

Society for Community Health Awareness Research and Action

Annual Report 1992-1993

256, 5th main, I block Koramangala
Bangalore

Introduction

The Society for Community Health Awareness, Research and Action was established in early 1991, and became a registered Society under the Karnataka Societies Registration Act on 16th April 1991.

This is the Second Annual Report of the Society covering the period 1st April 1992 to 31st March 1993. The Aims and Objectives of the Society are listed below and the report follows a format where the activities fulfilling these goals are listed under the same headings.

1. Aims and Objectives of the Society

The aims and objectives of the Society as stated in the Memorandum of registration are:

- a) To create an awareness in the principles and practice of Community Health among all people involved and interested in Health and related sectors.
- b) To undertake research in Community Health Policy issues particularly:
 - community health care system
 - health human power training strategies
 - medical pluralism and integration of medical systems.
- c) To evolve educational strategies that will enhance the knowledge, skill and attitudes of people involved in Community Health and Development.
- d) To dialogue with health planners, decision makers and administrators to enable the formulation and implementation of community oriented health policies.
- e) To promote and support community health action through voluntary as well as government initiative.
- f) To build a library and documentation centre in community health to support our work.

2. Staff and Organisation

The Community Health Cell is the functional unit of the Society. The Society is governed by an Executive Committee which met frequently during the year. A Finance Committee

consisting of three members of the Executive Committee was constituted to help the executive in the financial aspects of the running of the Society.

Dr. Ravi Narayan continued as the Secretary / Coordinator of the Society and the core group of professionals – Dr. Shirdi Prasad Tekur, Member Incharge, Training and Advisory Services and Dr. Thelma Narayan, Member Incharge, Research and Evaluation continued as in the previous year.

The Staff members continued as in the previous year. The CHAI Golden Jubilee Evaluation Study having reached an end as far as data collection and preliminary analysis went, saw the Research Officer (Johney Jacob) and Research Assistant (Tomy Philip) moving on to CHAI, Secunderabad, and pursuit of further studies (Ph.D at NIMHANS) respectively. M.S.Nagarahan joined the CHC team in the office as Documentation Assistant. Dr.V.Benjamin gives part-time consultancy as a CHC team member.

3. Activities:

As mentioned earlier, the activities are listed under the headings indicating the Aims and Objectives of the Society.

A. Creating Awareness in Community Health

- i. The CHC initiated Community Health Forum met during the year on the following issues :
 - with International Nursing Services Association (INSA) on 'AIDS – an emerging Health Issue';
 - with Drug Action Forum – Karnataka (DAF-K) on 'Medicine and the Consumer' in the public meeting on Olle Hansen's Day;
 - with Citizens for Alternative Nuclear Energy (CANE) on 'Nuclear Energy and Health Hazards studied in our Country';
 - on the 'Environment Summit at Rio'; The discussion was led by Dr.Vanaja Ramprasad.
 - On 'Yoga and Mental Health'; a lecture discussion by Dr.Ravi Kapur of National Institute of Advanced Studies.
 - On 'Health in the Slums' with Dr.Hanif Lakdawala from Ahmedabad.
- ii. CHC has been availing opportunities where interaction across academic to grass root groups over a range of issues of interest and relevance has occurred.

Creating awareness of community health perspectives in these meetings has been a focus. The interactions include:

- with the St. John's Medical College Staff Society on the 'Bhopal Gas Disaster';
- with the Nutrition Society of India (local chapter) on 'Nutrition and Community Health'
- with Diploma in Health Care Administration students of St. John's Medical College on 'Rational Drug Policy';
- with Diploma in Community Health Management students of Rural Unit for Health and Social Affairs (RUSHA) on 'Community Health';
- with Medical Students of St. John's Medical College on 'Alternative Systems of Health Care';
- with Health Worker trainees of International Nursing Services Association on 'Traditional Medicine in Minor Ailment treatment';
- with Development Worker trainees of SAKTHI on 'Community Health Concepts and Practice';
- with the Activists of 'Women's Voice' on 'Drug Use and Abuse'
- with trainees of the Indian Social Institute (ISI) – Social Analysis Course on 'Analysis of Health Care in India' and 'Alternatives in Health Care';
- with Bangalore Metropolitan Ladies Circle V (BMLCV) on 'Health oriented social activity' by a small group;
- with participants of the NIAS course – "Integrated approach to Knowledge and Information, on 'Health Care in India- an Overview of the present Status' and possible alternatives".
- The meetings of Fellows of the Ashoka Foundation involved in innovative health and social / development activities had CHC participation.

In addition, RN is now a regular contributor to the column 'Health Advocate' of the CMJI since January 1992.

B. Promoting and Undertaking Research

- i. The Medical Education Project on 'Strategies for Social Relevance and Community Orientation – Building on the Indian Experience' has reached a stage

of completion. The following publications as output of the project are due by end July 1993.

- Key to Change
- Strategies for Social Relevance and Community
- Orientation (Indian Experience)
- Evolving Medical Curriculum from Graduate Feedback
- Stimulus for Change
- Faculty Resource Book

ii. The “CHAI Golden Jubilee Evaluation Study” has completed the collection, compilation and study of data. The CHAI AGBM in October 1992 was facilitated by the first publication “Seeking the Signs of the Times”. An additional “summary Report of major problems faced by CHAI member institutions in their medical / health work and ideas from Delphi” was published as a background paper for Regional Meetings. A research dimension has been introduced into the regional meeting with the development and use of two questionnaires. The other outputs that have been submitted to CHAI are

- Report of the Policy Delphi method of research;
- Financial Review Report;
- Report on feedback from members of Executive Board and representatives of Regional Units.

Several follow-up requests from CHAI have been responded to eg., historical data for production of a video, background paper from Delphi Study for Community Health Trainers meeting; data on members using herbal medicine and those based in urban areas; list of closed institutions etc.

iii. An earlier CHC based study initiative on “Factors affecting the Health situation of slum dwellers of Bangalore” was completed and circulated this year.

iv. A DAF-K sponsored study on “Drug Usage Pattern in villages of “Anekal Taluk” was facilitated at various stages from planning and formulation, to providing of library resources.

v. A VISTHAR initiative for NGOs on “Participatory Research” saw CHC’s participation.

vi. Other researchers from voluntary agencies were helped in identifying material and resources for their studies, like a dossier on “Perspectives on Women’s Health” by Institute for Social Services Trust (ISST) researchers.

vii. Evaluation study of the Indian Social Institute – Training Centre, Bangalore. Participation in a 3 members external evaluation team.

C. To evolve educational strategies

- i. The Community Health and Development course for scholastics of Jyothisadan continued. The junior batch entered their second phase of training, after completing a month-long rural camp near Mathura, during 1993. The senior batch completed their course in October 1992 after their rural posting near Shimoga and an intensive second phase during August 1992. As in the past, the course has been evolving in participation with the scholastics.
- ii. Inputs from the CHC team into courses by other Volags continues.
 - at SJMC with Community Health workers on Acupressure and Homeopathy.
 - with KRVP in training teachers on issues of immunization, Child Health, Nutrition and Common diseases.
 - also with KRVP on evolving educational strategies for popularization of issues of Maternal and Child Health among high school children in Karnataka, focusing on the girl-on a regular weekly basis with slum dwellers where CIEDS is involved in social action on issues of "Self-help in Health Care".
- iii. A short course of eight days duration in "Community Health" was devised and facilitated for the final year students of KRIPALAYA, Mysore.
- iv. Curriculum and methodology formulation for courses on "Disaster preparedness" aimed at Health officers in the Government sector at JIPMER-NTTC, Pondicherry.
- v. The Medical Educators Review Meeting which got together to look at the Educational Strategies in Medical Education, as part of the Medical Education Project of CHC. During and after this meeting, prospects of re-orienting Medical Education at the proposed Medical Colleges at Miraj and Bangladesh were explored.
- vi. Meeting of the CMC Network on "Training of Allied Health Professionals".
- vii. CSI Ministry of Healing's "Evolving curriculum for the Multipurpose Community Health Organiser" had CHC inputs.

D. To dialogue with Health Planners

- i. The VHAK held a workshop on the "National Health Policy" with District and State level Health Personnel of the State Government and VHAK members. CHC presented a paper on "National Health Policy – NGO's point of view" as a starter for discussion and debate.

A follow-up of this has been the idea of a “State Health Policy” for Karnataka where CHC contributed on areas of “Disaster planning and management” and “Alternative/ Indigenous systems of Medicine in Health Care”.

- ii. The ISHA and Ministry of Health and Family Welfare, workshop for state level nodal officers on Govt. – NGO collaboration had CHC inputs.
- iii. The CHAI membership was facilitated in its AGBM with the publication “Seeking the Signs of the Times” in helping formulate its directions and matters of policy in the future. The study team also presented the key findings.

E. To promote and support Community Health Action

This activity has been a part of the ‘open ended’ approach of CHC in response to requests from voluntary agencies and Government organisations, involving one-time inputs to continual contact depending on the issue and needs. Here, they have been classified by areas of Community Health.

i) Women’s Health

- with KRVP in planning of a “Safe Motherhood” promotion programme;
- at CMAI workshop on “Womens Health issues and perspectives”;
- at a meeting on “Violence against women in the family and the response of the church” by the Karnataka Unit of the Forum of Regions for Justice and Peace;
- with an organisation of Fisher women at Gopalpur-on-Sea, Orissa.
- on “Environment and Women’s Health” with Mahila Samakhya at Mysore.

ii) Child Health

- with NIPCCD on “Common Childhood diseases” for Govt. officials in social welfare programmes and on their prevention and management for managers of Govt. run Remand Homes and Orphanages.
- with SJMC in their Pediatric Critical care symposium organized by the Alumni Association and in formulation of the computer-aided “Intelligent case History Taking” Project for primary pediatric care.
- School health orientation to community health leaders of CMAI’s Healing Ministry.

- Brainstorming and peer support to the organizer of the school health programme of Deena Seva Sangha.

iii) Rational Drug Policy

- CHC team members continue on the DAF-K executive and support its regular activities.
- at SJMC Hospital pharmacy workshop on 'Rational Drug Policy'.

iv) Alternative / Traditional Medicine

- CHC is part of a study group on using of Traditional Medicine methods for Bronchial Asthama with Rasthrothana Parishad.
- Regular inputs continue with SJMC in courses for CHW's and Medical students on Acupressure and Traditional Medicine.
- Visually handicapped persons from the APH were facilitated in a Review course as follow up to an earlier input on Acupressure
- Janasoukhya's DST project on Herbal Nurseries and First-aid kits is provided with critical inputs.
- CHC participated in CHAI's National consultation on Herbal Medicine and is involved in helping promote this concept in its annual plans.

v) Community Health issues

- Orientation to a Cambodian team which visited Bangalore as part of an Oxfam initiative. (community health issues in India and how Volags and Govt. are working on them, were discussed)
- CSI / CMAI seminar on "Role of Christians in the Healing Ministry" and "Ethical problems in present day medical practice".
- Part of team for Study and formulation of Plans for an Integrated Community Health Department at St.Martha's Hospital.
- Participation and facilitation of the CHAI regional meetings as part of their Jubilee year planning process in Orissa and West Bangal.
- Study-Evaluatin inputs with Voluntary organisations like SUNANDA, Kolar, helping self-assessment with Santhome, Mandya, and community health workers from Hassan.

- Regular, long term inputs from CHC resource team are in two areas; with a) the 'MANUSH' group at Chintamani involved in non-formal education and social organisation at 15 villages near Chintamani (100 k.m from Bangalore) so far and feeling the need for low-cost, locally available herbal medicine approach to medical care (minor ailments) and in community health in general. B) CIEDS, a Volag works in social organisation in a slum area in Bangalore requested for regular inputs for its health workers on community health.
- A study visit and outline plan for community health initiatives at Rishi Valley School, Madanapalli, Chittoor, Andra Pradesh, at their rural schools was formulated.
- A tertiary level medical care hospital requested us to help them, identify their role to support Community Health initiatives. A discussion paper was prepared.
- A CHC team member visited Sri Lanka for a three week period to study and evolve community health plans for a half million refugee population at Puttalam, who were displaced from their homes due to ethnic strife.

F. Library and Documentation

Extensive literature and material have been collected and classified as part of the Research Projects mentioned earlier. In addition, updating of material from NGO sources, like newsletters, reports, etc., continues at an enhanced level. Colleagues from Volags and Academic individuals have been utilizing this facility more often.

G. Solidarity Linkages

- RN continues on the Consultative Committee on Rural Development of the Government of Karnataka and also on the Education Council of V.H.A.I.
- TN continues on the governing body of INSA.
- VB and SPT are on the Executive of DAF-K.
- CHC continues sharing its concerns and perspectives on community health with Volags and visitors from National and International agencies and academic institutions.
- SPT is on the Executive of the Federacio Esperanto de Bharato, a body exploring and promoting the International artificial language, Esperanto.

5. Staff Development

a) Individual

SPT attended a 5 days "Spiritual Intensive" exploring spiritual aspects of health.

XA attended Legal Aid programme organized by ISI- Bangalore.

TP attended CREST workshop on "Drug Education and Counselling".

b) Group

A staff Development workshop was held on 3.4.1992 and 1.5.1992. an office team workshop was held between 27th to 31st July 1992.

c) Regular staff meetings were held as usual.

In conclusion: The second year of the Society for Community Health Awareness, Research and Action saw a further consolidation of some of our initiatives and an increasing diversity as well.

PLACE : Bangalore

DATE : 25th June 1993.