

# SIHFW Rajasthan

*Electronic Newsletter*

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SIHFW: an ISO 9001:2008 certified Institution

## From the Director's Desk

Dear Readers,

Greetings from SIHFW!

During last quarter of the calendar year 2015, many new interventions have been launched by the State, through DMHS, such as Safe Motherhood Day (started in October, 2015). In this innovation pregnant women is provided intensive ANC care and checkups at CHCs, with help of specialists. These services are provided on a pre-decided day every month and arrangements for birth preparedness is also done. This is an important component of Kushal Mangal Karyakram which envisages ensuring institutional delivery to reduce maternal and neonatal mortality and morbidity through timely identification of complications during pregnancy, line-listing, timely referral, tracking and follow up of pregnant women. These interventions are integral part of PM Surakshit Matrutva Abhiyaan, which takes place on 9<sup>th</sup> day of every month.

Evidences have shown that regular ANC checkups reduce the chances of maternal mortality and morbidity. NHM has a prime focus on achieving 4 ANC check ups of every pregnant women, and support to women for institutional delivery, birth preparedness and care of the pregnant women, during pregnancy and post delivery.

This newsletter presents activities carried out by SIHFW during October to December 2015. We would solicit your feedback and suggestions.



A handwritten signature in blue ink, appearing to read 'S. K. Singh'.

Director

### Inside:

- Trainings, Workshops and Meetings
- Monitoring/ Visits
- Research studies
- Health News

### Health and Social Days

#### Oct-Nov-Dec'15

- International Day for the Elderly(UN) Oct 1
- World Nature Day, Oct 3
- World Food Security Day, Oct 6
- World Sight Day, Oct 10
- World Mental Health Day, Oct 10
- Infant Protection day; World Cancer Awareness Day, Nov 7
- World Immunization Day, Nov 10
- World Pneumonia Day, Nov 12
- World Diabetes Day, Nov 14
- World Chronic Obstructive Pulmonary Disease Day, Nov 14
- Children's day, Nov 14
- World Prematurity Day, Nov 17
- World Day of Remembrance for Road Traffic Victims, Nov 18
- International Day for the Elimination of Violence against Women, Nov 25
- World AIDS Day, Dec 1
- World Disability Day, Dec 3
- Human Rights day, Dec 10

## Trainings, Workshops and Meetings

### TWG Meeting at SIHFW

Meeting of the TWG (Technical Working Group for SBCC strengthening) was organised on October 14, 2015 at SIHFW to have state level consultations for further strengthening of SBCC interventions for RMNCH+A. The meeting was chaired by Mr Samuel Mawunganzide, Chief, UNICEF and co-chaired by Dr. M.L. Jain, Director SIHFW. Officials from DMHS and representatives of the development partners participated at the meeting.



It was discussed at the meeting that capacity building initiatives under SBCC partnership for AAAs be continued with monitoring, hand-holding of IPC support from various development partners.

### Professional Development Course-XIII batch

PDC XIII batch was organised at SIHFW during December 15, 2015 to February 22, 2016. Nodal Officer for this training was Dr Sanjaya Saxena and Course Coordinator-Dr Ajapa A Chomal. 21 participants were trained in this batch of training.

Participants are taken out of state or within State on field visit for exposure on best practices, innovations and learning exchanges.

In this batch, participants were taken to HFWTC Indore in first visit and in second visit the batch visited Udaipur Division in Rajasthan.



After these visits, each participant made a presentation on learning from visit. The visit to Indore was facilitated by Dr Vishal Singh, Faculty SIHFW and Mr Sunil Patel and visit to Udaipur was facilitated by Mr Aseem Malawat and Mr Sunil Patel.

The participants had been evaluated throughout the course on basis of their punctuality, attitude towards learning, quality of deliverables and overall discipline. Three of the participants had been selected and were given prizes for their conduct. First prize was given to Dr Rajesh K.Sharma, second prize to Dr Kamlesh Nagarwal and Third prize was given to Dr Anil Budania

In the end the participants expressed their views on the course, shared how much their expectations had been fulfilled and thanked SIHFW staff.

### Planning Meeting for Exposure Visit

Under SBCC partnership between SIHFW and UNICEF, an exposure visit was planned to Karnataka. A meeting of the visit team members was held on Nov 24, 2015 at SIHFW, for discussing the objectives, briefing for the visit, collection of inputs for cross learning from Rajasthan initiatives and discuss about the ground rules during the visit.



## Exposure Visits done by SIHFW personnel

### Exposure visit to Karnataka

Under SBCC partnership between SIHFW and UNICEF, an exposure visit was conducted to Karnataka during Nov 25-27, 2015. Karnataka was selected for exposure visit because Karnataka State is similar to Rajasthan in terms of number of districts and number of HPDs, and SIHFW Karnataka has a similar partnership with UNICEF.

Objectives: following were the objectives for the Exposure visit conducted Under Partnership between SIHFW and UNICEF for strengthening Social and Behaviour Change Communication (SBCC) in Rajasthan:

- Inter State learning of good and innovative practices of SBCC in terms of planning, implementation, monitoring etc
- Best documentation practices and monitoring of Communication interventions
- Study the Capacity building and motivational factors for field functionaries in improvement of IPC skills
- Learning from IPC/ BCC material –Tools, Job aids etc.

Expected Outcome: the team before going for exposure visit was expected to gain from the visit in following ways:

- Improved knowledge about practices of planning and executing communication interventions in a better way
- They will be more aware about methods and importance of documenting and evaluating, monitoring communication interventions and how the monitoring/ evaluation results contribute to re-planning
- Will get an opportunity to re-assess the SBCC practices adopted in home state in light of the same activities and methodologies adopted in visiting State, to adopt the best practices for strengthening SBCC in Rajasthan

Following team members visited Karnataka:

- Ms Girija Devi, Communication for development Specialist, UNICEF, Rajasthan
- Mr Devnayak Joshi, PRO, NHM
- Mr Pradeep, District ASHA coordinator, Jalore
- Mr Jitin Jonwal, DPM, Dungarpur
- Mr Hari Shankar Sharma, District ASHA coordinator, Rajasamand
- Mr Rakesh Bhati, District ASHA coordinator, Barmer
- Ms Kiran Joshi, PHS, PHC Danpur, Banswara
- Ms Archana, Saxena, SIHFW
- Ms Lovely Acharya, SIHFW



### Key Observations:

Exposure visit started with meetings with Dr A.R. Aruna, Director, SIHFW Karnataka and Dr M.K. Patel, Deputy Director, SIHFW, SBCC (Program Coordinator for Rajasthan team's visit).



There was a discussion session, in chamber of Director SIHFW on SBCC initiatives under SBCC partnership (Rajasthan). There was an introduction session and Ms Girija devi shared purpose of the visit, followed by short brief on key interventions in Rajasthan.

SIHFW, Karnataka is having similar partnership on Strengthening of SBCC with UNICEF Karnataka. During the visit, CHC, Kengery, DTC, Chitradurga, PHC- Pandarahalli, Sector meetings of AWW, were observed wherein direct interactions with Field workers and community was done. During the visit SBCC training of field workers was also observed. The visit ended with de-briefing meeting with Director SIHFW, Karnataka and Officials, and presentation on observations and cross



learning by Rajasthan team. A separate report of the exposure visit has been developed.

### Exposure visit to Kerala

A team comprising of staff from SIHFW and UNFPA, under guidance of Faculty SIHFW visited Kerala from Nov. 17-22, 2015. The visit was done under the Annual Work Program (AWP-2015) of partnership between SIHFW and UNFPA on developing technical support for strengthening of RMNCH+A initiative in Rajasthan across 6 HPDs. The purpose of the visit was to find out the modalities adopted in Kerala to reduce TFR and MMR besides focusing on:

- Understanding the functioning of Kerala Health System;
- Understanding the strategies and implementation of the Kerala health training institutes of State and district level

The following persons were the part of the team:

1. Dr. Mamta Chauhan, Faculty, SIHFW
2. Dr. G. D. Laddha, Consultant, UNFPA
3. Ms. Nishanka Chauhan, SRO, SIHFW
4. Mr. Paramsukh Saini, DF, Jaisalmer, UNFPA
5. Mr. Siyaram Sharma, Consultant Logistics, UNFPA
6. Mr. Anil Sharma, RO – Finance, SIHFW

The team members visited Department of Health Services, Kerala. Following places were visited during the exposure visit:

1. Visit to Taluka Head quarter hospital at Punalur in Kollam district
2. Visit to CHC Munambur; PHC Chemaruthy and SC Muttapalam
3. Kerala State Institute of Health and Family Welfare
4. Kerala Medical Service Corporation Limited (KMSCL)- It acts as the central procurement agency for all essential drugs and equipments for all public healthcare institutions under the department of health, Kerala.

Major learning:

1. The general public is well aware about the services and they create pressure on the supply side for the services. This awareness has led to 100% institutional deliveries – 60% in private sector and 40% in government sector.
2. Tertiary level health facilities are within reach with well knit network of Medical Colleges – 30 Medical Colleges across 14 districts.
3. No deliveries are conducted up to CHC level. Facilities at the Taluk and above level are providing BEmOC and CEmOC services. It is easier for the government to equip these facilities with all necessary requirements.
4. High literacy rates and economic independence of women have contributed towards their making decision regarding family size.
5. Main Focus from grass root level is of screening for life style diseases and cure at secondary and tertiary level
6. Palliative care to patients is also in focus.



## Monitoring done by SIHFW personnel

### RCH team monitoring

SIHFW personnel- RCH team	Training	Venue	Monitoring Date
Dr Richa Chaturvedy	BEmOC and PPIUCD	Mahila Chikitsalaya, Jaipur	Oct. 26-28, 2015
	BEmOC and PPIUCD	Gangori Hospital, Jaipur	Oct 29, 2015
	BEmOC and PPIUCD	Gangori Hospital, Jaipur	Nov 5-7, 2015
	BEmOC	Zenana Hospital, Jaipur	Dec 14-15, 2015
	BEmOC and PPIUCD	Zenana Hospital, Jaipur	Dec 29-30, 2015
Mr Aseem Malalwat	CAC TOT	Zenana Hospital, Jaipur	Oct 27-29, 2015
	CAC	Gangori Hospital, Jaipur	Dec 14-19, 2015
	BEmOC and PPIUCD	Gangori Hospital, Jaipur	Dec 7-12, 2015
Ms Neha Awasthi	BEmOC and PPIUCD	PBM Hospital, Bikaner	Oct 5-6, 2015
	CAC	RDBP Jaipuria Hospital, Jaipur	Dec 13-15, 2015
	BEmOC & PPIUCD	Zenana Hospital, Ajmer	Dec 29, 2015
	BEmOC & PPIUCD	Ummaid Hospital, Jodhpur	Dec 30, 2015

### Monitoring of IPC sessions at Sector Meeting

#### Dungarpur

Mr Ezaz Khan of SIHFW monitored IPC training session organised at Sector meeting on November 26, 2015 at Bichiwara block of Dungarpur. The MCHN session on November 27, 2015 held at CHC Bichiwara was also monitored by Mr Ezaz Khan to observe IPC tool kit utilization and counseling skills of trained AAAs at the MCHN day. Observation checklist for IPC skills and Monitoring checklist for training sessions were the tools used by Mr Ezaz Khan. It was observed at the training that trainers have good skill of taking feedbacks from participants during the training, after every topic, but this requires further refinement.

Feedback from participants revealed that all AAAs found the training content relevant to their routine works, and accepted that the learning would benefit them to improve their skills. No participant had undergone any such training in the past.

#### Jaisalmer

Dr Rajni Singh of SIHFW did monitoring of IPC sessions at Sector meeting at PHC –Devikot in Jaisalmer on November 26, 2015. Checklist was used for monitoring training session. ToT trained personnel at SIHFW were trainers in the sector meeting orientation. The training was interactive and content was explained well with examples. Video on Amma ji film series was also shown to participants.



## **Karauli**

Sessions on IPC were monitored in Sector meeting at PHC Khudgaion, Sapotra block in Karauli district by Dr Vishal Singh, Faculty SIHFW on November 16, 2015. Sessions were focused on team work, roles and responsibilities of the ASHA, AWW and ANM, importance of planning of MCHN Day. Group work, presentations, discussions, games brain storming and film show were used as methodology of sessions.

Mapping exercise was conducted by drawing maps of the ward and participants understood developing their work plans based on the map.

Another sector meeting based IPC session was monitored by Dr Vishal Singh at CHC Sapotra of Karauli district. Dr Singh introduced the concept of sector meeting level orientations and objectives of the session. Film *Asha ek nayi subah* was shown and discussion was carried out on why cooperation of AAAs is necessary for meeting goals and success in their work. Participants understood the importance of planning VHSNC as a team.

During the session on IPC, use of the six steps through GATHER approach was discussed. Discussion on how IPC can be more effective using a flipbook was carried out. Correct use of the flipbook as an IPC tool was also demonstrated. Session on counseling was conducted using the story '*Sujata of Riteshgarh*'. Participants understood difference between counseling and IPC.

## **Monitoring for Field Assessment –Jalore**

Archana Saxena of SIHFW visited Jalore during December 16 and 17, 2016 for hand holding support, monitoring and spot verification under Field Assessment exercise going on in 4 HPDs. In fields, the assessment team was found to be interacting with ASHAs who were trained in SBCC/ IPC orientations. The formats were being filled. MCHN day was observed on December 17, for hand holding of Field assessment team. It was observed that formats were being filled and ANM, ASHA and AWW were interviewed.

## **Research Study**

### **Field Assessment under SBCC**

A field assessment was done in 4 high priority districts-Jalore, Barmer, Banswara and Dungarpur. Following were objectives of field assessment:

1. To assess the qualitative development in capacity of field functionaries ANM, ASHA and Anganwari workers, and/ or Faith based traditional healers
2. To assess skill development of ToT trained SBCC/IPC trainers
3. To observe the capacity building of field functionaries at platforms of IPC sessions such as MCHN day/ Home visits etc.
4. To document best practices and success stories of trained AAAs

For purpose of field assessment, freelance assessors were selected and oriented at SIHFW on December 15, 2015. During December 16 and 17, 2015 monitors did the assessment at fields and submitted all filled original checklists and observation notes to SIHFW in Experience sharing and Review meeting of Field Assessment held on December 18, 2015.

Following checklists/tools were used for information collection:

1. Checklist for MCHN day
2. Interview checklist for trained AAAs
3. Feedback Interview for ToT SBCC/IPC trainer
4. Q/A checklist from oriented Bhopa/Faith based healer

## Study on ASHA Soft

SIHFW, in month of December 2015 studied importance of ASHA soft –software for online incentive payments to Bank accounts of ASHA and monitoring system for progress updates on performance of ASHAs in Rajasthan. The analyses indicated:

- ASHA Soft facilitates the user to capture beneficiary wise details of services given by ASHA to the community, online payment of ASHA to their bank accounts, generate various reports to monitor the progress of the programme and to ensure their timely and seamless online payment. The system is designed and developed by the National Informatics Centre (nic)– Rajasthan and for online payment, Bank of Baroda has been selected.
- Nodal Officer for ASHA Soft is State Demographer.
- Rajasthan is the first state to start online payments to ASHAs in its all districts.

Objective of Study:

1. Analyzing the objectives of ASHA soft.
2. Providing recommendations

The data was taken from ASHA soft

Methodology:

1. Desk review: All the background information about ASHA soft was referred, this includes web pages of ASHA soft, NRHM, ASHA soft training booklet, powerpoint slides, etc. This also included sharing of experiences of involvement in ASHA software (District ASHA coordinators), feedbacks about ASHA soft functioning from RCHO, BCMO, DPM, Block supervisors, Block accountants, field functionaries including ANMs and ASHAs. Some of the success stories was documented.
2. Data study of software-online- the data uploaded on ASHA soft was studied and graphs were made as comparison with Base month (date as on Dec 16, 2015).
3. Data comparing and Report writing: ASHA soft provides enormous opportunities for further in-depth analyses and various other correlations can be established between ASHA soft data and other software. Keeping the time limit in consideration, data of Base month-Dec 14 and Nov 15 was studied in the present report.

The report primarily contained desk review on ASHA Soft, Review of ASHA soft data and Recommendations.

## Health News

### Global

#### From MDGs to SDGs, WHO launches new report

WHO launched a new comprehensive analysis of global health trends since 2000 and an assessment of the challenges for the next 15 years, on Dec 8, 2015 at Geneva.

"Health in 2015: from MDGs to SDGs" identifies the key drivers of progress in health under the United Nations Millennium Development Goals (MDGs). It lays out actions that countries and the international community should prioritize to achieve the new Sustainable Development Goals (SDGs), which come into effect from 1 January 2016.

The 17 SDGs are broader and more ambitious than the MDGs, presenting an agenda that is relevant to all people in all countries to ensure that "no one is left behind." The new agenda requires that all 3 dimensions of sustainable development – economic, social and environmental – are addressed in an integrated manner.

Source: WHO Media centre, Dec 8, 2015

### India

#### Regularisation of E-Pharmacies

The sale and distribution of drugs in the country is regulated as per the provisions under the Drugs & Cosmetics Act, 1940 and the Drugs and Cosmetics Rules, 1945 made there under. As per said Rules, Drugs specified in Schedule H, H1 or Schedule X can't be sold except on and in accordance with the prescription of a Registered Medical Practitioner. The supply of prescription drugs can be effected only by or under the personal supervision of a registered pharmacist from a licensed premises. A number of representations have been received from chemists and druggist associations against the online sale of prescription drugs. Similarly, a number of representations have also been received to permit such sales. The representations received were discussed in detail in the 48th meeting of the Drugs Consultative Committee (DCC). The DCC has constituted a seven member Sub-Committee to examine the issue of sale of drugs on the internet, while taking care of the risks and concerns related to such sales.

Source: PIB, Dec 8, 2015

## **Rajasthan**

### **Dangers from Air Pollution: Jaipur City**

Rajasthan Pollution Control Board has installed Pollution measuring gadgets in Jaipur at Ajmeri Gate, Chandpole, Vidhyadhar Nagar, Vishwakarma Industrial Area, Malviya Industrial Area and Jhallana Institutional Area. There is a 24 hours regular pollution monitoring at two of the above spots. Experts have commented that poisonous gases are entering through polluted air and resulting in Respiratory disorders, Heart problems and Cancer. Carbon monoxide gets mixed Hemoglobin of the with Blood and forms Carboxy Hemoglobin, which cuts down oxygen bearing capacity of the blood, which is known as Hypoxia. This increases chances of Cardiac arrhythmia, Cardiac arrest, Brain Hypoxic Anchilofelopethy and Heart attacks. It's a matter of concern that the polluted air contains carcinogenic substances. With the air we breathe, these matters enter human body and increase risk of Lung cancer. Vehicular emissions are the biggest source for air pollution (specially diesel vehicles).

Source: E-Paper, Raj Patrika, Dec 30, 2015

*We solicit your feedback:*

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