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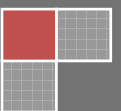
MOBILE HEALTH CLINIC & AWARENESS

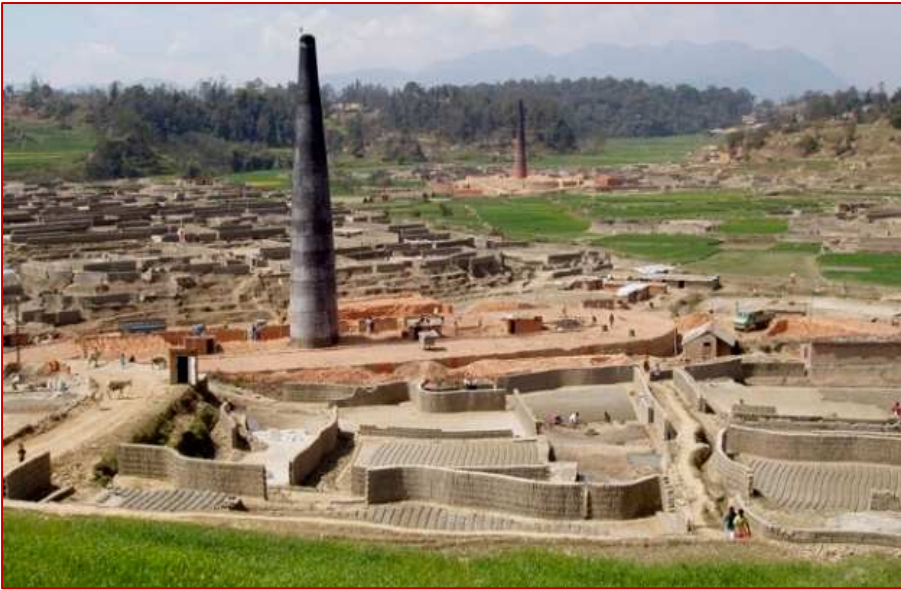
"Little care that goes long way. . . ."

A mobile health clinic with physician and medical supplies, providing on-site healthcare and awareness access to 3500 seasonal laborers of seven brick factories for six months (Dec. to May2010).



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Care and Development Organization
www.caredevelopment.org





Chimney and unbaked bricks keep for drying in brick factory worker carrying from the chimney circle after it bake

The Need:

“The Nar Maya Budha, who makes brick in Kantipur brick factory, had visited the mobile clinic of CDO with her sick baby. The health worker gave her some tablets and told her to give to the child after meals. Two days later, the health worker visited her for follow-up and asked how the baby was doing. “I have not been able to give her the medicine because you had told me to give it after food,” the woman replied. “I have no food at home and we haven’t eaten for day. Due to rain we were not able to carries the bricks”. No work, no food. Like her most of the worker have same story.



Over the past decade, smokestacks from more than 700 brick factories have emerged to change the landscape of Nepal, with at least 118 factories in the Kathmandu Valley. Surrounding each of these smokestacks is a community of 500-800 transient workers subsisting by making, carrying and baking bricks. These seasonal labourers represent a cross-section of the most disadvantaged groups in Nepal, internally displaced by armed conflict in their home villages during the ten-year “People’s War.” Extreme poverty and marginalized caste status have denied them access to education and healthcare, and made the women and children vulnerable to trafficking. In the brick factories, the hazardous work, long hours, meagre pay, and unsanitary living conditions combine to pose serious health threats that have gone unaddressed.

Care and Development Organization (CDO)’s holistic services for the men, women and children labouring in seven brick factories in Godawari, Nepal have included mobile health clinic, counselling, follow-up and health awareness trainings.



Brick By Brick...

The Brick Workforce:

31% men, 29% women, 15% teen boys, 12% teen girls, and 13% children under 12

Average Wage:

1000 bricks made = Rs 250 (\$3.42)
1000 bricks carried = Rs 150 (\$2.05)

Average Load:

Workers carry 25-40 bricks per trip (50-80 kgs),
40 trips per day (2000-3200 kgs),
Earning Rs 300-480 (\$4.11-\$6.58) daily



CDO's Response:

MOST OF THE HEALTH PROBLEMS OF BRICK WORKERS who has come to CDO's health trainings and medical check-up attributed to-

- **Brick dust and smoke pollution** (chest infections, allergic cough, skin diseases, eye and ear infection),
- **Strain from arduous work** (gastritis, back pain, headaches, body aches and joint pain),
- **Un safe drinking water, no latrine facility and unhygienic living conditions** (Fever, dysentery, diarrhoea, worms, common cold and yellow fever)
- **Traditional practice during the time of pregnancy and delivery**(pneumonia, malnutrition, asthma,uterus prolapsed)

Taking a day off to rest means not earning enough to eat, so health problems escalate as sick or injured labourers continue working, putting themselves at risk of long-term debilitation.



The goals of the project were:

- To provide on-site health check-ups and treatment;
- To offer individual counselling and follow-up on treatment
- To provide health awareness training;

- To provide free medicine that prescribes to the patients.

Care and Development Organization provided on site health care with counselling, health awareness and follow-up. One day per brick factory per day (Sunday to Friday). Experience health worker and mobilizer were appointed for the program. Critical patients were referred to the hospital on CDO expenditure.



Consultations with Health worker were offered on a first-come, first-served basis. Each patient's history and the doctor's instructions were recorded on a carbon receipt, with one copy given to the patient. Instructions for the

worker after receiving medicine after check-up prescribed medicines were written in symbols to overcome the literacy barrier.

She rotated with her assistant to six brick factories with medical equipment and medicine, offering consultations from 12.00pm to 2.30 PM during the brick workers' lunch breaks, so that their working hours cannot disturb. CDO's community mobilizer met with the brick factories managers and brick workers to publicize the clinic and awareness program.

Persons serve in 1st Dec '09- 30th May 2010:-

1256 Total patients were served with free supply of medicine.

- ❖ 87 male age 1 to 12 years
- ❖ 71 female age 1 to 12 years
- ❖ 675 female age 13 years to 66 years
- ❖ 423 male age 13 years to 68 years.



1045 workers and their children got De worming

Awareness of De-worming



Health worker De worming to brick worker

Training of SODIS (Solar water disinfection)



22 workers referre to hospital on CDO expenditure-

- 7 vaccine and delivery of pregnant women
- 3 miscarriages
- 2 Jaundice (Yellow fever),
- 4 Pneumonia
- 2 Cuts
- 3 Uterus prolapsed
- 1 Hernia

2018 worker got Health Awareness –

Awareness and individual counseling prevent them from various diseases. Posters and pamphlets were used to overcome the illiteracy. Pamphlets of each disease was distributed after the awareness, so that it will be easier for the worker to share the knowledge of health to other.



Topics of awareness were:-

Personal hygienic, worm infection, maternal care , prenatal care, post natal care, safe drinking water, water born diseases, ,vacations, HIV Aid, malaria, typhoid, tuberculosis, pneumonia, viral fever, nutritional diet, reproductive health.

Topics of training were:-

Effective Hand wash Technique, SODIS (Solar water disinfection) and First Aid.

Kumari B.K, carries brick in Bajra brick factories.

She was two month pregnant when she lost her husband in land slide and came to Kathmandu with 3yrs old son in search of work.

“During pregnancy I used to carries 175 to 200 bricks (350 to 400kg).Due to unaware of prenatal care and lack of vaccine I lost my baby before born. If I would got the awareness before, I could save my baby”. Now

I know many things- personal hygienic, hand washing, maternal care which is really important for us. I will share this knowledge to other, so that mother will never lost their baby before born like mine”.



CDO's Health History

- *March 20, 2005: Health Awareness Training*
92 persons reached
- *April 2, 2005: Medical Camp*
125 persons reached
- *November 19, 2005: Health Awareness Training*
201 persons reached
- *December 24, 2005: Medical and Dental Camp*
157 persons reached
- *May 27, 2006: Women's Health Camp, in collaboration with World Vision*
106 women reached
- *March 10, 2007: Eye Camp*
242 persons reached
- *March 10, 2008: Medical Camp,*
838 persons reached
- *May 2008: Mobile Medical Clinic*
100 persons reached
- *March 7, 2009: Eye Camp*
356 persons reached
- *March 7, 2009: Dental Camp,*
100 persons reached
- *January 7th to May 7th 2009: Mobile Medical Clinic*
325 persons reached
- *March 7th to May 7th 2009: Health Awareness training*
1025 persons reached
- *December 1st to May 30th 2010: Mobile Medical Clinic*
1256 persons reached
- *Dec. 1st to May 30th 2009: Health Awareness training*
2018 persons reached



“The main causes of the health problems for brick factory workers
- Unsafe drinking water and unsanitary living conditions. Preventative awareness about basic health, nutrition, hygiene and sanitation, and a source of safe drinking water are necessary.”

–Health worker Rina Rauniyar

Since 2005, CDO has reached

- ***3605 received medical care (Include eye and Dental camp)***
- ***3336 received health awareness***
- ***2567 received Deworming (men, women and children)***
- ***1500 received vitamin A***

CDO results-

Words Ram Thapa Mongar, Supervisor of Kantipur Brick factory–

“Mobile clinic and the awareness are really important for the brick factories worker. Health awareness has made the workers to know causes, prevention and symptom of the diseases. It prevents them from various diseases and indirectly increases their income. Such good program should be continuing”.

As the unsafe drinking water was the main cause of the diseases, so CDO in coordination with Bolbam brick factory owner put water tank of 5000 liters to provide safe drinking water to the workers. This prevents them from waterborne diseases and save their time to carry drinking water which is a hour working distance.



Health awareness by the help of poster and pamphlets was very effective. It helps to prevent them from various diseases especially waterborne diseases. Mother started to give vaccine to their children. Women knew about the prenatal and post natal care. It even helps children to grow up healthy. Workers became more interested to spread the message of health through Pamphlets.



Future Steps:

PREVENTATIVE AND CONTINUAL CARE is essential in helping the brick workers combat conditions that are endangering their health. It was need based approach. Based on the evaluation of this mobile clinic, the presence of two on-site clinics would have a greater impact than the one on-site clinic, as more workers will have ongoing access to treatment as problems arise.

Health awareness and counseling helped to decrease the number of major sickness. It is also essential to address the root causes to improve sanitation and drinking water. So more training on SODIS (Solar water disinfection) along with supply of plastic bottles or supply them water guard (medicine -drops to purify water) are in need of them.

Our research has underscored to make their latrine by provide them bamboos to prevent from the daily health risks faced by the brick workers.