

World Health Day Celebration

a) Screening and health education about depression in Old age home: On 28/4/2017 Screening and health education about depression at Kirubalaya Pain and Palliative care centre and Old Age home at Konangipalayam was conducted. The following team carried the activities: Dr.Pravin(PG),Dr.Sindu(CRRI), Dr.Sriswetha(CRRI), Jayaraman(MSW), Miss.Buvaneshwari(MSW), Irusappan(HI). Our team went to Kirubalaya Pain and Palliative care centre and Old Age home at Konangipalayam on 28th April 2017. We screened 17 elderly women in age group of 35-85 for Depression. We used WHO's two screening questions for screening them. After screening them, we classified them into depression suspect or no depression. Then, we gave health education to them. We used the health education materials like flip book and pamphlets prepared by our CRRIs.

b) Health education to college students: A session on Depression was taken for 60 students of the first year of MIT (Manakulla Institute of Technology). They were told about symptoms of depression, 2 screening questions for depression and management of depression with the help of PPT by Dr Prasad and Intern Dr Sundar rajan assisted him.

Training activities:

a) On 7/4/17 Palliative Care Training of Trainers workshop was conducted for field workers, Post graduates and Assistant Professors at SMVMCH, Puducherry by Department of Community Medicine in collaboration with Sanjeevan Palliative Care.

b) On 11/4/17 Dream mapping exercise for our field workers was conducted at our Urban Health Training Centre, Villupuram by Dr.Suguna

Palliative care sensitization program in community(Half an hour sessions)

25/5/2017- Palliative care sensitization program(half an hour session) was conducted among community members of Pidagam by a team comprising of Dr.Vinayagamoorthi (AP), Dr.Sindhuri(PG), Mr. Jayaraman(MSW), Miss.Bhuvaneshwari(MSW),Mr. Irusappan(HI) and interns. The talk was based on the needs of the patients and caregivers and role of volunteers in providing palliative care. At the end of the session, the interested people were registered for 3 hrs session.

27/5/2017- Palliative care sensitization program was conducted in Kappur by Dr.Sindhuri(PG), Mr. Jayaraman(MSW), Miss.Bhuvaneshwari(MSW), Mr.Irusappan(HI), Miss.Valli(ANM).The session started with the scenario of a patient suffering from chronic illness and the discussion revolved around the needs of that patient and ways to help him. Three volunteers registered for 3 hrs session at the end of the program.

30/5/2017- Palliative care sensitization program for paramedical staffs was conducted in Christian Paramedical Institute, Villupuram. The program was conducted by Dr.Suguna(AP), Dr.Pravin(PG), Mr. Jayaraman(MSW), Miss.Bhuvaneshwari(MSW), Mr.Irusappan(HI), Miss.Valli(ANM).

World No Tobacco Day celebration

On 13-06-2017 in continuation with the World No Tobacco Day celebrated on 31-05-2017, a "Health Education Session" on the harmful effects of tobacco use and on available methods for quitting tobacco use was held for the auto rikshaw and taxi drivers of Villupuram town, which was followed by a general health checkup. 40 drivers took part in the event. Our Medical Social Worker Mr. Jayaraman assisted by Health Inspector Mr. Irusappan had met the target population earlier and identified the potential beneficiaries of the proposed health education session. An interactive discussion about tobacco use and its harmful effects was done by two of our interns under the guidance of Ass.Prof. Dr. Suguna and involving Post Graduates Dr. Poomathy and Dr. Pravin and the Medical officer of UHTC, Dr. Ponmani. Most of the participants were aware of the harmful effects of tobacco but due to peer pressure they are unable to quit smoking. Five men came forward and sought our help to quit smoking and we referred them for deaddiction and follow up. In the end we had a photo news coverage of the event by "Dina Malar" newspaper correspondents.

Mass community sensitization program on palliative care

As a part of initiating mass community sensitization program in the field practice areas of UHTC, five programs (half an hour sensitization) programs have been conducted in the villages for community members. A program for women self-help groups was conducted in Anangur on 9.6.2017 and 22 women attended the program. Of the people sensitized, 8 were willing to come forward for next level of training (3 hour sensitization program).

School Health Education Programme:

Sl no	Date / Name of the school	Topics	Total number of Participant	Details of health educators
1	14/6/2017 - Government Girls Higher Secondary School, Sithalingamadam	Keep our Environment clean	74 Students and 1 teachers	Praneetha (Intern), Pranav (Intern) and Mrs. Devasndari
2	15/6/2017 - Government High School, Periyasevalai	Keep our Environment clean	57 students and 4 teacher	Praneetha (Intern), Nivedhan (Intern) and Mrs. Devasndari
3	21/6/2017 – Government High School, Edayar	Keep our Environment	42 Students and 2	Prithivraj (Intern), Preethi (Intern) and

		clean	teachers	Mrs. Devasndari
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Palliative care (Home care visit details)

Patient details	Palliative care team member details	Date of Visit
Mr Anbazhagan 55 year, Pudhupalayam	Dr Muruganandham (AP) , Mr Ramachandran (Physio), Praneetha (Intern), Nivedhan (Intern), Upendhra (Intern), Mrs Devasundari (MSW), Suganya (ANM) and Uma Shankar (Driver)	7, 14 & 23/6/2017
Mr Krishnamoorthy 72 years, Sithalingamadam	Prithiviraj (Intern), Preethi (Intern), Mrs Devasundari (MSW) and Uma Shankar (Driver)	21 & 28/6/2017
Mr Jayaraman 75 years, Sithalingamadam	Dr Thirunavukarasu, Prem raj (Intern), Nivedhan (Intern), Mrs Devasundari and Uma shankar (Driver)	21 & 28/6/2017
Mrs Krishnaveni 75 Years, Sithalingamadam (Patient Expired)	Nivedhan (Intern), Mrs Devasundari and Uma shankar (Driver)	21/6/2017

Mrs Poongavanam 72 Years Keerimedu (Patient Expired)	Dr Muruganandham, Mrs Devasundari and Uma shankar (Driver)	13/6/2016
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Community sensitization program (half an hour program) on palliative care for paramedical students

As a part of conducting half an hour community sensitization program in the field practice areas of UHTC, a session for paramedical students was done at Thara Paramedical institute, Villupuram on 11.7.2017. Forty two nursing students (Diploma in Nursing Assistant) participated in the program. The program was led by our medical social workers (Miss Bhuvaneshwari, Mr Jayaraman), ANM (Miss Valli) and medical interns. The content of the program was to sensitize them about the needs of patients with chronic incurable illness and their families and the role of individuals in the community in helping such patients. Out of them, 4 students volunteered to come for the second level of training program (3 hour training program) in palliative care.

Mobile camp in association with BWDA (NGO) - We conducted a mobile camp at Kozhipattu as per the request and communication from the secretary of BWDA

NGO for conducting an outreach camp for community members. The mobile camp was run by medical interns, social workers, ANM and faculty from UHTC. A total of 169 patients attended the camp from the nearby places.

3- hour training program for community volunteers in palliative care

As a part of mass community sensitization program in the field practice areas under UHTC, we conducted a 3- hour training program for community volunteers who were interested to attend after undergoing the half an hour sensitization program. The 3-hour training program was conducted at UHTC by Dr Suguna on 27.9.2017 between 10.00 AM to 1.00 PM for 46 trainee students from Thara paramedical institute, Villupuram. The schedule comprised interactive session on introduction to palliative care, communication skills and prevention of bed sore. The participants were actively involved. Refreshments and travel allowance were provided to them. Certificates of participation will be issued to them. Many students and community volunteers expressed their interest to come for the 12-hour training program. A follow up session was scheduled after one month to reinforce their learning and practice.

Breast cancer awareness program for self-help group women

An awareness program on Breast cancer prevention was held on 31.10.2017 at Pannayapuram village for 30 self help group women belonging between 10am to

12.00pm by a team of medical social workers (Mr Jayaraman, Mrs Jayanthi), medical interns and faculty Dr Suguna. This program was organized in association with BWDA (NGO) as a means of observing World Breast Cancer Awareness month. The other related topics like prevention of cervical cancer and Palliative care were also covered. The women expressed interest and support for further programs in the community.

Exposure visit for health workers to 'Thai' De-addiction centre, Villupuram

On 03.11.2017, as a part of exposure visit and training our field workers, five health workers comprising of medical social workers, ANM, medical interns, Health inspector from UHTC visited the "Thai" de-addiction centre, Valavanur, run by NGO, to get acquainted with the services provided in the centre, communicate with the patients, staff and administration to understand the functioning of the centre and the problems faced. They were briefed about the services provided, yoga, counseling and rehabilitation services. The organization agreed to extend support to help UHTC to initiate de-addiction services for people identified in need in our field practice areas and OPD.

Training for health workers on Palliative care at UHTC, Villupuram, by Dr. Sneha

On 17.11.17, Dr. Sneha, Palliative Care physician, formerly worked from MNJ Institute of Oncology, agreed to visit our center and train our health workers on palliative care. The training session was attended by five health workers including Medical social workers, Health inspector. The topics covered were on importance of interdisciplinary team care in palliative care, family conference, bereavement care, team coordination and conflict management. She gave lessons on how to identify a potential case for palliative care, how to communicate with the patient and family members, the do's and don'ts while communicating with them, problems faced by family members of patient, how to and what assistance to provide them. It was an interactive session which motivated our health workers to learn more about these topics and practice them.