

1. Swasth Mahila Swasth Goa Project

Swasth Mahila Swasth Goa is an initiative of the SBI Foundation, Indian Institute of Finance and Banking, Yuvraj Singh Foundation, and the Government of Goa to provide a technology intervention in the form of iBreast devices, training and capacity-building support to the Government of Goa to screen 1,00,000 women for breast cancer in the state of Goa over a period of 2 years.

The project was launched at Goa Medical College & Hospital, Bambolim on 26th Oct 2021 by the Hon Minister of Health for Goa state.

The project was started by providing training to all the health centers on Breast cancer awareness, counselling techniques, and device handling. Around, 293 staff are being trained on the device.

The screening is being conducted on regular basis at Health centers at OPDs & NCD camps.

The YouWeCan team also organizes external camps in association with various organizations, Educational Institutes, NGOs, Industries, etc.

The suspected beneficiaries are referred to District Hospitals, Sub District Hospitals & Goa Medical College & Hospital for further consultation and investigations. They are also being followed up on regular basis by the team for counseling and navigation.

The total number of screenings till July 2022 stands at **21,311**.

Total iBE suspects detected since project initiation till July 22 is **630**

Total **Breast Cancer** cases detected since project Initiation is **9**

The total Non-Malignant cases detected since project initiation is **154**

Success story of Swasth Mahila Swasth Goa Project

In the month of November 2021, one of the beneficiaries was detected with an immovable lump on her right breast through iBE examination during one of the YouWeCan Foundation team trainings.

Post counselling, she was referred to the surgery department at GMC for further investigations. A thorough clinical examination was conducted followed by mammography & biopsy which confirmed the lump as infiltrating duct carcinoma of the right breast.

The diagnosis came as a shock to the family. She was asymptomatic with no history of breast cancer in her family. The 41-year-old lady – a mother of two was terrified of the news she has received.

YouWeCan team counselled her along with her family members and supported her throughout the course of treatment. She underwent Modified Radical Mastectomy (MRM) on 27th December 2021 at GMC, which was followed by chemotherapy. She will undergo

radiotherapy in the month of August 2022. The YouWeCan team is constantly in touch with the beneficiary.

2. STEMI Project

- Launched in December 2018. The Project focuses on taking thrombolysis to the periphery using a Hub & Spoke Model.
- Presently there are 19 spokes (Peripheral Govt. Hospitals) and 1 Hub (Goa Medical College & Hospital) and 3 leading PCI capable private hospitals in state.
- Hubs are
 - **Goa Medical College & Hospital, Bambolim (Govt.)**
 - **Apollo Victor Hospital, Margao.**
 - **Healthway Hospital, Old Goa**
 - **Manipal Hospital, Dona Paula**

Success story of STEMI project at CHC Valpoi

A STEMI camp was held in June 2022 at CHC Valpoi which was attended by 30 patients who were successfully thrombolysed at this hospital over the past few years. This patient and their relatives thanked the staff and doctors of CHC Valpoi for saving precious lives.

Being one of the better performing health centre for STEMI project in the state of Goa, CHC Valpoi has managed to thrombolysed 27 patients under STEMI project and successfully referred to GMC since June 2021.

3. Ayushman Bharat- Health and Wellness Centers

Ayushman Bharat- Health and Wellness Centres (AB-HWC) were launched under the Ayushman Bharat programme in a bid to move away from selective health care to a more comprehensive range of services spanning preventive, promotive, curative, rehabilitative and palliative care for all ages.

At present 102 sub centres, 31RMDs and 5 UHTCs and 24 PHCS are converted to HWCS in Goa.

Health and Wellness Centre – Rural Medical Dispensary Morjim





RMD Morjim is situated at Deshprabhu Hall market Complex at Bhatirwada Morjim and village having a population of around 4043 people. HWC Morjim having a daily General OPD of **50 to 60** patients per day. We have around **350 hypertension and 158 diabetic** patients monthly. We are planning to start ayush OPD and dental OPD once a month. Antenatal patients are referred from the subcentre.

Staff of RMD Morjim consists of

1. Dr. Amita Redkar - RMO
2. Miss. Nivedita Paliyekar -Pharmacist.
3. Mr. Tukaram Gaonkar – Patient Attendant.



We as staff of HWC – Morjim are working towards a system that encourages the good clinical quality towards patient’s health and avail the free facilities provided by the government. HWC – Morjim aims at catering proactive, preventive screening and curative medical services for seasonal diseases, epidemic diseases, mother and child related health issues, elder care and early detection of Non Communicable Diseases, population enumeration and registration of families in underprivileged areas that facilitates the

following:



1. Daily screening of Patients for Hypertension, Diabetes, Cataract Screening (every third Wednesday of the month), Heart Diseases, Oral Cancer TB screening, Breast Cancer

screening as well as communicable diseases like fever, gastroenteritis , URTI and if necessary referred to CHC Pernem for further investigation.

2. IEC Activities on various topics to create awareness among people.
3. Patient Referral to Secondary or Tertiary Hospitals
4. Hardware support with regards to Computers with internet facility and Mobile Phone.
5. Conducting NCD Camp.
6. Special OPD for Cataract and Retinopathy screening.
7. Diabetes and Hypertension Counseling. (every second Wednesday of the month)





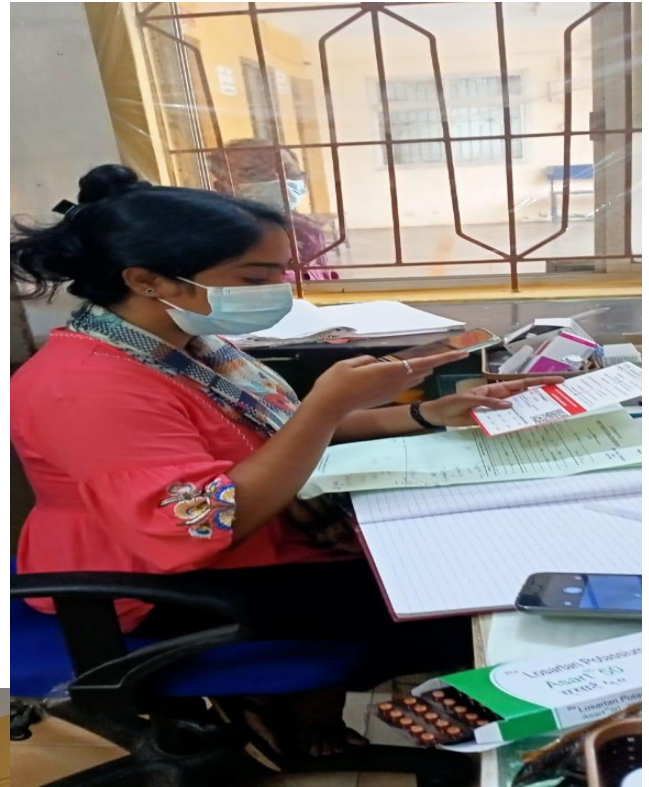
4. Indian Hypertension Control Initiative (IHCI)

IHCI has 37,210 patients under care as on 12/8/2022 with control rate of 33% for the patients registered till May 2022. Till now 17% of estimated Hypertensive patients (218,860) have been identified and registered. It was observed that follow up

rate of Hypertensive patients has increased upto 31%. Health facility wise HWC RMD Morjim has achieved control rate of 83% (192/232), PHC Corlim 81%(179/220) and PHC Marcaim 65% (223/345) which can be attributed to the dedication of staff, good compliance of patients, adhering to the protocol and follow up reminders through SIMPLE app. Under IHCI we have been also monitoring the Anti Hypertensive protocol drug supply to all the health facilities of Goa.

Success story of Indian Hypertension Control Initiative (IHCI) at HWC Morjim.

Hypertension is considered as one of the leading cause of morbidity and mortality worldwide, despite considerable success of treatment and prevention. It is also well known that the risk of stroke increases progressively with the severity of hypertension and that this is the case for both sexes, in all ethnicities and at all ages. And every effort is made to keep a control in heart and stroke diseases in patients through better BP control by more effective use of Amlodipine, Losartan, Metoprolol, Ramipril Drugs, focusing on both patient and physician education.



HWC-RMD Morjim serves the patient population as it faces disproportionately high rates of chronic conditions, such as high blood pressure (also called hypertension), heart disease, and diabetes, increasing the importance for clinicians to effectively treat patients. The IHCI programme started at RMD Morjim since 13th of November 2021 and we

have registered **398 patients** till date. This achievement resulted from patient-focused improvement activities, such as putting into action electronic health records, team-based care, and support for medication adherence.

What We Do...

RMD Morjim uses Simple App software tool for registering Hypertension Patients and issuing Bp passport and then monthly follow-up of the cases is done. Once the patient is registered his or her BP is updated once in a month on the App.

Took action to improve medication adherence...



If the patient fails to report the facility for follow up, the Pharmacist/ Attendant informs the patient telephonically requesting to visit for the same. If pharmacist is unable to contact the patient telephonically, pharmacist informs the Sub Centre staff to do Home Visit and check the BP or follow up the patient at RMD.

Similarly, when patients come-in for a pharmacy-only visit, the pharmacy staff reviews patients case paper to assess whether patients were due for a blood pressure check. If so, the pharmacists complete the BP check and, if necessary, refers patient to the Medical Officer.



5. Changing Diabetes Barometer (CDB) Program

The Changing Diabetes Barometer (CDB) programme was implemented between 2008-2012. In December 2018, CDB programme was restarted.

Milestones achieved under the programme:

- Goa was the first state to provide free insulin to all people with diabetes at Govt. Hospitals and health centers.
- Screening camps are conducted.
- Training for doctors & nurses and anganwadi workers.

Success Story 1: A 60 year old patient visiting CHC Sankhali was a known diabetic for 2 years. At the time of diagnosis, this patient was weighing 72 kgs and had an HbA1c of 9 %. The patient had timely follow-ups and availed treatment and counselling facilities in CHC Sankhali. With the efforts by the health care staff of CHC Sankhali under the CDB project, the patient has managed to reduce his weight to 68 kgs and a drastic reduction in HbA1c to 5% which has successfully helped in bringing the patients diabetes under control.

Success Story 2: Another successful outcome under this project is about a 36 year old female with diabetic ulcer on her foot taking Insulin treatment. Due to continuous efforts by the staff of CHC Sankhali and due to availability of free insulin under the CDB project, the patient was able to save her foot from a probable below knee amputation.



The above picture shows the foot of the diabetic patient with big toe amputation prior to availing treatment at CHC Sankhali.



The above picture shows the healed amputated stump of big toe after availing treatment at CHC Sankali.