



## Yayawatta Real Medicine Clinic, Tangalle, Sri Lanka

Date: February 5, 2017	Prepared by: Stephney Minerva Fernando
<b>I. Demographic Information</b>	
1. City & Province: Tangalle, Southern Province, Sri Lanka	
2. Organization: Real Medicine Foundation, Sri Lanka ( <a href="http://www.realmedicinefoundation.org">www.realmedicinefoundation.org</a> )	
3. Project Title: Yayawatta Health Clinic	
4. Reporting Period: October 1, 2016 – December 31, 2016	
5. Project Location (region & city/town/village): Seenimodera, Yayawatta, Tangalle, Southern Province, Sri Lanka	
6. Target Population: 94 tsunami-affected families and the surrounding communities of 4 villages: <b>a population of 4,000.</b>	
<b>II. Project Information</b>	
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"> <li>1. Support the community with free, high quality healthcare services</li> <li>2. Help to create a healthy community, especially amongst the younger generation</li> </ol>	
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 fourth quarter of 2016, we saw an average of <b>20.9 patients per day</b> , treating <b>a total of 628 patients.</b>	
<b>OCTOBER 2016</b> <ul style="list-style-type: none"> <li>• <b>210 patients, 99 male and 111 female</b>, were treated at the Real Medicine Clinic in October. <ul style="list-style-type: none"> <li>○ <b>25%</b> of the patients were treated for viral influenza,</li> <li>○ <b>25%</b> were treated for gastroenteritis,</li> <li>○ <b>20%</b> were treated for arthritis,</li> <li>○ <b>10%</b> were treated for hypertension,</li> <li>○ <b>10%</b> were treated for viral gastroenteritis, and</li> <li>○ <b>10%</b> were treated for ischemic heart disease.</li> </ul> </li> <li>• There were 139 direct beneficiaries, and the most common illness was viral influenza.</li> <li>• 17 indirect beneficiaries were treated for viral influenza. Direct and indirect beneficiaries received treatment for 6 types of diseases, and a total of 71 patients were indirect beneficiaries.</li> </ul>	

### NOVEMBER 2016

- **207 patients, 95 male and 112 female**, were treated at the Real Medicine Clinic in November.
  - **50%** of the patients were treated for viral fever,
  - **20%** were treated for arthritis,
  - **10%** were treated for hypertension,
  - **10%** were treated for ischemic heart disease,
  - **5%** were treated for skin diseases, and
  - **5%** were treated for a cough and cold.
- The number of direct beneficiaries was 146. The number of indirect beneficiaries was 61, and they came from Palapotha, Kadurupokuna, and Seenimodera to obtain 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 2016

- **211 patients, 91 male and 120 female**, were treated at the Real Medicine Clinic in December.
  - **25%** of the patients were treated for viral fever,
  - **25%** were treated for arthritis,
  - **25%** were treated for hypertension,
  - **15%** were treated for surgical diseases, and
  - **10%** were treated for skin rashes.
- There were 134 direct beneficiaries from Yayawatta who received treatment, and 77 indirect beneficiaries obtained medication. Direct and indirect beneficiaries were treated for 5 types of diseases.
- 21 of the indirect beneficiaries were treated for viral fever. They came from Palapotha, Kadurupokuna, and Seenimodera. A total of 77 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 around Yayawatta

These humanitarian activities are provided equally to all beneficiaries. Elderly men and women in these areas have the opportunity to easily access the clinic for their health problems, and it has helped them access further investigations for their prolonged sicknesses. Real Medicine Clinic has been providing medical assistance since October 2006 and has completed 9 very successful years of serving the vulnerable community as of October 28, 2015. Most of the elderly and vulnerable cannot afford to hire private vehicles, and as there is no public transportation to reach other health centers, they greatly benefit from this free medical facilitation. The Real Medicine Clinic is close to their village, and they can reach it within minutes to seek treatment for their health problems.

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 **628 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 2016

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

1. Viral Influenza
2. Gastroenteritis
3. Arthritis
4. Hypertension
5. Ischemic Heart Disease
6. Viral Gastroenteritis

➤ **Family Planning Program**

7 mothers received oral contraceptive treatment for the month of October.

### NOVEMBER 2016

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

1. Viral Fever
2. Arthritis
3. Ischemic Heart Disease
4. Hypertension
5. Skin Diseases
6. Cough and Cold

➤ **Family Planning Program**

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

### DECEMBER 2016

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

1. Viral Fever
2. Joint Pain
3. Hypertension
4. Surgical Diseases
5. Skin Rashes

➤ **Family Planning Program**

7 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:

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 first quarter of 2017, January–March.

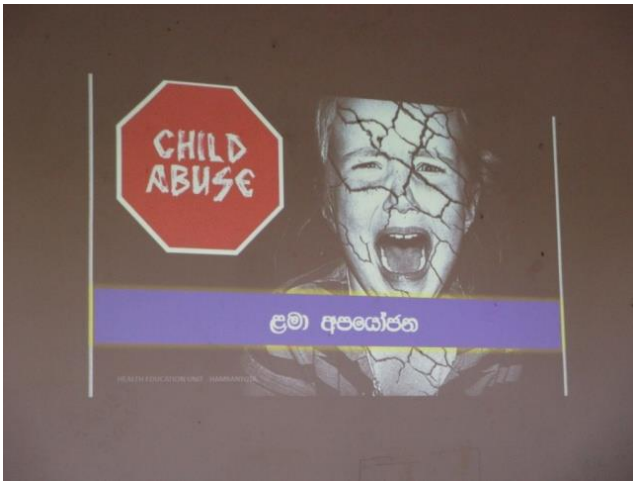
18. If applicable, summary of RMF-sponsored medical supply distribution and use:

Monthly lists of medicine are attached in Appendix C.

19. Success story(s) highlighting project impact:

### OCTOBER 2016

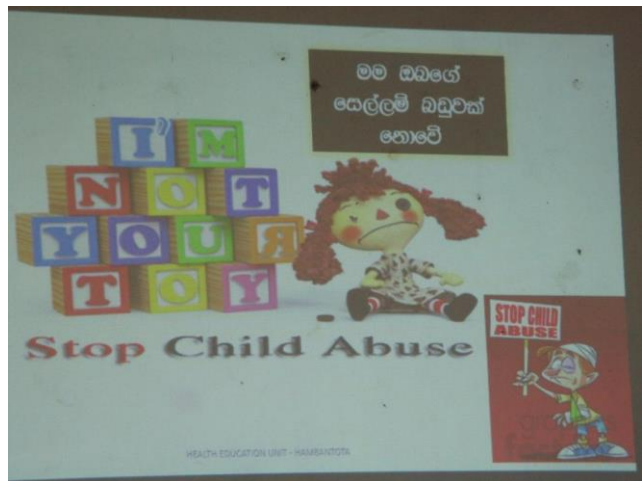
A child abuse awareness program was held on October 23, 2016 to commemorate the 9<sup>th</sup> year of the Real Medicine Clinic in Yayawatta, serving the communities of direct and indirect beneficiaries of Real Medicine Foundation. Medical personnel from Hambantota provided their services to make mothers aware of child abuse and child protection. The event was attended primarily by mothers, as fathers were working at that time.



Beginning the program on child abuse awareness



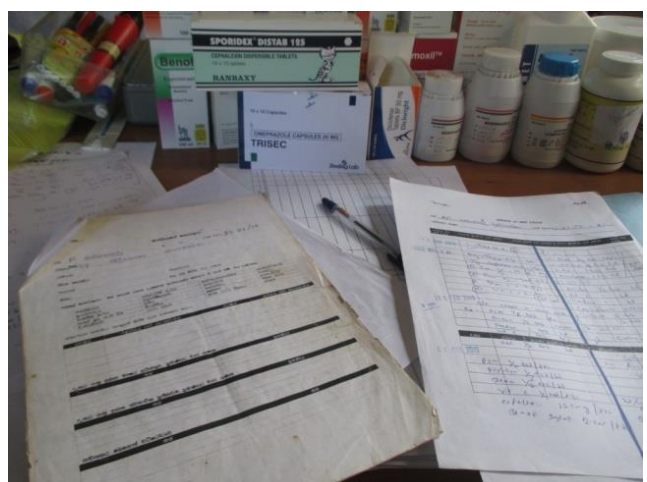
Mothers listening attentively to the program



Slide illustrating how precious children are; they are not toys

**NOVEMBER 2016**

Every month, new patients attend the clinic. The medical consultant, Dr. Chamal Sanjeewa, and the staff are ready to welcome them and provide service to whoever comes to the clinic. Every patient has to fill out a patients' data form before they are examined and treated. Patients wait for their turn very patiently.



**DECEMBER 2016**

Jani is 11 years old, and she is a direct beneficiary of the Real Medicine Clinic who lives in Yayawatta. Jani had been crossing the street near Seenimodera Junction, when a trishaw hit her and she fell on the side of the road.

She was rushed to the clinic. Jani did not have any external injuries from this accident, but she was complaining of severe abdominal pain. The doctor examined and referred her to the surgical clinic at Tangalle Base Hospital, where the medical consultants further examined her and diagnosed her with kidney abrasion. Jani was admitted to the surgical ward and was under observation and receiving treatment for 2 weeks. She has now come home, but her parents have been advised to be on the lookout for any unusual abdominal pain, and she visits the Real Medicine Clinic.



*Jani and her mother at the Real Medicine Clinic*

### 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 October, November, and December 2016 are attached with this report.

## Appendix A: Morbidity Report

### Beneficiaries

Place	Year	Month	Patients	Male	Female	Percentage
Real Medicine Clinic	2016	OCTOBER	210	99	111	21
		NOVEMBER	207	95	112	20.7
		DECEMBER	211	91	120	21.1
<b>TOTAL</b>			<b>628</b>	<b>285</b>	<b>343</b>	<b>62.8</b>

### Direct Beneficiaries

Village	Year	Month	Patients	Male	Female	Average
Yayawatta	2016	OCTOBER	139	68	71	13.9
		NOVEMBER	146	66	80	14.6
		DECEMBER	134	56	78	13.4
<b>TOTAL</b>			<b>419</b>	<b>190</b>	<b>229</b>	<b>41.9</b>

### Indirect Beneficiaries

Villages	Year	Month	Patients	Male	Female	Average
Palapothe, Seenimodera Kadurupokuna	2016	OCTOBER	71	31	40	7.1
		NOVEMBER	61	29	32	6.1
		DECEMBER	77	35	42	7.7
<b>TOTAL</b>			<b>209</b>	<b>95</b>	<b>114</b>	<b>20.9</b>

Disease Chart of the Real Medicine Clinic in Yayawatta, Tangalle, Sri Lanka  
OCTOBER–DECEMBER 2016



**OCTOBER 2016**

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Influenza	25%	53	25	28
2. Gastroenteritis	25%	52	23	29
3. Arthritis	20%	42	20	22
4. Hypertension	10%	21	09	12
5. Ischemic Heart Disease	10%	20	10	10
6. Viral Gastroenteritis	10%	22	12	10
<b>TOTAL</b>		<b>210</b>	<b>99</b>	<b>111</b>

**NOVEMBER 2016**

Disease Type	PERCENTAGE	PATIENTS	MALES	FEMALE
1. Viral Fever	50%	103	47	56
2. Arthritis	20%	41	19	22
3. Ischemic Heart Disease	10%	20	09	11
4. Hypertension	10%	22	10	12
5. Skin Diseases	05%	10	05	05
6. Cough & Cold	05%	11	05	06
<b>TOTAL</b>		<b>207</b>	<b>95</b>	<b>112</b>

**DECEMBER 2016**

Disease Type	PERCENTAGE	PATIENTS	MALE	FEMALE
1. Viral Fever	25%	54	23	31
2. Joint Pains	25%	52	22	30
3. Hypertension	25%	52	20	32
4. Surgical Diseases	15%	32	17	15
5. Skin Rashes	10%	21	09	12
<b>TOTAL</b>		<b>211</b>	<b>91</b>	<b>120</b>

**Patients Per Village**

Village	OCTOBER	NOVEMBER	DECEMBER	Total
Yayawatta	139	146	134	419
Palapotha	30	23	33	86
Kadurupokuna	25	27	29	81
Seenimodera	16	11	15	42
<b>Total</b>	<b>210</b>	<b>207</b>	<b>211</b>	<b>628</b>

**Total Patient Numbers by Age & Gender**

Age	OCTOBER	NOVEMBER	DECEMBER	Total	Male	Female
0-5	46	39	40	125	57	68
6-15	41	46	45	132	59	73
16-24	35	37	36	108	49	59
25-49	43	44	47	134	62	72
50+	45	41	43	129	58	71
<b>TOTAL</b>	<b>210</b>	<b>207</b>	<b>211</b>	<b>628</b>	<b>285</b>	<b>343</b>

**Appendix B: Medicine Expenditures for Real Medicine Clinic October–December 2016****OCTOBER 2016**

NAME	QUANTITY	COST
<b>CAPSULES &amp; TABLETS</b>		
1. Amoxicillin (250 mg)	300	Rs.900/=
2. Cloxacillin (500 mg)	300	Rs.1,500/=
3. Brufen (200 mg)	300	Rs. 1,050/=
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. Emito (Domperidone)	300	Rs.555/=
8. Folic Acid (5 mg)	500	Rs. 2,500/=

9. Metformin (500 mg)	500	Rs.500/=
10. Mebendazole (WORMIN-500)	30	Rs.1,200/=
11. Omeprazole (20 mg)	300	Rs.1,360/=
12. Piriton (4 mg)	1,000	Rs.150/=
13. Pyrentin (125 mg)	300	Rs.2,400/=
14. Vitamin B Compound	1,000	Rs.530/=
15. Glycoside (80 mg)	200	Rs.1,100/=
16. Mefenamic Acid	300	Rs.3,000/=
17. Zinnat (500 mg)	30	Rs.3,270/=
<b>SYRUP</b>		
1. Amoxicillin	6 Bottles	Rs.1,620/=
2. Amino Plus	6 Bottles	Rs.2,982/=
3. Pancof (Junior)	6 Bottles	Rs.690/=
4. Becadex	6 Bottles	Rs.1,350/=
5. Salbutamol	750 ml	Rs.360/=
6. Paracetamol	750 ml	Rs.380/=
7. Piriton	750 ml	Rs.300/=
8. Cephalixin	6 Bottles	Rs.1,170/=
9. Erythromycin	6 Bottles	Rs.2,430/=
<b>OINMENT &amp; CREAM</b>		
1. Cipralex	6 Bottles	Rs.480/=
2. Chloramphenicol	6 Bottles	Rs.300/=
<b>INJECTIONS &amp; OTHERS</b>		
1. Mithuri	6 Packets	Rs.600/=
<b>TOTAL (PAID)</b>		<b>Rs.36,187/=</b>

#### NOVEMBER 2016

NAME	QUANTITY	COST
<b>CAPSULES &amp; TABLETS</b>		
1. Orron	300	Rs.300/=
2. Buscopan	300	Rs.5,100/=
3. Brufen (200 mg)	300	Rs.1,050/=
4. Dexamethasone (0.5 mg)	1,000	Rs.530/=
5. Calcium Lactate	300	Rs.300/=
6. Digene	300	Rs.1,350/=
7. Derripyilline (300 mg)	300	Rs.800/=
8. Diclofenac (50 mg)	300	Rs.1,050/=
9. Dulcolax (50 mg)	300	Rs.1,090/=
10. Erythromycin (500 mg)	300	Rs.7,800/=
11. Emito (Domperidone)	300	Rs.600/=
12. Famotidine (20 mg)	300	Rs.300/=
13. Flagyl (Metronidazole 400 mg)	300	Rs.2,774/=
14. Multivitamin (500 mg)	500	Rs.530/=
15. Mebendazole (100 mg)	300	Rs. 600/=
16. Prednisolone	300	Rs. 450/=
17. Salbutamol	1,000	Rs.460/=
18. Augmentin (375 mg)	30	Rs.1,440/=
19. Atorvastatin (20 mg)	200	Rs.1,300/=
20. Daonil	300	Rs.1,000/=
21. Cephalixin (125 mg)	300	Rs.2,100/=
<b>SYRUP</b>		
1. Amoxicillin	6 Bottles	Rs.1,620/=
2. Derripyilline	12 Bottles	Rs.798/=
3. Pancof (Adult)	6 Bottles	Rs.828/=
4. FerroVite	6 Bottles	Rs.1,080/=
5. Mumfer	6 Bottles	Rs.2,040/=
6. Belcid	6 Bottles	Rs.1,230/=
7. Dometic	6 Bottles	Rs.1,560/=
<b>OINMENT &amp; CREAM</b>		
1. Betnovate N	6 Tubes	Rs.1,560/=
2. Jonac Gel	6 Tubes	Rs.534/=
3. Mycoral	6 Tubes	Rs.1,122/=
4. Soframycin	6 Tubes	Rs.576/=
<b>INJECTIONS &amp; OTHERS</b>		

1. Mithuri	6 Packets	Rs.600/=
<b>TOTAL (PAID)</b>		<b>Rs.44,432/=</b>

## DECEMBER 2016

NAME	QUANTITY	COST
<b>CAPSULES &amp; TABLETS</b>		
1. Amoxicillin (250 mg)	300	Rs.900/=
2. Cloxacillin (500 mg)	300	Rs.1,500/=
3. Vitamin A & D	500	Rs.500/=
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. Diazepam (0.2 mg)	300	Rs.125/=
8. Mebendazole (WORMIN-500)	30	Rs.1,200/=
9. Omeprazole (20 mg)	300	Rs.1,360/=
10. Paracetamol	1,000	Rs. 760/=
11. Pyrentin (125 mg)	300	Rs.2,400/=
12. Vitamin C (Ascorbic Acid)	1,000	Rs.840/=
13. Glycoside (80 mg)	200	Rs. 1,100/=
14. Mefenamic Acid	300	Rs.3,000/=
15. Zinnat (500 mg)	30	Rs.3,270/=
<b>SYRUP</b>		
1. Amino Plus	6 Bottles	Rs.2,982/=
2. Derripyilline	6 Bottles	Rs.798/=
3. Pancof (Adult)	6 Bottles	Rs.828/=
4. Becadex	6 Bottles	Rs.1,350/=
5. Pancof (Junior)	6 Bottles	Rs. 690/=
6. Belcid	6 Bottles	Rs.1, 230/=
7. Salbutamol	750 ml	Rs.360/=
8. Paracetamol	750 ml	Rs.360/=
9. Piriton	750 ml	Rs. 300/=
10. Phenergan	500 ml	Rs.285/=
11. Cephalexin	6 Bottles	Rs.1,170/=
12. Erythromycin	6 Bottles	Rs. 2,440/=
<b>OINMENT &amp; CREAM</b>		
1. Betnovate N	6 Tubes	Rs.1,560/=
2. Jonac Gel	6 Tubes	Rs.534/=
3. Mycoral	6 Tubes	Rs.1,122/=
4. Soframycin	6 Tubes	Rs.576/=
5. Cipralex	6 Bottles	Rs.480/=
6. Chloramphenicol	6 Bottles	Rs.300/=
<b>INJECTIONS &amp; OTHERS</b>		
1. Mithuri	6 Packets	Rs.600/=
<b>TOTAL (NOT PAID)</b>		<b>Rs.40,690/=</b>

	OCTOBER	NOVEMBER	DECEMBER	Total
Clinic Staff Payments	Rs.54,788/=	Rs.54,788/=	Rs.54,788/=	Rs.164,364/=
Medicine	Rs.36,187/=	Rs.44,432/=	Rs.40,690/=	Rs. 121,309/=
Other Expenses	Rs.1,827/=	Rs.3,595/=	Rs.1,745/=	Rs.7,167/=
Photocopy, Internet	Rs.2,817/=	Rs.2,040/=	Rs.1,595/=	Rs.6,452/=
<b>Total</b>	<b>Rs.95,619/=</b>	<b>Rs.104,855/=</b>	<b>Rs.98,818/=</b>	<b>Rs.299,292/=</b>