

BUILDING HEALTHY COMMUNITIES



**CENTRE FOR RURAL SYSTEMS AND
DEVELOPMENT**



CRUSADE



CRUSADE (Centre for Rural Systems and Development) founded in 1991, works closely with communities to help them come out of widespread poverty and to bring about sustainable changes that improve the lives and livelihoods of the poor. CRUSADE aims to build a secure, productive and just community in rural Tamil Nadu working in 150 villages in four development blocks of Minjur, Sholavaram, Ellapuram and Gummidipoondi blocks, covering 200,000 population.

WHAT WE DO

- Bringing women into the forefront
- Enabling the differently-abled
- Alleviation of poverty and social transformation
- Improving health and nutrition
- Promoting herbal remedies for minor ailments
- Creating awareness on better environment
- Building the capacity of elected members of Panchayats
- Community Based Institutions for sustainability
- Providing affordable housing and sanitation
- Offering life security



CRUSADE's Health Team

CRUSADE's health project aimed at improving the health of 50,000 people is delivered in Minjur, Sholavaram, Gummidipundi and Ellapuram blocks of Tamil Nadu. The objective of the health project is to increase access to primary healthcare, create awareness on health, and educate young people on health, hygiene and basic first aid.



Training session for SHG members

HEALTH EDUCATION

Recognising the fact that "PREVENTION IS BETTER THAN CURE" CRUSADE provides health education to SHG members to enhance their health knowledge while helping them seek early treatment.

- Trains the SHG members through training modules developed by CRUSADE's Team.
- Current six modules are - Anatomy and physiology, Communicable and non-communicable diseases, Women's welfare, Nutrition and its deficiency disorders, Herbal medicine and Environmental sanitation.

11 part time health workers and 5 cluster coordinators provide health education to the women in the project villages. 600 SHG members benefited/ participated in the health education training in 2017.



Providing tips on personal hygiene to students

HEALTH AWARENESS TO SCHOOL STUDENTS

- School students, especially in rural areas, lack basic hygiene practices. As a result, they suffer from skin diseases, digestive disorders and non treatment of simple injuries. CRUSADE trains school students in personal hygiene and First Aid.
- Two external Homoeopathy doctors provide awareness/ education to school students

Conducted training and provided First Aid boxes in 6 schools reaching about 570 school students in 2017.

ANAEMIA control and awareness among adolescent girls

Adolescent girls, who constitute a sizable segment of the population are at a greater risk of morbidity and mortality. It is the formative period of life when maximum amount of physical, psychological and behavioural changes take place alongside development of nutritional anaemia. The added burden of menstrual blood loss precipitates the problem. CRUSADE creates awareness and measures the prevalence of anaemia among girls in the age group 13-18 years in the project villages.

- Specialised equipment HAEMOCUE is used to test anaemia among adolescent girls .
- Counselling, advice on healthy dietary patterns and preventive measures are provided to girls with low level of haemoglobin.
- Screening is repeated in the same village for regular monitoring.

Covered 7 villages, screened 87 girls, identified 9 girls as anemic in 2017.



Conducting hypertension and diabetic camps in a village

DIAGNOSTIC CAMPS

Rural areas are still underserved by health care systems and the lack of access to healthcare is clearly demonstrated in poor human development indicators which lag behind the state average. The two or three state primary health centres in each block lack staff and are not accessible to many. The poor cannot afford private providers. To overcome this challenge faced by the poor, CRUSADE provides access to early

diagnostic facilities, for hypertension, diabetes, cataract, cancer and general health problems.

Hypertension and diabetes mellitus screening camps

Non-communicable diseases account for more than 60% of deaths in rural population. Hypertension and Diabetes are predominant health issues which are gate ways to several non-communicable diseases. CRUSADE regularly conducts screening camps for HYPERTENSION AND DIABETES in the project villages and provides counselling and referral services.

- Conducts regular screening camps in Minjur, Sholavaram, Ellapuram and Gummidipoondi blocks.
- Cluster coordinators and Health Workers create awareness on the importance of the screening to the community.
- Medical officer from CRUSADE screens and records blood pressure and blood sugar levels.
- Diagnosed patients are counselled and referred to public health centers.
- Doctor advices on general dietary management to regularise BP and diabetes
- Patients with minor ailments are referred to the homoeopathy clinic, run by CRUSADE.
- The same village is screened after 4-5 months to monitor the diagnosed persons.

Conducted 35 camps, 1671 persons screened , 443 persons with hypertension and 138 persons with diabetes were identified in 2017.



An eye camp in a village

EYE CAMPS

The aim of the eye camp is to screen aged persons for cataract surgery and for correction of refractive error

CRUSADE in collaboration with Agarwal eye hospital, Chennai, conducts eye camps in the project villages which helps in improving vision through cataract surgery and correction of refractive errors.

- Patients detected with complication of the eye, during preliminary examination, are referred to base hospital for further investigation.
- The removal of cataract with IOL implantation, food, lodging, medicines and transportation are offered free of cost to the patients
- For persons detected with refractive errors, CRUSADE arranges spectacles at nominal cost.

Conducted 5 camps; screened 267 persons; supported removal of cataract and IOL implantation for 35 persons and distribution of spectacles to 64 persons in 2017.



Womens waiting to see the doctors at a cancer camp

BREAST AND OVARIAN CANCER SCREENING CAMPS

The camp mainly focuses on creating awareness, preventing cancer through timely screening and delivering cost effective cancer treatment and care to women especially for the WSHG members who cannot afford hospital expenses, there by saving their lives.

The screening camp for breast and ovarian cancer is conducted in collaboration with PENN NALAM HOSPITAL, Chennai.

- The screening camp is organised in mobile screening bus that visits the villages. The van is equipped with state of the art facility to screen and test, with X-ray mammogram and pap smear collection equipment.
- For those diagnosed with CA breast and cervix, further investigations and treatment is provided at a reduced cost at the hospital.

Conducted 11 camps; screened 300 women and referred 8 women for further investigations and treatment in 2017

Geriatric screening camps

Women experience proportionately higher rates of chronic illness and disability in their latter part of life. To give them a better life at their twilight years, CRUSADE forms special groups for elderly women in project villages.

- CRUSADE's medical officer visits the groups once in 3 months to understand their health problems and to offer treatment and referral services
- For minor ailment homoeopathy treatment is provided

In 2017, 18 camps were conducted screening all 200 elderly women in the groups



Homoeopathy general health camps

HOMOEOPATHY TREATMENT

CRUSADE, promotes cost effective and affordable homeopathy and herbal medicines, which are free from side effects.

- Conducts homoeopathy general health camp in collaboration with Venkateswara Homoeopathic Medical College & Hospital, Chennai.
- Provides treatment for general health problems in selected villages

In 2017, conducted 5 camps; recorded 188 patients; new patients 73 and follow-up patients 115

Homoeopathy clinic

Set up in 2007 in CRUSADE's Karanodai campus, the Homoeopathy clinic is run thrice in a week.

- Provides treatment to the community for general health problems like, tonsillitis, nasal polyp, osteoarthritis, hypothyroidism, bronchial asthma, allergic rhinitis, skin complaints and women health problems etc.

No. of patients visited 356; New patients 145 and follow-up patients 211 in 2017.
