

## Doctors For You (DFY) Quarterly newsletter

SPECIAL EDITION ON OUR NEPAL EARTHQUAKE RESPONSE WORK, 2015



DFY ORGANISED A SUCCESSFUL STATE LEVEL TOT ON ASHA'S ROLE IN DISASTER MANAGEMENT IN GUWAHATI SUPPORTED BY REGIONAL RESOURCE CENTRE -NE



PRIMARY HEALTH CARE, MATERNAL AND CHILD HEALTH, WASH, SCHOOL HEALTH PROMOTIONS ARE OUR TOP PRIORITIES IN OUR NEPAL RESPONSE



DFY TREATED MORE THAN 5000 PATIENTS SO FAR THOROUGH MOBILE MEDICAL UNIT, HEALTH CAMPS AND FIELD HOSPITAL IN NEPAL IN ASSOCIATION WITH ITS PARTNER ORGANISATION

# NEWSLETTER



Besides supporting the district hospital Trishuli, DFY is also supporting Qatar Red Crescent Society's Field hospital in Nuwakot with Doctors, Nurses, Paramedics and other technical specialist. DFY has established partnership with Qatar Red Crescent Society (QRCSS) society for resource mobilization and service delivery in Nepal. DFY will work in association with QRCSS to achieve the project goal to provide the medical assistance for the affected people from the earthquake and build the medical national capacities of the Nepali doctors and nurses. This goal will be achieved by providing primary healthcare services through mobile medical units.

## Bridging the gap between health care and people: completing two months of service for Earthquake affected Nepalese community

The first team of Doctors For You reached Nepal exactly two days after the massive earthquake that devastated the Himalayan country of Nepal, since then there was no looking back.

With more than 8000 deaths, above 17000 injured and more than 2.8 million people displaced it was very vital to bring crucial medical/ health facilities to the affected community. The situation was intensified by the fact that Nepal is a mountainous country and most of its infrastructure in terms of communication and connectivity were damaged. Eventually Doctors For You registered with the Government of Nepal to provide a coordinated relief

DFY's partnership with Qatar Red Crescent Societies (QRCS):



DFY in association with its partner organization QRCS is pledged to provide primary healthcare services through MMU in Bipur. DFY is also supporting the field hospital of QRCS in Trishuli, Nuwakot with Doctors, Nurses, Paramedics and other technical specialist.

work. DFY also established partnership with local organization and other Foreign Medical Teams (FMT) to provide relief work which was executed in two phases, namely A. provision of direct health care through health camps and B. donation/distribution of medical consumable and non consumables to the Government of Nepal. DFY focused on not only providing rapid relief work through health services but also in delivering a sustainable restoration of the health facilities that were damaged or partially damaged by the Earthquake.

With its vast resources of Doctors, disaster management/ emergency response specialists and volunteers having experience in working in emergency situations DFY accelerated the response work in Nuwakot district. At present DFY is catering to the health needs of the population through two specific programmes. First is to support the recovery and restoration of district health system through nurturing the sustainable health practices in the district of Nuwakot. Second is to reach out maximum number of population with health care facilities in Nuwakot district through the provision of Mobile Medical Unit (MMU) and extensive health awareness campaigns.

### Bone Marrow Density (BMD) check-up Camp for women in Mumbai

On 23rd June 2015, DFY Mumbai team organized BMD check-up camp for women of the PAP's resettlement colonies, at DFY MRVC Health centre in Lallubhai Compound, Mankhurd, supported by Novartis India. In this camp 100 women aged above 30 years were screened. Before the screening, Dr Veena Mulgaonkar (Consultant Gynecologist, DFY) made a presentation to the beneficiaries regarding calcium requirement and changes in the body as per age and its relation to menopause. During the BMD examination 70% of women were having low calcium (t score > -1). Women with menopause had BMD as low as -3.5. After BMD check-up all the women were counseled by dietician. Women with low bone calcium were given free calcium supplementation. DFY will organize the follow up BMD check-up camp after 3 months.

### Restoration of Maternal and Child health services in the district hospital, Nuwakot



One of the major focuses of DFY in its Nepal earthquake response is Maternal and Child Health (MCH). Initial estimates by the United Nations Population Fund (UNFPA) indicated that some 50,000 pregnant women and girls could be among the survivors in quake-affected Nepal. Pregnant women and children being the most vulnerable populations in disasters require immediate medical care in terms of safe delivery services, anti natal care, post partum care and emergency obstetric services. While delivering health care services DFY put special emphasis on maternal and child health care. DFY is working to strengthen the Maternal and Child Health Wing of the District Hospital Nuwakot by providing doctors, health workers as well as crucial medical non consumable items and medicines. As part of the process capacity building trainings are conducted for the hospital staff of the district hospital



DFY -NERO organized a follow up training on Mass Casualty Management and emergency preparedness for doctors, paramedics and first responders. This training was conducted as follow up of disaster preparedness and capacity building trainings in association with Assam State Disaster Management Authority (ASDMA). This training was supported by District Disaster Management Authority, Nalbari.

### Voices from the ground

One of our volunteers Dr. Deepanshu Goyal from Chandigarh puts to words to his experience with the DFY team in Nepal, "Limited medical supplies was a major struggle. I sometimes had to watch a patient dying because I didn't have the required medicines or equipments to save him. The hospital had one defective oxygen cylinder and I had to use it on priority basis. That's when I talked to Dr. Ravikant (President DFY) about it, he asked me about the list of equipments and medicines I needed, and similarly he asked the same list from volunteers working in every department. In a couple of days DFY started donating the required supplies and things started getting easier.

The other initiative I worked on was DFY's effort on training the local Doctors for better patient care. We taught the local staff about global practices in their area of work. Thus, hoping to contribute in long term betterment of healthcare in Nepal.

In the camp of Doctors For You, doctors and nurses from around the globe worked together, we were a team. I'm proud of the team effort as a whole, I couldn't have done anything by myself; It wasn't an Indian or German or Canadian or Pakistani who was helping with the relief effort, it was a group of like-minded people doing good work"



### Health awareness campaigns in schools of Nepal

In association with partner organization Direct Relief, DFY launched its School Health promotion program in Nuwakot district. Besides primary health checkups, de-worming and Vitamin A supplementation programs are also part of this campaign. Team DFY is also focusing on Water, Sanitation and Hygiene awareness among the school children pertaining to emergency situations.



### Specialist health camp by Doctors For You in Delhi

While a team of DFY is continuously working for the earthquake effected Nepalese community, DFY-Delhi team conducted a specialist health camp in Sarita Vihar. This health camp served 150 patients with five special categories of physician, surgeon, dentist, dermatologist and ophthalmologist.

The camp was organized free of cost. The patients were evaluated in the camp and prescribed medicines as well as health advice.

## Initiative to improve the living standard of Project Affected People (PAP): Doctors For You delivering services beyond health care



DFY-Mumbai has been associated with MRVC (Mumbai Railway Viaks Cooperation) and MMRDA since 2010 to provide health services to the community (Project Affected People) affected by resettlement township project of Mumbai. The main objective of the project is to provide curative, preventive and promotional health care services to the people of these resettlement colonies. DFY has been delivering health care services to the PAP under this project through Natwar parikh and Lallubhai compound. On April 2015 DFY Mumbai took the initiative to improve the living standard of the PAP through skill building training at DFY Vocational Training Centre. DFY started Mehandi classes at Natwar Parikh Compound and Health Assistant Course at Lallubhai compound, Mankhurd. The 3 months Mehandi course aims to enable them to earn a livelihood within the community itself. A total of 38 adolescent girls and women are being trained by certified trainer from Natwar Parikh Compound. Simultaneously course on Health Assistance is being commenced at MRVC Health Centre, Mankhurd. This course on Health assistance will deal with the basics of health and hygiene, maternal and child health; nursing care, community outreach services and basic hospital management



## Golden Ruby Award, 2015 for excellent contribution to Health Services

Doctors For You revived the prestigious Golden Ruby Jubilee Healthcare award in Mumbai on 23rd March 2015. The RUBY awards recognize community members younger than 40 who have made their marks in a wide range of professions and enterprises. Doctors For You received this award for excellent contribution to the maternal and child health care services during disaster responses across the six states since its inception.

The award, instituted by Sri Shanmukhananda Medical Centre, a service arm of Sri Shanmukhananda Fine Arts & Sangeetha Sabha, was given away by former President A.P.J. Abdul Kalam, along with Arundhati Bhattacharya, Chairman, State Bank of India, in an event organized to commemorate the 40th anniversary of the medical centre. On behalf of Doctors For You, Dr. Rajat Jain (Vice-President), Mr. Saket Jha (Secretary) and Dr. Naresh Gill (Mumbai Head) received the award.

In the year 2014, DFY had major interventions in Assam, Bihar and Jammu& Kashmir. DFY had intervned in 2014 floods of Jammu& Kashmir, floods of Goalpara (Assam) and Kokrajhar violence of Assam.



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