

Terminal Report

Training on Primary Health Care for Barangay Health Workers

Municipalities of Tabango & San Isidro, Leyte

May 27-28 & 29-30, 2014

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Rehabilitation of Health Centers

In the Municipality of Albuera, Leyte

Funding From

Philnetz Germany

Through

Brokenshire Integrated Health Ministries, Inc.

Training & Rehabilitation In Partnership With

Davao Medical School Foundation, Inc.

Introduction

The Philnetz in Germany through Joy dela Cruz connected with the Brokenshire Integrated Health Ministries, Inc. several weeks after the typhoon Yolanda (Haiyan) that hit and devastated Tacloban City, Ormoc City, and other parts of Leyte and Samar. Philnetz sent through the BIHMI account the amount of Php219,127.00 as support for relief and rehabilitation efforts that will be organized and facilitated by BIHMI. The amount was received sometime later part of January, 2014. Due to competing concerns at that time, and the many relief works taking place, BIHMI thought it best to focus on rehab work particularly capacitating the health workers in communities and municipalities devastated by Yolanda. The health workers who are trained reside in these communities thus enabling the community continuing access to basic health service even when the visiting health workers are gone and have returned to their origins.

The areas selected were the municipalities of San Isidro and Tabango in Leyte. The two towns were assigned by the Department of Health as relief service areas for the Davao Medical School Foundation immediately after the typhoon. These two towns were among the municipalities hit by the typhoon Yolanda but where NGO relief and rehab support was less due to the far distance from Ormoc and Tacloban. These two towns were chosen by BIHMI as the recipients for the training of health workers. On the other hand, two barangays in the municipality of Albuera (Tinago & San Isidro) were selected as recipients in the rehabilitation work particularly repairs of their health centers.

The Training Aspect: The Participants

Seventy (70) out of 80 targeted BHW participated in the training. These participants are coming from the different barangays in the municipalities of San Isidro and Tabango, Leyte. Aside from the BHWs there were 10 Rural Health Midwives and one Rural Health Nurse from the above mentioned municipalities who have also attended the said activity. The following is the breakdown of number of participants per municipality:

Name of Municipality	Number of Barangays Participated	Number of Participants			TOTAL	Remarks
		BHW	PHN	RHM		
Tabango	13	32	1	3	36	The number BHW representatives ranging from 2-3 in each of the 13 barangays. All are female.
San Isidro	19	38	0	7	45	There were 2 BHW representatives in each of the 19 barangays. All are female

TOTAL	32	70	1	10	81	
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I. The Opening Session

The opening session was started with an opening prayer. It was followed by an introduction of participants and resource persons. Welcome message was given by the midwife who was designated by the Municipal Health Officer to assist the training team from the Davao Medical School Foundation (DMSF) specifically, the Institute of Primary Health Care (IPHC) in the facilitation of the activity.

Gathering and levelling of expectations was done before the session proper was conducted. The following are the expectations gathered from the participants:

- a. To gain additional knowledge on health which can help us perform our role as BHW;
- b. To gain skills on taking care of the person with simple illness;
- c. To know more about our roles and functions as BHWs;
- d. Know more about health care;
- e. To identify herbal plants and its uses;

The expectations were levelled off. Then the training objectives, schedules and contents were presented. House rules was also discussed and agreed upon by the participants. These are the following:

- a.) **Time:** Morning sessions- from 8am - 12:00 nn and 1:00- 4:00 in the afternoon. Lunch break at 12nn.
- b.) Going in & out during session should be avoided;
- c.) Participate in the training activities

II. Training Schedules, Content & Resource Persons/Facilitators

The training was conducted in two batches. The first batch was held on May 27-28 in Tabango and the second batch on May 29-30 in San Isidro, Province of Leyte. Below are the training schedule and the resource speakers/facilitators for each topic.

Time	Activities/Topics	Resource Speaker/Facilitator
Day 1		
8:00 – 8:30	Arrival of participants & Registration	
8:30 – 9:00	PRELIMINARIES <ul style="list-style-type: none"> ▪ Introduction of Participants & Facilitators ▪ Background & Expectations ▪ Objectives Setting & Schedules 	RHMs/RHU staff DMSFI – IPHC Staff
9:00 – 10:30	Environmental Sanitation <ul style="list-style-type: none"> ▪ Definition ▪ Aspects of Environmental Sanitation 	Yokhito Birondo, IPHC Staff
10:30 – 12:00	Diarrhea/Kalibanga <ul style="list-style-type: none"> ▪ Causes 	Corazon Tatoy, IPHC Staff

	<ul style="list-style-type: none"> ▪ Complications ▪ Treatment ▪ ORS/OREsol Preparation ▪ When to Refer 	
LUNCH BREAK		
1:00 – 2:30	Common Skin Diseases <ul style="list-style-type: none"> ▪ Common Skin Diseases ▪ Transmission ▪ Prevention ▪ Treatment 	Mila D. Chavez IPHC Staff
2:30 – 3:30	Oral Health Care	Yokhito Birondo IPHC Staff
3:30 – 5:00	Nursing Home Remedies with Demo <ul style="list-style-type: none"> ▪ Lemon Foot Bath ▪ Lemon neck Compress ▪ Onion Ear & Nail Compress ▪ Joints Compress 	Corazon Tatoy IPHC Staff
Day 2		
8:00 – 8:30	Morning Preliminaries & Recap	
8:30 – 11:00	Herbal Medicines Preparation with Demo <ul style="list-style-type: none"> ▪ Decoction ▪ Syrup ▪ Ointment 	Mila Chavez
11:00 – 12:00	Synthesis & Evaluation Closing Program	Yokhito Birondo
Home Sweet Home/Travel		

III. Training Objectives, Processes, Methodologies & Outputs

The training on Primary Health Care was organized for the Barangay Health Workers and selected midwives from the different barangays of the municipalities of Tabango and San isidro, Leyte. The objective of the training is to enhance the knowledge and skills of the target participants on Primary Health Care. Specifically, for the participants to be able to:

- a.) explain the importance of environmental sanitation and how it affects health
- b.) identify and explain common skin illnesses, its prevention and management;
- c.) demonstrate skills on nursing home remedies; and
- d.) identify and prepare herbal medicines

The training methodologies used were lecture, demonstration and return-demonstration which made the activities more interactive.

For demonstration purposes, the DMSF training team has brought some herbal plants & other materials. But the participants were also asked to bring herbal plants to determine what are available and being used by the people in the area.

After the discussion of each topic, the participants were asked their new learning. Some of the learning shared below:

TOPICS	NEW LEARNING/INSIGHTS	
	Tabango	San Isidro
Environmental Sanitation & Proper Hygiene	<ul style="list-style-type: none"> Burning of garbage is not good because it is harmful to the environment. Biodegradable garbage if rotten can be used as fertilizer; 	Steps of proper hand washing. Although we know how to do it but sometimes it is not properly observed.
Diarrhea	<ul style="list-style-type: none"> Leaves of Abocado, Bayabas and Kaimito or ABK” can be used as treatment of diarrhea Preparation of Oral Rehydration Solution using sugar and salt as treatment of diarrhea. It can be done at home. 	
Common Skin illnesses, Prevention and Management	<ul style="list-style-type: none"> Peanut can be used as treatment of “Ugahip” 	<ul style="list-style-type: none"> There are many herbal plants which can be used as treatment of common skin diseases
Dental Health Care	<ul style="list-style-type: none"> Proper tooth brushing sometimes not followed because most of the time we are in a hurry. 	<ul style="list-style-type: none"> Use of baking soda as gargle Use of dental floss after brushing Use of stem of guava as indigenous toothbrush
Nursing Home	<ul style="list-style-type: none"> Lemon can be used for sore throat 	<ul style="list-style-type: none"> Use of lemon & onions for

Remedies	<p>treatment through lemon neck compress. Aside from taking it internally it can also be used externally.</p> <ul style="list-style-type: none"> • Onion can be used as anti-biotic which can be used for the treatment of joint pains, nail and ear infection. 	<p>the sore throat, fever & joint pains respectively. We thought that these are only used for spices.</p>
Herbal Medicines Preparation	<ul style="list-style-type: none"> • Processes of herbal medicine preparation such as decoction, ointment, syrup and powder, can be done by anyone at home. • Ms Charity Tormis said : <i>“Although decoction is not new to us but now we know the proper way of doing it in terms of the ratio, duration and kind of utensils to use”</i> 	<ul style="list-style-type: none"> • Proper harvesting & storage of herbal plants; • Processing of herbal plants

Each of the participants was given sample of herbal medicines which they produced during the return-demonstration. These are turmeric powder, salabat and lagundi syrup.

Rev. Dr. Ruben dela Cruz, the Chief Executive Officer of the Brokenshire Integrated Health Ministries, Inc. together with the DMSF Chief Operation Officer, Dr. Oliver Victoriano and Ms. Mariper Mercader, the DMSF Alumni Director has visited and observed during the training. Dr. Dela Cruz gave his inspirational message to the participants, shared to them about the fund support from Philnetz in Germany, and gave copies of health books which they can use in their production of herbal medicines. The books were produced by the Brokenshire Integrated Health Ministries, Inc. The participants were inspired of their presence and effort in facilitating the conduct of the training which can helped them perform their role as the health service providers.

IV. Training Evaluation

All topics are most liked by the participants with the following reasons :

- **Jean Estrera (BHW, Gimarco, Tabango):** (*Nadugangan among kahanas tungod kami gyud ang aktwal nga naghimo unsaon pagpanambal sa mga simple nga balatian dha sa among panimalay. Human sa bagyo daghan ang nwad-an ug*

panginabuhian ug walay igong kakayahan mopalit ug tambal, ang among natun-an makatabang gyod sa pagtabang sa mga adunay balati-an). Our knowledge is enhanced through the actual experience how to heal simple ailments. After the typhoon many people lost their sources of income and have no capacity to buy medicines, what we learned is applicable in finding remedies to help people who are sick.

- **Mercedes Alterado (BHW, Sta Rosa, Tabango):** *(Practical ug importante sa panglawas, Nasabtan ug nailhan unsa ang mga tambal nga tanom nga tumaron ug dili ug unsaon pag-andam niini alang sa common nga balatian)* It is practical and important in our health; I fully understand and identify what are the herbal plants to prepare for common illnesses which can be taken internally and externally ”
- **Tarciana del Pena (BHW, Butason 1, Tabango) :** *“ Simple tuod siya pero nadugangan ang among kahanas pinaagi sa aktwal na paghimo pagpanambal nga pwede himuon sa panimalay ug paghimo sa mga tambal nga tanom nga maaplay sa among kaugalingon, pamilya ug komunidad”* (Although it is simple but it enhance our skills through return-demonstration on nursing home remedies and herbal medicines preparation” which can be applied to myself, family and community”)
- **Daya Catarig (BHW, Manlawwaan, Tabango)”** *Ang paghimo sa mga tambal gamit ang tanom ug nursing home remedies simple ug sayon ra himuon ug nakasiguro ko nga mapuslanon kaayo nga ipa-ambit sa mga katawhan ilabina sa mga walay igong kwarta nga ikapalit ug tambal’* (The process of doing home remedies and herbal medicine preparation is simple, easy to do and I am sure it will be useful to share to the people around who do not have enough money to buy medicines”)

The following were the impressions from the participants:

- **Evelyn Herbabuena (BHW-San Isidro)** *“ Processing of herbal medicines and nursing remedies are new to us. I am thankful of the opportunity for choosing me as one of the participants to the training. Now I can use my knowledge especially in this hard situation after the typhoon.”*
- **Daya Catarig (BHW- Manlawwaan, Tabango):** *“ Sa pagkabalo nako nga paapilon ko niining training, excited ko kay wala nami nagmiting sukad niabot ang Yolanda, ikaduha, gusto pud nako nga madugangan akong kahibalo ug kahanas sa pag-atiman sa panglawas. Mao nga malipayon ko sa akong nakat-onan dinhi kay maaplay nako sa akong pamilya. Dugang pa niini, naa kahigayonan ang BHW asosasyon nga*

makamugna ug proyekto nga makahatag un income o IGP (When i was informed to attend the training, firstly, I was so excited because we never have meeting of BHWs since Typhoon Yolanda hit our place. Secondly, I also wanted to enhance my knowledge and skills on health care. That's why i was so happy on the learning that i gained from this training because it is applicable to our family. Moreover, it is an opportunity for the BHW Association to engage on Income Generating Project .")

- **Rosalinda Mantalao (BHW- Campokpok, Tabango):** ***"Simple ang proseso, pwede maaplay sa akong pamilya ug komunidad"*** (the processes is simple, I can apply it to my family and community")
- **Julieta Enso (BHW President- Catmon, Tabango):** ***" Isip Presidente sa ABHW, plano nako nga magregular na ang miting sugod sa Hunyo, 2014 ug palig-onon ang among organisasyon aron mamonitor ang pag-apply sa among nakat-onon dinhi sa training pinaagi sa tabang sa among midwife"*** (As a president of the Association of Barangay Health Workers, i am planning to conduct again our regular meeting starting June 2014 to strengthen our organization and monitor the application of learning from this training with the help of our health personnel (midwife)
- **Ma. Luither Mativo (RHM-Tabango) :** ***" The training was really refreshing for us to BHWs. Even me as midwife, it's my first time to witness the preparation of herbal medicines. I was surprised when i saw the finish product of medicines using indigenous herbal plant. I was so thankful to DMSF, although our MHO was indifferent of accepting them but the DMSF exerted their effort to contact our Municipal Mayor just to pursue this training activity. We never regret of spending our time participating this activity. It was great! Thank you DMSF trainers!***
- **Juanita Harina (BHW-Inangatan, Tabango):** ***" Malipayon ko karon kay nakahibalo nako sa lemon foot bath nga maaplay nako sa akong pamilya ug komunidad"*** (I am happy, now I know how to do lemon foot bath which i can apply to my own family and community")
- **Daylinda Orbillo (RHM - Tabango):** ***" Sa akong hunahuna epektibo kini kay naayo akong lagnat human sa lemon foot bath"***(I think it is really effective because I feel relieved after fever foot bath was done to me.")
- **Meralorna Baring (RHM-San Isidro)** ***" I was surprised because onion is not only used to spice food but can be used as home remedy for the treatment of joint pain" I never regret that I opted to attend the training"***

- **Alona, Rose & Glory (BHWs-San Isidro)** : *“ Ang kahibalo ug kahanas nga among nakuha ilabina sa pagpanambal gamit ang herbal akong maaplay sa akong kaugalingon, pamilya ug sa komunidad nga gi serbesyohan ilabina ang mga nabiktima sa bagyo” (“the knowledge and skills i gained from the training specifically nursing remedies and preparation of herbal medicines will be applied to my own family and be shared to the community members we are serving especially those affected by the typhoon.)*
- **Lorna (BHW- San Isidro)**: *“ Pinaagi sa pagtinabangay sa mga BHW mapa-ambit ning training ngadto sa ubang BHW sa matag barangay” (“Through the cooperation of each member of the BHWs, the training can be rolled out to other members of the BHWs in our respective barangay “)*
- **Daday (BHW- San Isidro)**: *“ Ako ipaambit sa BHW Federation meeting para maapil sa pagplano unsaon paghatag sa training sa ubang BHW” (“I will share this to the BHW Federation meeting so that we can plan on how this be rolled out to other BHWs.”)*
- **Neneng (BHW-San Isidro)**: *“Salamat kay naa nako kahibalo ug kahanas nga nakuhaa sa training nga maghatag kahigayonan sa pagmugna sa gamay nga negosyo” (I am thankful because the knowledge and skills i gained from the training is an opportunity for me to engage in small business.”)*
- **Bing: (BHW-San Isidro)**: *“karon nga naa nako kahibalo ug kahanas sa paghimo sa herbal medicines ug ang gamit niini, mopenus na akong gasto sa tambal ug seguridad pa ko walay side effects tungod walay kemikal” (Now that i have the knowledge and skills on how to prepare herbal medicines and its use, my expense for medicines will be lessen and assured that it is chemical free and no side effects”.)*

The Rehabilitation Aspect: Repair of Barangay Health Centers and Distribution of Medicines

The barangay centers rehabilitated are centers within the municipality of Albuera in Leyte, namely Barangay Tinago, and Barangay San Isidro. The scope of work were mostly roof repairs because the roofings were blown away during the typhoon. Brokenshire also distributed some medicines to these two barangays. Two weeks after the training the barangay health workers conducted a medical mission in which they also share what they learned to the people in their communities who were affected by the typhoon. Below are pictures of the two centers that were supported.



After the Typhoon



Municipality of Albuera



Barangay San Isidro Health Center



Barangay Tinago Health Center



Pose with Barangay & Municipal Health Workers

*Submitted By: Rev. Ruben L. Dela Cruz, CEO
Brokenshire Integrated Health Ministries, Inc.
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