

AMDA Nepal

Breast and Cervical Cancer Screening Program

Monthly Progress Report

Reporting Month: March 2021
Reporting Date: 8th March 2021

A. List of Activities accomplished in the month

SN	Activities	Status	Remarks
1	FCHV Training at Gokarna Primary Hospital	Conducted on 23 rd March 2021	
2	Screening camp at AMDA Nepal Office	Conducted on 13 th March 2021	
3	Screening camp at Jorpati Health Post	Conducted on 20 th March 2021	
4	Screening camp at Gokarna Primary Hospital	Conducted on 27 th March 2021	
5	Coordination with Focal Person of Health Department of Gokarneshwor Nagarpalika	Conducted on 3 rd , 9 th , 15 th and 22 nd Mar 2021	
6	Procurement of Medical Equipment	Technical evaluation was completed and among all the vendor best one will be selected and order will be placed.	

B. Narrative Summary of Activities and Key Findings

1. FCHV Training

In coordination with Health Department of Gokarneshwor Nagarpalika, FCHV Training Program was conducted on 23rd March 2021. The program was conducted in the presence of Dev Shobha Shrestha, and Purna Bahadur Basnet, team of Health Department of Municipality, and all the Health Facility Staffs at Gokarna Primary Hospital, Gokarna. The program was commenced by Dr. Ashok Sharma Upadhyay, MO, with a detailed brief on the importance of breast and cervical screening camp that we are planning to conduct in Amda Office and one in Health Post every month.

Before the commencement of training, Program Officer had provided the brief on program, its objective, the Doctors team including other team and schedule of camp. Also, addressed the importance of the program to the community women and its benefits to them.

The training was intended for Female Community Health Volunteers (FCHV). The total number of FCHV participants were 17 and provide participant with:

- ✚ pre-test was done before the commencement of session in order to know the knowledge of the FCHV on breast and cervical cancer.
- ✚ an introduction about cancer and about most common cancer in Nepal
- ✚ briefed about breast and cervical cancer, and the incidence and highly impacted age group
- ✚ causes, risk factors, sign and symptoms, diagnosis method, preventive measures, treatment

- ✚ importance of screening, key notes that need to be done before screening and its benefits as well.
- ✚ post-test was done to evaluate the training session whether the FCHV understood the content or not.

<u>SN</u>	<u>Name of FCHV</u>	<u>Pre Test Number</u>	<u>Post Test Number</u>	<u>Remarks</u>
<u>1</u>	<u>Ram Kumari Shrestha</u>	<u>45%</u>	<u>70%</u>	
<u>2</u>	<u>Gita Acharya</u>	<u>50%</u>	<u>70%</u>	
<u>3</u>	<u>Sindhu Bhandari</u>	<u>45%</u>	<u>75%</u>	
<u>4</u>	<u>Gyan Kumari Shrestha</u>	<u>50%</u>	<u>85%</u>	
<u>5</u>	<u>Ram Devi Shrestha</u>	<u>45%</u>	<u>85%</u>	
<u>6</u>	<u>Uma Sigdel</u>	<u>35%</u>	<u>70%</u>	
<u>7</u>	<u>Samita Desai Shrestha</u>	<u>45%</u>	<u>80%</u>	
<u>8</u>	<u>Babita Shrestha</u>	<u>55%</u>	<u>75%</u>	
<u>9</u>	<u>Mina Shrestha</u>	<u>55%</u>	<u>75%</u>	
<u>10</u>	<u>Puja Shrestha</u>	<u>30%</u>	<u>80%</u>	
<u>11</u>	<u>Rama Shrestha</u>	<u>45%</u>	<u>70%</u>	
<u>12</u>	<u>Sangita Shrestha</u>	<u>40%</u>	<u>70%</u>	
<u>13</u>	<u>Ambika Poudel</u>	<u>55%</u>	<u>80%</u>	
<u>14</u>	<u>Jayanti Thapa</u>	<u>45%</u>	<u>70%</u>	
<u>15</u>	<u>Parbati Shrestha</u>	<u>45%</u>	<u>70%</u>	
<u>16</u>	<u>Gyanu Shrestha</u>	<u>50%</u>	<u>75%</u>	
<u>17</u>	<u>Sumitra Basnet</u>	<u>40%</u>	<u>75%</u>	
	<u>Average accuracy rate</u>	<u>45.6%</u>	<u>75%</u>	

During the training session, all the content was explained properly followed by brain-storming, information exchange, and shared opinions and experiences of FCHV. Overall, the program was conducted smoothly and effectively as per the set schedule. With the closing remarks, the program was ended with the valuable keynotes about the program and its positive impact on women's health of the community. Also, disseminated the scheduled camp date on 27th March 2021 at Gokarna Primary Hospital. All the FCHV were delighted to receive the free service to all the community

women as this was one of the demanded health service that they were requesting to health desk of Gokarneshwor.

2. 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.
- The client who had suspected lump and VIA positive will be followed up during screening camp conducted at Amda Office in April 2021.

I. Composition of the team members

SN	Name of Team	Designation	Organization	AMDA Office	Jorpati HP	Gokarna Primary Hospital
1	Dr. YP Singh	Consultant	TUTH	✓	✓	✓
2	Dr. Neebha Ojha	Consultant	TUTH	✓	✓	✓
3	Dr.Prathana Pachhai	MS Resident	TUTH	✓		
4	Dr. Rupam Pandey	MO	BCH	✓		✓
5.	Dr. Neha Singh	MO		✓		
6	Dr Supriya	MS Resident	TUTH		✓	
7	Dr Ashma Khanal	MS Resident	TUTH		✓	
8	Dr Aliza Hamal	MS Resident	TUTH			✓
9	Goma Dahal	Volunteer		✓	✓	
10	Srijana Shrestha	PO	AMDA	✓	✓	✓
11	Subash Dulal	CF	AMDA	✓	✓	✓

12	Kalpana Khadka	Clinic Aid	TUTH	✓		
13	Niru Thami	Clinic Aid			✓	✓
14	Parbati Bhatta	Receptionist	AMDA	✓		✓
15	Laxmi Koju	Registration	AMDA		✓	
16.	Bishnu Adhikari	CA	AMDA	✓	✓	✓
17.	Raju Shrestha	Driver	Gokarneswore Nagarpalika	✓	✓	

a. Screening Camp at AMDA Office

This was a one day event conducted on **13th March 2021(29th Falgun, 2076)** at **AGWC, Amda Office, Jorpati**. The camp was executed from 9.00 am to 3:00 pm. A total of 12 team members comprising of doctors, nursing staffs, clinic aid, volunteers and project staffs (see section I form, 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 40 women attended the camp and 34 clients benefitted from the screening services for cervical cancer and 37 clients benefitted from breast cancer screening services.

I. Service Details Age Group wise :

SN	Age Group of Clients	Total Registered Client	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients	Remarks
1	30-34 years	4	4	4	
2	35- 39 years	9	9	8	
3	40- 44 years	8	8	7	
4	45-49 years	9	8	9	
5	50-54 years	6	3	4	
6	55-59 years	2	2	1	
7	60-64 years	2	2	1	
	Total Clients	40	36	34	

II. Outcomes from the Screening Client

SN	Cervical Cancer Screened Client	Breast Cancer Screened Client	Referred To	Remarks
1	1 Client's VIA Test had partially visible Squamocolumnar Junction	1 Client had	Teaching	

	and was advised for Pap Smear Test Also, had high BP 170/120	Benign Lump Advised for Mammogram	Hospital(TUTH) Immediately referred to NMC emergency	
2	1 client had history of 16 years use of Depo with amenorrhea followed by heavy Bleeding Advised for change of Contraceptive Device		Gokarna Primary Hospital	
3	1 client had history of Depo use since 8 years Advised for change of Contraceptive Device		Gokarna Primary Hospital	
4	1 client had Multiple Nephthilium Cyst Advice Pelvis USG		Nepal Medical College (NMC)	
5	1 client had Vulval Leucoplakia if not treated then advise Vulval Biopsy.		Teaching Hospital(TUTH)	

b. Screening Camp at Jorpati Health Post

This was a one day event conducted on **20th March 2021 (7th Chaitra 2077)** at **Jorpati Health Post, Arubari -9**. The camp was executed from 9.00 am to 3:00 pm. A total of 12 team members comprising of doctors, nursing staffs, clinic aid, volunteers and project staffs (see section IV form, 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 45 women attended the camp and 38 clients benefitted from the screening services for cervical cancer and 44 clients benefitted from breast cancer screening services.

I. Service Details Age Group wise :

SN	Age Group of Clients	Total Registered Client	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients	Remarks
1	30-34 years	9	9	8	
2	35- 39 years	5	5	5	
3	40- 44 years	8	8	6	
4	45-49 years	9	9	9	

5	50-54 years	8	8	8	
6	55-59 years	3	3	1	
7	60-64 years	2	2	1	
8	65 +	1	0	0	
	Total Clients	45	44	38	

II. Outcomes from the Screening Client

SN	Cervical Cancer Screened Client	Breast Cancer Screened Client	Referred To	Remarks
1	4 clients were VIA Positive Advised for HPV DNA test and Cytology	10 Clients were suspected as Benign Lump Advised for Mammogram and Breast USG	Teaching Hospital(TUTH)	
2	4 Clients VIA Test had partially visible Squamocolumnar Junction and was advised for Pap Smear Test 2 Clients VIA Test had not fully visible Squamocolumnar Junction and was advised for Cytology Test	3 Clients were suspected as Suspicious Lump Advised for Mammogram	Teaching Hospital(TUTH)	
3	1 Client had right adenexal cyst Advised for USG abdomen/Pelvis		Teaching Hospital(TUTH)	
4	1 Client had yellowish discharge and 1 client with Vaginal Trichomonas Prescribed Antibiotics			
5	1 client had history of prolong bleeding Advised for USG abdomen/Pelvis		Teaching Hospital(TUTH)	

C. Screening Camp at Gokarna Primary Hospital

This was a one day event conducted on 27th March 2021 (14th Chaitra 2077) at Gokarna Primary Hospital -9. The camp was executed from 9.00 am to 3:00 pm. A total of 8 team members comprising of doctors, nursing staffs, clinic aid, and project staffs (see section I form, 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 64 women attended the camp and 56 clients benefitted from cervical cancer screening services and 60 clients benefitted from breast cancer screening services.

I. Service Details Age Group wise :

SN	Age Group of Clients	Total Registered Client	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients	Remarks
1	30-34 years	11	11	11	
2	35- 39 years	14	14	12	
3	40- 44 years	13	13	13	
4	45-49 years	9	8	8	
5	50-54 years	7	7	7	
6	55-59 years	5	5	4	
7	60-64 years	2	2	2	
8	65 +	3	0	0	
	Total Clients	64	60	57	

II. Outcomes from the Screening Client

SN	Cervical Cancer Screened Client	Breast Cancer Screened Client	Referred To	Remarks
1	4 clients - VIA Positive Advised for HPV DNA test and Cytology	6 Clients were suspected as Benign Lump Advised for Mammogram and Breast USG	Teaching Hospital(TUTH)	
2	1 Client had uterine bleeding due to which VIA could not be done. Advise for USG to rule out fibroid Uterus, cervical cytology and may need endometrial biopsy.		Teaching Hospital(TUTH)	

3. Coordination with Focal Person of Health Department of Gokarneshwor Nagarpalika

On 3rd March 2021, coordination was done with Hari Psd Upadhaya Sir regarding program planning of March i.e. FCHV meeting and Screening Camp. Likewise, on 9th and 15th March coordinated with health desk team for the screening camp and dissemination of camp date to the respective health facility staff. On 22nd March, submitted the camp report that was conducted previously and planned for screening camp at Gokarna Primary Hospital.

4. Procurement of Medical Equipment

Technical Evaluation of the supplies was completed. Among all the vendor best one will be selected by the procurement team and purchase order will be placed. After the order is placed, probably within a month Mammogram and USG machine will be received.

5. Lesson Learned

- FCHV training have been instrumental in increasing of Breast and Cervical Cancer Screening service numbers. The content and quality of FCHV training plays an important role in educating FCHVs on the importance of breast and cervical cancer screening services for their community. Due to which, the client flow at Gokarna Primary Hospital was optimum and all the client including FCHV were satisfied with the service they received. Also, requesting for another camp to organize soon as the need is very high in the area.
- In some areas, Mothers Group (Aama Samuha) were engaged in various community activities. This helped establish greater trust of community people toward health service. So, meeting with this group had become the pivotal reason in increasing the awareness of people on screening services. As the meeting was scheduled at Jorpati Health Post and this aided to self-interest of women toward screening service.
- Regular coordination and meeting with Health Desk Team, proper planning with implementation of activities and good team work always lead the program to success.

6. Plan for the Next Month (APRIL 2021)

SN	Planned Activities	Planned Date	Remarks
1	FCHV Training at Baluwa Health Post	On 6th April 2021	
2	Screening Camp at Baluwa Health Post	On 13 th April 2021	
3	Screening Camp at AMDA Office	On 17 th April 2021	
4.	Purchase order placement of Medical Equipment's namely Mammogram, USG machine and Colposcopy	By 2 nd week of May 2021	

7. Success Stories:



Tara Khadka, 50 years old lady visited to Jorpati Health Post on 20th Mar 2021 with her daughter. For a while, she looked around the crowd and listened the conversation at registration area that was ongoing with other women. She was feeling awkward to receive the service. Her daughter was requesting her to sit in chair and register her name but looks like she was not ready for it. Meanwhile, I started the gentle conversation with her whether she is here for service or not. She replied, actually I was here just because my daughter insisted and also it is near to my home. I am not ready for the service as till date with god blessing I am fit and fine and I don't think this service is meant for me.

Furthermore, I explained her the importance of screening regarding breast and cervical cancer. However, she was not convinced with my words. So, I requested her to sit in the waiting area for a while and drink water. After a while, I requested one of the satisfied client of her age to interact with her and explain how she felt about service and how doctor provided the service. They both started the conversation, gradually few minutes later, she felt comfortable and started to query her few hesitation. Finally, she got ready to receive the service.

So, she went to the screening service after registration and received the service. After that, I asked with her weather she has anything to say or anything she is dissatisfied with or any queries. Well, she showed her prescription card and said Doctor has told me to go the teaching hospital for further test. Breast screening result was query suspicious lump and advised for Mammogram and FNAC. Also, she had VIA positive report during cervical screening and advised for HPV DNA test. I explained her and her daughter regarding further test at hospital and to visit AMDA Office with report for the follow up on 17th April 2021. Though she was quite worried with the result, she was so satisfied and happy that timely the problem had been detected and thanked her daughter for bringing her for checkup and the team for the service.

