

NEWSLETTER

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TRAINING OF TRADITIONAL BIRTH ATTENDANTS

Imkaan's clinic in Machar Colony has been operational since May 2014. We have been interacting with the community in order to understand their issues and come up with workable solutions. It has been noticed that even now many women prefer giving birth at home through Traditional Birth Attendants (TBAs) or Midwives. Keeping the need in mind, Imkaans field team registered ten TBAs who were working in the vicinity of the clinic.

A 6 day training was conducted for the TBAs at the clinic in the month of September 2014. The training was conducted by Ms. Shahnaz Zaman, a trainer working with the Midwifery Association of Pakistan who have trained more than 3000 TBAs over the years. The training consisted of understanding the different methods that are used during and after birth. With the lack of education prevalent in the area, the methods used by the TBAs were backward and at times have risked the life of the mother and child. The training emphasized on cleanliness especially hand washing before birth, different ways of internal checkups and medical aid that needs to be provided after birth.

Dai nama, a pictorial manual was provided to each TBA which clearly explained each issue during birth. The trainer highlighted the need of taking the patient to the nearest hospital or clinic if there are cases with hemorrhaging after birth. With each family having more than eight children, a small talk regarding family planning was also held. A taboo

DIRECTORS MESSAGE

This month has seen the successful completion of the traditional birth attendants training. We were very skeptical about how they would retain their interest in full days of training. The process was very interesting and a learning experience for all involved. To see years of practices being undone and a realization of the mistakes that were made is the first step towards rectification of a problem and the nine women were able to learn new and safer methods. The visit by the students of A levels at Southshore school to Sehat Ghar was also something that gave us immense pleasure. For children to view and work in environments different from their own helps in opening their minds and making them better individuals. We are working on new projects and all support of any nature in the same would be welcome.

Tahera Hasan



topic that needs to be dealt with care, the trainer spoke clearly about health issues that a woman could face by not having a gap between children and how health related issues can't be taken care of if the family isn't earning enough and have more mouths to feed.

Safe delivery kits, a small pack consisting of gloves, soap, umbilical cord clamp, blade, cotton swabs, surgical gauze and plastic bag for disposing was also provided to the TBAs. A total of four kits were provided free of cost to each TBA and have also been made available at the clinic if needed.

For any organization working in the community the most inspiring thing is a change in approach which was noticed at the end of the training. The increase in knowledge of the TBAs led them to understand the responsibility that they have during the birthing process and how those old methods have created problems and have risked the life of the mother and child. Imkaan hopes that these women will work towards bringing about a positive change in the community.



SCHOOL HEALTHCARE PROJECT COMMENCES

Under the Sehat Ghar umbrella, Imkaan recently started a School Healthcare Project. An initiative that will help school children in 9 registered schools in the vicinity avail free healthcare services at the clinic. Research has shown that learning at school is directly related to the health status of a child. A healthy child is able to focus more on his learning environment absorb positive attitudes and also be an ambassador of change. With approximately 2500 children studying at the nine registered schools, the project will have a two pronged approach one that will focus on providing free of cost health care to children who are unable to attend school due to ill health and also create awareness through intervention

Imkaan believes that children can be ambassadors of change. They can easily guide elders to bring about change in their daily lifestyle and by following basic rules they can create a cleaner and safer environment. The School Healthcare Project can only be successful if the overall lifestyle can be changed and this can only happen through promoting health and hygiene through intervention. We are focusing towards creating different health campaigns that can be implemented in schools such as: hand washing, clean drinking water, deworming campaign, eye vision campaign, oral hygiene and prevention of diseases. .

Interested individuals who are willing to work with Imkaan regarding health awareness can email us at info@imkaan.org for more information.

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Southshore students visit Sehat Ghar

Students from Southshore School located in Defense Phase VIII recently paid a visit to our clinic in Machar Colony. Imkaan Welfare Organizations director, Tahera Hasan, is teaching a course regarding Community work at Southshore. The course highlights the need to intervention in communities where government organizations do not provide support. The students paid a visit to the clinic where they were briefed about the health issues prevailing in the community and Sehat Ghar role in providing low cost healthcare.

A visit to the nearest shrimp peeling factory provided insight regarding issues such as child labor and various health issues such as scabies. The student's belief that education plays a vital role in improving conditions in the area and therefore will work on creating a project directed towards health awareness through school children.

Meeting with Orangi Pilot Project

As mentioned in our earlier newsletters Imkaan has been meeting with other organizations who have expertise in different areas with an attempt to learn from their experience and have possible collaborations that might bring changes to the area we work in.

Imkaan met with the Orangi Pilot Project team and their teams visited Sehat Ghar. We are working on the possibility of collaboration on model sewerage line for which the teams met with community members and discussed sewerage and sanitation issues of the area and their technical support with schools in the area.

Other than sanitation issues, Imkaan's field team also discussed various ways of supporting the community including education, savings program and women empowerment.

UPCOMING PROJECTS IN MACHAR COLONY

Blood Diagnostic Lab

It is necessary to diagnose each and every patient correctly so they can receive the required medication and lead a healthy life but with the community unable to pay for even subsidized rates for blood testing Imkaan has decided to establish their own diagnostic lab. The project is in the planning phase with the clinic team collecting data regarding the type and number of diagnostic lab needed in one month.

Recreational Centre for Kids

Other than the schools in Machar Colony which are very basic the kids are either peeling shrimps with the family or gambling on the streets. Keeping the need in mind Imkaan is planning on establishing a recreational center for kids where they can learn new skills, involve in art projects, take part in sport activities and overall have a space which can bring about a positive change in behavior.

First Aid Training

Under the School Healthcare Project, Imkaan will be providing first aid boxes to the nine registered schools. A teacher from each school will be trained regarding the use of the first aid box and what measures are necessary during injuries, fractures, nose bleed, heat stroke and other minor health related issues that can be taken care of at school. The training will be conducted by the clinic team in November 2014.