

# SANGWARI QUATERLY NEWSLETTER

July to September 2021



## SANGWARI turns one !

On 28<sup>th</sup> September 2021, Sangwari completed one year of existence and your support was extremely valuable.



## Inside This Issue

Page-3

Who we are? Our vision, mission and core values

Page-4 & 5

Community actions- a. Community clinics & b. community health programme activities

Page- 6

Pain and palliative care

Page- 7

Health system strengthening

Page- 8

Monitoring, Evaluation and Learnings





## WHO ARE WE ...?

### Our VISION:

We, at Sangwari, visualize a world where every living being, including the poorest and belonging to the most marginalized communities, have an equal opportunity to live as per their values in harmony with environment. Everyone has a nurturing space around them to reach a higher level of consciousness.

In this journey, we build Sangwari as an organization with a culture of friendship, a kind of living university where there's active to and fro learning between the so-called the 'serving' and the 'served'. It, thus, becomes a dream place to work, to live, to love.

### Our MISSION:

Sangwari will work in rural and tribal areas of Surguja division of Chhattisgarh to understand determinants of health and inequity and develop solutions.

This will be achieved through innovations in community-based healthcare interventions; compassionate clinical care; training & mentoring for public health system strengthening, with research and advocacy for all of the above.

“Of all forms of inequity, injustice in health care is the most shocking and inhumane.”

-Dr. Martin Luther King Jr.

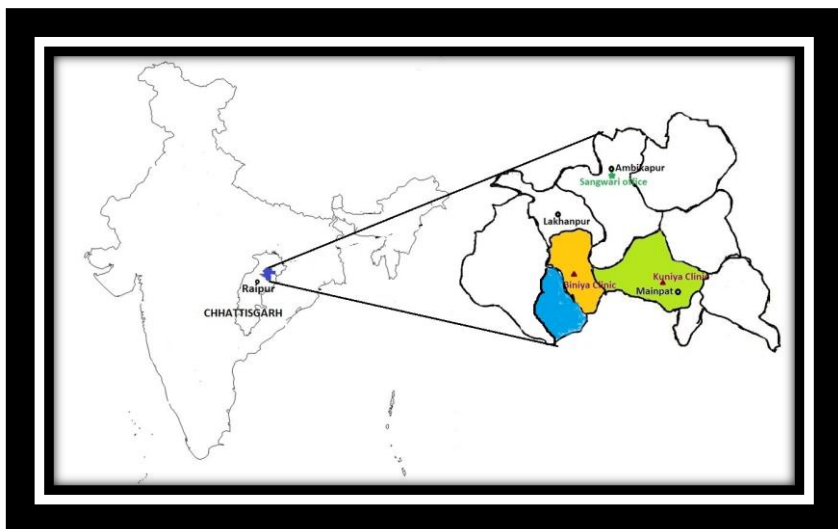
### Our CORE VALUES:

1. Equity - To address equity in health and help those who are marginalized live and thrive to reach their full potential.
2. Compassion and empathy- towards the vulnerable, marginalized communities and towards each other with a desire to work together in solidarity.
3. Humility- to learn and understand from people, acknowledging our limitations and being self-reflective in our work.
4. Accountability- towards systems, processes, and values.
5. Teamwork - Collaborative in our approaches towards our goal, as we engage with our community; with a purpose of shared responsibility & respecting diversity of people.



With people to understand the health problems in the community





We plan to work towards our goal of improving health of rural and tribal people through -

### Community Clinics ... Reaching the unreached

#### Village clinic:

Our clinic in Biniya village is now operational for more than 6 months and the number of patients seeking care is increasing.

#### Outreach clinics:

##### *Beyond the last mile!*

We have identified several clusters of villages where the terrain and the local rain fed rivers make it difficult to access healthcare. This need led to development of once-a-month outreach clinics in four villages.

#### Summary of the Village clinics

Clinic	Catchment area	Population
<i>Biniya</i>	Difficult to access and tribal villages from the Lakhanpur and Udaypur Block	~50,000
<i>Kuniya</i>	Difficult to access and tribal villages from Mainpat Block	~30,000



*Patient consultation in Biniya Clinic*

#### Highlights of the clinic's performance

Cumulative	July to Sept.2021
<b>1062</b> (Consultations done)	<b>574</b> (Consultations done)
<b>728</b> (Total Patients seen)	<b>365</b> (Total Patients seen)
<b>67.5 %</b> (Tribal Patients seen)	<b>70.2 %</b> (Tribal Patients seen)
<b>51.2 %</b> (Women Patients seen)	<b>51.4 %</b> (Women Patients seen)

41







Gram sabha meeting to get consent of community for programme activities

The community health programme is being developed first in 30 villages around Biniya clinic. Meetings were conducted with villagers, sarpanch and other panchayat raj institution members and mitanins (community health workers) to understand local health problems and provide information about the community health programme of Sangwari.

#### Community awareness sessions:

Such sessions of awareness on various topics were also conducted the details of which are provided below.

### Community Health Programme ... Power to the people

In the previous quarter we developed a community-based programme for monitoring of COVID-19 patients who were in home isolation. This activity provided us with a valuable experience to develop a community health programme in the villages surrounding the community and outreach clinics.

The programme aims to increase health awareness by engaging with community members, promote healthy living, provide village-level care for minor ailments, and ensure follow up of patients from community clinics needing such services in a population of about 50,000 in 50 villages.

	<b>24</b> Mitanin meetings, <b>58</b> Villages meetings,	<b>6</b> Health awareness sessions at community level
	<b>30,000</b> Vulnerable population	
	<b>30</b> Grampanchayat - 210 Hamlets	

40

#### Community Health Awareness:

The topics covered so far are-

1. Cough-Coryza
2. Pneumonia
3. Diarrhoea
4. Tuberculosis (TB)
5. Stroke
6. Mental Health
7. Scabies





Pain relief & palliative care clinic at UPHC, Ambikapur

## Pain Management and Palliative Care programme

Pain management and palliative care remain a neglected aspect of health care. Efforts are made to establish pain relief and palliative care services in the Community Clinics of Sangwari as well as in healthcare facilities in Ambikapur where people from rural areas seek care.

### Pain and palliative care services



Community clinics of Sangwari



Government Medical College, Ambikapur



UPHC Ambikapur and Holy Cross Hospital- Inpatient and outpatient care

## Urban PHC a Recognized Medical Institute now for pain services

With continued support from Pallium-India and the Red Cross Society, Surguja, we worked to establish the urban PHC at Ambikapur as a recognized medical institute for pain care which allows it to stock and dispense essential narcotic drugs to relieve severe pain. Surguja is now among a handful of districts in the entire state to have such a facility. People had to travel more than 300 km earlier to get these essential medicines. We acknowledge the support of the Pallium India and the Red Cross Society Surguja in enabling us to achieve this important milestone to reduce serious health related suffering.

A total of **250** contacts have been made collectively of-





Hands-on practice workshop for MO and physicians – during the second wave of COVID-19

## Health System Strengthening programme

We are engaged in theme-based work with the public health system to improve care for selected conditions in rural and tribal areas. Work was done in the following three areas-

- ▣ COVID ICU & post-COVID clinics
- ▣ Health workforce training
- ▣ Gap assessment of health facilities for COVID-19

### COVID ICU and Post COVID clinics Highlights



A team of **12 doctors** and **17 nurses** provided ICU services to **very sick patients** with COVID-19.



A total of **96 sickest patients** from the nearby 5 districts of the division were cared for, out of them **58 survived (60.4%)**.



ICU procedures like ventilator use, dialysis, central line catheter insertion were done



A total of **85 patients** were seen in different post-COVID 19 clinics in one month which also included some patients from the ICU.

## Health workforce training:

We conducted trainings for COVID-19 care for-

- Medical officers- MBBS, AYUSH doctors and Rural Medical Assistants
- Nurses- from the organization RAHA (Raigarh, Ambikapur Health association- working on primary health through rural nurses)
- Mitanins (ASHA)- (Community Health Workers)
- Volunteers

## Assessment of the facilities & report:

We visited and collected information from-

- 6 CHCs (block level hospital) in Surguja district
- 5 District hospitals of the Surguja division

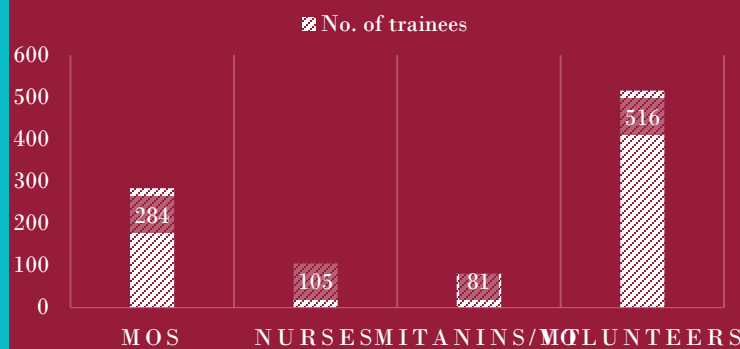
A report highlighting key issues related to-

- Human resources
- Available medicines and equipment
- Training needs of the staff

Report was submitted to the Joint director, Department of Health, *Chhattisgarh* for action.

Progressive summary	<b>28</b>
	Trainings
	<b>986</b>
	Trainees
	<b>40</b>
	Training days
	<b>10</b>
	Organizations
	<b>07</b>
	Topics covered

### HEALTH WORKFORCE TRAINING



Detailed report can be read at <https://sangwari.net/wp-content/uploads/2021/09/SANGWARI-ICU-report-final.pdf>





**Field monitoring to ensure quality survey**

### **Monitoring, Evaluation and Learnings**

We plan to ensure the relevance, quality, efficiency, progress, and the effect of the various programmes through regular monitoring and evaluation of the various activities of Sangwari.

#### **Management information system (MIS) and reviews:**

The plans of each programme were expanded into systematic MIS to track and monitor the key processes and performance indicators of each programme with regular review and feedback.

### **Co-Learning Club (CLC):**

This activity is directed towards capacity building of the team and foster innovations. The CLC is organized on every Saturday, between 5 to 6 pm.

#### **Co-Learning Club (CLC)**

11 CLC were organized in this quarter- Various topics relevant to the work of Sangwari were discussed such as community mortality data, proposal writing, budging, governance of NGOs, etc. Articles published in the scientific journals were also presented. In addition to the members of Sangwari, doctors from other organizations have expressed interest in joining this activity and hence it was opened to other members.





## Acknowledgement

A sincere thanks to all our supporters, friends, families, and donors who believed in our cause and our team. We look forward to your love and support in the future as well.

### A) Collaborators -

1. CHAUPAL-Chaupal Gramin Vikas Prashikshan Evam Shodh Sansthan, Surguja
2. RAHA (Raigarh, Ambikapur Health association), local NGO, Surguja district
3. Red-Cross Society, Surguja district
4. Yumetta Foundation, Maharashtra
5. Pallium India

### B) Health systems -

1. Public Health Department, Surguja division
2. Government Medical College, Ambikapur
3. District Administration, Surguja district
4. State Health Resource Centre (SHRC), Chhattisgarh

### C) Donors -

1. Doctors For You (DFU), Delhi
2. Sapana Foundation, Delhi
3. Health4the world
4. Individual donors

## Support the work-

Sangwari is a registered organization under Income Tax Act, all the donations to Sangwari from India will benefit tax exemption u/s 80G. You may support our initiative by donating through DanaMojo on the links below-

<https://sangwari.net/donate/>



### Find us-

**Registered office** - 36-D, Surya Apartments, Sector-13, Rohini, NW Delhi - 110085

**Local office** - Om Niwas, Gangapur Khurd, Tulsidas Chowk, Ambikapur, Chhattisgarh - 497001

**Email id** - [sangwari.contact@gmail.com](mailto:sangwari.contact@gmail.com)

**Website**- <https://sangwari.net>

Stay tuned and support us on social media

Facebook: <https://www.facebook.com/SangwariSurguja>

Instagram: <https://www.instagram.com/sangwarisurguja/>

Twitter: <https://www.twitter.com/SangwariSurguja/>

Telegram Channel: <https://t.me/SangwariSurguja>

