



# DOCTORS FOR YOU

## Annual report

### 2014-2015

Period covered by the report

1<sup>st</sup> April 2014 to 31<sup>st</sup> March 2015

*DFY is a pan India organization with international presence and working in various disasters hit zones since last 7 years. DFY has previously worked in Assam, Mumbai, Bihar, Uttarakhand and Orissa. DFY has major role in delivering health care services to the most vulnerable communities, and providing capacity building trainings, emergency medical aid to the people affected by natural disaster, conflicts and epidemics.*

## About us..

Established in 2007 with a vision to become an outstanding organization in the delivery of medical and humanitarian aid to all, Doctors for You (DFY); a humanitarian organization based in India, has demonstrated pioneering work in community based disaster risk reduction, public health, training and disaster emergency response. DFY, since its inception in 2007, has been involved extensively with vulnerable communities in the six states of India providing efficient, effective and equitable distribution of health care for all. The thrust of DFY's work is to provide medical relief, sustainable healthcare services, capacity building and risk reduction activities in crisis and non-crisis situations.

The organisation also received several awards like The SAARC Award (2010), The British Medical Journal Group Award (2011) and Golden Ruby Award (2015) for its outstanding contribution to the humanitarian field.

For more details on DFY please do visit [www.doctorsforyou.org](http://www.doctorsforyou.org)

# Chapter 1

## Doctors For You, Mumbai

## 1.1 Introduction

In 2010, DFY started its first health centre for Project Affected People's (PAP's) resettlement colonies in Natwar Parikh Compound, Govandi with the support of MMRDA. In 2012, as Mumbai Railway Vikas Corporation (MRVC) joined the team DFY expanded its services to other PAP's colonies in M East Ward i.e. Lallubhai compound, Ambedkar Nagar etc by installing another centre in an area. An area already served by DFY outreach camps a decision was reached upon to start another centre after DFY realized that there was a dire need of permanent health facility in an area with around 1,00,000 population.

Since 2013, DFY have been running regular OPD's for general medicine, physiotherapy, dental care and disability rehabilitation and by early 2014, other specialized health services including Gynaecology OPD, Ophthalmology, Tuberculosis OPD and under-5 specialized clinic was also started. All these services are being provided on daily basis by a team of trained health care personnel's (Doctors, Nurses, medical social workers & support staffs). Apart from services at the health centre, health services and awareness activities are also organized in the area through community meetings, rally, street plays etc. The main aim of the project is to provide preventive health care and to promote best of healthy practices among these resettlement colonies largely excluded by mainstream system.



### Objectives of the Project

- To provide preventive, promotive, curative and rehabilitative health service to the resettled community through primary health centres
- To conduct health education & behaviour change communication programmes for Adolescent girls & children.
- Achieve overall community development through various skill development activities.

## 1.2 DFY Health Centre

DFY Mumbai launched its full time health centres in Mumbai region in 2010 in Natwar Parekh Compound, and followed it up with another one in 2011 in Lallubhai Compound. These centres were started as a project to serve the health care needs of Project Affected Communities (PAP's) in resettlement colonies,

Through its health centres in Natwar Parekh and Lallubhai, DFY serves the regular health care needs of about 1.5 lakh people in and around into area of operation. DFY is currently in the process of opening another centre in Kalva, Thane.

Sl. No	Services Rendered at Health Centre's
1	General OPD
2	Dental OPD
3	TB OPD/DOTS Centre
4	Physiotherapy and disability rehabilitation
5	Gynecology OPD& ANC
6	Ophthalmology OPD
7	Maternal and child health counseling
8	Family planning services
9	Immunization and Under five clinic for Growth monitoring
10	Anemia treatment and prevention
11	Laboratory services
12	Generic Drug pharmacy



**38905 Patients in 2014-15**

**75% beneficiaries - women & children**

**>90% immunization**

Services	2013-14	2014-15
OPD patients#	20941	38905
Children below 5yrs	3963	8178
Patients above 60 yrs.	1467	2850
ANC check-up	171	518
Gynecological Conditions	-	477
Immunization done	2794	4175
Vitamin A Supplementation	3113	2716
TB Patients	81	143
Family Planning Beneficiaries	694	2117
Malnutrition cases	86	302
De-Worming	2021	3166
Dental OPD	833	2834



Ophthalmic Services provided twice a month is used by 69 patients since its start in Sept' 14



Dental OPD- 2834



Gynaecology OPD- 477 Patients



Physiotherapy and Disability Rehabilitation - 97

### **DFY, Mumbai in 2014-2015**

- ❖ Two Health centres in Mumbai
- ❖ 60 Employees
- ❖ 100 Volunteers
- ❖ Over 1, 50,000 beneficiaries

### 1.3 Outreach activities

Apart from providing curative services at the health centres, Doctors For You is working to raise the awareness among the people about prevalent and emerging health conditions, health promotional and preventive activities. DFY often conducts camps in different areas of the AoR, conduct rallies to raise awareness about a situation etc.

Sl. No.	Activities	Number
1	Monthly Health camps in the community	13
2	Immunization camps	22
3	Physiotherapy and disability screening camps	5
4	Dental check up camps	7
5	Breast feeding and child nutrition health talk	25
6	Family planning health talks	25
7	Tuberculosis awareness Activities	9

**DFY conducted more than 100 outreach camps & rallies in 2014-15**



### 1.4 Tuberculosis project

Tuberculosis is a major public health problem in DFY's AoR particularly due to overcrowding, malnutrition and lack of ventilation in PAP's resettlement colonies. In June 2014, DFY and Janssen Pharmaceutical division of Johnson & Johnson launched a separate project to reach out to patients with multi-drug resistant TB. DFY prevention and control of Tuberculosis program include Children and adolescents attending Balwadi and informal classes at Door Step School, Gyansathi, Pearls high school, Sun Grace Schools have been covered.



Following services were provided to beneficiaries to about 792 Students-

1. General Health Check up
2. Dental screening and check up
3. Deworming
4. Vitamin A supplementation
5. Health education to children, adolescents and their family members.

### **Treatment**

- Established dedicated DOTS Centre at both DFY Health Centre's
- Distribution of masks to patients and family members of all patients

### **Nutrition Support**

- Distribute Protein rich nutritional supplements to 30 Drug resistant cases
- **348 home visits** to supplement medicines and update on condition of patient

### **Community Awareness**

- **1483 Counseling** sessions for patients and family members
- Conducted **7 health awareness rallies**

## **1.5 Skill Development**

So often it is lack of training that prevents people from PAP's from being employed, which in turn spiral health situation downwards. Since 2014 DFY started various livelihood training for PAP. Ranging from Health Assistant course to tailoring courses and housekeeping certificate course, various programs were arranged after taking feedback from communities.

**Health Assistant Certificate Course (6 Month):** The Health Assistant Training Course is being conducted at MRVC Health Centre, Mankhurd. 94 per cent of beneficiaries are female in this program. For their work, they are being paid a stipend of 2500 rupees per month.

**Mehandi Classes (3 Month):** In order to improve the living standards of Projected Affected People Particularly Muslim women, DFY started Mehandi classes at Natwar Parikh Compound. This was started to enable them to earn a livelihood in the community itself. All the beneficiaries in this program is women.



**Hospitality and housekeeping training courses at Taj Lands End Hotel in Bandra (4 Month):** Four months Housekeeping and hospitality training course was organized for Young men and women from from PAP resettlement colonies. After the successful completion of course DFY assisted in ensuring 100 % job placement for the successful candidates. Driving courses and tailoring courses were also conducted under the guidance of certified/qualified trainers. All these programs had more than 80 percent women in each batch.

**More than 85 percent women participation in each course**

Year 2014-15 have been a wonderful year for DFY-Mumbai and Team DFY as a whole and for the next year we would like to aim at continuing operations as well as expanding our health Centre's to other areas of mobile operations. DFY-Mumbai is soon launching two more health Centre's in Maharashtra, in Kalwa in Thane and in and is the process of launching new projects and a project for control of malnutrition is already in initial stage of implementation.



## **1.6 Malnutrition Project:**

DFY ground work and its under-5 clinics recently uncovered the startling presence of severely malnourishment in children in some area in and around its area of influence. In the face of the fact that children affected by SAM is very prone to serious ailment and subsequent death DFY-Mumbai have launched a project against malnutrition in an attempt to end the vice that is malnutrition.

## **Chapter 3**

# **Doctors For You, Kashmir**

In a major catastrophic event, Jammu and Kashmir was hit by the worst floods from last six decades. Jammu and Kashmir and its adjoining areas had received immense rainfall in September 2014. Eventually Jhelum and Sutlej River started flowing high above the danger mark leaving 2600 villages affected. The unprecedented flood and



landslide had taken 277 lives and left several thousand people taking shelters in wrecks of building or clinging to trees. With this unfortunate event, the health system in the flood

affected districts had completely paralysed.



There was an increasing risk of water-borne diseases, disruption in maternal & child health care, discontinuation in supply of medicines for chronic diseases. Considering the requirement of intervention to prevent health risks, Doctors For You (DFY) started

its intervention from 13<sup>th</sup> September 2014.

Doctors For You (DFY) is a pan India organization with international presence and working in various disaster hit zones since last 7 years. We have previously worked in Assam, Mumbai, Bihar, Uttarakhand and Orissa. DFY was one among the early responders to Jammu & Kashmir flood. Since September 2014, DFY has operated in two phases. In the first phase, DFY had established health camps in 112 villages from six districts of Bandipora, Pulwama, Srinagar, Badgam, Kulgam and Baramulla. In acute phase, DFY ensured the continuation of essential health services by establishing 109 health camps and till now, the organization has provided preventive and curative health services to 11873 people in 74 different locations in both urban

and rural areas.

To promote child health, DFY implemented a specialised WASH promotion program in school, CFS and Aanganwadi centres of 153 villages and catered 14,842 children. In addition,



DFY  
also  
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Adoles  
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health  
talk  
(ARSH)  
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nity based WASH promotion, Vitamin A distribution, chlorination drive and clean delivery kit distribution. In the second phase, DFY directly capacitated the state health system by organising two state level, 27 district level and 50 block level trainings for health workers on 'Public Health in emergency'. DFY initiated a health facility assessment program on IPHS format for the six flood affected districts. Through this assessment, 77 most critical health facilities were marked. To re-strengthen and make these facilities functional, DFY supported these facilities with medicines, heaters, bedding, blankets, MCH equipments and other basic equipments. In addition, DFY has also collaborated with civil defence and SDRF (State Disaster Response Force) in organising trainings.

DFY has responded to the most critical healthcare aspects through its thirteen activities in the last six months of its intervention. Following are the activities conducted during DFY intervention:

1. Mobile Health Camps
2. Chlorine Tablet distribution and IEC activity
3. Distribution of clean delivery kits to pregnant woman in last three months
4. ARSH (Adolescent Reproductive Sexual Health) Talk
5. Health education and WASH promotion camps with special focus on de-worming in schools, aanganwadis and child friendly spaces
6. Community awareness program on WASH, health & hygiene
7. Training of Trainers on '*Public Health in Emergency (PHiE)*' for health officers, ASHA trainers, facilitators and monitors
8. Training of Trainers on *PHiE* for health officers, ASHA trainers, facilitators and monitors
9. Capacity Building training for ASHA workers
10. Vitamin A distribution
11. Capsule course on *PHiE* for non-medical volunteers, SDRF and Civil Defense
12. Health Facility Assessment
13. Health Facility Support

## **Chapter 3**

# **Doctors For You, Assam**

### **3.1 Introduction**

Apart from disaster response is pertaining to health care, disaster preparedness and capacity building training is one of the core strength of DFY NERO. In the year 2014-15 DFY Assam conducted more than 35 trainings all over Assam. These trainings were sponsored by Assam State Disaster Management Authority.

Disaster preparedness and capacity building trainings are conducted in for specific modules. These are Community Based Disaster Preparedness (CBDP), Mass Casualty Management (MCM), Hospital Preparedness and Mass Casualty Management including Hospital Safety plans (HPMCM) and Public Health in Emergencies (PHiE)

During the financial year 2014-2015, Doctors For You NERO (North Eastern Regional Office) has been actively involved response program during two major disasters that took place in Assam, i.e. Goalpara floods and Kokrajhar Ethnic violence. The response programmes were pertaining to health care services.

### **3.2 Health care response in BTAD violence (2014-15)**

The violence in Lower Assam in the year 2014-15 led to a massive 300,000 internal displacement as reported by Asian centre for human rights in January 2015. Thousands of people in the affected districts of Kokrajhar, Sonitpur, Udalguri and Chirang left their homes and took shelter in schools and churches and other relief camps. For about four months people lived in camps built in open fields resulting in threats to Water, sanitation and hygiene Doctors for You (DFY) deployed its medical response team in Kokrajhar immediately after the Initial rapid assessment with Water, Sanitation and Hygiene as priority concern besides primary health care services. Simultaneous to the primary health check-ups for the inhabitants of the relief camps, DFY ensured that the inhabitants could have access to clean drinking water and basic hygiene facilities. Chlorine tablets

were distributed in households. Our field workers demonstrated usage bleaching powder and disinfection of water source with bleaching powders after testing the water quality of different water sources available in the camps. Apart from that, women and adolescent girls were distributed dignity and hygiene kits. In the primary health camps (periodical) that continued for 3 months, patients were treated and were provided medicines. De-worming for both infant and adults was also a part of the health camps.

### **Highlights of BTAD violence 2014-15**

- ❖ Around 900 patients were treated in the camps
- ❖ Over 1200no of people received de-worming
- ❖ Adolescent girls and women were distributed with dignity and hygiene kits
- ❖ Registered pregnant women were provided with clean delivery kits. A total of 35clean delivery kits were distributed.
- ❖ Bleaching powders were distributed in the camps through the camp leaders and chlorine tablets were distributed on household basis

### **3.3 Disaster Preparedness and capacity building trainings**

Disaster preparedness and capacity building training program with Assam State Disaster Management Authority (ASDMA) is one of the major projects of DFY-NERO (North East Regional Office). The second phase of this project is successfully completed in March 2015. The disaster preparedness and capacity building trainings are conducted in four specific modules. In the project year 2014-15, DFY has conducted 4 Community Based Disaster Preparedness trainings, 15 Mass Casualty Management (MCM) trainings; 15 Hospital Preparedness and MCM trainings and 5 Public Health in emergencies trainings throughout various districts of Assam. These trainings are conducted throughout various districts of Assam.



### **3.4 Initiative towards hospital disaster preparedness**

One of the major achievements of these trainings in the year 2014-15 was that DFY in cooperation with the participants and supported by District Disaster Management Authority (DDMA) was able to compile the Hospital Incident Command System (HICS) for the respective district civil hospital. This was done after a field visit to the district civil hospitals where a group of training participants visited the hospital to find out if the hospital is maintaining the WHO checklist for safe hospital. After that the HICS of that respective civil hospital was prepared with the help of the inputs from the hospital administrator and doctors. The HICS will help the hospital administration to assess the resources of the hospital, and plan and prepare accordingly for any emergencies. HICS were compiled in 8 districts i.e. Goalpara, Bongaigaon, Barpeta, Golaghat, Morigaon, Sivasagar, Morigaon and Sonitpur district.

### **3.5 Emergency Management Exercise (EMEX):**

DFY conducted trainings on two modules i.e. CDBP and PHiE in Nagaon and Barpeta districts of Assam as part of the Emergency Management Exercise, in association with ASDMA. The emergency exercise was conducted in three phases of trainings on the above mentioned modules followed by table top exercise, and mock drill.

### **3.6 Health care Response in Goalpara Floods, 2014**

Besides conducting this disaster preparedness and capacity building trainings under DFY-ASDMA project, The DFY-NERO (North East Regional Office) was also involved in Goalpara flood response. In the month of September 2014, Assam's Goalpara district was severely affected by flash floods leaving more than 3,00,000 people affected. Doctors For You executed its mission in flood hit Goalpara district with health cluster assessment of the affected population. The primary objective

of the assessment was to get a comprehensive picture of existing camps, humanitarian situation and response pertaining to health needs of those affected by the flood. As per the data collected and recommendation of the Initial Health Cluster Assessment in the flood affected areas, Doctors For You launched its medical health response for the population and organized health camps in 12 clusters covering 24 villages.

### **3.7 TOT on ASHAs role in disaster management**

ASHA or Accredited Social Health Activist is a trained female community health activist in village level and ASHAs are one of the key components of the National Rural Health Mission. The role of ASHA in disaster or emergency get intensified as she is a health activist in the community who will create awareness on post disaster health issues and its social determinants and mobilise the community towards local health planning; increased utilisation and accountability of the existing resources in terms of health.

DFY conducted a Training of Trainers on ASHAs role in disaster management in Guwahati, Assam. This TOT was conducted in support and association of Regional Resource Centre (Guwahati)-NHSRC. This training focused on capacity building and disaster preparedness of ASHAs as they are one of the primary responders in emergency situations. Participants from 8 North Eastern states participated in this training. This TOT serves as the foundation of the capacity building and disaster preparedness for the ASHAs.

**Public health in emergency is a very important issue these days. We would like to thank team Doctors For You for coming up with this training module on Public Health in Emergencies. Various training methods like role play, presentation, group discussion and interaction with the resource persons helped the participant to grasp the sessions more practically.”**

**Mrs Nizara Kalita, PHI E training participant, Lakhimpur**

### **3.8 Mock drills in Assam as part of the emergency management exercise**

Doctors For you conducted a mock drill on 06/07/2014 in Goalpara district as part of Hospital Preparedness and Mass Casualty Management including Hospital Safety plans. The mock drill was organised in collaboration with District Disaster Management Authority (DDMA, Goalpara) and supported by Assam State Disaster Management Authority (ASDMA). The mock drill was conducted to test the emergency preparedness of the participants as well as the Hospital. During the mock drill it was observed that there were no emergency plans in the district civil hospital, in fact the emergency medicine stock was also not enough. Surprisingly there was no security to manage the crowd in the emergency department. However, the participants of the mock drill performed the triage session quite well despite the complications in emergency care in the hospital. In a positive output the participants were able to learn the importance of emergency hospital preparedness.

## **Chapter 4**

# **Doctors For You, Bihar**

*Mobile Doctors Mentoring Team (MDMT) is a project conceived by CARE INDIA, State government of Bihar, & Doctors For You in year 2014. The overall goal of the project was to reduce maternal and neonatal mortality & morbidity in Bihar along with improvement in quality of the Maternal and child health services in the state. The project approach is first of its kind where trainer doctors were deployed at the health facilities itself to train the*



*local doctors on emergency obstetric care and life saving anesthesia skills. 8 health facilities from 8 district were selected for this pilot project {7 District hospitals & 1 SDH - Samastipur, Bettiah, Saharasha, Khagaria, Gopalganj, Begusarai, Motihari, and Patna (SDH,Danapur)} for a period of 12 months (10/03/2014- 28/02/2015).*

Mobile Doctors Mentoring Team (MDMT) has contributed to improve the skills of Doctors, Nurses and other staffs in the targeted health facilities



**The project had two main specific objectives:**

- 1. Enhance frontline health workers' skills, knowledge, and use of innovative tools.**
- 2. Improve health practices by providing mentoring, hand holding & supportive supervision to doctors, and health care staffs at district & block level PHC's.**

## **Chapter 4**

# **Doctors For You, USA**

## Delivering Health & Happiness: Project Trisha of DFY-USA

Health & Happiness are the two most important factors to live a gratified life but both jeopardizes for an under-privileged family if they find that their child is suffering from critical illness and treatment will cost a big fortune. Doctors For You-USA (DFY-USA) works for revitalizing the both: health and happiness. DFY-USA is working with a mission to improve the quality of lives of underprivileged children across the world. Under Project Trisha, DFY-USA provides financial support towards the treatment of underprivileged children who otherwise are not able to afford the medical expenses for the procedures. The key criterion for case selections under this project are that the case must be referred by the doctor based on the needs of the patient and the treatment should provide significant improvement in the life of the child. DFY-USA has officially partnered with G.B. Pant Hospital & Sri Gangaram Hospital in Delhi. Two Cardiologists and one cardiothoracic surgeon have volunteered to review and provide cases of children requiring the treatment, which belong to the families who genuinely necessitate monetary help to sustain the expenses of the medical procedures. Within two months from the launch of project Trisha, DFY-USA has intervened for the treatment of six children.



Shagun,  
Age: 1.5 years,  
Gender: Boy  
Surgery: Open Heart Surgery  
Hospital: Sir Gangaram, New Delhi



Name : Annu  
Surgery: Angioplasty procedure  
Diagnosis: bilateral renal artery stenosis  
Procedure: Balloon angioplasty  
Location: Hospital GB pant  
Doctor: Dr Arima Nigam  
Date of procedure: Feb 3, 2015.



Hunny Singh,  
Age: 1 year ,  
Gender: Boy  
Diagnosis: PDA, need procedure  
Doctor: Dr. Arima  
Hospital: GB Pant, Delhi India



Name: MD Saad, 1 year, Boy  
Surgery: Open Heart Surgery  
Hospital: Sir Gangaram, New Delhi  
Doctor: Dr Raja Joshi  
Date of procedure: Dec 31, 2014



Subhan, 6 year, Boy  
Surgery: Open Heart Surgery, pacemaker  
Hospital: GB Pant, New Delhi  
Doctor: Dr Sumod ( & Dr. Saket  
Date of Procedure: Jan 20, 2015

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