



Yayawatta Real Medicine Clinic, Tangalle, Sri Lanka

Date: May 5, 2019	Prepared by: Stephney Minerva Fernando
I. Demographic Information	
1. City & Province: Tangalle, Southern Province, Sri Lanka	
2. Organization: Real Medicine Foundation, Sri Lanka (www.realmedicinefoundation.org)	
3. Project Title: Yayawatta Health Clinic	
4. Reporting Period: January 1, 2019 – March 31, 2019	
5. Project Location (region & city/town/village): Seenimodera, Yayawatta, Tangalle, Sri Lanka	
6. Target Population: Sri Lanka marks the birthplace of Real Medicine Foundation, the place where the first promise was made and the concept of “Friends Helping Friends Helping Friends” was born. Rural villages in Southern Sri Lanka still face challenges of coping with psychological trauma, poverty, and infectious disease outbreaks so Real Medicine’s clinic remains fully active and continues to grow. Initially established after the tsunami to serve one community of 400, the Real Medicine Clinic now provides free health care access to 94 tsunami-affected families in Yayawatta and over 4,000 people in the surrounding communities of 4 villages. RMF’s Real Medicine Clinic was established in Seenimodera, Yayawatta on October 28, 2006, and has been successfully providing health services for over 12 years.	
II. Project Information	
7. Project Goal: Provide medical care to tsunami-affected families and the less privileged to help build a healthy community.	
8. Project Objectives: <ol style="list-style-type: none"> 1. Support the community with free, high quality healthcare services 2. Help to create a healthy community, especially amongst the younger generation 	
9. Summary of RMF-sponsored activities carried out during the reporting period under project objective (note any changes from original plans): The clinic was open 10 days each month during January and February to provide free healthcare services to the community of Yayawatta and Seenimodera in Tangalle, Sri Lanka, and the surrounding villages and communities of Palapotha and Kadurupokuna. As Yayawatta Health Clinic was transitioning to a new doctor in March, the clinic was closed during that month.	
10. Results and/or accomplishments achieved during this reporting period: RMF’s Real Medicine Clinic was open for 10 days each month for 2 months during the first quarter of 2019. During this time, we saw an average of 21.5 patients per day , treating a total of 431 patients . JANUARY 2019 <ul style="list-style-type: none"> • 219 patients, 103 male and 116 female, were treated at the Real Medicine Clinic in January. <ul style="list-style-type: none"> ○ 30% of the patients were treated for viral fever, 	

- 25% were treated for lower respiratory tract infections,
- 10% were treated for arthritis,
- 10% were treated for skin disorders,
- 5% were treated for other diseases,
- 5% were treated for gastrointestinal diseases,
- 5% were treated for diabetes mellitus,
- 5% were treated for bronchial asthma, and
- 5% were treated for hypertension.

- There were 179.4 direct beneficiaries, 137.4 males and 42 females, and the most common illness was viral fever due to weather changes.
- A total of 82 patients were indirect beneficiaries, and they came from Palapotha, Kadurupokuna, Moraketi-Ara, and Seenimodera to obtain treatment at the Real Medicine Clinic. 24 indirect beneficiaries were treated for viral fever.
- Direct and indirect beneficiaries received treatment for 9 types of diseases.

FEBRUARY 2019

- **212 patients**, 95 male and 117 female, were treated at the Real Medicine Clinic in February.
 - 35% of the patients were treated for viral fever,
 - 20% were treated for lower respiratory tract infections,
 - 10% were treated for arthritis,
 - 8% were treated for other diseases,
 - 7% were treated for skin diseases,
 - 6% were treated for diabetes mellitus,
 - 5% were treated for gastrointestinal diseases
 - 5% were treated for bronchial asthma, and
 - 4% were treated for hypertension.
- The number of direct beneficiaries was 134, and the most common illness was viral fever due to weather changes.
- The number of the indirect beneficiaries was 78, including 36 males and 42 females, and they came from Palapotha, Kadurupokuna, Moraketi-Ara, and Seenimodera to obtain treatment at the Real Medicine Clinic. 28 indirect beneficiaries were treated for viral fever.
- This free health clinic is entirely a gift from Real Medicine Foundation, which has a heart to help our communities that suffer from the tsunami's destruction and from poverty.

11. Impact this project has on the community (who is benefiting and how):

This project benefits 2 categories of patients:

1. Community members in Yayawatta, who lost their livelihoods and loved ones in the tsunami
2. Lower income families that live in the villages and communities around Yayawatta

12. Number served/number of direct project beneficiaries (for example, average number treated per day or month and if possible, per health condition).

A total of **431 patients were treated** at the Real Medicine Clinic during this reporting period.

13. Number of indirect project beneficiaries (geographic coverage):

Approximately **4,000 people**

14. If applicable, please list the medical services provided:

The Real Medicine Clinic was open 10 days each month in January and February, from 2:00 PM to 6:00 PM.

JANUARY 2019

The most common diseases treated at the clinic in January 2019:

1. Viral Fever
2. Lower Respiratory Tract Infections
3. Arthritis
4. Skin Disorders
5. Other Diseases
6. Gastrointestinal Diseases
7. Diabetes Mellitus
8. Bronchial Asthma
9. Hypertension

➤ **Family Planning Program**

6 mothers received oral contraceptive treatment for the month of January.

No Depo-Provera injections have been administered since 2016 due to the sudden death of a mother in the government hospital.

FEBRUARY 2019

The most common diseases treated at the clinic in February 2019:

1. Viral Fever
2. Lower Respiratory Tract Infections
3. Arthritis
4. Other Diseases
5. Skin Disorders
6. Diabetes Mellitus
7. Gastrointestinal Diseases
8. Bronchial Asthma
9. Hypertension

➤ **Family Planning Program**

5 mothers received oral contraceptive treatment for the month of February.

Depo-Provera injections were not administered.

15. Please list the five most common health problems observed within your region.

- Respiratory Tract Infections
- Arthritis
- Gastrointestinal Tract Infections
- Heart Disease
- Skin Diseases

16. Notable project challenges and obstacles:

N/A

17. If applicable, plans for next reporting period:

Continue clinic operations, and continue reporting clinic attendance, disease prevalence, and family planning utilization for the second quarter of 2019, April – June.

18. If applicable, summary of RMF-sponsored medical supply distribution and use:

Monthly lists of medicine are attached in Appendix C.

19. Success story(s) highlighting project impact:

Nishani, a 14-year-old schoolgirl, came to RMF's Real Medicine Clinic with complaints of a runny nose, sneezing, and tension headaches for a duration of about 3–4 years. These symptoms were especially prevalent in the evening and early in the morning. Nishani has visited other health facilities for her illness, but the symptoms were only reduced for the duration of the treatment and resumed after treatment was stopped. Her schoolwork had been badly affected by her condition. After taking a thorough medical history of the patient, the doctor counseled her on the best practices to prevent symptoms and started her on long-term non-sedative antihistamine therapy. Now, her symptoms have been cured, and she is doing well in school.



The patient is carefully examined

Please see Appendix A for more photos showcasing stories from the Real Medicine Clinic in Yayawatta and Seenimodera in Tangalle, Sri Lanka.

III. Financial Information

20. Detailed summary of expenditures within each budget category as presented in your funded proposal (file attachment is fine). Please note any changes from plans.

Monthly expenditures of the Real Medicine Clinic in January, February, and March 2019 are attached with this report.

Appendix A: Project Photos January–March 2019

JANUARY



Community members busy searching through their files

FEBRUARY



A new patient in the clinic



An elder sister who came in with her younger sister



Patients being examined by the medical consultant



Dr. Wanakumara in a friendly interaction with clients



Mrs. Dimuthu is not well



A little boy with a severe cut on his leg

Appendix B: Morbidity Report

Beneficiaries

Place	Year	Month	Patients	Male	Female	Average
Real Medicine Clinic	2019	JANUARY	219	103	116	21.9
		FEBRUARY	212	95	117	21.2
TOTAL			431	198	233	43.1

Direct Beneficiaries

Village	Year	Month	Patients	Male	Female	Average
Yayawatta	2019	JANUARY	137	63	74	13.7
		FEBRUARY	134	59	75	13.4
TOTAL			271	122	149	27.1

Indirect Beneficiaries

Villages	Year	Month	Patients	Male	Female	Average
Palapotha Seenimodera Kadurupokuna	2019	JANUARY	82	40	42	8.2
		FEBRUARY	78	36	42	7.8
TOTAL			160	76	84	16

Disease Chart of the Real Medicine Clinic in Yayawatta, Tangalle, Sri Lanka January–February 2019

JANUARY 2019

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Fever	30%	66	31	35
2. Lower Respiratory Tract Infections	25%	55	26	29
3. Arthritis	10%	22	10	12
4. Skin Disorders	10%	21	9	12
5. Other Diseases	05%	11	5	6
6. Gastrointestinal Diseases	05%	10	4	6
7. Diabetes Mellitus	05%	12	6	6
8. Bronchial Asthma	05%	11	5	6
9. Hypertension	05%	11	7	4
TOTAL		219	103	116

FEBRUARY 2019

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Fever	35%	75	34	41
2. Lower Respiratory Tract Infections	20%	44	20	24
3. Arthritis	10%	22	10	12
4. Other Diseases	08%	17	08	9
5. Skin Disorders	07%	15	7	8
6. Diabetes Mellitus	06%	12	5	7
7. Gastrointestinal Diseases	05%	10	4	6
8. Bronchial Asthma	05%	9	4	5
9. Hypertension	04%	8	3	5
TOTAL		212	95	117

Patients Per Village

Village	JANUARY	FEBRUARY	Total
Yayawatta	137	134	271
Palapotha	33	28	61
Kadurupokuna	30	32	62
Seenimodera	19	18	37
Total	219	212	431

Total Patient Numbers by Age & Gender

Age	JANUARY	FEBRUARY	Total	Male	Female
0-5	46	43	89	39	50
6-15	40	41	81	36	45
16-24	45	42	87	42	45
25-49	43	44	87	38	49
50+	45	42	87	43	44
TOTAL	219	212	431	198	233

Appendix C: Medicine Expenditures for the Real Medicine Clinic January–March 2019

JANUARY 2019

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Amoxicillin (250 mg)	300	Rs. 2,100/=
2. Vitamin A & D	500	Rs. 750/=
3. Brufen (200 mg)	300	Rs. 975/=
4. Dexamethasone (0.5 mg)	1,000	Rs. 530/=
5. Ciprofloxacin (500 mg)	300	Rs. 2,550/=
6. Cephalexin (250 mg)	300	Rs. 2,700/=
7. Digene	300	Rs. 1,575/=
8. Diazepam (0.2 mg)	300	Rs. 600/=
9. Deriphyllin (300 mg)	300	Rs. 1,275/=
10. Erythromycin (500 mg)	300	Rs. 8,100/=
11. Flagyl (Metronidazole 400 mg)	300	Rs. 2,274/=
12. Multivitamin	1000	Rs. 850/=
13. Mebendazole (100 mg)	300	Rs. 900/=
14. Omeprazole (20 mg)	300	Rs. 1,350/=
15. Pyrantrin (125mg)	300	Rs. 2,400/=
16. Salbutamol (2 mg)	1,000	Rs. 500/=
17. Augmentin (375 mg)	30	Rs. 1,100/=
18. Augmentin (675 mg)	30	Rs. 1,850/=
19. Daonil	300	Rs. 645/=
20. Mefenamic Acid	300	Rs. 3,300/=
21. Cephalexin (125 mg)	300	Rs. 2,700/=
22. Zinnat (500 mg)	30	Rs. 2,295/=
SYRUP		
1. Amoxicillin	6 Bottles	Rs. 1,620/=
2. Deriphyllin	6 Bottles	Rs. 900/=
3. Amino Plus	6 Bottles	Rs. 2,570/=
4. Becadex	6 Bottles	Rs. 1,900/=

5. Salbutamol	750 ml	Rs. 235/=
6. Piriton	750 ml	Rs. 235/=
7. Paracetamol	750 ml	Rs. 650/=
8. Pancof (Adult)	6 Bottles	Rs. 960/=
9. Pancof (Child)	6 Bottles	Rs. 804/=
10. Phenergan	500 ml	Rs. 450/=
OINMENT & CREAM		
1. Mycoral	6 Tubes	Rs. 1,188/=
2. Jonac Gel	6 Tubes	Rs. 588/=
3. Betnovate N	6 Tubes	Rs. 1,560/=
4. Soframycin	6 Tubes	Rs. 576/=
5. Ciclopirox	6 Bottles	Rs. 654/=
6. Chloramphenicol	6 Bottles	Rs. 300/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs. 720/=
TOTAL (PAID)		Rs. 57,299

FEBRUARY 2019

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Cloxacillin (500 mg)	300	Rs. 1,950/=
2. Orron	300	Rs. 3,100/=
3. Buscopan	300	Rs. 5,100/=
4. Dexamethasone (0.5 mg)	1,000	Rs. 530/=
5. Calcium Lactate	300	Rs. 600/=
6. Diclofenac (.5 mg)	300	Rs. 750/=
7. Dulcolax (5 mg)	300	Rs. 300/=
8. Emitop (Domperidone)	300	Rs. 900/=
9. Famotidine (20 mg)	300	Rs. 3,150/=
10. Folic Acid (5 mg)	500	Rs. 500/=
11. Mebendazole (WORMIN-500)	30	Rs. 1,350/=
12. Paracetamol	1,000	Rs. 1,350/=
13. Glicozide (80 mg)	300	Rs. 3,150/=
14. Atorvastatin (20 mg)	300	Rs. 2,800/=
SYRUP		
1. Fesovit	6 Bottles	Rs. 1,050/=
2. Deriphyllin	6 Bottles	Rs. 900/=
3. Belcid	6 Bottles	Rs. 1,800/=
4. Dometic	6 Bottles	Rs. 1,500/=
5. Phenergan	500 ml	Rs. 750/=
6. Cephalixin	6 Bottles	Rs. 1,200/=
7. Mumfer	6 Bottles	Rs. 1,950/=
8. Pancof (Adult)	6 Bottles.	Rs. 960/=
9. Pancof (Child)	6 Bottles	Rs. 804/=
10. Erythromycin	6 Bottles	Rs. 2,430/=
OINMENT & CREAM		
1. Mycoral	6 Tubes	Rs. 1,176/=
2. Jonac Gel	6 Tubes	Rs. 696/=
3. Betnovate N	6 Tubes	Rs. 1,560/=
4. Betadine Cream	6 Tubes	Rs. 3,180/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs. 720/=
TOTAL (PAID)		Rs. 46,306/=

	JANUARY	FEBRUARY	Total
Clinic Staff Payments	Rs. 57,160/=	Rs. 57,160/=	Rs. 114,320/=
Medicine	Rs. 58,179/=	Rs. 46,306/=	Rs. 104,485/=
Other Expenses	Rs. 5,170/=	Rs. 1,020/=	Rs. 6,190/=
Photocopy, Internet	Rs. 1,643/=	Rs. 1,364/=	Rs. 3,007/=
Total	Rs. 122,152/=	Rs. 105,850/=	Rs. 228,002/=