PHC and MCHC: Our Health Centre

It was a start of a dream. After the Rohingya influx, a dire situation arose when medicines and treatment were of utmost demand. To provide the emergency support, COAST Trust established a temporary healthcare camp at Balukhali Block 19 with help of MERCY Malaysia. It was named Primary Health Care Centre. After few days, another temporary health camp with the same purpose was established at Kutupalong. Providing health support for the helpless was started since that time. There were huge demand of treatment and medicine in both the camp. Accomplishing that work was very difficult. 2Malaysian doctors, 2Bangladeshi translators, 2medical assistants worked hard to serve the helpless. A few days later the temporary center of Balukhali was moved to block H1 where a strong wooden structure has been built. Providing health care services was ongoing at Kutupalong. Gradually 4 months passed. Both the camps gained popularity by means of good care and treatment.

There has been built up an urgency of prolonging these services for a longer time period. So COAST and MERCY Malaysia took a plan to perform renovation work of the center so that services can be given for longer. With that plan, a concrete establishment has been set up at the place of the center at Balukhali in March. The center at Kutupalong also has been renovated at the same time. In the month of June, partnership of COAST and MERCY Malaysia came to the completion. The duration of the project came to an end. After that, COAST decided to run both the camps with its own support. Also few more staffs were recruited with a view to providing more support keeping pace with the demand. We aim to spread the wings of services to meet the need of treatment. We dream of a standard Healthcare Facility.

Tips from Doctor’s Chamber

- Be alert from the contagious diseases. Slight ignorance makes a puny disease terrible.
- Do not let children roam around without clothes put on. This makes easy for the germ to attack.
- Scabies is a contagious disease that can be strong enough to make a life extremely irritating if prevention or treatment is not taken at right time.
- The natural way of killing germs of scabies- to clean all types of cloths that has been touched in very hot boiled water. Then drying the cloths under very hot sun. But besides these, medicine needs to be applied.
Constipation is a very common symptom. It’s troublesome to have a lot of medicine for common diseases or symptoms. Rather constipation can be prevented by natural food like banana, fibrous vegetables etc. instead of using medicine.

Drinking a lot of water is a way to remain healthy all the time. Drinking 2 liters/8 ounce of glasses of water is standard.

Eating excessive betel nuts is very harmful. It can cause loss of appetite, cancer of gum, severe gastritis and so more.

Helminthiasis is a common disease in children or sometimes in adults also. It causes anemia, weakness, physical discomfort etc. To prevent this, taking medicine at regular interval as well as maintaining proper hygiene is necessary.

**Achieved performance in July**

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<tr>
<th>Sl.</th>
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<td>4</td>
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<td>5</td>
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<tr>
<td>6</td>
<td>Awareness session</td>
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**A dream of a mother turned into truth**

Amena Begum is a housewife who lived Myanmar but due to ethics cleansing she left Myanmar with her husband, Kalim Ullah (25) in Bangladesh on August 2017. They came in Bangladesh with lot of sorrow. They established a tent in Balukhali camp 09.

Amena Begum got married four years ago with Kalim Ullah. Three years has gone after their marriage but she did not able to conceive any child. So, her husband tortured her physically and mentally in this reason. As a result, Amena Begum became frustrated and have distressed. Amena Begum conceived regularly but it prolong only two or three months and then aborted. Earlier she went to Kabiraj but it did not work. She did not get any mental support and due to care her physical health got very sick. She informed about COAST and MERCY primary health care activities from a neighbor, Nur Halim. She came to Balukhali PHC and informed her physical problem to doctor. Then she was pregnant from three months. Doctor identified that she suffered from iron deficiency and she lived unhygienic environment. Doctor prescribed her necessary medicines and told her to maintain proper instructions that given as like take nutritious food, take rest and mental support from other member of family. Doctor from MERCY also prescribed her to come regularly for follow up. A midwife was assigned to take care of. She was properly treated from MCHC and received proper maternal health care support from MCHC.

At last Amena Begum became mother of a daughter. Now she is very happy and all members of her family also love her. Her daughter is one month age. She often comes to COAST MCHC if she have any maternal and child health issue. Her dream turned into truth.

**Announcements**

1. New doctors and midwives
   3 new doctors and 2 midwives are being added in our CHP team from August.

2. New post- Community Health Worker
   10 Community Health Worker are going to be added in CHP team for the first time.

3. World Bio-fuel day- 10th of August
   To do- Awareness session on using Bio- fuel to FDMN community

   To do- arranging a program for observation national mourning day.

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**Album**