

INSTITUTIONAL UPDATE: COMPREHENSIVE PRIMARY HEALTH CARE

APRIL-JUNE 2024

KHPT's approach to Comprehensive Primary Health Care

Comprehensive Primary Health Care (CPHC) is a holistic approach to health and well-being, which encompasses all services and is delivered in partnership by an interdisciplinary team through a range of services and programs that are accessible, equitable, culturally appropriate, and effective. KHPT's goal is to design, implement, and sustain need-based urban and rural CPHC models to achieve Universal Health Coverage in select cities and rural areas in India.

Government Engagement

KHPT conducts vulnerability area mapping exercises in three Mysuru UPHCs

KHPT conducted a vulnerability mapping exercise in Kumbarkoppalu and Vishweshwariah Nagar Urban Primary Health Centres (UPHCs) of Mysuru from May 14 to 31. The exercise, conducted in collaboration with Health Department officials, aimed to identify and estimate the vulnerable population living in the urban area, map the area's boundaries, and plan communication strategies.

The mapping process involved two steps. The first involved mapping all key landmarks such as factories, shops and apartments. Then, key information, including socio-demographic details, household member details, and health conditions, including Non-

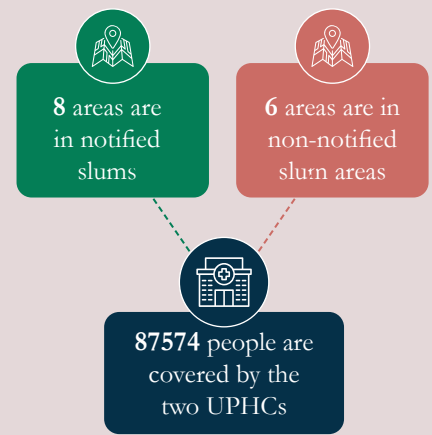
Communicable Diseases (NCDs) such as Diabetes and Hypertension, communicable diseases (Tuberculosis), and visual impairment, were collected.

Vulnerable area mapping in Chamundipuram UPHC in Mysuru was also completed, and the mapping report is being prepared.



Community Facilitators involved in identifying vulnerable population and area mapping exercise

The team identified 14 vulnerable areas in Kumbarkoppalu and Vishweshwariah Nagar UPHCs



KHPT supports Mahila Arogya Samiti learning visits for ASHAs

KHPT collaborated with three UPHCs and organised immersion learning visits to the Gulbarga Colony of Roopena Agrahara,



Ms Jyoti, ASHA worker sharing the highlights (left) KHPT staff discussing with participants (right)

in Bengaluru on June 7 for training of 24 Accredited Social Health Activists (ASHAs) from Singasandra and Gottigere UPHCs on Mahila Arogya Samithi (MAS) formation. The focus was on sharing learnings and

experiences from the MAS, including committee formation, regular meetings, planning, implementing and monitoring health programs, record-keeping, and advocacy with various departments. During the session, the role and responsibilities,



such as creating awareness in the community, monitoring health services, maintaining reports and data of slums, etc, of ASHA workers in strengthening the MAS was explained, and any doubts about MAS were clarified.

During the visit, Ms Ashitha, President of MAS, and Ms Jyoti, an ASHA worker from Gulbarga Colony, highlighted MAS activities for community health. Issues related to drainage were reported to the Bengaluru Water Supply and Sewerage Board (BWSSB), who replaced all broken pipes. The MAS also helped resolve irregular and delayed garbage collection issues and organised a health camp in collaboration with Namma Clinic. Additionally, a camp was set up to enrol eligible beneficiaries under the Ayushman Bharat - Arogya Karnataka Scheme (ABArK).

The KHPT field team, along with ASHAs from Roopena Agrahara, Singasandra, and Gottigere, will work together to strengthen MAS and ensure that all MAS are formed according to the guidelines of the National Health Mission.

KHPT meets Health Department officials to discuss TB-resilient ward in Mysuru

The KHPT team met with Dr Mohammad Shiraz Ahmed, District TB Officer (DTO), on June 13 and Dr Shivashankar, UPHC Medical Officer, on April 5 in Mysuru to discuss the initiation of a project aimed at developing TB-free/resilient wards in Mysuru City. The project focuses on strengthening community and increasing demand for comprehensive TB prevention and care. During the meeting, discussed holding a Stakeholders workshop involving State TB Officers, WHO consultants, districts and taluka health officials and health facility staff and private doctors in the workshop to define TB resilient wards



■ KHPT team in discussion with District TB Officer (left), and with Medical Officer (right)

Dr Mohammad welcomed the idea of conducting the workshop and suggested holding it in July. Dr Shivashankar assured KHPT of providing all the necessary support. Monthly meetings and discussions



with the DTO will be held to brief on progress and required support and follow up on workshop-TB resilient wards and Active Case Finding survey dates. This will allow the KHPT team to participate in the survey.

Capacity Building

KHPT conducts capacity-building session for ASHAs on AB-ARK in Gottigere

KHPT conducted a capacity-building training for ASHAs on the Ayushman Bharat Arogya Karnataka Scheme (ABARK) in Gottigere Bengaluru on May 13 for seven ASHAs of Gottigere UPHC. The training aimed to provide ASHAs with knowledge about the Ayushman Bharat Health Card, which provides efficient, accessible, and affordable health coverage. Ms Poornima B S, Deputy Director - Programme, CPHC, facilitated the training sessions, which were

designed to help ASHAs to register online and provide cards in the community and through their UPHC, enabling people to access the card's free benefits.

The training also covered topics such as the ABARK Scheme's background, objectives, eligibility criteria, and how to enrol or avail of the scheme.



■ Ms Poornima B S facilitating the session (left), Community Facilitator explaining to ASHAs (right).

KHPT conducts skill-building on Interactive Intimate Theatre for Child Health Ambassadors in Bengaluru

KHPT conducted a three-day skill-building session from April 29 - May 1 for selected Child Health Ambassadors (CHAs) at

Government School, Kudlu, Bengaluru. The session aimed to develop acting skills, imaginative abilities, and controlling their mind, body, and voice modulation while performing. They also learnt a basic understanding of Interactive Intimate Theatre (IIT), a powerful theatre-based

communication tool that breaks down the usual boundaries between performers and the audience and makes people express their "hidden stand" on the Issues presented. Instead of lengthy plays, IIT serves up bite-sized capsules. These mini-dramas tackle important issues - think of them as thought-provoking theatre snacks.



■ Mr Srinivas facilitating the session (left), CHAs are involved in performance (right)

Mr Srinivasa N, a theatre artist from Mysuru, facilitated the sessions. At the end of the training, CHAs understood how to narrate a story as a single performer, perform as a group, and use the stage, properties, sets, makeup, etc. Moving forward, the CHAs will perform health-related issues during community events and awareness programs.

Community Engagement

KHPT observes World Hypertension Day in Bengaluru through community screening

KHPT collaborated with Health Department to organise awareness programmes on services offered by Namma clinics to

commemorate World Hypertension Day on May 17. During the programme frontline workers, SHG members, CHAs, local community leaders, and community facilitators mobilised community members through door-to-door visits in two UPHC

areas. The camp organised at Namma Clinic served a diverse population, including slum dwellers, migrant workers, senior citizens, construction workers, pourakarmikas, and daily wage labourers.

KHPT, along with the Mitra Foundation, a Bengaluru-based charitable trust, honoured **14** community members and health workers, including health workers, self-help group (SHGs) leaders, local leaders, and CHAs, for their contributions to the KHPT projects in reaching out to vulnerable populations. On the same day, **100** people were screened at Namma Clinic, and Medical Officers provided on-the-spot one-on-one counselling and advice to those with abnormal blood pressure and blood sugar levels.



■ Community Facilitator explaining to community through BCC material (left), Medical Officer screening women for Hypertension (right)

Case story



A collaborative effort to combat TB in Chiratgundu Gram Panchayat

Mallamma (80), wife of Peddaiah, is part of a family of eight members living in Chiratgundu Gram Panchayat, Vijayanagara district. The family's primary source of income is daily wage-based work.

When Mallamma visited Gram Panchayat (GP) for some personal work, she just mentioned experiencing symptoms such as cough, weight loss, and blood in her phlegm. The KHPT team, a GP member and the Community Health Officer (CHO) of the health department immediately visited Mallamma's house to inquire

with her family about symptoms. They advised family members showing symptoms to get tested immediately, emphasising the risk of disease transmission. Mallamma's sputum was collected and sent to the nearest Primary Health Centre (PHC) with the assistance of the ASHA. Three days later, the test confirmed her TB diagnosis.

The family was instructed to maintain cleanliness, take preventive measures, undergo daily medication for six months, and make dietary changes to improve overall health. The KHPT staff emphasised the importance of informing the local CHO about health issues, seeking suggestions, and complying with instructions. The CHO distributed tablets to Mallamma and advised all family members to undergo sputum testing. The health personnel and KHPT team met with the GP to discuss organising a health check-up camp for tuberculosis, non-communicable diseases (NCDs), and related measures.

KHPT supported GP in organising a health screening and awareness camp. The awareness program concluded with a powerful message to the GP members to encourage anyone exhibiting similar symptoms to get tested immediately and raise awareness about the issue within the local community.

KHPT field team links child with Down syndrome to physiotherapy services at UPHC Singasandra

Shivam Kumar migrated to Bengaluru from Bihar ten years ago in search of a job and is currently working as a driver at Singasandra, Bengaluru. He stays with his wife, Nisha Kumari, and has two daughters aged three years and **18** months.

In the last year, the family started noticing health issues with their older child. She was always crying, and was unable to stand and walk even at three years of age. Worried, they consulted many doctors in their locality.

"We spent more than **15,000** rupees for different tests, and finally, the doctor told me she is suffering from Down syndrome and it is not curable. My wife underwent many tests during pregnancy. Why were these tests conducted, if they failed to detect the baby's anomaly?" asks Shivam Kumar.

In February, KHPT's Community Health Worker (CHW) learned about Shivam Kumar's family during her regular field visits. She visited the family, talked to them about the child's condition, and discussed it with the Medical Officer of Urban Primary Health Centre (UPHC), Singasandra, Bengaluru. The Medical Officer referred the family to a physiotherapist. "When the child came to us, she could not sit or stand alone. So, I counselled the mother about her condition and advised physiotherapy daily. Now, after four months of treatment, she walks independently", says Dr Harika, who provided physiotherapy to the child.

"We had lost all hope, but CHW visited our home many times, which motivated us to visit UPHC Singasandra. Now, we are happy that she can walk, and there are a lot of improvements in health. We will continue the physiotherapy as advised by the doctor", says Nisha Kumari.

Follow us on: 

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