

# **Training Report: Female Health Community Volunteers Training Program in Rupandehi District**

## **Name of Project**

Female Community Health Volunteer Training and Disease Surveillance in Province Five, Western Nepal.

## **Proposal summary**

Using the lessons learned from the recent pilot project in Siddharthanagar, this proposed project reinforces and expands the training and capacity of Female Community Health Volunteers (FCHVs) in other under privileged and marginalized communities/areas of the district of Rupandehi. Continuous trainings in first aid, hygiene, and appropriate response to minor illnesses and accidents has proven a successful strategy for improving child health using FCHV. Uniquely, disease and risk factor surveillance will be used to prioritize trainings and coordinate local medical and public health responses to identified neighborhood concerns.

## **Statement of the need and Background**

Nepal has experienced great improvement in child health outcomes reducing under 5 mortality from 1) overall mortality from 54 to 39 per 1000 live births, 2) infant mortality from 46 to 32 per 1000, and 3) neonatal mortality from 33 to 21 per 1000 (UNICEF, 2015). Community based programs using Female Community Health Volunteers (FCHV) played a large role in accomplishing these reductions. FCHV can be trained on a variety of issues related to child health and have proven to be important in community efforts to promote health and induce demand for health service use (Koirola et al, 2013). Low utilization of health services, high morbidity and mortality rates in rural areas of the country demand increased efforts using well established strategies. Use of FCHV can promote the health-seeking behaviors so that serious delays in receiving healthcare can be diminished. Regional implementation of the FCHV strategy has been limited by a number of factors including lack of national government resources at local health centers, the need for ongoing training of FCHV, and limited information about specific local environmental and other risk factors (Khatri, Mishra, Khanal, 2017).

This project addresses all three of these issues. Goals of the Program We have implemented a pilot FCHV strategy in Siddharthanagar called the Community Health Education, Awareness and Leadership Training for Women Project. The goal of this project is to develop a cadre of knowledgeable and capable women in each neighborhood who can care for their families and inform neighbors of important health topics relating to child and maternal health, and also be first responders in case of emergencies. The key to a successful FCHV strategy is continuous training and support (Cunningham et al, 2016). This project proposes to provide our FCHV continued training on topics and home management identified as high priorities for these communities. Using disease and risk factor surveillance, priority training issues will be identified. Raising awareness

and educating women in Nepal about preventive methods can lower the magnitude of many health issues but also increase appropriate use of health services (Maskey, 2014).

Thus, we plan to continue to train FCHV in leadership skills required to conduct health improvement initiatives and increase the timely use of local health care services. We plan on expanding this successful pilot program in other under privileged and marginalized communities/areas of the Rupandehi district, thus setting the stage for its expansion into Lumbini Province in the near future. Additionally, the PNMF organization's newly created community learning center will also be available as a matching asset to make this proposed program a success. This project will 1) improve FCHV knowledge and skills in addressing high priority child and maternal health issues, 2) improve FCHV leadership skills, 3) facilitate bi-weekly FCHV meetings, 4) develop and deliver child and maternal health trainings to strengthen the FCHV network in Rupandehi districts of Western Nepal and also to improve health surveillance and disease prevention efforts.

### **Introduction to the Implementation of the Program**

The Female Health Community Volunteers (FCHVs) training program was conducted/implemented in Rupandehi district for 100 participants for 5 days from the month of March to April 2023. The objective of the program was to enhance the knowledge and skills of FCHVs in the areas of maternal and child health, family planning, nutrition, hygiene, sanitation, and the effect of air pollution on health. The training program was organized by Pratiman-Neema Memorial Foundation (PNMF), a not for profit organization based in Western Nepal in collaboration with America Nepal Medical Foundation (ANMF).

### **Location of the Training Program:**

The training program was held in Rupandehi district, Lumbini Province of Western Nepal. The training was conducted in the following:

- Siddharthanagar Municipality – Trained 30 FCHVs
- Rohini Rural Municipality – Trained 40 FCHVs
- Devdaha Municipality –Trained 30 FCHVs

### **Master Trainer**

- Kalika Bhandari Pandey, Public Health Nurse, Health Office, Rupandehi, Lumbini Province

### **Support Trainers**

- Renuka Pandey, Senior ANM
- Garima Atrae, Senior ANM

Please note that other resource person, guest lecturers and experts also joined the training sessions and also delivered the lectures. PNMF staffs, volunteers and students of PNMHI played an active role in the coordination, communication, management, logistics and program implementation support in the training program.

### **Content of the Training Program:**

The training program included a range of interactive sessions, group discussions, and practical activities that aimed to build the capacity of FCHVs in various health-related domains. The program was structured into different modules, and formal curriculum was prepared by public health professionals, experts and academicians. The training program content includes the following:

- **Introduction to Community Health:**

This module provided an overview of the community health system, the roles and responsibilities of FCHVs, and the importance of their work in promoting health and well-being in the community.

- **Maternal and Child Health:**

This module focused on the key aspects of maternal and child health, including antenatal care, delivery, postnatal care, breastfeeding, and immunization. The participants were trained on how to identify and manage common maternal and child health problems and how to provide appropriate referrals to health facilities.

- **Family Planning:**

This module covered the various methods of family planning and their benefits, as well as the importance of family planning for maternal and child health and overall population control.

- **Nutrition:**

This module focused on the importance of balanced nutrition and its impact on maternal and child health and how to identify and manage malnutrition in the community. The definition and clear understanding of nutritious diet, sources of balanced diet, type and preparation of sarbottam pitto etc was a part of the session.

- **Hygiene and Sanitation:**

This module covered the basic principles of hygiene and sanitation and their importance in preventing communicable diseases, including the COVID-19 pandemic. The participants were trained on how to promote hygiene and sanitation practices in the community.

- **Water, Sanitation, and Hygiene (WASH):**

This module focused on the importance of safe drinking water, sanitation, and hygiene practices in promoting health and well-being in the community. The participants were trained on how to identify and manage waterborne diseases, the importance of hand washing, and how to promote safe sanitation practices in the community.

- **Effect of Air Pollution on Health:**

This module covered the impact of air pollution on human health and how to mitigate its effects. The participants were trained on the sources and types of air pollution, its health effects, and how to promote clean air practices in the community.

### **Training Methodology:**

The training program used a participatory approach that encouraged active engagement and interaction among the participants. The training methods included presentations, group discussions, role-playing, and practical exercises, which aimed to enhance the learning experience of the participants and promote their skills development.

### **1) Photos of Training Program with FCHVs of Rohini Rural Municipality**







### 3) Photos of Training Program with FCHVs of Siddharthanagar Municipality



#### Outcome:

The training program was very successful in achieving its objectives and enhancing the knowledge and skills of FCHVs in various health-related domains in Rupandehi district. The participants demonstrated a high level of engagement and interest throughout the program and provided positive feedback on the training content and methodology.

The training program equipped the participants with the necessary knowledge and skills to identify and manage various health problems in the community, promote safe hygiene and sanitation practices, and mitigate the effects of air pollution on health. The participants also developed an understanding of the importance of family planning and its impact on maternal and child health and overall population control. 100 FCHVs were trained from Rohini Rural Municipality, Devdaha

Municipality and Siddharthanagar Municipality. In addition, the First Aid Kits were also distributed at the end of each training program.

### **Acknowledgement**

According to Ms. Kalika Bhandari Pandey, Public Health Nurse of Health Office Rupandehi and Master Trainer for this training program.

*“The FCHV training was conducted under the Pratiman-Neema Memorial Foundation with the support of America Nepal Medical Foundation in the Rupandehi district and the municipality village development community. Female community health volunteers were selected based on their work, knowledge, seniority, experience, and leading capacity from different wards/rural municipalities/municipalities, namely Rohini Rural Municipality, Devdaha Municipality, and Siddharthanagar Municipality.*

*During the selection process, many females participated, displaying their excitement and courage. A five-day training program was conducted, to provide knowledge about community health, diseases, modes of prevention and control, infectious disease conditions, and the role of FCHV in prevention and control, WASH, air pollution effect on health etc. The objectives of the training were to provide knowledge, skills, and practices related to community health, mobilize mother groups and stakeholders for healthy environmental practices, and enhance practices related to counseling, motivation, guidance, and mobilization. The main content of the training included environmental sanitation and personal hygiene, air pollution, personal confidence to provide training, and the role of FCHV in the content of community health.*

*Participants provided feedback on the training, which was found to be effective, recreational, and exciting. The pre-knowledge and post-knowledge were more effective, and the training was interpersonal, knowledgeable, and effective. Questionnaires from FCHV and effective answers from participants were also noted. The training program was conducted based on community participation and their present and past conditions related to health sanitation, air pollution, wash techniques, different impact control, and prevention.*

*Feedback from the participants also included the need for regular learning, provision of personal kits for FCHV, continuous monitoring and supervision, more training for FCHV, and colorful books and visual aids for effective learning.*

*We extend our special thanks to America Nepal Medical Foundation who supported the training program in collaboration with the Pratiman-Neema Memorial Foundation for providing excellent training, goods, and financial support.”*

**Conclusion:**

The Female Health Community Volunteers training program in Rupandehi district was a successful initiative that aimed to enhance the capacity of FCHVs in promoting health and well-being in the community. The training program provided a comprehensive overview of maternal and child health, family planning, nutrition, hygiene, and sanitation, and equipped the participants with the necessary skills and knowledge to carry out their roles effectively. We hope that this training program will contribute to the overall improvement of health outcomes in Rupandehi district and beyond.

## **Course Content of Training**

### **Female Health Community Volunteer Training Course**

Duration: 5 days

Target Group: Selected Female Health Community Volunteers (FCHVs)

Number of Participants:

Rohini Rural Municipality: 40

Devdaha Municipality: 30

Sidhartha Municipality: 30

Organization: Pratiman-Neema Memorial Foundation, in collaboration with America Nepal Medical Foundation, Rupandehi

Target District: Rupandehi

Target Areas: Rohini Rural Municipality, Devdaha Municipality, Sidharthanagar Municipality

Facilitator: Kalika Bhandari Pandey, Public Health Nurse (MTOT Trainer)

Resource and Guests: Public Health Officer, Municipality Representatives, Rural Municipality/Municipality Members

**Training Schedule:****Day 1: Prepare Training Materials**

Training Day:

10:15 am: Registration and Welcome

11 am to 11:30 am: Introduction to Participants and Facilitators

11:35 am to 12:30 pm: Objectives of Training

12:35 pm to 12:45 pm: Tea Break

12:50 pm to 1:30 pm: Pretest Questionnaire for Knowledge Assessment

1:35 pm to 2 pm: Lunch Break

2:05 pm to 3 pm: Explanation of Environmental Sanitation and Hygiene

3:30 pm to 4 pm: Group Work Exercise and Presentation on Community Leadership

4 pm: Closing

## **Day 2: Personal Hygiene**

10:00 am to 12:35 pm: Definition of Personal Hygiene and Mode of Disease Transmission

12:35 pm to 12:45 pm: Tea Break

12:45 pm to 2:00 pm: Diarrhea, Oral Dehydration Solution, and Identification of Referral Conditions

2:00 pm to 2:30 pm: Lunch Break

2:30 pm to 4:00 pm: Diarrhea, Oral Dehydration Solution, and Identification of Referral Conditions and Practical Education / Group Work Exercises

4:00 to 5:00 pm: Review of Previous Day

## **Day 3: Air Pollution**

10:00 am to 12:35 pm: Definition and Causes of Air Pollution

12:35 pm to 12:45 pm: Tea Break

12:45 pm to 2:00 pm: Effects of Air Pollution and Prevention Methods

2:00 to 2:30 pm: Lunch Break

2:30 pm to 4:00 pm: Infectious Disease Control, Respiratory Diseases, Types of Respiratory Diseases, Symptoms, and Prevention

4:00 to 5:00 pm: Review of Previous Day

## **Day 4: First Aid Treatment**

10:00 am to 12:35 pm: Definition of First Aid Treatment, Burn, Cut Injury, and Fracture

12:35 pm to 12:45 pm: Tea Break

12:45 pm to 2:00 pm: Common Cold, Sinusitis, Fever, and Unconsciousness

2:00 pm to 2:30 pm: Lunch Break

2:30 pm to 4 pm: Prevention, Control, and Management of Conditions, Role and Responsibilities of FCHV

4:00 pm to 5:00 pm: Review of Previous Day

**Day 5: Review of Previous Course**

10:00 am to 12:35 pm: Nutritious Diet, Importance, Types, and Preparation

12:35 to 12:45 pm: Tea Break

12:45 pm to 2:00 pm: Breastfeeding, Malnutrition, Supplementary Food, and Menstrual Hygiene

2:00 pm to 2:30 pm: Lunch Break

2:30 pm to 3:30 pm: Adolescent Nutrition, Uterus Prolapse, Role and Responsibilities of FCHV

3:35 pm to 4 pm: Closing Ceremony