

## AMDA Nepal

### Breast and Cervical Cancer Screening Program

### Monthly Progress Report

**Reporting Month:** August 2021  
**Reporting Date:** September 2021

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

SN	Activities	Status
1.	Screening Camp	
a)	Screening Camp at AMDA Nepal Office	Conducted on 7 <sup>th</sup> August 2021
b)	Screening camp at Sunadarijal Health Post	Conducted on 14 <sup>th</sup> August 2021
c)	Screening camp at Gokarna Primary Hospital	Conducted on 28 <sup>th</sup> August 2021
2.	Diagnostic Screening camp at AMDA Nepal Office	Conducted on 4 <sup>th</sup> August 2021
3.	Educational Activities	Conducted on 3 <sup>rd</sup> , 13 <sup>th</sup> , 26 <sup>th</sup> and 27 <sup>th</sup> August 2021
4.	Training to Health Facility Staff	Conducted on 16 <sup>th</sup> to 19 <sup>th</sup> Aug 2021
5.	Semi Annual Meeting with Municipality	Conducted on 31st August 2021
6.	Procurement of Medical Equipment	Purchase order has been placed
7.	Coordination meeting with Health Desk Team of Gokarneshwore Municipality	Conducted on 3 <sup>rd</sup> , 10 <sup>th</sup> and 24 <sup>th</sup> August 2021
8	Meeting with the Consultant	Conducted on 22 <sup>nd</sup> August 2021

#### 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 :**

SN	Name of Team	Designation	Organization	Camp at AMDA Office	Camp at Sundarijal Health Post	Gokarna Primary Hospital
1	Dr. YP Singh	Consultant	TUTH	✓	✓	✓
2	Dr. Neebha Ojha	Consultant	TUTH	✓	✓	×
3	Dr. Prathana	MO	BCH	✓	×	×
4	Dr Ashma	MS Resident	TUTH	✓	×	×
5.	Dr. Aliza Hamal	MO	Prasupati Griha	×	✓	×
6.	Dr. Eliza Gautam	MS Resident	TUTH	×	✓	✓
7.	Dr. Karishma Pradhananga	MS Resident	TUTH	×	×	✓
8.	Dr Prathana Pachhai	MS Resident	TUTH	×	×	✓
9.	Parbati Bhatt	Registration	AMDA	✓	×	×
10	Srijana Shrestha	PO	AMDA	×	✓	✓
11	Subash Dulal	CF	AMDA	✓	✓	✓
12	Bishnu Adhikari	CS	AMDA	×	✓	×
13	Goma Dahal	Volunteer	-	✓	×	✓
14	Sirrikshya Dulal	Volunteer	-	✓	×	✓
15	Sudeepa Mishra	HNI	GPH	×	×	✓
16	Gita Dulal	ANM	GPH	×	×	✓
17	Niru Thami	Clinic Aid	-	✓	✓	✓
18	Laxman Lama	Driver	AMDA	✓	✓	✓
19	Tika Aryal	CS	AMDA	✓	×	×

a) **Screening Camp at AMDA Office**

This was a one day event conducted on 7<sup>th</sup> Aug 2021 (23<sup>rd</sup> Shrawan 2078) at AMDA Clinic, Jorpati. 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 54 women attended the camp and 49 clients benefitted from cervical cancer screening services and 50 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	3	0	0	
2	30-34 years	13	13	13	
3	35-39 years	9	9	9	
4	40- 44 years	14	14	13	
5	45-49 years	8	8	8	
6	50- 54years	4	4	4	
7	55-59 years	2	2	2	
8	60-64 years	0	0	0	
9	70 years	1	0	0	
	<b>Total Clients</b>	<b>54</b>	<b>50</b>	<b>49</b>	

II. **Outcomes from the Screening Client**

**Screening Results (Cervical Cancer)**

Result	No.	Remark
Vulval Leucoplakia	1	Referred to TUTH for Vulval Biopsy. VIA Negative was negative.
VIA Positive	1	Advised for HPV DNA test
VIA Negative	48	

Not being screened	5	<ul style="list-style-type: none"> <li>• 3 clients age group 20-24 yrs- came for Gyane checkup and 1 client age group 70yrs came for Gyane Checkup</li> <li>• 1 clients rejected due to Bleeding</li> </ul>
<b>Total</b>	<b>54</b>	

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

<b>Result</b>	<b>No.</b>	<b>Remark</b>
Suspected (Benign Lump)	2	Advised Mammogram and Breast USG
Nothing Abnormal Detected	48	
Not being screened	4	<ul style="list-style-type: none"> <li>• 3 clients age group 20-24 yrs- came for Gyane checkup and 1 client age group 70yrs came for Gyane Checkup</li> </ul>
<b>Total</b>	<b>54</b>	

### **b) Screening Camp at Sundarijal Health Post**

This was a one day event conducted on 14<sup>th</sup> August 2021 (30<sup>th</sup> Shrawan 2078) at Sundarijal Health Post, Ward- 1. 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 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 54 women attended the camp and 54 clients benefitted from cervical cancer screening services and 54 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	13	13	13
2	35-39 years	16	16	16
3	40- 44 years	11	11	11
4	45-49 years	4	4	4
5	50- 54 years	8	8	8
6	55-59 years	1	1	1
7	60-64 years	1	1	1
	<b>Total Clients</b>	<b>54</b>	<b>54</b>	<b>54</b>

## II. Outcomes from the Screening Client

### Screening Results (Cervical Cancer)

Result	No.	Remark
VIA Positive	2	Referred to TUTH for HPV DNA Test and Cytology.
Endocervical Polyp	1	Advised for Polypectomy at TUTH
? Uterine Fibroid	1	Advise for Abdomen and Pelvis USG
VIA Negative	52	
Total	54	

### Screening Results (Breast Cancer)

Result	No.	Remark
Suspected (Benign Lump)	4	Advised Mammogram and Breast USG
Nothing Abnormal Detected	50	
Total	54	

### c) Screening Camp at Gokarna Primary Hospital

This was a one day event conducted on 28<sup>th</sup> August 2021 (12<sup>th</sup> Bhadra 2078) at Gokarna Primary Hospital, Ward- 4. 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, 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 62 women attended the camp and 62 clients benefitted from cervical cancer screening services and 62 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	10	10	10
2	35-39 years	13	13	13
3	40- 44 years	16	16	16
4	45-49 years	8	8	8
5	50- 54 years	8	8	8
6	55-59 years	4	4	4
7	60-64 years	3	3	3
	<b>Total Clients</b>	<b>62</b>	<b>62</b>	<b>62</b>

#### IV. Outcomes from the Screening Client

##### Screening Results (Cervical Cancer)

<b>Result</b>	<b>No.</b>	<b>Remark</b>
VIA Positive	2	Referred to TUTH for HPV DNA Test and Cytology.
VIA Negative	60	
<b>Total</b>	<b>62</b>	

##### Screening Results (Breast Cancer)

<b>Result</b>	<b>No.</b>	<b>Remark</b>
Suspected (Suspicious Lump)	1	Advised Mammogram and Breast USG
Nothing Abnormal Detected	61	
<b>Total</b>	<b>62</b>	

#### 2. **Diagnostic Screening Camp at AMDA Clinic**

The diagnostic screening camp - Breast USG was conducted at AMDA clinic on 3<sup>rd</sup> Aug 2021. This was our 2nd diagnostic screening camp so we informed to total 30 clients for the service to the women of age group 30-40 years. Among them, only 11 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. However, among all the contacted clients only few visited for the screening service due to which we were unable to meet the set objective but had lesson learned regarding client flow management on the diagnostic screening camp day.

#### 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 July 2021:

SN	Name of the Women Group	Venue	Date	Total Participants	Remarks
1	Lal Ganesh Women's Group	Dhansinkot Jorpati -6	3 <sup>rd</sup> August 2021	18	
2	Working Women	Galaicha Karkhana  Sundarijal-1	13 <sup>th</sup> August 2021	33	
3	Women's Group	Laghubitta Sahakari  Jorapati-6	26 <sup>th</sup> August 2021	12	
4	Women's Group	Nagarik Sachetana Center  Ward -4	27 <sup>th</sup> Aug 2021	13	
5	Women's Group	Mahila Sanjal Bhawan  Ward -4	27 <sup>th</sup> Aug 2021	28	
<b>TOTAL</b>				104	

Through this Educational Activities, we are able to reach to the community people and directly disseminate the information on Breast and Cervical Cancer Screening Camp and able to know their level of understanding and their health seeking behaviors and this activities had brought huge positive change in them.

#### 4. Training to Health Facility Staffs

We had trained total 7 staffs of different health facility of Gokarneshwore Municipality which was conducted from 16<sup>th</sup> to 19<sup>th</sup> August 2021 at Mariestopes Training Center, Satdobato. For initial 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 was obliged for the opportunity to receive the training.

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

SN	Name of Staff	Designation	Name of Health Facility
1.	Sita Mishra	Sr. ANM	Jorpati HP
2.	Neema Lama	ANM	Sundarijal HP
3.	Dev Shobha Shrestha	ANM	Gokarna Primary Hospital

4.	Hira Devi Dungana	ANM	Nayapati HP
5.	Gita Dulal	ANM	Gokarna Primary Hospital
6.	Sudipa Mishra	ANM	Gokarna Primary Hospital
7.	Chandrakala Rai	ANM	Baluwa HP

## 5. Semi Annual Meeting with Municipality

On 31<sup>st</sup> August 2021, Semi Annual Meeting had been completed in the presence of Ram Prasad Acharya, Tanka Nath Ghimire, all the team of health desk team and incharge of health post and hospital. Updated the progress and achievement of the program which was held within this period. The meeting went well with all the updates and achievement of the program. Also, discussed on lesson learned and challenges we faced during this tenure and requested for the solution on some raised issues as well. 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 semi-annual progress report and achievement and provided the rational for the one which was partially achieved.	
3	Key Achievements	Highlighted the key achievement of both Q1 and Q2 (during last 6 months) which was achieved as per the set objective.	
4	Baseline Survey	Explained about Baseline Survey Report. Discussed on Target population, method and content. Also, highlighted on the findings of both breast and cervical cancer knowledge and its practice on FCHV, community people and health facility staffs.	
5	FCHV Training	As per the set objective, we were able to complete the four FCHV training at Jorpati, Gokarneshwore, Baluwa and Nayapati HP on Breast and Cervical Cancer program and the imperative of the early screening program. The total 92 FCHV was trained on it.	
6.	Screening Program	Provided details on camp service flowchart, team members and summary on service delivery as able to conduct 6 screening camp at AMDA office and respective Health Post and provided service to 300 Breast Screening and 279 Cervical Screening was performed among 324 registered clients. Also, detected 20 VIA positive case, 1 Endocervical	



		polyp and 1 case with Suspicious Cervix Malignancy, 46 Benign Lump, 7 Suspicious Lump and 2 Fibroadenoma cases within this period.	
7	Budget Vs Expenses	Discussed on budget expensed and burn rate during this period with the rational on less burn rate on program. Also, forecast the Budget expenses till 3 <sup>rd</sup> Quarter with total Burn Rate.	
8	Success Story	The success story of this period was shared that reflected the women's seeking health service to nearby health post.	
9	Lesson Learned	Discussed on lesson learned regarding FCHV training, Client Flow Management and Mothers Group meeting.	
10	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. Also, shared about Follow up of the clients as the suspected client didn't go further checkup because of financial problem and sometime they take it lightly for the further checkup due to which we are unable to diagnose the client condition.  And also shared the activities completed in spite of all those prohibitory actions.	

#### **6. Coordination with Focal Person of Health Department of Gokarneshwor Nagarpalika**

On 3<sup>rd</sup> August 2021, coordination was done with Hari Psd Upadhaya Sir and other health desk team regarding planned schedule of the program. Submitted the request letter for training with final date and venue and received the list of staff for the training and informed date, venue and focal person of training to the participants on 10<sup>th</sup> August 2021. Likewise, submitted the report of the screening camp to health desk team and financial documents for the reimbursement purpose to the respective team of Municipality on 24<sup>th</sup> 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	IEC Printing	Both Breast and Cervical Cancer	2000 each
2	Examination Gloves		12 Pkt

### 8. Meeting with Consultant

On 22<sup>nd</sup> August, we conducted the meeting with Dr. Neebha and Dr. YP Singh for the further planning of the program as the program has been halted due to COVID. So, to meet the set goal, we finalized to conduct camp more than 2 times in a month, if possible 3 camps or 4 camps in a month. Likewise, to form a new team of Doctors in order to continue the camp smoothly.

### 9. Lesson Learned

- As we have commenced the diagnostic screening camp, we call all the selected clients for the screening services at AMDA clinic. But, we have experienced that all the agreed client won't come for the service due to which we are unable to met the set objectives for the day. In order to maintain the client flow, we are going to coordinate with FCHV of that respective health facility so that they can ensure by letting them know about its imperative part of screening service and also bring the clients for the same.
- The clients who were diagnosed with VIA positive and suspected client of breast cancer were being followed up but learned that none of them went for the further suggested investigation due to which we are unable to identify the core problem of the clients. So, for the same we have discussed with health desk team to address this problem and requested for the support on for further investigation if possible at Nepal Medical College.

### 10. Plan for the Next Month (September 2021)

SN	Planned Activities	Planned Date	Remarks
1.	Screening Camp		
a.	Screening Camp at Gokarna Primary Hospital	4 <sup>th</sup> September 2021	
b.	Screening Camp at AMDA Office	18 <sup>th</sup> September 2021	
c.	Screening Camp at Baluwa Health Post	25 <sup>th</sup> September 2021	
2.	Educational Activites at	September 2021	
3.	Diagnostic Screening Camp	1 <sup>st</sup> , 15 <sup>th</sup> and 22 <sup>nd</sup> September 2021	
4.	Distribution of Equipments and Supplies to Health Post	During last week of September 2021	
5.	Procurement Activities i.e completion on installation of Mammogram	During entire month	

## 11. Success Stories:

Client flow management has been the crucial part for the successful conduction of the camp. As sometime, there would be less client flow and sometime high client flow which had always impacted the camp conduction. FCHV of the respective health post was the main referral for the clients. However, some were quite active whereas some very passive and their participation had always effected in client flow. So, we planned to commence the Educational Activities in the community in small group of Aama Samuha or women's group of respective area of health facility before the camp conduction in order to aware about importance of breast and cervical cancer screening service, remove the myths and bring change in health seeking behavior and also, disseminate the date and venue of the camp. As expected, this activities had brought good change in client management.

Likewise, we planned to conduct educational activities with local people of that area with the help of FCHV named Dil Maya Shrestha nearby Sundarijal Health Post before conduction of camp. But unfortunately, on the same day she had to attend a monthly meeting with her team. So, she canceled the program at the last moment for which we had already completed the preparation of the program. As we were well prepared for the program, we communicated with one of the renowned person of that area named Laxmi Shrestha, President of Griha Sramik Sipmulaka Mahila Sahakari Santha who had contact with different small group of needed women. So, we requested her for one of the yearned women's group where we can disseminate about cancer screening service. So, she suggested us the women's group who worked at Galaicha Karkhana (Carpet Factory).

Along with her we went to Galaicha Karkhana. Fortunately, the time was lunch break time. We awaited for a while. Every women came back in the Karkhana and was curious about visit. So, before we begin the program, Laxmi Ji introduced me and my team and explained the purpose of our visit and taken the consent to begin the program and requested for their valuable time as they were very busy with their work. Everyone was eager to listen as it is about health and related to them and they barely had attended such programs. With the consent, we commence the program, distributed the IEC materials to all and embark on the breast and cervical cancer, its importance of screening and also about its early diagnosis and treatment. Even notified about screening camp that was going to held on nearby their health post. As soon they listened this, they were quite happy to receive the service near to them and also service is free as they rarely opt the service due to lack of time. As soon we complete the program, most of women acknowledged for such knowledgeable program, for addressing their queries and mainly for visiting to their area and conducting the program as they are glad to receive the service to their vicinity.

Though the area is not far from the hospitals and health post but still the health seeking behaviors of people is miserable as some of the women are still using Pills ( FP methods) for 8 years and 10 years though there is the availability of other long term methods. Such people are prone to both breast and cervical cancer. They don't have time for their health checkup neither they have sound knowledge on importance of timely checkup. They are just busy in earning money, rearing their child and completing their household chores.

So, listening to their stories, their busy schedule and curiosity regarding their health issues, also giving less priority toward self, made me felt that we are on the right place to bring awareness and

also motivate women to change in their health seeking behaviors and this made me obliged and contented to what we are doing.

During camp day, most of them visited on screening camp day and was happy to receive the service.

