

JUNE 2016

# Ready to face the future with hope

**V**idhya is our patient Rita's daughter. Rita lost her husband when her children were small. She is healthy and works as a field outreach worker in an organization in the private sector.

She comes from very poor background, and added to this, they went through a lot of stigma due to HIV. Nobody was willing to help them for a very long time. Finally their grandparents came forward to support them. Now Vidhya and her mother live with her grandparents.

Vidya is now in her 10th standard. She is very intelligent and stands first in her class. She wants to become an IAS officer and wants to help her mother and grandparents. She enjoys the training which we have conducted at Nireekshana on "Trauma resolution in life".

She said that this training was very important for her and other young people. "It helped me to forget and forgive people for what had happened in the past, now I can face tomorrow with hope," she said.

Vidhya and her mother have been coming to the clinic since four years. Nireekshana is a place where her mother is cared for, counseled and given medicines, while her grandparents are counseled on stigma reduction and how to care for HIV infected individuals. The children are encouraged to study, and be empowered on life skills.



**Patient Statistics for Clinics**

Place	Follow up	New Regn	Deaths	Total
HIV-Nireekshana Hyd	543	21	0	564
HIV-Vishakhapatnam	102	15	0	117
HIV-Dimapur	8	1	0	9
HIV-Hubli	49	8	0	57
HIV-Operation Blessing Clinic, Amberpet	157	0	0	157
HIV-Operation Blessing Rasoolpura	71	0	0	71
HIV-Children's Clinic	72	0	0	72
HIV-Dental Clinic	25	0	0	25
Leprosy Clinic	47	11	0	58
Spl Needs Children	8	0	0	8
Destitute Home	10	0	0	10
<b>Total</b>	<b>1092</b>	<b>58</b>	<b>0</b>	<b>1150</b>

**Pharmacy**

Medical Problem	Total
Fungal Infections	48
Neuropathy	18
TB / HIV	4
STI	6

**Community, Home based Care**

Teams	Home Visits	Hospital Visits	Phone Counseling
Nireekshana Hyd	0	16	46
YWAM	49	1	49
Visakhapatnam	35	0	82
Dimapur	5	3	15
Hubli	5	0	9
<b>Total</b>	<b>94</b>	<b>20</b>	<b>201</b>

**OTHER PROGRAMS**

**Trainings & Seminars:**

- A total number of 194 patients at the clinic were addressed on simple health topics such as Hand Washing & Hygiene, Scabies, Training to Pregnant women on Lactogen and Weaning foods, Tuberculosis, Urinary Tract Infections (UTI), Wound Care, Cold & Cough, Typhoid, Fever Reduction, Marriage & Faithfulness, Down's Syndrome program at IOG, Rubbish Disposal, Diarrhea & ORS, Vision Casting Training, Blood Pressure, Seminars had few feedback: "I learnt that we can prevent 70 % – 80 % of infections by washing hands",
- ART adherence counseling given to patients 110
- 40 children were addressed on important topics like good & bad touch, trafficking, they were also given painting classes
- Group Awareness Raising Meetings with Simple Health Care teaching were conducted reaching 78 people in the community.

**Women's empowerment program:**

- 141 women were addressed on health topics at the clinic
- Hyderabad : Canvas bags – 10, Black bags - 52, Mallika pouches - 50, Mallika mix – 50

**Laboratory and other services:**

- 62 injections, 6ulcer dressing and 30 IV fluids given.
- 895 laboratory tests have been done for 58 patients
  - ▶ 2 showed low hemoglobin, indicating anemia
  - ▶ 4 showed high glucose, indicating diabetes
- Specialized tests for leprosy was done for patients (slit skin smears and skin biopsy and ultrasonography tests for nerves)
- 29 injections, 5 ulcer dressing and 14 IV fluids given.

**Support**

Programs	Individuals received
Nutrition Hyderabad	45
Nutrition Vishakhapatnam	70
Milk Support (Lactose)	9
CSP School	137
CSP College	55
New CSP Support	7
<b>Total</b>	<b>323</b>

**Pregnant Women**

New Cases	5
Old Cases	5
Nutrition to Ante Natal cases	10
<b>Total</b>	<b>20</b>

*We are grateful to all our partners who help us carry out this work.*





Esther Rani teaching about Scabies



Demonstration of work





Early stage leprosy cases detected



A child all smiles at Nireekshana



Workshop on Ultrasonography