

AMDA Nepal
Breast and Cervical Cancer Screening Program
Monthly Progress Report

Reporting Month: December 2021

Reporting Date: January 2022

A. List of Activities accomplished in the month

SN	Activities	Status
1.	Screening Camp	
a.	Screening Camp at AMDA Clinic	4 th December 2021
b.	Screening Camp at Sundarijal HP (Old Nayapati Health Post)	11 th December 2021
c.	Shree Iswori Secondary School, Okhareni	18 th December 2021
d.	Gokarna Primary Hospital	25 th December 2021
2.	Diagnostic Screening Camp	1 st and 22 nd December 2021
3.	Educational Activities	3 rd , 14 th , 20 th and 23 rd December 2021
4.	Training to Health Facility Staff	28 th to 31 st December 2021
5.	2nd Year Planning Meeting with Donor	17 th and 27 th December 2021
6.	Procurement Activities	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) in the screening tests were referred to the Teaching Hospital for confirmatory diagnosis and prompt treatment.

1.1 Composition of the team members :

SN	Name of Team	Designation	Organization	Camp at AMDA Clinic	Camp at SHP	Camp at IMV,O kareni	Camp at GPH	Remarks
1	Dr. YP Singh	Consultant	TUTH	✓	✓	✓	✓	
2	Dr. Aiska Shrestha	MS Resident	TUTH	×	✓	×	✓	
3	Dr Dipika Rijal	MS Resident	TUTH	✓	×	✓	×	
4	Dr. Karishma Pradhananga	MO	Sumeru Hospital	✓	✓	✓	✓	
5.	Dr. Heena Thakur	MO	Sumeru Hospital	✓	✓	✓	×	
6.	Neema Lama	ANM	Sundarijal HP	×	✓	×	×	Trained Staff by AMDA
7.	Sudipa Mishra	HNI	GPH	×	×	×	✓	Trained Staff by AMDA
8.	Chandrakala Rai	ANM	BHP	×	×	×	✓	Trained Staff by AMDA
9.	Parbati Bhatt	Registration	AMDA	✓	×	✓	✓	
10	Srijana Shrestha	PO	AMDA	✓	✓	✓	✓	
11	Subash Dulal	CF	AMDA	✓	✓	✓	✓	
12	Bishnu Adhikari	CS	AMDA	✓	✓	×	✓	
13	Niru Thami	Clinic Aid	-	×	✓	✓	✓	
14	Anisha Thapa Magar	Clinic Aid	-	✓	×	×	×	

15	Laxman Lama	Driver	AMDA	✓	✓	×	×	
16	Jagadish Sanjel	Driver	AMDA	✓	×	✓	×	
17	Anoj Tamang	Driver	-	×	×	✓	×	
18	Sharmila Gurung	FCHV	Sundarijal HP	✓	×	×	×	
19	Godawari Simkhada	FCHV	Sundarijal HP	✓	×	×	×	
20	Mira Basnet	FCHV	Sundarijal HP	×	✓	×	×	
21	Dil Maya Shrestha	FCHV	Sundarijal HP	×	✓	×	×	
22	Rabina Khadka	FCHV	Sundarijal HP	×	✓	×	×	
23	Shanti Khadka	FCHV	Sundarijal HP	×	✓	×	×	
24	Shandya Tamang	FCHV	Sundarijal HP	×	×	✓	×	
25	Shobha Khatri	FCHV	Sundarijal HP	×	×	✓	×	
26	Krishna Kumari Tamang	FCHV	Sundarijal HP	×	×	✓	×	
27	Marsani tamang	FCHV	Sundarijal HP	×	×	✓	×	
28	Daya Shrestha	FCHV	GPH	×	×	×	✓	
29	Ram Devi Shrestha	FCHV	GPH	×	×	×	✓	
30	Jayanti Thapa	FCHV	GPH	×	×	×	✓	
	Total Members			13	14	14	13	

a) **Screening Camp at AMDA Clinic**

This was a one day event conducted on 4th December 2021 (18th Mangsir, 2078) at AMDA Clinic, Ward no 6. The camp was executed from 9.00 am to 3:00 pm. A total of 13 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 61 women attended the camp

and among them 60 clients benefitted from cervical cancer screening services and 61 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	13	13	12	
2	35-39 years	15	15	15	
3	40- 44 years	16	16	16	
4	45-49 years	7	7	7	
5	50- 54years	4	4	4	
6	55-59 years	4	4	4	
7	60-64 years	2	2	2	
	Total Clients	61	61	60	

II. Outcomes from the Screening Client

Screening Results (Cervical Cancer)

Result	No.	Remark
VIA Negative	60	
Not Being Screened	1	Rejected due to menstruation.
Total	61	

Screening Results (Breast Cancer)

Result	No.	Remark
Nothing Abnormal Detected	61	
Total	61	

b) Screening Camp at Sundarijal Health Post

This was a one day event conducted on 11th December 2021 (25th Mangsir 2078) Sundarijal Health Post, Ward- 1. The camp was executed from 9.00 am to 3:00 pm. A total of 14 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 37 women attended the camp and 35 clients benefitted from cervical cancer screening services and 36 clients benefitted from breast cancer screening services.

I. Service Details Age Group wise :

SN	Age Group of Clients	Total Registered Clients	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients
1	30-34 years	15	15	13
2	35-39 years	11	11	11
3	40- 44 years	6	5	6
4	45-49 years	1	3	1
5	50- 54 years	3	1	3
6	55-59 years	1	1	1
7	60-64 years	0	0	0
	Total Clients	37	36	35

II. Outcomes from the Screening Client

Screening Results (Cervical Cancer)

Result	No.	Remark
VIA Negative	35	
Not Being Screened	2	1 Client rejected due to Menstruation. 1 Client refused due to undergoing treatment of Polyp.
Total	37	

Screening Results (Breast Cancer)

Result	No.	Remark
Nothing Abnormal Detected	36	
Not Being Screened	1	1 client revisited to screen cervical cancer as previously she was rejected due to menstruation.
Total	37	

c) **Screening Camp at Shree Iswori Secondary School, Okhareni Sundarijal**

This was a one day event conducted on 18th December 2021 (3rd Poush 2078) Shree Iswori Secondary School, Ward- 1. The camp was executed from 9.00 am to 3:00 pm. A total of 14 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 29 women attended the camp and 28 clients benefitted from cervical cancer screening services and 29 clients benefitted from breast cancer screening services.

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

SN	Age Group of Clients	Total Registered Clients	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients
1	30-34 years	7	7	6
2	35-39 years	5	5	5
3	40- 44 years	9	9	9
4	45-49 years	6	6	6
5	50- 54 years	1	1	1
6	55-59 years	0	0	0
7	60-64 years	1	1	1
	Total Clients	29	29	28

IV. **Outcomes from the Screening Client**

Screening Results (Cervical Cancer)

Result	No.	Remark
VIA Negative	28	
Not Being Screened	1	1 Client rejected due to Menstruation.
Total	29	

Screening Results (Breast Cancer)

Result	No.	Remark
Nothing Abnormal Detected	29	
Total	29	

d) Screening Camp at Gokarna Primary Hospital

This was a one day event conducted on 25th August 2021 (10th Poush 2078) at Gokarna Primary Hospital, Ward- 4. The camp was executed from 9.00 am to 3:00 pm. A total of 13 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 46 women attended the camp and 44 clients benefitted from cervical cancer screening services and 46 clients benefited from breast cancer screening services.

V. Service Details Age Group wise :

SN	Age Group of Clients	Total Registered Clients	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients
1	30-34 years	11	11	10
2	35-39 years	12	12	11
3	40- 44 years	5	5	5
4	45-49 years	7	7	7
5	50- 54 years	4	4	4
6	55-59 years	3	3	3
7	60-64 years	4	4	4
	Total Clients	46	46	44

VI. Outcomes from the Screening Client

Screening Results (Cervical Cancer)

Result	No.	Remark
VIA Positive	1	Referred to TUTH for HPV DNA Test.
Suspicious Malignancy	1	Referred to TUTH for Biopsy and further investigation.
Nothing Abnormal Detected	42	
Total	44	

Screening Results (Breast Cancer)

Result	No.	Remark
Suspected (Benign Lump)	4	Advised Mammogram and Breast USG at AMDA Clinic
Nothing Abnormal Detected	42	
Total	46	

2. Diagnostic Screening Camp at AMDA Clinic

The diagnostic screening camp - Breast USG was conducted at AMDA clinic on 1st and 22nd December 2021. We registered the clients and record the details of screening service details of each clients. The following are the details regarding screening camp:

SN	Date of Screening Camp	No of clients	Findings	Remarks
1	1 st December 2021	16	2 clients – Fibroadenoma in right breast 1 Client – Well defined hypoechoic lesion in right breast, likely fibroadenoma. Follow up in 1 year.	
2	22 nd December 2021	46	1 Client – ill defined hypoechoic lesion in right breast, likely fibroadenoma. Follow up after 6 month. 1 Client- Right axillary lymphadenopathy. Follow up after 6 month. 1 Client- Multi obilliated hypoechoic lesion. Follow up in AMDA clinic referred to Dr. YP Singh. 1 Client- Well defined hypoechoic lesion in right breast, likely fibroadenoma. 1 Client- Simple cyst at right breast. Follow up after 1 year.	
	Total	62		

All of them were glad to receive the service and with the normal reports they were fully assured as well. Also, to the client with problems, well communicated about the condition, follow up regimen and their condition.

3. Educational Activities

We planned the Educational Activities before the camp conduction at respective health facilities with the objective to bring awareness on the importance on the screening service, remove the myths and improve on health seeking behavior of the women and also, to disseminate the information about camp conduction date at the respective health post site. This has aided in demand generation activities and client flow management during screening camp day.

The following are the details on Educational Activities we had conducted during this month December 2021:

SN	Name of the Women Group	Venue	Date	Total Participants	Remarks
1	Literacy Women Group (Sarasawati Mahila Sikshya School)	Jorpati -6	3 rd December 2021	24	
2	Women Group of Okhreni	Shree Iswaori Secondary School	14 th December 2021	23	
3	Saving Group of Women (Bitiya Bachata Mahila)	Talinchock -4	20 th December 2021	12	
4	Women's Group at Galaicha Karkhana	Talinchock -4	23 rd December 2021	14	
TOTAL				73	

Through this Educational Activities, we are able to reach to the community people and brought awareness among women on Breast and Cervical Cancer Screening Services. Also emphasized on importance of screening on healthy person and need to bring positive change on their health seeking behaviors of women instead of being shy and hesitated. Ultimately, it promotes the women health and that lead to happy life of women and family too.

4. Training to Health Facility Staffs

We had trained total 7 staffs of different health facility of Gokarneshwore Municipality and 1 Program Officer from AMDA, which was conducted from 28th to 31st December 2021 at Mariestopes Training Center, Satdobato. For intial 3 days, staffs were trained on VIA for Cervical Cancer Screening and 1 day for Breast Cancer Screening. All staffs were satisfied with the training and eager to implement the knowledge and provide the service through their health facility to women.

The following are the name of the participated staffs in the training:

SN	Name of Staff	Designation	Name of Health Facility
1.	Krishna Maya BK	ANM	Jorpati HP
2.	Chandrawati Bohora	ANM	Sundarijal HP
3.	Binda Ghimire	ANM	Gokarna Primary Hospital

4.	Aelisa Baniya	ANM	Nayapati HP
5.	Usha Gyawali	ANM	Gokarna Primary Hospital
6.	Brinda Dahal	ANM	Tarebhir Urban Clinic
7.	Hima Devi Katawal	ANM	Jorpati HP
8	Srijana Shrestha	PO	AMDA Nepal

5. 2nd Year Planning Meeting with the Donor

On 17th Dec 2021, we had 2nd Year Program Planning meeting with the Donor. Firstly, Program Officer presented the details on program and further plan of the program. After that, we had discussed on Log Frame and Program activities. Likewise, addressed on need of community awareness activities, FCHV mobilization and health facility strengthening activities. Based on additional activities for 2nd year, on 27th December, presented the revised estimated budget plan to donor.

6. Procurement of Medical Equipment

Equipment and supplies that are required for screening camp and to distribute to Health Facility and Windcheater for FCHV had been in process of purchasing but had not received within this December 2021.

7. Lesson Learned

To bring change in health seeking behavior in women was quite challenging. Awareness should be disseminated by the leader they rely most and must be done with the frequent door-to-door visit. Also, the friend, neighbor, family and husband perception regarding the same does impact on the women decision for their health seeking behavior.

8. Success Story



Rupa Dangi, 48 years old, women is one of our satisfied client who visited to receive the screening service of both breast and cervical cancer at AMDA Clinic on 4th December 2021.

By profession she is beautician, had a beauty salon and also a women leader in her community who is actively engaged in several womens group. During programs or any community related work, she directly comes in contact with women where they communicate not only work related activities but also share their personal problems. As always, she helps to those women to solve their problem and also counsel if there are any health related issues to them.

Actually, she came to AMDA clinic to receive the Dental Service. While visiting, she saw the banner regarding Breast and Cervical Cancer Screening services which

was displayed outside the office and the same in the notice board. This made her queries as she was planning to go for the gynae and breast check-up in Teaching Hospital. She had some baggy mass under both arms, had a family history of breast cancer and would like screen if there are any gynae problems that may be because of her age factor. So, while waiting for dental services, we provided the details information on screening camp we are conducting in AMDA clinic. Also, provided the information on importance of screening for the breast and cervical cancer by using both brochures. She was very glad to know the services she was planning to receive was nearby her home. So, she was eager to receive the service and also, requested for the few brochures so that she can disseminate the details to her contact women through her beauty salon and also through the programs she attend.

On 4th December, she visited along with **10 more** women of her community to receive the service. Everyone received the service in their turn. Regarding baggy mass under her both arm, that was diagnosed as a fatty tissue which can be removed through surgery and VIA test was negative and had no any gynae problems i.e infection etc. She was so contented to receive both services and be certain on health status of both breast and cervix as these both part are highly prone to cancer and disease with the age of women and showed gratitude on providing services to nearby their locality to all the women. Also, requested to inform her the date of screening service at AMDA clinic so that she can refer the women she is in contact with.

Note: We have recorded the video of her. Attached along with the images of the camp of 4th December AMDA Clinic

9. Plan for the Next Month (January 2022)

SN	Planned Activities	Planned Date
1.	Screening Camp	
a.	Screening Camp at AMDA Nepal	22 nd January 2022
b.	Screening Camp at Jorpati HP	29 th January 2022
2.	Educational Activities	18 th and 25 th January 2022
3.	Diagnostic Screening Camp(USG and Mammogram)	Twice a month
4.	Annual Review Meeting	31 st January 2022
5.	Procurement Activities	Entire Month
6.	Coordination meeting with Health Desk Team and Health Post Incharge of Gokarneswore Municipality	23 rd January 2022