

INSTITUTIONAL UPDATE: COMPREHENSIVE PRIMARY HEALTH CARE

JULY- SEPTEMBER 2022

KHPT shares qualitative research findings carried out at Mysore city with Health System Transformation Platform

The results of a one-year formative qualitative research study were presented to Health Systems Transformation Platform (HSTP) on September 27. St. John's Research Institute (SJRI) presented the quantitative findings in the online meeting.

The formative research was conducted in partnership with the Government of Karnataka, HSTP, Access Health International and SJRI. The formative research study was conducted in Mysore city to understand the current status of comprehensive primary healthcare at health system, health facility and community level.

KHPT maps appropriate locations for Wellness Centres and Polyclinics in Mysuru city

KHPT with the support of Mysuru City Corporation did a mapping exercise to identify locations to establish Health and

KHPT organizes an awareness program on World Heart Day

KHPT organized an awareness program to mark World Heart Day on 29 September for the public and persons with diabetes and hypertension at the Kumbarakoppalu Urban Primary Health Centre in Mysuru. Dr



Participants during the awareness program

Wellness Centres (HWCs) and existing Urban Primary Health Centres (UPHCs) to be designated as polyclinics to maximise the number of vulnerable people reached and minimize the distance they would have to travel to access health services. This scientific approach to mapping enabled

B Dinesh, an Interventional Cardiologist at the Jayadeva Institute of Cardiology, spoke about the heart's functions and the lifestyle that affects it. In addition, he urged people to exercise and eat healthily. Dr Dinesh also answered participants' questions during an interactive session.



the identification of strategic locations and facilities in the city. The guidelines framed by KHPT on establishing the "Namma Clinic" has been finalised and circulated across the state by the Government of Karnataka. Click here to read our CEO Mr Mohan HL's article on the same topic [here](#).

A whiff of jasmine-scented air

56-year-old Leelavathi's home is located on a narrow street in the Kumbarakoppalu area of Mysuru. She eagerly awaits a basket of flowers from a merchant. She strings them for a living and a kilo of garland will fetch her 80 rupees. Besides the money, flower stringing keeps her occupied, making her forget about the ongoing family issues, and helping her control and maintain her diabetes levels.

During a visit to her sister eight years ago, Leelavathi was diagnosed with diabetes. As her head swirled, she was rushed to the hospital. The doctor confirmed diabetes after a few tests. "I was scared and did not know what to do," recounts Leela. Eventually, she was able to manage her diabetes levels with the help of her family members.

As a result of mounting debts, being abandoned by her son, and her daughter's

two suicide attempts, she was diagnosed with diabetes. Sleepless nights were also caused by constant worries and sadness.

But her life changed when Bhoomika, one of our Community Health Workers started visiting her home. Although Leela was taking medicines for diabetes, personal touch of care and understanding was missing. Bhoomika advised Leelavathi to follow a diabetic-friendly diet and counselled her, which helped her to worry less and be more productive. "Bhoomika's talk comforted me and I feel much better now," she says.

Leelavathi's spouse takes good care of her, from getting her prescription drugs to driving her to the hospital to giving her a pep talk.

"We should not be scared of diabetes. We should do all we can to manage it better," she says with a wide smile on her face.



Leelavathi with a newly strung garland

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