



**Have you done a kind deed today? Have u said a kind word to anyone today? If no, then you are holding back something that could be a very valuable contribution. There are many who are in need of your kindness. Act now!!!**

**Case studies..**



## **CASE STUDY**

### **Sheer Dedication and Hard Work**

**Name: Farida W/O Mohammed Sagheer**

**Gender: Female**

**Age: 35 years**

**Resident of: Village Jagta Union Council Nara District Jehlum**

In society there are certain examples who strive hard to prove their mettle and to work for the welfare of their fellow beings. They have to go through a lot of toil and trouble to facilitate others. But the passion of human welfare does not deter them to continue with their mission. Such is an example of Farida w/o Mohammed Sagheer resident of a village Jagta union council Nara district Jehlum. She is 35 years old and a mother of eight children. Her husband was an employee in a factory, but due to economic limitations the factory was shut down and he started to sell vegetables in a local market.

Due to change of his profession he was unable to fulfill the requirements of his family members and led a worse life. CHIP intervened and oriented the communities regarding the training for the Community Birth Attendants. Farida at that time facilitated her family members in the process of antenatal check ups and deliveries but she was not a professional birth attendant. As that village had no Community Birth Attendant so Female Village Health Committee proposed her name as she had the experience and the passion for this profession. In the course of time she was imparted a five days training from CHIP and a one month practical exposure from Rural Health Center Khalas Pur.

Initially she had to face mistrust and discouragement on part of the communities. But the female Village Health Committee boosted her confidence to continue with her effort. She on her own developed linkages with various health service providers. She facilitated the communities wholeheartedly in any health issue and herself accompanied them to the health services. Due to her hard work and dedication, now she has built up the trust and faith among the communities and for this reason they consult her regarding different health issues. She has recently successfully conducted two deliveries. This profession has also contributed in income generation for her family and has also provided her with the opportunity to prove her abilities as a dedicated community Birth Attendant.



## Case Study Together Ensuring Quality Health at Door Steps

***If you haven't any charity in your heart, you have the worst kind of heart trouble.  
(Bob Hope)***



Health Camp at Village MalikPur Jehlum

Provision of health facilities in villages is an issue of immense importance. There are certain villages where there is a lack of access to basic health facilities. Similar situation with regard to provision of health facilities is observed in Malikpur a village of Tehsil Jhelum. It is one of those villages which has a BHU(Basic Health Unit) at a distance. Due to longer distance less people from the community were able to visit the BHU for vaccination and other health issues. Looking at this situation CHIP conducted a health forum in BHU Darapur which also comprised of the

representatives of VHC( Village Health Committee) of Malikpur. Issues regarding access to basic medical facilities in Malikpur were brought in limelight and thoroughly deliberated by the participants.

It was discussed in this forum that the communities of Malikpur were deprived of the basic health facilities and something was required to be planned to counter this problem. The major cause of the lack of access to basic health facilities was unavailability of transportation. In order to do away with this problem CHIP Staff extended its support and provided the BHUs staff with the required transport facilities and transported their employees to Malikpur. A health forum was held in Darapur in this context and the VHC of that area informed the communities about the date and venue of the health camp to be held in Malikpur.

CHIP in affiliation with the health department held one day medical camp in Malikpur to provide the communities with the basic health facilities. According to local residents: "such effort has not been initiated since the time of our forefathers and CHIP has accomplished a task which could have never have been possible". The Paramedical staff and vaccinators from BHU Darapur fulfilled their responsibilities with utmost diligence. In total 58 men, women and children were facilitated during this medical camp. In this camp mothers who had never been vaccinated were facilitated by the Tetanus (TT) vaccination. In addition to this men also got medically



A Mother got her first TT vaccination in life with four children

examined and were provided with medicines free of cost which was an achievement for BHU Darapur. On the whole this particular medical camp was a success and the communities expressed their jubilation and enthusiasm regarding this endeavor... "We



are really happy on this intervention and thankful to CHIP for its success in such a short span for provision of health facilities to the communities”

## **A Road towards Attitudinal Change**

*“My life will change, because I want it to change; and also because this is something I'm committed to doing and that I believe my life has been leading towards.”*

**David Herbert Lawrence**

**Name: Hifza W/O .....**

**Gender: Female**

**Age: 30 years**

**Resident of: Village Malikpur Union Council Darapur District Jehlum**

Only a healthy mother can give birth to a healthy child. Any complications during pregnancy or ignorance to prenatal health screening processes may lead to chaotic results. Such is the story of a 30 year old woman named Hifza who belongs to village Malikpur, Union Council Darapur, of Tehsil Jhelum. She suffered a complication associated with pregnancy and lost her baby during delivery. She was pregnant again and was very apprehensive. This case was reported to VHC(Village Health Committee) formed by CHIP in December 2009. VHC has conducted many health sessions since its formation and training. About three months earlier CHIP’s trained Health Promoter Ms. Saeeda talked to her about safe delivery methods and antenatal checkups. On probing out the reasons behind the death of her last child during delivery, Hifza wept bitterly and while sobbing told that her husband named Muhammad Aslam is working in the Pakistan Army. He has been posted to a remote area so her extended family is responsible for caring for her. In her last pregnancy she was unaware of periodic antenatal checkups, and the symptoms leading towards complications in delivery. Another reason, according to her, was that Basic Health Unit (BHU) was located in Darapur which is far away from her home town and she had to visit Jalalpur in case of antenatal checkups. Believing in conventional methods of delivery she refused to consult a doctor or even Lady Health Worker (LHW). As a result her baby couldn’t survive the trauma. After the conversation, the health promoter sensitized her regarding the importance, and necessity of antenatal checkups. But Hifza was feeling a bit reluctant to visit the health centers while pregnant and she had to do a lot of chores during pregnancy. She was considering it a waste of time & money. The health promoter shared some case studies from the neighborhood villages in which women with the same attitudes had changed their mind set to go through regular antenatal checkups and the rate of safe deliveries had increased over there. Highlighting the importance of learning from previous experience of infant mortality she threw a beam light on the benefits of antenatal checkups.





Therefore Hifza followed the direction of health promoter and went through her antenatal checkups regularly. A proper follow up was ensured by the Health Team of the reported area. Thus she gave birth to a perfectly healthy baby on February 4, 2010.

Hifza has now realized the importance of visiting a doctor for antenatal check ups. She herself has become a part of health promoters and is sharing her experiences with rest of the community

## **Case Study A Way towards Change**

***Attitude is a little thing that makes a big difference (Winston Churchill)***

**Name: Romania W/O .....**

**Gender: Female**

**Age: ..... years**

**Resident of: Village Hamzader Union Council Sheikh Jana District Swabi**

Ignorance is the root and cause of every evil. Orthodox and futile beliefs about health care are still prevalent in many remote areas of Khyber province. People are simply ignorant of all the latest health facilities and the wonders of medicine. As a result many children die before even seeing the light of the day. Romania, who is a resident of a remote village Hamza Der in District Swabi can be quoted as a prime example of those people who suffer greatly due to their lack of awareness and rigidity. She is 25 old and has two children of 5 and 3 years of age. When the CHIP team visited this village with the purpose of maternal and child health care it was discovered that none of her children were inoculated. After CHIP began with its interventions in this village, she was invited to health sessions. She attended the sessions once or twice and did not show up after that. When the Health promoter visited her home she simply said that it was a just a wastage of time and she and her children were doing just fine without any vaccination. During this time she conceived for the third time. The Health Promoter, Community Birth Attendant and Lady Health worker visited her house many times for the antenatal checkups and Tetanus (TT) vaccination but she did not cooperate at all. She finally gave birth to a baby boy with the assistance of her relatives.

But only after three days her baby was diagnosed with fever and suffered with fits. The family took him to the doctor. He was eventually diagnosed with 'tetanus convulsion'. It was at that moment she realized that if she had got the TT vaccination she would have been saved from this mishap. For the treatment of the child she was required to spend an immense amount ,but TT injections during the pregnancy did not cost anything and ensured safe future of the child. That was a turning point in her life. She turned over a new leaf..she now knows that rigid and obstinate behavior never pays. She now firmly believes that 'ignorance is the night of mind but without moon and stars'. She now actively imparts knowledge about the



She now actively imparts knowledge about the



importance of prenatal check-ups, vaccinations and safe delivery methods to other women. She has also started to participate in the sessions on regular basis. She expresses, “Had I cooperated with health facilitators and adopted preventive measures I would have been a mother of a healthy son today”

## **Case study Ardent Love for Humanity**

***In helping others we shall help ourselves, for whatever good we give out completes the circle and comes back to us.(Flora Edwards)***

**Name: Fatima W/O .....**

**Gender: Female**

**Age: .... years**

**Resident of: Village Basho Union Council ..... District Skardu**

True understanding of the potential and passion of people and then employing it for the betterment of the whole society has always been the mission of CHIP. Remote and difficult areas lacking completely in resources and facilities with extreme weather conditions have never been an obstacle in CHIP’s ultimate goal. Utilizing the abilities of people of people for community improvement or in other words human resourcing has always been the ultimate task which has never gotten obscured despite much turmoil.

Fatima a resident of Bashoo village in Sakardu, fervently wanted to help her community. When CHIP introduced an intervention regarding maternal and child health care in Bashoo, her potential was recognized by CHIP and she was trained in safe delivery methods. She fought with the harsh circumstances stoically and relentlessly strove to bring about a change in her village. By becoming community birth attendant, she played a pivotal role in the dissemination of information in this matter. As a result the villagers began to take extra care of maternal and child health despite illiteracy and economic restraints. Fatima has helped many women in her village and now she has become a role model for all women. By engaging local resources and the safe delivery kit that CHIP had provided, Fatima has delivered the babies of three women with much ease. Fatima has now become a ray of hope for these local women of Basoo who pray for Fatima’s and CHIP success with an open heart.

## Case Study

### *Enlightment*

*Where there is charity and wisdom there is neither fear nor ignorance*

**Name: Shaista Naz W/O .....**

**Gender: Female**

**Age: 26 years**

**Resident of: Village bandy Oba Union Council ..... District Swabi**

CHIP has always raised voice against ignorance and its devastating effects on people's life. The excruciating efforts of CHIP in this regard finally paid off when life of Shaista was completely revolutionized. Shaista Naz is a 26 years old lady from village Banday Obah of District Swabi. Shaista was married in year 2000 when she was only 16 years old. Shaista has five children—three sons and two daughters. Shaista has been living in a combined family under the immense social pressure and cultural limitations of Khyber Pakhtoon Khuwa Province. Because of her residing area, her family never allowed Shaista or any other lady from her family for inoculation either of her or her children.



CHIP intervened in village Banday Obay back in July 2009 and a Village Health Committee (VHC) was formed. VHC elected two of its representatives as health promoters to be trained in conducting 'awareness sessions on mother child health care'. In one such session, Shaista and her mother in law participated by assuming that the awareness raising session was a medical camp from where they could get free medicines and check-ups.

However the information disseminated during the health session by health promoter proved fruitful and encouraged Shaista to participate in the next sessions as well. As a result of these sessions, Shaista went for medical examination, antenatal and post natal check-ups and vaccination. Regardless of social and cultural pressures, Shaista was motivated and decided to get her child delivered at the hospital instead of at home.

Shaista gave birth to a healthy baby boy. The child is now three months of age and has completed the four dozes of the child vaccination.



## **Change Possible Commitment is Obligation**

***Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace and soul generated by love. (Martin Luther King Jr.)***

### **Basic Health Unit Dara Pur**

#### **Village bandy Oba Union Council ..... District Swabi**

One of the biggest achievements of CHIP is bridging the gap between government and local health care services. In this way, communities even the remote areas have been provided with modern health care facilities. Keeping this objective in mind CHIP started a project to improve mother and child health conditions in Jhelum. CHIP formed village health committees. Villagers were recruited in these committees and were subsequently trained in increasing the awareness among their communities regarding maternal and child health.

However it was realized that just awareness was not enough. For better services the performance of health service providers needed to be improved. For this CHIP and District Health Department of Jhelum signed an agreement that CHIP will enhance the quality and out reach of the targeted facilities by provision of equipment and training of staff, so that the maternal and child health facilities are provided to community on time.

CHIP began the work with the four First Level Health Care Facilities in three Union Councils. These facilities are BHU (Basic Health Unit) Dara Pur, BHU Pind Sweaka, BHU Dhok Loona and RHC Khalas Pur. All the Health facilities took part in the project activities. But BHU Dara initiated medical camps and health forum with the collaboration of Village Health Committees (VHC) at community level. At the result outdoor patients increased in number. But due to deficiency of staff and laboratory facilities, the patients were not satisfied. This problem was discussed with the District Health Management. After the analysis of the outdoor patient day (OPD) data of BHU Dara Pur, the Management decided to upgrade the BHU by providing round the clock services. They appointed the lady health visitor (LHV), Dispenser of ENT and also provided the facility of a laboratory. Now the community has round the clock maternal and child health care services at their access.

### **CHANGING THE WORLD FOR A BETTER FUTURE**

#### **(2) Efforts of CHIP to develop linkages between local communities and government**

***The life of a man consists not in seeing visions and dreaming dreams but in active charity and in willing service (St. Francis)***

CHIP has always played a very effective role in developing communication between local communities and government. Due to these strenuous efforts





many issues of remote and backward areas have been noticed and subsequently addressed by the government. One such example is that of Chunda village in Sakardu where mother child health centre was re-functionalized.

Before June 2010, mother child health (MCH) centre was in deteriorating condition, having no adequate medical staff. Maternity cases had to be rushed to DHQ hospital or Combined Military hospital which were far off. Poor people who hardly had resources to keep the wolf from the door, could not go to far off places for medical check-ups and delivery. As a result mother/child mortality rate was very high.

CHIP took notice of the plight of poor people with no medical and health facilities and formed District Health Forums. In these forums government health officials and members of Village Health Committee participated. The complaints of villagers were thus communicated to government through that forum and subsequently a Lady Health Worker was appointed on June 2010 at MCH centre. Since that appointment labour cases have been facilitated by LHV at MCH centre. Furthermore 16 delivery cases have been attended by LHV at home level and 20 maternity cases have been referred to DHQ and CMH. 35 prenatal and 16 postnatal cases have been dealt at MCH centre. Other medical facilities for pregnant women such as checking weight, blood pressure, temperature, diagnostic and pregnancy tests laboratory have also been provided.



## Maternal care at Door Step

***Thousands of candles can be lit from a single candle and the life of a candle will not be shortened. Happiness never decreases by being shared. (Buddha)***

**Name: Fehmida Begum W/O .....**  
**Gender: Female**  
**Age: years**  
**Resident of: Hoon Union Council ..... District Jehlum**

Hoon is most deprived village in Union Council Nara in District Jehlum. The nearest basic health unit (BHU) is at 40 Km, where the Lady health visitor (LHV) is available till 2 pm. For detailed check-ups and examination the villagers had to go to DHQ hospital, which is 70 km away from that place. They were deprived of even the basic maternal and child health services at village level. CHIP was deeply moved at the plight of poor villagers and introduced a health project in that village. Men and women village health committees were formed and CHIP team trained the suitable community members as birth attendants. In the beginning women were reluctant to join the training programs and women who were nominated by the committee refused to help. However in those days a mother died due to the unavailability of trained birth attendant. That incident made them to rethink on this issue. So men and women committees with the help of community based organization, identified a lady named Fahmida as a trainee as she had been attending delivery cases in her family and also providing services to mother in pre and post natal care from the beginning. On the recommendation of VHCs, CHIP trained that lady for five days on safe delivery methods and provided a kit to her. After that, VHCs with collaboration of Medical Superintendent (MS) of DHQ arranged a fifteen days practical exposure in a labour room of DHQ.

Now she is working as a trained CBA in her community. The men and women VHCs members fully support her. She has attended five delivery cases according to safe methods successfully and also refers and accompanies the mothers to DHQ hospital. She also conducts sessions on safe delivery procedures. One of the women VHC members showed her gratitude by saying "Thank you CHIP for showing us a way towards the improvement of maternal and child health".



## Case study

### A PROMISE

***Every good act is charity. A man's true wealth hereafter is the good that he does in this world to his fellows(Moliere)***

**NAME: Malika Batool**  
**Gender: Female**  
**Village: Ranga, Sakardu**

Malika batool is a resident of an underdeveloped village Ranga in Sakardu. She always aspired to get education and to help other illiterate women since childhood. Extreme poverty and lack of facilities did not let her acquire education. However due to her fervor and enthusiasm, she always participated and represented women in all government and private organizations. The representatives of all these organizations acknowledged her competence and honesty and appointed her as the representative of Women's Organization. Malika was fully aware of the problems of women in her village. Women in the village being much impressed by her sagacity and self-confidence consulted her without any reluctance.

The turning point in Malika's life was the incident when her aunty after giving birth to a healthy child passed away due to lack of medical facilities and medical professionals and above all due to ignorance. After that perturbing incident she was more than determined to acquire the training of birth attendant. But due to lack of education, government and other private health service providing organizations simply turned down her request for training.

In 2010, when CHIP started its 'Mother Child Health and Vaccination Program' in Ranga, malika offered her services as a volunteer birth attendant. Thus with the cooperation of CHIP she got one month training from the DHQ hospital . Along with the training CHIP also provided her with the 'safe delivery kit'.

Up till now malika has referred nine birth cases and 26 women for safe delivery to the DHQ hospital. Malika not only accompanies the women to the hospital but also provides medicines to them on self-help basis. She also conducts sessions regarding potential hazards and teratogens and delays at three levels i.e. in identification , decision making and treatment(called as Three Delays) during pregnancy.

Malika is saving the precious lives of mothers and children in her village and due to her strenuous efforts not even a single death due to birth complications has been reported .