

FINAL REPORT ON TSARKA HEALTH PROJECT

DOLPO TOMORROW

DATE: 20.12.2021

INTRODUCTION:

The semi nomadic area, Tsarka is populated with 440 people. There are 73 houses in the village. People live in the village for 3-5 months in a year (i.e. in May and June to start field work, September and October to harvest) and for rest of the months, they stay in the pasture areas looking after their cattle. The health project by Dolpo Tomorrow, funded by Bambus Schule was initiated from the month of May 2021 till October (as staying in this region during winter months is tough) with an aim to improve and promote the health of people in Tsarka village and neighboring society through awareness program and direct health services.

AIMS:

- Impart general health services to the people in the village.
- Provide emergency and first aid services.
- Conduct school health program.
- Improve health condition of women in the village.
- Extend health services to the neighboring village like Barong through health campaigns.

ACTIVITIES DONE:

1) Outpatient services-

The clinic opens for 8 hours in a day (9am to 5pm). Patients come to the clinic for check up and receive services as per their health condition. In case of emergencies and critically ill patients, home visits are done to provide health services at their door steps depending on their conditions such as, general health checkup, IV fluid administration, physiotherapy, etc. Health education and health related advices are provided to every patient during their visit. During the working period (May to October), the maximum number of patient received was 134, i.e.; in the month of June. Majority of the villagers showed the symptoms of corona virus (flu like symptoms, stomach ache with/without diarrhea, body ache, generalized weakness, etc). We also faced shortage of medicines during the period as many were sick and needed treatment.



Followings are the cases seen in the village:

MAJOR CASES:

- ✚ Flu like symptoms (cold, cough, fever, sore throat, chest congestion, nasal congestion)
- ✚ Body ache, backache, leg pain
- ✚ Gastritis
- ✚ Generalized weakness
- ✚ Dental caries/ tooth ache

MINOR CASES:

- ✚ Abdominal pain, diarrhea
- ✚ Hypertension
- ✚ Diabetes mellitus
- ✚ Anemia
- ✚ Mouth ulcer
- ✚ Eye problem (pain/ burning sensation, excessive lacrimation)
- ✚ Symptoms of urinary tract infection
- ✚ Ear problem (pain, discharge/ pus collection)
- ✚ Jaundice
- ✚ Accident, dog bite
- ✚ Sinusitis
- ✚ Skin issues / rashes
- ✚ Gynecology (per vaginal bleeding, itching, leucorrhea)

2) Regular health checkup for students per month

Individual health checkup is conducted for every student at the end of each month to find out any abnormalities or diseases condition and to monitor their physical growth and development. Health recording is maintained accordingly. However, health services are provided to the students anytime depending on their need. The maximum morbidity among the students was in the month of May and June during the covid-19 outbreak due to which the school had to be closed. The students were isolated and were treated in their home environment. Also, during the end of July and throughout the August, many suffered from stomach ache and diarrhea. The reasons for this include: open defecation along with heavy rainfall due to which the water sources were contaminated and unsafe for consumption.



3) Awareness programs for the students

Special classes on following topics were conducted for every class with a motive to impart knowledge and improve their health and ways of living.

- ❖ June
 - Teaching on hand hygiene, initiating, encouraging and regulating hand washing practices among the students, trimming nails.
 - De-worming program for every student.
- ❖ July
 - Teaching on dental hygiene, distribution of toothpaste, tooth brush and soap to every student.
- ❖ August
 - Teaching on importance of proper waste disposal.
- ❖ September
 - Teaching on proper use of toilet and its importance
- ❖ November
 - De-worming program for every student.

4) Awareness program for the female villagers

Teaching on menstrual hygiene was conducted on 5th July in the health post of the village. The total number of women attending the program was 63, of age 12 to 45 years. The program was very effective and interactive. Eco friendly pads and panties were distributed to all the participants.

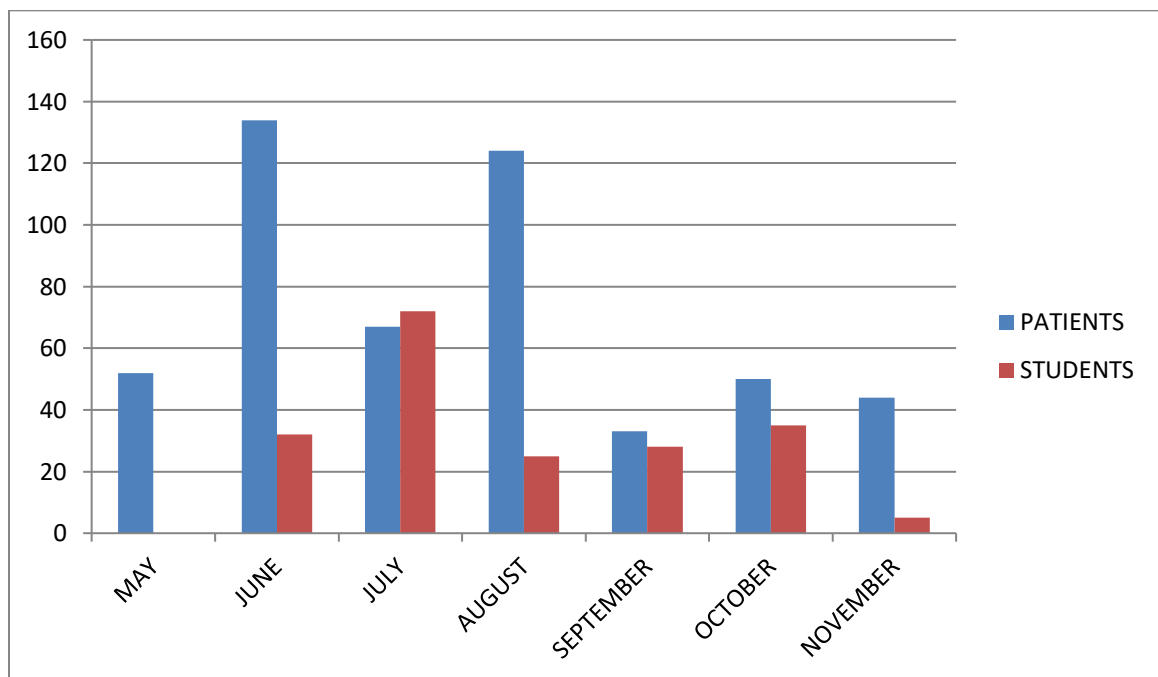


5) Visit to summer pasture area

A health campaign was conducted in the summer pasture areas (i.e. in dhong). It took three days (10th Aug to 12th Aug) to cover all the tents (26) in different areas. In total, 77 patients were seen and provided with medicines. The major health issue among the people was gastritis, generalized weakness, and abdominal pain and diarrhea. The campaign was of great success. People were overwhelmed to receive health services at their door steps.



STATISTICAL DATA ON TOTAL NUMBER OF PATIENTS TREATED:



CHALLENGES:

- Trust issue from patients (confusion between Ayurvedic and Allopathic medicines)
- Patient not taking medications properly (many do not complete the medication dosage or fail to follow medical instruction)
- Failure to organize awareness program as per planned due to busy schedule of the villagers
- Delay in transporting medicines to the village due to lack of proper transportation system and geographic issue, at times due to extreme climatic changes
- Disobedience from students (in taking medicines, wearing proper clothing as per weather, unhealthy food habits)
- Parents negligence in taking care of their children
- Failure to conduct outreach health campaign due to unpredictable climatic changes and geographic issues (NOTE: BEST TIME FOR OUTREACH PROGRAM AND TO CONDUCT AWARENESS PROGRAM FOR VILLAGERS IS DURING THE MONTH OF MAY, END OF SEPTEMBER AND EARLY OCTOBER as most of the people will be available in the village)

IMPROVEMENT NEEDED:

- Proper planning and estimation while purchasing medicines

- Planning and conducting outreach/ awareness program based on the village schedule and weather condition
- Proper coordination while transporting the medicines
- Improvement in infrastructure
 - Proper lighting in the clinic
 - A bed for patients to lie down especially for physical examination, dressing and suturing, etc

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