

# Program Report

## Breast and Cervical Cancer Screening Services



*Submitted by:*  
**AMDA-Nepal**



*Submitted to:*  
**Gokarneshwor Municipality**



## ACRONYMS

ANM	Auxiliary Nurse Midwives
AMDA	Association of Asia-Nepal
BHP	Baluwa Health Post
BCC	Behavior Change Communication
DHO/PHO	District Health Office/Public Health Office
DOHS	Department of Health Services
DPAC	District Project Advisory Committee
FHD	Family Health Division
FCHV	Female Community Health Volunteers
FP	Family Planning
GNH	Gokarneshwor Nagar Hospital
HF	Health Facility
WHO	World Health Organization
GM	Gokarneshwor Municipality
NHP	Nayapati Health Post
SHP	Sundarijal Health Post
JHP	Jorpati Health Post
SUHC	Sarbeshwore Urban Health Center
NMC	Nepal Medical College
TUHC	Tarebhir Urban Health Center
VIA	Visual Inspection with Acetic Acid
SL	Suspicious Lump
BL	Benign Lump

## Acknowledgment

The successful completion of this program is attributed to the sincere contributions and invaluable support extended by numerous individuals and institutions. Firstly, I would like to express my deepest gratitude to AMDA Nepal for entrusting me with this important opportunity. I would like to highly acknowledge the support of the team of AMDA Nepal for their continued support from the design to the execution of the program.

I would also extend my sincere thanks to Gokarneshwor Municipality for their crucial cooperation and support which proved to be indispensable. We acknowledge that this program would not have been possible without the support of Gokarneshwor Municipality. Special recognition goes to the Mayor, Deputy Mayor, Ward President, public health officer, health facility in-charges and service providers of respective health facilities for their unwavering support and coordination for the success of this program.

Meanwhile, I would like to extend our heartfelt appreciation to FCHVs for their steadfast support in our program, which has played a crucial role in ensuring its outreach and accessibility to women in our community.

Additionally, I would like to extend a heartfelt thank you to all the Aama Samuha Group and the club for their unwavering support and dedication to the Breast and Cervical Cancer Screening Program, which has been instrumental in advancing our mission and improving healthcare outcomes in our community, ensuring accessibility and reaching women in need.

My heartfelt gratitude extends to all individuals who, through their direct and indirect contributions, have played a significant role in shaping the outcomes of this program.

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## Executive Summary

AMDA Nepal signed an agreement with the Gokarneshwor Municipality on 15th January 2020 to conduct community based public health program and established "AMDA Gokarneshwor Wellness Clinic (AGWC)". With the imperative need of cancer screening, AMDA-Nepal commenced the project for breast and cervical cancer screening camp on January 2021 to December 2023 funded by AMDA Multisectoral and Integrated Development Services (AMDA-MINDS). This recent breast and cervical cancer screening camp conducted in Gokarneshwor Municipality has yielded a highly positive outcome. The initiative has not only met its objectives but has also sparked a strong enthusiasm from both the community and the local authorities.

In recognition of the camp's success and its significant impact on public health, Gokarneshwor Municipality was keenly interested to continue and expand this essential program. AMDA Nepal, as a key partner in this initiative, is set to collaborate further with the municipality to sustain and advance the program. This ongoing partnership aims to enhance the accessibility and effectiveness of cancer screening services in the region.

The continued collaboration has focused on awareness program among Aama Samuha, School health awareness program, mental health awareness program, capacity building and regular screening and diagnostic screening camp. Over the past four months, the comprehensive breast and cervical cancer screening initiative in Gokarneshwor Municipality has successfully executed all planned activities, demonstrating significant achievements and community impact.

### Key Activities and Outcomes:

1. Coordination Meeting: 2 program conducted with Gokarneshwor Municipality
2. Awareness Programs:
  - Aama Samuha: 8 awareness sessions conducted
  - School Health Awareness Program: 8 school-based awareness programs
  - Mental Health Awareness: 2 sessions focused on mental health and stress management program
3. Screening Camps:
  - Total Conducted: 8 community screening camps
  - Clients Benefited: 488 individuals received screening services among which 10 clients were diagnosed with Benign Lump, 3 clients suggested with FNAC. 22 Client diagnosed with VIA positive and 3 clients diagnosed with CIN I and 1 client with CIN III
4. Diagnostic Screening Camps:
  - Total Conducted: 16 diagnostic screening camps
  - Clients Benefited: 414 individuals received diagnostic services
5. Capacity Building:
  - Training Program: 1 capacity building training held and trained 5 healthcare providers

The program has effectively reached and benefited a considerable number of individuals through its various activities. The execution of screening camps, educational programs, and capacity-building has significantly contributed to raising awareness, improving diagnostic services, and enhancing local healthcare capabilities. The positive outcomes underscore the importance of continued efforts and collaboration to sustain and expand these vital health services in the community. Meanwhile, the program has revealed a strong demand for continued and expanded services within the community. Numerous Aama Samuha (community groups) have expressed interest in having additional screening and awareness programs conducted in proximity to their local health facilities. This increased demand highlights the community's recognition of the program's value and their desire for more accessible health services.

The success of this program would not have been possible without the unwavering support and collaboration of Gokarneshwor Municipality. We extend our deepest gratitude to the municipality for their invaluable assistance and commitment. Special recognition is due to the Mayor of Gokarneshwor Municipality, whose leadership and support were instrumental in the successful execution of this program. The municipal support has been a cornerstone of our efforts, facilitating effective coordination, resource allocation, and community engagement. We are profoundly appreciative all the focal person of the Gokarneshwor Municipality in driving this initiative forward and fostering an environment conducive to its success.

## Program Overview

Association of Medical Doctors of Asia-Nepal (AMDA-Nepal) was established in 1989 as a chapter of AMDA-International, Japan. It is a humanitarian, nonprofit-making, non-political, nonsectarian, non-governmental organization working with its mission to promote the health and wellbeing of the underprivileged and marginalized people under the slogan “Better quality of life for better future”.

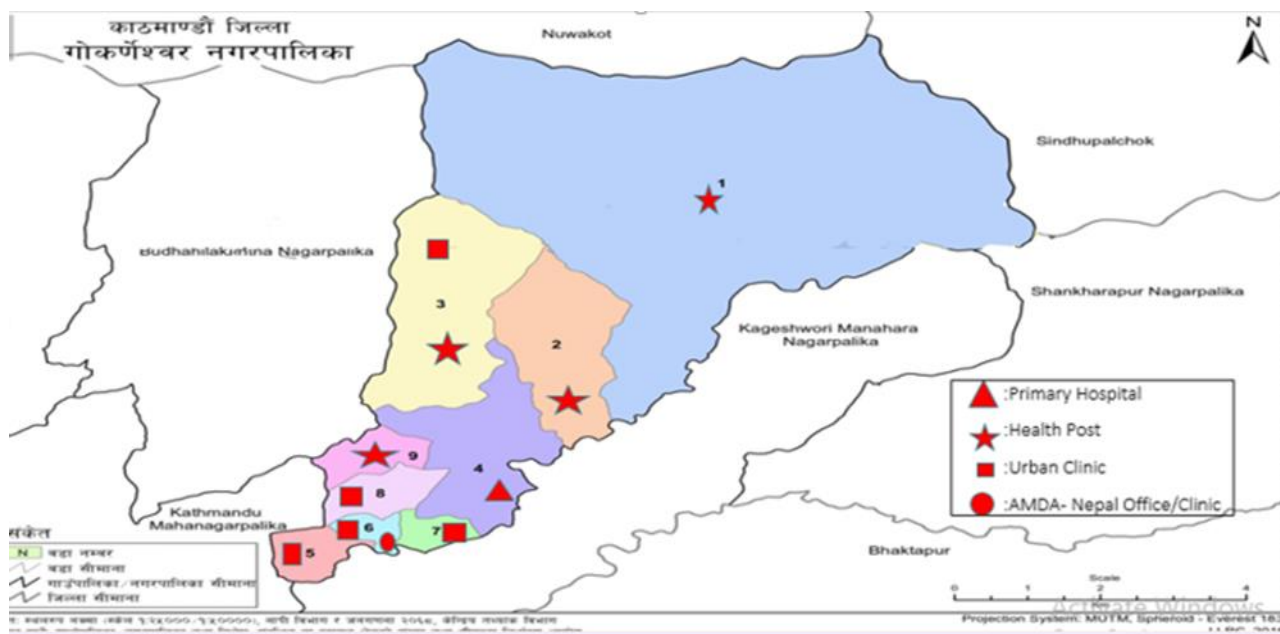
The program area, Gokarneshwor Municipality, which covers an area of 1.5 sq. km, located in the northeast side of the capital city, Kathmandu. It was declared as municipality by the council of ministers on December 2, 2014. It consists former Sunadarijal, Nayapati, Baluwa, Gokarneshwor and Jorpati village development committee. According to the national census carried out in 2068 BS, the population of this municipality is 107,351 considering the recent increase, it can be estimated that the population is more than 150,000. Geographical diversity, its own unique originality, historical religious sites, the landscapes of this municipality, adorned by the holy Bagmati river, however, have a mix of besi, bheerpakha, ghat and forest.

**Objective:** To provide accessible and affordable screening services to women in the community to detect early signs of breast and cervical cancers in targeted area.

**Project Period:** 2080/12/01 to 2081/03/31 (4 Month)

**Beneficiary:** Women at the age of 30-60 years and to all the residents in the municipalities

**Program Area:** Gokarneshwor Municipality, Kathmandu, Bagmati Province, Nepal



Img.1. Area of Gokarneshwor Municipality



## Activity

1. Coordination and Review Meeting
2. Awareness Program among Mother's Group
3. School Health Program on Cancer Awareness
4. Mental Health Wellbeing and Stress Management Program
5. Screening camp at health posts/centers
6. Screening camp at AMDA –Nepal
7. Diagnostic Screening Camp at AMDA clinic
8. Technical screening training for HP staff

## Plan of Operation

Table 1. Plan of Operation

SN	Activities	Targets	
1	Coordination Meeting	2	
2	Awareness Program in community	Women's Group	8
		School Health Program	8
		Mental Health Wellbeing & Stress Management	4
3	Screening camp at health posts/centers	5	
4	Screening camp at AMDA –Nepal	3	
5	Diagnostic Screening Camp at AMDA clinic	14	
6	Technical screening training for HP staff	1	

## Progress Report:

Table 2. Progress Report

SN	Activities		Targets		Achieved	
			No. of Program	Participants/ Beneficiaries	No. of Program	Participants/ Beneficiaries
1	Coordination Meeting		2	40	2	41
2	Awareness Program in community	Women's Group	8	240	8	317
		School Health Program	8	440	8	457
		Mental Health Wellbeing & Stress Management	4	80	2	47
3	Screening camp at health posts/centers		5	250	6	358
4	Screening camp at AMDA –Nepal		3	150	2	130
5	Diagnostic Screening Camp at AMDA clinic		14	350	16	414
6	Technical screening training for HP staff		1	5	1	5

## Description on Program Details

### 1. Coordination Meeting with Local Government

For the purpose of transparency, alignment, issue identification, risk management, feedback loop, decision making, accountability, progress tracking and resource allocation we had planned to conduct coordination meeting among team of Gokarneshwor Municipality and other stakeholders. Among which, we had conducted total 2 meetings with Gokarneshwor Municipality.

- ✓ Preliminary Meeting
- ✓ Program Review Meeting

On 2080/12/12, a preliminary meeting was held at AMDA Meeting Hall, Jorpati with focal persons from various departments of Gokarneshwor Municipality. The total 8 number of participants attended the meeting in which only health department of Gokarneshwor Municipality actively participated for the successful completion of the meeting. The purpose of the meeting was to introduce the program overview, set objectives, discuss planning and implementation strategies, share the budget allocated in each program and gather initial feedback. We collectively established clear objectives aligned with municipal priorities, outlined proposed strategies for implementation, and solicited feedback on feasibility and potential challenges. Emphasis was placed on inter-departmental collaboration and regular communication to ensure effective coordination while conducting program of Breast and Cervical Cancer screening services.

Mr. Hari Prasad Upadhaya, PHO, focal person of health department, had suggestion on to amend the contract with the number of screening camp as mentioned in MOU, to submit the data entry of previous project program. Also, suggested to discussion on budget with finance head and chief administrator of GM before the commencement of the program. Moreover, we had final discussion on all the activities we had planned to execute the program at Gokarneshwor Municipality along with the use of available resources and trained staffs of GM. This preliminary meeting served as a productive platform for initiating discussions and clear vision on execution of the breast and cervical cancer screening program. The meeting concluded with a commitment to collaborate closely to successfully implement the program, enhancing services for women of the Gokarneshwor Municipality.

Likewise, on 2081/03/19, 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.

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.

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.

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.

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.

All these aforementioned meetings with Gokarneshwor Municipality had supported on effective project management, fostering collaboration, minimizing risks, prepared for unforeseen challenges, awareness among community women and ensured on goal achievement of the program.

## **2. Educational Activity**

Educational activities play a crucial role as it is one of the essential components of breast and cervical cancer screening services. 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. This report outlines the objectives, methods, outcomes, and recommendations of the program.

Objectives:

1. Increase awareness about the importance of regular breast and cervical cancer screenings.
2. Educate the target population on the risk factors associated with breast and cervical cancers.
3. Promote the understanding of available screening methods and their significance in early detection.
4. Encourage women to undergo regular screenings for early detection and prevention.
5. Dispel common myths and misconceptions related to breast and cervical cancer.

By investing in education, we can save lives, improve the health outcomes of women and increase the uptake of the screening services by the women. We conducted one day educational activities among women's group, president of women's group and school health programs before conducting screening camp at respective sites. We also inform regarding the date and venue of the camp conduction to FCHVs, health facility in charge, ward president, and to the community women.

### ***2.1 Women's group and Aama Samuha***

To improve the knowledge regarding breast and cervical cancer and disseminate the importance of screening services among community women, we conducted educational activities before camp conduction at the respective site. We aware about various aspects of Breast and Cervical Cancer Screening Services and its importance of early detection. Also emphasized the imperative aspects of screening on healthy person and tried to bring positive change in their health seeking behaviors of women instead of being shy and hesitated. Addressed the few queries they had regarding the Breast and Cervical cancer and gynae problems they had. Also, emphasized to receive the service from their nearby health facility as well.

We also accentuated on the breast diagnostic screening camp that need to be 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 reaches up to 60 years old at nearby health facilities.

After each educational activity, participants feel 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 of regular checkup for the optimum health of their own instead of going hospital after being ill. Also, all women assured that they will go to receive the service on schedule day as well at their nearby health facilities.

*Table 3. The details regarding educational activities conducted during this year.*

<b>SN</b>	<b>Name of Women's Group</b>	<b>Venue</b>	<b>Date</b>	<b>Number of Participation</b>
1	Ram Janaki Mahila Samuha	Srijana Secondary School, Ward 6	2080/12/21	28
2	Milijuli Mahila Samuha	Ganesh Mandir, Dokha, Baluwa, Ward 3	2081/01/10	36
3	Dashindhoka Udhamsil Mahila Samuha	Chardham Dashindhoka, Ward 7	2081/01/18	29
4	Gramin Mahila Samuha	Gramin Health Education and Service Center, Dashindhoka, Ward 7	2081/01/20	25
5	Gauri Shankar Sarasawotinagar Mahila Samuha, Kapan, Ward 6	Sarasawotinagar Samiti Sudhar Sagha, Kapan, Ward 6	2081/02/09	106
6	Grishasramik Parijat Sipamulka Mahila Samuha	Bairab Smriti Bhawan, Nayabasti-6	2081/02/23	36
7	Batuk Bairabha Mahila Samuha	Jaldevi Mandir Suntakhan, Ward 3	2081/02/30	29
8	Chandra Surya Mahila Samuha	Hello Kids School, Ward 5	2081/03/01	28
	Total			317

## ***2.2 School Awareness Program***

As a part of our comprehensive educational initiatives, we successfully conducted school health awareness program in total 8 school of GM with the objective to educate regarding imperative aspect of breast & cervical cancer screening services, importance of breast self-examination, regular screening and healthy lifestyle to prevent cancer among school students. Along this, we had added session on menstrual hygiene, problem and solution on it and healthy habits for the students. Most importantly, to disseminate and aware all women through school students and provide information on accessible services through them.

The program was leaded by Program Officer and School Health Nurse of Devi Bal Sudhar School. Initially we introduced about the program, the organization and the activities ongoing at Gokarneshwor Municipality. Also, the purpose of awareness program among school children in order to the reach of health education on breast and cervical cancer screening service to all the women of that specific group through school children. We indoctrinate the knowledge on cancer, breast cancer and cervical cancer through interactive lecture, showing the videos, images of the respective content. Also, we distributed the brochures among all the students. We addressed the queries the students had and also repeated the session as per their request in which they would like to know further. We informed about the screening camps ongoing at Gokarneshwor Municipality for the women age group 30-60 years and to disseminate the information they learned today with their family and also, to encourage them regarding regular screening service available as a free service at AMDA Clinic and all the health facilities of Gokarneshwor Municipality.

*Table 4. The details regarding school awareness program activities.*

<b>SN</b>	<b>Name of School</b>	<b>Date</b>	<b>No. of Participants</b>	<b>Gov/Private</b>
1	Sarasawoti Secondary School	2081/01/14	66	Private
2	Balsudhar Secondary School	2081/01/21	59	Government
3	Chamunda Secondary School	2081/02/04	60	Government
4	Khagendra Special Life Secondary School	2081/02/04	45	Government
5	Himshrinkha Academy School	2081/02/11	68	Government
6	Okhareni Secondary School	2081/02/11	45	Government
7	Gokarna Secondary School	2081/02/18	60	Government

8	Readers School	International Model	2081/02/18	54	Private
	<b>Total</b>			<b>457</b>	

### ***2.3 Mental Health and Stress Management Program***

One-day session on "Mental Health and Stress Management" program was successfully accomplished at Himali Ghar Pvt. Ltd, ward 4 and Unique Foodland Pvt. Ltd. Ward 5 on 2081.01.20 and 2081.03.12 respectively with the facilitation of expert, Dr. Saroj Prasad Ojha, Professor and Head Department of Psychiatry and Mental Health, Tribhuvan University Teaching hospital. The program was conducted in two different group. There were a total 23 participants from each department of Gokarneshwor Municipality including Mayor and Deputy Mayor of GM whereas there was active participation of total 24 participants from education department and principals of respective school of Gokarneshwor Municipality. The program was successfully completed with the active participation of total 47 participants from Gokarneshwor Municipality.

The program was hosted by Srijana Shrestha, Senior Program Officer, AMDA-Nepal. The program was commenced with the introduction of all the participation. Afterward, the chairing ceremony, the President of the program delivered the welcomed speech to all the participants and wished 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.

Further, the session was delegated to the trainer. The facilitation of expert, Dr. Saroj Prasad Ojha 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. Some of the participants shared their personal experience they had undergone due to stress, that had impacted directly on their health. Most of them accepted that the stressful situation they had to face daily while being with family,

at work place, school and among students which directly or indirectly impacted their health and need to manage all this stress for the good mental health. Also, shared their healthy habits that had brought positive outcome on their mental and physical health.

After interactive discussion, the program was concluded by one of the participant acknowledging all participants for their active participation and commitment to implement and apply learnings in their personal as well as professional life. Also, shared that this program is like a gentle reminder to opt the healthy lifestyle. Likewise, advised to relate the program with the ongoing mental health issue and to add on stress management remedies with few more practical session that would help them to adapt in their day to day life.

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.

With the closing remarks of President of the program, the program was concluded and also shared that with the joint coordination with GM and AMDA Nepal such kind of program will be conducted and acknowledged the support we are receiving from GM.

### 3. Screening camp at health posts/centers

#### Breast and Cervical Cancer Screening Camps



Img. 2. Screening Camp at AMDA Clinic (Single Visit Approach)

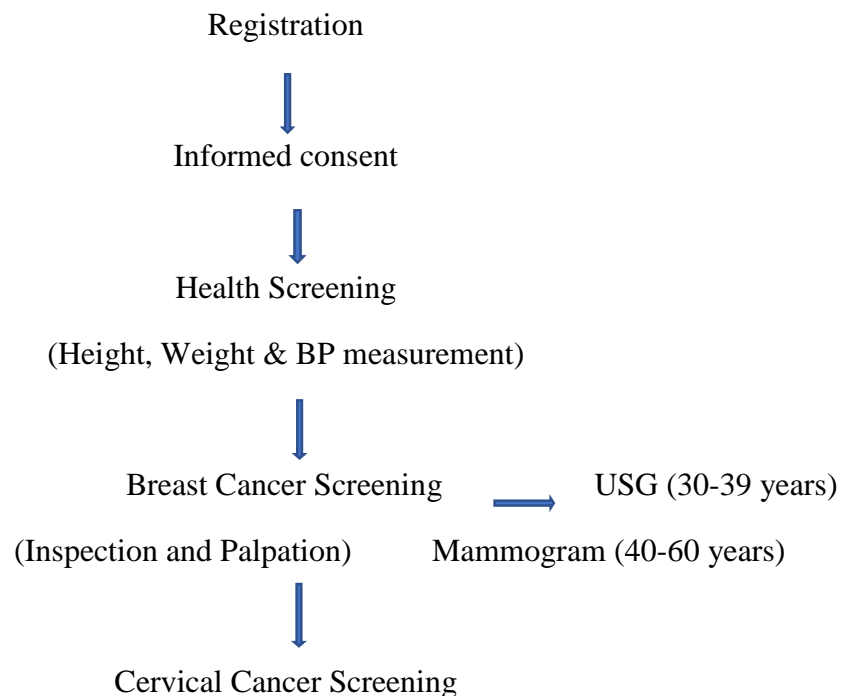


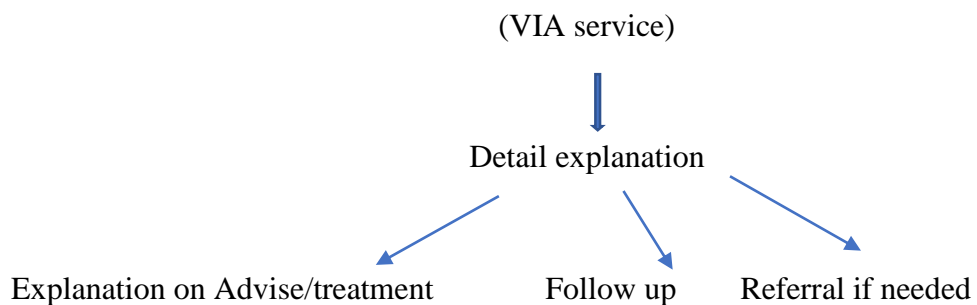
As planned, we conducted screening camp at 2 health facility each month i.e. one at health facility and one at AMDA clinic. However, as per the need and accessibility of services to clients, we conducted camp at health facilities and schools more frequently than at AMDA clinic. The screening camp is one-day event conducted at the health facility which commenced from 9 am to 3 pm which comprises the team of doctors, nursing staffs, clinic aid, project staffs and FCHV. The event was targeted to women between 30 to 60 years of age.

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 or Nepal Medical Collage for confirmatory diagnosis and prompt treatment.

*Figure 1. Flowchart of Service Delivery on Breast and Cervical Cancer Screening Services*





Human Resources for the Screening Services

Table 5. The details on Human Resources deployed during Screening Services

SN	Designation	No. of Staffs	Remarks
1	Consultant	2	
2	Radiologist	1	
3	Medical Officer	2	
4	Radiographer	1	
5	Registration	2	
6	Screening Services	1	
7	Program Officer	1	
8	Clinic Facilitator	1	
9	Trained Staff	3	
10	Clinic	1	

### 3.1. Screening camp at Health Facilities and Community

Table 6. Details on Services Provided at HFs and Community during entire three years.

SN	Health Facility	No. of clinic Days	Registered Clients	Breast Cancer Screened Client	Cervical Cancer Screened Client	No. of Suspected Clients			
						VIA positive	Suspicious Cervix	Benign Lump	Suspicious Lump
1	Sarbeshwore Urban Health Center, Ward 6	1	55	55	49	3	0	3	0
2	Nayapati Health Post	1	40	40	35	2	0	0	0
3	Shiva chock Urban Health Center, Ward 7	1	63	63	57	1	0	0	0
4	Tripura Preschool , Dokha, Baluwa 3	1	67	67	64	13	0	0	0
5	Sarasawotinagar Sudhar Samiti Bhawan, Kapan-6	1	69	69	68	0	0	0	0
6	Okareni Secondary School, Sundarijal	1	64	64	63	2	0	0	0
	<b>Total</b>	<b>6</b>	<b>358</b>	<b>358</b>	<b>336</b>	<b>21</b>	<b>0</b>	<b>3</b>	<b>0</b>

## 4. Screening camp at AMDA –Nepal

Table 7. Details on Services Provided at AMDA-Clinic during this year.

SN	Health Facility	No. of clinic Days	Registered Clients	Breast Cancer Screened Client	Cervical Cancer Screened Client	No. of Suspected Clients			
						VIA positive	Suspicious Cervix Malignancy	Benign Lump	Suspicious Lump
1	AMDA Clinic	2	130	130	124	1	0	7	0

### 4.1 Service Report Summary

Graph 1 shows the service summary report annually. In line with other month, Jestha 2081 reports the number of services of both breast and cervical cancer screening is higher than Chaitra 2080 and Baishak 2080. The main reason for the same is the number of camp conducted is high comparison to other month.

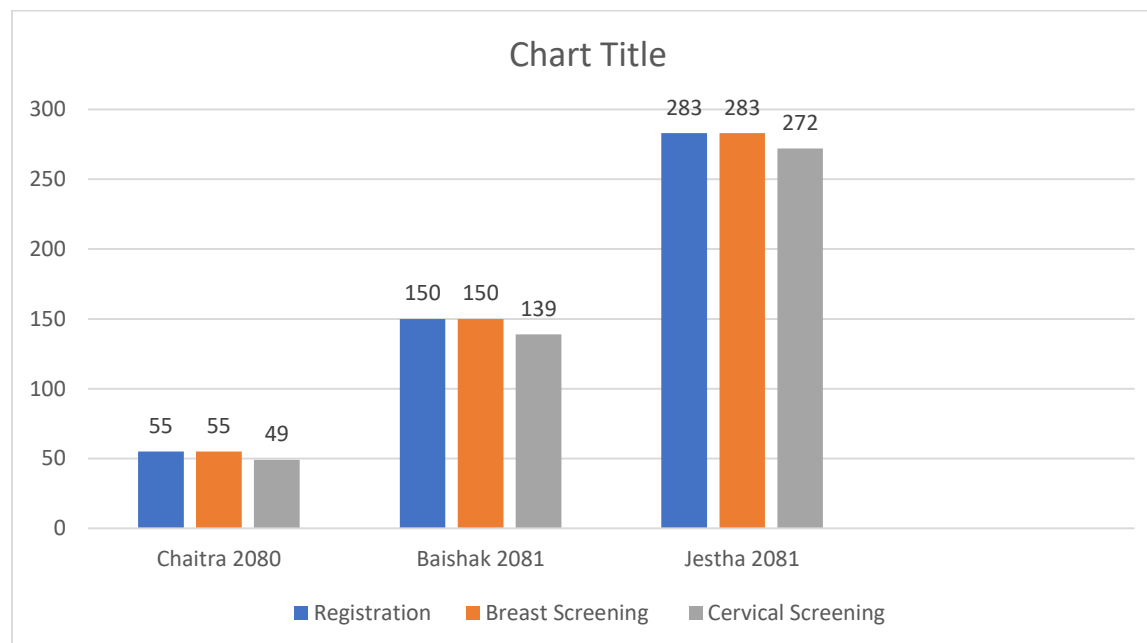


Figure 2. Service Report Summary

## 5. Diagnostic Screening Camp at AMDA Clinic

*USG*



*Mammogram*




*Colposcopy*



*Img .3. Diagnostic Screening Camp at AMDA Clinic*

We had conducted the following Diagnostic Screening camp at AMDA Clinic.

-  Breast USG
-  Mammogram
-  Colposcopy

*Table 8. Diagnostic Screening Details*

SN	Name of Diagnostic Screening Camp	Service Details	
		Service Days	Total Clients
1	Mammogram	9	249
2	Colposcopy	2	20
3	USG	5	145
	<b>Total</b>	<b>16</b>	<b>414</b>

## 5.1. Findings of Diagnostic Screening Camp

### Findings of Diagnostic Screening Camp- Mammogram

- 1 client: Focal lesion in retro areolar region of right breast fibro adenoma vs hamartoma and advised for **USG. USG report:** Likely Benign lesion fibro adenoma
- 2 clients: Tiny benign calcification in bilateral breast. BIRAD2
- 2 clients: Linear Vascular Calcifications in bilateral side (BIRAD 2)
- 7 clients: Well defined lesion in left breast – likely fibro adenoma. Right Breast Normal.
- 2 clients: Linear vascular calcification in right breast. BIRAD2. Normal finding in left breast.
- 2 clients: Linear vascular calcification in left breast. BIRAD2. Normal finding in right breast.
- 1 client: Well circumscribed lesion in left breast without calcification & speculations likely Fibro adenoma (BIRAD 2). **Advised FNAC. FNAC Done. An excisional biopsy is advised.**
- 1 Client: Well defined lobulated lesion with tiny calcification- likely involuting fibro adenoma (BIRAD 3). **Advised FNAC.**

### Findings of Diagnostic Screening Camp – USG

- 1 client: Well defined lesion in left breast – likely fibro adenoma. Right Breast Normal.
- 1 client: Well defined homogenously hypoechoic lesion in left breast fibro adenoma. Right Breast Normal. **Advised FNAC. Report was normal.**
- 1 client: Well defined lesion in left breast – likely fibro adenoma. Right Breast Normal.
- 4 clients: Left Breast Simple Tiny Cyst (BIRAD2)
- 1 client: Right Breast Simple Tiny Cyst (BIRAD2)
- 1 Client: Likely Fibro adenoma
- 1 Client: Hypoechoic lesion in left breast likely fibro adenoma (BIRAD 3)

### Finding of Suspected Clients on Cervical Cancer Screening Services

Total VIA positive: 22

Total Colposcopy: 20

- 14 Clients – Normal
- 4 Clients: Cervical Biopsy sent.
  - **3 clients report was diagnosed with CIN I.**
    - ✓ All three clients received the thermal ablation services and planned for follow-up after 1 year.
  - **1 client report was diagnosed with CIN III,**
    - ✓ Conization done. HPV DNA test – Normal
    - Follow up after 3 month
- 1 client: Refused the service.
- 1 client: Unsatisfactory, Referred for Pap Smear test

## **6. Technical screening training for HP staff**

This report outlines the comprehensive training program designed to enhance the proficiency of healthcare professionals in delivering breast and cervical cancer screening services. The primary objective is to promote sustainability in providing quality screening services while prioritizing patient well-being and community health. The training program aims to address the increasing importance of early detection and prevention in breast and cervical cancers. Sustainable healthcare practices are emphasized, considering the long term impact on both individuals and the health care system. During this period, we had accomplished 1 batch training on Cervical Cancer Screening and Prevention/ Thermal Ablation to 4 health facility staffs of Gokarneshwor Municipality and 1 participant from AMDA Nepal. The training was 2<sup>nd</sup> tier training scheduled for 6 days at Marie stopes Training Center Satdobato. All the participants were energetic and participated actively at training and at camp as well.

By equipping health care professionals with enhance knowledge and skills, this training program strives to establish sustainable breast and cervical cancer screening services at Gokarneshwor Municipality. This training will support on Single Visit Approach Service as the suspected client will receive the service on the same day. The ripple effect of early detection and prevention contributes not only to individual health but also to the broader sustainability of health care system and community well-being.

*Table 9. Details on Technical Training to Service Providers on CCSP/Thermal Ablation*

SN	Name of participants	Designation	Health Facility	Venue
1	Anjana Aryal	SN	GNH	Marie stopes Training Center Satdobato
2	Neema Lama	SN	SHP	
3	Gita Dulal	SN	GNH	
4	Usha Gyawali	BN	BUHC	
5	Srijana Shrestha	BN	AMDA Nepal	

Moreover, training staff in sexually transmitted infections (STI) is crucial for enhancing cervical cancer screening programs. By equipping trained professionals with comprehensive STI knowledge, they can effectively identify and manage cases within a single visit, ensuring more efficient and accurate diagnoses. Untreated STIs can significantly increase the risk of developing cervical cancer, so integrating STI management into screening practices is essential for reducing cancer incidence and improving overall patient outcomes. This approach not only streamlines patient care but also addresses a critical factor in the prevention of cervical cancer. Therefore, 2 batch training will be planned in the upcoming program.

## Referral Services

The referral service was facilitated by Gokarneshwor Municipality in collaboration with Nepal Medical College for suspected clients to rule out the breast and cervical cancer as referred by doctors. During this period, 1 client was referred for FNAC at NMC. After FNAC, the client was advised for Biopsy. However, while consultation with oncology and surgical department, the client was requested to do follow up after 3 months as the lump is not suspicious.

## Lesson Learned

- ✓ Collaboration among FCHVs, and Aama Samuha was instrumental in delivering comprehensive cancer screening service.
- ✓ Engaging the community effectively was key to encouraging participation and ensuring the success of the camp.
- ✓ The timely organization of training sessions proved pivotal in ensuring hassle-free coordination and smooth execution

## 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.

## Budget Expenses Summary

Table 10. Details on budget summary expenses

SN	Description	Budget	Expenses	Burn Rate
1	Project Expenses	12,34,000	13,36,629.21	108%
2	Administrative Expenses	2,66,000	2,41,883	91%
	Total	15,00,000	15,78,512.21	105%

## Way Forward

- Single visit approach with the use of thermal ablation service
- School health awareness program, include menstrual hygiene, management, other problems
- Training on Sexually Transmitted Infection to trained staff which is essential for reducing cancer incidence and improving overall patient outcomes.



## Annex:1

### Program Images:



*Img.4. Review Meeting at Ward 5 on 2081/03/19.*



*Img.5. Educational Activity at Chardham, Ward 7 on 2081/01/18*



*Img.6. Educational Activity at Dokha, Ward 3 on 2081/01/10*



*Img.7. Educational Activity at Sarasawotinagar, Kapan, Ward 6 on 2081/02/9*



*Img.8. Educational Activity at Hello Kids School, Ward 5 on 2081/03/01*



*Img.9. SHP at Sarasawoti Sec. School, Ward 8 on 2081/01/14*



*Img.10. SHP at Balsudhar Sec. School, Ward 2 on 2081/01/03*



*Img.11. SHP at Okhareni Sec. School, Ward 1 on 2081/02/11*



*Img.12. SHP at Gokarna Sec. School, Ward 4 on 2081/02/18*



*Img.13. Mental Health Awareness Program at Ward 4 on 2081/01/20*



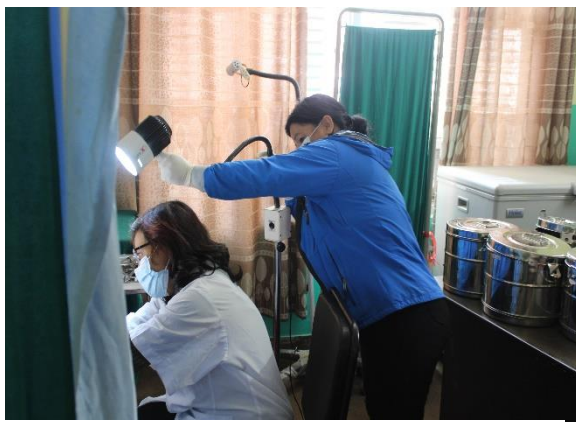
*Img.14. Mental Health Awareness Program at Ward 5 on 2081/03/12*



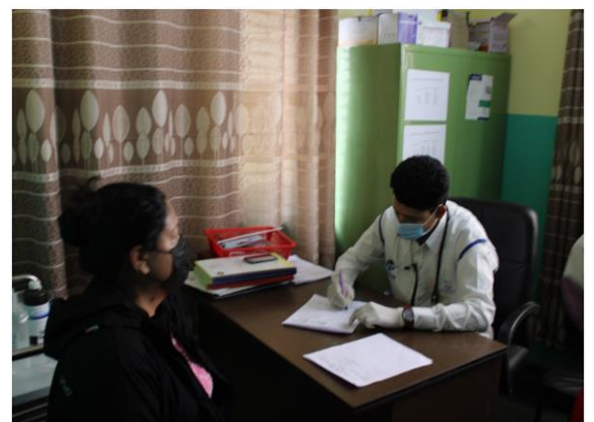
*Img.15. Screening Camp at Sarasawotinagar Ward 6 on 2081/02/12*



*Img.16. Screening Camp at NHP, Ward 2 on 2081/01/08*



*Img.17. Screening Camp at SUHC, Ward 6 on 2080/12/24*



*Img.18. Screening Camp at Okhareni School Ward 1 on 2081/02/19*



*Img.19. USG Diagnostic Camp at AMDA Nepal, Ward 6 on 2081/01/29*



*Img.20. Mammogram Diagnostic Camp at AMDA Nepal, Ward 6 on 2081/01/29*



*Img.19. CCSP/Thermal Ablation training at Marie stopes Training Center, Satdobato from 2081/03/16 to 2081/03/21*

