

March 2022



## NEWSLETTER FOR HAPPY SENIORS

### Outreach clinic for elders conducted by Horana Base Hospital, Kalutara District



#### ✓ Background: Identification of issues



Dr. Kalubowila, the former Director of the Horana Base Hospital, conducted a survey for elderly people with his colleagues and identified one of the big issues of the elderly population is the waiting time for receiving medical services at the hospital. At the preliminary survey, it was identified that the average duration of the time was 12 hours from coming to the hospital, to get consultation and receive drugs. In case the patients came to the hospital in the evening, they had to wait until next day due to the long queue was already made. From Doctors' viewpoints, they had to provide not only for clinical services but also medical check for inpatients. Both situation gave a lot of stress for both health providers and health service users. Considering this challenges among the elderly population, the Director and team of the Horana Hospital started conducting outreach services.



#### 💬 Process to realize outreach services

Realizing the outreach services for elders, Dr. Kalubowila, the former Director of Horana Hospital, tried to get permission from the Provincial Department of Health Services and the Ministry of Health to conduct outreach services. It took more than 6 months to get permission. Then, the team started outreach clinic services and expand the areas based on requests from communities.

Here are the process to implement this activity:

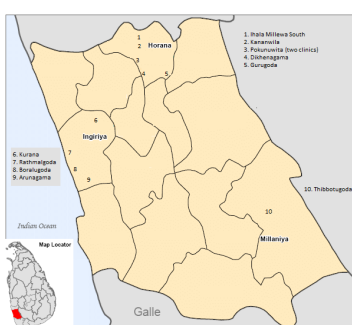
- 1) Community groups submit request of outreach clinic to Horana Hospital.
- 2) Horana team will consider possibility
  - Suitable place
  - Good team of volunteers
  - ability to provide transport

↓  
**3) Once all the conditions are satisfied, the mobile clinic is started!!**

Important factors of mobile clinic

- 1) Active initiative by community (ex. elderly committee),
- 2) Enough space with water resources,
- 3) Enthusiasm of health professionals to realize this activity.
- 4) (Local supports of funding, if possible)

#### 📋 Detailed activity



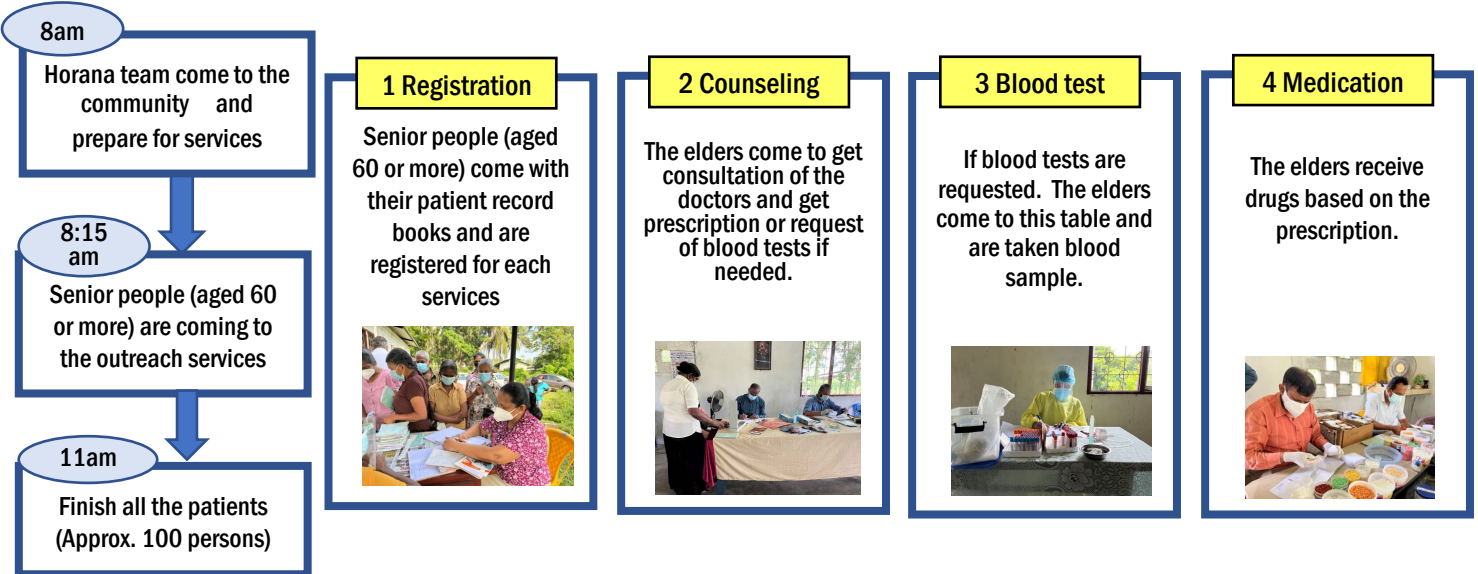
Currently, outreach clinic services are targeted the patients of Horana Hospital who are aged 60 years and more. The Horana hospital visit 11 communities every month based on the requests from elderly committees or other community groups. The Horana Hospital makes monthly schedule of the outreach services and conducted based on the schedule. The NCD doctor is the leader of the team and usually, 2 doctors, 2 pharmacists and 1 public Health Nursing Officer make a team and visit outreach places.

Mobile team members (number)  
 Doctors (2), Pharmacists (2), Public Health Nursing Officer (1), Driver (1) +community volunteer in each site

Example of schedule, March 22'

|                     |      |
|---------------------|------|
| Arunagama           | 3/04 |
| Thibbotugoda        | 3/02 |
| Pokunuwita          | 3/07 |
|                     | 3/18 |
| Rathmalgoda         | 3/08 |
| Gurugoda            | 3/09 |
| Kananwila           | 3/11 |
| Millewa             | 3/15 |
| Dikhenā             | 3/16 |
| Kurana              | 3/22 |
| NCD Review-Kalutara | 3/23 |
| Borarugoda          | 3/25 |

## One day of outreach services (in Millewa)



### Key factors for successful outreach services

- Appropriate place for clinic (ex. Temple)
- Volunteer group with knowledge of community activity and management capacity
- Respect for community
- Ensuring health professionals

### Challenges

- Transportation for outreach team  
Team needs to bring huge amount of drugs and sample kits for blood test.  
Ideally, the specific car for outreach.
- Sustainable fund for conducting the outreach services
- Only essential drugs can be administered.

## Merit of this activity

### For senior citizen and family

- Do not have to travel long distance - less financial cost, time-saving, reduce physical burden.
- Reduce burden for family to take their parents to the hospital - no need to take day-off-
- Avoid dropping out from the treatments

### For hospital and staff

- Avoid congestion of the hospital
- Doctors and nurses can spend more time for counseling and treatments
- Increase satisfaction by spend more time for each person

### Messages from the field



We work with the doctors to educate patients on the diseases they have and how to protect themselves from it.

— Hospital pharmacist



The doctor tells us that since we support everything here, we can continue to do what we do every day.

— Volunteer in elder's committee



I'm unable to walk. If I go to the hospital, have to be accompanied by another person. Hence, these outreach clinics are convenient.

— Elder citizen

If you would like to know more about the activity in Horana Hospital, please contact 034 226 3404

Please send good activity in your community to [jicaceecs@gmail.com](mailto:jicaceecs@gmail.com)

Directorate of Youth, Elders and Disabled, Ministry of Health  
National Secretariat for Elders, State Ministry of Primary Health Care, Epidemic and COVID Response  
Japan International Cooperation Agency (JICA) Project for Capacity Enhancement of Elderly Service in the Community