

AMDA Nepal

Breast and Cervical Cancer Screening Program

Monthly Progress Report

Reporting Month: July 2021
Reporting Date: 17 August 2021

This month we had continued the field activities in a full-blown way despite this pandemic COVID 19.

A. List of Activities accomplished in the month

SN	Activities	Status
1	FCHV Training at Sundarijal Health Post	Conducted on 14 th July 2021
2	Screening camp at AMDA Nepal Office	Conducted on 17 th July 2021
3	Screening camp at Nayapati Health Post	Conducted on 31 st July 2021
4	Diagnostic Screening camp at AMDA Nepal Office	Conducted on 28 th July 2021
5	Educational Activities	Conducted on 23 rd and 27 th July 2021
6	2 nd Quarterly Review Meeting	Conducted on 28 th July 2021
7	Procurement of Medical Equipment	Purchase order has been placed
8	Coordination meeting with Health Desk Team of Gokarneshwore Municipality	Conducted on 5 th , 12 th and 26 th July 2021

B. Narrative Summary of Activities and Key Findings

1. FCHV Training at Sundarijal Health Post

In coordination with Health Department of Gokarneshwore Nagarpalika, FCHV Training Program was conducted on 14th July 2021 at Sundarijal Health Post, Ward no.1. The program was conducted in the presence of Hari Prasad Upadhaya, the focal person of Health Department of Municipality and Tulsi Subedi, the incharge of 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 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 1. The total number of FCHV participants were 19 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, signs & symptoms of breast and cervical cancer were quite difficult to remember for 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	Sangita Dahal	60%	85%	
2	Maiya Sapkota	60%	90%	
3	Rabina Thapa	70%	100%	
4	Uma Aryal	45%	85%	
5	Godawari Sinkhda	35%	90%	
6	Bimala Rai	50%	90%	
7	Sarmila Gurung	45%	85%	
8	Bhawani Khanal	60%	90%	
9	Nita	40%	85%	
10	Sarita Shrestha	40%	90%	
11	Dil Maya Shrestha	45%	90%	
12	Gauri Sinkhada	50%	85%	
13	Shanti Khadka	65%	90%	
14	Rama Chalise	45%	70%	
15	Marsani Tamang	50%	85%	
16	Sandhya Tamang	40%	90%	
17	Krishna Kumari Tamang	30%	70%	
18	Bhagwati Rokka	65%	85%	
19	Shobha Khatri	40%	90%	
	Average Accuracy Rate	49.2%	86.5%	

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. 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, the camp date will be notified as soon it will be fixed. 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.

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.

2.1 Composition of the team members :

SN	Name of Team	Designation	Organization	Camp at AMDA Office	Camp at Nayapati Health Post	Remarks
1	Dr. YP Singh	Consultant	TUTH	✓	✓	
2	Dr. Neebha Ojha	Consultant	TUTH	✓	✓	
3	Dr Rupam Pandey	MO	BCH	✓	×	
4	Dr Eliza Hamal	MS Resident	TUTH	✓	×	
5.	Dr. Sarmila Prajapati	MO	Prasupati Griha	×	✓	
6.	Dr.Swmaya Bojpuri	MS Resident	TUTH	×	✓	

7.	Parbati Bhatt	Registration	AMDA	✓	✓	
8.	Srijana Shrestha	PO	AMDA	✓	×	
9.	Subash Dulal	CF	AMDA	✓	✓	
10	Bishnu Adhikari	CS	AMDA	✓	×	
11	Goma Dahal	Volunteer	-	✓	✓	
12	Niru Thami	Clinic Aid	-	×	✓	
13	Merina Shrestha	Clinic Aid	-	✓	×	
14	Laxman Lama	Driver	AMDA	×	✓	

a) **Screening Camp at AMDA Office**

This was a one day event conducted on 17th July 2021 (2nd Shrawan 2078) at AMDA Clinic, Jorpati. The camp was executed from 9.00 am to 3:00 pm. A total of 10 team members comprising of doctors, nursing staffs, clinic aid, and project staffs (see section 2.1, 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 38 women attended the camp and 35 clients benefitted from cervical cancer screening services and 35 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	2	0	0	
2	30-34 years	7	7	7	
3	35-39 years	5	5	5	
4	40- 44 years	8	8	7	
5	45-49 years	6	6	6	
6	50- 54years	4	4	4	
7	55-59 years	4	4	4	
8	60-64 years	2	1	2	
	Total Clients	38	35	35	

II. Outcomes from the Screening Client

Screening Results (Cervical Cancer)

Result	No.	Remark
Endocervical Polyp	1	Referred to TUTH for HPV DNA Test and cytology. VIA Negative was negative.
Postmenopausal Bleeding 2-3 days 3 months back	1	VIA test was negative, but advised for HPV DNA test and USG
VIA Negative	35	
Not being screened	3	<ul style="list-style-type: none">• 2 clients age group 20-24 yrs- came for Gyane checkup• 1 clients rejected due to Bleeding
Total	38	

Screening Results (Breast Cancer)

Result	No.	Remark
Suspected (Benign Lump)	3	Advised Mammogram and Breast USG
Nothing Abnormal Detected	32	
Not being screened	3	<ul style="list-style-type: none">• 2 clients - Age group 20-24 yrs -came for Gyane checkup and refused to do breast screening• 1 Client - 64 years age just arrived for her Gyane Check up only also refused for Breast Checkup.
Total	38	

b) Screening Camp at Nayapati Health Post

This was a one day event conducted on 31st July 2021 (16th Shrawan 2078) at Nayapati Health Post, Ward- 2. 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 2.1, 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 60 women attended the camp and 55 clients benefitted from cervical cancer screening services and 58 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	5	4	4
2	35-39 years	13	13	13
3	40- 44 years	17	17	15
4	45-49 years	10	9	10
5	50- 54 years	9	9	8
6	55-59 years	3	3	3
7	60-64 years	3	3	2
	Total Clients	60	58	55

II. Outcomes from the Screening Client

Screening Results (Cervical Cancer)

Result	No.	Remark
VIA Positive	4	Referred to TUTH for HPV DNA Test and Cytology.
Unsatisfactory VIA (Not Identified)	2	Referred to TUTH for cytology and also advised for USG, Cervix smear test and endometrial Biopsy
VIA Negative	51	
Not being screened	3	<ul style="list-style-type: none"> • 2 Clients – Refused to do checkup because of shyness and the other one of age group above 60+ refused due to some discomfort and shyness. • 1 client – Due to bleeding
Total	60	

Screening Results (Breast Cancer)

Result	No.	Remark
Suspected (Benign Lump)	6	Advised Mammogram and Breast USG
Nothing Abnormal Detected	52	
Not being screened	2	2 clients –one client refused to do breast screening due to shyness and the other just came for cervical checkup.
Total	60	

3. Diagnostic Screening Camp at AMDA Clinic

The diagnostic screening camp - Breast USG was conducted at AMDA clinic on 28th July 2021. This was our first diagnostic screening camp so we informed to total 20 clients for the service to the women of age group 30-40 years. Among them, only 16 clients visited the clinic and received the service. The reports of all were normal. Initially we registered the clients and kept the details of screening service details of each clients. All of them were glad to receive the service and with the normal reports they were fully assured as well.

4. Educational Activities

We had commenced the educational activities among women's group of the community which was halted previously due to second wave of COVID 19. We planned the 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 July 2021:

SN	Name of the Women Group	Venue	Date	Total Participants	Remarks
1	Women and Children Friendship Society	Jorpati -6	23 rd July 2021	19	
2	Raitar Woman's Group	Raitar, Nayapati-6	27 th July 2021	23	
TOTAL				42	

5. 2nd Quarterly Review Meeting

On 27th July 2021, 2nd Quarterly Review Meeting had been completed in the presence of central office team. Updated the progress and achievement of the program which was held within this quarter. Likewise, on 28th July 2021, 2nd Quarterly Review Meeting had been completed in the presence of team and the donor. The meeting went well with all the updates and achievement of the program. During meeting the following topic had been discussed:

SN	Topic	Discussion	Remarks
1.	Overview of the program	Detailed brief introduction of the program with its objective and activities planned during this year.	
2	Progress Report	Updated the quarterly progress report and achievement in 2 nd Quarter (Q2) and provided the rational for the one which was partially achieved.	
3	Key Achievements	Highlighted the key achievement in Q2, achieved as per the set objective.	
4	FCHV Training	As per the set objective, we were able to complete the two FCHV training at Baluwa and Nayapati HP on Breast and Cervical Cancer program and the imperative of the early screening program. The total 37 FCHV was trained on it.	
5	Screening Program	Provided details on camp service flowchart, team members and summary on service delivery as able to conduct 2 screening camp at AMDA office and Baluwa Health Post and provided service to 115 Breast Screening and 106 Cervical Screening was performed among 130 registered clients. Also, detected 11 VIA positive case, 1 Endocervical polyp and 1 case with Suspicious Cervix Malignancy, 16 Benign Lump and 3 Suspicious Lump cases within this quarter. Due to impact of 2 nd wave of COVID and prohibitory action by government we were unable to conduct camp on May and June 2021.	
6.	Budget Vs Expenses	Discussed on budget expensed and burn rate during this quarter with the rational on less burn rate on program. Also, forecast the Budget expenses till 3 rd Quarter with total Burn Rate.	
7	Success Story	The success story of this quarter reflected the women's seeking health service to nearby health post though she was suffering from pain and problem since 3-4 months. Due to household chores and looking after children she was unable to visit the Hospital but after camp conduction she was able to receive the service and satisfied with the service.	
8	Lesson Learned	Discussed on lesson learned on Client Flow Management. Including FCHV coordination, we are planning for Miking and use of Pamphlets before conduction of camp at respective health facilities.	

9	Challenges	Discussed on challenges faced due to The Pandemic COVID-19 which halted the screening camp for 2 months. Likewise, Diagnostic Screening test that need to conducted 4 times a month for which enough budget had not been allocated. And also shared the activities completed inspite of all those prohibitory actions.	
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6. Coordination with Focal Person of Health Department of Gokarneshwor Nagarpalika

On 5th July 2021, coordination was done with Hari Psd Upadhaya Sir regarding Training of Health Facilities Staffs. Discussed on the venue, number of participants and date of the training and finalized it. Likewise, on 12th June 2021 submitted the Schedule of the camp for the month of July including 1 FCHV training at Sundarijal HP and requested for his presence on it. Similarly, on 26th July 2021 submitted the request letter for the name of the participants for the training, submitted the report of the camp and FCHV training and also, schedule of the camp for the month of August 2021.

7. Procurement of Medical Equipment

We have received most of the required equipment's and supplies for the program. Among them, the order had been placed for the equipment and supplies for Health Facilities. Also, the room is being set up and renovated as per the advice of the vendor to receive the Mammogram.

The following list of items had been procured during this month July 2021.

SN	Name of items	Specification	Quantity
1	Scotty	Honda Grazia DLX 125cc	1
2	Printer	Canon Image Class MF241d Multi function Machine (advanced 3 in 1, Copy, Color Scan/Duplex)	1
3	Camera	Canon Digital SLR Camera EOS 1500D (18-55mm)is KIT	1
4	USG Bed	Stainless Steel with Mattress	1
5	Office Table	Wooden(2x4)	1
6	Office Chair (Revolving)	Wooden (Revolving)	2
7	First Aid Box	Plastic Box	1
8	USG Machine	Colored Doppler Ultrasound Machine P15	1
9	Colposcopy	LT-300 SD with Vertical Stand and Software with desktop computer and color printer	1

8. Lesson Learned

- For the successful outcome of camp conduction one of the main reason is the optimum number of client flow. For which, we relied on FCHV of Jorpati Health Post and also attended the meeting for the same and distributed the referral card as well. But unfortunately, the optimum number of client didn't visited as per the given confirmation due to impact of Covid and other personal reason. So, here, we concluded to conduct educational activities to women's group before camp conduction and not to fully rely on FCHV only.

9. Plan for the Next Month (August 2021)

SN	Planned Activities	Planned Date	Remarks
1	Screening Camp at AMDA Office	On 7 th August 2021	
2	Screening Camp at Sundarijal Health Post	On 14 th August 2021	
3	Screening Camp at Gokarna Primary Hospital	On 28 th August 2021	
4.	Educational Activites at Sundarijal and Gokarna Area	On 3 rd , 13 th , 24 th and 27 th August 2021	
5	Semi Annual meeting with Health Desk team of Gokarna Municipality	31 st August 2021	
6	Procurement Activities i.e Follow up on procured items	During entire month	

10. Success Stories:



During camp conduction at Nayapati Health Post, I saw the familiar face and was quite surprised to see this woman in the camp. She is Buddha Maya Shrestha, 41yrs age who lives at Nayapati.-2. She was the same person who had the wrong opinion and experience regarding camp and was quite furious during that day when we met her during educational activities at Raitar, Nayapati women's group on 27th July 2021.

According to her, she had a very bad experience while receiving the service during camp organized by other organizations who had conducted Gynae camp in that area. She complained of no detailed checkup, neither interaction by doctors nor any post counseling session after a checkup. Camp is just conducted to meet their targets and there is always lack of quality service that we had expected to receive. She denied visiting the camp and was even cascading the same to others that it is useless to visit the camp as

we don't get the quality service and this is the pandemic time, we all need to be conscious of it.

Being a good listener, we awaited to complete her words. After a while, firstly I explained about the Doctors and other team members and how many of them will be there during the camp day. Furthermore, elaborated on the process of camp conduction from registration, screening, service room, and post checkup session. Also, mentioned on follow-up session and diagnostic screening camp at AMDA clinic. Likewise, the way we prepare for the camp adhering to all the precaution measures during camp conduction was also explained. So, I request her to visit once for the checkup and if she is not satisfied then she can refuse to receive the service as that is all up to her choice. Also, I assured her, this camp will be quite different than she had experienced and she will receive the quality service that she was expecting.

So, on the camp day, she visited and received both services. She was so glad to receive such a good service where not only registration, height, weight and Blood Pressure was measured but also doctors interact with client with the history taking and then does examination of the client and also provide the details on further investigation with follow up service. She had no problem with Breast Screening whereas during cervical cancer screening she was diagnosed with VIA positive for which the doctor had suggested Colposcopy. I interacted with her if there is any feedback or advice for us regarding service or any area of improvement. Firstly she apologized for her deeds and acknowledged on the camp conduction on Cancer Screening for women nearby their area which had helped women not only to identify the health problem but also to bring change in health-seeking behavior of the women and disseminating on the utmost importance of early detection and early treatment on preventable cancers. Also, requested to continue this service as all the women must get this privilege to receive this service nearby their area.

And, this brings abundant satisfaction and worthy feeling on the service that we are proving to the community women with good change in behavior and also motivates us to amplify the quality service to all the women of the community.