TRDP HEALTH SERVICES
CORONAVIRUS-19 Emergency Situations

Working with Social Distancing

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1. CONTEXT

The speedy worsening emergency situation created in the country by COVID-19, has disordered the normal life and stuck the services and business as a whole. In this situation the majority of poor community faced lot of problems in which their health issues impaired the general health of public and worsened the condition of pregnant and lactating women too much. The ratio of malnutrition among children under 5 years was seen increased, to make them capable to attain different diseases caused by malnutrition.

TRDP taken the health matters of community in its working area on priority and planned some activities on emergency basis initially in those areas where there is lack of health facilities, more affected in drought, far falling villages for network and communication and lack of literacy ratio. A plan was designed and was shared with community organizations already working for development of poor community. The qualified experience health professional lead the team and mobilization team was involved for proper delivery of information at house hold level. As the situation was tense, so all personal protection measures were taken and SoPs were strictly followed. The activities were planned in the following manner. The achieved target of interventions is as under:

2. MOBILE MEDICAL CLINICS / CAMPS

TRDP team conducted some 29 Mobile Medical Clinic at different villages of were 4,067 patients were treated under emergency response. During the medical camps also provided free OPD, medicine and consultation services, the representatives of community organizations of these villages informed prior.

2.1. OPD WITH CONSULTATION

TRDP provided free OPD and consultations services to 4,067 patients in rural villages of programme districts, provided checkup support to 244 pregnant women, some 171 patients referred to other near health facility for further treatment. Community Organizations informed about medical clinics for those patients who have no any access of nearby health facilities. All patients properly examined, fully oriented of existing disease, and advised treatment by qualified doctor and issued medicines to all patients.
3. HEALTH EDUCATION

There is lack of health knowledge at community level, so it is extremely need to educate all. Health sessions were delivered in each camp. TRDP team gave health education through awareness sessions to some 7,888. All patients one by one was fully educated for better health within their life style. PLWs and parents of patients advised to follow the health care services and make it a part of their life.

4. DISTRIBUTION OF AWARENESS LEAFLETS

TRDP also distributed 11,500 awareness Leaflets among the community in programme districts. The community organization also provided the IEC material in local languages.

5. AWARENESS ON FAMILY PLANNING

As the lock down bent more predisposed to situation of residing at home and contacts of couples, so the ratio of unplanned pregnancies is expected to increase. Making it possible to decrease the ratio of unplanned pregnancies all the couples who had access to doctor were properly guided to use pills wherever available or to care for safe days during cycles. TRDP conducted awareness session and provided family planning services to 39,145 women and men in targets districts.

6. AWARENESS ON NUTRITION

As the situation affected all families so the ratio will have increased of malnutrition due insufficient food items, buying power and their availability. The main cadre was to be affected is PLWs and Children under 5. A proper message of good nutrition values and availability is normal food items was delivered evaluating each house hold condition and referral mechanism was also suggested. The main focus remained on to prepare enriched nutritious food in house especially for examined malnourished. TRDP conducted some 7,349 awareness sessions on nutrition, kitchen gardening foods that naturally are nutrient-rich include fruits and vegetables in 527 villages of programme districts.
7. AWARENESS ON IMMUNIZATION

During the lock down situation, most the routine health services, could not be managed as usual, because most of the health staff concerned with immunization could not perform at field level, so the due and required doses of vaccines were missed. The default children and pregnant women may have been at risk of some communicable diseases. Leading the health team concerned doctor repeated mobilized the beneficiaries of same age group, to ensure vaccination of their children as the situation of tense atmosphere subsides. The awareness on importance of immunization and long-lasting advantages of most dread diseases were contributed in well-versed form. TRDP conducted some awareness sessions on immunization in some 466 villages with 21,611 households in programme districts.

8. HAND WASHING AND SANITIZATION

The prevention messages especially on repeatedly washing hands many times a day is essential for self-protection, alongside maintaining hygienic conditions of home, atmosphere and personal is most important. The expert team of mobilization of TRDP delivered sessions at HH level in supervision of doctor for sustainability of good hygienic conditions, to save their selves, of poor hygienic conditions. TRDP conducted hand washing some 959 sessions and demonstration with community at village level with community in programme districts.

8.1. DISTRIBUTION OF SOAPS, SANITIZERS AND FACE MASKS

TRDP provided some 1221 sanitizers, 12,546 Anti-Septic soaps to 85 health facilities in programme districts and Ahsas Kifalat centers.

TRDP trained the members of community organization through vocational skill trainings of programme districts. The trained community members have prepared some 4,597 masks' in rural areas and provided to district authorities and community institutions for distribution in programme districts.
9. SYMPTOMS OF COVID-19

- Dry Cough
- Sneezing
- Body pain
- Weakness
- High Fever
- Difficulty in breathing
- Chest pain

9. PREVENTION OF COVID-19 SANITIZATION

The most terrible situation due to cause by COVID-19 over the entire world and it is continuing where the ending is not assumed, because of multi authentic reasons noted currently. The general population of all villages is sensitized with simple awareness message based on 6 points:

- Manage social distancing;
- Usage of mask necessarily;
- Wash hands with soap / hand wash and use sanitizer;
- Ensure proper nutritious food and water (drinks);
- Take rest and stay home;
- If symptoms of flu, headache, fever, cough, throat pain, difficulty in breathing. Consult with family doctor;