

**AMDA Nepal**  
**Breast and Cervical Cancer Screening Program**  
**Monthly Progress Report**

**Reporting Month:** October 2021  
**Reporting Date:** 9<sup>th</sup> December 2021

**A. List of Activities accomplished in the month**

SN	Activities	Status
<b>1.</b>	<b>Screening Camp</b>	
a.	Screening Camp at Nayapati Health Post	2 <sup>nd</sup> October 2021
b.	Screening Camp at AMDA Office	30 <sup>th</sup> October 2021
<b>2.</b>	<b>Conducted Breast Cancer Awareness Event</b>	28 <sup>th</sup> October 2021
<b>3.</b>	<b>Distributed Logistic items (Equipment and Supplies) to Health Facilities</b>	1 <sup>st</sup> October 2021
<b>4.</b>	<b>Procurement Activities</b>	During entire month

**B. Narrative Summary of Activities and Key Findings**

**1. Details on Screening Camp**

The activities undertaken in the camp have been listed in the points below in a sequential manner.

- Registration of clients was undertaken.
- Written informed consent was taken from the clients in the consent form.
- Breast and Cervical Cancer Screening Forms were filled which included personal details, medical history, family history and detail on procedure conducted and findings.
- Blood pressure and height of the clients were measured and recorded.
- Cervical cancer screening was performed through visual inspection of the cervix with acetic acid (VIA).
- After the cervical cancer screening, clinical examination of breast was performed for breast cancer screening.
- The findings from both the cervical and breast cancer screening was disseminated by the medical team with necessary health information and counseling.
- Those women who were screened positive (VIA positive and suspected lump in the breast) in the screening tests were referred to the Teaching Hospital for confirmatory diagnosis and prompt treatment.

### **1.1 Composition of the team members :**

<b>SN</b>	<b>Name of Team</b>	<b>Designation</b>	<b>Organization</b>	<b>Camp at Nayapati Health Post</b>	<b>Camp at AMDA Office</b>	<b>Remarks</b>
1	Dr. YP Singh	Consultant	TUTH	✓	×	
2	Dr. Neebha Ojha	Consultant	TUTH	✓	✓	
3	Dr. Karishma Pradhananga	MS Resident	TUTH	✓	✓	
4	Dr. Saumaya Bajpai	MS Resident	TUTH	✓	×	
5.	Dr. Aiska Shrestha	MS Resident	TUTH	✓	✓	
6.	Dr. Dipika Rijal	MS Resident	TUTH	×	✓	
7.	Parbati Bhatt	Registration	AMDA	✓	✓	
8.	Subash Dulal	CF	AMDA	✓	✓	
9.	Bishnu Adhikari	CS	AMDA	✓	×	
10	Niru Thami	Clinic Aid	-	✓	✓	
11	Laxman Lama	Driver	AMDA	×	✓	
12	Tika Aryal	CS	AMDA	×	✓	
13	Januka Devi Khanal	FCHV	Jorpati	×	✓	
14	Tara Dangal	FCHV	Jorpati	×	✓	
15	Hira Devi Pandit	ANM	Nayapati HP	✓	×	Trained Staff by AMDA
16	Usha Pandit	FCHV	Nayapati HP	✓	×	
	<b>Total Memebers</b>			<b>11</b>	<b>11</b>	

a) **Screening Camp at Nayapati Health Post**

This was a one day event conducted on 2<sup>nd</sup> October (16<sup>th</sup> Ashwin 2078) at Nayapati Health Post, Ward no.2. The camp was executed from 9.00 am to 3:00 pm. A total of 11 team members comprising of doctors, nursing staffs, clinic aid, and project staffs (see section 1.1, complete list of team members) were mobilized for the camp administration and service delivery. The event was targeted to women between 30 to 60 years of age. A total of 28 women attended the camp and among them 27 clients benefitted from cervical cancer screening services and 28 clients benefitted from breast cancer screening service.

I. **Service Details Age Group wise :**

SN	Age Group of Clients	Total Registered Clients	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients	Remarks
1	30-34 years	6	6	6	
2	35-39 years	9	9	9	
3	40- 44 years	6	6	5	
4	45-49 years	3	3	3	
5	50- 54years	1	1	1	
6	55-59 years	2	2	2	
7	60-64 years	1	1	1	
	<b>Total Clients</b>	<b>28</b>	<b>28</b>	<b>27</b>	

II. **Outcomes from the Screening Client**

**Screening Results (Cervical Cancer)**

Result	No.	Remark
VIA Positive	0	
VIA Negative	27	
Not being screened	1	1 Clients was rejected due to menstruation.
<b>Total</b>	<b>28</b>	

### **Screening Results (Breast Cancer)**

<b>Result</b>	<b>No.</b>	<b>Remark</b>
Suspected (Benign Lump)	1	Advised Mammogram and Breast USG
Nothing Abnormal Detected	27	
<b>Total</b>	<b>28</b>	

#### **b) Screening Camp at AMDA Office**

This was a one day event conducted on 30<sup>th</sup> October 2021 (13<sup>th</sup> Kartik 2078) at AMDA Office ,Ward- 6. The camp was executed from 9.00 am to 3:00 pm. A total of 11 team members comprising of doctors, nursing staffs, clinic aid, and project staffs (see section 1.1, complete list of team members) were mobilized for the camp administration and service delivery. The event was targeted to women between 30 to 60 years of age. A total of 42 women attended the camp and 38 clients benefitted from cervical cancer screening services and 42 clients benefitted from breast cancer screening services.

#### **I. Service Details Age Group wise :**

<b>SN</b>	<b>Age Group of Clients</b>	<b>Total Registered Clients</b>	<b>Breast Cancer Serviced Clients</b>	<b>Cervical Cancer Serviced Clients</b>
1	30-34 years	9	9	9
2	35-39 years	13	13	12
3	40- 44 years	8	8	8
4	45-49 years	3	3	2
5	50- 54 years	5	5	5
6	55-59 years	1	1	1
7	60-64 years	3	3	1
	<b>Total Clients</b>	<b>42</b>	<b>42</b>	<b>38</b>

#### **II. Outcomes from the Screening Client**

##### **Screening Results (Cervical Cancer)**

<b>Result</b>	<b>No.</b>	<b>Remark</b>
VIA Positive	0	
VIA Negative	38	Advised for Polypectomy at TUTH

Endocervical Polyp	1	Referred to TUTH for excision
Not Being Screened	4	2 Client refused to screen due to discomfort and hesitation to expose private part. 2 Client refused to screen due to menstruation
Total	42	

### **Screening Results (Breast Cancer)**

<b>Result</b>	<b>No.</b>	<b>Remark</b>
Suspected (Benign Lump)	0	
Nothing Abnormal Detected	42	
<b>Total</b>	<b>42</b>	

## **2. Conducted Breast Cancer Awareness Event**

We celebrated the Breast Cancer Awareness Month on 28<sup>th</sup> October 2021 with the theme on RISE: Rally In Supporting, Serving and Screening Everyone, is an inspiring call to action. Based on the theme, we commence the program with the rally participating by 23 FCHV in Jorpati area. During rally we mainly focused to raise awareness of the disease to community people through hope filled message on banner and playcards. Also, proudly wore a pink ribbon by FCHVs and all the participated staffs to support and reflect the strong togetherness.

After that, Achyut Sapkota, Senior Admin Finance officer, continued the program at Peace Banquet in the presence of Health desk team of Municipality, FCHVs, Doctor and AMDA team. Welcome speech was presented by Sudesh Regmi, Chief Administrator of AMDA, also highlighted the screening service providing by AMDA Nepal at Gokarneswore Municipality with the support of AMDA MINDS. Likewise, Dr. Yogendra Prasad Singh, Senior Consultant, TUTH presented detail about Breast Cancer and its imperative aspect on early diagnosis through screening and prompt treatment that mitigate the severity of disease and lessen the death of women. Furthermore, Dipendra Bhatta, Yoga teacher from Pantanjali Yogpith demonstrated yoga that aids to improve strength, balance, and relaxes the mind and body which helps to increase the immune system of the body. Also, he emphasized on positive attitude that allows to envision and expect good things which also anticipate on happiness and healthy living.

Similarly, Hari Prasad Upadhyaya, Public Health Officer, Gokarneswore Municipality, acknowledged to AMDA and AMDA minds for launching this program at Gokarneswore Municipality and also emphasized on health seeking behaviors of community women, significance of screening services and to utilize the available screening services which is utmost important to women to live healthy life. Meanwhile, we rewarded 2 women with token of love (gift) in order to support the women- the one who is suffering and the one who defeated the cancer. Among them, the women who was cured, she shared her story about breast cancer how she defeated the cancer with timely screening service, will power, yoga and family support. After providing refreshment to all the participants, Achyut

Sapkota ended the program with Breast Cancer awareness theme RISE, its significance and availability of services at AMDA Office and health facilities of Gokarneswore.

### 3. Distributed Logistic items (Equipment and Supplies) to Health Facilities

Distribution of Logistic items i.e Equipment and Supplies to health facilities, one of the planned activities which was accomplished during this month. We had provided following enlisted items to 3 health facilities namely Jorpati Health Post, Nayapati Health Post and Gokarneswore Primary Hospital in the presence of Ward President and Health Post Incharge on 1<sup>st</sup> October 2021. Due to absence of health post incharge and ward president at Baluwa Health Post we postponed the program and planned to distribute along with Sundarijal Health post.

SN	Name of Equipments	Unit	Quantity	Remarks
1	Bed with mattress	Pcs	1	
2	Footstep	Pcs	1	
3.	Perilight	Pcs	1	
4	Bed side screen	Pcs	1	
5	Tray Stand	Pcs	1	
6	Sponge Holder	Pcs	5	
7	Galli Pot	Pcs	2	
8	Coscos Speculum	Pcs	5	
9	Chittle forcep with container	Pcs	1	
10	Surgical Drum	Pcs	1	
11	5% Acetic Acid	Bott	1	
12	Normal Saline	Pcs	1	
13	Glass Container for acetic acid	Pcs	1	
14	Distil water	Bott	2	

Health Post team was obliged to receive the equipment and supplies and along with the training to staff. Also, committed to commence the screening service soon with the coordination with Municipality and AMDA.

#### 4. Procurement of Medical Equipment

The installation of Mammogram is at the end of completion as it will be installed by the 2<sup>nd</sup> week of November and we can commence the diagnostic screening camp accordingly.

#### 5. Lesson Learned

- October month was full of major religious festivals and along with harvesting the crops which directly impacted in number of clients during camp days. So, such things need to be addressed during demand generation activities and need to ensure with FCHV while planning and organizing screening camp.

#### 6. Plan for the Next Month (November 2021)

SN	Planned Activities	Planned Date
1.	Screening Camp	
a.	Screening Camp at Sundarijal HP, Mulkharka	20 <sup>th</sup> November 2021
b.	Screening Camp at Sundarijal HP, Okhareni Ma. Bi	27 <sup>th</sup> November 2021
2.	Diagnostic Screening Camp	3 <sup>rd</sup> and 24 <sup>th</sup> November 2021
3	Complete the installation of Mammogram.	By the 2 <sup>nd</sup> week of this month