

INSTITUTIONAL UPDATE: COMPREHENSIVE PRIMARY HEALTH CARE

JULY-SEPTEMBER 2023

KHPT's approach to Comprehensive Primary Health Care

Comprehensive Primary Health Care (CPHC) is a holistic approach to health and well-being, which encompasses all services and is delivered in partnership by an interdisciplinary team through a range of services and programs that are accessible, equitable, culturally appropriate, and effective. KHPT's goal is to design, implement, and sustain need-based urban and rural CPHC models to achieve Universal Health Coverage in select cities and rural areas in India.

KHPT's current CPHC initiatives include

- 1 A CPHC model to deliver Universal Health Coverage with a special focus on Reproductive Maternal New-born Child and Adolescent Health (RMNCH+A) in Bengaluru, funded by Wipro Cares
- 2 Setting Up CPHC-Innovative Learning Centre (ILC) in collaboration with the NHSRC to strengthen the capacity of selected Urban Primary Health Centers in delivering CPHC services in Bengaluru and Mysuru city
- 3 The Arogya Sangama project, which involves building a sustainable model of convergence and community engagement through the Gram Panchayat Task Force (GPTF) for responsive primary care in Chamarajanagar (Kollegal) and Raichuru (Devadurga) districts, funded by the Department of Rural Development and Panchayat Raj, Government of Karnataka
- 4 Grama Arogya, formerly known as the Graama Panchayath Arogya Amrutha Abhiyaana (GPAANA), a convergence initiative to strengthen Gram Panchayat (GP) leadership to ensure the health of rural vulnerable communities across 31 districts of Karnataka
- 5 Holistic Health and Community Development (HHCD) intervention in Vandse Gram Panchayat area, Udupi, Karnataka, to conduct participatory action research and develop local interventions addressing the social determinants of health, in close collaboration with community stakeholders

Government Engagement

Additional Chief Secretary of Bihar meets the RDPR Karnataka to discuss the Grama Arogya programme



- The CHO demonstrated the Health Management kit to Mr Mihar Kumar Singh, IAS, in the presence of Ms Priyanka Mary Francis, IAS, and the GP members

Mr Mihar Kumar Singh, IAS, Additional Chief Secretary, Government of Bihar, made an official visit to the Department of Rural Development and Panchayat Raj, Government of Karnataka on July 20 to understand the RDPR Grama Arogya Programme. Mr Mohan HL, CEO, KHPT, delivered a presentation on the Grama

Arogya initiative, implemented across 31 districts of Karnataka, at the RDPR Commissionerate office in the presence of Ms Priyanka Mary Francis, IAS, Commissioner of Karnataka Panchayat Raj and other RDPR officials. During his visit, a health screening camp was also organized at the Raajankunte Gram Panchayat in Bengaluru, Karnataka, where the Grama Arogya health management kit was demonstrated by the Community Health Officer, and screening was done for the communities. Ms Priyanka Mary Francis, IAS, Ms Elizabeth Joy, Programme Support Lead, KHPT and Mr Peer Mohammad, Zonal Lead, KHPT were present and discussed various aspects of the Grama Arogya programme, including Panchayat-led initiatives, their roles and responsibilities in organizing health screening camps in the village, services that are provided during camps, and overcoming field-level challenges. On the second day, July 21, Mr Singh visited and observed Grama Arogya health screening camps in the Palimaru and Padubidri Gram Panchayats in the Udupi district.

Additional Chief Secretary, Panchayat Raj Presents Grama Arogya at TB-Mukt Panchayat Workshop in Bengaluru

Ms Uma Mahadevan, IAS, Additional Chief Secretary (Panchayat Raj) at RDPR, Government of Karnataka, made a presentation on September 2 at the TB-Mukt



- Ms Uma Mahadevan, IAS, presents at the TB- Mukt Panchayat Initiative, Regional Workshop

Panchayat Initiative Regional Workshop organized by KHPT in Bengaluru, Karnataka in collaboration with the Central TB Division, Ministry of Health & Family Welfare, Government of India. She described the implemented experiences of the Grama Arogya programme and

highlighted the role of GP engagement in the context of tuberculosis (TB) elimination efforts. She also discussed the various other components of Grama Arogya, including screening for Non-Communicable Diseases (diabetes, hypertension, and anemia), prevention of child marriage, and awareness of undernutrition, menstrual hygiene, and gender-based violence to enhance healthcare services in rural areas of Karnataka.

Ms Uma Mahadevan concluded her presentation, by saying that having a convergent platform at the frontline similar to Karnataka's GPTF will ensure equity and granularity in the TB response.

KHPT supports TB in Active case-finding survey



■ District TB Officers, KHPT staff, PHCO, and ASHA at the community doorstep

KHPT supported the Health Department, Government of Karnataka, in its TB Active Case Finding (ACF) survey across 31 districts of Karnataka through the Grama Arogya programme from July 15 to August 10. The purpose was to identify individuals with TB

symptoms and refer them for testing, to control the spread of the TB disease and improve the overall health of the community. The KHPT's Grama Arogya field staff, Primary Health Care officers, ASHAs, and District TB officials, made door-to-door visits for the identification of individuals with active TB.

Additionally, an initiative has been taken by KHPT at Belagavi division and organized TB awareness campaign in residential schools in Belagavi, Bagalkote, Vijayapura, Gadag, Haveri, Uttara Kannada, and Dharwad districts of Karnataka. Students actively participated in the campaign by writing letters to their parents, encouraging them to get screened for TB if they had symptoms. About **21,394** students from **104** schools wrote letters to their parents. They highlighted the importance of availing the free services at government hospitals and encouraged their parents to utilize facilities available for TB disease.



■ Residential school children holding the letter to their parents

KHPT facilitates leadership Session for SC/ST women GP members in Mysuru



■ Ms Poornima B S, Deputy Director-Program, KHPT facilitating the training session for GP members

KHPT facilitated sessions on leadership for women GP representatives from Scheduled Castes and Scheduled Tribes (SC/ST) in the Training of Trainers (TOT) programme organized by the Abdul Nazir Sab State Institute of Rural Development (ANSSIRD) to build the capacities of elected SC/ST women across Karnataka. The trainings were held from Aug 17 to 19, to provide the necessary skills and knowledge to take up effective leadership positions in communities. The training programme focused on various aspects of leadership, including the concept of leadership, the qualities that make a leader, and the ability to identify vulnerable people. Ms Poornima BS, Deputy Director- Programme, CPHC, facilitated these sessions, which helped capacitate 300 resource persons across Karnataka who will further train SC/ST women to reach their full potential as GP leaders.

NHSRC-ILC team visits KHPT's urban sites

The Innovation and Learning Centre (ILC) team of National Health Systems Resource Centre (NHSRC) representatives visited two significant project sites, Singasandra and Roopena Agrahara, of KHPT's CPHC programme on July 25, to gain a deeper understanding of the functioning of the programme. They discussed the innovation learning project with the KHPT team and the Medical Officer of Urban Primary Health Centre (UPHC) and participated in the meeting organized for Antenatal care (ANC) women and Self-Help Groups on the



■ NHSRC, and KHPT team discuss with Medical Officer (left), team interacts with women on ANC and SHG members (right)

importance of Mother and Child protection cards and related MNCH issues. Mr Gururaj Patil, Ms Poornima B S, Ms Ambuja Kowlgi, and Dr Ilhaam from KHPT were present



during the discussion. The visit provided them with a deeper understanding of the urban work setting and KHPT's efforts to enhance healthcare delivery at these sites.

Community Engagement

KHPTs builds Gram Arogya programme awareness through postcard initiative

KHPT initiated a pilot in three districts of Karnataka (Ballari, Vijayanagara, and Raichuru) to promote the Grama Arogya programme among elected representatives. We initiated this in order to reach elected GPs, as organizing regular health camps



■ GP members meet to discuss Postcard Letter (left) and organised health screening camp at village, Krishnanagar GP Ballari (right)



proved difficult, GPs did not take ownership of Grama Arogya, and certain villages did not have camps. To address these issues, the KHPT team from the Kalaburagi division made the decision to send postcards to every GP member, President, and Panchayat Development Officer of each Gram panchayat where no camps or less number of camps were held. These postcards contain information regarding the total population in their respective areas, the number of camps conducted, and people screened for NCD (including screenings for hypertension, diabetes, and anemia), as well as TB verbal screening. Additionally, the card also has information on new cases that were identified and referred for diabetes, hypertension, anaemia, and TB. Besides, urged them to plan and execute coverage for the remaining population within two months under GP leadership. A total of **9200** postcards were sent to GP-elected members. Specifically, in Ballari, **4100** cards, in Vijayanagara, **3100** cards, and in Raichuru, **2000** cards were distributed.

The GP members who received the postcard contacted the KHPT team and organized a health screening camp in the village. The success of this pilot intervention is the plan

to expand to other districts in the Kalaburagi Division.

“We recently received a postcard from the Grama Arogya program, informing us that the community in your village has not undergone health screenings. In response, we have deliberated on this matter and arranged a free health screening camp for all village residents. We are committed to conducting these health camps in the upcoming days until every individual in the village has been screened”. GP Members, Krishnanagar, Ballari district

KHPT presents at the KACH 2023 conference on the NCD care continuum in India

Dr Swaroop N, Thematic Lead for CPHC and MNCH at KHPT, Bengaluru, delivered a presentation on August 11 during the 33rd Annual Conference of the Karnataka Association of Community Health (KACH). The conference, themed “Health for All- 75 Years of Improving Public Health,” was organized by the Department of Community Medicine at Kempegowda Institute of Medical Sciences (KIMS) in Bengaluru. The session was chaired by Dr

G Gururaj, Professor in the Department of Epidemiology and a faculty member at the National Institute of Mental Health and Neuro Sciences (NIMHANS) in Bengaluru, and Dr Annarao G Kulkarni, President of the Indian Association of Preventive & Social Medicine (IAPSM) Karnataka State Chapter.



Dr Swaroop N, presents at the KACH 2023 conference

Dr Swaroop's presentation focused on the challenges encountered during the implementation of healthcare initiatives in both urban and rural settings. He elaborated on the Non-Communicable Disease models implemented by KHPT in urban and rural areas, highlighting approaches such as the Community Health Worker-led strategy, as well as the convergence and decentralization approach.

Capacity Building

KHPT conducts workshops for ASHAs and community members in Singasandra

KHPT conducted a one-day workshop on strengthening Mahila Arogya Samithi (MAS) on September 6, for **30** participants in Singasandra, Bengaluru. The workshop aimed to enhance and sustain MAS in UPHCs within the selected area through the capacity-building of frontline workers and community members, including self-help groups and youths.

This workshop was conducted as part of the ILC project activities. The workshop included interactive activities and sessions. These sessions encompassed mapping the geography of ASHA service areas to identify vulnerable communities in their working



ASHAs and community members from Bengaluru and Mysuru (left) mapping the high-risk areas of UPHC they work (right)

areas, identifying the communities in need of MAS, and discussing the health-related challenges faced by the community, as well as the socio-economic challenges encountered by community members. Topics covered also included determining the ideal number of MAS per ASHA, the formation of MAS, the

selection of MAS members, and defining the roles and responsibilities of MAS. The training provided participants with insights into the importance of MAS such as raising awareness about health issues, promoting preventive measures, and encouraging community members to access healthcare services.

KHPT conducts meeting with GP members on HHCD in Chittur, Udupi

KHPT conducted a two-day meeting at Mookambika Bhavana in Chittur Gram Panchayat of Udupi district, Karnataka on September 14 and 15, to enhance the perspective of GP members on the potential of building their areas and communities, to motivate GPs to actively participate in all processes of the Holistic Health and community development (HHCD) project which includes sensitize all GP members to



Ms Mallika Tharakan, from KHPT has a group discussion with members of GP

the initiative/processes and bring them on board. Furthermore, the meeting focused on planning for a joint MoU with the cluster of GPs. Additionally, the meeting facilitated discussions on the study implementation plan, coordination mechanism, reporting structures, and roles and responsibilities.

This meeting helped the participants gain insights into the holistic health and community development project and the role and responsibilities of the GP members in the health and development of the communities in their area.

NCD research and programme specialists visit the Grama Arogya campsite

Dr Venugopal, District Program Officer for the Tamil Nadu NCD Program MTM (Makkalai Thedi Maruthuvam), and Dr Shailaja, Community Medicine, an NCD specialist, visited the Grama Arogya health camp in Doddaballapura on July 18 to gain insights into the functioning of Grama Arogya in rural areas. MTM is a population-based NCD screening programme reaching homes through women health volunteers (WHVs). During their visit, they engaged with the Grama Arogya state team and Gram Panchayat (GP) members involved

in organizing the camp. This visit facilitated cross-learning opportunities about various NCD programs implemented across the nation.

KHPT facilitates in-house volunteering sessions for new Wipro employees

KHPT facilitated two in-house volunteering sessions for new Wipro employees, as part of the Wipro induction program, on July 5 and July 12 respectively, at Wipro Corporate Office in Bengaluru, Karnataka. During the session participants worked on the task of preparing IEC/BCC materials based on 7 different case stories highlighting 7 pertinent

health issues; Participants actively took part and came up with creative Behaviour Change Communication outputs like posters, slogans, poems, skits, video clippings etc. Around **370** new employees were provided with an experience of in-house volunteering.



■ New employees of Wipro presenting the chart prepared during the activity

Case story

Netra's Journey from Community Volunteer to Gram Panchayat Swachh Vahini Driver in Vijayanagar District

Netra (28), the daughter of Revanna and Jayamma, is a community volunteer from the Bennekallu Gram Panchayat in the Vijayanagara district. She resides with her husband and son and is presently in her eighth month of pregnancy. Netra's journey from a passionate community volunteer to a Gram Panchayat Swachh Vahini driver has been nothing short of remarkable.

During the global crisis posed by the COVID-19 pandemic, Netra recognized an opportunity to make a positive impact in her community. She made the decision to join the KHPT program in the Vijayanagara district. Netra actively participated in the training sessions organized by KHPT. Her role was to serve as a community volunteer for the COVID-19 vaccination, which was part of the Grama Arogya program. Her responsibilities included supporting the Gram Panchayat and KHPT in organizing health camps for COVID-19 vaccinations

for school children, conducting community health programs, mobilizing people for screening for non-communicable diseases (NCDs), and mobilizing people to participate in awareness campaigns. Throughout her service, Netra engaged in door-to-door visits in collaboration with ASHAs and Panchayat members. Her dedication and hard work made her well-known and respected among all the villagers in the Gram Panchayat.

In the meantime, she applied for the post of driver at the Bennekallu Gram Panchayat and started attending driver training school with her husband's support. One day she received a call that she had been selected



■ Netra driving Swachh Vahini vehicle

for the driver's post for the Swachh Vahini vehicle. Her dedication and perseverance had paid off and she was now entrusted with

the responsibility of driving along with volunteering activities.

In her new role as a Gram Panchayat Swachh Vahini Driver, Netra's impact on her community grew stronger. She works tirelessly to ensure the cleanliness and hygiene of the villages, taking the initiative to educate her fellow villagers on the importance of sanitation practices and waste management. Netra became a respected personality in her village, someone who not only drove the Swachh Vahini vehicle but also drove motivation for positive change. She is proud to be working with the KHPT and with Gram Panchayat.

"I had the privilege of working with the team at KHPT, and I will always cherish the unwavering support I received from them. They provided me with guidance in my daily tasks, offered mentorship, contributed to my personal growth, and reinforced my passion for this field. I feel inspired to continue making a positive impact in my village". Netra, Community Volunteer, Vijayanagar district.

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KHPT

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