

# AMDA Nepal

## Breast and Cervical Cancer Screening Services

### Monthly Progress Report

<b>Implementing organization</b>	<b>AMDA Nepal</b>
<b>Title of the Project</b>	<b>Breast and Cervical Cancer Screening Services</b>
<b>Project Location</b>	<b>Gokarneshwor Municipality, Kathmandu District, Bagmati Province</b>
<b>Funded By</b>	<b>Gokarneshwor Municipality</b>
<b>Reporting Month</b>	<b>Ashar 2081</b>
<b>Total Project Budget</b>	<b>Rs. 15,00,000</b>
<b>Total Expenses of this month</b>	<b>Rs. 8,08,964.95</b>
<b>Total Expenses till this Month</b>	<b>Rs. 15,20,082.71</b>
<b>Report Submitted By</b>	<b>Srijana Shrestha</b>
<b>Date of Submission</b>	<b>Ashar 2081</b>

#### 1. List of activities accomplished in this month

SN	Activities	Number of event	No. of beneficiaries/ Individuals	Date of conduction
1	Coordination Meeting	1	33	19 Ashar 2081
2.	Educational Activities			
a.	Aama Samuha	1	28	1 Ashar 2081
c.	Mental Health Awareness Program	1	23	12 Ashar 2081
3.	Technical Training	1	5	16 to 21 Ashar 2021

#### 2. KEY ACHIEVEMENTS

- We had conducted Program Review Meeting on 19 Ashar 2081 at ward 6.
- We had conducted 1 **educational activity** among Chandra Surya Mahila Samuha at Hello Kids School, Ward 5 on 1 Ashar 2081.
- Mental Health and stress management program was conducted on 12 Ashar 2081 at Ward 6.
- Technical Training on Cervical Cancer Screening and Prevention / Thermal Ablation from 16 to 21 Ashar 2021 at Marie stopes Training Center, Satdobato.

### 3. PROJECT ACTIVITY UPDATE

Activity Code	Name of Activity		
1.2	Coordination Meeting		
	Plan	Actual	Variance
Number of Event	1	1	0
Number of Participants/ beneficiaries	30	33	3
Budget	40000	36515	3485
Narrative Explanation:			
Date: 19 Ashar 2081		Location: Unique Foodland, Ward 6	
Objective of the activity:		<ul style="list-style-type: none"><li>To disseminate the key achievement, progress and update of the program from Chaitra 2080 to Ashar 2081.</li><li>To discuss on lesson learned, challenges and way forward of the program.</li><li>To share the feedback on the program and the importance of the services at the community for the early diagnosis and treatment.</li></ul>	
❖ Activity details:			
<p>On 19th Ashar 2021, a program review meeting was conducted at Unique Food Land, Ward 6, Gokarneshwor Municipality. The meeting was attended by key stakeholders including representatives from the local government, health sector, and AMDA Office.</p> <p>After that, Ms. Srijana Shrestha, Senior Program Officer, AMDA Nepal presented a comprehensive overview of the achievements made from Chaitra 2080 to Ashar 2081. The presentation highlighted the progress and impact of various health on breast and cervical cancer screening among community women. The early diagnosis and treatment ongoing through this program and women are self-aware regarding screening services.</p> <p>The Ward Presidents of ward 5 shared their perspectives on the effectiveness of the programs, emphasizing the positive outcomes observed at the community level. They also raised important issues regarding further continuing collaboration opportunities and the need for sustained support in specific areas such as remote area and be accessible to all the community women.</p> <p>The program was ended with the vote of thanks by Dr. Sunu Dulal, President of AMDA Nepal, gave the valuable suggestion to the program and also, reiterated the organization's commitment to continue supporting the municipality in achieving its health and development goals and disseminated the plan to upgrade the service with the additional needed service within the budget and also expressed the gratitude on the constant support in the program by Gokarneshwor Municipality.</p> <p>In conclusion, the meeting served as a platform for constructive dialogue and strategic planning. It reinforced the importance of collaborative efforts between the local government, health authorities, and AMDA Nepal in addressing community health needs and fostering sustainable development in Gokarneshwor Municipality.</p>			

❖ **Participants feedback/ suggestions/ opinions:**  
Not Any.

❖ **Follow-up plan (if any)**  
Not Any.

Activity Code	Name of Activity		
2.2	Educational Activity		
	Plan	Actual	Variance
Number of Event	1	1	0
Number of Participants/ beneficiaries	25	28	3
Budget	2500	2800	300
Narrative Explanation:			
Date:1 Ashar, 2081		Location: Hello Kids School, Ward 5	
Objective of the activity:		<ul style="list-style-type: none"><li>To disseminate and bring awareness among community women regarding imperative aspect of breast &amp; cervical cancer screening services.</li><li>To empower women with knowledge about early detection, prevention, and available screening service</li></ul>	
<ul style="list-style-type: none"><li>Activity details</li></ul> <p>The educational activity on breast and cervical cancer screening program aimed to raise awareness, provide information, and promote early detection and prevention of these two prevalent forms of cancer.</p> <p>One educational events were conducted at Chandra Surya Mahila Samuha at Hello Kids School, Ward 5 on 1 Ashar 2081.</p> <p>During the program, we provided an overview of breast and cervical cancer, including risk factors, symptoms, and prevalence.</p> <p>Key Highlights of the Program:</p> <ul style="list-style-type: none"><li>✚ Emphasized the significance of early detection in improving treatment outcomes and survival rate</li><li>✚ Discussed on recommended screening guidelines for breast and cervical cancer, including mammography, clinical breast examination, USG and VIA tests</li><li>✚ Explained the process and frequency of screenings based on age and risk factors, highlighted the benefits of regular screening in detecting cancer at an early stage when treatment is more effective</li><li>✚ Addressed common myths and misconceptions surrounding cancer screening, provided information about available screening services, including locations, scheduling appointments, and free costs of services</li></ul>			

- Demonstrated breast self-examination techniques and also on cervical health, empowering women to monitor changes and seek medical attention if necessary.

We also emphasized on the breast diagnostic screening camp that need to done at AMDA clinic for USG and Mammogram services after clinical examination. And importance of regular screening of both services after 3-year interval till the client reach 60 years old at nearby health facilities.

Moreover, we also facilitated an interactive Q&A session to address participants' questions, concerns, and personal experiences related to cancer screening and encouraged open dialogue and sharing of knowledge among participants

The educational activity on breast and cervical cancer screening services among Aama Samuha was highly successful in disseminating valuable information and fostering a sense of empowerment and responsibility towards health. Continued efforts are needed to ensure sustained engagement and uptake of screening services among women in the community.

- Participants feedback/ suggestions/ opinions:  
Participants were feeling grateful for such informative session and also expressed about their health seeking behavior. As this session had changed the view on screening services and need to do regularly for the optimum health of their own instead of going hospital after being ill. Also, all women assured that they will come to receive the service on schedule day. Requested to inform the date of screening services at AMDA Clinic
- Follow-up plan (if any):  
Not Any.

Activity Code	Name of Activity		
2.2	Mental Health Awareness Program		
	Plan	Actual	Variance
Number of Event	1	1	0
Number of Participants/ beneficiaries	40	24	16
Budget	60000	50950	9050
Narrative Explanation:			
Date: 12 Ashar 2081		Location: Unique Foodland Pvt. Ltd., Ward 5	
Objective of the activity:		<ul style="list-style-type: none"><li>To promote mental health awareness and improve emotional regulations.</li><li>Enhance resilience and encourage health lifestyles</li><li>Identifying Stressors and develop coping mechanisms</li></ul>	
<ul style="list-style-type: none"><li>Activity details</li></ul> <p>One-day session on "Conflict/ Stress Management" was successfully accomplished at Unique Foodland Pvt. Ltd. Ward 5. The program was conducted on 2081.03.12 in the facilitation of expert, Dr. Saroj Prasad Ojha, Professor and Head Department of Psychiatry and Mental Health, Tribhuvan University Teaching hospital. There was active participation of total 23</p>			

participants from education department and principals of respective school of Gokarneshwor Municipality.

The program was hosted by Srijana Shrestha, Senior Program Officer, AMDA-Nepal. Initially, Dr. Sunu Dulal, President, AMDA Nepal welcomed all participants and wish for successful completion of the program. Furthermore, he also highlighted on emerging public health needs and effective intervention and management of stressful life events to mitigate the significant toll on people's physical, social, and psychological well-being.

Afterward, the trainer commenced the session, directed at arousal orientation session with covered section on understanding stress and conflict, health, sources of stress, types of stressors, multi system consequences, the stress response curve, stress relieving techniques, mindfulness, positive attitude, strength based approach, balancing personal and professional life, handling complains, level of commitment and management of stress in every day to day life. According to Hens Selye "Stress is a non- specific response to the body to any demand made on it". Dr. Saroj also stated about eustress and distress and also explained that stress is not a purely a negative phenomenon. If the stress which increase the functions like mental, physical through strength training or challenging work, it is eustress. On the other hand, the stress which cannot be resolved through adaption and coping skills they are distress.

Meanwhile, he also briefed on conflict that is an active disagreement between people with opposing opinions or principles. Conflict and Stress both are the emotional and physical response that can bring the consequence both physically and mentally if not managed or adapted by the body. The trainer mainly focused on management of conflict and stress in life in order to enhance the productive life ahead.

Furthermore, we had interactive discussion among participants where everyone is requested to share the experiences they had, the challenges they face in day to day life that provoke the stress and the way they are managing their conflict & stress. Among all, principal of Akash deep school shared his experience, how he had suffered poor digestive system, initially not identified the exact cause. But, later it was identified that stress is the main factor he had to suffer the problem. Now, he is better with the healthy habits and stress management. Most of them accepted that the stressful situation they had to face with family, at school and among students had impacted their health and need to manage all this stress for the good mental health. If teachers learn to be mentally healthy then definitely it will have impeccable impact among students.

After interactive discussion among participants, the program was concluded by education officer of education department of Gokarneshwor Municipality acknowledging all participants for their active participation and commitment to implement and apply learnings in their personal as well as professional life. Also, shared how their experiences on the mental health and the utmost importance for healthy wellbeing. Likewise, advised to relate the program with the ongoing mental health issue among students that would help them to address the same in school and help the student if someone is suffering from and also to focus with the management remedies.

- Participants feedback/ suggestions/ opinions:

Participants were glad for this opportunity of profound internalization on how simple things are impacting one's life and a gentle reminder of healthy measures that everyone should opt for healthy and happy life.

- Follow-up plan (if any):

Not Any.

Activity Code	Name of Activity																																
1.2	Technical Training																																
	Plan	Actual	Variance																														
Number of Event	1	1	0																														
Number of Participants/ beneficiaries	5	5	0																														
Budget	168600	168600	0																														
Narrative Explanation:																																	
Date: 16 to 21 Ashar 2021	Location: Marie stopes Training Center, Satdobato.																																
Objective of the activity:	<ul style="list-style-type: none"><li>To strengthen the capacity of the service provider.</li><li>To extend the service in single visit approach.</li></ul>																																
<p>❖ Activity details:</p> <p>The technical training on Cervical Cancer Screening and Prevention/ Thermal Ablation (CCSP/Thermal Ablation) training was conducted from 16 to 21 Ashar 20212 at Marie stopes Training Center Satdobato. The total 5 participants had participated in 6 days training. This training had enhanced the knowledge they had and nurtured the skills and increased the competency with confident in the service provider with the skill to use thermal ablation. Also, motivated the provider to commence the service from their health facilities in a single visit approach.</p> <p>The 6 days training was productive and had enhanced the skill of service provider to manage the VIA positive case in the same site without any stress to the patient toward their health. As the client will be stress free by receiving the service on the same day without any hassle and diagnose as well prevent the precancerous lesion. We had 2 days’ practical session at camp and also used the thermal ablation in one of the suspected client at Marie stopes clinic.</p> <p>❖ Participants feedback/ suggestions/ opinions:</p> <p>Participant were glad to receive the training as it had increased their productivity and enrich the confident and enhanced the skills specially on the use of thermal ablation. They are now confident to provide service in a single visit approach.</p> <p>List of participants:</p> <table><tr><th>SN</th><th>Name of Participants</th><th>Designation</th><th>Working Area</th><th>Remarks</th></tr><tr><td>1</td><td>Usha Gyawali</td><td>BN</td><td>Besigaun UHC</td><td></td></tr><tr><td>2</td><td>Anjana Aryal</td><td>SN</td><td>GNH</td><td></td></tr><tr><td>3</td><td>Neema Lama</td><td>SN</td><td>Sundarijal HP</td><td></td></tr><tr><td>4</td><td>Gita Dulal</td><td>SN</td><td>GNH</td><td></td></tr><tr><td>5</td><td>Srijana Shrestha</td><td>BN</td><td>AMDA Nepal</td><td></td></tr></table> <p>❖ Follow-up plan (if any)</p> <p>Not any.</p>				SN	Name of Participants	Designation	Working Area	Remarks	1	Usha Gyawali	BN	Besigaun UHC		2	Anjana Aryal	SN	GNH		3	Neema Lama	SN	Sundarijal HP		4	Gita Dulal	SN	GNH		5	Srijana Shrestha	BN	AMDA Nepal	
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#### 4. BUDGET STATUS

<i>Budget Period</i>	<i>Approved budget</i>	<i>Expenses</i>	<i>Expenses Percent (%)</i>	<i>Reason of Variation</i>
Annual Budget	Rs. 15,00,000	Rs.15,20,082.71	101%	
Monthly Budget	Rs. 8,00,000	Rs. 8,08,964.95	101%	

#### 5. ISSUES, CHALLENGES

- Handling the surge in client volume has been quite challenging
- We have a limited number of camps available, but the demand is exceptionally high.

#### 6. LESSONS LEARNED

- The timely organization of training sessions proved pivotal in ensuring hassle-free coordination and smooth execution.

#### 7. WAY FORWARD/RECOMMENDATION

- Single visit approach with the use of thermal ablation service
- School health awareness program, include menstrual hygiene, management, other problems

#### 8. BRIEF SUMMARY OF ACTIVITIES NOT COMPLETED (If any) - Not Any

<i>Activity</i>	<i>Budget</i>	<i>Reason for not completing</i>

#### 9. PLANNED ACTIVITIES (for upcoming month/ Period)

Plan as per the agreed agreement with Gokarneshwor Municipality.

#### Annex 1: Consolidate data Report



Consolidate Report  
- Ashar 2081



## **Annex 2. Photographs**

Program Review Meeting at Ward 5 on 2081.03.19



Educational Activity at Holy Kids School, Ward 6 on 2081.03.01



Mental Health Awareness Program at Ward 5 on 2081.03.12





Technical Training on Cervical Cancer Screening & Prevention from 2081.03.16 to 2081.03.21



**Prepared by:**  
**Srijana Shrestha**  
**Senior Program Officer**  
**AMDA-Nepal**