

BRANCH OF MAHAROGI SEWA SAMITI, WARORA
LOK BIRADARI PRAKALP HOSPITAL, HEMALKASA
QUARTERLY NEWSLETTER JULY TO SEPTEMBER-2024



HIGHLIGHTS

- Impact in Numbers: Overview of key statistics
- World Indigenous Day: Celebrating our Heritage
- Family Planning Awareness Camp at Jinjgaon
- Sickle Cell Clinic Milestones: A journey with ICMR
- Enhancing Patient Care: Physiotherapy and Emergency Training

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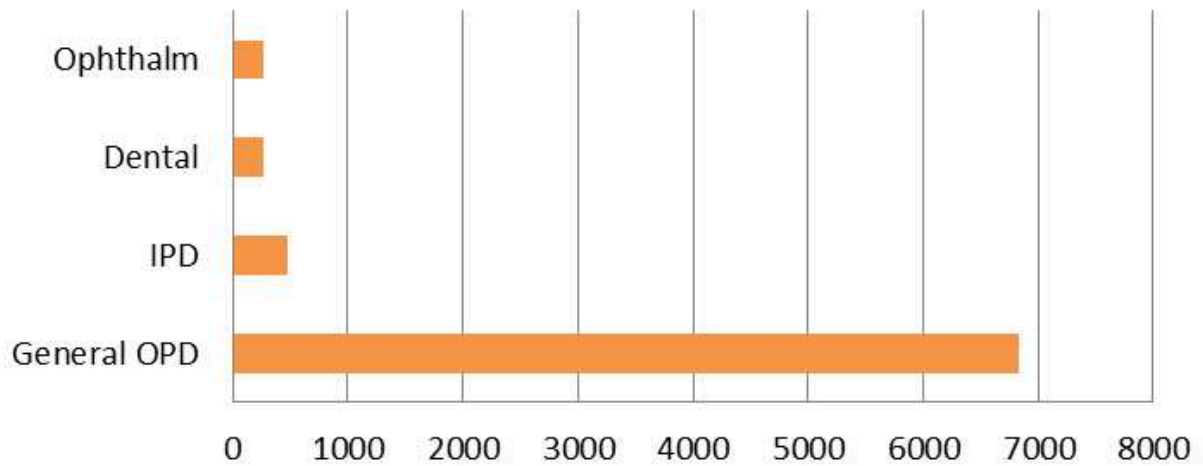


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Lok Biradari Prakalp, Hospital

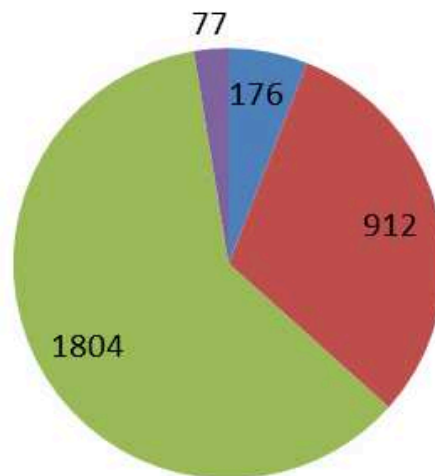
OVERVIEW OF KEY STATISTICS



	General OPD	IPD	Dental	Ophthalm
No of Patients	6827	484	264	265

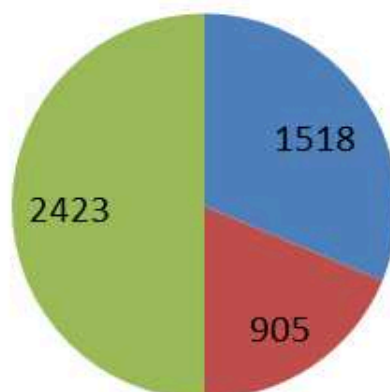
Disease category

■ Malaria
 ■ Antenatal Cases
 ■ Other Infectious
 ■ Deliveries



Community Health Centres

■ General OPD
 ■ Fever
 ■ Malaria Positive



CELEBRATING OUR HERITAGE ON WORLD INDIGENOUS DAY

We were overjoyed to celebrate the rich traditions and lively spirit of our tribal communities on World Indigenous Day, observed on August 9th at our hospital. Our staff fully embraced the occasion by wearing traditional attire, and the day was filled with exciting activities and games, bringing everyone closer to the heart of the culture.

The celebration went beyond fun—it was an opportunity for meaningful learning. Our very own Ramila Wachami shared insights into tribal festivals, their importance, and the methods of celebration, while Mrs. Parvati Dubey explained tribal businesses, the barter system, and cleared up many misconceptions about tribal practices. Dipmala Latkar captivated us all with Tribal Tales, entertaining stories that were as enlightening as they were engaging.

The cultural songs performed throughout the event beautifully expressed the customs and heritage that define tribal life. We ended the celebration with heartfelt tributes to two great tribal leaders, Birsa Munda and Baburao Shedmake, whose legacies continue to inspire us.

It was a day filled with learning, sharing, and celebrating the vibrant legacy of indigenous culture that we are all proud to honor and preserve.



FAMILY PLANNING AWARENESS CAMP AT JINJGAON

Family planning awareness is crucial for improving reproductive health, reducing maternal and infant mortality, and promoting economic empowerment.

According to the NFHS-5 data, only 27% of tribal women use modern family planning methods. Among tribals Maternal Mortality Ratio (MMR) is 178/100,000 live births and the Infant Mortality Rate (IMR) is 43/1000 live births.

This family planning camp was arranged with the help of our Community Health Worker (CHW) Rajesh Talande at Jinjgaon to know the current awareness and give information about the need, use and availability of the various contraceptive methods.

The awareness about the contraceptive methods before and after the session was recorded scientifically with the help of a specially designed questionnaire.

Challenges:

Low literacy rates and limited access to healthcare services.



Language, cultural and social barriers. Lack of awareness about family planning methods and Limited availability of family planning services.

In detail, information was given about the advantages of family planning.

Contraceptive methods like Condoms, Copper T, Oral Contraceptive Pills, Vaginal spermicide, Injection (Antara) and Vasectomy were explained.

A total of women attended the session. Even though the number of women who attended the session seemed low it was very effective for the intercommunication and exchange of experiences with each other. Those who were using any contraceptive method helped to explain the advantages to those who were not.

The first choice for contraception was a condom for most women.

Future planning:

A specially designed condom dispensing box by LBPH is to be installed at a preferred place by the CHW. More community outreach and engagement should be provided for males, particularly for family planning.

SICKLE CELL CLINIC MILESTONES: A JOURNEY WITH ICMR

The collaboration between Lok Biradari Prakalp Hospital (LBPH) and the ICMR-National Institute of Immunohaematology (NIIH) has continued to bring meaningful improvements to the lives of those affected by Sickle Cell Disease in the Bhamragad region. This partnership has not only enhanced healthcare services but also empowered our local healthcare workers through hands-on training and capacity-building efforts, helping us address the unique challenges faced by the tribal communities we serve.



Visit Medpalli on 13/09/2024 with the ICMR team Dr. Kalpita, Dr. Sagar, Aniruddha and Atul.



This quarter, our team, along with experts from ICMR-NIIH, personally visited patients in Bhamragad block to follow up on their progress. These visits were a crucial opportunity to connect with patients in remote areas, ensuring they receive the ongoing care and support they need. It was heartening to witness firsthand the impact of our collective efforts, as patients shared their experiences and the positive changes in their health.

ENHANCING PATIENT CARE: PHYSIOTHERAPY AND EMERGENCY TRAINING

On the 9th and 10th of September, Dr. Ashwini Kale, a dedicated physiotherapist, generously volunteered her time at Lok Biradari Prakalp Hospital, Hemalkasa, to conduct a workshop for our nursing staff. The focus was on essential Antenatal (ANC) and Postnatal (PNC) exercises aimed at ensuring safe deliveries and easing postnatal discomfort.

Throughout the two-day workshop, Dr. Ashwini Kale provided hands-on training in prenatal and postnatal exercises, covering techniques such as pelvic floor strengthening, deep breathing exercises, gentle stretches, and core stabilization routines. These exercises have proven instrumental in preparing expecting mothers for delivery and alleviating postnatal pain, ensuring a smoother recovery process.

In addition to benefiting expectant mothers, the exercises and stretches demonstrated were also highly effective for general patients experiencing body pain, joint pain, and back pain. Dr. Kale's expertise provided much-needed relief for those dealing with musculoskeletal discomfort.



Moreover, Dr. Ajay Kale contributed to the workshop by conducting a brief but valuable session on Neonatal CPR techniques, focusing on intubation and the critical role of nurses during emergencies. He also covered basic life-saving techniques, equipping our nursing team with the skills necessary to handle newborn emergencies with confidence.

The nurses who participated in the workshop have since implemented these learnings with ANC and PNC patients, ensuring a higher standard of care and support for both mothers and newborns.

