

Newsletter

DOCTORS FOR YOU

DEC, 2024

The Ni-Kshay Mitra Program



The Ni-Kshay Mitra program, launched in 2022, encourages donors, including corporations, institutions, NGOs, and individuals, to support TB patients and strengthen local TB facilities. This initiative complements the National TB Elimination Programme (NTEP), which provides free diagnostics, medication, and nutritional aid under the Ni-Kshay Poshan Yojana. It allows donors to adopt individual patients or entire blocks, wards, districts, or states in coordination with local authorities.


Doctors For You actively facilitates Ni-Kshay Mitra registration, coordinates with health authorities, and ensures timely nutritional support for TB patients. As part of this effort, Mylan Pharmaceuticals has adopted 70 TB patients in Nashik, contributing to a total of 1,179 patients across five states (Bihar, Madhya Pradesh, Maharashtra, Meghalaya, Uttar Pradesh). This initiative aims to improve treatment adherence and overall patient well-being.

The above photos show the Food Basket distribution at Trimbakeshwar PHC, Nashik, attended by Dr. Ramesh Pawar (Medical Superintendent), Dr. Sushil Kumar Shinde, Dr. Vitthal Kale, Dr. Shalini Patil, the NTEP Team, and the Doctors For You Team. Under this initiative, nine DSTB patients in Trimbakeshwar TU received food baskets, with a total of 70 TB patients benefiting for six months, amounting to 420 baskets. The distribution ensures TB patients receive essential nutrition, aiding in their recovery and treatment outcomes.

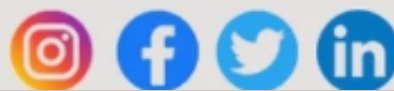
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**Doctors For You Signs MoU with Wipro
Foundation for WASH Program**
Supported by WIPRO



In a significant development, Doctors For You has signed a Memorandum of Understanding (MoU) with Wipro Foundation to implement a comprehensive Water, Sanitation, and Hygiene (WASH) program. The MoU was signed in December, paving the way for the program's implementation in January 2025.

This partnership aims to improve access to clean water, sanitation, and hygiene facilities in targeted areas, positively impacting the lives of thousands of beneficiaries.

A Special Camp at SBI Nirantar Seva - Pune
Supported by SBI Foundation & NSDL



On December 1, 2024, a special health camp on World AIDS Day raised HIV/AIDS awareness among truck drivers, offering free health check-ups, counseling, and interactive sessions. Continuing this effort, a Mega Health Camp on December 21, 2024, at the Pune-Mumbai Expressway Truck Terminal featured hygiene education, HIV/AIDS awareness, and eye care sessions. Participants learned about handwashing techniques, health risks, and prevention strategies, empowering them with knowledge and resources for better health and well-being.

**Doctors For You Partners with Sodexo to
Empower Underprivileged in Mumbai**
Supported by SODEXO



Doctors For You, has signed a Memorandum of Understanding (MoU) with Sodexo, a global leader in quality-of-life services, to launch a comprehensive skill development project for underprivileged youth in Mumbai. This initiative aims to equip marginalised people with essential skills, enhancing their employability and empowering them to break the cycle of poverty. The program will focus on providing vocational training, mentorship, and placement support to ensure a sustainable livelihood for the beneficiaries.

The program implementation will commence from January 2025.

Healthcare Services at MDJ MIRC

Supported by MDJ



At Meena Devi Jindal Hospital, we are dedicated to providing high-quality healthcare services at minimal costs to support our community. Our mission is to ensure that essential medical facilities are accessible to everyone, especially those in need.

Dialysis Services at Just ₹750!

Our state-of-the-art dialysis center offers life-saving dialysis services at an exceptionally affordable rate of ₹750. This initiative has brought relief to numerous patients, ensuring they receive regular and quality care without financial burden. Many have expressed their gratitude and satisfaction with the convenience and compassion provided by our team.

USG (Ultrasound) at ₹100!

Understanding the importance of diagnostic tools, we offer USG services at an unparalleled cost of 100. This facility is a boon for the underprivileged, making essential diagnostics accessible to all.

Affordable Day care, FCG, Lab Tests and X-Ray Services to further support our mission of affordable healthcare, our hospital provides lab tests and X-ray services at minimal rates. These services are designed to ensure that financial constraints do not hinder timely diagnosis and treatment.

At Meena Devi Jindal Hospital, we believe healthcare is a right, not a privilege. Our commitment to affordable medical services has brought smiles to countless faces and continues to strengthen the trust our community places in us. For more information or to book an appointment, please contact us today. Let us serve you with care and compassion.

Healthcare Centres

DFY is playing a major role in providing quality health services to all the sectors of community. DFY is driven with passion of reaching the unreached populations like the people of marginalized community, slum dwellers, people living near dumping zones, etc. with a goal to provide quality health to one and all. General OPD, Dental OPD, Physiotherapy OPD, Dermatology, Ophthalmologist and Gynecologist.

Strengthening TB Care through Targeted Interventions under Project SSHAKTI *Supported by The Global Fund*



Doctors For You (DFY), under the Global Fund's Project SSHAKTI, is working in Bihar, Uttar Pradesh, Maharashtra, Rajasthan, and Assam to enhance TB care. Key initiatives include Active Case Finding (ACF) among vulnerable populations, engaging AYUSH practitioners, improving sample collection through the Ni-Kshay Barcode system, establishing a hub-and-spoke model for Drug - Resistant Tuberculosis (DRTB), and promoting NAAT testing for Extra Pulmonary (EP) and Pediatric TB. Through the ACF Lite model, 7,179 individuals were screened, 893 were symptomatic, and 16 TB cases were notified. Additionally, DFY mapped 635 AYUSH practitioners, resulting in 67 referrals, with 14 TB cases identified. These efforts highlight DFY's focus on community-based approaches and private-sector collaboration to strengthen TB care.

SBI Sanjeevani- Clinic on Wheels



The SBI Sanjeevani project is running in Govandi Kurla and Sion Mumbai, serving the health care needs of the population of low socio economic background. The provision of free medicines and special camps cater the healthcare needs of the population along with awareness programs.

100 Days Campaign



As part of the National Tuberculosis Elimination Program (NTEP)'s 100-day campaign to eradicate TB by 2025, DFY is committed to supporting this initiative by deploying portable handheld X-ray services across multiple districts. This innovative strategy enhances Active Case Finding (ACF) by ensuring faster and more accurate TB detection, particularly in hard-to-reach and underserved areas. By improving access to diagnostic services, DFY plays a vital role in the early identification of TB cases, reducing transmission risks, and facilitating timely treatment. Through collaborative efforts, we strive to make substantial progress in TB elimination and strengthen public health in the region.

Landmark-Community Health and Wellbeing Programme



This project focuses on screening patients for non-communicable diseases (NCDs) in Pudgha, Bhiwandi. Additionally, it aims to enhance social security for the population, thereby improving access to healthcare services.



The maternal and child health services at the DFY Centre include antenatal care for pregnant women, newborn care, and child health services using a continuum of care approach. The centre addresses female reproductive health concerns, provides family planning options, and conducted 72 sterilisation counseling sessions in the reporting month. Additionally, 14 women sought gynecological consultations, and 7 attended antenatal check-ups. Immunisation services for children under five are provided both at the centre (twice weekly) and through daily outreach vaccinations protect against diseases like TB, Diphtheria, Hepatitis B and more, with 288 children immunised this month. De-worming tablets were given to 34 children to combat protozoan infections, and 105 children received Vitamin A supplements to prevent blindness and reduce infection risks.

Patient Provider Support Agency (PPSA)



Doctors For You, along with the Mumbai district Tuberculosis Control Society have collaborated on a project which ensures effective treatment of persons suffering from Drug Resistant Tuberculosis and the mutated version this disorder.

Services provided in DRTB are free X-rays, Ni-Kshay Poshan Yojana Rs. 1000/month for 6 months (DBT), Free UDST, Free medicine and CME for doctors.

Cancer Care – Project Aastha Supported by Pfizer



Doctors For You and Pfizer have collaborated to provide patient navigation services at Tata Memorial Hospital Mumbai, through providing a help desk team at cancer hospital.

Aim: To support oncology patients during diagnosis, treatment and rehabilitation phase.

Objectives:

- Establishment of Helpdesk at Cancer Hospitals
- Improving Cancer Patient Care during treatment
- Linking patients with various Govt. Schemes
- Guidance and linkages to apply for financial support to trust, society or individual donors.

Project Aastha is not limited to Tata Memorial Hospital, Mumbai, but is being implemented across multiple states to improve cancer care accessibility.

Drug Resistant Tuberculosis (DRTB)



With an objective to offer support with a patient centered model of care in diagnostics, treatment and patient support, in collaboration with National TB Elimination Programme (NTEP), the DFY team, aims to provide accessible and quality care to the DRTB patients of Govandi district.

Services provided in DRTB:

- Free Patient Treatment Evaluation (PTE)
- Free X-rays
- Free medicine
- CME for doctors

PPSA Delhi Supporting in 100 Days Campaign



The Public-Private Support Agency (PPSA) Delhi, launched on September 2, 2024, aims to improve TB care in Central, East, Northeast, and Shahdara districts. A trained team of TB professionals was deployed across 12 Chest Clinics, focusing on early detection, treatment, and health equity. The 100 Days TB Campaign, launched on Dec 9, 2024, emphasised enhanced TB care and prevention.

This initiative strengthens collaboration between public and private healthcare providers, improves patient support, and enhances access to diagnostic and treatment services.

PPSA Odisha Collaboration: Expanding Impact on Tuberculosis Across India



This December, we extended our PPSA expertise to Odisha, focusing on tuberculosis (TB) control and healthcare improvement.

Key milestones included:

- Launch: PPSA TB projects initiated in Sambalpur, Sundargarh, Mayurbhanj, and Balasore, expanding TB services in underserved areas.
- Workshops: Sharing best practices on TB care, community engagement, and healthcare delivery with Odisha teams.
- Training: Tailored sessions on TB prevention, treatment adherence, and disease surveillance.
- Support: Assistance with logistics, partnerships, and monitoring to establish effective TB care operations.

PPSA Expansion: New District Hiring, Training, and Project Initiation



This month, the PPSA (Public-Private Support Agency) program expanded its efforts in the fight against tuberculosis (TB) into several new districts in Bihar. Key milestones included:

Recruitment Drive: A dedicated team of TB healthcare professionals and field staff was hired to strengthen TB diagnosis, treatment, and care in the newly included districts. Training programs for newly hired staff underwent intensive training on:

- PPSA protocols and TB control strategies.
- Early detection, treatment, and management of TB cases.
- Raising awareness of TB prevention promoting adherence to treatment.
- Addressing health equity to reach marginalised communities with TB care and services.

Project Launch: The PPSA TB initiatives were officially launched in the districts of Gaya, Aurangabad, Jehanabad, Nawada, Sheikpura, Jamui, Lakhisarai, Khagariya, Munger and Seohar, focusing on:

- Strengthening TB diagnosis and treatment infrastructure.
- Improving access to TB care services in rural and underserved areas.
- Raising community awareness about TB prevention, symptoms, and the importance of completing treatment.

Investigational Services in Mumbai

Pathology



Blood tests, including the collecting and processing of blood samples, are carried out at the DFY lab for proper and precise disease diagnosis. These services are provided to the beneficiaries at lower test rates than the market rates.

X-Rays



DFY has X-ray room set ups at Lallubhai compound and Natwar Parekh centers. X-rays helps to produce images of the body, its organs, and other internal structures for diagnostic purposes. This service is provided free of cost to DRTB patients.

ECG



Physical examinations of patients also include ECG, which can be used to investigate symptoms of a possible heart problem, such as chest pain, palpitations and related. Also, this service is provided free of cost for the DRTB patients for monitoring treatment.

World AIDS Day Awareness event day - 2024



On World AIDS Day 2024, DFY staff, supported by Pfizer, organised a series of awareness activities at Aastha Helpdesks across pan India level. The event aimed to raise awareness about HIV/AIDS and highlighted the importance of human rights in the fight against the disease. A total of 690 beneficiaries, including 406 male and 350 female participants, benefited from educational sessions and resources on HIV prevention, treatment, and care. These efforts contributed to breaking the stigma surrounding HIV, promoting better understanding, and ensuring that patients have access to the support and resources they need for better health outcomes.

Celebrating Ms. Perna Kashyap's Special Day



The Doctors For You (DFY) team sends warm birthday wishes to Ms. Perna Kashyap from the Metropolis team, Delhi! Wishing you a wonderful year ahead filled with joy, good health, and success. Have an amazing year, Perna!

STAFF OF THE MONTH

Jaimini Patel – Aastha Helpdesk Team Incharge, Gujarat



Her dedication to patient support, leadership at the Aastha Helpdesk, and commitment to improving healthcare access have made a remarkable impact.

Case study 1
A hand of care to a post-op patient at Natwar Parekh Centre



Project name: J.R. Khattar
Name: Nirmala Shinde
Age: 54 years
She is residing at Natwar Parekh compound, Building Number 11 / C experience persistent back pain that eventually revealed a lump in her back. She also has a history of blood pressure. Initially, the lump began as swelling, which appeared a few days prior. Despite taking prescribed medications, her pain did not improve, and the swelling gradually turn into a more noticeable lump.
Due to the worst condition, she under gone a surgical procedure on 9th October 2024 at Vashi hospital, to remove the lump identified as a lipoma, under local anesthesia. Following the surgery, she received the local wound care, but the wound did not heal well and started to worsen.
In search of better care, she began visiting the Natwar Parekh Centre, where she received regular affordable dressings. Over a period of 1.5 months with consistent visits and proper care at the centre her wound finally healed completely.

Case study 2
Homi Bhabha Cancer Hospital & Research Centre Muzaffarpur



Project Aastha
Name: Funabano Khatun
Age: 75 years
Funabano Khatun, a 75 year old patient visited our hospital on 27th December 2024 for a medical checkup, upon arrival, she noticed that her treatment card and file were missing, which made her very distressed and emotional. Aastha team, inquired about her concerns, and provided counselling.
DFY intervention: They consoled her and explained the process of obtaining a duplicate treatment card and file. The staff assisted her at the hospital's CRO counter by using her Aadhar card as proof to locate her case ID. Then also guided her through the procedure for filing an FIR for the lost treatment file and card and completed all the necessary paperwork on her behalf.
After she returned with the FIR, they helped her write an application for the duplicate treatment card and file. Once the duplicate card and file work issued, the staff ensured that all her old reports were retrieved and provided to her from the hospital.

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