

Quarterly Progress Report
**Accessing Care through Empathy, Motivation
and Edutainment (ACE-ME)**



RAMAIAH

International Centre for
Public Health Innovations

A constituent unit of the Ramaiah University of Applied Sciences

This quarterly report (October to December) entails all activities/tasks' status for the ACE-ME project, which is an extension of Ramaiah's Community Outreach Program.

About the project

Peer support models are a frugal and sustainable way of community intervention and management of chronic health conditions. Keeping this in mind, RICPHI conceptualized a peer support group based-program called, ACE-ME which stands for "Accessing Care through Empathy, Motivation and Edutainment". The ACE-ME model is designed to empower patients (for self-management), caregivers, and community health workers for better chronic care management of diabetes and hypertension using local resources and thus, complementing the efforts of the rural primary health care providers.

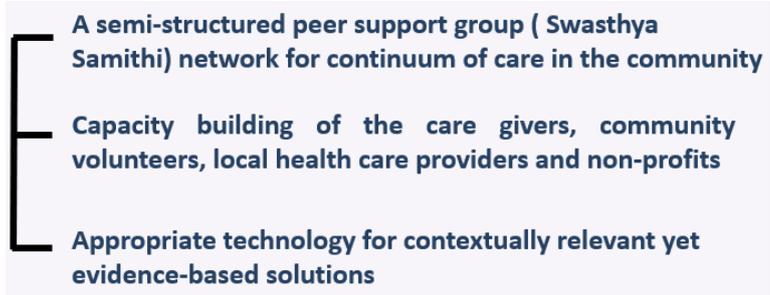


Figure 1: ACE-ME components

The peer wellness group assists members in reinforcing self-management abilities via 1) periodic health promotion and health education sessions through community-led entertaining activities; 2) support in managing complications and risk reduction; 3) monitoring patients for blood sugar and blood pressure at SS meetings; 4) promotion and support of regular linkage to clinical care and community resources. The capacity-building initiative improves relevant clinical skills and problem-solving skills of caregivers and community volunteers. Another crucial component of the program is to strengthen the referral linkages between the community and health care centres for timely utilization of health care services.



Figure 2: Different facets of ACE-ME

October 2023

World Arthritis Day: On October 12th, 2023, team RICPHI conducted the following activity in 4 ACE-ME villages:

- Exercise is the Extra pill that needs to be taken every day along with medication prescribed by the family doctor, to manage Arthritis effectively.

Global Hand washing day: On October 15th, 2023, the team conveyed among the SS members the significance of handwashing with soap as a cost-effective and efficient method to safeguard against diseases and preserve lives.



Figure 3: Doddavallabi PHC's dissemination of ACEME's efforts to raise awareness about handwashing through social media.

The Block Health Education Officer of Narasapur Primary Health Centre have published the pictures on social media where Ramaiah Institute has created awareness about Global Hand Washing Day in Doddavallabi village.

7 steps of hand washing for thorough cleaning

Step 1: Wet hands and apply soap. ...

Step 2: Rub the palms together. ...

Step 3: Rub the back of hands. ...

Step 4: Rub the back of the fingers. ...

Step 5: Rub and clean the thumbs. ...

Step 6: Rub and clean the tips of the fingers..

Step 7: Rinse the hands.



Figure 3: Handwashing activity underway

November 2023

20th Swasthya Samithi

meeting: On November 29th, 2023, in alignment with World Diabetic Day's theme of "Access to diabetes care, team RICPHI organized the following activities in all the ACE-ME intervention villages:



Figure 4: At Koirā, World Diabetes Day was observed by the community facilitated by Mr. Dodda Nayak, the school students went on jatha on their cycles in the village

The students prepared charts about diabetes prevention and control and went for a jatha on their cycles in the village and in front of the Grama Panchayat office.

SS members gathered to deliberate on the World Diabetes Day theme. Gram Panchayat members, staff, and community members convened at the Grama Panchayat office, where Dodda Nayak addressed the audience, highlighting key messages about diabetes.



Figure 4: At Chinakavajra, Madhugiri taluk, Ms Manjula with the Health and wellness centre staff and the community observed World Diabetes Day.

World Diabetes Day observation at Doddavallabi on 28th November 2023:

Over 45 community members including community leaders, health care workers, Anganwadi teachers of neighbouring villages and school students actively took part in preparing models of healthy plate and food pyramid, discussing issues on diabetes.



Figure 6: Our Swasthya bandhu and ASHA workers in preparing for the World Diabetes Day in Doddavallabi village.

December 2023

Dr. Ananth Ram, and Ms. Nisha Raghavan showcased RICPHI's ACE-ME program via an informational talk at the DHAN foundation and SUHAM federation annual convention on December 2, 2023, at the Institute for Social and Economic Change, NLSIU, Bangalore University campus. The talk incited much curiosity and discussion among the participants who were field workers from the districts where ACE-ME is currently active. The convention provided a fantastic opportunity for like-minded institutions to leverage each other's strengths and facilitate social change.





Figure 7: Talk on RICPHI's ACE-ME program at the DHAN foundation and SUHAM federation annual convention on December 2, 2023, at the Institute for Social and Economic Change, NLSIU, Bangalore University campus.

Meeting with District Surveillance Officer, Kolar

Dr. Ananth Ram and Ms. Nisha Raghavan met the District Surveillance Officer of Kolar, Dr. Charini M. A., appraising her with the latest developments of the



Figure 8: Dr Ananth Ram and Ms Nisha Raghavan with Dr Charini MA, District Surveillance Officer, Kolar on December 22,2023



ACEME project in Doddavallabhi village. They also briefed her on the availability of useful courses for healthcare workers on the S.H.A.R.P.E.N platform, and leadership training for healthcare staff. The team also explored the conduct of screening camps in the district.

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