

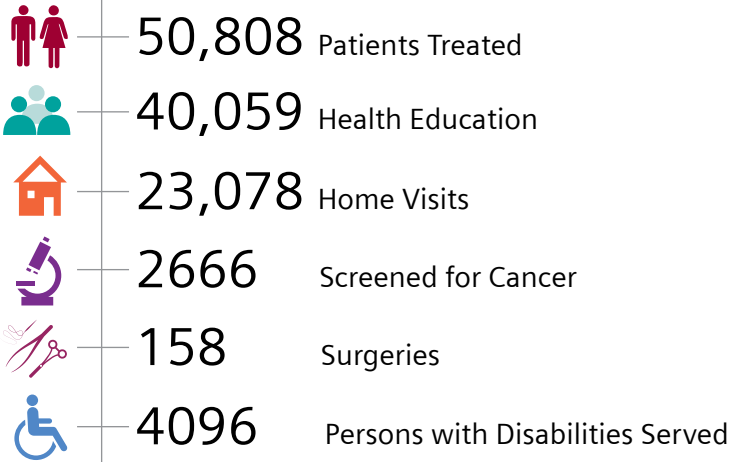


Reflections

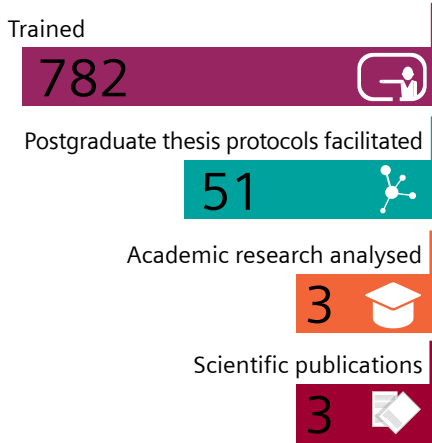
Bangalore Baptist Hospital | Community Health Division



Healthcare



Research



Academics



All data relate to the period 2017-2018

Compassion unlimited

Dear Friends,

Care. Compassion. Empathy. These are the qualities that define the Community Health and Palliative Care Division. The team has had a remarkable and commendable year – touching lives and communities in the slums of our city and also in the villages of the Bangalore Rural District.

We are humbled that God has called us to restore the sick and the powerless and also to wipe away tears; one tear at a time. I have had the privilege of meeting with communities where the division has been working and witnessing the tangible positive impact of their work on individuals and families. In order to reach out to more people, the division has initiated new programmes, broadened the scope of services and extended its geographic reach.

We are grateful for the leadership and the team for their unified and steadfast work and infinite love for the community. We look to them to continue this remarkable work and touch more lives.

In the following pages, you'll read powerful stories of children, women, men and the specially abled, whose lives have been transformed. Thank you for partnering with us – this would not have come to fruition without your support.

Much has been done; but we believe that greater things are yet to come. We thank God, and you, for your good wishes, generosity and prayers. Do continue to walk the path with us as we serve in the Spirit of Jesus Christ. Jai Hind and God bless.

Dr. Naveen Thomas,
Director (CEO)





The Community HeAlth Institute of Research & Training (CHAIR) was inaugurated on 11 May 2018 by Mr. Thampy and Dr. Molly Kurian, who envisioned establishing a centre of excellence for research and training. It was also a realization of our dream to have an office space for the Community Health Division, with adequate facilities to conduct training programmes and research. We praise God for fulfilling our long cherished dream. We thank the Kurians and the Kurian Foundation for their magnanimous support.

The joy of serving

It just seems the other day when we completed our report for 2015-16 and at the blink of an eye, we are three years down the line, having almost completed eight months of 2018! When I look back, I'm reminded of the lines "Morning by morning new mercies I see; all I have needed Thy hand hath provided; great is thy faithfulness."

The highlight of the year has been the fulfillment of a long cherished dream of having a new space for Community Health that has been christened as the Community HeAlth Institute of Research (CHAIR) and Training. The founders of the Kurian Foundation, Mr. Thampy and Dr. Molly Kurian made it a reality. We greatly appreciate their passion and vision to establish this center of excellence for research and training.

The other aspiration that came to fruition was initiating the "Arogya Grama" programme to combat the threat posed by non-communicable diseases, with a vital component of screening women for breast, cervical and oral cancers. Another milestone was the extension of palliative care services to the entire Bangalore rural district, serving persons living in over 1000 villages. In partnership with the Karnataka Spastics Society, we initiated two early intervention centers for children with developmental delay and disabilities in two taluks.

It was an exciting year in academics and research. Besides, ongoing collaborations with international

and local universities and organizations, new partnerships have been fostered with the Universities of Sheffield and Nottingham. Workshops on pilot testing Priority Assistive Products (TAP) Package produced by World Health Organization and another on 'Developing a protocol for Cochrane Systematic Review' tutored by faculty from Cochrane South Asia were conducted. Our faculty presented papers at national and international conferences.

I gratefully acknowledge the financial support and goodwill from our donors; The Kurian Foundation, the Baptist Global Response, Good News Health Scotland Trust, Mrs. Lorna Murray, Dr. Paul and Rupa Dearing, Dr. Michael and Judy King, the continued prayers and encouragement of Dr. Rebekah Naylor and many others.

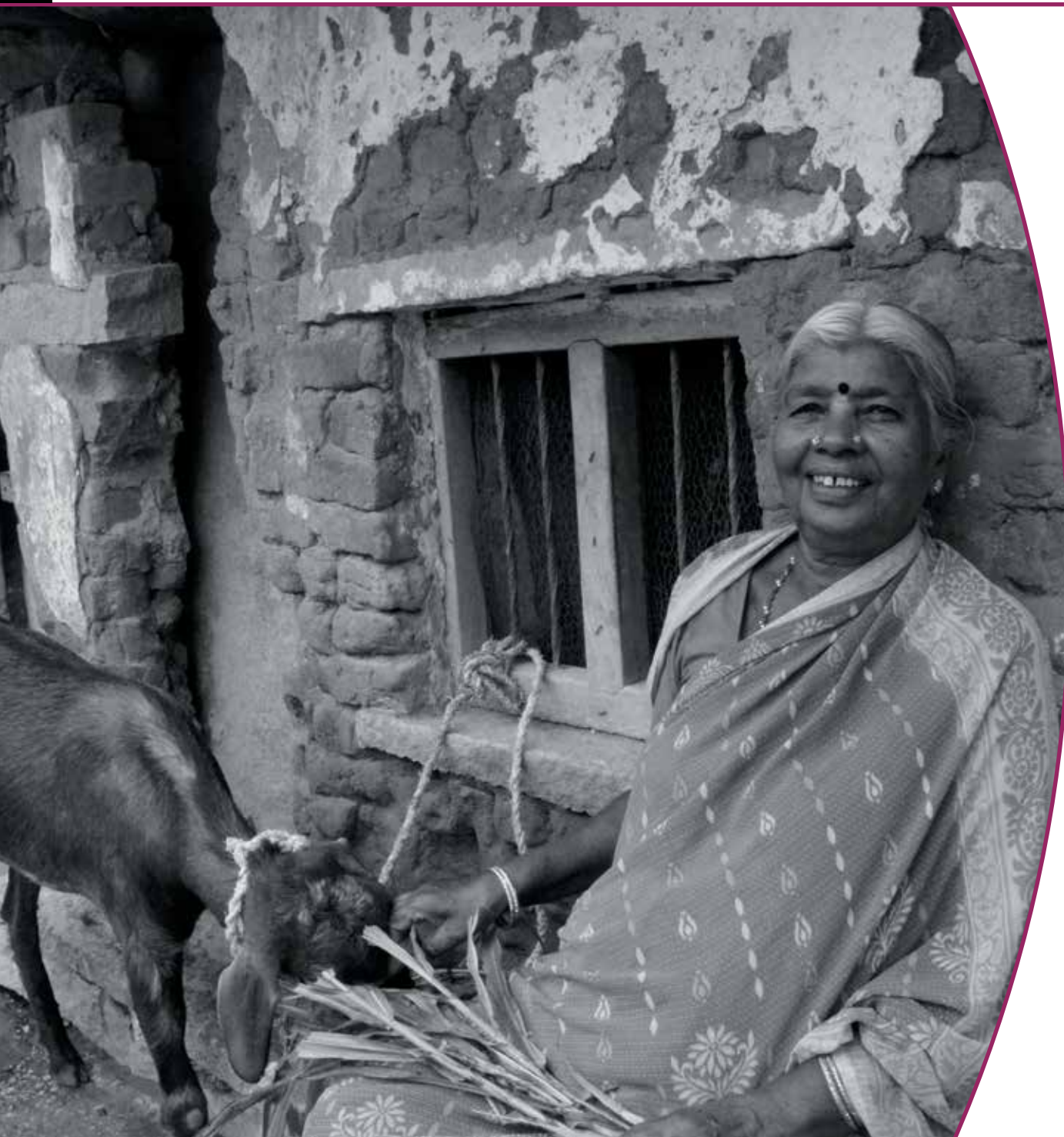
It's been a great blessing to have an incredibly talented and passionate group of colleagues, without whom none of this would have been possible. Dr. Naveen Thomas, my Director has been a great support and encouragement and so have been the Governing Board members and my colleagues in the Administrative Committee.

Walking alongside the poor with love, mercy and compassion is our calling. Reaching out to those who have nothing to give in return is the greatest joy in serving Him.

To God be the glory!

Dr. Gift Norman,
Deputy Director, Head, Community Health Division





“

I like the doctors at Mother Teresa Hospital. They are kind and listen patiently to what I say.

I'm refreshed!

70-year old Narasamma felt listless and giddy for several months. Feeding her goats was an uphill task. Her trusted home remedies had no effect. Despite her suffering, she didn't want to see a doctor.

"I have never been to a doctor and what good would it do now. They don't speak my language either," she complained. After much persuasion from a friendly neighbour, she trudged to our Mother Teresa Rural Hospital, grumbling about this pointless exercise.

However, much to her surprise, the experience was unique. She was at ease with our doctors, who were responsive to her problems. As advised, she followed a strict diet and medication and began to see results.

Today, Narasamma's blood pressure and diabetes are under control and she does not miss her monthly check-up.



Our Signature Programmes

Smile On Wheels

Taking healthcare to the doorstep

Arogya Grama

Building healthy villages

DISHA

*Directive for Slum Health Action
Promoting health and fostering hope in slums*

Empower

Improving the quality of life of the differently-abled

Restore

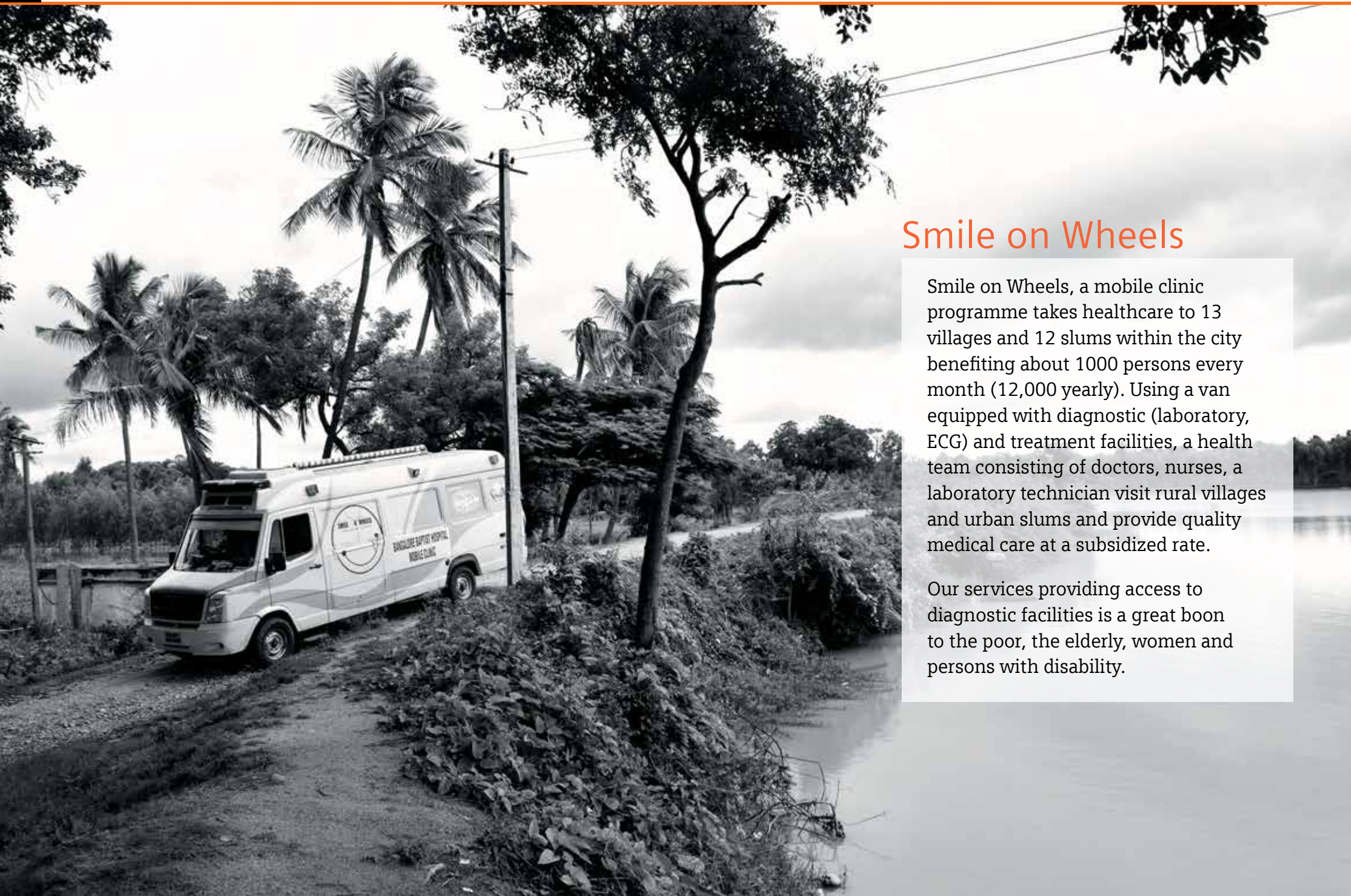
Freedom from bondage to alcohol

Secure

Securing smiles in the grey years

Holding Hands

Providing end-of-life care



Smile on Wheels

Smile on Wheels, a mobile clinic programme takes healthcare to 13 villages and 12 slums within the city benefiting about 1000 persons every month (12,000 yearly). Using a van equipped with diagnostic (laboratory, ECG) and treatment facilities, a health team consisting of doctors, nurses, a laboratory technician visit rural villages and urban slums and provide quality medical care at a subsidized rate.

Our services providing access to diagnostic facilities is a great boon to the poor, the elderly, women and persons with disability.



“I can see you clearly now” smiles Anjinappa, as he puts his arm around Nandish, our health worker. “I love playing with my grandson. I want to meet my friends whom I have not seen for the past four years,” says the vibrant Anjinappa, as he celebrates his new vision. ”

I see
clearly now!

75-year old Anjinappa was terrified that he would never be able to see again if he underwent cataract surgery. So, he continued to live with poor vision, stumbling around his small house, till our mobile clinic visited his village.

When our team visited Anjinappa a month after the surgery, we found him actively working in his field. “There were times when my wife would be away and I knew there was food, but I couldn’t see, so I would go hungry,” recalled Anjinappa.

Though removing a cataract would sound simple and straightforward, it’s not the case for many of the rural poor. Besides the ignorance that treatment is available, the high cost of such treatment is a challenge.

12,892 people treated

302 clinics

143 cataract surgery

Arogya Grama

Arogya Grama is designed to promote health and well-being among people living in rural areas. It aims to prevent illness, disability and deaths due to diabetes, hypertension, heart disease, cancer, asthma and mental illness.

9

screening camps

2666

screened

155

awareness programmes held



“I am relieved! These are special moments in my life. Now I can teach a few women how to save themselves.”

I am relieved!

Munirathnamma waited impatiently for our breast cancer screening camp to be over. She was troubled as she listened to Dr. Priya explaining the signs of breast cancer and self breast examination. She headed home and examined herself. Her heart skipped a beat when she felt the lump. Her worst fears were confirmed. Despite the shock, she was determined to beat cancer once and for all!

Today the 55-year old Munirathnamma has recovered completely and is back home, eternally grateful for that small tip from Dr. Priya.

“Women from rural villages do not know how to do breast self-exams. We educate them on early symptoms and how to check themselves,” says Dr Priya.



DISHA

The DISHA initiative aims to provide preventive and curative services to the slum dwellers. Through our health centres, mobile clinics and home visits to persons living in 12 slums within the city, we provide essential primary care services. It also includes community development and poverty alleviation programmes engaging communities in their own development.

“

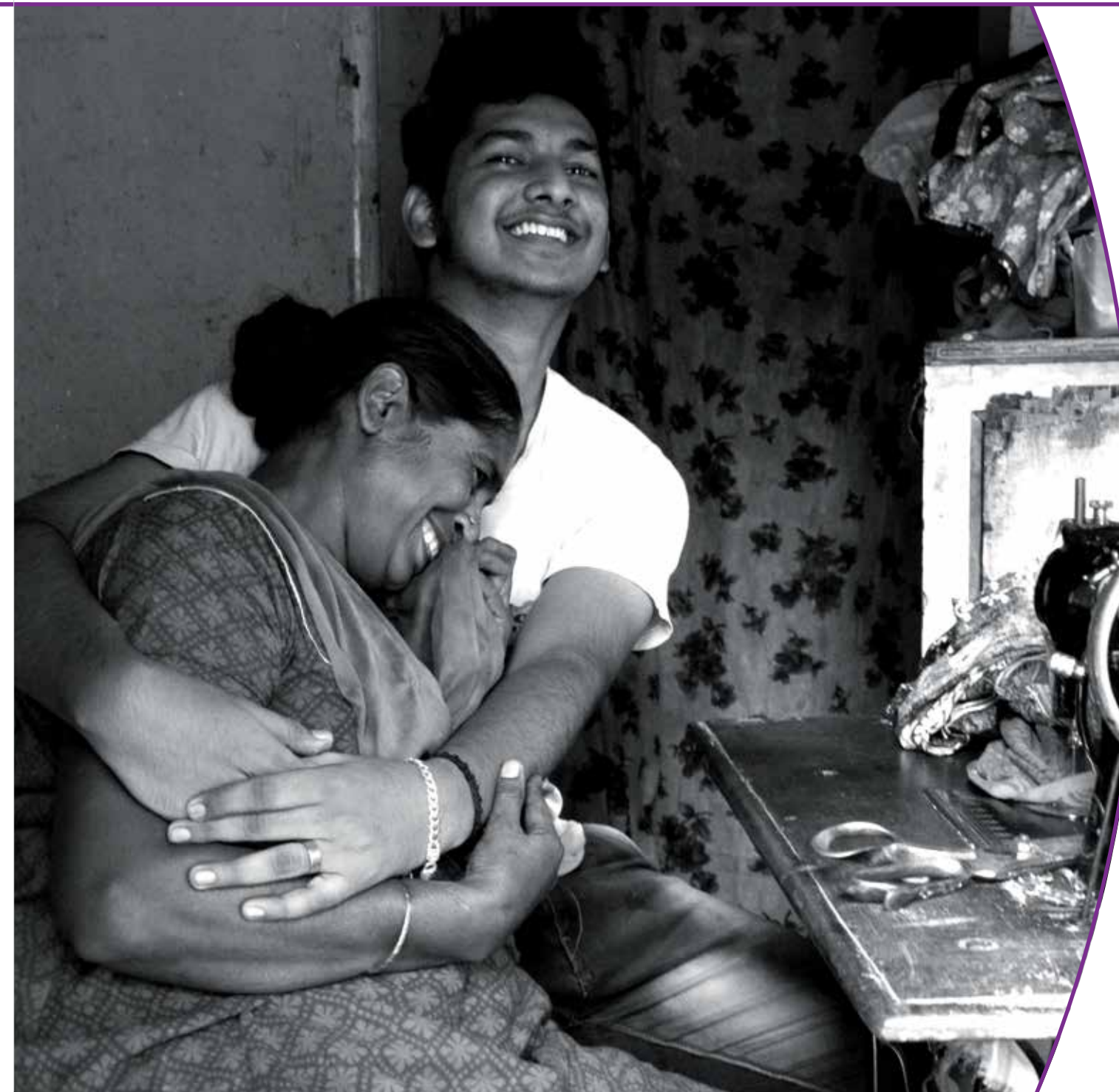
I can hear my family talk to me now. My little girl calling me “Ammma” means so much to me. How nice it’s to hear the rain drops falling and birds chirping. Simple things – that I didn’t hear for three years.

I can
hear now!

Poverty precludes thousands of people from accessing healthcare. Ruth was one such person. Complaining of ear pain for more than three years, she could hardly hear her daughter talk.

Realizing that both she and her daughter were missing precious moments of their life, she came to our mobile clinic, hoping for a solution.

When the doctors suggested surgery, she felt helpless. Ruth knew her husband’s meagre earnings as a daily wage labourer wouldn’t meet the cost of surgery. When we assured her that the hospital would consider doing the operation free of cost, she couldn’t believe her ears. Ruth is amazed that she can hear clearly now!



“

I am back to work now. My mother had struggled all her life. So, it’s my turn to make her happy. I find peace when she is happy.

I am
walking now!

17-year-old Ravi’s life changed in an instant when he was knocked down by a truck while riding his bicycle back from work.

A month in the hospital drained his parents’ entire savings. Forced to borrow money at high interest, his family descended into abject poverty. He wasn’t able to walk and therefore couldn’t find a job. “It was a nightmare” recalls Ravi and his mother.

After a surgery at our hospital, with the major part of the expenses written off, this family is back on its feet again.

26,014 patients treated

897 slum home visits

125 awareness programmes

Empower

This collaborative project with the Directorate of Empowerment of Senior Citizens and Differently-abled, Government of Karnataka, the District Disability Rehabilitation Centre helps an estimated 40,000 differently-abled and their families in Bangalore Rural District through a multi-sectoral approach that addresses health, education, livelihoods, empowerment and social needs.

- 180 children received early intervention therapy
- 1721 disability ID cards distributed
- 651 assistive devices distributed
- 40 modified toilets
- 25 livelihood initiatives



“It is all about how you to choose to live, you either let in doom and failure into your life or push away negativity and take on challenges with a smile,” says Saifullah

I am
a miracle!

Saifullah had both his legs amputated due to infection and gangrene following neglected injuries. With no means to support his family, this daily wage labourer had no other option but to stop his son from going to school and send him to work. His dream of educating his son was shattered.

A meeting with our “Empower team” changed his life. Today, the 44-year old Saifullah is a completely different man, exuding joy and confidence. He runs a store that we helped him set up and his son is back in school. The grit and determination over the years have made him a champion for other persons with disabilities in his village.



“

Accepting the truth was a painful process, but seeing Srisha’s change has been a great joy. There will still be tears, heartaches and worries. Srisha may never be “normal” but she is still my special little girl,” says Nethra.

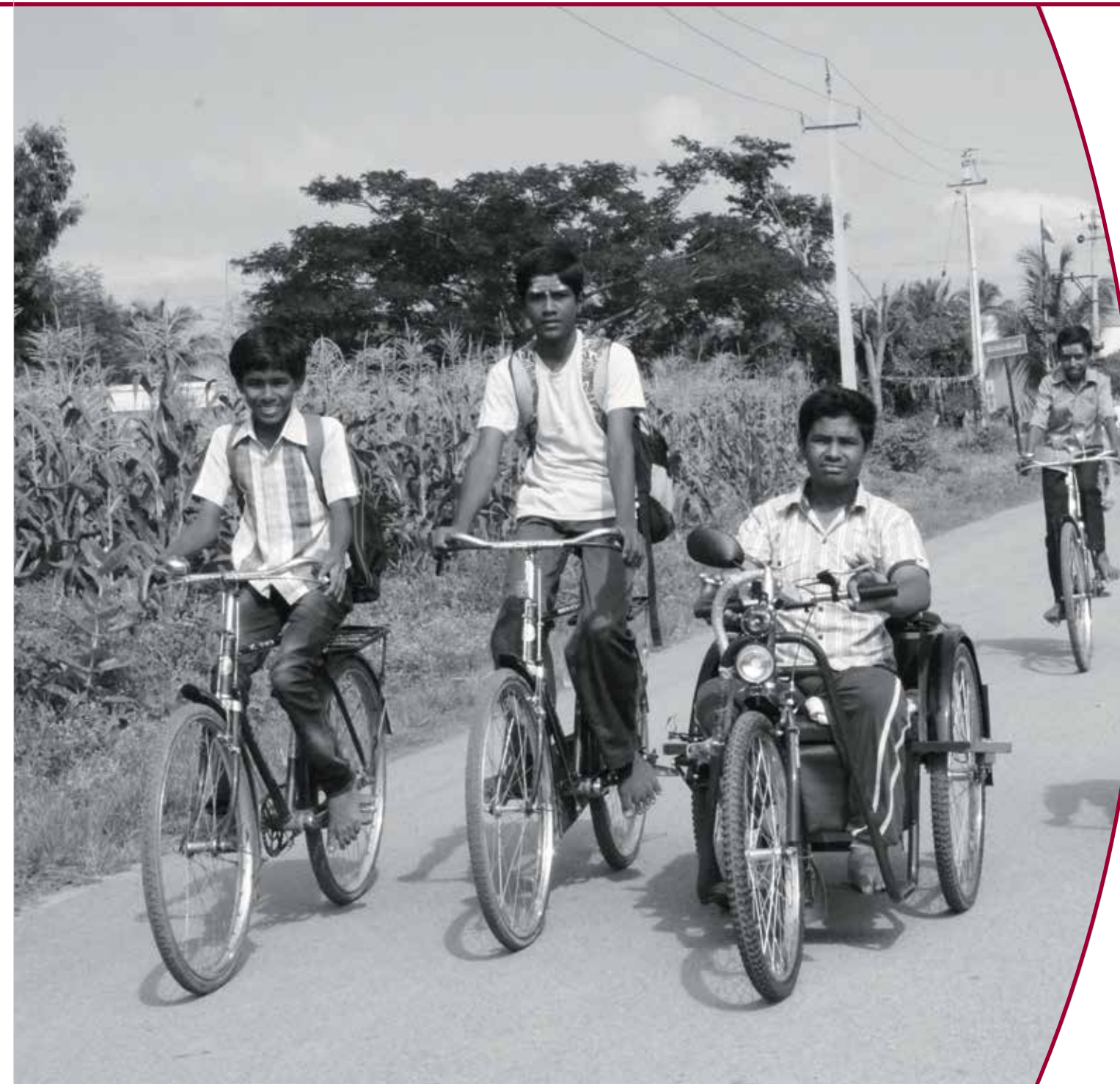
I am
special!

Srisha is a beautiful three-year old girl with delay in her growth.

“My little baby was different. She never smiled nor looked at me when I kissed her. Even after a year, she wasn’t crawling,” said Nethra, fighting back tears.

Today, Srisha has a lot of fun at our learning hub. She has learnt everyday skills during the physical and speech therapy sessions. She is particularly fond of her therapist who lets her play games involving strengthening exercises that focus on endurance and control.

Her smile gives her mother the greatest joy.



“

Anna, thank you for sending me back to school and for this new life. I thought I would never get back to school. I am enjoying my life now.

I celebrate!

Manoj was 14-years when he was knocked down by a car on his way back from school. After a six-month ordeal in hospital, Manoj was wheeled back home.

Life became agonising and depressing as he couldn’t go to school. He had to depend on either of his parents while using the toilet and he found this embarrassing.

We counselled Manoj and his parents and helped them weather this storm. To give him privacy and independence, we built a user-friendly toilet for Manoj. Despite all this he couldn’t get back to school and this worried him.

After a three-year gap, Manoj rides to school on a motorised three-wheeler that a well-wisher donated. His determination in the face of adversity made all the difference.

Restore

We initiated a unique community-based model of taking de-addiction services in the rural areas with the active participation of community members, families, village leaders and other stakeholders. A robust system of follow-up by trained field workers, social workers and counsellors ensured abstinence of up to 60 % among attendees.

The villagers have access to a free de-addiction service and counselling support by our trained team, at their doorstep.

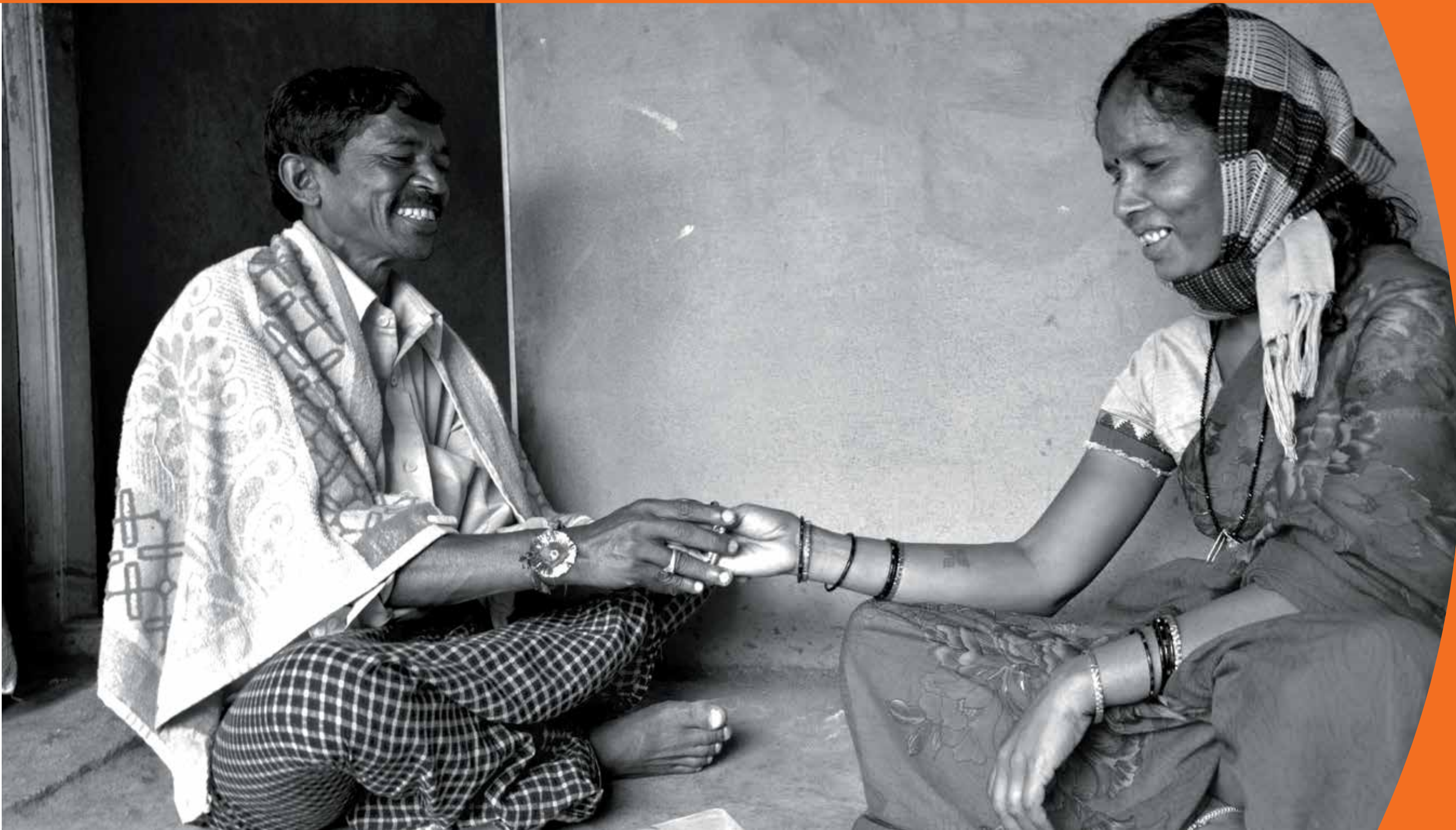
264 attended camps

1213 individual visits

787 family counselling visits

92 cluster meetings

61% abstaining from alcohol



“ I feel the agony and shame that I inflicted on my family. Now, I see the beauty in everyone and everything, especially the beauty of my wife,” says Guruappa, with a twinkle in his eyes, while he chooses the best pair of bangles for her from his collection.

I am restored!

Every night, women like Pushpa were beaten mercilessly by their inebriated husbands. The screams of women and terrified children rented the air in this small village every night.

The hardship and humiliation I endured for the many years are known only to me and my God,” says Pushpa, the wife of Guruappa.

Guruappa took part in our 10-day de-addiction camp, received medical treatment and counselling from peers and volunteers of Alcoholics Anonymous. The final day of counselling with his family did the magic. Guruappa now lives a transformed life. We continued our support through home visits to ensure he didn’t relapse.

Guruappa now sells artificial jewellery in villages on his cycle. A new bike and recently renovated house are Guruappa’s newly acquired treasures.



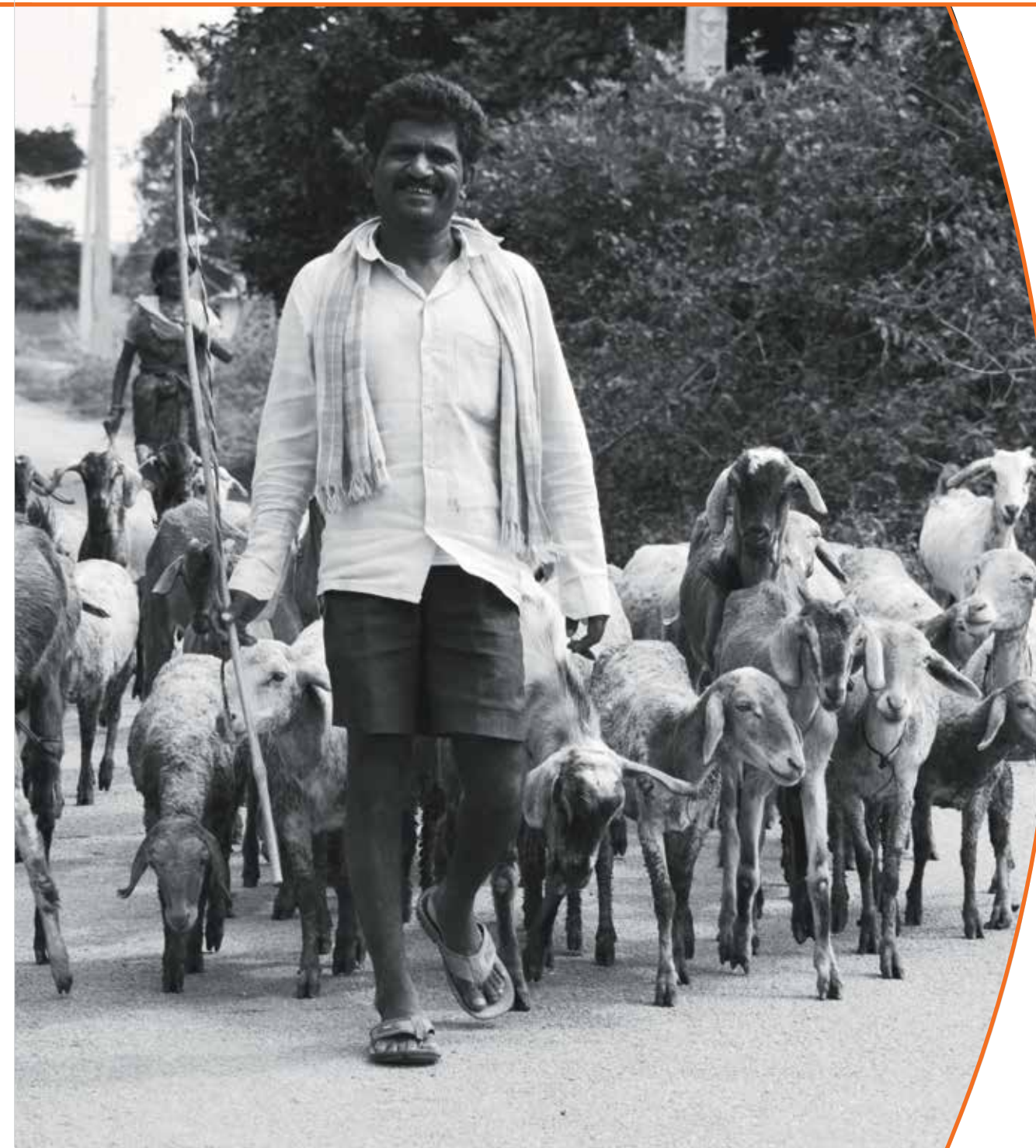
“

I am reborn” says Anjinamma, hugging her grandchildren! Apart from working part time in a grocery store, I mostly spend time with my grandchildren. I missed out a lot in my life and want to have it back. Now, I can confidently advice my friends to say ‘NO’ to alcohol.

I am
reborn!

Most of us start our day with a steaming cup of coffee. However, for Anjinamma, who was addicted to alcohol, it started with a drink and a brawl, with vessels flying in different directions in her home. “We lived in fear. If we didn’t give her money, she would turn aggressive. We just couldn’t cope” says her daughter-in-law, who is the most relieved and happy person in the household now.

With the support of her family, Anjinamma attended our 10-days de-addiction camp and walked out with new found vigour and joy, vowing never to touch alcohol again in her life.



“

Addiction can destroy families and tear them apart. The turnaround in my life is testimony that there is hope and life even after addiction. Together with families, friends and communities – we can win the fight against addiction,” says a rejuvenated Pujappa.

I am
walking tall now!

“Working alongside my husband helps us bond together,” says 30-year old Ellamma from Thammanehalli village in Devanahalli Taluk. It’s so inspiring to hear these words from a woman, who had experienced harrowing times from the day she got married.

“I, along with my daughter and sons felt helpless, hopeless and wondered where my husband was every night?

When the Restore team came forward to help my husband, I was sceptical. Would he ever change? Well, they proved me wrong. A 10-day camp and follow-up counselling transformed my husband. He is a new avatar now! No more friends at our doorstep calling him for a drink nor the nasty fights that were both physical and verbal. He now earns a monthly salary working as a construction worker; we own about 50 goats and we are constructing a small house. Both my sons are working and my daughter is pursuing higher studies. My neighbours look at us with envy. Thank you for giving me and my family a new life,” sums up a joyful Ellamma.



“ We wandered in the streets and rested in temples. You changed our lives. Now we have a place to meet with people of our age, share our stories and spend time with each other. ”

Secure

The elderly, in the communities that we work in, face barriers including discrimination and a lack of support from their families. Along with age often comes loneliness, a serious problem among the elderly. Our day care centre at Thellohalli village is a home away home for the elders. We ensure they lead dignified lives, provide physical and emotional support and help them experience warmth and happiness.



“ I find peace here ... I can be what I am here. I can laugh, talk or even get angry – I have the freedom,” she says.

I am
included!

Something about her face captures our attention: webbed with wrinkles, her left eye squeezed shut, her radiant smile overwhelms us. She comes in the morning to our day care centre, settles into her favourite spot and looks into the empty air or the blue sky above. She is a private person. Nobody can understand her. “Ajji” – (Grandma), as she is lovingly called, finds peace and happiness in our centre.

Holding Hands

Two teams of our Palliative Care Unit (one serving the city and the other serving villages in Bangalore Rural District) provide palliative care to those suffering from end of life conditions. Our multi-disciplinary teams comprising of doctors, nurses and counsellors, serve patients at homes through planned visits; manage those having terminal cancer and incurable medical diseases and attend to the elderly.

Rural (4 taluks)	
2056	home care visits
249	patients cared for
166	bereavement visits
Urban	
1176	home care visits
1821	patients cared for
171	bereavement visits



“I realise the days are close. But, I am trying to live life to the fullest. I spend quality time with my grandchildren, enjoying the beautiful nature, treasuring the love of my wife and children. I think I have had a good life,” Singh says philosophically.

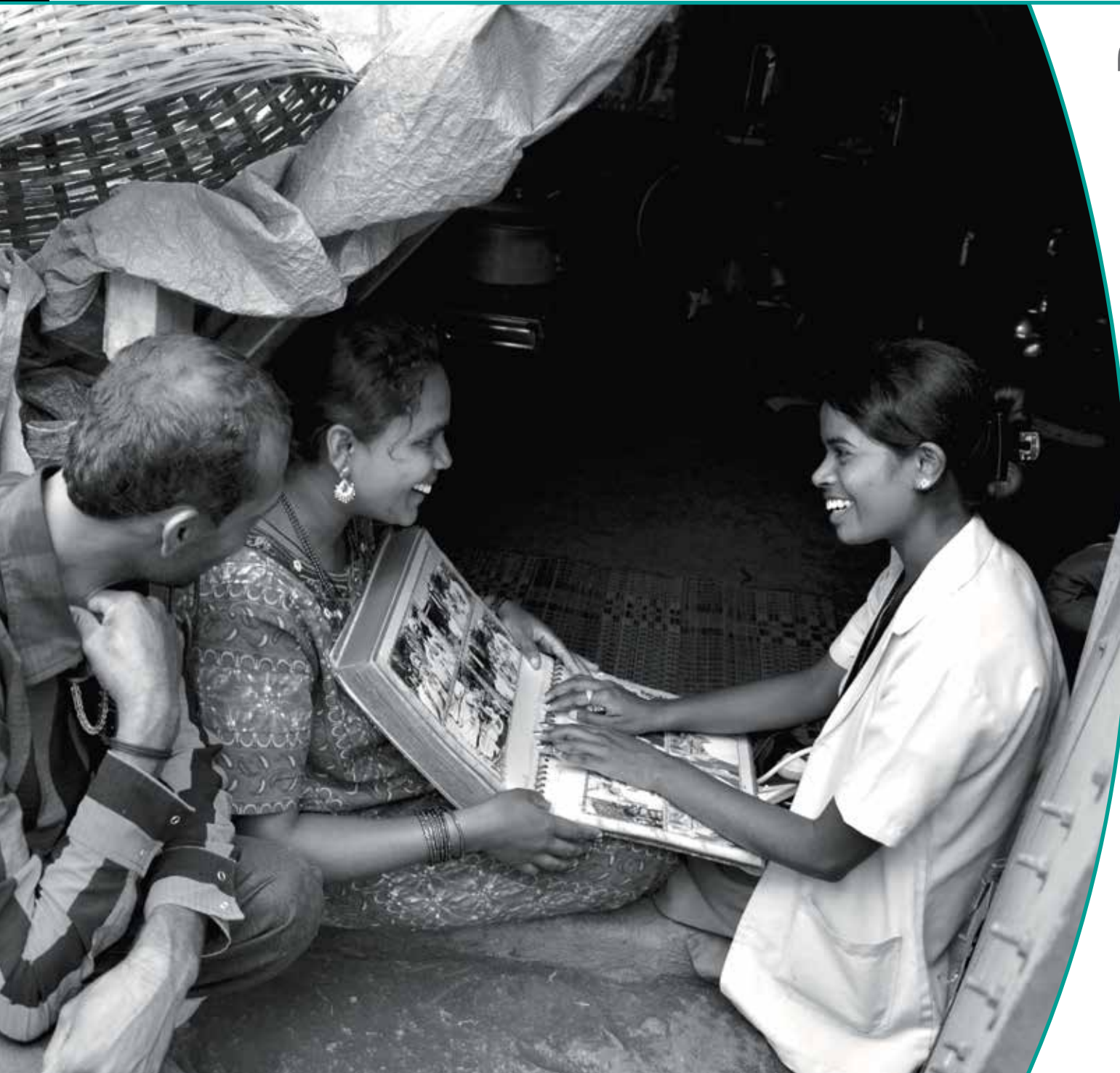
I am
holding on!

Nothing prepared 70-year old Prem Singh for the news he would face after a visit to a hospital following a cough that just wouldn’t go away. He had lung cancer.

Originally from Kathmandu, Prem Singh had lived a quiet life for over 20 years. Suddenly his life became a gruelling series of tests and treatments. The only support we could offer was to provide palliative care.

Coming to terms with the possibility of limited time had been painful for him and his family. However, with empathetic, yet honest conversations, they accepted the inevitable. He now writes down instructions in a notebook for his family for things to be done after his departure.

We will, continue to hold him as long as he can hold on.



“

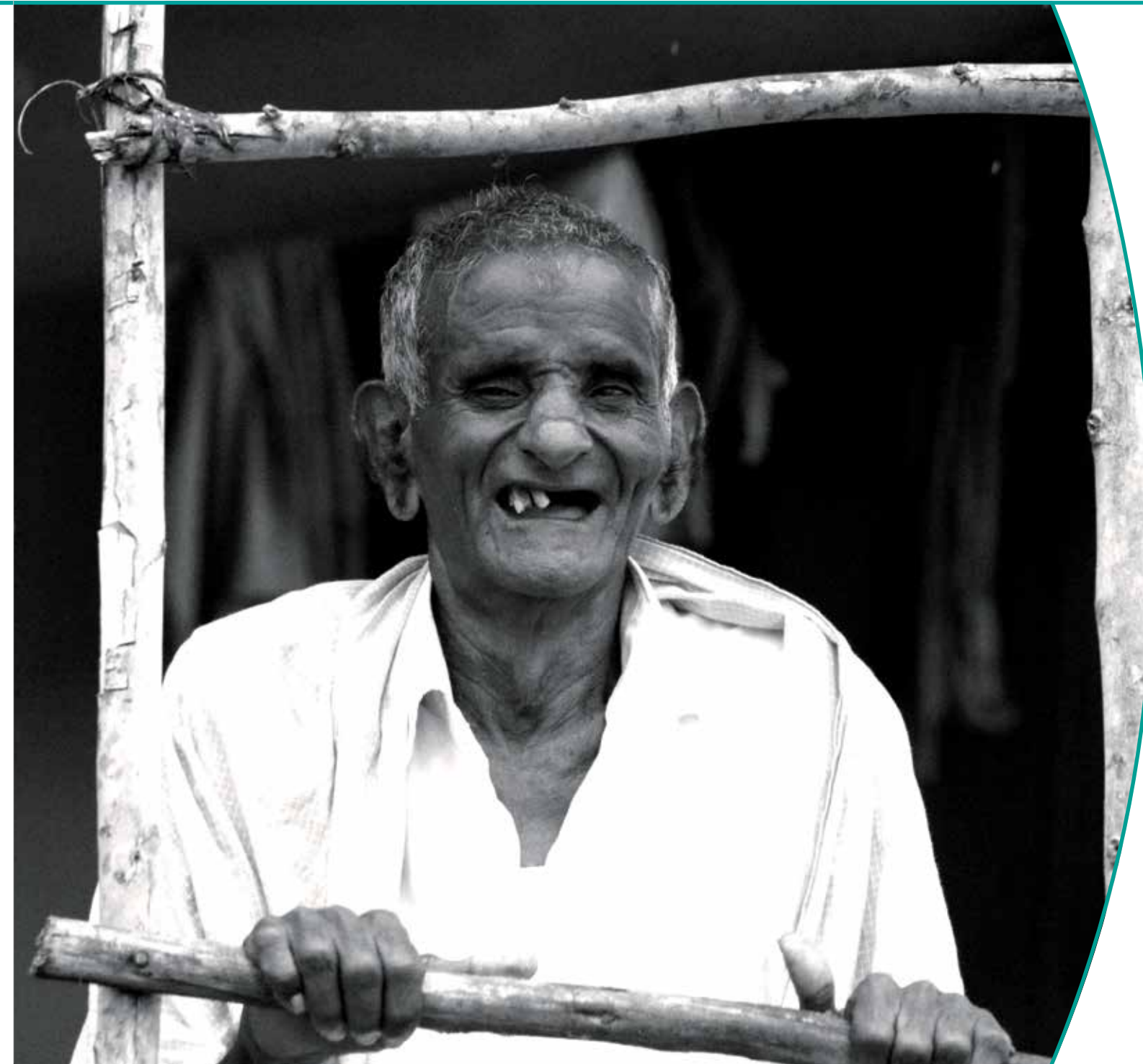
I pulled out my wedding album buried deep among so many things in my small hut. I am reliving every moment of it,” says Venkatalakshmi while showing the photographs to Sr. Shobha. Her husband couldn’t agree more.

I am
revived!

“My world fell apart when the doctor broke the news,” recalls breast cancer survivor, Venkatalakshmi, while talking to our nurse Shobha, sitting at the doorstep of her small shack that holds their precious little treasures! Her husband comforted her each time she broke down.

“A surgery, followed by radiation gave me some relief medically, but emotionally I was drained out. Though I was cushioned by the love and thoughtfulness of my husband, I was in constant fear of a relapse. I was worried about my two daughters,” said Venkatalakshmi.

“It’s so important for families to know there’s someone to support them emotionally too,” stresses Shobha, our nurse who took care of Venkatalakshmi throughout her illness.



“

Carry on your life as normal; there are going to be times that are really hard. But you can cross that bridge when it comes. You just have to live your life,” – the mantra of the 82-year old Narayanappa.

I am
joyful!

Narayanappa’s daily stroll around the village for a chit-chat with his friends never stopped even after his surgery. Soon after the surgery for esophageal cancer at our hospital, Narayanappa thanked us cheerfully for taking care of him.

Even at 82, he never retired from his daily routine. Our palliative care team visited him regularly, cleaned his wounds and counselled his family members. Narayanappa didn’t need our counselling!

Narayanappa passed away in December 2017. We’d like to thank his family for allowing us to share his story.

We ask
questions that matter

“If my mother knows she has cancer, she will die of depression. So, please don’t tell my mother,” Anil pleaded

“What is my illness doctor?” asked a curious and nervous Sarala, Anil’s mother.

We were faced with an ethical issue whether to listen to the mother or her son ?

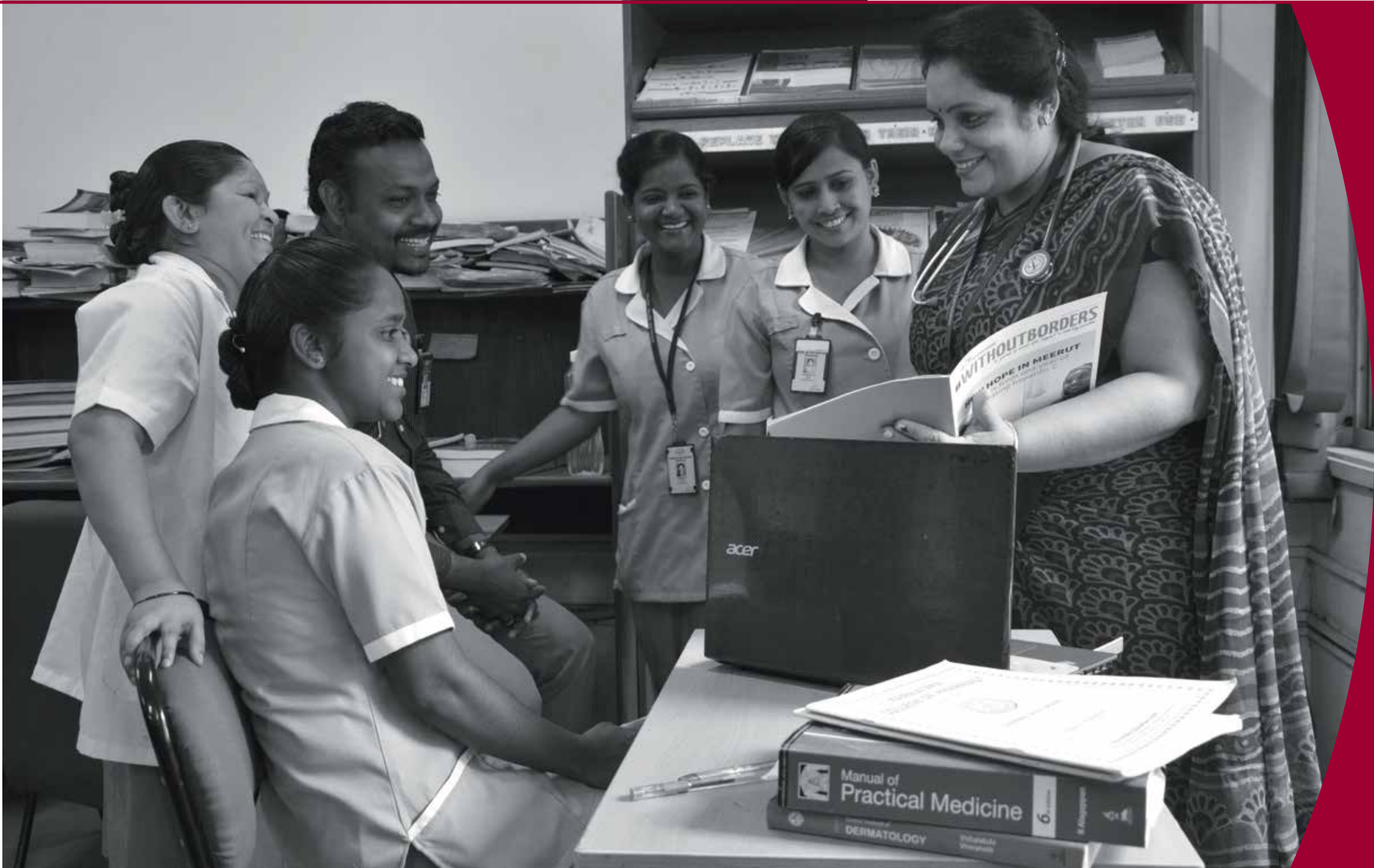
We asked: If you tell a person that he or she has cancer, would that affect their quality of life?

Dengue is killing many! The hospital beds are full with patients suffering from Dengue. Many drink papaya leaf juice to escape Dengue.

We asked: Does Pappaya extract prevent complications in Dengue patients?

Ethics Committee is registered with DCGI (Drug Control General of India) and DSIR (Department of Science and Industrial Research)

Ethics Committee meetings	5
Scientific Committee meetings	5
Number of postgraduate thesis protocols facilitated and approved	58
Number of final thesis analysis completed	39
Research methodology training for post graduate students	2
Publications in peer reviewed journals	3



We inspire

Medical training:

- Diplomate of National Board (DNB) in Family Medicine: Currently 16 students are undergoing post-graduate training.
- Post Graduate Diploma in Family Medicine: Assisted Christian Medical College, Vellore in conducting training sessions.

International and Local Collaborations in Academics and Research with:

- University of Texas South Western, U.S.A.
- Zuyd University of Applied Sciences, The Netherlands
- Baylor University, Dallas, Texas, U.S.A
- University of Sheffield, U.K.
- University of Nottingham, U.K.
- e-health Enablers, Bangalore
- Icarus Nova, Bangalore
- B.M.S. College of Engineering, Bangalore

Conferences and Seminars

- Dr. Gift Norman presented ‘Assistive technology provision and service delivery in India’ at University of Sheffield.

- Dr. Carolin was a key note speaker in technology and healthcare innovation symposium in Netherlands
- Dr. Leeberk presented his research paper in the 12th World Conference on Injury prevention and Safety Promotion, in Tampere, Finland
- Dr. Srividhya appointed as MRCGP examiner for South Asia.

Department highlights

- Conducted training for Priority Assistive Products (TAP) Package by World Health Organisation
- Hosted ‘Developing a protocol for Cochrane Systematic Review’ work conducted by Cochrane South Asia
- Conducted All India OSCE workshop for Family Medicine PG medical students
- Mentored the establishment of Ethics Committee in MLM Hospital Madanapally.

We are
passionate!



You Strengthen us – thank you!

- The Kurian Foundation
- Baptist Global Response
- The Good News Health Scotland Charitable Trust
- Kurian Abraham Pvt. Ltd.
- Andhra Bank
- Government of Karnataka
- Accenture / Charities Aid Foundation
- TK and C Memorial Trust
- Mrs. Lorna Murray
- Dr. Paul and Rupa Dearing
- Dr. Michael and Judy King
- Dr. Gennaro Taddei
- Global Giving and all donors who donated through their platform
- Staff of Bangalore Baptist Hospital





Marching on...

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**Community Health Division
Bangalore Baptist Hospital**

Bellary Road, Hebbal, Bangalore 560024

Phone: +91-80-2202 4320 / 4564, 95917 61106

E-mail: chdbbh@gmail.com, normangift@gmail.com

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All donations made are eligible for exemption under section 80G of the Income Tax Act.

The Hospital is also registered under the Foreign Contribution (Regulation) Act 1976 for all foreign contributions. Donations may be made by Cheque / Demand Draft / Bank Transfer in favour of "Bangalore Baptist Hospital"