

RHCDC Institutional Social Responsibility

INSTITUTIONAL SOCIAL RESPONSIBILITY OF RHCDC

INTRODUCTION:

- Rural Health Care and Development Centre (RHCDC) is an unique initiative of the Yenepoya (Deemed to be University) addressing the social responsibility principle of higher educational institutions.
- It provides health care services at the center level and reaches out to the population by home visits with wide geographical coverage up to 34 kms etc.
- RHCDC has completed 12 years of service in the rural areas and contributed significantly to the health care of the rural population in the region of D.K. District and it is one of the best models of student training in the community.
- Rural Health Care and Development Centre is above the minimum norms of the regulatory bodies of the medical college and **addresses the social responsibility principle** of higher educational institutions. Rural Health Care and Development Centre has established **30 satellite centres** (02 full time centers and 28 part time) located in over **13 villages belonging to 8 Gram Panchayats** of the district. RHCDC has signed 22 MoIIs and four collaborations with the community organizations for the functioning of the satellite centres.
- Rural Health Care & Development Centre has 16 full time staff dedicated exclusively for the conduct of the activities under this centre. Team members comprises of 4 Medical Officers, 4 MSW, 4 Nursing Aid, 1 Lab Technician, 1 Pharmacy assistant, 1 Attender, Medical interns, Undergraduate students of MBBS and BDS, Postgraduate students of Medical and Dental college and MSW students .
- Through systematic implementation of Health Care Delivery Programs the Centre could **promote health status** and **reach out to large number of individuals** in the community that we chose for the implementation of our rural health program.

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- Centres reach out to the population belonging to different special groups such as old age homes, orphanages, rehabilitation centre, aanganavadi training centre, tailor's association.
- High level of patient satisfaction was reflected from the feedback collected from the various stakeholders (patients and the community coordinators).
- **Objectives of the practice**
 - To facilitate additional training of graduates and post graduates in the community settings.
 - To train doctors as family physicians with a public health perspective.
 - To make health care services available and affordable to the community and establish a referral system to the tertiary health care institution.
 - To implement national health programmes.
 - To conduct epidemiological longitudinal studies by community participation.

The acute health man-power shortage, particularly in rural areas needs to be addressed by Health Professions Educational institutes. They can play a major role by addressing the health gaps of defined population or community including the tribal/under served areas in its vicinity.

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CONTENTS:

Centre Activities:

- **Promotive:**

Health awareness session:

Health awareness programmes are conducted at community level regarding various communicable diseases and methods of prevention. This awareness programmes are focused on implementing National and International World Health Days. Emphasis is given to relationship between nutrition, personal hygiene, etc. and health.

| July-2016 to June-2020 | | | | |
|------------------------|-----------|-----------|-----------|-----------|
| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
| 5,760 | 3,907 | 3,538 | 3,580 | 1,595 |



- **Preventive**

- i) **School health checkups:**

School health education programmes are conducted on a regular basis to ensure that school children, parents and teachers are aware of good practices in maintaining the physical and mental health of children in a proper way. School health check up programmes is being done in different schools in order to prevent malnutrition, underweight, anemia etc, if any

| July-2016 to June-2020 | | | | |
|------------------------|-----------|-----------|-----------|-----------|
| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
| 1,842 | 1,729 | 1,689 | 5,083 | 330 |

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- ii) **Health services at orphanages:** We conduct general health checkups as per schedule, multi specialty visits by Pediatrician and Dermatologists, referral to YMCH for further evaluation and management, health education sessions and self motivational activities.


List of Orphanages:

| Orphanages | Location |
|-------------------------|------------------|
| Aloysian Boys Home | Someshwar |
| Noorani Yathim Khana | Kumpala |
| Khairiya Trust | Permanur |
| Pachambala Orphanage | Bandiyod, Uppala |
| Anjuman Quvvathul Islam | Jokatte |

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 |
|-----------|-----------|-----------|-----------|
| 627 | 808 | 693 | 475 |



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iii) Health services at Rehabilitation:

We conduct general health checkups as per schedule, referral to YMCH for further evaluation and management, health education sessions and other activities like musical chairs, passing the ball, dancing and singing songs.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 950 | 922 | 958 | 1,058 | 600 |



iv)Blood grouping and Blood sugar checkup:

A. Blood grouping and Rh typing were conducted at various schools, colleges, major camps and at full time health centres.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 4,632 | 3,950 | 5,149 | 4,688 | 1,769 |

B. Blood sugar checkup were conducted at all health centres, SHG members, Door to door home visits and major camps.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 5,396 | 6,693 | 9,107 | 9,055 | 4,410 |



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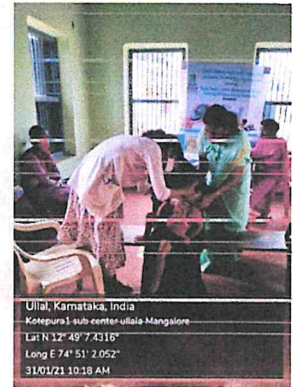
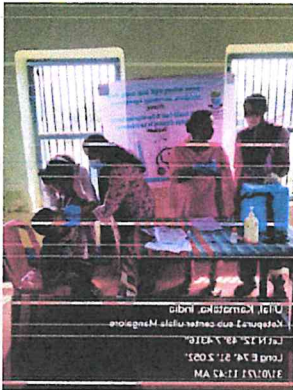
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iv) Pulse polio programme:

To be part of this successful immunization campaign every year, organized by Government of India, our department allots the staff members for giving oral polio vaccine along with Government Community Health Workers at Polio vaccination centre.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 202 | 444 | 133 | - | 103 |

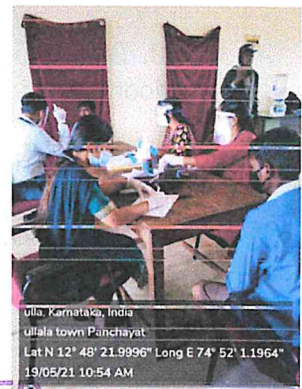


• Curative:

i) Health checkup camps for special groups (additional checkups):

RHCDC Department in Collaboration with Local Organisers, Women and Child welfare Department workers, NGO's and Panchayath Workers conducted health care camps and health education sessions.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 3568 | 1528 | 1063 | 546 | 392 |



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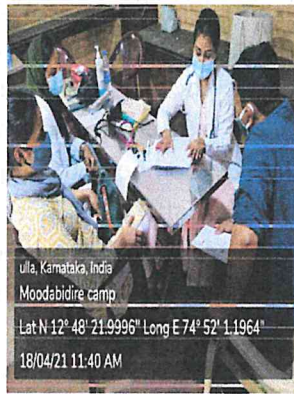
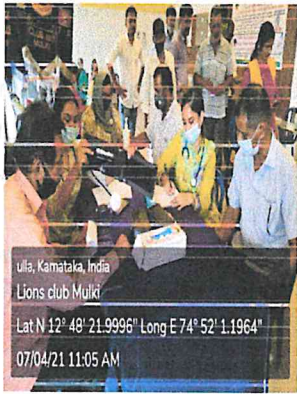
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i) Multi specialty health camps:

On request from organisers of Community, Local Panchayath, NGO's like Blood Donors Associations etc. RHCDC Department had conducted various health camps for community, located at interior parts of rural areas.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 2770 | 3503 | 6188 | 5807 | 303 |



i) Chethan Nagara Centre: Chethan Nagar centre is a full time general health care centre on daily basis, Dental clinic on every Monday and Thursday, Physiotherapy clinic on every Tuesday and Saturday, Homeopathy clinic on every Wednesday and Geriatric clinic on every Tuesday, laboratory services (Random blood sugar, Blood grouping) and Blood Collection Center for testing Fasting blood sugar, lipid profile, Thyroid test etc which are free of cost. This will help the local community for screening and management of health conditions like diabetes, hypertension, first aid, diabetic ulcer / other wound dressings, URTI, UTI etc. References to YMCH were provided for those who required for further evaluation and the management. We also provide social security - Yen health cards & Yen Geriatric cards to families, thus encouraging health promotion and health seeking behaviour amongst to the community and reduce the financial burden. We organize various activities in collaboration with the local organizers, government and private schools and colleges, anganavadi teachers, SHG members to implement health awareness programmes (National and International health days etc.) in the community. MSW worker along with Medical Interns and MSW students undergo field visits in the community to offer health services, health education and health surveys.



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ii) Jokatte Centre: Jokatte centre is a health care centre which is situated at urban industrial area - Jokatte, Mangalore. This centre includes full time general medical and dental clinic on daily basis, multi specialty OPD like Paediatrics and Dermatology which is every 2nd Saturday and Tuesday in a month, laboratory services like Random blood sugar testing and Blood grouping. References to YMCH were provided for those who required for further evaluation and the management. This will help the local community for screening and management of health conditions like diabetes, hypertension, first aid, diabetic ulcer / other wound dressings, URTI, UTI etc. We also provide social security - Yen health cards to families, thus encouraging health promotion and health seeking behaviour amongst to the community and reduce the financial burden. We organize various activities in collaboration with the local organizers, government and private schools and colleges, anganavadi teachers, SHG members to implement health awareness programmes (National and International health days etc.) in the community. MSW worker along with Medical Interns and MSW students undergo field visits in the community to offer health services, health education and health surveys.



• **Best Practices :**

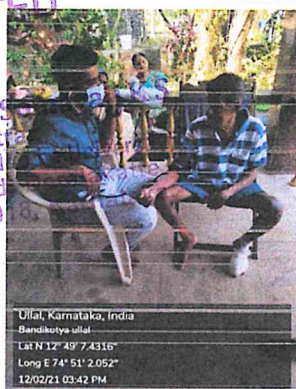
iii) Door to door health care delivery:

We provide health checkup services like blood pressure and random blood sugar recording, Distribution of medications, Minor procedures like dressing, catheterization, administration of injectables and implementing health education programmes.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 8,367 | 7,454 | 9,209 | 5,813 | 2,225 |

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iv) Yen health care on wheels:

Yen health care on wheels provides mobile health care services.

This is an innovative programme of rural health care and Development. A medical van equipped with all facilities for general medical checkup reaches the outreach and remote areas where sub centres could not be established. Specific schedules are fixed and the village populations are informed promptly about the days on which “Yen Health Care on Wheels” will be available. At present four sessions are conducted in a month and the villages are enthusiastically utilizing these facilities.

List of centres:- Devi Pura, Devi Nagara, Narla Padil and Ajjinadka.

| 2016-2017 | 2017-2018 | 2018-2019 | 2019-2020 | 2020-2021 |
|-----------|-----------|-----------|-----------|-----------|
| 842 | 896 | 821 | 654 | 397 |

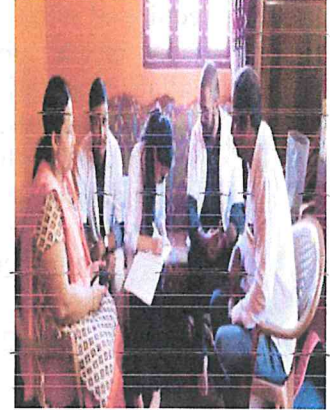


v) Family Adoption Programme: Family adoption programme is a model of mutual benefit for both the students and the community. A cluster of students (MBBS and BDS students) visited the families adopted by them and conducted various assessment like understanding family composition, type of family, antenatal and postnatal visits by pregnant women, vaccination status of children, assessing surrounding environment of the house, measures taken to control vectors, method of waste disposal, Source of water supply, mode of sullage and type of household latrine and bathroom, health seeking behavior, oral and personal hygiene practices, major morbidity in family like diabetes, hypertension, tuberculosis, understanding needs and health and diseases influencing factors in the family. Students made their allotted families understand the correct way of practicing to improve and promote the above mentioned factors. This programme will develop trust worthy and long- lasting relationship with the families and students which will facilitate health seeking behavior and promote health and prevent diseases. A total of 1750 students are trained in this program since its implementation and 525 houses are adopted in six villages. The students will develop better communication and social skills for family oriented health care training and adopting that particular family whom they follow on a yearly basis from first year to internship period. Students

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trained in family adoption have understood the importance of rural health care and have joined the department as medical officers. Students have appreciated this program in terms of their communication skills being strengthened and increase in empathy.

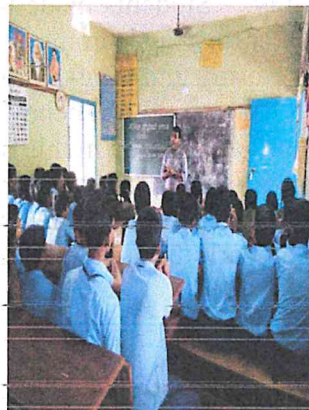


v) Unnath Bharath Abhiyan:

Ministry of Human Resource development (MHRD), Government of India has launched a programme “Unnat Bharat Abhiyan” aiming to connect the higher educational institutions to the villages around for transfer of knowledge to enrich rural India. In view of the same, following five villages of Dakshina Kannada District were adopted for “Unnat Bharat Abhiyan Programme”.

The following activities conducted at adopted villages.

1. House hold survey at Someshwar Panchayath
2. Observance of “International Day against Drug Abuse & Illicit Trafficking” at Kumpala school
3. School health checkup at Government school, Sajipanadu
4. Observance of “World No Tobacco Day” at Lakshmi Gudde, Kumpala
5. Medical checkup camp at Lakshmi Gudde, Kumpala
6. Pulmonary camp conduct at Chethan Nagar, Kumpala
7. Distribution of school bags and umbrella for school children at Harekala
8. Programme on plastic free at Someshwar Grama Panchayath
9. Programme on Plastic free villages in the adopted villages.



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vi) Health Demographic Surveillance system (HDSS):

It is a technology enabled health and demographic surveillance system in which we are moving from pen- paper based survey to electronic health records and ensuring continuity of care which is started at Kumpala village which comes under Someshwar Panchayath.



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