

Program Report I -CATCH 2009

By :

Soemakto

Project Title:

Improving the understanding of GOBI FFF among the Suburban
Community Voluntary Health Motivators (VHMs) in Malang, Indonesia
(The Second Year of implementation)

The 2009 report of the activities consisting of :

- A. The second year of implementation
- B. The results of the implementation
- C. The difficulties in the implementation
- D. The budget report /the accounts
- E. Plans for the next / third year project

A. The second year of implementation

This is the implementation of the second term of the project, the first phase was done in September 2008. We had already planned a change of venue for the training from the District Office to the Saiful Anwar Teaching Hospital, as the teaching hospital of Brawijaya University Medical School had better facilities and made for easier coordination.

In this second training phase, we trained 102 VHMs divided into 2 groups, 50 VHM's in the first group and 52 VHMs in the second group. The first group was trained between June 2nd and 3rd 2009, and the second group from June 9th to 10th 2009. And another 10 participants were invited from local health center personnel.

The 7 topics of the training were

- Growth and Development Monitoring,
- Oral Rehydration and Diarrhea
- Breast Feeding,
- Immunization and Preventable infectious Diseases
- Family Planning / Spacing,
- Food Supplementation
- Female /Family Education : Clean and Healthy life behavior

The 2-day schedule of the training

Day 1 (2 nd and 9 th June 2009)	Topic	Speakers
08.30 - 09.00	Registration	Organizing committee
09.00 - 09.30	Opening Speech and Introduction to the training	Dr. Enny Sekar Dr. Soemakto
09.30 - 10.30	Growth and development monitoring	DR. Dr. Mardhani Ys
10.30 - 11.30	Oral rehydration and Diarrhea	Dr. N. Budi Santoso
11.30 - 12.30	Family planning / spacing	Dr. Ella
12.30 - 13.30	Discussion	Presentators

Day 2 (3 rd and 10 th June 2009)	Topic	Speakers
09.00 - 10.00	Breast feeding	Dr. Siti Lintang Kawurjan
10.00 - 11.00	Immunization and Preventable Infectious Diseases	Dr. Soemakto
11.00 - 12.00	Food supplementation for babies	Dr. Anik Puryatni
12.00 - 13.00	Female/Family education : Clean and healthy life behavior	Meifta Eti Winindar SSP
13.00 - 14.00	Discussions Comment on the training	Speakers Participants

The training and the participant's hopes and expectations

Like the first training phase, all participants showed great interest and said that the topics were extremely valuable for them and requested further training in the future.

The photos of the activities are attached to this report below .

The outline of each training Topic

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 recommendations (IPS)

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, Pneumococcal, Haemophilus Influenzae type B, Mumps, Rubella, Typhoid fever, Hepatitis A, Varicella, Influenzae.

The etiology, signs and symptoms, complications, transmissions the vaccines 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 larva control, consuming healthy vegetables and fruits, sports, no in house cigarette smoking.

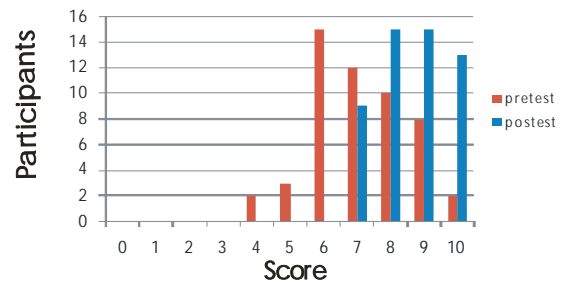
B. The results of the implementation

As for the 1st training sessions , we gave tests to participants before each presentation to gauge their initial knowledge (pre-tests) and after each presentation (post tests). There were ten (10) simple pre and post-test papers with a choice of true or false for each topic, and we defined a pass, as having at least 8 answers correct out of 10, or if the participant scores improved in the pre and post test results. The 10 simple true and false test answer results for 103 VHM's (1st two group on 2008) and for the next 102 (2nd two group On 2009) were the same.

The results of the test for the 2nd two group of VHM's 2009 were as follows :

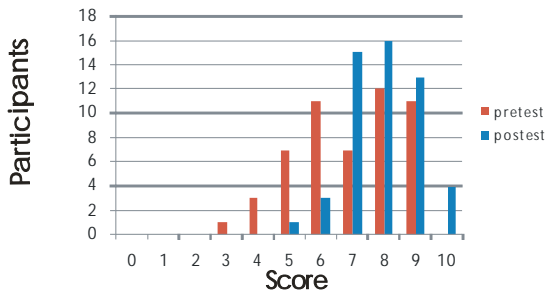
The first group was trained between June 2th and 3th 2009

Immunization and Preventable Diseases



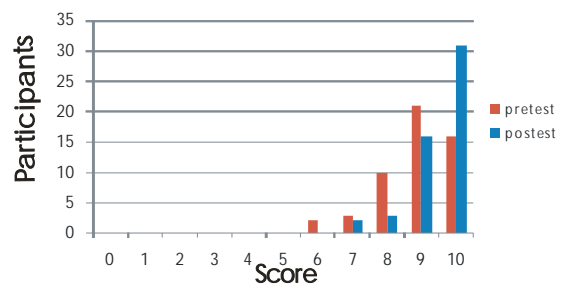
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Pretest	0	0	0	0	2	3	15	12	10	8	2
Posttest	0	0	0	0	0	0	0	9	15	15	13

Growth and Development Monitoring



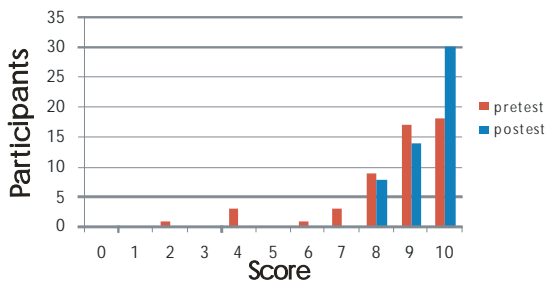
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Pretest	0	0	0	1	3	7	11	7	12	11	0
Posttest	0	0	0	0	1	3	15	16	13	4	

Family Planning/ Spacing



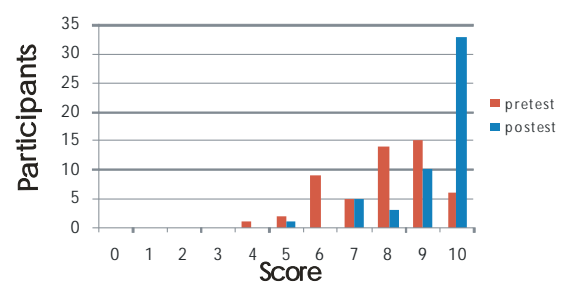
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	0	0	0	0	2	3	10	21	16
Posttest	0	0	0	0	0	0	0	2	3	16	31

Oral Rehydration and Diarrhea



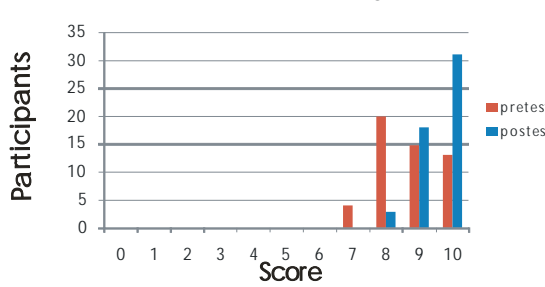
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	1	0	3	0	1	3	9	17	18
Posttest	0	0	0	0	0	0	0	0	8	14	30

Food Supplementation for Baby



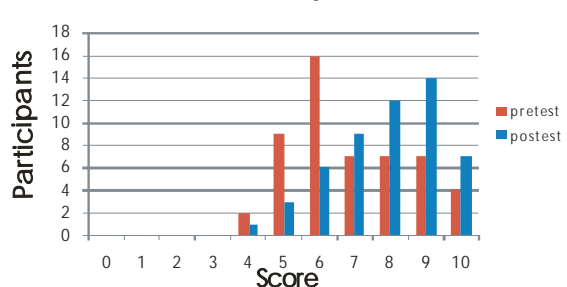
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	0	0	1	2	9	5	14	15	6
Posttest	0	0	0	0	0	1	0	5	3	10	33

Breast Feeding



Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	0	0	0	0	0	4	20	15	13
Posttest	0	0	0	0	0	0	0	0	3	18	31

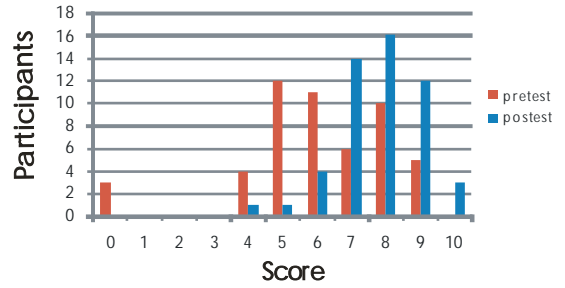
Clean and Healthy Life Behavior



Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	0	0	2	9	16	7	7	7	4
Posttest	0	0	0	0	1	3	6	9	12	14	7

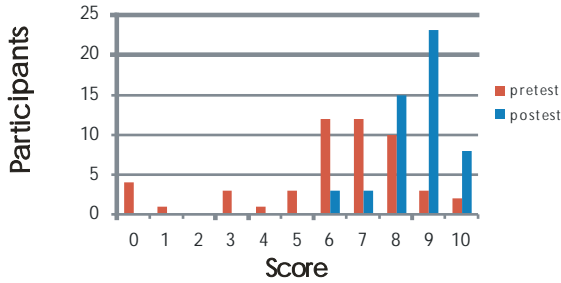
The second group was trained between June 9th and 10th 2009

Immunization and Preventable Diseases



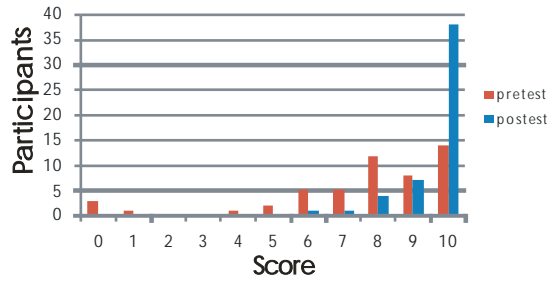
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	3	0	0	0	4	12	11	6	10	5	0
Posttest	0	0	0	0	1	1	4	14	16	12	3

Growth and Development Monitoring



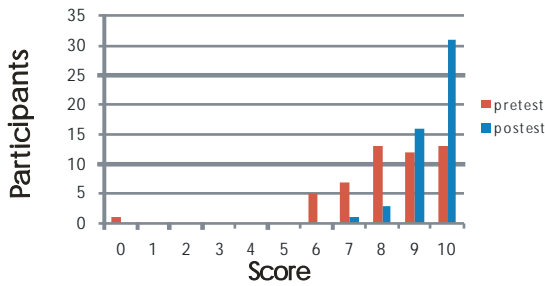
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	4	1	0	3	1	3	12	12	10	3	2
Posttest	0	0	0	0	0	0	3	3	15	23	8

Family Planning/ Spacing



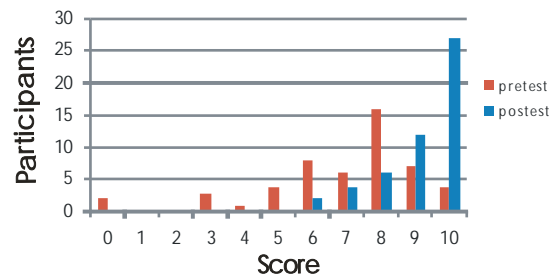
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	3	1	0	0	1	2	5	5	12	8	14
Posttest	0	0	0	0	0	0	1	1	4	7	38

Oral Rehydration and Diarrhea



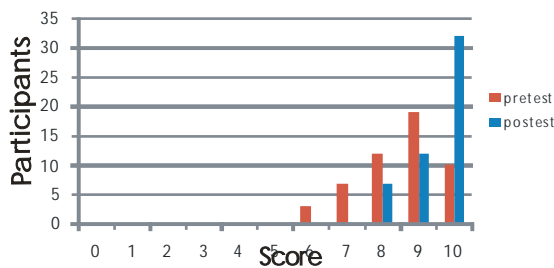
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	1	0	0	0	0	0	5	7	13	12	13
Posttest	0	0	0	0	0	0	0	1	3	16	31

Food Supplementation for Baby



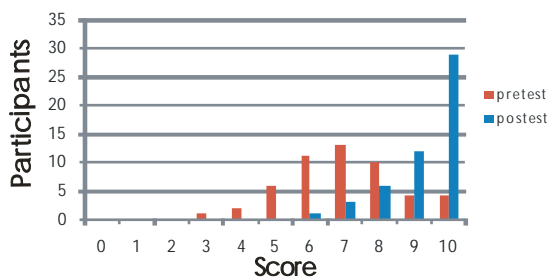
Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	2	0	0	3	1	4	8	6	16	7	4
Posttest	0	0	0	0	0	0	2	4	6	12	27

Breast Feeding



Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	0	0	0	0	3	7	12	19	10
Posttest	0	0	0	0	0	0	0	0	7	12	32

Clean and Healthy Life Behavior



Score	0	1	2	3	4	5	6	7	8	9	10
Pretest	0	0	0	1	2	6	11	13	10	4	4
Posttest	0	0	0	0	0	0	1	3	6	12	29

The participants mean pretest and post test scores for both the first 50 VHM's and the second 52VHM's were :

The first 50 VHM's mean scores :

Topic	Pre Test	Post Test
Growth and Development Monitoring	6.90	8.30
Oral Rehydration and Diarrhea	8.76	9.40
Breast Feeding	8.82	9.50
Immunizations and Preventable Diseases	6.90	8.53
Family Planning/Spacing	8.30	9.50
Food Supplementation for babies	6.85	8.36
Female education: Clean and Healthy life behaviour	6.77	7.52
Average score	7.61	8.73

The second 52 VHM's mean scores

Topic	Pre Test	Post Test
Growth and Development Monitoring	6.86	7.63
Oral Rehydration and Diarrhea	8.32	9.52
Breast Feeding	8.86	9.44
Immunizations and Preventable Diseases	6.94	8.36
Family Planning/Spacing	7.30	9.51
Food Supplementation for babies	7.88	9.67
Female education: Clean and Healthy life behaviour	6.79	8.96
Average score	7.56	9.00
Note : The maximum score	10	10

As we have already trained 205 VHM's during 2008 and 2009, they were divided into 4 groups, the 1st two groups with a total of 103 consisted of 52 and 51 VHM's trained in September 2008, the next 2nd two groups with a total of 102, consisted of 50 and 52 VHM's in June 2009.

So we tried to evaluate the results of the pre and the post test from all four groups (2008 and 2009): the group I to group IV.

The pre test result of the four group :

Topic	Group I	Group II	Group III	Group IV	AvSc
Growth and Development Monitoring	6.90	6.10	6.90	6.86	6.69
Oral Rehydration and Diarrhea	8.60	6.00	8.76	8.32	7.92
Breast Feeding	8.70	8.50	8.82	8.86	8.72
Immunizations and Preventable Diseases	7.10	6.00	6.90	6.94	6.73
Family Planning/Spacing	8.90	7.60	8.30	7.30	8.02
Food Supplementation	7.90	6.90	6.85	7.88	7.38
Female education	6.90	6.90	6.77	6.79	6.84
Average score	7.80	6.80	7.61	7.56	7.44

The post test result of the four group

Topic	Group I	Group II	Group III	Group IV	AvSc
Growth and Development Monitoring	7.90	8.60	8.30	7.63	8.10
Oral Rehydration and Diarrhea	9.40	7.80	9.40	9.52	9.03
Breast Feeding	9.50	9.50	9.50	9.44	9.48
Immunizations and Preventable Diseases	8.60	7.80	8.53	8.36	8.32
Family Planning/Spacing	9.50	9.60	9.50	9.51	9.52
Food Supplementation	9.30	9.20	8.36	9.67	9.13
Female education	7.90	9.30	7.52	8.96	8.42
Average score	8.90	8.80	8.73	9.00	8.85

The pre and post test score between groups statistical differences

Paired Samples Test

	Paired Differences					t	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			
				Lower	Upper		
Group 1 PreTest 1 - PostTest 1	-1.01429	.32878	.12427	-1.31836	-.71022	-8.162	.000
Group 2 PreTest 2 - PostTest 2	-1.97143	.51223	.19361	-2.44516	-1.49769	-10.183	.000
Group 3 PreTest 3 - PostTest 3	-1.11571	.41988	.15870	-1.50403	-.72739	-7.030	.000
Group 4 PreTest 4 - PostTest 4	-1.44857	.64476	.24370	-2.04487	-.85227	-5.944	.001

For all groups the paired t test showed that there was a significant difference between pre and post test score with p value of <0.1%, which means that the training significantly improve their knowledge by p <0.1%.

The pre and post test between Topics statistical differences

Paired Samples Test

	Paired Differences					t	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			
				Lower	Upper		
Topic 1 : Pre - Post : Growth Monitoring	-1.41750	.76718	.38359	-2.63825	-.19675	-3.695	.034
Topic 2 Pre - Post : Oral Rehydration	-1.11000	.51678	.25839	-1.93232	-.28768	-4.296	.023
Topic 3 Pre – Post : Breastfeeding	-.76500	.18065	.09032	-1.05245	-.47755	-8.470	.003
Topic 4 Pre - Post : Immunization	-1.58750	.16601	.08300	-1.85165	-1.32335	-19.126	.000
Topic 5 Pre - Post : Family Planning	-1.50250	.74254	.37127	-2.68404	-.32096	-4.047	.027
Topic 6 Pre - Post : Food Supplementation	-1.75000	.40175	.20087	-2.38927	-1.11073	-8.712	.003
Topic 7 Pre - Post Female Edu	-1.58000	.82579	.41290	-2.89402	-.26598	-3.827	.031

For each topic, the paired t test average score from the four groups showed that there was a significant difference between pre-test and post test scores, $p < 0.1\%$ - $p < 4\%$, which means that the training significantly improved the knowledge of VHM in each topic with p value of $p < 0.1\%$ - $p < 4\%$.

The preliminary results from the pre and post-test were :

The groups :

The group II had the lowest results (6.80) at the pre test, but the post test the 2nd group showed the highest increased (2 points: 6.80-8.80) with p value $< 0.1\%$.

The 1st group had the highest score on the pretest (7.80), but on the post test the 4th group had the highest score (9.00)

All groups showed increasing scores from the lowest of 1.1 to the highest of 2 points , and there was no average score less of than 60 in the pre test.

The Topics :

The lowest topic score at the pretest was that for Growth and Development (6.69) and the highest was Breast Feeding (8.72).

And in the post test ,the topic of Immunizations and Preventable Diseases got the lowest score (8.32) and Family Planning had the highest score (9.52) .

All topics showed score increase, Breast Feeding got the lowest (0.75) and the Food Supplementation the highest (1.75)

No group had the topic score of less than 5 in the pre and post test ,so we assumed that the basic knowledge of the VHM's in all groups was fair.

C. The difficulties in the implementation

We recieved the budget for the second project on January 23 2009 , than we arranged for several coordination meetings between the working group committee members and the speakers who would

present the topics for the training. We also met the Director of Saiful Anwar Teaching Hospital to get permission to use meeting rooms to conduct the training. Then we met the Head of the Health Department of Malang and the staff who would select the VHM's for training.

Finally, we decided that June 2 and 3 2009, and June 9 and 10 2009, were the appropriate times to conduct the training.

Because we already had experience in the training before from training the 1st two groups in September 2008, and we decided to get a new venue for better facilities and for ease of coordination, so we expected the 2nd training programme would run more smoothly.

However, we must apologise for the delay in sending you this report. We have been exceedingly busy for several reasons.

Firstly, the Indonesian Pediatric Society (IPS) of East Java working together with The Pediatric Department of Brawijaya University Medical School (BUMS), agreed to hold a Seminar and Workshop on "Comprehensive Management of HIV AIDS in Children" on July 11 and 12, 2009. The organizing committee of the Seminar and Workshop came mainly from the teaching staff of the Pediatric Department BUMS, so we were required to have several meetings between the committee members and with the speakers of the Seminar and Workshop and the Supporting Pharmaceutical industries, to make the Seminar and Workshop run well.

Secondly, two of our training team had to present papers at that Seminar and Workshop the topic for Dr Soemakto being 'Natural History of HIV infection in Children' and for Dr Nurcahyo B Santoso 'Diarrheal Infections in Children with HIV/AIDS', so they had a busy time preparing the presentations.

Also, we would like to inform you that before the Seminar and Workshop, the Indonesia people had two general elections one for members of the central parliament and the other the election of our president on 19th April and 9th Juli. As you see, we have been extremely busy.

D. The budget report/ the accounts

Original Budget	Additional Funding	Actual Expenses (In Indonesian Rupiah : IDR)	IDR	US\$ (Exchange rate US\$ 1.00 = IDR. 10.945)
Temporary Clerical Staff (4 days for 4 persons)		100.000 x 4 persons	400.000	36.5
Supplies (Pens, Paper, etc) Seminar Kit for 122 (Participants, speakers, and health center personels) - Maps - Note pads - Ballpoints - Name Tags - Certificates			2.200.000	201.0
Duplicating (printing, duplicating material for participants and other collaborators) For 122 persons (Participants, speakers, and health center personel)			3.220.000	294.2
Telephone			250.000	22.8
Postage			300.000	27.4
Speakers / Presentors (7 x @ 500.000)			3.500.000	319.8
Participan's transportation for 2 days 102 persons @ 50.000 : 5.100.000			5.100.000	465.9
Lunch and refreshments during training (for 4 days)			5.720.000	522.8
Room rental			500.000	45.9
Audio Visual Equipment Rental			300.000	27.4
Preparation for Meetings (Snacks and drinks)			350.000	31.9
Total			21.840.000	1,995.5

Note: We recieved the funds for the second project on January 23 2009 , the total amount was US\$ 2000 or equal to 21.000.000 Indonesian Rupiahs (IDR).

E. Plans for the next /third year project

We have implemented the program as planned,i.e divided into three years,so the next year will be the final phase.

And we look forward to your advice and to hearing your comments on this report in order to improve the implementation for next year .

Malang : September-02-2009