



NAMUNA DALIT UTTHAN KANTIPUR

Jysk landsbyudvikling i Nepal

www.kantipur.dk

Kantipur Health Camp 2012

Project description

Background

Kantipur Health Camp is a health project in Madi in the Chitwan District, Nepal. The camp is part of a Danish-Nepalese grass-roots movement, www.kantipur.dk, whose primary aim is to support the villagers in raising their communities above the poverty line of WHO. One way to accomplish this is by assisting the development of health and promoting initiatives such as improved hygiene, nutrients and education.

Similar projects are currently running including a school project, a veterinary project, a drinking water project, and an industrial development project along with the latest initiative - a sustainable tourist project.

The contribution of this year, described in this project summary, is based upon the recommendations from last year's report. This report is based on the knowledge and experience obtained by the first health project team during their visit to the villages enrolled in the project.

The contribution must not only be adjusted to the everyday life, but to the already established activities in Kantipur as well. It is at all times of uttermost importance to keep a close dialogue to the local key persons. Lone will meet these persons in the weeks prior to the arrival of the project group (approx. 18th September 2012 (week 38/2012)).

The project period run from 17th September to 17th of October in the year 2012 (week 38-42/2012).

Participators in the project group 'Kantipur Health Camp 2012'

Healthcare assistant, Bindiya Manandhar, who speaks both Nepalese and Danish fluently

Medical student, Ditte Sigaard Hansen

Health visitor, Annette Sommer

Nurse and anthropologist, Susanne Rystok

Nurse, Arati Upadhaya

Aims

- To promote health of the everyday life in the three villages by increasing the awareness and knowledge of health. The primary focus will be to implement this to the women and local health workers.
- To improve the hygiene practice in everyday life in the three villages. Primary focus will be on the children, people connected to the school and the local health workers.
- To introduce a nutritionally correct diet via the school and the families.

Tasks and methods

- Development and planning of a “nurse training” course in cooperation with the Health Post in Kharkatta and the Chitwan District Health Office in Bharatpur. The Nurse training is an offer that must be aimed towards the local health workers. See time schedule. The training course will focus on:
 - The nutrition state of children.
 - Hygiene in general, but in particular on the use of soap and water.
 - Practical nursing and treatment of health conditions, which can be treated at home (skin infections, small wounds and cuts, diarrhoea, fever, coughs etc.).
 - General lifestyle diseases (diarrhoeas, diabetes, malnutrition, alcohol and coughs).

The teaching will be conducted as both interactive communication, through dialogue and visual presentations using posters. Teaching will be based upon posters, leaflets, sphygmomanometer, otoscope, stethoscope and suture set etc.

- As per wish of Kharkatta Health Post we will relocate 2 health persons in Kharkatta Health Post for 2 weeks of the project period, Nurse Arati Upadhaya and Medical Student Ditte Sigaard.
- Screening of all children in the school in regards to height, weight, vision, vaccination status and skin diseases. Focus on the general health status, sexual maturity – especially the children from the village of Indrabasti must be in focus. (Ca. 50 children).
 - The screening will be carried out on Indrabasti School in cooperation with the school board and local health workers.
 - Home visit as needed accompanied by local health workers
- Attempt to introduce a meal during the school day. This will be done in cooperation with the people of our school project.
- Implementing the concept and practical routines in use of water and soap.

- Develop a simple method when introducing the children to the use water and soap (song, rhymes, posters, UV-light etc.) in an attempt to make routines for the children they can bring home.
 - Attempt to arrange a systematic teaching lesson for each class in the schools, in cooperation with the schools headmasters. The aim is to accomplish this within the project period.
- "Open clinic". During the project period a team of health workers will once a week visit each village and organise an "open clinic". This will be arranged in a public place in the villages. Lone will make further arrangements in regard to exact time and place. Open clinic will mainly focus on health counselling, guidance and basic treatment of diseases.

In the first week of October, probably the 1st 2th of October, the Kantipur health camp 2012 will perform the "open clinic" in cooperation with the Nepalese Health NGO 'Clinic Nepal'. This special service will take place at Ayodhyapur School.

Time schedule (The schedule will be continuously updated by the project group):

Week	38	39	40	41	42
Nurse training at Kharkatta Health Post			Conduct and evaluate nurse training. Sunday 30 th September, 3 hours	Conduct and evaluate nurse training. Sunday 7 th October, 3 hours	Conduct and evaluate nurse training. Sunday 14 th October, 3 hours
Health Post Cooperation		After discussion and agreement with staff of Kharkatta Health Post			
Screening		Screening of all children in Indrabasti School . 2-3 days			
School food		Provide school food for all the children in Indrabasti School during the screening days. (Pancakes with takari, saag)	Provide school food for all the children in Ayodhyapur School (Pancakes with takari, saag)	Provide school food for all the children in Kantipur School (Pancakes with takari, saag)	
Water & soap		Activities will be performed at Indrabasti School	Activities will be performed at Ayodhyapur School	Activities will be performed at Kantipur School	
Open clinic	Once a week in each of the villages.	Once a week in each of the villages	Health work in cooperation with 'Clinic Nepal' at Ayodhyapur School (1 th and 2 th October)	Once a week in each of the villages	Once a week in each of the villages



Kantipur Health Camp 2012

Project team:

From left you meet Healthcare Assistant, Bindiya Manandhar.... Nurse and anthropologist, Susanne Rystok..... Medical Student, Ditte Sigaard Hansen..... Health Visitor, Annette Sommer..... Nurse, Arati Upadhaya.

Silkeborg, Denmark, 11.8.2012

Contact:

Jysk landsbyudvikling i Nepal

Farmen 12
DK-8600 Silkeborg
Denmark

Website: www.kantipur.dk

Chairman and project manager
Lone Petersen
Cell + 45 4012 6467; + 977 98032 55566
E-mail: info@kantipur.dk