

# **Description of two new program of Gono Unnayan Prochesta (GUP)**

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## **Health, Nutrition and Education Services through ENRICH Program**

(Enhancing Resources and Increasing Capacities of Poor households Towards Elimination of their poverty)

GUP began ENRICH program in August 2014 with the financial assistance of Palli Karma Shahayak Foundation (PKSF) covering 34,998 people of 27 villages of Khalia Union of Rajoir Upazila.

The major components of the programs are: Health, Nutrition and Education.

### **The objectives of the program are:**

- a) To overcome poverty and thus improving the standard of living of the community people through enabling them to have access to health and nutrition services.
- b) To prevent school dropout children and ensure quality education through imparting joyful learning's atmosphere in the afternoon education coaching sessions.

### **Activity components:**

#### **1. Health Component**

**1.a. Satellite Clinics:** Health services are provided to the community members from 2 satellite clinics of 2 strategic locations of the Union where two MBBS Doctors, assisted by the project Health Assistants attend once in a week.

**1.b. Static Clinics:** The Static Clinics are aiming to provide health services to the community people from two different static locations of the union where two project Health Assistants provide health services for common diseases with assistance by 15 health volunteers in four days of a week.

In these clinics, the doctors and the health workers examine the health and conduct various tests for various diseases including diabetic and other diseases now increasing in the community people.

**1.c. Health and Nutrition Education:** Fifteen (15) health volunteers pay regular home visits and render health services to the community members. During visits, the health volunteers also organize health awareness courtyard meeting and distribute posters, leaflets with various health messages and also nutrition supplement (Pustikona) and medicine for de-worming among the community people.

**1.d. Health Camp:** As per need of the community, GUP organizes various types of health camps, such as **Mothers Camp** for treating mothers and children and **Eye Camp** for treating eye patients and screening cataract patients and provides eye operations for fixing lenses. In implementing the health camps GUP receives supports from BNSB, Khulna and specialized doctors hired from Govt. hospitals of Upazila and district levels.

**2. Educational coaching sessions:** Children (Infant to class-2 level) are imparted education from 30 educational centres in order to prevent dropout from school and ensure quality education. A total of 30 volunteer teachers are engaged in these activities. In each centre 20 -30 students are imparted coaching sessions. The joyful learning atmosphere of these centres are already been found effective in reducing the drop-out rates.

## **Serving the needy to relieves and reduces disability through “GPRC- Gono Unnayan Physiotherapy and Rehabilitation Centre”**

### **Location of the Center:**

The Centre is located in GUP Health Complex at Khalia, Rajoir, Madaripur, and one hundred and fifty kilometer south west from the capital city Dhaka, Bangladesh.

**Background:** With the support of Quaker Service GUP has established the Mother and Child Health Centre in the year 1973 just after completion of one and half year’s relief and rehabilitation works. The Centre was continued up to 1996 with donor support. Due to establishment of Union Health Sub-Centre at Khalia by the Government of Bangladesh the support of donor for GUPs health Centre was not available to run the center. Since then the Centre with all resources including land, buildings are underutilized. The Centre was used only for two days satellite clinic for ante natal and new natal care and ponds are using for fish culture. After discussing about the Centre among the team members and with the community people the management of GUP has planned to start a physiotherapy Centre to render physiotherapy services to the people who in need of therapy. As there is no such service around the upazila, many patients used to go to CRP in Savar and physiotherapy centers in Dhaka and that is very expensive for the patient. So, GUP started the Centre in the name called “GPRC” (Gono Unnayan Physiotherapy and Rehabilitation Center) and rendering its service with minimum charges with no loss no profit basis.

**General Objective of the Project:** With the view to serve the rural poor the Centre is to make physiotherapy service available in the locality and also support poor paralyzed and other patients who need physiotherapy with less cost.

**Concept of Physiotherapy:** Physiotherapy is medical treatment which involves evaluating, diagnosis and treatment for the problems of joints, muscles and nerves by sound, electricity, light, heat, cold, massage and exercise.

Physiotherapy helps restore movement and function as near normal as possible when someone is affected by injury, illness, or by developmental and other disability.

Physiotherapists work in a wide variety of health setting such as:

1. Intensive care
2. Stroke recovery
3. Musculoskeletal condition (soft tissue, joints and bones)
4. Neuromuscular condition (brain and nervous system)
5. Cardiovascular system
6. Respiratory system (heart, lungs and associated physiology)

### **Specific Objectives of physiotherapy:**

1. Reduction of pain
2. Acceleration in healing of injured
3. Maintenance or restoration of normal range of motion in affected joints
4. Prevention of fibrosis or soft tissue contracture in injured, weak or paralyzed limbs.

5. Prevention of disuse atrophy during healing phases of neurological and musculoskeletal condition.
6. Improvement of strength and function in weak and paralyzed muscles
7. Improve performance and quality of movement.

### **Rationality for physiotherapy Center:**

There are many people in Madaripur, Gopalganj and Shariatpur districts and adjoining areas who are suffering from paralysis, different kinds of disability, low back pain, osteoarthritis, rheumatoid arthritis, poliomyelitis, spondylolysis, muscle atrophy, frozen shoulder and chest condition. There are also many disabled child in this area. For above conditions physiotherapy is the prime treatment. But there is no physiotherapy Centre in the mentioned areas so that the people can get physiotherapy treatment and they can go back to their normal life.

Although there is only one physiotherapy Centre in Diabetic hospital in Faridpur district and few private physiotherapy clinic within greater Faridpur. But the physiotherapy service is not qualitative and inadequate service. People of Madaripur, Gopalganj and Shariatpur districts have to go to Faridpur or Dhaka for physiotherapy treatment. It is very inconvenient and expensive for them. Therefore GUP has decided to start physiotherapy Centre at its previous health Centre at Khalia so that people can get proper physiotherapy treatment and go to their normal life.

### **Management of the Physiotherapy Center:**

An amount of seed money was provided to the Centre for initial start up of the activities. Required publicity regarding the Centre has been made and is continued. The doctors (orthopedics) of government and private hospitals and clinics were contacted to refer the patients (who need physiotherapy) to this Centre for physiotherapy treatment. With the view to make it self sustained, a service fee has also been introduced for physiotherapy which is much cheaper than the service fees charged by other private physiotherapy centers located in Faridpur, Barisal, Dhaka or other places. Necessary renovation of GUP's existing tin shed building has been made for accommodating doctor's room, therapy unit for serving six patients at a time and rooms for 20 indoor patients. In addition, necessary medicines and other therapy accessories stock is made available for the patients.

One qualified physiotherapist, two diplomas in physiotherapy and two assistants are deployed for the Centre to give proper services to the patients. One MBBS doctor is attending the Centre twice a week and one health assistant (Diploma in medical science) has been deployed at the Centre to take care medical aspect of patient of the center.

### **Achievement of the Centre up to May 2016:**

The Centre has started functioning from 18 February 2015. Since its inception a total of 3210 patients of which male 1458, female 1591 and children 161) visited the Centre and got therapy from the center. The patients that attended GPRC for therapy are mostly suffering from back pain, neck pain, knee pain, arthritis, diabetic neuropathy, spondylolisthesis, degenerative disk disease, stroke rehabilitation, hemiplegic, adhesive causalities, tennis elbow, carpal tunnel syndrome, planter fasciitis, foot drop, post operative stiffness, bell's palsy, cerebral palsy and autism etc.

### **Future Plan:**

It is plan to make the Centre well equipped with necessary equipments and other accessories for providing good services to the poor patients for those who need the physiotherapy services in the rural community on affordable cost. And it is our dream to make our Centre one of the best physiotherapy centers in South Bangla.