

CRUSADE/TAMWED HEALTH PROJECT

Report for Half Year to 1st October 2010

This is the third year that Tamwed has supported CRUSADE's work on health and sanitation. The current programme is jointly funded by Tamwed and Action Village India (AVI), a UK-based organisation that has supported CRUSADE's projects for many years.

Health Survey

A Health survey has been completed in 103 villages in both Sholavaram and Minjur Blocks, covering 8,460 households with a total population of 32,000. 3,200 people were identified as suffering major illnesses. We also identified 529 physically and mentally challenged people which may increase as we process further.

The major health problems noticed from the survey are Diabetes Mellitus, Hypertension, Hypotension, Tuberculosis, Asthma, Menstrual irregularity, Cancer, Anemia, Leucorrhea, Infertility, Arthritis, Thyroid Disorders, Cataracts, Heart Disease, Hemorrhoids and Epilepsy. Other problems such as Headaches, Low Back Pain, Allergic Disorders and Dyspepsia are common. Some people have undergone surgery for Heart Blockage, Uterine Fibroids and Cataracts. Those listed with these health problems will be visited and counseled, referred to our clinic or to Primary Health Care Centres if needed. They will be visited and followed up by our health workers.

Health Education

The provision of health education to Self Help Group members using the 10 training modules was completed in early May. A health manual containing all 10 modules (in Tamil) was distributed to each of the 488 SHGs so that the members can refer and make use of it for the community.

Homoeopathy Clinic

The Homoeopathy clinic at our centre works for three days 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

Case details of patients attending the clinic are shown in Table 1.

Month	No. of New Cases	No. of Repeat Cases
April	7	45
May	11	30
June	9	33
July	5	30
August	10	30
September	20	32
TOTAL	62	200

Case Studies

1. Mrs. Susila, aged 46 years, of Padianallur village, presented with complaints of itching with swelling of her palms. This was because of an allergic origin, and was diagnosed as Urticaria. After taking homoeopathic medicine the swelling and itching reduced within a day. Thereafter the occurrence of the swelling and itching reduced in frequency and now she is better and continues treatment for general wellbeing.

- Mrs. Mariyammal, aged 29 years, of Pudhupedu village, presented with complaints of constrictions of her throat with difficulty in swallowing liquids and solid food. Also her menstrual cycle was short with scanty flow. She was under Allopathic treatment and was diagnosed as a case of Hashimoto's Thyroiditis. She did not improve with Allopathic medicine. After being given a constitutional medicine her complaints improved and her next menstrual cycle was normal. She continues with medicine for general wellbeing.

Health Camps

Diagnostic camps are conducted to rule out Diabetes Mellitus and Hypertension. During the camp there are borderline and new cases as well as patients under treatment. Those affected are advised on diet regimes and regular exercise. Patients under treatment have their blood glucose levels monitored with a complete check done once in six months if advised.

Camp details are shown in table: 2

S.No	Month	Village	No. of People Checked		No. of New Cases		No. of Borderline Cases		No. of Patients	
			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	27	18	-	2	1	-	2	-
6	September	V.G.P Medu	31	52	3	1	1	4	4	4
TOTAL			121	227	12	12	4	7	12	4

Case Study: 3

Mrs. Gowrinandhini, aged 35, of V.G.P. Medu village, who is 6 months pregnant was checked for her blood glucose level which was found to be 169 (PP) which showed mild increase. Until then, she had not checked her blood sugar level in spite of pregnancy. She is advised to get herself thoroughly checked for blood glucose level by the Glucose Tolerance test in the relevant PHC. She was also given dietary management advice and requested to take nutritious and at the same time low glycemic food.

Case Study: 4

Mrs. Rajeswari, aged 46, got her blood glucose level checked which as 524mg/dl (PP). She is under allopathic treatment but doesn't monitor the blood sugar level regularly. She was explained the complications she could face because of such a high level of blood glucose. She was also advised dietary regimen, regular walking and regular monitoring of blood glucose level.

Environmental Sanitation Awareness Camps

An awareness programme on environmental sanitation was organised at Karanodai, Sholavaram block, in July. EXNORA International, a city based organisation focusing on the environment and sanitation participated and showed slides on the subject. Around 500 SHG leaders from both blocks participated. They were shown pictures and instructed about methods of waste disposal and recycling together with the need for sanitary latrines and soak pits and their importance in disease prevention. Growing plants like Kalvazhai in areas where there is waste water stagnation may help to absorb the water thereby preventing the spread of mosquito borne diseases and other illnesses.

Another awareness programme on environmental sanitation was organised at Gnayiru, Sholavaram Block, in August when around 250 SHG members participated. The resource person from Exonora International also attended and showed slides on solid waste and waste water management. Oz

and Jane from Tamwed also attended the programme. Those who are constructing new houses are planning to construct toilets and some have planted trees in the areas of waste water stagnation.

Sanitation

CRUSADE has been promoting sanitary toilets at individual level. Financial assistance has been provided for 14 members during this period in Minjur Block. Technical help in constructing toilets and contribution towards skilled manpower was provided by the project.

Expenses to October 2010

	ITEM	BUDGET	EXPENSES
1	Homeopathy Doctor	72,000.00	37,750.00
2	Health Worker Honorarium & travel Exp	180,000.00	116,238.00
3	Accountant (P/T), Computer Operator (P/T)	72,000.00	31,000.00
4	Training (40 women for 5 days @ Rs.100 p.d).	20,000.00	11,000.00
5	Data collection and analysis	12,000.00	2,720.00
6	Medicine and cost of diagnosis	20,000.00	3,000.00
7	Transport (for health camps team work)	5,000.00	4,182.00
8	Administration & office costs	12,000.00	9,912.00
9	Grant for 40 Sanitation Units	80,000.00	28,000.00
10	Camera for documentation	7,000.00	7,500.00
	Total	480,000.00	251,302.00



Jothi Distributing Health Manuals



Dr Hari Pria in her clinic



A double toilet unit