

AMDA Nepal

Breast and Cervical Cancer Screening Services

Monthly Progress Report

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|---------------------------------------|-----------------------------------------------------------------|
| Implementing organization | AMDA Nepal |
| Title of the Project | Breast and Cervical Cancer Screening Services |
| Project Location | Gokarneshwor Municipality, Kathmandu District, Bagmati Province |
| Funded By | Gokarneshwor Municipality |
| Reporting Month | Baishak 2081 |
| Total Project Budget | Rs. 15,00,000 |
| Total Expenses of this month | Rs. 3,49,364.37 |
| Total Expenses till this Month | Rs. 4,50,587.7 |
| Report Submitted By | Srijana Shrestha |
| Date of Submission | Jestha 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. | Educational Activities | | | |
| a. | Aama Samuha | 3 | 90 | 10, 18 and 20 Baishak, 2081 |
| b. | School Awareness Program | 2 | 125 | 14 and 21 Baishak, 2081 |
| c. | Mental Health Awareness Program | 1 | 23 | 20 Baishak 2081 |
| 3 | Screening Camp | | | |
| a. | Screening Camp at Nayapati Health Post, Shivachock Urban Health Center, and AMDA Clinic | 3 | Reg. Client: 150 BCSS: 150 BL: 3 Suspicious Lump:0 CCSS: 139 VIA+ve: 3 | 8, 22, and 29 Baishak, 2081 |
| 5 | Diagnostic Screening Camp | | | |
| a. | Mammogram Service | 75 | | 10, 24 and 29 Baishak, 2081 |
| b. | USG Services | 39 | | 12 and 29 Baishak, 2081 |
| c. | Colposcopy | 5 | | 29 Baishak, 2081 |

2. KEY ACHIEVEMENTS

- We had conducted 3 **educational activities** among Milijuli Mahila Samuha, Dashindokha Mahila Samuha and Gramin Mahila Samuha at Ganesh Mandir, Dokha,

Baluwa, Ward 3, Chardham Dashindhoka, Ward 7 and Gramin Health Education and Service Center, Dashindhoka, Ward 7 on 10th, 18th and 20th Baishak 2081 respectively.

- School health awareness program was conducted at two different school namely Sarasawoti Secondary School and Balsudhar Secondary School on 14th and 21st Baishak, 2081 respectively.
- Mental Health Awareness Program conducted on 20th Baishak 2081 at Ward 4.
- 3 **events** of one-day free breast & cervical cancer **screening camp** were conducted at Nayapati Health Post, Ward 2, Shiva chock Urban Health Center, Ward 7 and AMDA Clinic on 8th, 22nd and 29th Baishak 2081.
- 6 **events Diagnostic screening camp** were conducted on 10th, 12th, 24th and 29th Baishak 2081 at AMDA Clinic.

3. PROJECT ACTIVITY UPDATE

| <i>Activity Code</i> | <i>Name of Activity</i> | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------|-----------------|
| 1.2 | Coordination Meeting | | |
| | <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 |
| <i>Narrative Explanation:</i> | | | |
| Date: | | Location: | |
| Objective of the activity: | | | |
| <ul style="list-style-type: none"> ❖ Activity details: ❖ Participants feedback/ suggestions/ opinions: ❖ Follow-up plan (if any) | | | |

| <i>Activity Code</i> | <i>Name of Activity</i> | | |
|-----------------------------------------------------------|------------------------------|----------------------------------------------------------------------|-----------------|
| 2.1 | School Health Program | | |
| | <i>Plan</i> | <i>Actual</i> | <i>Variance</i> |
| <i>Number of Event</i> | 2 | 2 | 0 |
| <i>Number of Participants/ beneficiaries</i> | 120 | 125 | 5 |
| <i>Budget</i> | 20000 | 18100 | 1900 |
| <i>Narrative Explanation:</i> | | | |
| Date: 14 th and 21 st Baishak, 2081 | | Location: Sarasawoti Secondary School and Balsudhar Secondary School | |

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| Objective of the activity: | <ul style="list-style-type: none"> To advocate regarding imperative aspect of breast & cervical cancer screening services among school students. To disseminate and aware to all women through school students and provide information of accessible services through them. |
| <ul style="list-style-type: none"> Activity details We had commenced school health awareness program at 2 school namely Sarasawoti Secondary School and Balsudhar Secondary School which is located in ward 8 and 2 respectively. Total 125 students participated in the awareness program, among in School Health Awareness Program which was conducted on 14th and 21st Baishak, 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 has the queries on irregular menstruation and vaginal discharge. We addressed all the queries of the students. Participants feedback/ suggestions/ opinions: 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. Follow-up plan (if any): | |

| Activity Code | Name of Activity | | |
|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------|
| 2.2 | Educational Activity | | |
| | <i>Plan</i> | <i>Actual</i> | <i>Variance</i> |
| Number of Event | 3 | 3 | 0 |
| Number of Participants/ beneficiaries | 90 | 90 | 0 |
| Budget | 10000 | 9300 | 600 |
| Narrative Explanation: | | | |
| Date: 10 th , 18 th and 20 th Baishak, 2081 | Location: Ganesh Mandir, Dokha, Baluwa, Ward 3, Chardham Dashindhoka, Ward 7 and Gramin Health Education and Service Center, Dashindhoka, Ward 7 | | |

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| Objective of the activity: | <ul style="list-style-type: none"> • To disseminate and bring awareness among community women regarding imperative aspect of breast & cervical cancer screening services. • To empower women with knowledge about early detection, prevention, and available screening service |
| <ul style="list-style-type: none"> • Activity details <p>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.</p> <p>Three educational events were conducted at Ganesh Mandir, Dokha, Baluwa, Ward 3, Chardham Dashindhoka, Ward 7 and Gramin Health Education and Service Center, Dashindhoka, Ward 7 on 10th, 18th and 20th Baishak, 2081 respectively where 90 women participated from the Milijuli Mahila Samuha, Dashindhoka Udhamsil Mahila Samuha and Gramin Mahila Samuha.</p> <p>During the program, we provided an overview of breast and cervical cancer, including risk factors, symptoms, and prevalence.</p> <p>Key Highlights of the Program:</p> <ul style="list-style-type: none"> ✚ Emphasized the significance of early detection in improving treatment outcomes and survival rate ✚ Discussed recommended screening guidelines for breast and cervical cancer, including mammography, clinical breast examination, USG and VIA tests ✚ 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 ✚ Addressed common myths and misconceptions surrounding cancer screening, provided information about available screening services, including locations, scheduling appointments, and free costs of services ✚ Demonstrated breast self-examination techniques for breast and also on cervical health, empowering women to monitor changes and seek medical attention if necessary. <p>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.</p> <p>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</p> <p>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.</p> • Participants feedback/ suggestions/ opinions: <p>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.</p> | |

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

| <i>Activity Code</i> | <i>Name of Activity</i> | | |
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| 2.2 | <i>Mental Health Awareness Program</i> | | |
| | <i>Plan</i> | <i>Actual</i> | <i>Variance</i> |
| <i>Number of Event</i> | 1 | 1 | 0 |
| <i>Number of Participants/ beneficiaries</i> | 25 | 23 | 2 |
| <i>Budget</i> | 30000 | 28109.87 | 1890.13 |
| <i>Narrative Explanation:</i> | | | |
| Date: 20 Baishak, 2081 | Location: Himali Ghar Pvt. Ltd ,Ward 4 | | |
| Objective of the activity: | <ul style="list-style-type: none"> • To promote mental health awareness and improve emotional regulations. • Enhance resilience and encourage health lifestyles • Identifying Stressors and develop coping mechanisms | | |
| <ul style="list-style-type: none"> • Activity details <p>Capacity enhancement training on "Conflict/ Stress Management" was successfully accomplished at Himali Ghar Pvt. Ltd. The program was conducted on 2081.01.20 in the facilitation of expert, Dr. Saroj Prasad Ojha, Professor and Head Department of Psychiatry and Mental Health, Tribhuvan University Teaching hospital. There was active participation of total 23 participants from Gokarneshwor Municipality.</p> <p>The program was hosted by Srijana Shrestha, Senior Program Officer, AMDA-Nepal. Initially, Mr. Sudesh Regmi, Chief Administrator, AMDA Nepal welcomed all participants and wish 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.</p> <p>Afterward, the trainer 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.</p> | | | |

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. Most of them shared about the stressful situation they face at office and their impact at their health as well as at personal life.

After interactive discussion among participants, the program was concluded by Deputy Mayor and Mayor of Goakrneshwor Municipality acknowledging all participants for their active participation and commitment to implement and apply learnings in their personal as well as professional life. Also, shared how their experiences on the mental health and the utmost importance for healthy wellbeing.

- Participants feedback/ suggestions/ opinions:

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.

- Follow-up plan (if any):

Not Any.

| <i>Activity Code</i> | <i>Name of Activity</i> | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------|
| 2.2 | Screening Camp | | |
| | <i>Plan</i> | <i>Actual</i> | <i>Variance</i> |
| Number of Event | 3 | 3 | 0 |
| Number of Participants/ beneficiaries | 150 | 150 | 0 |
| Budget | 150000 | 133716.5 | 16283.5 |
| <i>Narrative Explanation:</i> | | | |
| Date: 8, 22, and 29 Baishak, 2081 | Location: Nayapati Health Post, Shivachock Urban Health Center, and AMDA Clinic | | |
| Objective of the activity: | <ul style="list-style-type: none"> • To aimed to provide accessible and comprehensive breast and cervical cancer screening services to women in the community. • The primary goals were early detection, prevention, and raising awareness about the importance of regular screenings | | |
| <ul style="list-style-type: none"> • Activity details 3 events of one-day free breast & cervical cancer screening camp were conducted at Nayapati Health Post, Shivachock Urban Health Center, and AMDA Clinic, 8, 22, and 29 Baishak, 2081. <p>Key Activities:</p> <ul style="list-style-type: none"> ➤ 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. | | | |

- Registration: Women attending the camp were registered and provided with information about the screening process, including its purpose and benefits
- 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
- Referral: Individuals requiring further evaluation or treatment were referred to AMDA clinic for diagnostic screening services.

Findings:

A total of 150 women attended the camp and among them 150 clients benefitted from breast cancer screening service (BCSS) and 139 clients benefitted from cervical cancer screening services (CCSS). Out of them, 3 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.

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 GM.

- 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> | | |
|----------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 2.5 | Diagnostic Screening camp | | |
| | <i>Plan</i> | <i>Actual</i> | <i>Variance</i> |
| Number of Event | 6 | 6 | 0 |
| Number of Participants/ beneficiaries | 90 | 119 | 29 |
| Budget | 60000 | 55480 | 4520- |
| Narrative Explanation: | | | |
| Date: 10,12, 24 and 29 Baishak 2081 | | Location: AMDA Clinic (AGWC) | |
| Objective of the activity: | | ➤ To provide diagnostic screening services to the clients for the early detection of cancer and notify the report and advice for further referral accordingly. | |

➤ The primary goal was to offer accessible and high-quality diagnostic services to individuals in need

• Activity details:

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.

Findings:

| S N | Date | Diagnostic Service | Number of Clients | Grand Total | Findings |
|-----|--------------------------|--------------------|-------------------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 10, 24 & 29 Baishak 2081 | Mammo-gram | 75 | 119 | All Normal except the following clients: <ul style="list-style-type: none"> • 1 client: Linear Vascular Calcifications in bilateral side (BIRAD 2) • 6 clients: Well defined lesion in left breast – likely fibro adenoma. Right Breast Normal. • 1 client: Linear vascular calcification in right breast. BIRAD2. Normal finding in left breast. • 1 client: Linear vascular calcification in left breast. BIRAD2. Normal finding in right breast. |
| 2 | 12 & 29 Baishak 2081 | USG | 39 | | <ul style="list-style-type: none"> • 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. Advise FNAC |
| 3 | 29 Baishak 2081 | Colposcopy | 5 | | <ul style="list-style-type: none"> • 2 Clients – Normal • 1 client: Unsatisfactory • 2 Clients: Cervical Biopsy sent. 1 client report was diagnosed with CIN 1. Referred to TUTH. |

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.

• Participants feedback/ suggestions/ opinions:

Not Any.

• Follow-up plan (if any):

Not Any.

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. 4,50,587.7 | 30% | |
| Monthly Budget | Rs. 3,75,000 | Rs. 3,49,364.37 | 93% | |
| | | | | |

5. ISSUES, CHALLENGES

- Not Any.

6. LESSONS LEARNED

- Not Any.

7. WAY FORWARD/RECOMMENDATION

- Continue the Educational activities at School and Mothers Groups.
- Continue Mental Health and Stress Management program among Principal of School.
- Conduct Screening and Diagnostic Camp as per need basis.
- Plan for training to Health Facility Service Provider.

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. Educational Activities | 4 | 12000 | 9 th , 16 th Jestha 2081 | Swatha Aama samuha |
| 2. School Awareness Program | 6 | 57,000 | 4 th , 11 th , and 18 th Jestha 2081 | Chamunda, Khagendra, Okhareni, Gokarna, RIMS and Himshrinkhala School |
| 3. Screening Camp | 3 | 2,00,000 | Jestha 2081 | Tripura Pre-School, Sarasawotinagar Samiti Bhawan , Okhareni Secondary School & AMDA Clinic |
| 4. Diagnostic Screening Camp | 5 | 86,000 | Jestha 2081 | AMDA Clinic |
| 5. Procurement Expenses | 1 | 4,00,000 | By the end of month | |
| 6. Admin & Overhead Cost | 1 | 54000 | By the end of month | |
| Total | | Rs. 8,09,000/- | | |

Annex 2: Consolidate data Report

Annex 3. Photographs

Educational Activity at Ganesh Mandir. Dokha, Baluwa 3 on 2081.01.10



Educational Activity at Chardham Dashindhoka, Ward 7 on 2081.01.18



Educational Activity at Gramin Health Education and Service Center Dashindhoka, Ward 7 on 2081.01.20



School Health Awareness Program at Saraswati Secondary School, Ward 8 on 2081.01.14



School Health Awareness Program at Balsudhar Secondary School, Ward 2 on 2081.01.21



Mental Health Awareness Program at Ward 4 on 2081.01.20



Screening Camp at Nayapati Health Post, Ward 2 on 2081.01.08



Screening Camp at Shivachok Urban Health Clinic, Ward 7 on 2081.01. 22



Screening Camp at AMDA Clinic, Ward 6 on 2081.01. 29



Mammogram Diagnostic Screening Camp at AMDA Clinic



USG Diagnostic Screening Camp at AMDA Clinic



Colposcopy Diagnostic Screening Camp at AMDA Clinic



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