

# AMDA Nepal

## Breast and Cervical Cancer Screening Program

### Monthly Progress Report

**Reporting Month:** April 2021  
**Reporting Date:** 6<sup>th</sup> April 2021

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

SN	Activities	Status
1	FCHV Training at Baluwa Health Post	Conducted on 6 <sup>th</sup> April 2021
2	FCHV Training at Nayapati Health Post	Conducted on 27 <sup>th</sup> April 2021
3	Screening camp at Baluwa Health Post	Conducted on 10 <sup>th</sup> April 2021
4	Screening camp at AMDA Nepal Office	Conducted on 17 <sup>th</sup> April 2021
5	Coordination with Focal Person of Health Department of Gokarneshwor Nagarpalika	Conducted on 5 <sup>th</sup> , 12 and 19 <sup>th</sup> April 2021
6	Procurement of Medical Equipment	Purchase order has been placed

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

##### 1. FCHV Training at Baluwa Health Post

In coordination with Health Department of Gokarneshwor Nagarpalika, FCHV Training Program was conducted on 6<sup>th</sup> April 2021 at Baluwa Health Post, Ward no.3. 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. The program was commenced with a detailed brief on the importance of breast and cervical screening camp that we are planning to conduct one 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) of ward no 3. The total number of FCHV participants were 20 and provided 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. Among all those topics, causes, sign & symptoms of breast and cervical cancer was

quite difficult to remember to FCHVs. But, after post-test those topic had been discussed once again with them.

SN	Name of FCHV	Pre Test Number	Post Test Number	Remarks
1	Ashma K.C	50%	85%	
2	Sharmila Tamang “Ka”	50%	75%	
3	Shushila Shrestha	20%	85%	
4	Sarala Shrestha	45%	85%	
5	Sashi Kumari Timalsina	40%	70%	
6	Sita Lama	55%	75%	
7	Sunita Nagarkoti	35%	65%	
8	Apasara Bhandari	30%	75%	
9	Sudha Lama	35%	80%	
10	Bindu Kuinkel	50%	75%	
11	Sharmila Tamang (Kha)	55%	75%	
12	Gauri Kumari Khatri	30%	65%	
13	Sanu Nagarkoti	20%	70%	
14	Menuka Bista Bhandari	35%	80%	
15	Binita Sapkota	30%	70%	
16	Shanta Lama	20%	70%	
17	Januka Bhattarai	40%	75%	
18	Tenjing Lama	40%	80%	
19	Durga Bista	35%	75%	
20	Sanju Lama	40%	75%	
	<b>Average Accuracy Rate</b>	37.75%	75.2%	

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. In the presence of Ward President, the Umbrella, Bottle and Bag was distributed to all the FCHVs which is quite useful during their door to door visit. 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 10<sup>th</sup> April 2021 at Baluwa Health Post. 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 Municipality.

## 2. FCHV Training at Nayapati Health Post

In coordination with Health Department of Gokarneshwor Nagarpalika, FCHV Training Program was conducted on 27<sup>th</sup> April 2021. The program was conducted in the presence of Dev Shobha Shrestha, and Dipendra Dhakal, team of Health Department of Municipality, and all the Health Facility Staffs at Nayapati Health Post. The program was commenced 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) of ward 2. The total number of FCHV participants were 17 and provided 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. Among all those topics, causes, sign & symptoms of breast and cervical cancer was quite difficult to remember to FCHVs. But, after post-test those topics had been discussed once again with them.

SN	Name of FCHV	Pre Test Number	Post Test Number	Remarks
1	Sumitra Pandit	40%	55%	
2	Sarada Shrestha	25%	65%	
3	Sarasawati Pandit	50%	70%	

4	Laxmi Thapa	70%	85%	
5	Ambika Tamang	70%	90%	
6	Shanti Tamang	20%	75%	
7	Mina Tamang	75%	90%	
8	Mina Ranabhat	60%	80%	
9	Dhanakanchi Shrestha	50%	75%	
10	Bhagawati Pandit	65%	90%	
11	Mandevi Giri	50%	85%	
12	Ganga Nepal	50%	85%	
13	Rajan Devi Shrestha	75%	95%	
14	Gayatri Neupane	50%	80%	
15	Jayanti Bhandari	60%	80%	
16	Rama Adhikari	40%	80%	
17	Puspa Pandit	50%	80%	
	<b>Average Accuracy Rate</b>	52.9%	80%	

Adhering strict precaution, 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. In the presence of Ward President, the Umbrella, Bottle and Bag was distributed to all the FCHVs which is quite useful during their door to door visit. 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 will be notified as soon this pandemic COVID 19 will be under control. All the FCHV were delighted to receive the free service to all the community women as this was one of the imperative service that community people are looking for.

### 3. 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.

#### 2.1 Composition of the team members :

SN	Name of Team	Designation	Organization	Camp at Baluwa HP	Camp at AMDA Office	Remarks
1	Dr. YP Singh	Consultant	TUTH	✓	✓	
2	Dr. Neebha Ojha	Consultant	TUTH	✓	✓	
3	Dr Namrata Khadka	General Surgeon	Bir Hospital	✓	✓	
4	Dr Elija Gautam	MS Resident	TUTH	✓	×	
5.	Dr Rupam Pandey	MO	BCH	×	✓	
6.	Punya Lal Mahato	Sr. Assistant Admin Finance	AMDA	×	✓	
7.	Parbati Bhatt	Registration	AMDA	✓	×	
8.	Srijana Shrestha	PO	AMDA	✓	✓	
9.	Subash Dulal	CF	AMDA	✓	✓	
10	Laxmi Koju	FA	AMDA	✓	×	
11	Niru Thami	Clinic Aid	-	✓	✓	

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

This was a one day event conducted on 10<sup>th</sup> April 2021 (28th Chaitra 2077) at Baluwa Health Post, Baluwa. The camp was executed from 9.00 am to 3:00 pm. A total of 9 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 63 women attended the camp and 49 clients benefitted from cervical cancer screening services and 51 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	20-24 years	7	0	0	
2	25- 29 years	4	0	0	
3	30-34 years	13	13	13	
4	35-39 years	14	14	13	
5	40- 44 years	10	10	10	
6	45-49 years	5	5	4	
7	50- 54years	5	5	5	
8	55-59 years	3	3	3	
9	60-64 years	2	1	1	
	<b>Total Clients</b>	<b>63</b>	<b>51</b>	<b>49</b>	

II. **Outcomes from the Screening Client**

**Screening Results (Cervical Cancer)**

Result	No.	Remark
VIA Positive	5	Referred to TUTH for HPV DNA Test and cytology.
VIA Negative	44	
Cervical Erosion	1	Advised for PAP Smear Test

Not being screened	14	11 clients age group 20-29 yrs [7 clients (20-24years) 4 clients (25-29 years) ] just came for Gyane checkup and 2 clients rejected due to menstruation and 1 client 64 years age just arrived for her Gyane Check up only
<b>Total</b>	<b>64</b>	

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

<b>Result</b>	<b>No.</b>	<b>Remark</b>
Suspected (Benign Lump)	4	Advised Mammogram and Breast USG
Suspected (Suspicious Lump)	1	Advised for Mammogram
? Fibroadenoma	1	Advised for Mammogram
? Fibroadenoma with nipple inflammation	1	Advised for Mammogram
1 Bilateral Mastalgia	1	Advised for Breast USG
Noting Abnormal Detected	43	
Not being screened	12	<ul style="list-style-type: none"> <li>11 clients - Age group 20-29 yrs [7 clients (20-24years) 4 clients (25-29 years) ]came for Gyane checkup and refused to do breast screening</li> <li>1 Client - 64 years age just arrived for her Gyane Check up only also refused for Breast Checkup.</li> </ul>
<b>Total</b>	<b>63</b>	

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

This was a one day event conducted on 17<sup>th</sup> April 2021 (4<sup>th</sup> Baishak 2078) at AMDA Office, Jorpati-6. 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 67 women attended the camp and 57 clients benefitted from cervical cancer screening services and 64 clients benefitted from breast cancer screening services. 1 client visited for the follow up with the report of PAP smear test and the report was normal.

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

SN	Age Group of Clients	Total Registered Clients	Breast Cancer Serviced Clients	Cervical Cancer Serviced Clients	Follow up Clients
1	30-34 years	14	14	1	
2	35-39 years	1	14		
3	40- 44 years	1	13	10	1
4	45-49 years	12	12	1	
5	50- 54 years	7	6	7	
6	55-59 years	3	3	2	
7	60-64 years	2	2		
8	65-70 years	1	0	0	
	<b>Total Clients</b>	<b>67</b>	<b>64</b>	<b>57</b>	<b>1</b>

**II. Outcomes from the Screening Client**

**Screening Results (Cervical Cancer)**

Result	No.	Remark
VIA Positive	6	Referred to TUTH for HPV DNA Test and cytology.
]Endocervical Polyp	1	Referred to TUTH for excision
Suspicious malignancy	1	Referred to TUTH for HPV DNA Test and cytology.
VIA Negative	49	
Not being screened	10	<ul style="list-style-type: none"> <li>• 5 Clients – Menstruration History</li> <li>• 3 Clients – Suspected pregnancy</li> <li>• 1 Client – Known case of CA cervix</li> <li>• 1 client – She is FCHV. Due to high flame of client, she was not</li> </ul>
Total	67	

**Screening Results (Breast Cancer)**

Result	No.	Remark
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Suspected (Benign Lump)	12	Advised Mammogram and Breast
Suspected (Suspicious Lump)	2	Advised for Mammogram
Noting Abnormal Detected	50	
Not being screened	3	2 clients – refused to do Breast Checkup as one is 70 yrs old and other one refused due to shyness. 1 client – She is FCHV. Due to high flow of client, she agreed to do checkup in next following camp.
<b>Total</b>	<b>67</b>	

#### 4. Coordination with Focal Person of Health Department of Gokarneshwor Nagarpalika

On 5<sup>th</sup> April 2021, coordination was done with Hari Psd Upadhaya Sir regarding program planning of April i.e. FCHV meeting and Screening Camp. Likewise, on 12<sup>th</sup> April 2021 submitted the report of screening camp to health desk team and also disseminated the camp date and coordinated with FCHV for the referral of clients at AMDA office. On 19<sup>th</sup> April, coordinated with Health Desk Team for FCHV meeting at Nayaparti Health Post and also, coordinated with health post incharge for the program.

#### 5. Procurement of Medical Equipment

After completion of Technical Evaluation of the supplies the best vendor was selected by the procurement team and purchase order had placed. Hopefully, we will soon receive the equipments and commence the service.

The following list of items had been procured in the month of April 2021.

SN	Name of items	Quantity	Remarks
1	FCHV Bag	111	Purchased to distribute these items to FCHVs.
2	Bottle	111	
3	Umbrella	111	

#### 6. Lesson Learned

- Including FCHV training, we had meeting with FCHV during their monthly meeting at their respective Health post which had been instrumental in increasing of Breast and Cervical Cancer Screening service numbers. As we restated the imperative aspect of breast and cervical cancer screening services for their community women. Due to which, the client flow at Baluwa Health Post and AMDA office 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 both area.
- Regular coordination and meeting with Health Desk Team, proper planning with implementation of activities and good team work always lead the program to success and till date we had provided the services to women as mentioned.

## 7. Plan for the Next Month (May 2021)

SN	Planned Activities	Planned Date	Remarks
1	FCHV Training at Sundarijal Health Post	On 4 <sup>th</sup> May 2021	
2	Screening Camp at Nayapati Health Post	On 8 <sup>th</sup> May 2021	
3	Screening Camp at AMDA Office	On 15 <sup>th</sup> May 2021	
4.	Screening Camp at Sundarijal Health Post	On 29 <sup>th</sup> May 2021	
4.	Follow up on purchase order of Medical Equipment's namely Mammogram, USG machine and Colposcopy	By 2 <sup>nd</sup> week of May 2021	

Note: The plan for the next month has been scheduled and also discussed with the Health Desk team of Nagarpalika. But for now, it has been halted because of COVID19 surge and prohibitory order.

## 8. Success Stories:



She just came out from the screening room of breast cancer with a prescription card in her hand. Her name is Jamuna Shrestha, 37years old women. Though she was wearing a mask but her eye expression was like so confused and quite blank one and that expression lead me toward her to clarify my queries towards her. Initially, I asked her if all is okay and how is the service she received whether she has any complains or queries on the advice. She replied," yes I have received both services that is provided here. There is no any problem or complain rather I'm glad to receive service nearby my home for which I was looking for since so many months ago". She showed me her prescription card with doctors advice on it.

In breast screening, she was diagnosed with Bilateral Breast Mastalgia and prescribed her with some analgesic medicine with Vitamin E. I asked her, since when she had problem and why she didn't went for checkup. She replied, it had been since 5-6months that I had slight breast pain in both but due to household work I was not being able to manage my time for checkup. As my husband is quite busy in his work, and there is no one I can go with at hospital and its quite far from here and also, I have to go early at Teaching Hospital to get

token for OPD ticket and it may take whole day for checkup. Also, there is no one to take care of my childrens.

But, today finally I am here for checkup all because of this camp conduction to nearby our home with such an expert doctors who took the detail history, examined and provided advice so clearly. I am very much thankful to FCHV didi who advised me for this checkup. Hopefully, with this medication I will be fine and would like to do the further investigation as advised by doctor. But, I am worried for the report as well. I hope there won't be any worse one.

Furthermore, she stated that I would not know about my cervical condition if I won't be here for service. Though my VIA test is negative, I got the opportunity to know my other gynecological problem and I am happy, there is no any problem expect some wound in cervix. As I saw in prescription earlier there was mentioned with cervical erosion and had been advised for Pap Smear test for further investigation. So, I asked her, where she will go for test then she told me, nearby to them is Nepal Medical College and she will go there for test and for Breast Screening test she would like to come at AMDA office for USG of Breast.

After this conversation, I advised here to take the prescribed medicine and please let us know the report of PAP smear test and also, advised her not to be worried and we won't be assured until and unless we won't do screening test and lets be positive for the good results. This aforementioned picture was captured after all this conversation and she was quite relieved after this conversation and also, thanks to AMDA Nepal for organizing such a needful camp which is utmost important to the women as most of the women suffer either from Breast problem or from Gyane problem and this camp had brought a solution for both and we all are glad to receive this service nearby our health facilities.

Well, those gratitude words made me feel so satisfied with my own work and made me feel glad that we are being able to provide service to those needful people who had no time for themselves for their health checkup.