

CHILD CARE CENTRES

A Report of Seminar

“HEALTH EDUCATION FOR THE FEMALES OF
ATTOCK”

On 10th, June, 2008

A Joint venture of



European Commission



SHARP
Society for Human Rights and
Prisoners Aid



ISCOS
Trade Union Institute of
Development Cooperation



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BACKGROUND

In a country like Pakistan health and hygienic habits are practiced at a low level even people do not wash their hands at the critical times and after their working hours during the day to prevent the spread of germs. Governments, health agencies and non-profit groups working to change this, by promoting good health and hygiene habits and by creating awareness on the said topic. However it is difficult to measure the effectiveness of such campaigns but the behaviour can be changed through awareness rising programmes ran by different organizations and media..it is very necessary to realize people about the cost a person feels about their healthy and hygienic life. SHARP is providing formal and informal education to the street working children and technical education to the students of VTC and also creating awareness on the different issues of child rights. Side by side with all these services SHARP is creating health awareness that largely concentrates on educating women about basic health and hygiene practices. SHARP is doing all these with the help of health assistants in the locations as well as through trained health motivators and community health workers i.e. both women and men (F/MHWs).

SHARP introduced health education and training regarding the very basics of personal hygiene such as the care of nails, teeth, washing hands especially after going to the toilet; to the students of SHARP Child Care Centers and directed the other important education towards the individual and the families of the selected communities. SHARP also conducted an awareness raising seminar in Attock in which the females were invited of the particular community and the messages delivered related to reproductive health, prenatal and, birth spacing, maintaining most favorable family size and developing the hygienic habits among school going children.

NEED ASSESSMENT

SHARP is providing technical education to the domestic female laborer and noticed that these females are using no preventive measures in their daily routine which is affecting the health problems of the whole families. SHARP conducted this seminar to upgrade the knowledge and skills of community about health awareness, and thus reduce morbidity and mortality in disadvantaged rural women and children;

AIMS AND OBJECTIVES

- Creating health awareness among the rural community of Attock
- Training of women and students of Vocational training centre
- To ensure the promotion of health and hygienic habits among street working and students of vocational training centre.

IMPORTANCE OF HEALTH EDUCATION

Ms. Mishal Muhammad (Teacher of Attock) said that health and education should go together because to start with the grassroots level proves helpful



in creating awareness of health and hygienic habits. She described it with an example that if a child is not well, especially if he or she has got some harm, teachers can fairly judge if they trained with health education. She said that we don't need children to be taken out of school and put into hospital or taught separately, but that the teachers should be able to know that child

has an impairment and a little more attention. She also focused the role of teachers that health education doesn't mean just physical health, it is linked with mental health, change in attitudes, change in habits and change in perceptions. She introduced that awareness and prevention should be the first priority, tell children how to prevent and protect themselves from getting ill. She elaborated that it's very important to prepare them to get vaccinations and learn small and simple things in which they can address issues at their own level first, because healthy children will make better students".

Tuberculosis its spread, Symptoms and Prevention

Dr. Shehnaz Akram explained that since times TB has been the most merciless killer of the mankind and despite modern developments in medical science it still keeps



decimating the populace in the developed and developing countries. She explained that Tuberculosis is a bacterial disease usually affecting the lungs and other parts of the body can also be affected, for example lymph nodes, kidneys, bones, joints, etc. She described the risk that tuberculosis can affect

anyone of any age mostly people with weakened immune systems are at increased risk.

She explained the modes of tuberculosis which are spread through the air when a person coughs or sneezes. She said that prolonged exposure to a person with untreated TB usually is necessary for infection to occur.

She explained the differences difference between latent tuberculosis infection and tuberculosis disease. She described that latent tuberculosis infection in which the person has the TB germ in body (usually lungs), but has yet to develop obvious symptoms. She said that in TB disease sometimes no symptom is obvious.

She elaborated the symptoms of tuberculosis that include a low-grade fever, night sweats, fatigue, weight loss and a persistent cough. Some people may not have obvious symptoms. She said that most people infected with the germ that causes TB never develop active TB.

Dr. Shehnaz elaborated that a person with TB disease may remain communicable until he/she has been on appropriate treatment for several weeks. She also clarified a person with latent TB infection, but not disease, cannot spread the infection to others, since there are no TB germs in the sputum.

She told about the treatment of TB which is free of cost by the government of Pakistan that people with latent TB infection should be evaluated for a course of preventive therapy, which usually includes taking medication for several months. She elucidated that People with active TB disease must complete a course of treatment for six months or more. In the last she told that TB control programme in this country started about 35 years ago. So, far the success of the programme has been partial. She said that There is need to create awareness tackle this emerging challenge. She said that this is the responsibility of the every individual to get aware and impart it to other members to control this disease.

Infectious Disease of Acute Diarrhea, Malaria its Symptoms and its Prevention



Ms. Shumaila Ibrahim highlighted the infectious disease of Diarrhea.. She explained different types of diseases, reasons of diseases and preventive measures to deal with the disease. She explained the disease of Acute Diarrhea, which is caused by a variety of bacterial, viral, parasitic and chemical agents. She gave reasons of its spread, which is usually ingestion of food, contaminated water, and Poor sanitation promotes the spread of infection. She explained its symptoms that include frequent loose or watery stools, vomiting, abdominal pain, fever, and dehydration. She stated that children are most commonly affected. She said that disease is usually self-limiting in a few days, properly managed, the

dehydration can prove fatal.

She described that most cases of acute diarrhea do not need any drug, juice, water replacement and use of ORS can save life. She explained simple measures to get protected from diarrhea which are hand washing before eating, after using the toilets and there should be proper disposal of faecal discharges, water and food should be clean and safe for human consumption. She said that breastfeeding could save infants from diarrhea by increasing their resistance and avoiding chances of contamination.

She explained another type of disease that is called malaria Malaria is an infectious disease caused by a parasite, which infects red blood cells. She shared the symptoms of malaria are flu-like and may include fever, chills, muscle aches, headache, and, sometimes, vomiting, diarrhea, and coughing. She said that no vaccine against malaria is available, but people can protect themselves by using anti-mosquito measures and by taking drugs to prevent malaria.

She explained that most people living in malaria-prevalent areas have acquired some immunity to the disease but visitors may not have immunity, and will need to take preventive medications. She also focused that even pregnant women should take preventive medications because the risk to the fetus from the medication is less than the risk of acquiring a congenital infection.

WHAT IS HEPATITIS



Dr. Hamid Hussain (Doctor of Attock District Hospital) said that Hepatitis is an inflammation of the liver elaborated that it is caused by different things. He said that it's all types' results inflammation of the liver and it is contagious diseases caused by viruses that attack the liver. he defined its important types of viral hepatitis are hepatitis A, hepatitis B, and hepatitis C and newly discovered forms of viral hepatitis also include hepatitis D, E, and G.

He shared its various types, its spread, its risks, prevention and treatment following is a chart that was elaborated to all the participants.

Type	How It Is Spread	Who Is at Risk	Prevention	Treatment
Hepatitis A	Food or water contaminated by feces	Anyone exposed to contaminated	Effective vaccine available; sanitary	Symptoms may be

	from an infected person; eating shellfish from contaminated water sources	food or water;	food handling practices; washing hands after toilet use or changing diapers	treated, but virus is usually cleared by the body without treatment
Hepatitis B	Unsterile needles; blood or blood products; sexual contact; or from mother to child during childbirth	Injection drug users; people with multiple sex partners; people exposed to blood or blood products (for medical procedures or through their work)	Effective vaccine available; practicing safe sex; not sharing needles or personal items that may be contaminated with blood	Interferon-based products, lamivudine, other antiviral drugs, or combination therapies
Hepatitis C	Unsterile needles; blood or blood products; or from mother to child during childbirth. (Sexual transmission is uncommon)	Injection drug users; people exposed to blood or blood products (for medical procedures or through their work)	Not sharing needles or personal items that may be contaminated with blood	Interferon-based products, ribavirin
Hepatitis D	Blood-to-blood contact. Occurs only in people already infected with hepatitis B	Anyone infected with hepatitis B. Injection drug users who have hepatitis B have the highest risk	Immunization against hepatitis B for those not already infected; avoiding exposure to infected blood	Same as for hepatitis B
Hepatitis E	Food or water contaminated by feces from an infected person. (Uncommon in the	International travelers; people who live in areas where	No vaccine available; reduce contact with food or water that may	Usually resolves without treatment in

	United States)	hepatitis E is common; sexual partners of infected people	be contaminated	several weeks; however 1% to 2% of cases are fatal
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He stressed people to change their attitude towards diseases and do not relate it with the chromes and superstitious. He said that females can play every vital role in observing and serving the best practices to all the family members. He said that government hospitals are serving to provide every important information so people have to contact with Doctors in case of any emergency.. he said that lady health workers can also be helpful in this context to create awareness about the diseases, its, symptoms and prevent

CLOSING REMARKS

Ms. Shumaila Ibrahim defined that to live a healthy and happy life in which she discussed the importance of to have good laugh. She told that research stated that laughter is a beneficial to health because laughing appears to boost the blood flow that reduces the risk of developing heart disease. She shared an amazing useful of laughing previously been found to help fight infections, relieve hay fever, ease pain and help control diabetes. The positive effect of laughing is thought to last around 30-45 minutes. She explained its second way that Life expectancy may be reduced by sleeping more than eight hours a night and a study found that people who get only six to seven hours sleep a night live longer than those who sleep eight hours or more, or less than four hours she explained that to use more garlic because It is a powerful cleanser of the body and regular ingestion promotes a healthy heart and circulation by lowering blood pressure and cholesterol. She said that it also helps fight infection and can boost immunity.

She told the participants that tea is good for your health including both, both black and green that can contribute positively to the promotion of health and the prevention of chronic disease. She said that women are directly linked with the health of the all other family members and it was noticed that most of the infections are spreading due to the lack supply of pure water, sanitation, unawareness with health and hygienic conditions, no facility of sanitary disposal of human excreta and unhealthy practices in their daily life.



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A SEMINAR ON “HEALTH EDUCATION FOR THE FEMALES OF ATTOCK” HELD AT ATTOCK ON

Time	Activity	Resource Person
1000-1015	Recitation and Naat	Participants
1015-1030	Importance Of Health Education	Ms. Mishal Muhammad
1030-1145	Tuberculosis its spread, Symptoms and Prevention	Dr. Shehnaz Akram
1145-1230	Infectious Disease of Acute Diarrhea, Malaria its Symptoms and its Prevention	Shumaila Ibrahim
1230-1330	What is Hepatitis	Dr. Hamid Hussain
1330-1345	Question Answer in Open Forum	Participants
1345-1400	Closing Remarks	Shumaila Ibrahim
1400	Lunch	