

Health and Wellness Education Program

Overall Goal of the Program:

The primary goal of the health education program is to educate communities about what causes common diseases and how these can be prevented. This will ensure that our clients/patients live healthier lives and that we are able to reach more people.

Education Program:

The attached Appendix includes the following:

1. First year priorities and the implementation plan
2. Main topics of overall education program

Delivery of the Program:

There are five channels to deliver the program. It is our expectation that **ALL** medical staff will be engaged in the delivery of the program and will do their best to make it a **HUGE SUCCESS**. (This should not be just a formality; this **MUST** become a reality.) Future of the hospital and the community depends on it. Slowly but surely, this must be implemented – one step at a time.

Channel 1: Continuously show different types of videos in the waiting room

Channel 2: Educate patients during consultation – give them brochure

Channel 3: Hold classes in the hospital

Channel 4: Hold classes in the school – once a week

Channel 5: Hold monthly camps – select a specific topic and advertise it

First Year Priorities and Implementation Plan

#	Item	Timing	Channel	Needs
1	<p>Female sexual/reproductive health (pre-marriage girls age 12+; starting grade 9)</p> <p>a. Puberty and changes in body (prepare adolescent girls mentally and physically for the changes like breast development, pubic -hair, menstrual cycle, etc.)</p> <p>b. Use of sanitary pads during periods, instead of dirty cloths and cotton</p> <p>c. Knowledge about anaemia (iron deficiency) – prevention and correction</p>	Starting July 2014 (once schools open)	Girls' school	<p>a. Video # 6 on Menstrual Cycle and hand-washing</p> <p>b. Illustrative brochure</p> <p>c. Handout about anemia and diet</p> <p>d. Distribution of napkins</p> <p>e. Distribution of iron supplements</p>
2.	<p>Pregnancy (young married females age 18+)</p> <p>a. Use of sanitary pads during periods, instead of dirty cloths and cotton</p> <p>b. Conception, pregnancy, and childbirth</p> <p>c. Knowledge about anaemia (iron deficiency) – prevention and correction</p> <p>d. Importance of regular antenatal checkups during pregnancy</p> <p>e. Tetanus vaccination during pregnancy</p> <p>f. Providing diet information/chart to pregnant women</p> <p>g. Distribution of iron supplements during 2nd and 3rd trimesters of pregnancy</p> <p>h. Importance of delivery by a qualified doctor or registered health workers</p> <p>i. Routine checkup by a gynaecologist</p> <p>j. Family planning program</p>	Starting May 2014	<p>Classes in hospital (e.g., twice per week for 2 h each)</p> <p>Education during consultation</p> <p>Playing video in the waiting room</p> <p>2-3 times a year, this subject is part of monthly camps</p>	<p>a. Video # 1 on Pregnancy</p> <p>b. Illustrative brochure (some same as before; some new)</p> <p>c. Handout about anemia and diet</p> <p>d. Distribution of napkins</p> <p>e. Distribution of iron supplements</p>
3.	<p>Looking after a baby / young child (mothers of young children)</p> <p>a. Benefits of breastfeeding</p> <p>b. Correct method of breastfeeding</p> <p>c. Benefits of immunization program</p> <p>d. Age of different vaccinations in children Vaccination chart</p>	Starting June 2014	<p>Classes in hospital (e.g., once per week for one hour)</p> <p>Education during consultation</p> <p>Playing video in the waiting room</p> <p>2-3 times a year, this subject is part of monthly camps</p>	<p>a. Illustrative brochure</p> <p>b. Videos # 2 and 3 – Breastfeeding and Immunization</p> <p>c. Handout immunization charts</p> <p>d. Arrange with Govt. hospital to come to MDC to immunize children</p>

4.	Drinking water (female homemakers) a. Diseases spread from dirty drinking water b. Methods to make water clean and benefits of the same	Starting July 2014	Classes in hospital (e.g., once per week for one hour) Education during consultation Playing video in the waiting room 2-3 times a year, this subject is part of monthly camps	a. Video # 5 - Hygiene b. Distribute water cleaning tablets
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Comments:

1. Please maintain separate register for those attending formal classes – name of the class (topic), date, names of attendees; what was done in the class
2. Please maintain separate register for those attending monthly camps – name of the topic of the camp, date, names of attendees; what was done in the camp
3. Please maintain separate register for those who are going through blood, urine or biochemistry analysis; – name of the analysis, date, names of patient, what was done
4. On a sample of patients, we would like to monitor progress in health improvement by monitoring factors such as iron deficiency

Main Topics of Overall Education Program:

1. Female sexual/reproductive health (pre-marriage girls age 12+)

- a. Puberty and changes in body (prepare adolescent girls mentally and physically for the changes like breast development, pubic hair, menstrual cycle, etc.)
- b. Use of sanitary pads during periods, instead of dirty cloths and cotton
- c. Knowledge about anaemia (iron deficiency) – prevention and correction

2. Pregnancy (young married females age 18+)

- a. Use of sanitary pads during periods, instead of dirty cloths and cotton
- b. Conception, pregnancy, and childbirth
- c. Knowledge about anaemia (iron deficiency) – prevention and correction
- d. Importance of regular antenatal checkups during pregnancy
- e. Tetanus vaccination during pregnancy
- f. Providing diet information/chart to pregnant women
- g. Distribution of iron supplements during 2nd and 3rd trimesters of pregnancy
- h. Importance of delivery being done by a qualified doctor or registered health workers
- i. Routine checkup by a gynaecologist
- j. Family planning program

3. Looking after a baby / young child (mothers of young children)

- a. Benefits of breastfeeding
- b. Correct method of breastfeeding
- c. Benefits of immunization program
- d. Age of different vaccinations in children
- e. Vaccination chart

4. Drinking water (female homemakers)

- a. Diseases spread from dirty drinking water
- b. Methods to make water clean and benefits of the same

5. Body and mind hygiene (all)

- a. Benefits of washing hands before and after eating food
- b. Benefits of washing hands with soap after passing stool
- c. Proper technique for washing hands
- d. Dental hygiene
- e. Personal hygiene

- f. Yoga and meditation
- 6. Common diseases and their causes among children (focus discussion on what is it, how it spreads, what are the symptoms, how it is treated and what to eat) (mothers of young children)**
- a. Diarrhoea, jaundice and typhoid => dirty drinking water and dirty food)
 - b. Malaria, dengue, encephalitis => mosquitoes
 - c. Polio => dirty water, dirty food, defecating in open fields
 - d. Measles, mumps, influenza
 - e. Skin diseases => lack of bath and dirty food
- 7. Common diseases and their causes in women of productive age (females 12-50 years)**
- a. Menstrual cycle and related diseases
 - b. Leucorrhoea and other fungal infection
 - c. Urinary tract infection
 - d. Breast diseases
- 8. Other Priority diseases common to men and women (all 50+)**
- a. Tuberculosis
 - b. Heart diseases - hypertension angina (symptoms, treatment)
 - c. Diabetes (symptoms, diet, treatment)
 - d. Eye diseases (cataract, glaucoma)
- 9. Common aging factors and diseases post menopause among women (50+ years of age)**
- a. Osteoporosis
 - b. Pre- and post-menopausal training (mood swings, excessive sweating, muscle cramps, dry vagina, decreased libido)
 - c. Cervical cancer (annual pap smear test)
 - d. HIV and AIDS (predisposing factors, causes, treatment, rehabilitation)
- 10. Other diseases (all 50+ years of age)**
- a. Hepatitis
 - b. HIV
 - c. STDs
 - d. Depression and other psychological disorders
 - e. Arthritis
 - f. Skin diseases

11. Sanitation (all)

- a. Benefits of closed sewerage system – to enhance the use of toilets and not pass urine and stool in open fields near population centres
- b. Knowledge about proper drainage of water to avoid mosquitoes

12. Treatment of minor illnesses (female homemakers)

- a. Use of herbal products
- b. Home-made remedies such as turmeric, tulsi, neem, alum, etc.