

SVJCT's Walawalkar Hospital



*Transforming lives...
One at a time !*

Malnutrition Project Information Booklet

Team Members:

Dr. Dhairyasheel Shirole (Senior Paediatrician)
Dr. Mrs. Suvarna Patil (Medical Director)
Dr. Sudhir Mavdia (Paediatrician)
Dr. Sunil Nadkarni (Senior Orthopaedician)
Dr. Vinod Vasnik (Community Health Physician)
Dr. Maneesha Shrivastava (Gynecologist)
Dr. Milind Sankhye (Neuro Surgeon)
Dr. Abhay Desai (General Surgeon)

Shree Vithalrao Joshi Charities Trust's

**B.K.L. Walawalkar Hospital,
Diagnostic & Research Center, Dervan**

Tal : Chiplun, Dist : Ratnagiri, Pin – 415606

Phone No. (02355) 264137 / 264149

Website: www.walawalkarhospital.com

E-mail: info@walawalkarhospital.com

MATERNAL & CHILD HEALTH

For over last 40 years, Shree Vithalarao Joshi Charities Trust is engaged in helping the people in the Konkan region to meet their Socio-Economic needs. The basic Objectives of the Trust are - Health for all, Education for all & Self-Respect for all. The trust believes that the achievement of these will lead to Social & Economic transformation in the area.

As a part of this vision, B.K.L. Walawalkar Hospital provides state-of-the-art medical care under one roof at affordable rates. Thousands of families in Konkan have been benefited & scores of lives have been saved through this project.

As a natural extension of this activity in Healthcare area, the trust has developed the necessary Educational infrastructure to train the manpower needed to spread the Healthcare initiatives in the rural area. Thus, today at Dervan, we have a Nursing College with Post-BSc Diploma courses being conducted in Paramedical subjects.

With the objective of improving Social & Economic status of Women, the trust launched REACH - Rural Empowerment And Community Health program. The program helps them to develop their own capabilities & skills through which they can become economically independent.

One of the major problems in rural India has been malnutrition of children below 6 years of age. With the aim of countering this problem in the vicinity of Ratnagiri & Sindhudurg Districts, children below 6 years of age & Antenatal & post natal mothers in the area were approached. Specially trained teams from the Hospital/Trust imparted information on Health & Healthy-Diet to this group. For the target group, parameters like Height, weight, Hemoglobin, serum proteins were monitored periodically & Nutritious food (in the form of "Ladoo", prepared by the Hospital/Trust) was supplied to them on a weekly basis. Beneficiaries total 3188 children and 1600 antenatal mothers are being benefited through this project. The project has created a positive impact on the beneficiaries.

This project is materialized only because of active support from the Government Authorities from Ratnagiri District, so we would like to acknowledge our immense gratitude to **C.O. Mr. Shingare, DHO Dr. Solave, ADHO Dr. Kulkarni**, who have kindly & willingly contributed in the project.

Our Hospital will continue to evolve & implement such community-based programs in our quest for better health for everybody through community participation.

MALNUTRITION PROJECT

'Health for all' means removal of obstacles to good health. Elimination of malnutrition was one of them.

People were malnourished and were prone to develop tuberculosis. Antenatal mothers were not gaining enough weight and children born to such mothers had a low birth weight.

To overcome this problem we started malnutrition project where nutritious diet was supplemented to antenatal mothers, children below 6 years of age & older people.

The trust is currently spending more than Rs. 2,00,000/ per month on this project.



❖ MALNUTRITION PROJECT IMPLEMENTATION STAGES:



❖ Chemical Analysis Of Ladoos :

Sr. No.	Parameters	Nutritious Ladoo
1.	Protein (%)	10.19
2.	Fat (%)	10.81
3.	Carbohydrate (%)	67.95
4.	Calories (kcal / 100 g.)	409.85
5.	Vitamin A (IU / 100 g.)	891.94
6.	Vitamin C (mg / 100 g.)	7.69
7.	Vitamin B1 (mg / 100 g.)	1.248
8.	Vitamin B2 (mg / 100 g.)	2.8370
9.	Vitamin B3 (mg / 100 g.)	0.75
10.	Folic Acid (mcg / 100 g.)	37.25
11.	Zinc (mg / 100 g.)	1.15
12.	Calcium (mg / 100 g.)	83.57
13.	Iron (mg / 100 g.)	4.21
14.	Total Yeast & Mold Count / g	2



(The above analysis is done by “Ramkrishna Bajaj –CFBP, Consumer Education & Testing Centre, Mumbai)

❖ Examination Sessions of Malnourished children:

1] REGISTRATION



Hospital Organizes Village level Camps for examination of 0-6 Yrs age group Children & ANC Mothers



2] EXAMINATION OF CHILD



Physical Examination -
Height, Weight, Mid Arm, Head & Chest Circumference periodically



Examination by Physician



Weight Measurement



Height Measurement



Head Circumference



Chest Circumference Measurement



Mid Arm Circumference Measurement

3] INVESTIGATIONS

Patho Investigations – Blood Collection of malnourished child.

Hb%, Serum Proteins, Urine, MT - after 3 Months



Mantoux Test



4] CLINICAL EXAMINATION BY PAEDIATRICIAN:

Clinical Examination of children is done by Paediatrician in the hospital.



ANC Mother Examination in Community by British Medicos :



5] HEALTH AWARENESS

Health awareness by Health talk, using A/V aids like Posters, Street Play, Videos, Counseling at camp



6] DISTRIBUTION OF MEDICINE

Hematinics, Vit.D, Vit.A, Calcium, Anthelmintics are distributed



7] DISTRIBUTION OF NUTRITIOUS LADOOS:



8] BAL VIKAS KENDRA:

Those who do not gain weight on OPD treatment are admitted in hospital and are given nutritious diet, medication. Health education and nutrition demonstrations were given to the mothers.



❖ WORKSHOP FOR ANGANWADI SEVIKA:



❖ WORKSHOP FOR ANM SISTERS:



❖ DAI TRAINING PROGRAMME:



HEALTH AWARENESS WORKSHOP

❖ WORKSHOP FOR GOVERNMENT MEDICAL OFFICERS OF RATANAGIRI DISTRICT :



❖ WORKSHOP FOR ADOLESCENT GIRLS:



❖ WORKSHOP FOR PREGANANT WOMEN & THEIR MOTHER IN LAWS:



MALNOURISHED CHILDREN PHOTOGRAPHS- PRE & POST LADOO CONSUMPTION

1] Aryan Ramane



PRE - 05/07/2008, Wt- 2.30 Kg, Gr.IV



POST- 23/08/2008, Wt-3.15 Kg, Gr.II

2] Vidya Dorlekar



PRE- 13/08/2008, Wt-2.280Kg, Gr.IV



POST- 20/08/2008, Wt-2.400, Gr.IV

3] Rinku Kadam



PRE- 05/07/2008, Wt-11 Kg, Gr.II



POST- 05/08/2008, Wt-12.7 Kg, Gr.I

4] Nayan Gamare



PRE – 05/12/2007, Wt. 4 Kg, Gr.IV

POST – 05/01/2008, Wt. 5 Kg, Gr.II

CONGENITAL ANOMALIES CORRECTION

1] Sayali Gurav : (Corrective Surgery Knee)



PRE OP. – Not able to walk and stand

POST OP – Started walking

TendoAchilis Lengthening Surgery done by Dr. G.R. Ingale (Paediatric Orthopedic Surgeon)

3] Piyush Waydande (Meningo Myelocele)



PRE- 23/04/2008 Not able to walk & non healing ulcers over both lower limbs.

POST OP: Ulcers healed & now able to walk.

Patient was having Mylomenigocele & Bilateral CTEV. Mylomenigocele was operated by Dr. Sushil Patkar (Neuro Surgeon) and CTEV correction surgeries were done by Dr. G.R. Ingale (Paediatric Orthopedic Surgeon)

HOSPITAL N.I.C.U. – Equipped with Ultra Modern Facilities



STATISTICS

1) TOTAL EXAMINED CHILDREN FROM RATNAGIRI & SINDHUDURG DISTRICTS: (TALUKAWISE) as on 29th Aug 2008

Taluka	Total Children	Durdhar aajar	Grade I	Grade II	Grade III	Grade IV	Normal
Chiplun	191	5	19	75	67	14	16
Guhagar	226	4	55	114	33	5	19
Ratnagiri	270	7	45	113	76	31	5
Sangameshwar	126	5	18	37	44	17	10
Khed	296	4	88	85	36	5	82
Dapoli	124	2	3	32	50	39	-
Abaloli , Veldur	739	-	238	267	108	10	116
Avashi	128	-	52	28	10	3	35
Sapuchetale	661	-	149	250	151	32	79
Kadawai	66	-	41	2	-	-	23
Kankawali	361	-	167	88	22	6	78
Total	3188	27	875	1091	597	162	463

2) ENROLLED CHILDREN IN PROJECT:

Table shows the grades of malnourished children

Taluka	I	II	III	IV	Ladoo Consumed	Weight Gain	Grade Change
Chiplun	19	75	67	14	175	133	68
Guhagar	55	114	33	5	111	111	56
Ratnagiri	45	113	76	31	71	60	59
Sangameshwar	18	37	44	17	90	67	64
Khed	88	85	36	5	160	158	41
Dapoli	-	1	13	9	22	20	15
Sapuchetale	149	250	151	32	144	87	16
Total	374	675	420	113	773	636	319

IMPACT:

MALNOURISHED CHILDREN:

1. Total 1793 children enrolled in the project.
773 malnourished children were provided nutritious ladoos.
2. Out of 773 malnourished children, significant weight gain was found in 636 children.
3. Investigations of 263 children was done (Every 3 months after enrollment),
Hb gain was found in 104 children.
4. Malnutrition Grade change was found in 319 children (out of 773 malnourished children).

ANC Mothers:

1. Total 1153 women enrolled in the project from 2003.
2. From January 2007 to August 2008, 556 pregnant women were enrolled.
3. There is significant increase in Hospital Deliveries.
4. Average baby weight (birth wt.) increased from 1.5 Kg to 3 Kg.
5. 95% Ladoo consuming women delivered babies having weight more than 2 Kg.
6. 50% Ladoo consuming women delivered babies having weight more than 2.5 Kg.
7. 25% Ladoo consuming women delivered babies having weight more than 3 Kg.

HEALTHY CHILD, HEALTHY NATION



**Mother had consumed nutritious ladoos throughout pregnancy.
She delivered a Baby of 3.7 kg weight.**