

Real Medicine Clinic Yayawatta, Tangalle, Sri Lanka

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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:

October 1, 2015 – December 31, 2015

5. Project Location (region & city/town/village):

Seenimodera, Yayawatta, Tangalle, Sri Lanka

6. Target Population:

94 tsunami-affected families and the surrounding communities in 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:

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 opened 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 fourth quarter of 2015, we saw an average of **21 patients per day**, treating a **total of 651 patients**.

OCTOBER 2015

- **218 patients, 97 male** and **121 female** were treated at Real Medicine Clinic in October.
 - **25%** of the patients were treated for a fever and cough,
 - **20%** were treated for rheumatoid arthritis,
 - **20%** were treated for ischemic heart disease,
 - **15%** were treated for dermatomycosis,
 - **10%** were treated for gastritis, and
 - **10%** were treated for various other diseases.
- There were 139 direct beneficiaries. Patients received treatment mainly for a fever and cough.
- 20 indirect beneficiaries were treated for a fever and cough. Direct and indirect beneficiaries were treated for 6 types of diseases, and a total of 79 patients were indirect beneficiaries.

NOVEMBER 2015

- **216 patients, 100 male** and **116 female**, were treated at Real Medicine Clinic in November
 - **25%** of the patients were treated for a fever,
 - **25%** were treated for rheumatoid arthritis,

- **25%** were treated for gastritis,
 - **15%** were treated for ischemic heart disease, and
 - **10%** were treated for hypertension.
- There were 135 direct beneficiaries. The number of indirect beneficiaries was 81, 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.

DECEMBER 2015

- **217 patients** were treated in December.
 - **35%** of the patients were treated for a fever,
 - **25%** were treated for heart diseases,
 - **10%** were treated for hypertension,
 - **10%** were treated for worm infestation,
 - **10%** were treated for joint pains, and
 - **10%** were surgical cases.
- There were 141 direct beneficiaries from Yayawatta who received treatment, and 76 indirect beneficiaries obtained medication. Direct and indirect beneficiaries were treated for 6 types of diseases.
- 27 of the indirect beneficiaries received treatment for a viral fever. They came from Palapotha, Kadurupokuna, Seenimodera. A total of 76 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 **651 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.

OCTOBER 2015

The most common diseases treated at the clinic in October 2015:

1. Fever and Cough
2. Rheumatoid Arthritis
3. Ischemic Heart Disease
4. Dermatomycosis
5. Gastritis
6. Other Diseases

- **Family Planning Program**
5 mothers received oral contraceptive treatment for the month of October.

NOVEMBER 2015

The most common diseases treated at the clinic in November 2015:

1. Fever

2. Rheumatoid Arthritis
3. Gastritis
4. Ischemic Heart Disease
5. Hypertension

➤ **Family Planning Program**

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

DECEMBER 2015

The most common diseases treated at the clinic in December 2015:

1. Viral Fever
2. Heart Diseases
3. Hypertension
4. Worm Infestation
5. Joint Pain
6. Surgical Cases

➤ **Family Planning Program**

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

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:
None

17. If applicable, plans for next reporting period:
Continue clinic operations, and continue reporting clinic attendance, disease prevalence, and family planning utilization.

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:

OCTOBER 2015 and NOVEMBER 2015

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

DECEMBER 2015



MRS. SRIYANI is 47 years old, and she is a direct beneficiary of the Real Medicine Clinic. Her husband is a fisherman. They live in Yayawatta, in one of the 94 houses which were donated as permanent shelters for the fishing community that lost their homes, belongings, and many loved ones in the tsunami.

Mrs. Sriyani came to the Real Medicine Clinic with cellulitis on her right leg. Her leg was swollen and she had a high fever. When Dr. Chamal examined Mrs. Sriyani, he immediately decided to refer her to the Tangalle Base Hospital. Our medical consultants treated Mrs. Sriyani with intravenous antibiotics, and her swelling and fever gradually went down. Mrs. Sriyani had developed a wound on the right leg, and with further treatment she is now recovering.

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 October, November, and December 2015 are attached with this report.

Appendix A: Project Photos

OCTOBER 2015



The Real Medicine Clinic's new sign is displayed.



An elderly woman from Palapotha consults the doctor.



Many children had viral influenza and sore eyes.



A young mother searches for her file.

NOVEMBER 2015



The clinic helper, Mrs. Lasanthie, consults Dr. Chamal.

DECEMBER 2015



Mrs. Sriyani at the Real Medicine Clinic.

Appendix B: Morbidity Report

Beneficiaries

Place	Year	Month	Patients	Male	Female	Percentage
Real Medicine Clinic	2015	OCTOBER	218	97	121	21.8
		NOVEMBER	216	100	116	21.6
		DECEMBER	217	102	115	21.7
TOTAL			651	299	352	65.1

Direct Beneficiaries

Village	Year	Month	Patients	Male	Female	Average
Yayawatta	2015	OCTOBER	139	61	78	13.9
		NOVEMBER	135	62	73	13.5
		DECEMBER	141	68	73	14.1
TOTAL			415	191	224	41.5

Indirect Beneficiaries

Villages	Year	Month	Patients	Male	Female	Average
Palapotha Seenimodera Kadurupokuna	2015	OCTOBER	79	36	43	7.9
		NOVEMBER	81	38	43	8.1
		DECEMBER	76	34	42	7.6
TOTAL			236	108	138	23.6

Disease Chart for the Real Medicine Clinic in Yayawatta, Tangalle, Sri Lanka OCTOBER – DECEMBER 2015

OCTOBER 2015

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Respiratory Tract Infections	25%	54	27	27
2. Rheumatoid Arthritis	20%	44	19	25
3. Ischemic Heart Disease	20%	42	19	23
4. Dermatomycosis	15%	33	14	19
5. Gastritis	10%	22	8	14
6. Other Diseases	10%	23	10	13
TOTAL		218	97	121

NOVEMBER 2015

DISEASES	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Fever	25%	56	26	30
2. Rheumatoid Arthritis	25%	54	24	30
3. Gastritis	25%	53	25	28
4. Ischemic Heart Disease	15%	32	15	17
5. Hypertension	10%	21	10	11
TOTAL		216	100	116

DECEMBER 2015

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Fever	35%	76	38	38
2. Heart Diseases	25%	54	24	30
3. Hypertension	10%	21	10	11
4. Worm Infestation	10%	23	10	13
5. Joint Pain	10%	22	11	11
6. Surgical Cases	10%	21	9	12
TOTAL		217	102	115

Patients Per Village

Village	OCTOBER	NOVEMBER	DECEMBER	Total
Yayawatta	139	135	141	415
Palapotha	33	35	31	99

Kadurupokuna	31	30	29	90
Seenimodera	15	16	16	47
Total	218	216	217	651

Total Patient Numbers by Age and Gender

Age	OCTOBER	NOVEMBER	DECEMBER	Total	Male	Female
0 - 5	45	43	45	133	61	72
6 - 15	43	39	42	124	56	68
16 - 24	37	40	39	116	53	63
25 - 49	47	45	44	136	64	72
50+	46	49	47	142	65	77
TOTAL	218	216	217	651	299	352

Appendix C: Medicine Expenditures for the Real Medicine Clinic October – December 2015

OCTOBER 2015

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Amoxicillin (250mgs)	300	Rs.900/=
2. Cloxaicilline(500mgs)	300	Rs. 1,800/=
3. Buscopam	300	Rs. 3,150/=
4. Dexamethasone (0.5mgs)	1,000	Rs.530/=
5. Ciprofloxacin (500mgs.)	300	Rs. 2,550/=
6. Cephalexin(250mgs.)	300	Rs. 4,500/=
7. Digene	300	Rs. 1,080/=
8. Dulcolax(500mgs)	300	Rs. 1,050/=
9. HydroCoThalazide(HCT)	200	Rs.150/=
10. Multi Vite(500 mgs.)	1,000	Rs.530/=
11. Mebandazole (100mgs.)	300	Rs.600/=
12. Glicozide(80mgs)	200	Rs. 1,000/=
13. Mefanamic Acid	300	Rs. 2,700/=
14. Cephalexin(125mgs)	300	Rs. 2,100/=
15. Zinnet(500mgs)	30	Rs. 2,175/=
16. Salbutamol	1,000	Rs.435/=
17. Vitamin B Compound	1,000	Rs.403/=
SYRUP		
1. Amoxicillin	6 Bottles	Rs. 1,620/=
2. Derripyilline	6 Bottles	Rs.720/=
3. Phenycof (junior)	6 Bottles	Rs.642/=
4. Salbutamol	750mls	Rs.290/=
5. Piriton	750mls	Rs.290/=
6. Panadol	750mls	Rs.320/=
7. Mumfer	6 Bottles	Rs. 2,040/=
8. Belcid	6 Bottles	Rs. 1,182/=
9. Domic	6 Bottles	Rs. 1,560/=
10. Cephalexin	6 Bottles	Rs. 1,170/=
11. Erythromycin	6 Bottles	Rs. 2,100/=
12. Amino Plus	6 Bottles	Rs. 2,760/=
13. Fersovite	6 Bottles	Rs. 1,080/=
OINMENT & CREAM		
1. Mycoral	6 Tubes	Rs. 1,020/=
2. Sofrmycine	6 Tubes	Rs.576/=
3. Cipolex	6 Bottles	Rs.450/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs.600/=
TOTAL (PAID)		Rs. 44,073/=

NOVEMBER 2015

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Vitamin A & D	500	Rs.460/=
2. Brufen(200mgs)	300	Rs.819/=
3. Derriphilline(300mgs.)	300	Rs. 1,125/=
4. Dexamethasone (0.5mgs)	1,000	Rs.530/=

5. Diclofenac(50mgs.)	300	Rs.300/=
6. Erythromycin(500mgs.)	300	Rs. 7,800/=
7. Emitop(Domperadine)	300	Rs.555/=
8. Famotodene(20mgs)	300	Rs.300/=
9. Flagyl (Metronidazole 400mgs.)	300	Rs. 2,774/=
10. Folic Acid (5 mgs.)	500	Rs.225/=
11. Iron (Ferrous Sulphate)	300	Rs.225/=
12. Mebandazole (WORMIN - 500)	30	Rs. 1,200/=
13. Omeprazole (20mgs.)	300	Rs.900/=
14. Paracetamol	1,000	Rs.690/=
15. Pyrentin (125mgs)	300	Rs. 2,400/=
16. Augmentin(375mgs.)	30	Rs. 1,440/=
17. Atorustatin (20mgs.)	200	Rs.1,300/=
SYRUP		
1. Phenycof (Adult)	6 Bottles	Rs.828/=
2. Derripyilline	6 Bottles	Rs.720/=
3. Belcid	6 Bottles	Rs. 1,187/=
OINMENT & CREAM		
1. Mycoral	6 Tubes	Rs. 1,020/=
2. Soframycine	6 Tubes	Rs.576/=
3. Chloramphenicol	6 Bottles	Rs.210/=
4. Jonac Gel	6 Tubes	Rs.492/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs.600/=
2. Envelopes (Medicinal)	1,000	Rs.550/=
TOTAL (PAID)		Rs.29,226/=

DECEMBER 2015

NAME	QUANTITY	COST
CAPSULES & TABLETS		
1. Amoxicillin (250mgs.)	300	Rs.900/=
2. Brufen(200mgs)	300	Rs.519/=
3. Cloxacilline(500mgs.)	300	Rs. 1,800/=
4. Dexamethasone (0.5mgs)	1,000	Rs.530/=
5. Orron	300	Rs.300/=
6. Buscopam	300	Rs. 3,150/=
7. Ciprofloxacin (500mgs.)	300	Rs. 2,550/=
8. Cephelexin(500mgs)	300	Rs. 4,900/=
9. Calcium Lactate	300	Rs.175/=
10. Digene	300	Rs. 1,080/=
11. Dulcolax(5mgs.)	300	Rs. 1,050/=
12. Mebandazole(100mgs.)	300	Rs,600/=
13. Metformin (500mgs.)	500	Rs.450/=
14. Vitamin C (Ascorbic Acid)	1,000	Rs.840/=
15. Glicozide (80mgs)	200	Rs.400/=
16. Zinnet(500mgs.)	30	Rs. 2,175/=
17. Dianil	300	Rs.945/=
18. Mefanamic Acid	300	Rs. 2,850/=
SYRUP		
1. Phenycof (Adult)	6 Bottles	Rs. 792/=
2. Derripyilline	6 Bottles	Rs.720/=
3. Becadex	6 Bottles	Rs. 1,350/=
4. Amoxicillin	6 Bottles	Rs. 1,620/=
5. Amino Plus	6 Bottles	Rs. 2,760/=
6. Fersovite	6 Bottles	Rs. 1,080/=
7. Phenycof (Junior)	6 Bottles	Rs.642/=
8. Paracetamol	750mls.	Rs.325/=
9. Piriton	750mls.	Rs.290/=
10. Salbutamol	750mls.	Rs.290/=
11. Phenagan	500mls.	Rs.450/=
12. Mumfer	6 Bottles	Rs. 2,040/=
13. Domtic	6 Bottles	Rs. 1,560/=
14. Cephelexin	6 Bottles	Rs. 1,000/=
15. Erythromycin	6 Bottles	Rs. 2,340/=
OINMENT & CREAM		
1. Betnovate	6 Tubes	Rs. 1,560/=
2. Jonac Gel	6 Tubes	Rs.534/=

3. Cipolex	6 Bottles	Rs.510/=
INJECTIONS & OTHERS		
1. Mithuri	6 Packets	Rs.600/=
TOTAL (NOT PAID)		Rs. 45,277/=

	OCTOBER	NOVEMBER	DECEMBER	Total
Clinic Staff Payments	Rs. 50,080/=	Rs. 50,080/=	Rs. 50,080/=	Rs. 150,240/=
Medicine	Rs. 44,073/=	Rs. 29,226/=	Rs. 45,277/=	Rs. 118,576/=
Other Expenses	Rs. 2,815/=	Rs.3.100/=	Rs. 1,225/=	Rs. 7,140/=
Photo Copy, Internet	Rs. 1,455/=	Rs. 1,152/=	Rs. 1,254/=	Rs. 3,861/=
Total	Rs. 98,423/=	Rs. 85,558/=	Rs97,836/=	Rs.2 79,817/=