

# CRUSADE TAMWED COMMUNITY HEALTH PROJECT

## Report for April 2010 – March 2011

CRUSADE has been implementing the TAMWED-supported Community Health Project for the past three years. The overall aim of this one year project was to extend Health promotion work to 5,000 families covering a population of 32,000 in Minjur and Sholavaram Blocks in Thiruvallur District in Tamil Nadu.

### **1. Health Education:**

CRUSADE initiated comprehensive a Health Education programme to all Women Self Help Group (SHG) members through the Health Workers and Cluster Coordinators who were trained by CRUSADE. The comprehensive Health Education Programme was completed in May 2011.

The Health Manual (Makkal Maruthuvam -Tamil version) was provided to 488 SHGs to benefit more members of the community.

### **2. Health Survey**

The Health survey was completed in 103 villages covering 8460 households. A total population of 32,000 was covered. We identified in these villages around 3,200 persons with major illnesses.

The major health problems noticed from the survey are Diabetes Mellitus, Hypertension, Hypotension, Tuberculosis, Asthma, Menstrual Irregularity, Cancer, Anemia, Leucorrhea, Infertility, Arthritis, Thyroid Disorders, Cataract, Heart Diseases, Hemorrhoids, Epilepsy. Other diseases such as Headache, Low Back Pain, Allergic Disorders and Dyspepsia are common. Some people have undergone surgery for Heart Blockage, Uterine Fibroids and Cataracts.

### **3. REFERRALS AND COUNSELING**

Those identified and listed with illnesses are being visited, counseled and referred to our clinic or to Public Health Centres if needed. They are visited and followed up by the health workers regularly to see the improvements and any further referral. Around 103 members were so far visited, counseled and referred. Some of those referred for surgical conditions are listed at **Annex A**.

### **4. Homoeopathy Clinic**

The Homoeopathy Clinic at our center works three days in a week. Commonly seen health problems are Menstrual Irregularity, Leucorrhea and Low Back Pain among women. Children usually present with Respiratory Tract Infections, Tonsillitis and Worm Infestations. General illness includes Diabetes, Allergy and Gastric Disorders.

Details of patients attending the CRUSADE clinic are listed at **Annex B**.

**Case Study :** Patient named Padmashree aged 10 years presented with the complaint of Warts around the fingernails since one month. They were quite big in size. She was treated with a single dose of a Homoeopathic drug and was advised to return after 15 days. The warts have reduced in size that few have disappeared completely. She was under Homoeopathic treatment one year back for Tonsillitis of which she was cured earlier.

**Case study 2:** Patient named Yuvanashree aged 6 years presented the complaint redness of eye due to an injury since two days. She was prescribed a Homoeopathic drug which cleared her complaint in two days.

#### 5. Diagnostic Camps

Diagnostic camps were conducted to screen Diabetes Mellitus and Hypertension. We see borderline, new cases and also patients under treatment. Those affected are advised on a diet regime, regular exercise and medication. During the year, 25 diagnostics camps (14 in Minjur block and 11 in Sholavaram Block) were conducted. The details of new and borderline cases are furnished below in **Annex C**. Around 20% of the persons screened were males.

#### 6. Eye Camps

CRUSADE in collaboration with Dr Agarwal's Eye Care Hospital organised 4 Eye Camps (2 in Sholavaram and 2 in Minjur Blocks). The details of the camps conducted and the members benefitted shown in **Annex D**. Here also 20% of the persons screened were men.

#### 7. Sanitation

CRUSADE has been promoting sanitary toilets at an individual level. Financial assistance has been provided for 24 members during the period in Minjur Block. Technical help in constructing toilets and contribution towards skilled manpower was provided by the project.

#### 8. Environmental Sanitation Awareness Camps

CRUSADE in association with EXNORA International, a city based organisation focused on Environment and Sanitation has organised 4 awareness programmes (2 in Minjur Block and 2 in Sholavaram Block) during which various slides regarding the safe disposal of waste materials, recycling plastic materials, growing more plants, importance of Soak Pits and Toilets were shown to the SHG members. Around 900 SHG members from around 10 villages participated in both the blocks

#### 9. Expenses for 12 months as at 31.3.11

	PARTICULARS	BUDGET	EXPENSES	NOTES
1	Homeopathy Doctor	72,000.00	67,750.00	
2	Health Worker Honorarium & travel exp	180,000.00	180,973.00	
3	Accountant (P/T), Computer operator(P/T)	72,000.00	74,360.00	
4	Training (40 women for 5 days) @ Rs100 per day	20,000.00	19,215.00	
5	Data collection and analysis	12,000.00	4,684.00	1
6	Medicine and cost of diagnosis	20,000.00	6,850.00	2
7	Transport (for health camps team work)	5,000.00	4,452.00	
8	Administration & Office costs	12,000.00	15,227.00	
9	Grant for 40 Sanitation units	80,000.00	50,800.00	3
10	Camera for Documentation	7,000.00	7,500.00	
	<b>Total</b>	<b>480,000.00</b>	<b>431,811.00</b>	

#### NOTES

1. Due to cost effective measures, expenses were less.
2. Part of this born by SHG Trust
3. 24 completed. 16 more identified to be taken up in first quarter of 11/12 programme

**ANNEX A**  
**Sample of those referred for treatment**

<b>No</b>	<b>NAME</b>	<b>AGE</b>	<b>SEX</b>	<b>VILLAGE</b>	<b>PROBLEM</b>	<b>PROGNOSIS</b>
1.	Yamuna	35	F	Sengazhaneermedu	Dental fistula (Ref to GH Chennai)	Dental fistula corrected by surgery
2.	Kalaiselvi	45	F	Mathravedu	Incisional Hernia (Ref to Stanley)	Hernia repaired by surgery
3.	Rathinam	65	M	Sengazhaneermedu	Corneal Damage	Corneal replacement done and vision restored
4.	Kishtammal	60	F	Thottakadu	Cancer Breast(GH Chennai)	Diagnosis confirmed and under treatment
5.	Muthu	45	M	Adambakkam	Schizophrenia (Ref to SCARF- Schizophrenia Research Foundation) Chennai.	Counseled
6.	Panjavarnam	50	F	Sholavaram	Diabetes mellitus	Under treatment.

**ANNEX B**  
**Case Details of patients attended the CRUSADE Clinic**

<b>Month</b>	<b>No. of New Cases</b>	<b>Repeat cases</b>
<b>April</b>	7	45
<b>May</b>	11	30
<b>June</b>	9	33
<b>July</b>	5	30
<b>August</b>	10	30
<b>September</b>	20	32
<b>October</b>	11	30
<b>November</b>	12	34
<b>December</b>	5	22
<b>January</b>	10	25
<b>February</b>	5	24
<b>March</b>	8	33
<b>TOTAL</b>	113	368

**ANNEX C**  
**New and borderline cases among those attending diagnostic camps**

No	Month	Village	No. of People Checked		No. of New Cases		No. of Borderline Cases		No. of Patients already under treatment	
			DM*	BP*	DM	BP	DM	BP	DM	BP
1.	May 10	Kanniyampalayam	14	27	5	2	-	-	1	-
2	June	Malliankuppam	14	40	2	3	1	1	2	-
3	June	Kalpakkam	2	38	-	3	-	-	2	-
4	July	Sengazhaneermedu	33	52	2	1	1	2	1	-
5	September	Somanchery	18	27	-	2	1	-	2	-
6	September	V.G.P Medu	31	52	3	1	1	4	4	4
7.	October	Periyamanopuram	16	21	3	2	-	1	1	-
8.	October	Sholavaram	24	27	4	-	1	2	1	-
9.	October	Neithavoyil	19	24	1	1	1	-	1	1
10.	November	Madimai kandigai	15	35	-	-	-	-	2	4
11.	November	Kaniyambakkam	11	31	1	-	-	-	1	2
12.	November	Murichamedu	17	45	2	2	-	3	4	4
13.	November	Mafus Khanpet	11	58	4	4	-	5	2	2
14.	November	Sengazhaneermedu	10	54	1	2	-	2	1	1
15.	November	Seemavaram	20	55	2	-	1	-	2	4
16.	December	Athireyamangalam	18	34	2	3	-	-	1	1
17.	December	N.E.V palayam	36	46	2	-	-	1	5	-
18.	January 11	Sombut	15	51	-	1	-	-	2	2
19.	January	Mathravedu	29	58	3	5	-	1	-	2
20.	January	Solaiamman nagar	4	35	-	4	-	1	-	2
21.	February	OEV Palayam	-	25	-	3	-	1	2	-
22.	March	Kandigai	7	34	-	-	1	-	1	1
23.	March	Thottakadu	13	58	1	6	-	2	3	2
24.	March	Arumandhai quarters	18	38	2	2	2	3	3	2
25.	March	Thinaipakkam	7	28	-	1	1	-	1	3
<b>TOTAL</b>			<b>402</b>	<b>1003</b>	<b>40</b>	<b>48</b>	<b>11</b>	<b>29</b>	<b>45</b>	<b>37</b>

\* DM - Diabetes Mellitus \* BP- Blood Pressure

**ANNEX D**  
**Those attending Eye Clinics**

No	Month	Village	Members checked (NOS)	Members provided spectacles (NOS)	Surgery done for Cataracts
1	Dec 2010	Inamagaram	103	26	8
2	Jan 2011	Reddypalayam	73	11	3
3	Feb	Arani	90	34	3
4	Mar	Sengazhaneermedu	92	21	14
<b>TOTAL</b>			<b>358</b>	<b>92</b>	<b>28</b>

## ANNEX E PHOTOGRAPHS

### DIAGNOSTIC CAMP

Diagnostic camp conducted in Seemavaram village. During the camp 55 members were screened for Hypertension and 20 members screened for Diabetes Mellitus. 4 new cases of Diabetes Mellitus were identified.



### EYE CAMP



Eye camp conducted in Jaganathapuram village. 103 members were screened for cataracts and errors of vision. 26 members were provided with spectacles and 8 members underwent surgery for cataracts.

### SANITATION

The sanitation work in Sombattu village was completed for 9 members of Vanavil Self Help Group.

