

PSRD BURKI PROJECT 2014 MATERNAL & CHILD HEALTH FINAL REPORT



PROJECT

Provision of health services to women and children coming from the lower economic sector, living in and around Burki.

AIM OF PROJECT

The aim of the project was to improve the basic health of children in Burki and provide rehabilitation services to children with disabilities. It also aimed to improve the health of their mothers and women of reproductive age and give them counselling on reproductive health, nutrition, healthy living and hygiene.

PROJECT RATIONALE/NEED

The people living in and around Burki mainly belong to the lower income groups. There are very few professional health facilities in Burki. Private facilities, where they exist are unaffordable for these people. There is no guidance on where to go for serious issues. Many have never been seen by a doctor. There are no orthopaedic specialist services in the area.

Project completed in 2013 in Burki, revealed that a very large number of children suffered from nutritional deficiencies because of which they were weak, stunted in growth, and suffered from low IQ and other health issues. An alarming number (more than 20%) of the children assessed suffered from Cerebral Palsy which needs multi-pronged management and ongoing support. There was widespread inter-marriage among families and no awareness of the problems associated with this practice.

The project aimed to address these issues by offering free medical, surgical and therapeutic treatment to the children and provide basic health services to mothers and women of reproductive age along with guidance and counselling.

PROJECT DURATION

One year January - December 2014



PROJECT IMPLEMENTATION.

The project was implemented by the CBR unit of PSRD under the supervision and guidance of Vice President, Mrs. Ghazala Hameed and Chairperson CBR, Mrs. Asma Waziri.



METHODOLOGY

The CBR team along with lady doctor, physiotherapist and community worker made a number of visits to Burki. Clinics were held at Kim Gul Centre and City Foundation School in Burki. The PSRD Lady doctor examined each patient and assessed his/her condition. Those with musculo-skeletal conditions and physical disabilities which needed medical, surgical or therapeutic interventions or orthotic and prosthetic appliances were brought to the PSRD medical and rehabilitation centre in Lahore. They were treated as outpatients except where surgery was required.

Women were seen by a Lady Doctor who treated minor medical conditions, gave medicines and vitamin supplements as needed, provided reproductive health guidance and counselling on nutrition, hygiene, healthy living and baby and child care.

Workshop on Maternal Health

A workshop on maternal health and childcare was held on Saturday, 14th June 2014 at the Kim Gul Trust in Burki. It was attended by over 70 women from the locality and surrounding area. Topics discussed were problems of early marriage, forcible marriage, marriages to close relatives, marked disparity in age i.e. very young girls married to very old men etc. The danger of increased mortality in mother and child, physical, social and mental health issues due to these unhealthy practices was emphasized.

The women were advised to have regular health checks for existing problems before marriage, during pregnancy and go for delivery to a reliable medical facility. Importance of spacing of children and restricting family size was also emphasized along with the importance of maintaining hygiene in the home and personal cleanliness. Representatives from an NGO working for women and youth also spoke on the occasion. The workshop was very much appreciated by all present as providing very useful information and guidance.

CHILD HEALTH PROGRAM



OUTCOME

Under the Child Health Program the target number of beneficiaries was 120. However, 121 children were treated out of which 60 were boys and 61 were girls. Almost 30% of the children suffered from cerebral palsy, a serious condition with cross cutting health and disability issues. Almost 20% of the children came to be treated just for weakness and nutritional deficiency. However, it was noted that majority of the children showed signs of nutritional deficiency such as muscular weakness, stunting and low IQ. Following is a brief summary of the specific medical conditions treated:

Medical Condition	No of Patients	Treatment Provider
Post Polio	02	PSRD
Rickets	08	"
Club Foot	01	"
Hemiplegia	03	"
Musculo-skeletal (other)	05	"
Cerebral Palsy	35	"

Speech Problems	03	“
Minor Ailments	41	“
Nutritional Deficiency	23	“

Total 121

Treatment provided included medical consultation, physiotherapy, occupational and speech therapy, surgery and medicines as required.



Md. Hamid S/O Ghulam Rasool 13 yrs

Hamid Ghulam Rasool, 13 yrs of age studies in class 6. He has 4 other siblings and he is the oldest. His father worked as a manual worker repairing wooden beds but is currently a labourer in an iron mongers shop and brings up the children with great difficulty on his meagre earnings. Hamid was born with his left leg considerably shorter than the other and he used to walk with great difficulty.

On 29th April 2013 Hamid came to PSRD for the first time for a check up and was advised by Dr. Javed Iqbal (Sr. Surgeon PSRD) to have an operation. But as he was very weak he had to be given some nutritional supplements first for two months. Then on 5th July 2013 after an X-ray and blood tests, he had his first operation. The second operation was on 6th January 2014. DHS nailing was done in leg. Implant was provided free of cost. Third operation was on 20th March 2014 and at the same time he was fitted with an AFO and special shoes. The fourth operation was on 8th April 2014 to correct a contracture. When he returned on 14th April, 2014 for a check up the operation was found to be successful. Subsequently he returned on 19th May and an X-ray was taken again. The doctor prescribed some vitamins for one month. Now he is absolutely fine and with the help of the AFO he is able to walk easily and with confidence. Hamid is an example of a young boy whose life has been completely changed due to the intervention by the Burki Project. He and his family are very grateful to the PSRD staff and doctor.



Usman S/O Abdul Sattar 10 yrs

Usman Abdul Sattar, age 10 years, who suffers from Cerebral Palsy, lives in Burka Kalan and belongs to a very poor family. His father earns only Rs. 10,000 (\$100p.m.). He has two brothers and one sister.

His elder brother, Farman Ali, is also a patient of Cerebral Palsy and can neither walk nor speak. It is very difficult for his mother to manage two children with CP. The other two siblings who are normal go to school. Usman is being treated with medicines, speech therapy and physiotherapy and is much better. "I and my parents are very grateful to the doctor and staff for this treatment . We pray for the success of PSRD so that it can continue to do this good work".



MATERNAL HEALTH PROGRAM



Target number of beneficiaries was 50. However due to large demand, 70 women were treated out of which 62% were expectant mothers who had not previously been seen by any doctor. They were given guidance on the importance of good diet, regular ultra sound and blood tests and regular ante natal check ups. They were provided with vitamin supplements, iron supplements and calcium and advised to have their deliveries in hospital. Contact was made with the local Basic Health Unit to arrange ultra sound and facilitate deliveries of these women. Since then 36 women have successfully delivered healthy babies.

31% of the women suffered from arthritis or other musculoskeletal conditions. They were treated with medicines and physiotherapy. Following is a brief summary of the specific medical conditions treated:

Arthritis	15
Musculoskeletal (Other)	06
Post Polio	01
Nutritional Deficiency	03
Hepatitis	01
Antenatal	44
Total	70



Shakila w/o Abdur Razzaq, 25 yrs

"I live in Burka Kalan. I was married to my cousin at the age of 18 and had no idea of how to raise a child. My husband is a labourer and earns Rs. 8000 p.m. (\$80p.m.). My first born, who was delivered at home died at birth due to lack of oxygen.

Then a woman in my neighborhood informed me that a health clinic had opened in Kim Gul and the lady doctor there was very good. I went with my neighbour to the clinic where the lady doctor checked me and advised me to have a blood test and ultra sound at the Burki Hospital. I returned to the clinic a week later with my reports and the doctor gave me some vitamins and supplements. She checked me every month and I was weighed and referred for a tetanus injection. On the advice of the doctor I had my delivery at the hospital. By the Grace of God I now have a beautiful, healthy baby. I am very grateful to the doctor, to PSRD and the donor". Shakila w/o Abdur Razzaq, 25 yrs old



Sadaf w/o Umar Hayat, 22 yrs

" My husband is a labourer and earns Rs. 10,000 p.m. (\$100 p.m.). I have four children two go to school and two, who are very young, stay at home. I was married at 16 years of age to a distant relative. All my children are normal. However, when I became pregnant for the fifth time, I was feeling very weak and my youngest child was also very weak. I heard about the Kim Gul Clinic when the PSRD team came to my village to do a survey. The health worker said that I and my youngest child should visit the clinic and meet with the lady doctor. So I went to the clinic. The lady doctor gave my child some vitamins and said I should continue it for 3 months. The doctor checked me also and referred me for an ultrasound and blood test to the Burki Hospital. I brought my reports back and the doctor gave me vitamins and supplements. For the full 9 months I was checked regularly. I was very happy with the treatment and the vitamins were very effective. I was advised to go to the hospital for delivery and following that to go for family planning. I and my new born daughter are very healthy now. When my baby is three months old I will go for an operation so that I do not have any more children. The lady doctor is very good and I and my family are very grateful for this help". Sadaf w/o Umar Hayat, 22 yrs old.



Sakina, w/o Maqsood, 25 yrs

" I live in the vicinity of Kim Gul Trust. I and my family work in the Trust, sweeping, gardening and doing the watchman's duty. Our income is Rs. 10,000 p.m. (\$100p.m.). I have two sons and two daughters. My husband and I are not related. I was married at the age of 14. In my village people do not send their daughters to school and nor do they allow them to work. My children are all normal. In Kim Gul Trust they also teach sewing and embroidery. After finishing my work I joined the class and began to learn embroidery. After two or three months I started expecting and left the class. The lady doctor and Elizabeth (Health worker) came to my house to enquire why I was not coming to the class any more.

When they found I was expecting they gave me a check up and referred me to hospital for ultrasound. They checked me every month and gave me vitamins and supplements and advised me to go the hospital for delivery. In my last month I started experiencing some problems so I quickly contacted the lady doctor who immediately referred me to the hospital where I was given an injection and my daughter was born. She didn't cry at birth so the doctors held her upside down and gently slapped her at which point she started crying. Now my baby and I are absolutely fine. I am very grateful to the lady doctor, PSRD staff and the donor who arranged this facility to provide free treatment to poor women and children". Sakina, w/o Maqsood, 25 yrs old.



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