

November 2023

10 NEWSLETTER FOR HAPPY SENIORS

Mobile Health Clinic in Polonnaruwa



Polonnaruwa mobile health clinic participants and staff

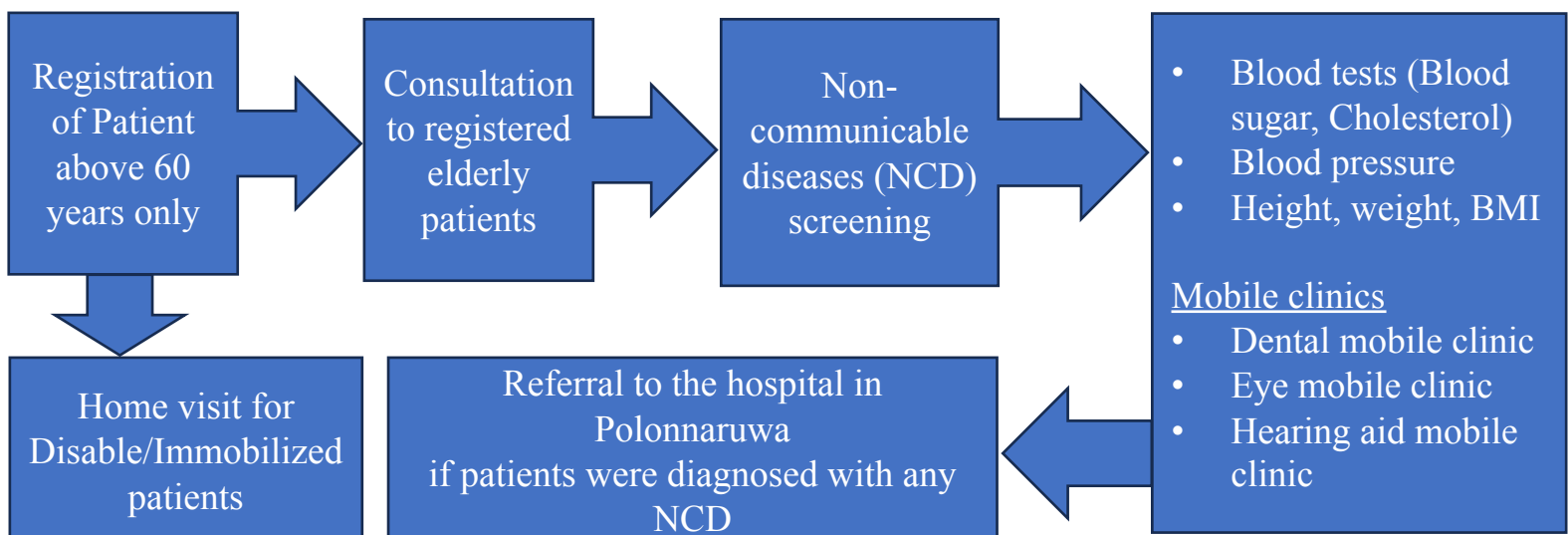
Background

It has been a goal of National Secretariat for Elders to conduct mobile health clinics for low-income elderly people over 60 years old living in communities with the aim of improving their physical and mental health conditions. The financial contribution for realizing this mobile health clinic was received from the National Fund for the Welfare of Elders. This year, the program was held at Dimbulagala Divisional Secretariat in Polonnaruwa District.

On August 25, 2023, a mobile health clinic was held at the Dimbulagala Divisional Secretariat for the purpose of identification of non-communicable diseases, provision of free medicines and examination of eyes, ears and nose with the participation and contribution of doctors and technicians. The door-to-door program by doctors to check up on the elderly people who could not attend the health clinic was also implemented at the same time.

Additionally, another program to provide elder ID cards to those who over 60 years old was implemented at the same time by the leadership of the officials of National Secretariat for Elders. Around 150 elders participated in the program and all of them successfully and happily received elder ID cards on that day.

Outline of the Mobile Health Clinic



✓ Process & Referral system

Consultations: The elders had the opportunity to consult with doctors and specialists in various fields. These consultations enabled elderly participants to seek expert advice on any health concerns and receive appropriate guidance.

Medical Check-ups: Healthcare professionals conducted detailed medical check-ups, including blood pressure monitoring, cholesterol screening, and diabetes assessments. These tests identified any underlying health conditions and provided personalized advice for maintaining optimal health.

Referral: After diagnosis, patients were referred to respective clinics at Polonnaruwa General Hospital. Health Education Sessions were conducted by renowned healthcare professionals to educate elderly people about various health topics such as nutrition, exercise, mental health, and preventive measures to ensure a healthy and active lifestyle.



Elderly patients waiting for consultation.



Consultation



Screening for Non-Communicable Diseases



Screening for eye disease



Patients referral system by using clinic book



Health Education Sessions



Prescription of free drugs to all patients



Comments from the Organizer and Participants

Dimbulagala Divisional Secretariat Division is one of the most economically challenged Divisions in Polonnaruwa District. Therefore, the National Secretariat for Elders selected this division for the mobile health clinic. The main livelihood of the people living in this division is agriculture and most of them rely on their children. Most of them suffer from various non-communicable diseases and attend clinics. However, due to the shortage of medicines in government hospitals, they have to get medicines from private clinics which is not free, and the expenses are borne by their children. I am grateful for conducting a mobile health clinic by the National Secretariat for Elders Fund. As a result, in total 417 elders participated in this health clinic, and medicines related to their diseases were given free of charge.

---Ushani Tharanga Weerasena, Social Service Officer, Dimbulagala---



With my difficulties in walking, I have a hard time traveling to the hospitals but today I could get my medicine and diagnosis at one place. -Participant-



Today I got my eyes and dental checked, they gave me treatments for my dental problems and it was reliable for us to get medicine free of charge here. -Participant-

Please send good activity in your community to jica.procees@gmail.com

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National Secretariat for Elders, Ministry of Women, Child Affairs and Social Empowerment
Japan International Cooperation Agency (JICA) Project for Capacity Enhancement of Elderly Service in the Community



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