

EMPOWERED WOMEN EMPOWER WOMEN



INTRODUCTION

"Communities, countries and ultimately the world are only as strong as the health of their women."

–Michelle Obama

Women in rural areas of South Rajasthan face multiple vulnerabilities. Almost 90% of expecting mothers coming to Amrit Clinics are anaemic or malnourished. Myths/Taboos like 'Eggs shouldn't be consumed by women because this provokes anger in them' are strongly held. Most are dependent on their fathers and later their husbands to seek care leading them to seek care at advanced stages of a disease.

Our 7th issue aims to highlight the challenges and triumphs of women and their health. We will be seeing how women form the backbone of Basic Healthcare Services. From our clinics to our patients, a woman's blessing has proved to be radiant for the community and we strive to be of service to everyone who knocks on our door.



"In the many years of my service, we saw other women specially school teachers participate in women's day but this is the first time we are ourselves celebrating. Today we are feeling that we are also something."

– Nurse from PHC in Aspur Block.

Pictures – Rinku Meena

Women's Day!

Celebrations were held at the PHC in Nithauwa, Amrit Clinic Ghated and at Aspur. Government ANMs, GNMs, LHVs and the BHS Team together, rejoiced in the festivities.

For almost all of them, it was the first celebration of this kind!



THE FIELD TRIPOD

A permanent member...

"It has been 8 years working with Amrit Clinics and I don't intend on stopping. In my early days, I came across a child with pneumonia. The family took him everywhere, exhausting all their savings but found no cure. After persistent effort I convinced them to visit Amrit Clinic. 7 years later, today the child is well, happy and alive. I have learnt how to identify illnesses, educate my village and prevent unforeseen situations all through the training of BHS. I aim to learn more."

- Manju, Health Worker, Bedawal



Manju is third (left to right)

Better late than never...

"Khusba is around 4 years old. At a very young age she lost her mother and is now under the care of her grandparents. 2 years ago when she first came to our Phulwari she was so weak, she could barely stand. Now, she eats well and has gained considerable weight. She responds to us and even smiles more often. I am certain that a child's future is secure because of the Phulwari. If there were Phulwaris when I was a child, I would've been more educated, independent and healthy, I wish there were."

-Ratni Bai, Phulwari Worker for 5 years.



Trust, trust and trust...

"Few months ago, I was informed that a relative of mine passed away due to TB. He had exhausted all his savings to receive treatment from quacks and other unreliable services. When I got to know that his wife is also battling TB and is on the verge of selling her land, I journeyed to their home and convinced them to come to Amrit Clinic. She is now on her road to recovery."

Many of us come from difficult financial backgrounds and no educational qualifications. None of this matters at Amrit Clinics, which is why I stand by them."

Savagi Bai has been a Swasthya Kiran for 5 years and has introduced 300+ critical patients for treatment at Amrit Clinic.



ELIXIRS AT AMRIT



A complicated delivery

Our Clinics + PHC have conducted 125 successful deliveries in the past quarter!

A 22-year-old woman arrived at our Clinic in Bedawal at 8 AM at full term with labour pain. We learnt that her previous child passed away an hour after birth.

On examination, her Hemoglobin was 3.9 gm for which she needed a referral to Udaipur (100 kms away). However, her family were not agreeing for the referral. The team prepared well for the delivery and in time a baby was born with 2 kg weight. He cried immediately. The mother was provided with injectable iron and oral iron tablets post delivery. She was taught how to breastfeed and take care of the baby. More importantly, she was advised to maintain a healthy diet for herself.

After a recent follow-up we were relieved to learn that both the mother and son are making progress and getting better!



Not one, but four!

Patient voices are Amrit Clinic's anchors, here's one of them.

"My name is Pooja bai, I have a son, and two daughters, Yamini (5 years) and Piya (1 year). When my husband, me and my daughter Yamini were diagnosed with Tuberculosis, I saw my family shatter. We went to Udaipur, Gogunda and all the reputed hospitals, but to no avail. With just one drop of hope, we heard about Amrit Clinic. The three of us started our treatment together and with great happiness I can say that all three of us have defeated TB and are in perfect health. My family would've died if Amrit Clinics weren't there. Since then, along with us, this entire village trusts Amrit Clinics. In fact, my daughter Piya was delivered there too! I can now dream about my daughters' futures with a peaceful heart."

PRICELESS VICTORIES IN NITHAUWA



Right to health & Right to Safety

BHS has been running the PHC in Nithauwa in partnership with the State Government for the past 6 years. Many stories have inspired us. Here is one!

This is a 25 year old woman named Nina. Nina has been battling a chronic mental illness since a long time. Her mother got her married to a 70 year old man. Soon, Nina was pregnant. When this was brought to the team's notice, they immediately visited Nina and registered her for Antenatal Care. After constant follow ups, Nina delivered a healthy baby girl at PHC Nithauwa. Nina was taught how to breastfeed and take care of her baby. ASHAs and ANMs were put on duty to follow up with her at least once in two days. Within three years, her daughter was fully vaccinated. Unfortunately, Nina was treated miserably at home. With support of the panchayat members, she was sent to a care home for women's special needs. Recently, our staff visited her again after a gap of 3 months. Nina seems to be content and stable and is in a much better place than before.

A new sub-centre



Patanpura is located 18 kms away from the PHC which makes it strenuous for people to reach Nithauwa. Through people's demand and the Sarpanch's support for land, we are working on launching a sub-centre here, in order to make healthcare accessible to those that are far off. The sub-centre will be functional by early May.

Kangaroo Mother Care



A mother practising KMC

Kamla Bai gave birth to two children. One of them has a physical disability. Her third child was of low birth weight. Through KMC, he has now gained weight nicely! "I have told all the women I know about the wonders of KMC!" shared Kamla Bai.

Successes that Community Meetings made possible

- Salamgad is now opening a new Anganwadi!
- A new road in Harvar in underway.
- A ration shop was inaugurated at Sati Kheda, Patanpura.
- The school in Punjpura has declared the construction of a restroom.
- The people of Pitawala will receive access to a newly built washroom.

A PLACE WE CALL HOME



GHATED AND RAWACH

All Clinics except the one in Ghated have accommodation for nurses in the premises, which makes it convenient for them to manage patients especially at odd hours. We are glad to declare that this Clinic is being renovated and construction for the Nurses quarter is taking place right beside the Clinic. Along with this, the extension of bathrooms, a new floor for the Doctor's quarters, a Training Hall & few rooms for the participants, a water tank and a septic tank are exemplary additions at Ghated Amrit Clinic.

Rawach - NABH Accredited Clinic of BHS sees the highest number of patients which is why it is imperative that we ensure a safe and comfortable waiting area for them. To accommodate the large numbers, we are expanding the patient's seating zone. The rooms for nurses are being extended too. The unavailability of water poses a constant problem during summers. Hence, a water tank for storage purposes is underway.

It is imperative to create safe, comfortable spaces for our nurses, the ones who lead our clinics throughout the week, relentlessly.

State Award on World TB Day

Tuberculosis is a deadly illness that has been a continuous threat to the lives of many for years. Migration, huge burden of malnutrition, hazardous occupations like stone carving and mining contribute to high levels of tuberculosis in our areas. Our health workers, nurses and doctors fight this scourge day in and day out.



On this year's World TB Day, the State recognized our contribution towards TB within the communities of rural Rajasthan.

(In Picture: Ramlal Meena, Community Health Worker at AMRIT Clinic Manpur, receiving the award from Director, Public Health)

TRAINING THE LEADERS OF TOMORROW

Leadership Training in Aspuri



Basic Healthcare Services, Udaipur and IIM Udaipur together organized a Leadership Program for Medical Officers of the ASPUR Block of the Dungarpur district. We adopted a Participatory Method and discussed important principles related to Leadership in rural Healthcare.

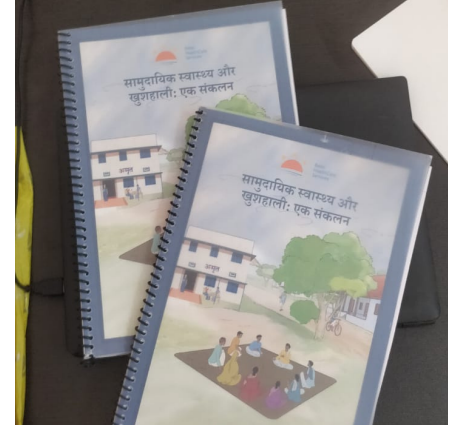
Nurses Trainings



We continued our agenda for sharpening the knowledge and skill building of our nurses on these new topics:

- Care of TB and Diabetes Patients
- Recording of information in HMIS
- Assessment of a patient

Health Module



Our new and updated training module for Nurses and Community Health Workers is now ready.

Health Workers



They are given trainings on how to facilitate sessions within the community. They support our SKs first hand, so topics on effective leadership are revamped. Various matters like community mobilization, trust building and the health needs of the community are discussed. We had a session on gender inclusivity and gender equality in February, 2022.

Phulwari Workers



We conducted a two-day training for our Phulwari Workers. This was led by an expert in Early Child Development which was based on using the local language and materials found around the Phulwari (stones, leaves, sticks). This aims to enhance the child's learning experience through everyday objects around their homes.

Swasthya Kirans



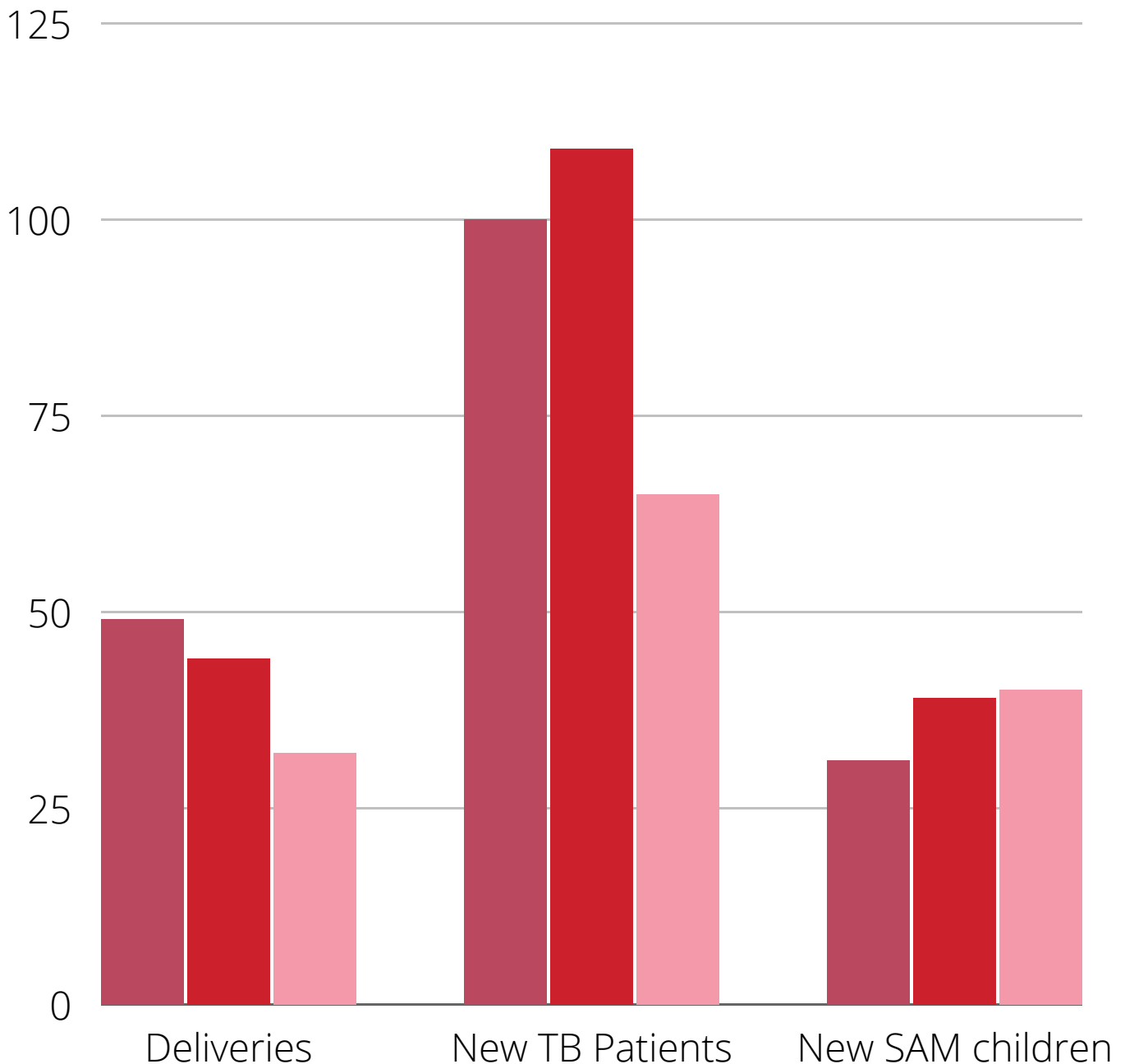
Swasthya Kirans are the bridge between the community and the clinic. In these 3 months we have focused on training our SKs on how to be leaders for health in their communities and effectively distribute health products like contraceptives, ORS, pregnancy kits, PCM tablets, etc. within their communities.

"Our knowledge is revised every time we conduct trainings. I have personally seen an improvement in our Health Workers, SKs and Phulwari Workers over time. My learning journey has also strengthened. I look forward to our regularized trainings."

- Dashrath, Community Health Supervisor

NUMBERS

We have been able to serve over **15,000 patients** in the past quarter through Amrit Clinics and the PHC.



The graph displays the number of specific patients treated in January, February and March respectively, at both Amrit Clinics and the PHC.

At Amrit Clinics, **56%** have been female patients while **14%** were children.

We have been able to join **285** new ANC mothers and **218** cases of successful DMPA. (Injectable Contraceptive)

RESEARCH AND PUBLICATIONS

- **Managing a child with Post-streptococcal Glomerulonephritis in a remote, rural clinic** by P. I. Nithin, Gargi Goel, Sanjana Brahmawar Mohan, Pavitra Mohan

A child in a remote village was brought to the Bedawal Clinic with a swelling on his face which later spread on his abdomen and legs. This Case Report explains the process of how the ailment was diagnosed and defeated because the right steps were taken at the right time.

Read the case report at length by clicking on the title above.

- **How to contain India's TB epidemic** by Pavitra Mohan and Sanjana Brahmawar Mohan

TB is our silent pandemic. Over 0.4 million have passed away due to TB in the year 2020 according to WHO. India has contributed to 26% of the cases and 34% deaths because of TB. This article provides insight on the challenges faced to encounter and fight against this life snatching illness. Read more by clicking on the title of the article above.

- **Chapter titled Lives on the Margins: How COVID Pandemic Merged with the existing vulnerabilities to wreck migrant communities in southern Rajasthan in the book COVID-19: A view from the margins.**
(Only available through hard copies)



*Frequent writings on experiences and observations within the BHS community are recorded through the **blogs** on our website.*

**Names of patients throughout the newsletter have been changed to maintain confidentiality.*



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