



Monthly Progress Report

July & August 2022



RAMAIAH
International Centre for
Public Health Innovations

This monthly progress report entails RICPHI's activities/tasks' status for July & August 2022.

Workshops/Trainings

Medication Adherence Training: Medication adherence, being an important component of self-care practices for chronic illness patients, is one of the themes of discussion in the Swasthya Samithi meetings, which are integral part of RICPHI's ACEME program in five districts of Karnataka.

Dr. Ananth Ram, who has created the medication module with the help of interns, trained the ACE-ME Health Resource Officers (HROs) on the importance of medication adherence, complications of diabetes and hypertension as a result of non-adherence, possible reasons for non-adherence and methods to overcome the barriers, to better prepare them for leading the SS discussions. This training was organized on July 6, 2022.

In continuation to the same, the HROs were trained on "Basic understanding of common medications", a short course hosted on RICPHI's in-house training platform. Through this course, the HROs were oriented to the mechanism of action, common side effects, dosage and special considerations of anti-Diabetes, anti-hypertension, and other systemic medications commonly used in primary health care context. All the HROs have successfully completed, both, the online and offline modules of the medication training.

Stop the bleeding program: RICPHI facilitated the Emergency Medicine Department, Ramaiah Medical College to conduct an 'Active Bleeding program' for 42 doctors and nurses representing various Primary Health Centres (PHCs) and the General Hospital in Tiptur on July 13, 2022. The training event, led by Dr. Aruna C. Ramesh, Head of Emergency Medicine, Ramaiah Medical College, emphasized on teaching three quick steps to effectively control life threatening bleeding. The training also included other lifesaving skills including hands-only CPR for collapsed patients. This program is a part of the ongoing Community Outreach Program initiated by RICPHI under Gokula Education Foundation (Medical) in various outreach geographies of Karnataka.



Public Health Surveillance Symposium: RICPHI, as part of a global consortium of organizations including University of Dubai, Mohammed Bin Rashid School of Government, Ajman University, D.Y. Patil Vidyapeeth, Nitte School of Pharmaceutical Sciences, Ramaiah University of Applied Sciences and Ramaiah Medical College, was part of a Public Health Surveillance Symposium conducted on July 21, 2022. Dr. Nayanjeet Chaudhury moderated a roundtable discussion on "Curricular requirement for Public Health Surveillance courses" with eminent panellists from the institutions mentioned earlier. Ms. Shailee Shah, Manager, Learning & People Management at RICPHI, was the emcee for the entire symposium and played a key role as International Co-ordinator for the PHS consortium. Around 80 students/participants, both from medical and non-medical backgrounds, were a part of the 1-day long program.



Grants/New Projects

ABC Almond Dipstick Study: As one of the initial components of the ABC Clinical Research project, a dipstick study was carried out to understand the snack consumption pattern in the rural settings of Bangalore. Qualitative interviews were performed among 30–50-year-old adults in 5 villages near Bangalore. The interviewer collected information on their food consumption pattern, type of snacks preferred and, the frequency of nut consumption. A focused group discussion was also performed in Masthi village among 30–50-year-old adults to understand their snack consumption pattern, and their preference for



almonds as part of snacks. The results of this study will provide significant insights into selecting the control snack and modifying the intervention food (almonds) to suit the palette of the population at large.

People@RICPHI

Internship Program-UIC: As part of RICPHI's global internship program, RICPHI on-boarded two students from University of Illinois, Chicago who had expressed interest in joining the Ramaiah Community Outreach Program managed by RICPHI, for their six-week on-site internship. Ms. Lily Zheng and Ms. Ashwini Deshpande chose different topics as their areas of interest for this on-site internship. Ms Lily initiated a qualitative research study using the grounded theory approach on *"Exploration of enablers and barriers to behaviour change among peer group members of the Swasthya Samithis, part of RICPHI's ACE-ME program intervention in rural Karnataka,"* and Ms. Ashwini supported an experimental study around *"asynchronous training to rural community health workers on basic understanding of common medications at the primary care level - a novel HRH capacity building approach."* As part of Ms. Lily's study, team RICPHI helped her visit 5 talukas in 4 districts where she supported RICPHI's research team conduct interviews and focus group discussions with various Swasthya Samithi members, non-members, ASHA workers and Primary health care providers.



As part of Ms. Ashwini's study, a short course was developed on the RICPHI's in-house digital training platform in both English and Kannada. This short course has been made available to CHOs, PHCOs and staff nurses of more than 70 PHCs across 6 talukas in 5 districts. Both the studies have completed data collection and are currently under data analysis phase.

Recruitment of Research Fellows: To facilitate the ABC Prediabetes Clinical Research project in select rural geographies across Karnataka, RICPHI initiated the screening and recruitment of Research Fellows who would be posted in these geographies for a paid Fellowship. Several applicants, from within GEF-M institutions and external academic organizations, were screened and shortlisted as part of the recruitment process.

New joinees: Extensive recruitment and screening was conducted throughout the month of August for positions open in the ABC Prediabetes Clinical Research project and for the Community Outreach Program-ACE-ME. The list of new joinees (Health Resource Officers) for ACE-ME is as below:

1. Ms. Muthulakshmi M.N.
2. Ms. Chaithra S.

The list of new joinees for ABC Prediabetes Clinical Research project (Research Fellows) is as below:

1. Ms. Anusha Gatty
2. Ms. Prakrithi Nayak
3. Mr. Sreedhara N.

Ms. Bindu Vardhini N. also joined the RICPHI team as a Research Associate wherein she will be providing her services for both, the Community Outreach Program- ACE-ME and for ABC Prediabetes Clinical Project.

Events/Celebrations

Tiptur celebration: RICPHI in association with the Department of Health and Family Welfare, Govt of Karnataka organized a workshop on Community Empowerment and Health Systems Strengthening for the health workforce of Tiptur district on 24th July 2022. The audience included ASHAs, MOs, CHOs, and other health staff from all PHCs of Tiptur along with representatives from the Departments of Women and Child development and Primary and Secondary Education.

The event was graced by Shri B.C. Nagesh, Minister of School Education and Literacy & Sakala, Govt of Karnataka. The Chief Guest,



Dr. M.R. Jayaram, Chairman of Gokula Education Foundation and Guest of honour, Dr. Bellur S Prabhakar, University of Illinois at Chicago also graced the event. The workshop was presided over by Dr. Manjunath, District Health Officer, Tiptur.

The community outreach work of RICPHI under the aegis of Ramaiah group of institutions at Tiptur was showcased in the event, which included:

1. Community empowerment for chronic disease management in the rural areas under Baluvanarelu PHC
2. The referral network and tertiary care support by Ramaiah hospitals to patients of Tiptur
3. Capacity building of healthcare providers including workshops on response to medical emergencies at Bengaluru and Tiptur, CMEs on cardiovascular and metabolic diseases at IMA Tiptur, and launch of the online courses on Preventive Cardiology and Diabetes management curated by RICPHI.

Several senior leaders from Ramaiah Medical College including Dr. Medha Y Rao, Principal and Dean; Dr. Shalini C Nooyi, Vice Principal (Academics); Dr. Aruna Ramesh, Professor and HOD, Dept. of Emergency Medicine; Dr. Ramachandra Kamath, Deputy Hospital Administrator; Dr. K.C. Gurudev, President, Ramaiah Memorial Hospital and Dr. Nayanjeet Chaudhury, Director, RICPHI were present. Dr. Ravikumar, Taluk Health Officer, Tiptur, Dr. Shivakumar, Administrative Medical Officer, General hospital Tiptur, and the District Surveillance Officer, Tiptur were also present during the workshop.



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