



Department of Community Medicine
Pt. J. N. M. Medical College, Raipur (C.G.)

Interstate Exposure Visit to Christian Medical College, Vellore, Tamil Nadu

A health education tour of interstate exposure visit to Christian Medical College, Vellore was organized by Department of Community Medicine to develop skills and increase knowledge towards public health services, under the guidance of Dr. Tripti Nagaria (Dean), Dr. Nirmal Verma (Professor and HOD, Department of community medicine), Dr. Prashant Jaiswal (Assistant Professor) and Mrs. Monika Dengani (Statistician cum lecturer) and was supported by National Health Mission under letter, letter no. / NUHM/ 2022/ 666/ 2357.



INTRODUCTION

Christian Medical College, Vellore, widely known as CMC, Vellore, is a private, Christian community-run medical school, hospital, and research institute. This Institute includes a network of primary, secondary, and tertiary care hospitals in and around Vellore, Tamil Nadu, India. The hospital was started by Dr. Ida Sophia Scudder in 1900, who was the daughter of second-generation medical missionary from the Dutch Reformed Church in the United States of America (US) who served in India. She started the hospital as a one bedded clinic cum dispensary, which has now extended as a healthcare organization of international repute which includes hospitals with around 3000 beds which has spread across 6 campuses in and around Vellore and in the neighbouring state of Andhra Pradesh. The community programs run by CMC are Community Health and Development (CHAD), Rural Unit for Health and Social Affairs (RUHSA), and Low-Cost Effective Care Unit (LCECU).

The purpose of the visit:

1. Providing exposure can help students understand the relevance of the subject and the core concepts of public health.
2. The exposure visit is to exchange ideas and experiences regarding challenges in the implementation of health programs.
3. To acquire knowledge and strengthen attitude beliefs and practice skills towards Community health program.

The main objective for the visit by the Community Medicine Department was to expose the interns to primary and secondary healthcare system settings, where they would learn how to render competent, promotive, preventive, curative, and rehabilitative services. This helps them to serve the community as healthcare physicians, with a holistic approach in alignment with the vision of the Ministry of Health



Community Health and Training Centre



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Group photo after the Introduction to CHAD Session with Dr. Jackwin.

Activities done:

Day 1: 06/03/2023

We reached the Bagayam campus (CHAD) in the afternoon on 06/03/2023. Thereafter the orientation session started with a general introduction by Dr. Jackwin, faculty of the Department of Community Medicine, CMC Vellore. He gave a brief history of the establishment and development of the Community Health and Development (CHAD) Program of the Christian Medical College, Vellore. Dr. Jackwin oriented on how the community health department has been involved in the development of the CHAD program and the functions of CHAD. Before the end of the session, the queries were asked by the faculty, interns, and postgraduates of the department of community medicine, Raipur. On the same day after the session, another session on the Introduction of medical anthropology was attended by the faculty, postgraduates, and interns of the department of community medicine Pt. J.N.M. Medical College, Raipur.

CHAD Program

The Community Health and Development (CHAD) is an organization under the Community Health Department of CMC, Vellore which covers a population of approximately 2,00,000 in the rural, urban and tribal communities. This programme covers the Kaniyambadi block, the urban slums and the Jawadhi Hills area of Vellore. The programme is carried out through the joint efforts of medical and nursing staff, social workers and volunteers. Health activities are done in close collaboration with the existing government services.

Elements of the CHAD Program

1. CHAD programme provides primary health and development activities in the rural and urban areas of the Vellore district, tribal area (Jawadhi Hills) of the Vellore, and Tirruvunnamalai districts.
2. To provide Secondary health care services.
3. Training students and professionals in different fields.
4. Research activities.

Community Health and Development Program in rural areas includes PTCHWs (Part-time community health workers), Health Aides, PHNs (Public Health Nurses), MD trainees, and Program managers.



Madam Gifita (Social Health Activist) briefing facilities of CHAD Hospital



Doctors are attending OPD patients in the cubical area in CHAD Hospital

Day 2: 07/03/2023

The session was started around 8:30 A.M. with an introduction from madam Gifita, social health activist in the CHAD programme, at CHAD hospital, Bagayam and she described the functioning of how the CHAD program works. The entire visit to CHAD hospital was done, where we observed the IPD, OPD, counselling, pharmacy and speciality clinic services provided by CHAD hospital. We also observed the whole process, starting from the registration of the patients to the dispensary counter where drugs were being given to the patients. After the session, we visited the peripheral clinics in Pennathur village and observed the doctor run clinic providing primary health services.

Visit to CHAD Department and Hospital

Madam Gifita told Community Health and Development Programme always runs with teamwork, where community participation plays an important role in different work, including networks like NGOs, and health workers. CHAD also does initiation of women's police station, Old age home, and rehabilitation center, coaching and scholarship program classes for Jawadi (Tribal) people.

Facilities & Services of CHAD Hospital: CHAD is a 140-bedded hospital that serves not only as a base hospital for the peripheral programme but also as a secondary health centre. The CHAD Hospital has facilities for OPD and IPD services for Antenatal care, Intra natal care, Post-natal care, Pediatric, Surgery, Gynaecology, General medicine (ID & NCD), ICU Ward, Casualty room, Occupational Physiotherapy, IEC and Counselling services, Speciality clinic- Eye, ENT, and Dental . There is also a cubical area for doctors where they attend OPD patients. They also have an Autoclave room, laundry unit and housekeeping unit. There were also staff quarter for PGs, Nursing, and Consultant in the campus, so that they can rush to the hospital in case of emergency situation.

The base hospital includes different registration counters for the new patient and for the patient who came for repeat consultations. They keep the record file/ papers in record / confidential room, so that confidentiality should be maintained. All documentation is entered in online mode. The retroviral positive result are always confirmed by CMC Vellore with the maintenance of confidentiality. And only after patient's consent it is revealed to the husband or any other family members. Pharmacy services are available, which give low-cost effective drugs and remain open from 9-10 pm.



Visit to Doctor run mobile clinic with madam Gifita in Pennathur Village



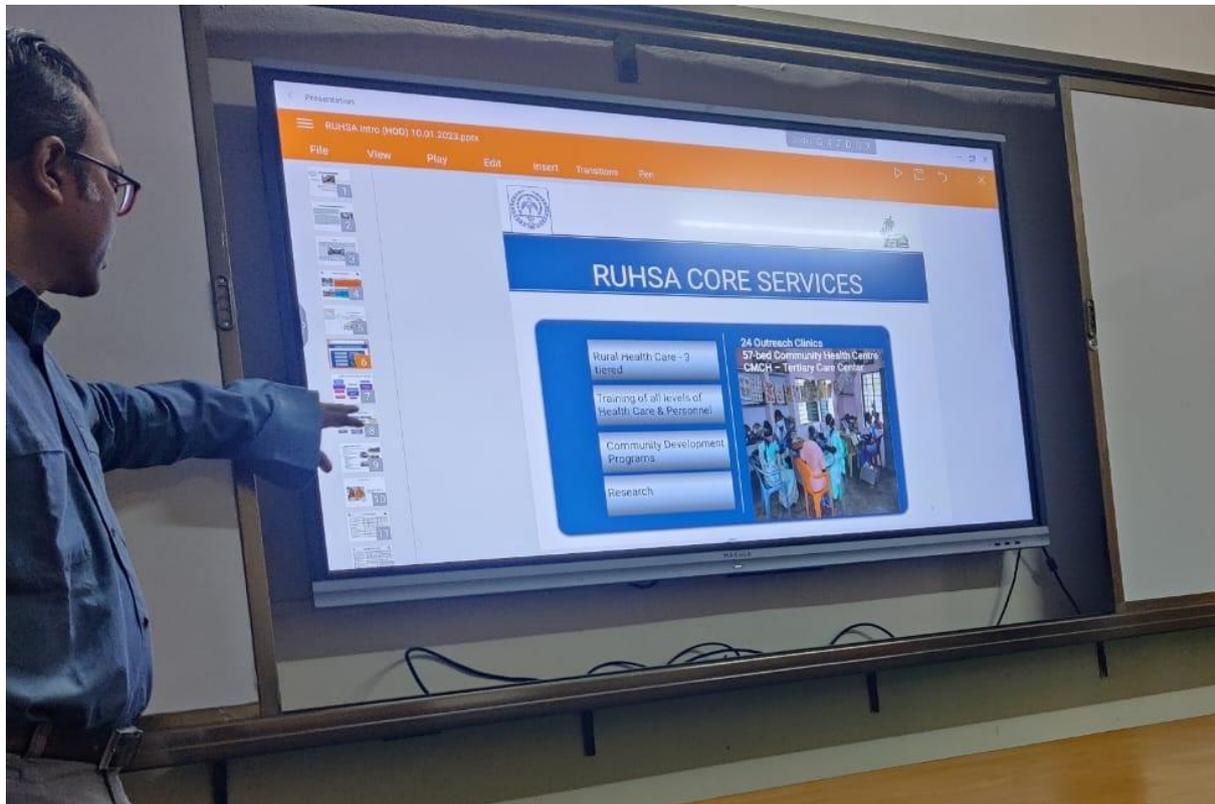
Intern is treating the patient in operational doctor run mobile clinic



Nurse is distributing medicine in doctor run clinic

Visit The Peripheral Clinics in Pennathur Village

The community volunteer provides services for all the 6 days a week, which links the community and CMC Vellore. This is supervised by PHNs, social workers and doctors. This Mobile clinic provides many of CHAD's general health services and activities- baseline surveys, MCH follows up, referrals of acute patients, and follow-ups of chronic patients. Doctors and nurses provide routine visits to rural villages so that these patients are no longer required to come to the CHAD hospital or primary care facility. Most problems are dealt first at the mobile clinic and then in the local village and when necessary, patients are advised to visit a CHAD hospital. People more than 35-40 years are also screened by the health workers to detect hypertension, diabetes mellitus, and other high-risk patients in the community. Blood collection and ANC checkups by maintaining privacy done by Faculty or Postgraduates of community medicine. All drugs are distributed by health worker/ nurse in symbolic envelope for day, noon and night for illiterate people.



Dr Biswajit describing about the informative knowledge about the RUHSA through power point presentation



Mrs Valii, nurse in RUHSA Department briefing the outreach activities of community based chronic disease management

After completing the visits as planned for day 2 in CHAD, all the members then headed for RUHSA (Rural Unit for Health and Social Affairs) and reached at around 5.30 pm.

Day 3: 08/03/2023

Introductory session on RUHSA

Today's session started with introduction of RUHSA by Dr. Biswajit, Senior Faculty of the Department of Community Medicine, who briefly oriented about the history of Christian Medical College. In 1944, Kavanur Rural Health Center was started for leprosy and primary care. In 1977 Community Development was introduced to address determinants of health as a step towards "health" and project was named, Rural unit for Health and Social Affairs (RUHSA). RUHSA created for a rural community in K.V. Kuppam block, Vellore District, Tamil Nadu, to develop a model rural health care center promoting health through the provision of affordable medical care, and innovations, in rural development. He also talked about RUHSA's core services which include Training of all levels of Health care & Personnel, Community development program and Research and RUHSA's involvement in several programs in the advancement of the Health, Education, income and status of rural communities.

Briefing about community based chronic disease management

At 9:30 am in the topic of overview of outreach activities community based chronic disease management by Mrs.Valli, nurse of RUHSA department. She briefed us about how chronic diseases are managed at the ground level. The ways in which referral services are functioning systematically. Under the chronic disease management program, they focus on Diabetes Mellitus, Cervical Cancer and Respiratory disease. Through the Community outreach clinic frontline worker give health education in the community, do screening using a checklist, test, referral and to follow-up by using the app for the management of diabetes mellitus. In Screening, assessment and protocol based management, and pulmonary rehabilitation, patients are trained on how to use inhalers and to do respiratory exercises. Under the Cervical Cancer Prevention Programme, Community based cancer screening for cervical, breast and oral cancers are being done.



Doctor Run Clinic



Gym corner for lifestyle modification under the NCDs prevention program

Visit to Doctor Run Clinic

Next session was visit to the Doctor Run Clinic in Pallathur village with Dr. Sangeetha. The Doctor Run clinic runs once a month, in which a team consists of doctor, public health nurses, and Rural community officer who visit the village to access and provide health care through outreach clinic. The primary objective of mobile clinic is to provide ante-natal care services at the doorstep of the community. They also do screening tests for RBS, HbA1c for Diabetes Mellitus, Hypertension, respiratory disease and gynaecological colposcopy for cervical cancer, provide medicine, to follow up and to link them with appropriate referral services. Community education is given by a nurse using flip charts regarding the importance of regular checks, nutrition and to assess complications of Diabetes Mellitus and Hypertension.

Discussion on Chronic Disease Management – Primary Health Care Approach

Then the team members returned to RUHSA, attended the session on the topic of discussion on chronic disease management – primary health care approach given by Dr. Rita Isaac. We learned how the Frontline community health workers delivered diabetes care for low-resource settings in India. We also learned about Community based Cervical Cancer Preventive and the management programme and Prevention, detection, and treatment of adult lung disease Programme in a rural population in Tamilnadu. We went to the Well Baby Clinic, where we observed how the neonates are being vaccinated and the staff told us how they work there. In Well, baby clinic Registration is free under National Immunization Program, and weight, height, and malnutrition assessment eye screening are done every day.

Visit to Kalanpattu Village

For the next session, we visited to Kalanpattu village, to observe the Prevention of NCDs through the Lifestyle modification program with Dr. Rachel and Mr. Sam Engels. Mr. Sam Engels, Rural community officer, told in this project, there are 18 PSU (Public service unit) under these 12 villages are selected – 6 main and 6 colony villages selected. In each of these selected villages, 4 representatives are there for the assessment and monitoring of the health status of the people and to monitor they are provided with a kit of BP apparatus, glucometer, and malnutrition assessment tool and education on nutrition, Healthy diet and lifestyle modification also provide here. TV is available in all health centres to provide health education. We also observe there was a gym corner for the community people for exercise purposes.



Trainer Mrs. Suruchi Kumari demonstrating the RUHSA Department



Fashion Designing Training center for women at RUHSA Department

Day 4 - 9/03/2023

Visit to RUHSA Department and Hospital and Training Centre

The session started at 8:30 A.M. with the Introductory session given by Suruchi kumari, who was the trainer of the session. She told us about the facility and services available at the RUHSA Hospital. RUHSA focuses on training for health care, development and management with a special focus on training middle-level health workers to contribute towards improving Sustainable Development Goals in the country. The training started with the administration block, where the training program was given followed by the available facilities provided for health service. RUHSA guides the community for socio-economic empowerment of the rural community, improving access to the empowerment of women and raising community resources in K.V. Kuppam block.

We observed that the training centre for women where fashion designing courses were taught to them to develop their skills and start their own businesses and earn wages. This became an incubation centre where they made eco-friendly products like file covers, laptop sleeves etc.

The fashion designing course started in 2018. This is a 06-month course in which 3 months is the training period and 3 months is for production. This program is for deprived/ vulnerable groups, like divorcee, widow, single mother. Dye and Tie work, embroidery, block print t-shirt making, bed sheets, and bed covers also make here.



IT Training Centre of RUHSA Department



Ophthal clinic of RUHSA Department



A warm welcome and enthusiasm by elderly people in elderly care center

IT Training Centre of RUHSA Department

We also observe another training centre run under the youth and adolescent program, where they taught both boys and girls to gain skill in three main courses of repairing AC/Refrigerator/Computer, especially for the dropout students or the students who are willing to do. They even pursue higher studies and jobs in different places.

Health Facility at RUHSA Hospital

The Ophthal clinic which remains open for all 6 days a week, provides glasses with frames at a minimal cost. In the Ophthal clinic, there is an optometrist usually treats the patients and the specialists come from CMC Hospital every Thursday. Their main focus is to screen and treat diabetic retinopathy. The Occupational Therapy / Physiotherapy clinic runs all day a week to provide services with a holistic approach to promote, maintain and restore physical, psychological and social well-being, in health status.

Elderly Day Care Center

In the next session, we all went to visit the Elderly Care Center at kavannur village, where they provide care to the elderly people who are lonely and neglected and do not get proper care from their home. These centers provide health services, nutritious noon meal, and recreation facility like do paper pen making work, painting and they also do prayer, singing, dancing, and play to enjoy their day. In addition, RUSHA arrange picnic, provides dress, blankets, time to time.



Dr. Sangeetha observing the diabetic patients in diabetic clinic at RUHSA Hospital



Nurse demonstrating the awareness of Diabetes Mellitus in Nurse run clinic in Thondanthulsai village

Day 5 - 10/03/2023

Visit to Diabetic clinic in RUHSA hospital

Session started at around 9.00 AM with a visit to the Diabetic clinic in RUHSA hospital which runs on every Friday where Dr Sangeetha, Assistant professor of community medicine, talked about the prevention, promotion and management of diabetes mellitus. She told diabetic patients whose HBA1C is >7 have to come for follow-up every 3 months. We also went to the physiotherapy clinic where Mr Paul Jebaraj (MPH)- a physiotherapist and one nurse were checking the sensation of the foot of a diabetic patient through a vibrometer. They also sensitized them about MCR footwear for better prevention.

Visit to Nurse Run Clinic in Village of Thondanthulsai

After the session, we went to visit to Nurse Run Clinic in the village of Thondanthulsai. There we observed a mobile health team which consisted of one nurse, one village health aide and two community health volunteers who created awareness among villagers and did ANC check-ups and screening for Hypertension, and Diabetes Mellitus. We observed that they had a glucometer and BP apparatus for screening. They had referral service in case of people who needed them.

Visit to CMC Vellore Hospital

At around 2:00 PM, for next session we went to visit to CMC Hospital Vellore where Mr Paul Jebaraj told us about various departments working in the hospital. At first, we went to the central sterilization room, where we observed the sterilization process. Next, we went to the prosthesis and orthosis surgery department, where the doctor at first gave a small briefing session on the work being done in his department and also gave a small tour on ways in which prosthetic parts were being made. We also visited mother and child department, where there were seven floors in which the ground floor has facilities for registration, pharmacy, and Immunization and whereas the first floor has OT, and other floors have private and general wards.



Group photo in front of CMC Vellore Hospital

Day 6 - 11/03/2023

Feedback session of visit at RUHSA Department

Feedback session started at 10 am, in the seminar hall with Dr. Shanti Rani, Dr. Bishwajit, Dr. Sangeeta and all the team members from Pt. J.N.M. Medical college. All members actively took part and gave various opinions and feedback regarding the educational visit and better prevention of disease and health promotion.



After the feedback session a group photo of all the members with Dr. Shanti Rani, and Dr. Bishwajit, Dr. Sangeeta, faculty of RUHSA Department.