

# Health Education and Literacy Programme

## Narrative Report

January –December, 2009

At present, we are providing service to the communities of the following areas, through our three centers:

- 1) Neelam Colony
- 2) Lower Gizri
- 3) Khuda Ki Basti

### **HELP is also working in:**

Taluka Nagrparkar, Distict Tharparkar, (funded by GAVI)  
Taluka Shahdadpur, District Sanghar, (funded by World Bank)

### **OBJECTIVES:**

To expand and improve our existing services:

1. Maternal care, and antenatal, natal and postnatal services
2. Motivation for family planning and birth spacing
3. Motivation for safe delivery and neonatal care
4. Awareness regarding reproductive health
5. Reduction of the incidence of sexually transmitted diseases amongst men and women by the identification and treatment of the cases of STDs and provision of counseling services
6. Growth monitoring of children less then 5years of age
7. Immunization coverage
8. Nutritional counseling for women and children (breast feeding, IYCF, and child nutrition)
9. Rehabilitation of malnourished children to normal nutritional status on OPD basis through counseling and dietary supplementation
10. Treatment of common childhood illnesses
11. Development of referral lines with secondary and tertiary care hospitals
12. Promotion of early childhood development through pre-primary education

### **INDICATORS:**

Following indicators were used to measure the objectives:

1. Increased number of antenatal registration
2. Increased number of hospital deliveries
3. Increased usage of contraception
4. Increased awareness regarding reproductive health.
5. Decreased prevalence of sexually transmitted diseases
6. Increased number of children with normal nutrition status
7. Increased number of breast-fed babies
8. Increased EPI coverage amongst less then Five years old children
9. Increased coverage of tetanus toxoid vaccination among women of childbearing age
10. Decreased NMR, IMR and MMR

## **ACTIVITIES:**

### **Training of CHWs:**

Training sessions were conducted for female community health workers by experienced and qualified master trainers on the following topics:

1. Care of newborns
2. Breast feeding and Lactation management.
3. Family Planning.
4. Diarrhea.
5. Acute respiratory infections.
6. Nutrition of mothers, children and adolescents.
7. Immunization.
8. Communication skills.

Additionally Community workers are given weekly training sessions on various topics.

A **training workshop was held on Tuberculosis** at HELP,s Neelum Colony health centre for HELP's Medical and paramedical staff in Feb 2009, Trainers from Marie Adelaide centre facilitated the workshop.

A **training workshop was held on Family Planning** in collaboration with population welfare Dept, Govt. of Sindh.

### **Primary Health Care Centers**

HELP has three primary health care centers, one each at Neelum Colony, Khuda Ki Basti, and Lower Gizri. These centers are providing health education, growth monitoring, antenatal checkups and treatment of common illnesses. High-risk patients are referred to Civil Hospital, which is a tertiary care centre.

### **National and provincial Polio Immunization Days**

Our community health workers, community health visitors and social Mobilizers actively participate in the national and provincial immunization days. During the period Jan- Dec 2009 ten polio campaigns were held, during which door to door vaccinations were carried out.

### **Pre-primary school for girls and boys in Neelum Colony**

A school for less than five-year-old children is functioning in Neelum Colony since 1999. Five teachers and one cleaner have been employed from the community. The school is highly popular amongst the locals.

### **Pre-Primary school for girls and boys in Lower Gizri**

A pre-primary school (morning shift) was started in March 2008 in Lower Gizri. The school operates in two shifts. The total enrollment in the school is 84. Four teachers and a cleaner have been employed from the community.

### **Teachers training**

Teachers from HELPS schools are given professional training by an expert teacher trainer. Continuous weekly training sessions are held.

## **Primary school in Sanghar**

A primary school has been opened in Taluka Shahdadpur, district Sanghar.

## **Monitoring and supervision**

Weekly meetings are held, which are attended by Executive Director, field coordinator, doctors, LHVs, CHWs and social workers. Weekly reports of activities are submitted. The purpose of the meetings is to monitor day-to-day activities of the organization. Monthly and quarterly meetings of trustees are held regularly for evaluation of activities. Monthly six monthly and annual reports are submitting by field coordinator which are reviewed by Executive coordinator & chairperson.

## **Healthy Baby Show**

HELP organized a Healthy Baby Show to celebrate the Global Breast-Feeding Week. During this week, world over, emphasis is given on the advantages of exclusive breast-feeding for upto 6 months and continued breast-feeding for upto 2 years combined with healthy solid food. This is of extreme importance in Pakistan, where, although 96% of mothers start breast-feeding, but only 37%, exclusively breast-feed. The remaining 59% feed breast milk along with water, ghutti and other drinks, as a consequence of which, young infants end up with serious infections including diarrhea, which frequently leads to malnutrition..

This year's slogan, "Breast-feeding, a vital emergency response: are you ready?" is especially pertinent to Pakistan, given the issue of internally displaced persons that the country is facing at present.

The program was held at one of the catchment areas of HELP, *Khuda ki Basti* a peri- urban slum area in Karachi. A week prior to the show, banners and posters were posted in the area in order to highlight and accentuate the importance of breast-feeding and to announce a competition.

On the day of the competition, the venue was packed with enthusiastic mothers and their children, all in vibrant, colorful attires. The programme commenced with the a welcome address by HELP's Field coordinator, Dr. Farhana Masroor. Later, HELP's Honorary Chairperson and renowned pediatrician, Prof. D.S Akram highlighted the importance of breast-feeding, particularly in situations of emergencies and disasters. She also answered queries of the young mothers present at the occasion regarding breast-feeding and related issues.

Speaking on the occasion, a respected figure of the society, Chief Guest Mrs.Zubaida Tariq of T.V and radio fame, appreciated the efforts of HELP in the promotion of breast- feeding in the community. She shared her own experiences with the mothers.

Breast fed children participating in the competition were divided into 2 groups, aged 0-6 months and 6-24 months. The jury, consisting of renowned pediatricians, examined and selected the three healthiest children form each group. The Chief guest, Mrs. Zubeda Tariq, then distributed prizes and gift hampers to those children.

Dr. Ammara Shakeel, the Women Medical officer of HELP, concluded the programme with a vote of thanks.

## **PROGRESS**

### **HELP wins World Bank Competition:**

The World Bank in its efforts to improve the nutrition of women and children, especially in South Asia organizes various events. In March this year, South Asian Regional Development Market Place, World Bank, arranged a project competition and invited proposals on Innovation for nutrition, family and community approaches to improving infant and young child nutrition.

The competition's call for proposals received nearly 1000 submissions, and after rigorous assessment, 60 proposals were selected as finalists. HELP's proposal on "Home based nutrition rehabilitation of severely malnourished children" was one of them.

Along with other finalists, HELP was invited at Market Place in Dhaka on 5<sup>th</sup> Aug '09 to showcase its proposed project. A distinguished jury of international experts and financial partners selected 20 winners from amongst the 60 finalists from all over South Asia. HELP's team was represented by its Honorary Chairperson Prof. Dr. D. S. Akram and Executive Coordinator, Dr. Yasmeen Suleman.

HELP had the privilege of being one of the twenty winners, which will receive funding from World Bank. Out of eight finalists from Pakistan, only two were chosen. This is a matter of great prestige not only for HELP and the NGO sector in Pakistan but also for the country.

### **Tuberculosis Clinic**

Screening of children and adults was done in Lower Gizri in collaboration with Marie Adelaide leprosy centre. No active case of TB was detected in HELP's catchments area

### **Up-gradation of school for girls and boys in Lower Gizri**

From the new academic year, the school has been upgraded to class 1, classes of which have started.

### **Crash tetanus vaccination programmes**

There has been constant turnover of population in our communities; hence a crash programme of tetanus vaccination was carried out in all our communities. National Food Products Company provided ready made food packs, which were given as incentive particularly to those who previously refused to get immunized.

### **English Language Course**

A six-week course of spoken and written English was held for students of the community at the Lower Gizri Centre. A volunteer student took the classes.

### **Publication of quarterly newsletter**

The first issue of quarterly newsletter was published in June 2008. Since then it has been published regularly every three months. The latest was published in January 2010.

### **'Mother and Child friendly community at Nagarparkar'**

HELP commenced an 18 months project on Primary healthcare with focus on rehabilitation of malnourished children in Nagarparkar, District Tharparkar. The project which is funded by GAVI consortium is of 18 months duration.

HELP held a series of 5 three days workshops in Nagarparkar community based training with special emphasis on rehabilitation of malnourished Children. The workshops were held for the capacity building of Government Lady Health workers, Medical and Paramedical staff of Rural Health centre and Taluka Hospital. Prominent amongst other expert trainers was HELP's Honorary Chairperson Prof D.S.Akram.

### **'Rehabilitation of Severely Malnourished Children in District Sanghar'**

HELP's above project of 18 months duration funded by World Bank commenced in Nov' 2009 in Taluka Shahdadpur District Sanghar

### **Renovation Work.**

The Project office as well as the Neelum Colony Centre has been partly renovated. The renovation work is in progress.

## **BENEFICIARIES:**

### **Antenatal status**

482 pregnant women were registered at our centers and came for routine antenatal check up. The total no of antenatal check ups was 3968 and a total of 498 deliveries took place in our catchement area

### **Postnatal status**

128, women paid visits to our centers for postnatal care.

### **EPI status**

EPI coverage for children less then 5 years is > 98%.

### **Tetanus toxoid coverage**

The tetanus toxoid coverage to women of child-bearing age has been 95.6%. At beginning of the year the percentage was low reason being high turnover of population in Neelam Colony. Another reason was non-availability of tetanus vaccine in the province. Later on two crash programmes were held. A programme was also held in collaboration with National Foods, in which readymade food packets were offered as an incentive to the women.

### **Nutrition**

Special emphasis is given to nutrition of women during pregnancy and lactation, breastfeeding of newborns and nutrition of infants and children. As a result, the number of children 0-5 years with malnutrition has reduced drastically in HELP's Communities

### **Rehabilitation of Malnourished Children in Khuda ki Basti**

Due to constant turnover of population in Khuda ki basti, HELP did a fresh survey to assess the nutrition status of children 0-5 years. In an effort to rehabilitate the malnourished children a Project has been started since Nov.2009 in collaboration with National food products. National foods is providing free food supplements for the malnourished children

### **Maternal Mortality**

Maternal mortality has been zero during the last one year.

### **Family Planning**

Support group participants as well as individuals were counseled during home visits on the benefits of family planning and various aspects of reproductive health. Family planning practices by the married couples have increased from 56.41% to 67.23%

**Support group meetings:**

6086 support group meetings were held total beneficiaries of these meetings were 45610. Regular home visit were paid by community health workers.

**Organizations (Govt. and NGOs) we coordinate with:**

1. John Hopkins University of USA.
2. Family Planning Association of Pakistan (FPAP)
3. National Community for Maternal Health (MCMH)
4. Women and Development Association (WADA)
5. Pakistan Welfare Lawyers Association (PAWLA)
6. The Education Foundation
7. SAIBAN
8. NATPOW
9. PAWNA
10. Marie Adelaide Leprosy centre
11. Population welfare Dept Govt of Sindh
12. National food industries
13. MNCH (Maternal, Neonatal and Child Health Programme)
14. GAVI: Global Alliance for Vaccination and Immunization
15. Pakistan Centre for Philanthropy.
16. Procter & Gamble Pakistan Limited
17. South East Asian Regional Development Market Place, World Bank.