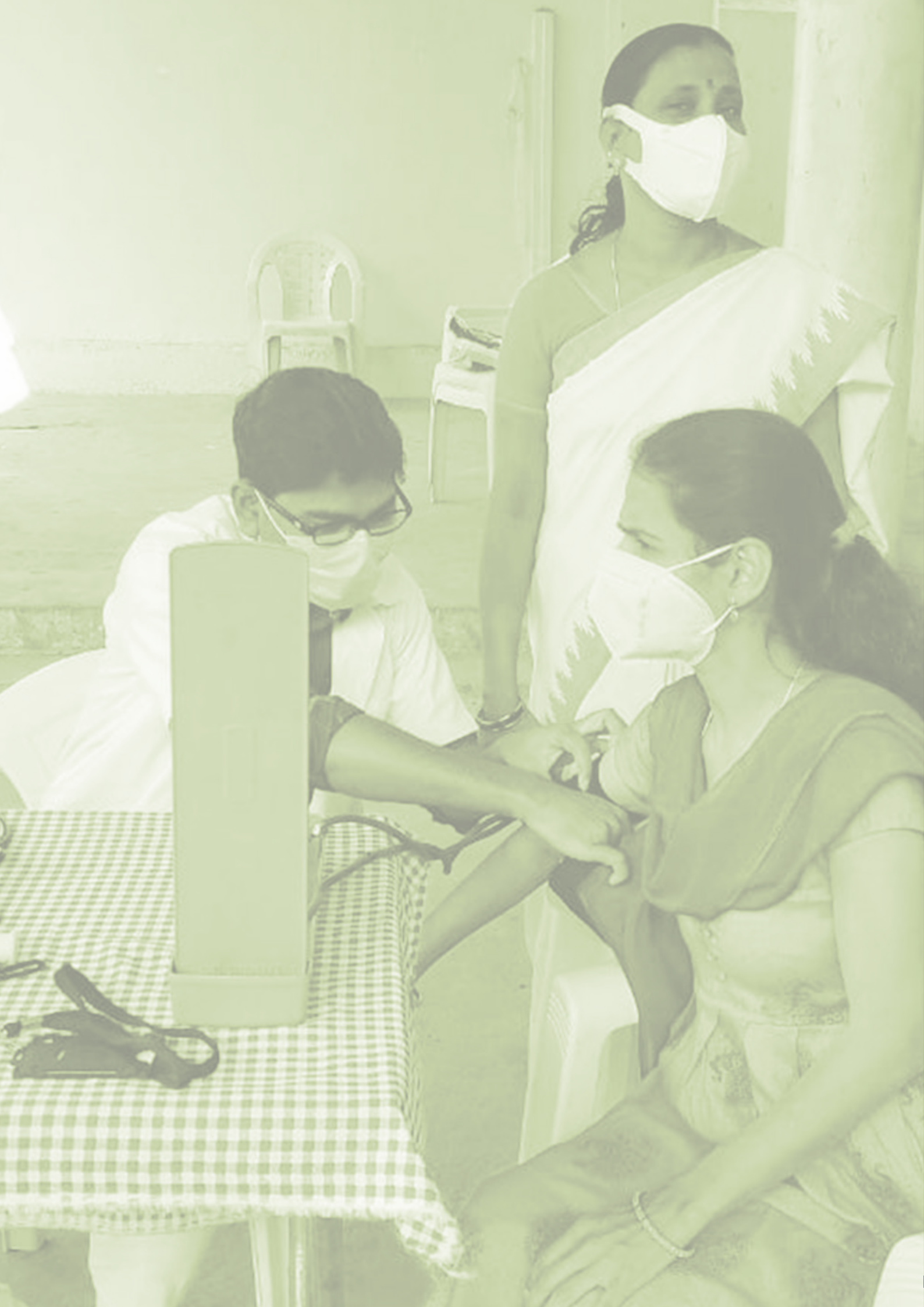


Table of Content

TITLE	Page No.
Project Overview	4
Key highlights of the quarter	5
Major activities of the quarter	5
Field testimonials	7
Learnings, challenges, plans for next quarter	
Annexure I: Breast cancer handout	11

TABLE OF CONTENT

Project Aspire: First Quarter (Jan 01 - Mar 31) - 2022 Status Report

I: Overview:

India is a major contributor to the global burden of non-communicable diseases (NCDs) and it constitutes a major public health challenge, impacting both the social and economic development. In the year 2014, off all the deaths that were recorded, 60% were estimated to be caused by NCDs.

To address this, People to People Health Foundation (PPHF) proposes to strengthen the NCD service delivery at the primary health level. PPHF is working on an integrated approach for prevention, early detection, and capacity building for tackling NCDs.

PPHF, with the support of the Telangana state government, National Health Mission (NHM), and Sanofi India, came together to work towards strengthening healthcare services like prevention, health promotion, early detection, and management of NCDs and their risk factors. It will particularly work at the urban primary healthcare level to reduce morbidity and mortality due to NCDs.

Target beneficiaries:

- All adults aged 30 years and above
- Health care workers in urban health care centers

Objectives:

- Build the capacity of UPHC health teams to deliver essential NCD services
- Increased public awareness on NCDs through health education and promotion related to critical health issues in the community
- Strengthen the implementation of NCD population-based screening (PBS) guidelines at the UPHC
- Establish linkage between Aarogyashree Insurance schemes for improving treatment adherence

Intervention site:

Project site I: Two primary healthcare centers (UPHC Kukatpally and UPHC Moosapet)

Project site II: 52 Basti Dawakhanas of Medchal District

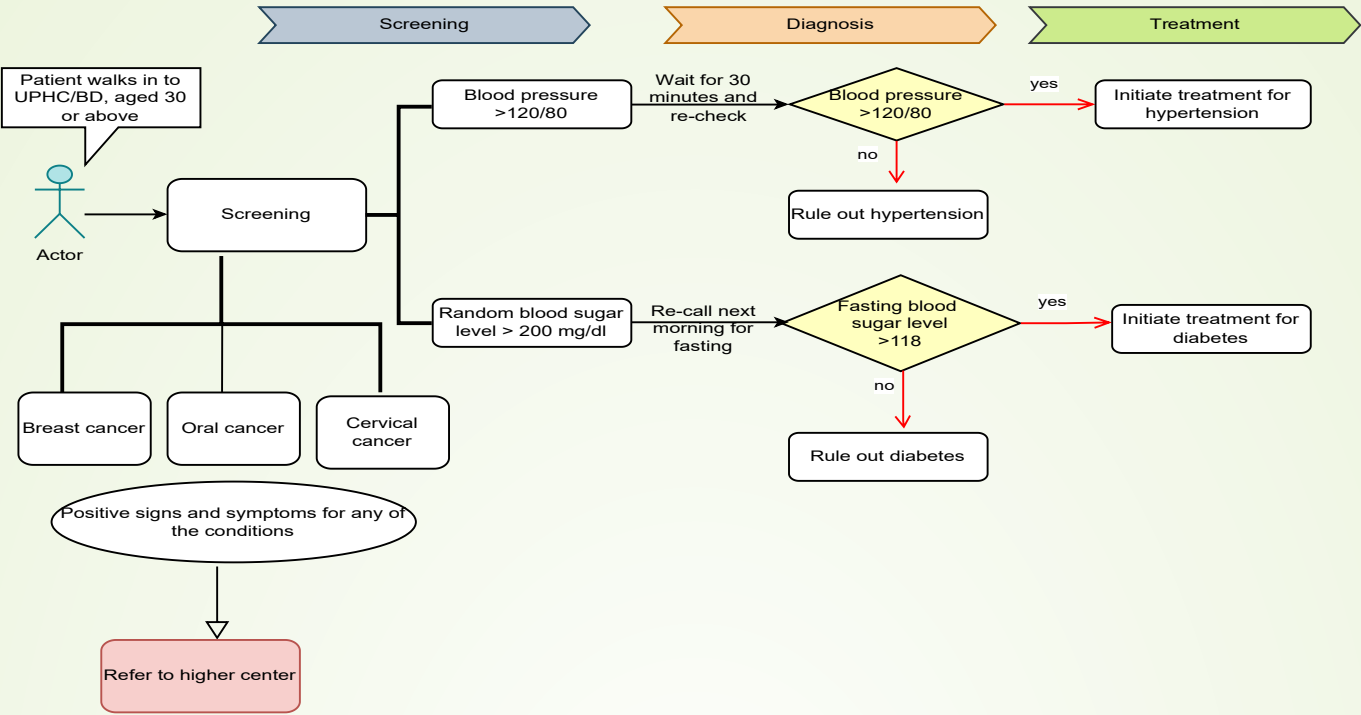


Figure I: Project at a glance at each intervention site

II: Key Highlights of The Quarter:

- The population enrolled in the Village health registry between 01/01/2022 and 31/03/2022: 3,59,74,490
- NCD specific screening, referral data:

Condition	Number of people screened	Number of people suspected and referred to PHC	Number of people diagnosed and enrolled under treatment
Diabetes	75884	3280	4482
Hypertension	75884	4644	6512
Breast cancer	38235	269	182
Cervical cancer	38235	101	43
Oral cancer	75882	535	34

- Oral cancer handouts and diabetes food charts have been made available at the intervention sites to distribute to the community
- A breast cancer handout has been designed that shall be used to create awareness and address the stigma related to breast cancer (Annex I)

III: Major activities during this quarter

- **Community awareness call-to-action drive for screening:** Earlier, NCDs were regarded as lifestyle diseases primarily affecting the aging and affluent populations. However, in the recent module for multi-purpose workers on NCDs, the Government of India has proposed to conduct

(Source: State NCD portal as of 31st March 2022) population-based screening for everyone above 30 years of age. For this to be successful, the volunteers (community mobilizers) must mobilize the beneficiaries and follow up with them to ensure that they seek appropriate treatment.

- **Specific activity in this quarter:** The PPHF state team works with local partner Magna Carta Foundation and NCD Telangana Nodal Cell to identify opportunities for outreach camps. These camps are typically organized to positively engage with the community, create awareness about NCDs and enroll the beneficiary for treatment, if needed. During this quarter, two

camps were conducted- one on 10th of March 2022 at Moosapet UPHC, and another on 31st of March 2022 in Ramanthapur community by the affiliated Basti Dawakhana.

S. No.	Date	Site	Purpose	Number of people screened
1	10/03/2022	Moosapet Community Hall	Women’s Day Screening	135
2	31/03/2022	Ramanthapur	NCD – Screening	240

- Process followed:** Prior to each event, the community mobilizers conducted door-to-door visits to inform people about the upcoming event. During the visit, the mobilizers assisted the staff at UPHC and Basti Dawakhana in screening activity. The screening data was entered online in the NCD portal under the affiliated center.
- Outcome:** As shown in the table above, two camps were conducted where 135 were screened on the women’s day camp held on March 10, 2022, and 240 were screened on 31st March 2022 at Ramanthapur screening camp.



Picture I: Medicine Distribution Center at the Women’s Day camp organized at Moosapet Community Hall by UPHC Moosapet



Picture II: Medical officer recording the blood pressure for one of the participants at the Women’s Day Screening Camp



Picture III: Ramanthapur Outreach Camp

A) Village Health Registration (VHR) Number:

Need: One of the main objectives of Project Aspire is to establish a linkage between insurance (Arogya Shree) and individuals for improving treatment adherence.

Specific activity in this quarter: Digitalizing patient records with house surveys

Process followed: At each intervention site, the community mobilizer/volunteer would conduct a survey through house-to-house visits and recorded household information in the first half of the day. This also included recording Aadhar details and the contact information of the members who are older than 30 years. The mobilizer also engaged in a positive

dialogue to encourage the target beneficiaries to visit the Basti Dawakhana (intervention site) and get screened for the NCDs under population-based screening. Post-lunch, the volunteer would enter this gathered information in the database supported by the NCD state portal. This stored data in the database ensured that community members migrating to another place in Telangana while undergoing treatment at the Basti Dawakhana, could still visit the nearest PHC by providing their Aadhar details or contact details to pull out the relevant health information, and continue their treatment.. This process also minimizes the risk of duplication of services at the population level.

Impact: 3,59,74,490 population has been enrolled in VHR till the end of first quarter of 2022.

III: Field testimonials

S. No.	Testimonial
1.	“We (My husband and I) have hypertension and diabetes and have to get r tested in a private clinic which means spending a lot of of money. But after knowing about the Basti Dawakhana and its services from a volunteer, we have been regularly visiting the Dawakhana for all services. We thank the organization and government for enabling this facility to us.” Intervention site: Bhagath Singh Nagar BD Testimonial by: Rekha (Patient) Age: 45 years Gender: Female

2.	"It was only after working as a volunteer in the Basti Dawakhana that I came to know about the NCDs and the services provided by the Basti Dawakhana. I am able to mobilize many people and enroll them for treatment at the Dawakhana. The NCD program is good, and helping people from our own community is a rewarding job for me." Source: Magna Carta Foundation Testimonial by: Madhavi (Community mobilizer) Age: 34 years Gender: Female
3.	"I am a 61-year-old, low-income senior. Pain, lack of things to do and the fact that I have no money left after paying health bills, cause me to be in a constant state of worry about the health and well-being of myself and my family. The NCD program sounded like it might help me and my wife as we have both been diagnosed with Type II diabetes. I have been battling this chronic illness for the past five years and would be interested in making a few changes to my lifestyle that can, in turn, improve my health." Intervention site: UPHC Moosapet Testimonial by: Yadaiyah (Patient) Age: 61 years, Gender: Male
4.	"We thank People to People Health Foundation and Sanofi for their advocacy and capacity building. By providing ECG machines and BP apparatus, I am able to rule out cardiovascular disease risk for my patients." Intervention site: Ranga Reddy Nagar Basti Dawakhana Testimonial by: Dr. Rakesh Reddy (Medical Officer) Age: 29 years Gender: Male
5.	సంధియా నాకు వ్యక్తిగతంగా తెలుసు, అందుకే నేను ఆమె మాటలు విని బస్తి దవాఖానాను సందర్శించాను. నా భర్తకు హైపర్ టెన్షన్ ఉన్నట్లు నిర్ధారణ కావడంతో అక్కడ డాక్టర్ చికిత్స ప్రారంభించారు. ఇప్పుడు సంధియా ఫాలో-అప్ కోసం మాకు గుర్తు చేసింది మరియు మేము వెళ్తాము. బస్తి దవాఖాన ఏర్పాటు చేసినందుకు ముఖ్యమంత్రికి, ఈ విషయాన్ని నాకు చెప్పినందుకు సంద్యకు ధన్యవాదాలు తెలియజేస్తున్నాను "I know Sandhiya personally and that was the only reason why I listened to her and visited the Basti Dawakhana. My husband was diagnosed with hypertension, so the doctor started treatment there. Now Sandhiya reminds us for follow-ups and we go. I thank the chief minister for setting up the Basti Dawakhana, and also Sandhiya for telling me about this." Sandhiya is a community mobilizer at Bhagat Sing Nagar BD and she works to sensitize the population about project Aspire - Telangana Intervention site: Bhagat Singh Nagar BD Testimonial by: Rama (Patient) Age: 37 years Gender: Female

6.	ప్రైవేట్ మందులు ఖరీదైనవి కానీ ఉచిత సేవ మంచిది. బస్తి దవాఖానా ఒక సంవత్సరం నుండి మూలలో ఉంది, కానీ మా కుటుంబానికి అది ఏమిటో తెలియదు. సెంటర్ దాటినప్పుడల్లా పెళ్లిళ్లకు కమ్యూనిటీ హాల్ అనుకున్నాం. NCD సేవ గురించి వాలంటీర్ ప్రతిభ నాకు చెప్పినప్పుడు, 30 ఏళ్లు పైబడిన ఎవరైనా ఎందుకు పరీక్షించబడాలి, నేను మరుసటి రోజు వెళ్ళాను. నాకు డయాబెటీస్ వచ్చే ప్రమాదం ఉంది కాబట్టి డాక్టర్ నన్ను రోజుకు రెండుసార్లు 30 నిమిషాలు నడవమని చెప్పారు మరియు ఆహారాన్ని సవరించాలని సూచించారు. ప్రతిభా రాకపోతే నాకు ఎన్సీడి ప్రోగ్రాం గురించి తెలిసేది కాదు. ఆమె నా పరిసరాల్లో ఒక గూప్ హాస్పిటల్ను గుర్తించడంలో నాకు సహాయపడింది మరియు ఆమె పని చేస్తున్న సంస్థను నేను ట్యాంక్ చేసాను. ఆమె పని బాగుంది "Private medicines are costly but free service is desirable. The Basti Dawakhana was there for a year just around the corner the corner but our family did not know what it was. Whenever we passed by the center, we thought it is a community hall for weddings. When volunteer Prathiba told me about the NCD service, and why anyone above 30 should get screened, I went the next day. I was at risk for diabetes so the doctor told me to walk twice a day for 30 minutes and suggested dietary modifications. I would never have known about the NCD program if Prathiba had not made a visit. She has helped me identify a good hospital in my neighborhood and I thank the organization she is working with. Her work is good." Prathiba is a community mobilizer/volunteer a Nanda Nagar Basti Dawakhana. Intervention site: Nanda Nagar Testimonial by: Gayetri (Patient) Age: 53 years Gender: Female
7.	"I am very grateful to your organization and Sanofi for providing adequate human resources. Due to COVID-19, my staff couldn't focus on the NCD program. However, in November, when the volunteer Sunitha joined our team, she brought so many people from the neighborhood for diabetes screening that we now have dedicated one morning only for diabetes screening. I feel that the support from a public health organization is promising, and it supports the government hospitals to a huge extent." Sunitha is a community mobilizer/volunteer a Nanda Nagar Basti Dawakhana Intervention site: Fourth phase BD Testimonial by: Dr. Mounika (Medical Officer) Age: 27 years Gender: Female
8.	"Before the volunteers came, I use to do everything alone. Now the volunteer and I work together and dividing the work has helped me also. I thank PPHF, Sanofi and Magna Carta Foundation for the volunteers." Intervention site: Marrigudda, Mallapur BD Testimonial by: Nilima (NCD Staff Nurse) Age: 31 years Gender: Female
9.	"My mother had chest pain and we came to the Basti Dawakhana to get it checked. The doctor took the ECG and advised me to immediately go to the PHC. I got the right medical attention at the right time. I thank the team for taking care of me and my family." Intervention site: Sri Srishna Nagar Community Hall Testimonial by: Shardha (Patient's daughter) Age: 62 years Gender: Female

10.	"Many people have been diagnosed with diabetes and hypertension under population-based screening. I also want to give the credit for this to the capacity that PPHF has provided. Now the mobilizers are part of our team and we are working together for a good cause here." Intervention site: Mallapur BD Testimonial by: Dr. Bhavna (Medical Officer) Age: 32 years Gender: Female
11.	"One regular patient of ours came with chest pain to the Basti Dawakhana. Our doctor took an ECG and interpreted the results. The patient was immediately referred to a higher center and received emergency care. The ECG machine donated by your organization (PPHF and Sanofi) has helped us to get right care for the patient." Intervention site: Anjaiyah Nagar BD Testimonial by: Roshni (NCD Nurse) Age: 54 years Gender: Male
12.	"I attended the Senior Association's meeting and got to know about the services of Basti Dawakhana. I went for a checkup and was diagnosed with hypertension. I come here every month for a checkup and a medicine refill." Intervention site: Third phase BD Testimonial by: Ziaullah (Patient) Age: 62 years Gender: Male
13.	"We have read the sign board of the Basti dawakhana but never knew what services were available. After the volunteer told us, we have been coming here for treatment and medicines." Intervention site: Yellamabanda BD Testimonial by: Suma (patient) Age: 39 years Gender: Female
14.	"The Basti dawakhana is very close to our house and we can come here any time. Even the volunteer is doing door- to-door visits. It is a good service." Intervention site: Yallamabanda BD Testimonial by: Rajanna (patient) Age: 46 years Gender :Male

V: Learnings, challenges, and plan for the next quarter:

1. Learnings

For most of the community members, the lack of awareness about the services was a barrier to accessing the Basti Dawakhana. With the help of community mobilizers, the population was sensitized and was able to get the most appropriate medical care for their holistic wellbeing.

2. Challenges

Many of the staff at the Basti Dawakhana were unable to conduct NCD screenings, citing a heavy workload due to COVID-related activities. The screening numbers were also low from the beneficiaries' end.

Constant follow-ups and reviews have had some positive impact in changing the attitude of the health workers, as well as the beneficiaries. To compensate for the lost numbers, two outreach camps were conducted during this quarter. This was also an opportunity to learn how the target beneficiary would respond to such initiatives.

3. Plan for the next quarter

- Refresher training of 60 community mobilizers, 52 NCD staff nurses and 54 medical officers
- VIA training of 52 NCD staff nurses and 54 medical officers
- Call-for-action drive to mobilize community members for screening activities

- Translation of breast cancer handouts and distribution during the outreach events
- Explore a public-private partnership for NCD – treatment adherence with the NCD State Nodal Office
- Continue providing handholding support to the community mobilizers for data entry into the

- Telangana NCD state portal application
- Continue supporting the NCD Nodal Officer to conduct NCD field activities
- Establish a referral system during the outreach events

Annexure I: Breast Cancer Handout

Breast Cancer

Our Pink Health Matters!!

1 in every 8 women is diagnosed with breast cancer in their lifetime.

Facts

- Second most leading cause of cancer death in women
- Most common among women above 40 years
- The 5-year survival rate in India is barely 60%
- 1 in 833 men are at risk of getting breast cancer

Source: <https://www.who.int/news-room/fact-sheets/detail/breast-cancer>

Signs to look for

- Lump
- Discharge
- Discoloration

Self-examination

Look in the mirror visual inspection of the breasts with the arms in different positions.

Gently use the pads of fingertips

Wedge Pattern

Vertical strip pattern

Clock Pattern

Self examine and look for signs, if any. Walk to nearest Basti Dawakhana or UPHC center and consult a doctor.

(Front)

WATCH OUT if...

- Your mother, daughter have/had breast cancer
- You have high density breast
- You are getting older

5 Things To Do To Prevent Breast Cancer

- Regular self breast exams and screenings
- Breastfeed if you can for the first six months
- Stay active and exercise
- Make healthy food choices
- Avoid alcohol consumption**

PPHF sanofi

(Back)

ABOUT PPHF

PPHF is a non-profit organisation that works towards transforming lives for improved health and wellbeing through locally- driven solutions.

PPHF works closely with communities and key actors on sustainable solutions for public health challenges. These include :

1. Women, Adolescent and Child health
2. Non-Communicable Diseases
3. Nutrition
4. Infectious diseases- T.B, Malaria, COVID-19
5. Environmental Health

We focus on building public health capacity and community actions for better health outcomes. We work collaboratively with stakeholders, leveraging partnerships and influencing policies and practices.

Contributor:

People To People Health Foundation

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