

Program Report I-CATCH 2010

By : Soemakto

Title of Project:
Improving the Understanding of GOBI FFF
among Suburban Community Voluntary Health Motivators (VHM's)
in Malang, Indonesia
(The Third Year of implementation)

The 2010 report of the activities consist of :

- A. The Third Year of Implementation
- B. The Overall Results of the Third Year Training
- C. The Difficulties and Obstacles
- D. The Budget Report /The Accounts
- E. Future Hopes

A. The Third Year of Implementation

The Participants, Groups and Topics

This is the last year of the GOBI FFF project implementation. Soon after we recieved the budget for the third year project on February 2010, we arranged several coordination meetings between the working group committee members and the speakers who would present the topics for the training. Than we met the staff of the Health Department of Malang, Head of Primary Health Center and their staff in order to decide the right time to held and to select the VHM's for training. We also met the Director of Saiful Anwar Teaching Hospital to get permission to use meeting rooms to conduct the training. We decided that May 4th, 5th, 10th and 11th 2010 were the appropriate times to conduct the training.

As we did on the first and second phases, we also trained 100 VHM's on this occasion. We divided participants into 2 groups for trainings, 50 VHM's in the first group and 50 VHM's in the second one. The first group was trained between May 4th and 5th 2010, and the second group was trained from June 10th to 11th 2010. Another 12 participants were invited from local health center personnel to join the lecture. All of the training activity was held at Saiful Anwar Hospital, Malang, East Java, Indonesia.

The VHM's Personal Data

All the VHM's were female. The VHM's personal data (table 1) shows great variety, regarding of their ages, education, marital status, etc.

Table 1. the characteristic of the Voluntary Health Motivators

Characteristic VHM's	%
Ages	37.81 (\pm 10.28) years old Youngest : 21 years old Oldest : 67 years old
Be VHM for :	5.78 (\pm 6.45) year Shortest : 1 month Longest : > 30 years
Birth place	77.1 % (Malang) 22.9 % (Out side Malang)
Education	12.5 % Elementary School 29.2 % Junior High School 37.5 % Senior High School 20.8 % Post graduate
Marital Status	91.7 % Married 8.3 % Not married
Religion	97.9 % Moslems 2.1 % Christian

The topic's

There were 7 topics to be lectured/trained :

- (1) Growth and Development Monitoring
 - (2) Oral Rehydration and Diarrhea
 - (3) Breast Feeding
 - (4) Immunization and Preventable infectious Diseases
 - (5) Family Planning/Spacing
 - (6) Food Supplementation
 - (7) Female /Family Education : Clean and Healthy Life Behavior
- (the schedule listed on table 2)

Table 2. The 2-day GOBI FFF training schedule

Day 1 : May 4 th and 10 th	Activity and Topic's	Speakers
08.30 - 09.00 WIB	Registration	Organizing Committee (OC)
09.00 - 09.15 WIB	Opening Remarks and Photo Session	
09.15 - 09.30 WIB	GOBI FFF : An Introduction	Dr. Soemakto
09.30 - 09.45 WIB	Pre test	OC
09.45 - 10.45 WIB	Growth Monitoring	DR. Dr. Mardhani Ys
10.45 - 11.45 WIB	Diarrhea and ORS	Dr. N. Budi Santoso
11.45 - 12.45 WIB	Family Planning	Dr. Ella Nurilla S
12.45 - 13.00 WIB	Post test	OC
13.00 – 14.00 WIB	Discussion	All Speakers

Day 2 : 5 th and 11 th	Activity and Topic's	Speakers
08.30 - 08.45 WIB	Pre test	OC
08.45 - 09.45 WIB	Breast Feeding	Dr. Siti Lintang Kawuryan
09.45 - 10.45 WIB	Immunization	Dr. Soemakto
10.45 - 11.45 WIB	Food Supplementation	Dr. Anik Puryatni
11.45 - 12.45 WIB	Female Education	Drs. Meifta Eti Winindar
12.45 – 13.00 WIB	Post test	OC
13.00 - 14.00 WIB	Discussion, Feedback from participants, Closing	OC and Speakers

The Introduction to GOBI FFF

What GOBI- FFF stands for

GOBI FFF is a simple and easy method and recommended by UNICEF.

Anyone can do it, including The Voluntary Health Motivators (VHMs)

VHMs encourages mothers to implement the GOBI FFF method

It will increase the survival rates and improve development of their children.

Growth and Development

Normal growth development

How to fulfill the needs of growth and development

How to measure body weight, height, and head circumference

Early detection of deviation in growth and development

Where and when to refer developmental delays in children.

Diarrhea and oral Rehydration

Definition and etiology of diarrhea

The risks and degree of dehydration

Signs of dehydration, when referral is needed

How to make and to give oralyte as the early treatment in diarrhea

Breast Feeding

The right and wrong myths of breast feeding

The superiority of breast milk over cows milk/ formula milk

The benefits of breast milk for the baby, parents and future generations

The definition of exclusive breast feeding

Early initiation of breast feeding soon after birth

Right breast feeding methods

Overcoming/solving the breast feeding problems eg : working mothers, retracted nipples

Immunization and Preventable Infectious Diseases

The twenty six diseases that can be prevented by Immunizations

The difference between immunizations schedules in the United States, Health Department Republic of Indonesia, Indonesian Pediatrics Society (IPS) recommendations

The importance of immunizations in children

The Fifteen Diseases and their vaccines as recommended by IPS in Indonesia :

Tuberculosis, Poliomyelitis, Hepatitis B, Diphtheria, Tetanus, Pertusis, Measles, Pneumococals, Haemophilus Influenzae type B, Mumps, Rubella, Typhoid fever, Hepatitis A, Varicella, Influenzae.

The etiology, signs and symptoms, complications, transmissions of vaccine and their side effects)

Family planning / spacing

Mothers who need family spacing

The benefits to mothers from family spacing

Family planning methods : IUD, Oral pills, Condoms, Tubectomy, Vasectomy, etc.

Food supplementation for babies

The definition of food supplementation

The benefits of food supplementation for babies and pregnant women

The government programs for food supplementation

The benefits of Fe pills, vitamin A, Iodine supplementation

Female / Family education : Clean and healthy life behavior

Healthy and balanced nutrition, vitamin A, Fe pills, iodine salt

Maintaining healthy pregnancy, delivery and child care

Clean and healthy housing, water, sanitation

Maintaining a healthy environment in the family and in the community

Ten indicators in every family :

When a new born is delivered by midwife, exclusive breast feeding, Infant and under five body weight monitoring, using clean water, washing hand, good sanitation, mosquito larvae control, consuming healthy vegetables and fruits, sports, no in house cigarette smoking.

B. The Tests and Overall Results of the Third Training Session

As previous training sessions, we gave tests to all participants before each presentation, to gauge their initial knowledge (pretests), and after each presentation (post tests). There were ten (10) true or false question for each topics. The question for pre-test and post test were the same.

The overall result of VHM's test as seen on table 3 and figure 1

Table 3. The results of the test of VHM's 2010 were as follows

No	Topics	Pre Test	Post Test	p
1.	GOBI ; Introduction	7.7 (\pm 1.66)	9.8 (\pm 0.02)	0.001
2.	Growth Monitoring	6.25 (\pm 1.75)	8.52 (\pm 1.17)	0.001
3.	Diarrhea and ORS	8.02 (\pm 1.36)	9.58 (\pm 0.54)	0.001
4.	Family Planning	7.17 (\pm 1.72)	9.38 (\pm 0.73)	0.001
5.	Breastfeeding	7.51 (\pm 1.79)	9.46 (\pm 0.81)	0.001
6.	Immunization	4.56 (\pm 1.63)	7.94(\pm 1.38)	0.001
7.	Food Supplementation	6.16 (\pm 2.68)	8.73(\pm 1.48)	0.001
8.	Female Education	6.16 (\pm 2.13)	8.94(\pm 0.74)	0.001

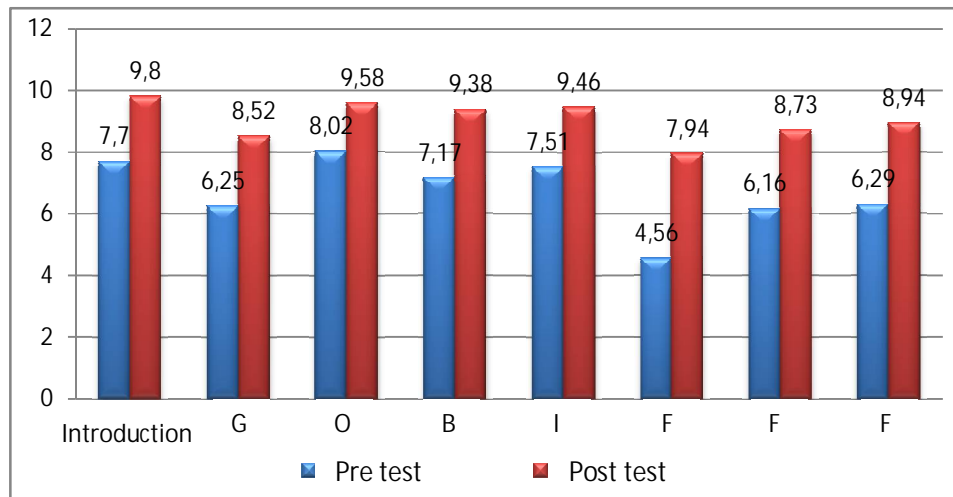


Figure 1. The comparison between pre test and prost test results for each topic

C. The Obstacles and Difficulties

There was an unexpected situation on the first day of the second group training (May 10th 2010), where only half of the participants attended the training. There was a misunderstanding between our organizing committee and sub-district staff on the first day training. We had planned the training for Monday (May 10th 2010) but the sub-district staff thought the it would be held on Tuesday (May 11th 2010). This might have been because on five previous training session, we always started our training program on Tuesdays, but the last training program was started on Monday. So, we added one extra day on Wednesday, May 12th 2010, especially for participants who had not received the lecture and training material on Monday.

We also had a problem with the budget. The budget were not enough, because :

- (1) the different dollar to rupiah exchange rate that reduce the value compare to the previous training (10.500 to 9230 rupiahs). Last year we receive about 21 million rupiahs, but this year we only receive about 18 million rupiahs
- (2) we had an extra day for the training, due to the misunderstanding above
- (3) we had to preparing several final reports and posters, and had more telephone/internet billings

Once again, we must apologise for the delay in sending you this report. We have been exceedingly busy for several reasons. On the nearly same time we have to conduct, for example Neonatology and Neurology Symposium and Workshop, some smaller symposium or training (both, inside or outside), routine teaching and learning activity (and also tests) for medical students, co-assistance, and residents, etc.

D. The Budget Report/ The Accounts

We recieved the budget for the second project on February, the total amount was US\$ 2000 or equal to 18.460.000 Indonesian Rupiah (IDR). (Excahange rate US\$ 1.00 = IDR. 9.230)

Original Budget	Expenses	IDR	US\$
Temporary Clerical Staff (4 days for 4 persons) And for 1 extra day	100.000 x 4 persons 25.000 x 4 persons	400.000 100.000	36.9 9.23
Supplies (Pens, Paper, etc) Seminar Kit for 122 (Participants, speakers,and health center personels) - Maps - Note pads - Ballpoint - Name Tag - Certificate		2.200.000	203.0
Duplicating (printing, duplicating material for participants and other collaborators) For 122 persons (Participants, speakers,and health center personel)		3.220.000	297.2
Telephone		250.000	23.0
Postage		300.000	27.4
Speakers / Presentors Extra 1 day	7 x 500.000 4 x 125.000	3.500.000 500.000	323.0 46.15
Participan's transportation for 2 days	100 x 50.000	5.000.000	461.5
Lunch and refreshments during training (for 4 days + 1 day extra)		5.720.000 750.000	527.9 50.4
Room rental		500.000	46.13
Audio Visual Equipment Rental		300.000	27.4
Preparation for Meetings (Snacks and drinks)		350.000	32.3
Total		23.740.000	2,191.202

E. Future Hopes

We do hope that this join cooperation project can be continued in the future.

Acknowledgement:

We would like thank to Elizabeth Hillman MD, Donna Staton MD (Project Implementation Advisors) and the SOICH Executive Committee that gave so much assistance and guidance enabling us to implement and conclude this project. And, of course, The American Academy of Pediatrics who support and funding this project.

The photos of the activities



The 1st Group participants of the VHM's training (on May 4th , 5th 2010)

Front row (left to right) :

Dr. Satrio Wibowo, Dr. Anik Puryatni, Dr. Setya Budhy (The Head Of Pediatric Department), Dr. N. Budi Santoso, Dr. Soemakto (The Head of the Project), DR. Dr. Budi Siswanto (Director of The Saiful Anwar Hospital), Dr. Ella Nurila, Dr. Siti Lintang Kawuryan, Dr. Mardhani Ys.

Standing back rows : Participants



The 2nd Group participants of the VHM's training (on 9th , 10th Juni 2009)

Sit (left to right) :

PHC staff, Dr. Satrio, Dr. Soemakto, Dr. Siti Lintang K., Dr. Anik Puryatni.

Standing back rows : Participants.



The Working Group Personnel



Participants registration



The Seminar Kits



Dr Soemakto and Dr. Budi Siswanto (Saiful Anwar Hospital Director) At the opening ceremony



DR. Dr. Mardhani YS and Dr. Ariani : Growth Monitoring



Dr. S. Lintang K
Presentation on Breast Feeding



Dr. Anik Puryatni
Presentation on Food Supplementation



Dr N.Budi Santoso : Presentation on Diarrheal Diseases and Preparing Oral Rehydration Solutions



Dr. Ella : Presentations on Family Planning



Drs. Meifta Eti Winindar : Presentation on Female Education
"Clean and Healthy life style"



Dr Soemakto : Presentation on Preventable Diseases and Immunization



Discussion session with all presenters



Closing and Feedback



Certificate presentation