

Yayawatta Real Medicine Clinic, Tangalle, Sri Lanka

Date: May 17, 2016	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, 2016 – March 31, 2016	
5. Project Location (region & city/town/village): Seenimodera, Yayawatta, Tangalle, Sri Lanka	
6. Target Population: 94 tsunami-affected families and the surrounding communities of 4 villages: a population of 4,000.	
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 to provide free healthcare services to the community of Yayawatta and Seenimodera in Tangalle, Sri Lanka, and the surrounding villages and communities of Palapotha, Kadurupokuna, and Seenimodera.	
10. Results and/or accomplishments achieved during this reporting period: RMF's Real Medicine Clinic was open for 10 days each month. During the first quarter of 2016, we saw an average of 22 patients per day , treating a total of 654 patients .	
<p>JANUARY 2016</p> <ul style="list-style-type: none"> • 220 patients, 106 male and 114 female, were treated at Real Medicine Clinic in January. <ul style="list-style-type: none"> ○ 25% of the patients were treated for a fever and respiratory tract infection, ○ 25% were treated for joint pain, ○ 20% were surgical cases, ○ 10% of the patients were treated for ischemic heart disease, ○ 10% were treated for skin diseases, and ○ 10% were treated for hypertension. • There were 138 direct beneficiaries, and the most common illness was a respiratory tract infection with fever. • 22 indirect beneficiaries were treated for fever and respiratory tract infections. The direct and indirect beneficiaries were treated for 6 types of diseases, and a total of 82 patients were indirect beneficiaries. 	
<p>FEBRUARY 2016</p>	

- **216 patients, 99 male and 117 female**, were treated at the Real Medicine Clinic Yayawatta in February.
 - **35%** of the patients were treated for viral fever,
 - **20%** were treated for rheumatoid arthritis,
 - **15%** were treated for ischemic heart disease,
 - **15%** were treated for hypertension,
 - **10%** (especially children) were treated for worm infestation, and
 - **5%** were treated for skin diseases.
- The number of direct beneficiaries was 141. The number of indirect beneficiaries was 75, and they came from Palapotha, Kadurupokuna, and Seenimodera to receive treatment at the Real Medicine Clinic.
- 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.

MARCH 2016

- **218 patients** were treated at Real Medicine Clinic in March.
 - **25%** of the patients were treated for viral fever,
 - **15%** were treated for osteoarthritis,
 - **15%** were treated for gastritis,
 - **15%** were treated for ischemic heart disease,
 - **15%** were treated for hypertension, and
 - **15%** were treated for skin diseases.
- There were 139 direct beneficiaries from Yayawattwa who received treatment, and 79 indirect beneficiaries obtained medication. Direct and indirect beneficiaries were treated for 6 types of diseases.
- 20 of the indirect beneficiaries were treated for viral fever. They came from Palapotha, Kadurupokuna, and Seenimodera. A total of 79 patients came to the Real Medicine Clinic from these surrounding villages.

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 surrounding 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 **654 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, from 7:00 AM to 11:00 AM.

JANUARY 2016

The most common diseases treated at the clinic in January 2016:

1. Fever and Respiratory Tract Infection
2. Joint Pain
3. Surgical Cases
4. Hypertension
5. Ischemic Heart Disease
6. Skin Diseases

➤ **Family Planning Program**

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

FEBRUARY 2016

The most common diseases treated at the clinic in February 2016:

1. Viral Fever
2. Rheumatoid Arthritis
3. Ischemic Heart Disease
4. Hypertension
5. Worm Infestation
6. Skin Diseases

➤ **Family Planning Program**

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

MARCH 2016

The most common diseases treated at the clinic in March 2016:

1. Viral Fever
2. Osteoarthritis
3. Gastritis
4. Ischemic Heart Disease
5. Hypertension
6. Skin Diseases

➤ **Family Planning Program**

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

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 2016, 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:

JANUARY and FEBRUARY 2016



MR. CHANDRASIRI is a 62-year-old man, and the father of one of Real Medicine Clinic's direct beneficiaries. His daughter lives in Yayawatta. Mr. Chandrasiri came to the Real Medicine Clinic with a very high fever, a cough, and a severe cold.

When he arrived at our clinic, Mr. Chandrasiri looked very ill and was complaining of chest pain. We examined him thoroughly and found that there was less air entry in the right side of his chest. We discussed the seriousness of his condition with his daughter and referred Mr. Chandrasiri to the Base Hospital in Tangalle.

X-rays clearly showed that Mr. Chandrasiri's right lung was most affected, and medical consultants at the hospital diagnosed him with pneumonia. Mr. Chandrasiri has been admitted to the hospital, where he is undergoing treatment and is recovering.

MARCH 2016

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

21. 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 2016 are attached with this report.

Appendix A: Project Photos



Real Medicine Clinic staff members carefully dispense medicine



These young boys enjoy visiting the clinic



A mother brings her 3 children to the Real Medicine Clinic; many children had a fever and cough





Fever and cough were very common



Patients with their files



62-year-old Mr. Chandrasiri arrived at the clinic in very poor health



Real Medicine Clinic's staff hard at work



Patients' medical histories are recorded in their files



A future generation's health is improved at the Real Medicine Clinic

Appendix B: Morbidity Report

Beneficiaries

Place	Year	Month	Patients	Male	Female	Percentage
Real Medicine Clinic	2016	JANUARY	220	106	114	22
		FEBRUARY	216	99	117	21.6
		MARCH	218	104	114	21.8
TOTAL			654	309	345	65.4

Direct Beneficiaries

Village	Year	Month	Patients	Male	Female	Average
Yayawatta	2016	JANUARY	138	66	72	13.8
		FEBRUARY	141	68	73	14.1
		MARCH	139	68	71	13.9
TOTAL			418	202	216	41.8

Indirect Beneficiaries

Villages	Year	Month	Patients	Male	Female	Average
Palapotha Seenimodera Kadurupokuna	2016	JANUARY	82	40	42	8.2
		FEBRUARY	75	31	44	7.5
		MARCH	79	36	43	7.9
TOTAL			236	107	129	23.6

Disease Chart of the Real Medicine Clinic in Yayawatta, Tangalle, Sri Lanka JANUARY – MARCH 2016

JANUARY 2016

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Fever and Cough	25%	55	26	29
2. Joint Pain	25%	54	24	30
3. Surgical Cases	20%	44	20	24
4. Hypertension	10%	23	13	10
5. Ischemic Heart Disease	10%	21	12	09
6. Skin Diseases	10%	23	11	12
TOTAL		220	106	114

FEBRUARY 2016

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Fever	35%	72	35	37
2. Rheumatoid Arthritis	20%	43	21	22
3. Ischemic Heart Diseases	15%	32	15	17
4. Hypertension	15%	35	16	19
5. Worm Infestation	10%	22	10	12
6. Skin Diseases	5%	12	02	10
TOTAL		216	99	117

MARCH 2016

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Fever	25%	55	27	28
2. Osteoarthritis	15%	33	16	17
3. Gastritis	15%	34	15	19
4. Ischemic Heart Disease	15%	32	15	17
5. Hypertension	15%	31	14	17
6. Skin Diseases	15%	33	17	16
TOTAL		218	104	114

Total Patients Per Village

Village	JANUARY	FEBRUARY	MARCH	Total
Yayawatta	138	141	139	418
Palapotha	33	30	30	93
Kadurupokuna	31	28	32	91
Seenimodera	18	17	17	52
Total	220	216	218	654

Total Patient Numbers by Age & Gender

Age	JANUARY	FEBRUARY	MARCH	Total	Male	Female
0 - 05	47	44	44	135	63	72
6 - 15	43	41	42	126	57	69
16 - 24	39	38	40	117	55	62
25 - 49	46	45	45	136	65	71
50+	45	48	47	140	69	71
TOTAL	220	216	218	654	309	345

Appendix C: Medicine Expenditures for the Real Medicine Clinic January – March 2016

JANUARY 2016

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Diazepam (0.2 mg)	200	Rs.60/=
2. Deriphyllin (300 mg)	300	Rs.750/=
3. Diclofenac (50 mg)	300	Rs.300/=
4. Dexamethasone (0.5 mg)	1,000	Rs.530/=
5. Erythromycin (500 mg)	300	Rs.7,800/=
6. Famotidine (20 mg)	300	Rs.300/=
7. Flagyl (Metronidazole 400 mg)	300	Rs.2,774/=
8. Cephalexin (125 mg)	300	Rs.2,100/=
9. Hydroco Thiazide (HCT)	200	Rs.150/=
10. Multivitamin (500 mgs.)	500	Rs.300/=
11. Mebendazole (WORMIN -500)	30	Rs.1,200/=
12. Omeprazole (20 mg)	300	Rs.1,360/=
13. Piriton (4 mg)	1,000	Rs.900/=
14. Paracetamol	1,000	Rs.670/=
15. Prednisolone	300	Rs.300/=
16. Pyrantin (125 mg)	300	Rs.2,400/=
17. Salbutamol (2 mg)	1,000	Rs.241/=
18. Vitamin B Compound	1,000	Rs.403/=
19. Augmentin (375 mg)	30	Rs.1,440/=
20. Atorvastatin (20 mg)	200	Rs.1,300/=
SYRUP		

1. Pancof (Adult)	6 Bottles	Rs.792/=
2. Derripylline	6 Bottles	Rs.720/=
3. Pancof (Junior)	6 Bottles	Rs.642/=
4. Mumfer	6 Bottles	Rs.2,040/=
5. Belcid	6 Bottles	Rs.1,187/=
OINMENT & CREAM		
1. Betnovate	6 Tubes	Rs.1,560/=
2. Jonac Gel	6 Tubes	Rs.534/=
3. Chloramphenicol	6 Bottles	Rs.210/=
4. Mycoral	6 Tubes	Rs.1,020/=
5. Soframycin	6 Tubes	Rs.576/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs.600/=
TOTAL (PAID)		Rs.35,359/=

FEBRUARY 2016

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Amoxicillin (250 mg)	300	Rs.900/=
2. Cloxacillin (500mg)	300	Rs.1,800/=
3. Brufen (200 mg)	300	Rs.519/=
4. Dexamethasone (0.5 mg)	1,000	Rs.530/=
5. Ciprofloxacin (500 mg)	300	Rs.2,590/=
6. Cephalexin (250 mg)	300	Rs.4,500/=
7. Digene	300	Rs.1,080/=
8. Dulcolax (5 mg)	300	Rs.1,050/=
9. Emito (Domperidone)	300	Rs.555/=
10. Mebendazole (100 mg)	300	Rs.600/=
11. Mebendazole (WORMIN -500)	30	Rs.1,200/=
12. Pyrentin (125 mg)	300	Rs.2,400/=
13. Glycoside (80 mg)	200	Rs.400/=
14. Mefenamic Acid	300	Rs.2,850/=
15. Zinnat (500 mg)	30	Rs.2,175/=
SYRUP		
1. Amoxicillin	6 Bottles	Rs.1,620/=
2. Deriphyllin	6 Bottles	Rs.720/=
3. Amino Plus	6 Bottles	Rs.2,760/=
4. Becadex	6 Bottles	Rs.1,350/=
5. FerroVite	6 Bottles	Rs.1,080/=
6. Dometic	6 Bottles	Rs.1,560/=
7. Cephalexin	6 Bottles	Rs.1,000/=
8. Erythromycin	6 Bottles	Rs.2,340/=
9. Salbutamol	750 ml	Rs.290/=
10. Piriton	750 ml	Rs.290/=
11. Paracetamol	750 ml	Rs.325/=
OINMENT & CREAM		
1. Betadine	500 ml	Rs.382/=
2. Betnovate	6 Tubes	Rs.1,560/=
3. Jonac Gel	6 Tubes	Rs.534/=
4. Cipralex	6 Bottles	Rs.510/=
5. Mycoral	6 Tubes	Rs1,020/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs.600/=
TOTAL (PAID)		Rs.41,050/=

MARCH 2016

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Vitamin A & D	500	Rs.460/=
2. Buscopan	300	Rs.3,150/=
3. Mebendazole (100 mg)	300	Rs.600/=
4. Dexamethasone (0.5 mg)	1,000	Rs.530/=
5. Augmentin (375 mg)	30	Rs.1,440/=
6. Cephalexin (125 mg)	300	Rs.2,100/=
7. Atorvastatin (20 mg)	200	Rs.1,300/=
8. Orron	300	Rs.300/=
9. Calcium Lactate	300	Rs.175/=

10. Deriphyllin (300 mgs.)	300	Rs.800/=
11. Erythromycin (500 mg)	300	Rs,7,800/=
12. Famotidine (20 mgs.)	300	Rs.600/=
13. Flagyl (Metronidazole 400 mg)	300	Rs.2,774/=
14. Iron (Ferrous Sulfate)	200	Rs.225/=
15. Multivitamin (500 mg)	500	Rs.300/=
16. Omeprazole (20 mg)	300	Rs.1,360/=
17. Paracetamol	1,000	Rs.670/=
18. Vitamin C (Ascorbic Acid)	1,000	Rs. 860/=
19. Daonil	500	Rs. 1,575/=
SYRUP		
1. Amoxicillin	6 Bottles	Rs.1,620/=
2. Deriphyllin	6 Bottles	Rs.720/=
3. Pancof (Junior)	6 Bottles	Rs.642/=
4. Pancof (Adult)	6 Bottles	Rs.792/=
5. Belcid	6 Bottles	Rs.1,187/=
6. Phenergan	500 ml	Rs.450/=
OINMENT & CREAM		
1. Soframycin	6 Tubes	Rs.576/=
2. Betnovate-N	6 Tubes	Rs.1,560/=
3. Jonac Gel	6 Tubes	Rs.574/=
4. Mycoral	6 Tubes	Rs.1,020/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs.600/=
TOTAL (NOT PAID)		Rs.36,760/=

	JANUARY	FEBRUARY	MARCH	Total
Clinic Staff Payments	Rs.54,788/=	Rs.54,788/=	Rs.54,788/=	Rs.164,364/=
Medicine	Rs.35,359/=	Rs.41,050/=	Rs.36,760/=	Rs. 103,169/=
Other Expenses	Rs.3,050/=	Rs.2,205/=	Rs.3,865/=	Rs.9,120/=
Photocopy, Internet	Rs.1,593/=	Rs.1,745/=	Rs.1,058/=	Rs.4,396/=
Total	Rs.94,790/=	Rs.99,788/=	Rs96,471/=	Rs.28 1,049/=