

PROJECT POSHAN  
MONTHLY REPORT  
September 2016



# **INTRODUCTION**

## **About Project Poshan**

**Project for Nutritional support & education to persons with drug resistant tuberculosis in selected areas of Ahmadabad, New Delhi & Guwahati**

### **Project Concept**

Project Poshan aims to provide nutritional support & education to the patients of drug resistant tuberculosis (MDR/XDR) from 3 states of India. Through this monthly nutritional supplementation of dry ration worth 900INR. Our Aim is to supplement at least half of energy requirement and  $2/3^{\text{rd}}$  of protein requirement during first 6 months of treatment (Intensive Phase).

Aim: To help improve outcomes for people with DR tuberculosis (TB) through improved nutritional education and support.

### **Objectives:**

- a) Nutritional assessment of Tuberculosis patients
- b) Nutritional Counselling of Tuberculosis patients
- c) Nutritional supplement to drug resistant cases during first 6 months of treatment, in form of dry ration.
- d) Monitoring and evaluation of nutritional supplement recipient TB cases.

## **Project Area & beneficiaries**

A total of 300 patients with drug resistant tuberculosis from each of 3 implementation sites (Delhi, Ahmadabad & Assam) will be selected. DR TB Patients under RNTCP from Selected wards/districts of New Delhi, Ahmedabad and Assam will be given nutritional supplements for first 6 months (Intensive Phase treatment duration). Thereby altogether a total of 900 patients will be included in the project. Only the new cases registered after project launch will be selected for intervention. Based on the present case registration rate, 300 sample populations will be achieved within 9 months. If the size is achieved beforehand, the registration will be stopped.

## **Project Implementation**

The project will be implemented with consultation and permission from State Tuberculosis Officer/District Tuberculosis Officer. For the implementation purpose, 3 project coordinators has been recruited for 3 states. Part time project manager will guide the project coordinator in program implementation and monitoring. All newly registered patients every month will be included in the support project and they will be supplied dry ration for the next six months. Appropriate documentary evidences will be collected to prevent any pilferage and wastage in the project. Vital parameters of these patients will be collected on periodic intervals.

# **Project Poshan: Ahmedabad**

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### **Statistical Data:**

A total of 44 new Multi drug treatment patients were registered in the Ahmedabad Municipal Corporation area in the month of August 2016. 47 patients were already registered in the month of July 2016. A total of 91 MDR Tuberculosis patients were supported with the Nutritional Supplementation program.

Sr No	Month	New Patients
1	July 2016	47
2	August 2016	44
	Total patients supported in the month of September 2016	91

\*5 patients on BEDAQUILINE also into the list of Beneficiaries.

Dry ration bag with the following content were provided to these 91 patients.

Sr No	Item	Quantity (Kgs)
1	Wheat flour	7.5
2	Rice	2.5
3	Moong Dal	1
4	Masoor Dal	1
5	Chana Daal	1
6	Jaggery	1

7	Soyabean(Puff)	1
8	Groundnut	1

- The details of all the patients are recorded in our information system and can be provided if and when needed.



**Patient being handed over dry ration kit in Ahmedabad**

# **Project Poshan: Delhi**

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### **Status of the Program:**

The Project has rolled out through the patients enrolled in the Loknayakan Hospital as the TU. The patients are being delivered the dry ration either at the DOTS centre or directly at their homes.

Sr No	Month	New Patients
1	August 2016	04
	Total patients supported in the month of September 2016	04

\* DFY Delhi team after getting permission from Ministry of Health Delhi & STO office went to meet officials from NITRD to start the Nutritional support program. Dr Rohit Sarin Director NITRD raised many issues related with Nutritional support program and sustainability of this program. Main questions asked by him are as follows

1. Why you want to give only MDR TB ...?
2. Why only 6 months of support, according to him defaulter rate is high during the Continuation phase of treatment so you should provide ration for full 2 years period.
3. What is the sustainability plan for this nutritional support program. He want longer period of support than just 6 months.
4. Why you are not supporting other category patients like Cat-I & Cat-II...They also need support.
5. You should support all category patients for full term support during the treatment and for few years than just 6 months.

We tried to explain him our situation and rational behind the support during Intensive Phase so that we can cater large number of patients and also told him that this is just start, Based on the learnings from this pilot we can expand it further, But he was very adamant and in No mood to accept any explanation.

Considering all these, we met Dr Ashwini Khanna and explained him everything. He has suggested us to start the work from Loknayak hospital and districts comes under his jurisdiction. So we have started the program under leadership of Dr Ashwini Khanna and based on further discussion with Partners we will take up the issues related with Dr Sarin & NITRD.



**Patient being handed over dry ration kit in Delhi**





**Patient being handed over dry ration kit in Delhi**



# **Project Poshan: Assam**

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### **Launch of the Project:**

Project Poshan was officially launched on 30<sup>th</sup> September 2016 after series of permissions and approvals from the various government departments involved. It was launched in Kokrajhar District under BTC (Bodoland Territorial Council).

### **Status of the Program:**

A total of 06 MDR Tuberculosis patients were enrolled into the project in the month of September 2016.

Sr No	Month	New Patients
1	August 2016	06
	Total patients supported in the month of September 2016	06

\*\* Just like Delhi at Assam also we faced problems in getting Govt permission to Launch the program in 17 Districts of Assam. It is mainly because two reasons

1. Secretary who was looking after the RNTCP got transferred the same week in which our file reached her table.
2. After few days local media did some stories accusing Dr Biman Kumar Das of corruption in recruitment of departmental staffs and purchase of Laptops for DTO's. Due to these charges he totally gone on back foot and stop pursuing the secretary to give us the approval as soon as possible.

Dr Ravikant Singh President DFY was apprised very late about all these by the STO office. After getting to know all these he went and met the concerned officials and file started moving. Meanwhile we got approval from 4 districts of Bodoland for the launch of this program and we started the program. Due to festive season all offices were

closed for many days, so we hope that within next 7 days we will get the required permission for sure.



**06 Patients being handed over dry ration kit in Kokrajhar, Assam**

**Also Present on the occasion is DTO of Kokrajhar District Dr Kaushik Das (in black T shirt)**

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