

# AMDA Nepal

## Breast and Cervical Cancer Screening Services

### Monthly Progress Report

<b>Implementing organization</b>	AMDA Nepal
<b>Title of the Project</b>	Breast and Cervical Cancer Screening Services
<b>Project Location</b>	Gokarneshwor Municipality, Kathmandu District, Bagmati Province
<b>Funded By</b>	Gokarneshwor Municipality
<b>Reporting Month</b>	Jestha 2081
<b>Total Project Budget</b>	Rs. 15,00,000
<b>Total Expenses of this month</b>	Rs. 3,78556.97
<b>Total Expenses till this Month</b>	Rs. 8,29,144.67
<b>Report Submitted By</b>	Srijana Shrestha
<b>Date of Submission</b>	10 <sup>th</sup> Ashar 2081

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

SN	Activities	Number of event	No. of beneficiaries/ Individuals	Date of conduction
1	Coordination Meeting	0	0	
2.	<b>Educational Activities</b>			
a.	Aama Samuha	3	171	9, 23 and 30 Jestha 2081
b.	School Awareness Program	6	332	4,11,18 Jestha 2081
c.	Mental Health Awareness Program	0	0	
3	<b>Screening Camp</b>			
a.	Screening Camp at Tripura Preschool , Dokha, Baluwa 3, Sarasawotinagar Sangha samiti bhawan, Kapan-6, Okareni Secondary School, Sundarijal and AMDA Clinic	4	Reg. Client: 283 BCSS: 283 BL: 7 Suspicious Lump:0 CCSS: 272 VIA+ve: 16	Jestha 2081
5	<b>Diagnostic Screening Camp</b>			
a.	Mammogram Service	5	148	7,14,21,26,and 31Jestha 2081
b.	USG Services	3	106	9,23and 26 Jestha 2081
c.	Colposcopy	1	15	26 Jestha 2081

## 2. KEY ACHIEVEMENTS

- We had conducted 3 **educational activities** among Gaurisankhar Sarasawotinagar Mahila Samuha, Grishasramik Parijat Sipamulka Mahila Samuha and Batuk Bairabha Mahila Samuha at Sarasawotinagar Samiti Sudhar Sagha, Kapan, Ward 6, Bairab Smriti Bhawan, Nayabasti-6 and Jaldevi Mandir Suntakhan, Ward 3 on 9, 23 and 30 Jestha 2081 respectively.
- School health awareness program was conducted at six different school namely Chamunda Secondary School, Khagendra Special Life Secondary School, Himshrinkha Academy School, Okhareni Secondary School, Gokarna Secondary School and Readers International Model School located at Besigaun, Ward 8, Nayapati, Ward 2, Ward 6, Ward 7, Nayapati, Ward 2, Sundarijal, Ward 1, Ward 4, and Besigaun, Ward 8 on 4, 11, and 18 Jestha 2081 respectively.
- 4 **events** of one-day free breast & cervical cancer **screening camp** were conducted at Tripura Preschool, Dokha, Baluwa 3, Sarasawotinagar Sudhar Samiti Bhawan, Kapan-6, Okhareni Secondary School, Sundarijal and AMDA Clinic on 5, 12, 19 and 26 Jestha 2081.
- 9 **events Diagnostic screening camp** were conducted on 7, 9, 14, 21, 23, and 26 Jestha 2081 at AMDA Clinic.

## 3. PROJECT ACTIVITY UPDATE

<i>Activity Code</i>	<i>Name of Activity</i>		
<b>1.2</b>	<b>Coordination Meeting</b>		
	<i>Plan</i>	<i>Actual</i>	<i>Variance</i>
<i>Number of Event</i>	0	0	0
<i>Number of Participants/ beneficiaries</i>	0	0	0
<i>Budget</i>	0	0	0
<b><i>Narrative Explanation:</i></b>			
Date:		Location:	
<b>Objective of the activity:</b>			
<ul style="list-style-type: none"> <li>❖ Activity details:</li> <li>❖ Participants feedback/ suggestions/ opinions:</li> <li>❖ Follow-up plan (if any)</li> </ul>			

<i>Activity Code</i>	<i>Name of Activity</i>		
<b>2.1</b>	<b>School Health Program</b>		
	<i>Plan</i>	<i>Actual</i>	<i>Variance</i>
<i>Number of Event</i>	6	6	0

<b>Number of Participants/ beneficiaries</b>	360	332	28
<b>Budget</b>	60000	55800	4200
<b>Narrative Explanation:</b>			
<b>Date:</b> 4, 11, and 18 Jestha 2081	Location: Chamunda Secondary School, Khagendra Special Life Secondary School, Himshrinkha Academy School, Okhareni Secondary School, Gokarna Secondary School and Readers International Model School.		
<b>Objective of the activity:</b>	<ul style="list-style-type: none"> <li>To advocate regarding imperative aspect of breast &amp; cervical cancer screening services among school students.</li> <li>To disseminate and aware to all women through school students and provide information of accessible services through them.</li> </ul>		
<ul style="list-style-type: none"> <li><b>Activity details</b> We had conducted school health awareness program at 6 different school namely Chamunda Secondary School, Khagendra Special Life Secondary School, Himshrinkha Academy School, Okhareni Secondary School, Gokarna Secondary School and Readers International Model School. which is located in ward 6,2,1,4, and 8 respectively. Total 332 students participated in the awareness program, among in School Health Awareness Program which was conducted on 4, 11, and 18 Jestha 2081. Initially we introduced about the program, the organization and the activities ongoing at Gokarneshwor Municipality. Also, the purpose of awareness program among school children. We disseminated 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 camp ongoing at Gokarneshwor Municipality for the women age group 30-60 years and to disseminate the information they learned today with their family and to encourage to receive the free service conducted jointly by AMDA Nepal and Gokarneshwor Municipality. Meanwhile, we also had discussion on menstrual hygiene, care during periods, perineal hygiene, and discussed on hazards occur due to junk food. Many of the students had the queries on irregular menstruation and vaginal discharge. We addressed all the queries of the students and encourage them to express and notify if there are any changes in health to their parents and advise for the checkup.</li> <li><b>Participants feedback/ suggestions/ opinions:</b> The students were glad to attend the session as this was quite important in their life as well to their family members. Also, they were aware about the imperative aspect of screening services, the hazardous activities and they should be caution on any abnormal symptoms seen in the body. Students were able to differentiate about good and bad health behaviors and also, address if there are any health issue rather than feeling shy and uncomfortable.</li> <li><b>Follow-up plan (if any):</b></li> </ul>			

<i>Activity Code</i>	<i>Name of Activity</i>		
2.2	<i>Educational Activity</i>		
	<i>Plan</i>	<i>Actual</i>	<i>Variance</i>
<i>Number of Event</i>	3	3	0
<i>Number of Participants/ beneficiaries</i>	90	171	81
<i>Budget</i>	11000	10000	1000
<b><i>Narrative Explanation:</i></b>			
Date: 9, 23 and 30 Jestha 2081	Location: Gaurisankhar Sarasawotinagar Mahila Samuha, Grishasramik Parijat Sipamulka Mahila Samuha and Batuk Bairabha Mahila Samuha at Sarasawotinagar Samiti Sudhar Sagha, Kapan, Ward 6, Bairab Smriti Bhawan, Nayabasti-6 and Jaldevi Mandir Suntainakhan, Ward 3		
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 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.  Three educational events were conducted Gaurisankhar Sarasawotinagar Mahila Samuha, Grishasramik Parijat Sipamulka Mahila Samuha and Batuk Bairabha Mahila Samuha at Sarasawotinagar Samiti Sudhar Sagha, Kapan, Ward 6, Bairab Smriti Bhawan, Nayabasti-6 and Jaldevi Mandir Suntainakhan, Ward 3 on 9, 23 and 30 Jestha 2081 respectively where 171 women participated from the Sarasawotinagar Samiti Sudhar Sagha, Kapan, Ward 6, Grishasramik Parijat Sipamulka Mahila Samuha and Batuk Bairabha Mahila Samuha.  During the program, we provided an overview of breast and cervical cancer, including risk factors, symptoms, and prevalence. Key Highlights of the Program: <ul style="list-style-type: none"> <li>Emphasized the significance of early detection in improving treatment outcomes and survival rate</li> <li>Discussed 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> <li>Demonstrated breast self-examination techniques for breast and also on cervical health, empowering women to monitor changes and seek medical attention if necessary.</li> </ul> </li> </ul>			

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.

- Follow-up plan (if any):  
Not Any.

<i>Activity Code</i>	<i>Name of Activity</i>		
<b>2.2</b>	<b><i>Mental Health Awareness Program</i></b>		
	<i>Plan</i>	<i>Actual</i>	<i>Variance</i>
<i>Number of Event</i>			
<i>Number of Participants/ beneficiaries</i>			
<i>Budget</i>			
<i>Narrative Explanation:</i>			
Date:		Location:	
Objective of the activity:			
<ul style="list-style-type: none"> <li>• Activity details</li> <li>• Participants feedback/ suggestions/ opinions:</li> <li>• Follow-up plan (if any):</li> </ul>			

<i>Activity Code</i>	<i>Name of Activity</i>		
2.2	Screening Camp		
	<i>Plan</i>	<i>Actual</i>	<i>Variance</i>
<i>Number of Event</i>	3	3	0
<i>Number of Participants/ beneficiaries</i>	150	150	0
<i>Budget</i>	150000	133716.5	16283.5
<i>Narrative Explanation:</i>			
Date: 5, 12,19 and 26 Jestha 2081	<ul style="list-style-type: none"> <li>Location: Tripura Preschool, Dokha, Baluwa 3, Sarasawotinagar Sudhar Samiti Bhawan, Kapan-6, Okareni Secondary School, Sundarijal and AMDA Clinic.</li> </ul>		
Objective of the activity:	<ul style="list-style-type: none"> <li>To aimed to provide accessible and comprehensive breast and cervical cancer screening services to women in the community.</li> <li>The primary goals were early detection, prevention, and raising awareness about the importance of regular screenings.</li> </ul>		
<ul style="list-style-type: none"> <li>Activity details</li> </ul> <p>4 <b>events</b> of one-day free breast &amp; cervical cancer <b>screening camp</b> were conducted during this month Jestha 2081.</p> <p>Key Activities:</p> <ul style="list-style-type: none"> <li>➤ Preparation and Set Up: Prior to the camp, logistical arrangements were made, including venue selection, equipment setup, and staffing including educational session was conducted prior the screening camp.</li> <li>➤ Registration: Women attending the camp were registered and provided with information about the screening process, including its purpose and benefits</li> <li>➤ Screening Services: Trained healthcare professionals conducted screenings for breast and cervical cancer using appropriate methods such as clinical breast examination, and VIA Test. Privacy and confidentiality were ensured throughout the screening process to maintain participants' comfort and dignity</li> <li>➤ Referral: Individuals requiring further evaluation or treatment were referred to AMDA clinic for diagnostic screening services.</li> </ul> <p>Findings:</p> <p>A total of 283 women attended the camp and among them 283 clients benefitted from breast cancer screening service (BCSS) and 272 clients benefitted from cervical cancer screening services (CCSS). Out of them, 7 clients were diagnosed with Benign Lump and 16 women clients were diagnosed with VIA positive. For which we had referred the clients for diagnostic screening services at AMDA clinic for colposcopy, USG and Mammogram services.</p>			

During screening camp at AMDA Clinic on 26 Jestha 2081, in total there was 150 clients visited for the services. We are unable to provide service to all due to quality assurance of the service. So, we recorded all the name of clients and ensured them for the service in the upcoming month.

**Conclusion:**

The screening camp for breast and cervical cancer screening services was successful in reaching and serving women in the community. By providing accessible screenings, education, and referrals, the camp contributed to efforts aimed at reducing the burden of these cancers and promoting women's health and well-being of Gokarneshwor Municipality.

- **Participants feedback/ suggestions/ opinions:**  
Clients were very glad to receive both cancer screening and diagnostic service nearby their locality and also glad to hear about free referral services.
  
- **Follow-up plan (if any):**  
To follow up the client for colposcopy, USG and Mammogram services.

<i>Activity Code</i>	<i>Name of Activity</i>		
<b>2.5</b>	<b>Diagnostic Screening camp</b>		
	<i>Plan</i>	<i>Actual</i>	<i>Variance</i>
<b>Number of Event</b>	9	9	0
<b>Number of Participants/ beneficiaries</b>	225	269	44
<b>Budget</b>	120000	115600	4400
<b>Narrative Explanation:</b>			
Date: 7,9,14,21,23, and 26 Jestha 2081		Location: AMDA Clinic (AGWC)	
Objective of the activity:		<ul style="list-style-type: none"> <li>➤ To provide diagnostic screening services to the clients for the early detection of cancer and notify the report and advice for further referral accordingly.</li> <li>➤ The primary goal was to offer accessible and high-quality diagnostic services to individuals in need</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Activity details:</b> The diagnostic screening service played a vital role in promoting preventive healthcare and early intervention. By offering accessible and comprehensive diagnostic tests, the service contributed to improving health outcomes and enhancing the well-being of individuals in the community.</li>   <li><b>Findings:</b> All the mammogram reports are disseminated to all the clients and advised to receive follow up services after each three years till the age of 60.</li> </ul>			

- Participants feedback/ suggestions/ opinions:  
Not Any.
- Follow-up plan (if any):  
Not Any.

S N	Date	Diagnostic Service	Number of Clients	Grand Total	Findings
1	7,14,21,26 and 31 Jestha 2081	Mammo-gram	148	119	<p>All Normal except the following clients:</p> <ul style="list-style-type: none"> <li>• 1 client: Linear Vascular Calcifications in right side (BIRAD 2) Normal in left breast.</li> <li>• 1 client: Well defined lesion in left breast – likely fibro adenoma (BIRAD 2). Right Breast Normal.</li> <li>• 1 client: Tiny benign calcification in bilateral breast (BIRAD 2)</li> <li>• 1 client: Linear vascular calcification in left breast. BIRAD2. Normal finding in right breast.</li> <li>• 1 client: Linear Vascular Calcifications in Bilateral Breast (BIRAD 2)</li> <li>• 1 client: Well circumscribed lesion in left breast without calcification &amp; speculations likely Fibro adenoma (BIRAD 2)</li> <li>• 1 Client : Well defined lobulated lesion with tiny calcification- likely involuting fibro adenoma (BIRAD 3)</li> </ul>
2	9, 23 , and 26 Jestha 2081	USG	106		<ul style="list-style-type: none"> <li>• 1 client: Well defined lesion in left breast – likely fibro adenoma. Right Breast Normal.</li> <li>• 4 clients: Left Breast Simple Tiny Cyst (BIRAD2)</li> <li>• 1 client: Right Breast Simple Tiny Cyst (BIRAD2)</li> <li>• 1 Client: Likely Fibro adenoma</li> <li>• 1 Client : Hypochoic lesion in left breast likely fibro adenoma (BIRAD 3)</li> </ul>
3	26 Jestha 2081	Colposcopy	15		<ul style="list-style-type: none"> <li>• 12 Clients – Normal</li> <li>• 1 client: Refused</li> <li>• 2 Clients: Cervical Biopsy sent. 2 clients report was diagnosed with CIN 1.</li> </ul>



#### 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. 8,29,144.67	55%	
Monthly Budget	Rs. 4,00,000	Rs. 3,78,556.97	95%	

#### 5. ISSUES, CHALLENGES

- Not Any.

#### 6. LESSONS LEARNED

- Not Any.

#### 7. WAY FORWARD/RECOMMENDATION

- Continue the Educational activities among Mothers Groups.
- Continue Mental Health and Stress Management program among Principal of School.
- Conduct training to Health Facility Service Provider.
- Conduct review meeting of the program.

#### 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)

<i>Activity</i>	<i>Target</i>		<i>Planned Time Frame</i>	<i>Venue /Location of Activity</i>
	<i>No. of Events</i>	<i>Budget</i>		
1. Review Meeting	1	51,000	26 Ashar 2021	Ward 6
2. Educational Activities	1	3000	1 Ashar 2081	Aama samuha
3. Mental Health Awareness Program	1	60,000	14 Ashar 2081	Ward 4
4. Technical Training	1	1,68,600	16 to 21 Ashar 2081	Mariestopes Training Center , Satdobato
5. Procurement Expenses	1	4,50,000	By the end of month	
6. Admin & Overhead Cost	1	54000	By the end of month	
<b>Total</b>		<b>Rs. 7,86,600/-</b>		

### Annex 2: Consolidate data Report

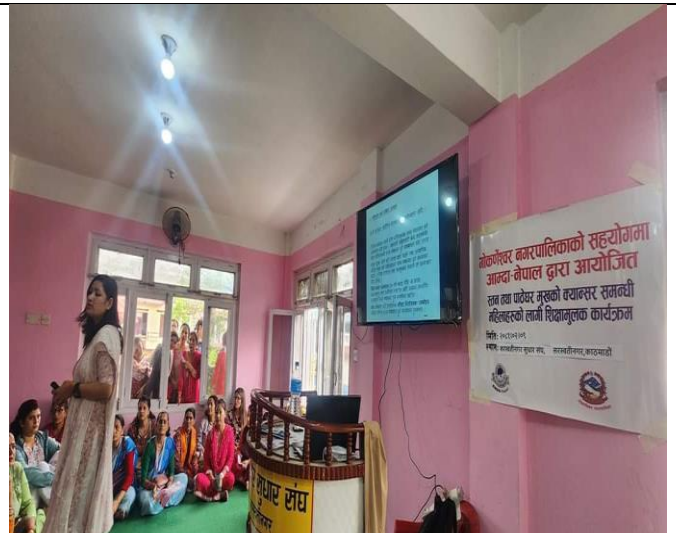


Consolidate  
Report\_Jestha 2081

---

### Annex 3. Photographs

Educational Activity at Sarasawotinagar Smriti Sudhar Sagha, Kapan, Ward 6 on 2081.02.9



Educational Activity at Bairab Smriti Bhawan, Nayabasti-6 on 2081.02.23



Educational Activity at Jaldevi Mandir Suntakhan, Ward 3 on 2081.02.30





School Health Awareness Program at Chamunda Secondary School, Ward 6 on 2081.02.4



School Health Awareness Program at Khagendra Special Life Secondary School, Ward 8 on 2081.02.4



School Health Awareness Program at Himshrinkha Academy School, ward 2 on 2081.02.11





School Health Awareness Program at Okhareni Secondary School, ward 1 on 2081.02.11



School Health Awareness Program at Gokarna Secondary School, ward 4 on 2081.02.18



School Health Awareness Program at Readers International Model School, ward 8 on 2081.02.18





Screening Camp at Tripura Preschool , Dokha, Baluwa 3 on 2081.02.05



Screening Camp at Sarasawotinagar Sudhar Samiti Bhawan, Kapan-6 on 2081.02. 12



Screening Camp at Okareni Secondary School, Sundarijal on 2081.02. 19

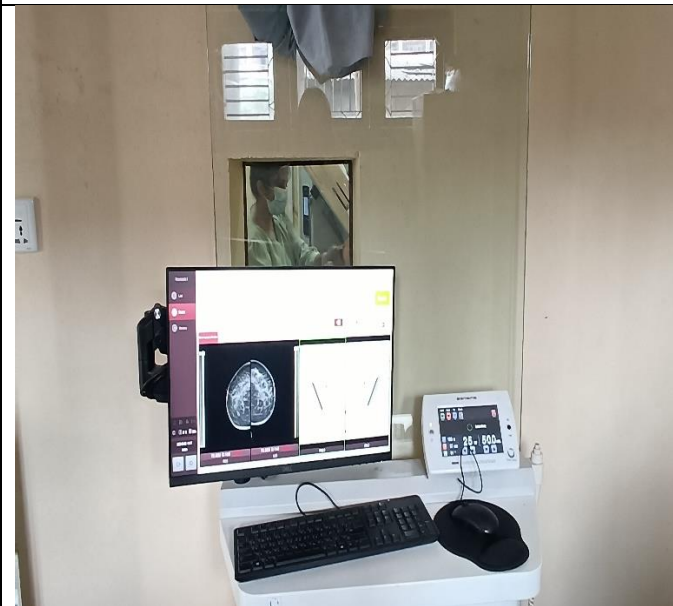




Screening Camp at AMDA Clinic, Ward 6 on 2081.02. 26



Mammogram Diagnostic Screening Camp at AMDA Clinic



USG Diagnostic Screening Camp at AMDA Clinic



## Colposcopy Diagnostic Screening Camp at AMDA Clinic



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