

# INTEGRATION OF HEALTH RELATED ACTIVITIES IN COMMUNITY BASED LEARNING CENTRES (CBLC)

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## INTRODUCTION

Through the health facilities we included the health services in to CBLC (Preschool children) in the community.

- ❑ Aga Khan Health Services (AKHS): Runs Basic health centres and Comprehensive health centres and provincial hospitals in three provinces.
- ❑ Aga Khan Education Services (AKES): Runs different education programs for different age participants and runs CBLCs for children aged 3 to 6 years old in the same provinces.
- ❑ Both are working in very remote areas where most people are illiterate and the general awareness is low.

# PROGRAM OBJECTIVE

To integrate health related activities in community based learning centres to ensure children (3-6 years old) are healthy and growing normally through healthy practices learned by children and their mothers.



## THE FOLLOWING ACTIVITIES WERE PERFORMED

- ❑ AKHS health related program in CBLC was designed in consultation with AKES in April 2011
- ❑ The target was the CBLCs which were close to the health facilities, so that they could be easily reached.
- ❑ The required formats and guidelines were developed.
- ❑ The program was introduced and coordinated with related health facilities as well as CBLCs.
- ❑ Schedule for health related activities in CBLCs was shared (3 hours per week).
- ❑ The responsibility was given to Mother and child health officers at provincial offices and midwives at health facility level.

The services, provided to  
CBLCs :

Health education/awareness for  
the community

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- ❑ Growth monitoring
- ❑ Referring of severe malnutrition to hospital/Therapeutic feeding centre
- ❑ OPD
- ❑ Providing deworming tablets
- ❑ Providing Vit. A capsules
- ❑ Demonstrations on:
  - ❖ Hand washing
  - ❖ Preparation of ORS (oral rehydration solution)



## THE SERVICES PROVIDED IN CBLCS:

- ❑ Health education on:
  - ❖ Personal hygiene like hand washing
  - ❖ Nutrition and healthy feeding and how to prevent malnutrition
  - ❖ Seasonal diseases
  - ❖ Breast feeding role in children
  - ❖ Immunization
  - ❖ Stimulation and loving care
  - ❖ Importance of Antenatal care, child spacing and postnatal care for mothers.

The following documents were drafted:

Baseline assessment of a CBLC

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- ❑ Schedule of services in each CBLC
- ❑ Monthly report format
- ❑ Health education guidelines for CBLCs
- ❑ Service checklist
- ❑ Growth monitoring format
- ❑ Assessment questionnaires (checklists for child, mother and centre)



## THE FOLLOWING CHANGES WERE OBSERVED

- ❑ The children and mothers learned best hand washing practices.
- ❑ Importance of hand washing.
- ❑ Different health care related issues like ORS use during diarrhea.
- ❑ Personal hygiene like cutting nails
- ❑ Using of standard toilet with toilet paper
- ❑ Putting a sink near toilet with soap.
- ❑ CBLCs teachers and mothers knowledge on nutrition, breast feeding, family planning and other health related topics.



- ❑ Malnourished children were referred to nearest health facility.
- ❑ The severe malnourished children were referred to nearest TFU
- ❑ Special Sessions were conducted for the mothers of malnourished children (discussion on their children's weight/growth, nutrition and stimulation)



## HEALTH PROGRAM IN CBLCS

- ❑ Total four programs were started by AKHS in CBLCS.
- ❑ The programs were successful, so expansion of the programs was planned

Thank you for attention

Any question