

MAJOR PROJECT REPORT.....CALMED



AIM...

To help reduce the maternal and infant mortality in the state of Sikkim ..a collaborative action in lowering MATERNITY ENCOUNTERED DEATHS.(CALMED)

MOTIVATION.....

Sikkim is in the forefront of all states in matters pertaining to health, education, tourism and women empowerment . But due to a difficult terrain, lack of skilled paramedics and poor awareness, maternal and infant mortality continues to be high. In such a scenario an integrated approach is required. Our

health staff requires constant updating and skills practice to continue giving optimum service to the community.

Instruments and appliances at health centres have to be available and in working condition, the social groups have to be sensitized so that they are aware what steps have to be taken in case of emergencies.

Remote areas of Sikkim have very few Doctors so if we give a good training to the paramedics, then they can handle most of the cases at primary health centre level and refer the difficult ones to a bigger centre. Also they have to be trained to diagnose the complications on time.

First step towards this was taken in April 2013 when a team of Gynaecologists from U.K. was invited by District 3240 and hosted by Rotary club of Gangtok to train a group of Master Trainers in Sikkim. This team was part of the Vocational training team from District 1120 (UK)

TARGET GROUPS...

Medical officers ,ANMs and GNMS working in PHCs,PHSCs, ASHAs and voluntary health agencies, women groups and panchayats.

METHODOLOGY.....

Inner Wheel Club of Gangtok and Rotary Club of Gangtok in association with National Rural Health Mission, Government of Sikkim, have embarked on a community service project called CALMED. Under the banner of Chetna, Medical, paramedical and nursing staffs of various institutions, PHCs, PHSCs and hospitals are being trained to manage both normal and emergencies in child birth with limited resources. The training is being provided by 13 master trainers, comprising of Gynecologists and senior nursing staff, who were trained in April 2013 by a team of Gynecologists from England, whom District 3240 (Hosted by Rotary Club of Gangtok) had invited to Sikkim for the this specific purpose to train the medical personnel. The primary aim of this project is to help provide better medical care to mothers and infants during deliveries and to reduce Maternal Mortality Rate (MMR) and Infant Mortality Rate (IMR) in Sikkim.

So far, post VTT visit four training sessions have been organized under the banner of CALMED (CHETNA). First one was on 6th Nov. 2013 at STNM Hospital Complex where 40 nursing students were trained. Second was organized on 26th Nov. 2013 at Vinayaka Mission Nursing College, where 20 trainees were trained in emergency obstetrics.. And the 3rd and the 4th training programs were organized at Singtam, East District Hospital, on 5th and 18th March 2014, where a total of 64 medical and nursing staff from various parts of East District of Sikkim were trained. Certificates were also provided to all the candidates on successful completion of the training.



Along with the main part of training the medical staff, parallel programs at the community level and in the schools of the locality are also being carried out to promote goodwill, friendship, awareness about Disease prevention and health related knowledge. Discussions with villagers about personal hygiene, nutrition, sanitation and addictions are carried out and workshops on nutrition, stress management, suicides, addictions, sanitation and cervical cancer awareness and prevention are being conducted for school students.



High quality simulators and mannequins are used for training purposes. Each trainee is provided with a 100 page manual, stationery and a working lunch,

It's a hands on training where 15 minutes of lecture on one topic is followed by hands on practicals.

The trainees are also given real life situations and then instructed in the emergency procedures



IMPACT

In 2012 maternity encountered deaths were 26 in absolute numbers in the whole of Sikkim. In the year 2103 the absolute number has come down to 11.

The Mission Director of NATIONAL RURAL HEALTH MISSION also lauded the efforts of Rotary Club of Gangtok and Inner Wheel Club of Gangtok in bringing down the Maternal mortality.

Trainings planned in this Inner Wheel Year.

In this ongoing program, the club intends to conduct programs at other districts also so that most, if not all the medical, paramedical and nursing staffs are trained well and best care can be provided to all the mothers during child birth. Also general and mental health of the community will also improve through the awareness programmes conducted along with the medical trainings.

The dates for trainings are being worked out with chief medical officers of remaining three districts.

EXPECTATIONS FROM THE PROJECT

The Rotary club of Gangtok and Inner wheel club of Gangtok expects to continue this programme indefinitely so that the benefit is passed on to every single mother and baby for a HAPPIER FUTURE.

We are sure that we will succeed as Rotary and NRHM support our endeavours. Together we will make Sikkim a maternal mortality free state.

Financial Details

Total expenditure per training is about Rs.20,000/-

Training equipments provided by ROTARY (two sets costing 2 lakhs)

Total number of trainings = 8

Total expenditure in year 2013-14.= Rs 1,60,000/-

Project Partner : ROTARY CLUB OF GANGTOK