

## **CRUSADE/TAMWED HEALTH PROJECT APRIL 2009 to JANUARY 2010**

CRUSADE has been running health awareness and sanitation programmes for a number of years along with other projects. With Tamwed's funding support CRUSADE initiated comprehensive health training to all Women's Self Help Group (SHG) members in about 500 groups in April 2008. The other elements of the health programme are running a homeopathy clinic, village outreach programmes for diagnosis and counseling, referrals and sanitation.

### **1. HEALTH EDUCATION**

This report covers health activities from April 2008 to January 2010. Our health training book "Makkal Maruthuvam" has 10 modules namely (i) Anatomy and Physiology (ii) Basic Health and Environmental Sanitation (iii) Nutritional Disorders (iv) Menstrual cycle and its Defects (v) Pregnancy and Child Health Care (vi) Communicable and Non- Communicable Diseases (vii) Diseases of the Heart (viii) Diseases of the Digestive System (ix) Cancer and its Symptoms (x) Sexually Transmitted Diseases. The 10 training modules were planned to be completed in two years.

Initially only 10 CRUSADE field staff underwent Training of Trainees (TOT) who completed the first 5 modules by the end of March 2009. Later, funded by TAMWED, CRUSADE trained 10 SHG leaders who were also involved in providing health education to SHG members.

The 6th module was started in July 2009 and was completed by August 2009. The 7th and 8th modules were completed by December 2010. We expect to complete the remaining two modules by the end of April 2010.

We followed the system of maintaining the attendance of participants from the 6<sup>th</sup> module. The details of modules conducted and members attended are given in **Table 1**.

<b>No</b>	<b>Month/Year</b>	<b>Training sessions (No)</b>	<b>Villages covered (No)</b>	<b>SHGs covered (No)</b>	<b>Members attended (No)</b>	<b>Total members (No)</b>	<b>Proportion of total members (%)</b>
1	July 09	52	50	177	1550	2719	57
2	August	57	53	192	1750	2806	62
3	September	56	46	186	1518	2598	58
4	October	45	36	121	1290	2079	62
5	November	60	57	192	1705	2778	61
6	December	70	63	242	2244	3532	64
7	January 10	66	61	283	2354	3740	63

### **2. Homeopathy Clinic**

The homeopathy clinic at CRUSADE's centre is active for 3 days a week. Common Health problems noticed are Diabetes Mellitus, Hypertension, and Arthritis among elderly people. We could also see many new cases of Diabetes Mellitus especially at younger ages of 35 to 40.

The incidents of women with Polycystic Ovarian Diseases, Uterine Fibroid and Pelvic Inflammatory Diseases have increased. We could also see the incidence of these diseases at a younger age, than usual.

Among Children we commonly see Respiratory Tract Infections, Worm Infestation. Anemia seems to be a health problem both among Children and Women.

**Table 2: Attendance at the clinic**

No	Month/ year	New Cases	Repeat cases	Total
1	April 09	8	36	44
2	May	15	26	41
3	June	29	37	66
4	July	16	35	51
5	August	13	40	53
6	September	27	40	67
7	October	4	34	38
8	November	19	41	60
9	December	15	42	57
10	January 10	13	36	49
	<b>Total</b>	<b>159</b>	<b>367</b>	<b>526</b>

*A patient named Miss Pongodi, aged 16, of Neithavoyal village, presented herself with problems of sneezing, running nose and white discharge. She is suspected of having thyroid problems and was advised for a blood check-up of her thyroid hormones level. She was treated symptomatically and her sneezing and running nose stopped completely. Complaints like sneezing, running nose have gone completely. She also feels better generally and her white discharge problem has reduced. She continues treatment for general wellbeing.*

*A patient named Mrs Velangani, aged 30, of Somanchery village, suffered the complaint of white discharge, low back pain and general tiredness - and she was also anaemic. She was treated with homeopathic medicines and now she feels better. She was also advised to take nutritious and Iron rich food items. She also continues medicine for general wellbeing.*

### **3. Village Outreach Programmes**

CRUSADE regularly conducts diagnostic camps for Diabetes Mellitus, Hypertension and to screen patients having health problems for further treatment and referral. During the year to January 2010, CRUSADE organised 24 such camps, the details of which are given in the **Table 3**.

**Table 3: Diagnostic Camps**

No	Month/ year	No of Camps conducted	No of people checked		No of new cases		No of Borderline		No of patients	
			DM	BP	DM	BP	DM	BP	DM	BP
1	May,09	1	27	-	-	-	1	-	5	-
2	July	1	9	36	-	-	-	-	3	-
3	August	4	69	172	5	9	4	9	4	-
4	September	6	159	254	23	21	11	11	7	2
5	October	6	187	356	26	23	7	18	13	4
6	November	2	49	81	5	4	3	-	9	4
7	December	3	54	71	7	2	2	4	4	2
8	January,10	1	19	22	-	1	-	1	1	-
<b>Total</b>		<b>24</b>	<b>573</b>	<b>992</b>	<b>66</b>	<b>60</b>	<b>28</b>	<b>43</b>	<b>46</b>	<b>12</b>

**4. Dental Camps**

CRUSADE has organised three dental camps during the period. The details are given in table 4.

No	Month/ Year	No of Members benefited
1	Jan 09	96
2	Mar	70
3	Feb 10	100
<b>Total</b>		<b>266</b>

**5. Sanitation**

CRUSADE has been promoting sanitary toilets at individual level. Financial assistance has been provided for 5 members in Sholavaram Block and for 37 members in two villages of Minjur Block during the year.

**6. Pilot study**

Health surveys conducted in three villages showed that out of 470 families, 134 members were found to be sick. The sickness includes Diabetes Mellitus, Hypertension, Heart Disease, Thyroid problem, Tuberculosis, White Discharge, Eyesight Problem, Epilepsy and Physical and Mental Disabilities.

**7. Plan for 2010 to 2011**

We plan to intensify our work in 40 villages. We are also planning to have more health volunteers (one for each small village and two for larger villages). The selected health volunteers will be trained and will be utilised for conducting health surveys in their villages and for organising health camps. People with health problems will be identified for treatment or referral as needed. We are also planning to conduct more diagnostic camps (Diabetes Mellitus, Hypertension and Anemia) together with Dental Camps after thorough planning.

## 8. Budget

<b>HEALTH &amp; SANITATION TRAINING PROGRAMME</b>			
<b>No</b>	<b>PARTICULARS</b>	<b>BUDGET 2009 - 10</b>	<b>EXPENSES 15.02.10</b>
1	Management & Supervision	30000	26850
2	Homeopathy Doctor	21000	17500
3	Travel Expenses	6000	8874
4	Refresher training	25000	15719
5	Training Materials	5000	3866
6	Subsistence for Training	12500	5625
7	Health Volunteers Honorarium	150000	100101
8	Administration	12000	10000
	<b>Total</b>	<b>261,500</b>	<b>188,535</b>
<b>Sanitation Programme Cost (50 Units)</b>			
9	Loan (50%)	250000	(202000*)
10	Govt. Grant (12%)	60000	
11	Beneficiaries' contribution (13%)	65000	
<b>Tamwed Contribution</b>			
12	Rs. 2500 x 50	125000	70750#
13	Manager	30000	30000
	<b>Total</b>	<b>155,000</b>	<b>30,000</b>
<b>Information &amp; Technology</b>			
14	PCS (Computer System)	30000	28629
	<b>Grand Total</b>	<b>446,500</b>	<b>247,164</b>

\*Loan portion of Rs 150,000 (Rs 5000 each) has been released to start work (material cost).

# Tamwed contribution for 30 units (@ Rs 1800 each) in Anuppambattu is being released in February/March as the work progresses (cost of labour).



Training in progress