

MAIN PROGRAMS

1. TRAINING.
2. MCH CLINIC.

1. TRAINING

Afghan German Doctors' Association (AGDA) has conducted long term Ultrasound training courses for male and female doctors with collaboration of the Ministry of Public Health (MoPH), Ministry of Higher Education (MoHE), World Health Organization (WHO), gtz & DAAD in Kabul and Mazar-i-Sharif.

Through this program about (22-29) doctors are being trained in Ultrasonography in each course.

From 22 of October 2002 up to end of the year 2009 about seven rounds of the above courses were conducted (each in three sessions) in capital (Kabul city) and northern city of the Mazar-i-Sharif for doctors of different hospitals of the capital and several provinces.

All the mentioned doctors were trained in basic principles of the ultrasound and essentials of abdominal and pelvic scanning and relevant health problems by different teaching materials & practical exercises.

As it is known a good reputation of the above mentioned trainings have been observed through out the country.

It should be mentioned that during training sessions we have been enabled to check and diagnose several complicated referral cases from different hospitals by Ultrasound.

Also the AGDA with collaboration with DAAD has conducted few periods of sub specialization training programs for academic institutions (medical faculties) of different provinces of the country in the Germany.



2. M.C.H. CLINIC

AGDA established its MCH clinic in first quarter of 1999 in one of the high populated cities, Jalalabad, the center of Nangarhar province in eastern region of Afghanistan.

As other parts of the country the citizens of Jalalabad (especially women and children) have been suffering from lack of basic needs for their life, e.g. security, effective and accurate health services, basic education especially for women, clean environment, irrigation system, electricity ... etc.

AGDA MCH-Clinic is one of the available health facilities in Jalalabad city which provides health services for more than 48'000 population of its catchments area (EPT target) & has been known one of the best arranged health facility in the region.

ACHIEVEMENTS, 2009

- (27230) patients have been checked by two MD doctors
- (30026) different cases have been treated in the clinic
- Vaccination team administered over (30061) different vaccine doses to children and women by routine vaccination and during NIDs.
- The vaccination monthly target was increased from 47 to 139 by provincial EPI department and the coverage for children under one year was (112.7.8%).
- The vaccination monthly target was increased from 47 to 139 by provincial EPI department and the TT2 vaccination coverage for pregnant women was (34 %).
- (34487) People benefited from the health education programs.
- (9732) Laboratory investigations have been done in clinic's laboratory.
- (492) Slides were examined in suspected cases of TB.
- (21070) Patients received medicine from the clinic.
- (2849) Dehydrated children have been rehydrated in ORT corner of the clinic.
- (656) Patients have been dressed.
- (2866) Patients have been injected.
- (740) Patients followed different contraceptive methods
- (1359) Pregnant mothers received antenatal & postnatal care services

ACTIVITIES

- A. Maternal and child health care services.
- B. Diagnostic, therapeutic and referral services.
- C. Prevention and control of locally endemic diseases.
- D. Education of the population about common health problems and solutions.
- E. Expanded program of immunization (EPI).
- F. Promotion of proper nutrition of population focusing on women and children.
- G. Capacity building

A. MATERNAL AND CHILD HEALTH CARE SERVICES:

1. REPRODUCTIVE HEALTH SERVICES

MCH program has followed a careful strategy, which paid full head to both religious conceptions and cultural sensitivities to provide reproductive health services.

MCH program provided special services to three vulnerable groups: pregnant women, lactating mothers and children less than three years.

Following are details:

i. SAFE MOTTER HOOD:

Antenatal and postnatal cares were provided to pregnant and lactating mothers.

Total (1359) mothers were enrolled in 2009. They were followed up regularly. Their blood pressure, Hemoglobin level, urine specimen, weight, position & presentation of fetus were checked.

The tablets Ferrous Sulfate, Folic Acid & Micronutrients were provided to them and in some cases additional therapy was done.

The delivery section was active for ante partum and post partum services and we have attended 5 normal delivery cases and several post partum interventions and because of the our half day services the other cases were referred to the hospital.



ii. FAMILY PLANNING:

Following services were offered:

- a. *Counseling*: individual counseling was provided to women of child bearing age.
- b. *Contraceptive methods*: Oral contraceptive tablets, condoms, IUCD and injectable DMPA were provided.

Total (740) women were enrolled.

iii. EDUCATION ON HIV/AIDS (PREVENTION & TRANSMISSION) SEXUAL TRANSMITTED DISEASES (STD):

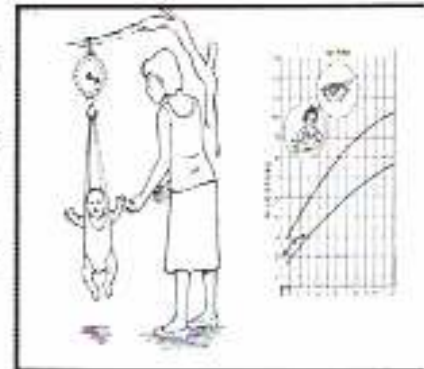
These cases were managed with special consideration by educating the roots of transmission, methods of prevention and self care measures to the patients and in case of suspicion they were informed about establishment of VCT centers for diagnoses in the city.

2. NUTRITION STATUS OF CHILDREN:

To prevent malnutrition the MCH program provides non-formal educational messages on how to compose and prepare healthy & well-balanced meals for the family and also the suspected cases of malnutrition were assessed, educated and followed up.

During this year (164) malnourished children were enrolled and followed in this program.

For detail please refer to Annex-1.



B. DIAGNOSTIC THERAPEUTIC AND REFERRAL SERVICES:

I. CLINICAL SERVICES (O.P.D):

Two medical officers (one male & one female) provided diagnostic and therapeutic services to women and children.

Antenatal and postnatal services were offered, common diseases were diagnosed and treated in the clinic and complicated cases were

referred to appropriated centers where available (University Teaching Hospital & General Public Health Hospital). Patients visited by doctors were between (70 -120) per day.

Total of (27230) patients were examined and treated in the year 2009.



Age and sex-wise details of patients are given bellow:

Age	Male	Female	Total Number of patients
0<5 year	5805	5707	11512
5< years	2682	13036	15718
Total	8487	18743	27230



For detail please refer to Annex-1, IV & V

II. LABORATORY:

This section supports the accuracy and enhances the ability of medical officers to conduct their therapeutic services effectively.

Laboratory provides results to the following specimens:

- Blood examination for diagnosis of malaria.
- Routine urine examination.
- Pregnancy test.
- Stool examination for intestinal parasites.
- Complete blood tests (ESR, Hb, WBC and DLC).
- Sputum examination in case of suspected pulmonary TB.



By establishing the TB detection and control section in collaboration with National TB control Program (NTP) of the Public Health Directorate the laboratory section is equipped to do the Ziehl-Nielsen stain in suspected cases of Tuberculosis.

Total (9732) different investigations have been done and (492) slides were examined in suspected cases of TB and 45 of them were found positive during the year 2009.

For detail please refers to Annex-II & IV.

III. PHARMACY:

Essential drugs were provided for 70 patients per day by the health clinic. Medicine was dispensed for all without pay.

(21070) Patients received medicine from pharmacy of clinic during the year 2009.

For detail please refer to Annex-IV&VI.



IV. NURSING SERVICES

A well-trained midwife nurse performs antenatal and postnatal care documentation, antiseptic dressings and infusions for needy patients.

Total (4881) patients received services.

Antenatal and postnatal care	1359
Antiseptic dressing:	656
Infusions:	2866
Total:	4881

For detail please refer to Annex-IV



C. PREVENTION AND CONTROL OF LOCALLY ENDEMIC DISEASES:

Malaria and diarrhea, which are the main problems of people in eastern region of Afghanistan, are mentionable.



A. MALARIA CONTROL PROGRAM:

For prevention of malaria beside health education the self protection method of using saturated bed nets with insecticidal drugs were introduced which were provided by IIN TPO to the clinic and distributed without charges for women during antenatal care period.

Total malaria suspected slides examined: 2680

Total slides found positive (PV and P.F): 301

All patients found positive were given proper treatment & follow up without charges.

B. DIARRHEA CONTROL PROGRAM:

ORS & WSS were given to dehydrated patients through ORT corner and in times of need we give them medicine.

We also educate the mothers about good nutrition and fluid intake of their children during diarrhea and we inform them about any dangerous signs of dehydration and urgent return.

Total (2849) patients received services of ORT.

D. EDUCATION OF THE POPULATION ABOUT COMMON HEALTH PROBLEMS AND SOLUTION:

Health educator delivered health messages to all mothers who has brought their children to the clinic, according the seasonal based daily time table.

Health education topics included immunization, breast-feeding, weaning, nutrition & malnutrition, birth spacing,

proper use of medicines, hygiene, sanitation, diarrhea, malaria and other related issues as awareness about mines and unexploded materials by ICRC staff, mental health and drug abuse problems by PHD staff and prevention from burning by SOZO association.

Total (34487) participants were educated in (308) sessions in this year.

For detail please refer to Annex-II & IV.



E. EXPANDED PROGRAM OF IMMUNIZATION (EPI):

Immunization against seven preventable childhood diseases (TB, Diphtheria, Pertusis, Tetanus, Polio, Hepatitis and Measles) was provided to children of under five years.

The program also offered tetanus toxoid vaccination for women of childbearing age.

(30061) vaccine doses were administered during routine program and National Immunization Days in the year 2009 by vaccinators in this program.

AGDA actively participated in all of NIDs campaigns for polio eradication, Vit A administration and measles mortality rate reduction campaigns and has gained good reputation in this field the clinic was one of clusters (EPI cluster) during national immunization days so on.

For detail please refer to Annex-III & IV.



Chicken pox

F. PROMOTION OF PROPER NUTRITION OF POPULATION FOCUSING ON WOMEN AND CHILDREN:

The patients and their attendance were informed through daily health education programs about proper nutrition like breast feeding, weaning and supplementary feeding and taking of micronutrients especially during pregnancy period and growing children and their role in prevention and treatment of different health problem.



COORDINATION

Close contact was made with UN agencies national and international NGOs and governments.

All coordination meetings were attended regularly.



SKILL BUILDING

AGDA staff attended different training workshops & refresher courses that were conducted by different governmental & non-governmental organizations in the province.

Inter-office trainings were arranged for improvement of knowledge and skill of staff in MCH clinic by our own staff.

On job training by MD staff was the part of daily activities.

SUGGESTION

- ☞ Support of the MCH clinic by equipments & drugs from Germany
- ☞ Establishment of dental and physiotherapy sections in the MCH clinic.
- ☞ Search the opportunity for permanent transportation vehicle for clinic staff & ambulatory services and replacing the old electricity generator of clinic.
- ☞ Arrangement of high level training for MCH clinic staff in Germany.
- ☞ Arrangement of diagnostic endoscopy course for doctors of eastern provinces especially establishing a diagnostic center in the Jalalabad City due to absence of this facility in the eastern region.



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