

# TUVAR HEALTH & WELLNESS CENTER

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**PITT** | SWANSON  
ENGINEERING  
INDUSTRIAL



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## Executive Summary

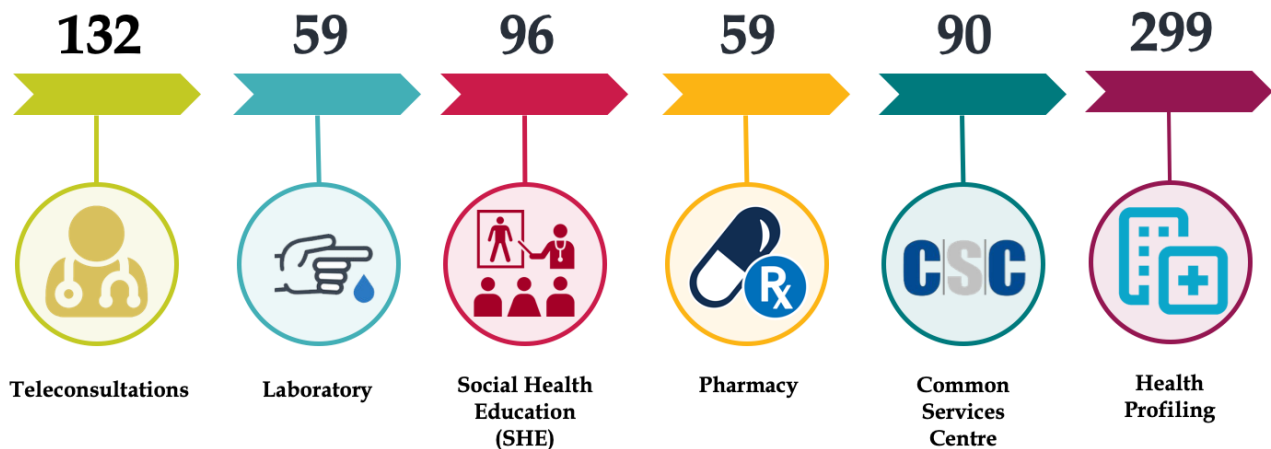
Health and Wellness constitute an integral part of the quality of life and overall development of communities. Access to quality health care, availability of timely medication and awareness on preventive health care continue to be challenges in rural India. Although government initiatives help to a certain extent, the capacity of these initiatives to reach remote rural areas is limited, owing to the mismatch between health care supply and demand. In this scenario, other modalities of engagement (eg: CSR funding, PPP etc.) are paramount for bridging the existing gaps. With the increased acceptance and application of technology in health care, and subsequent penetration of technology into rural India, technology enabled health care solutions like telemedicine have been contributing towards strengthening health care service delivery. In addition, the sustainability of any health care program is crucial to ensure continuity in providing quality health care.

With a vision to provide sustainable, comprehensive and quality health care services, the University of Pittsburgh (UoP) and the Business of Humanity® Project (BoH), in association with Apollo Telemedicine Networking Foundation (ATNF), Safe World Rural Services (SRS), and Narottam Lalbhai Rural Development Fund (NLRDF) has initiated the Tuvar Health & Wellness Center (THWC) project. The THWC project is a component of the BoH Project's DC HEaRT (Health, Energy and Regional Transformation) Initiative and aims to promote health and wellness among the rural communities in and around Tuvar village, Gujarat. The THWC project is unique, as it is a combination of health care and digital services. It not only looks at improving access, but also aims at achieving self-sustainability, especially with inclusion of DC (Direct Current) power. The ultimate goal of the project is to empower individuals at the "bottom of the pyramid" and to help improve the quality of their life and contribute towards their overall development.

## Overview of Progress in January 2020:

The Tuvar Health & Wellness Center has completed 12 months of operations and is continuing to deliver technology enabled health care and digital services to the tribal and rural communities in and around Tuvar village. In the month of January 2020, Social Health Education (SHE) sessions, outreach sessions, and menstrual hygiene activities were carried out. In order to promote awareness on health care, painting activities were organized for school children. With an objective to continue the activity of imparting awareness and to sensitize the communities on preventive health care, health profiling activity has continued. Laboratory and Pharmacy services continue to ensure completion of diagnosis and medication dispensing.

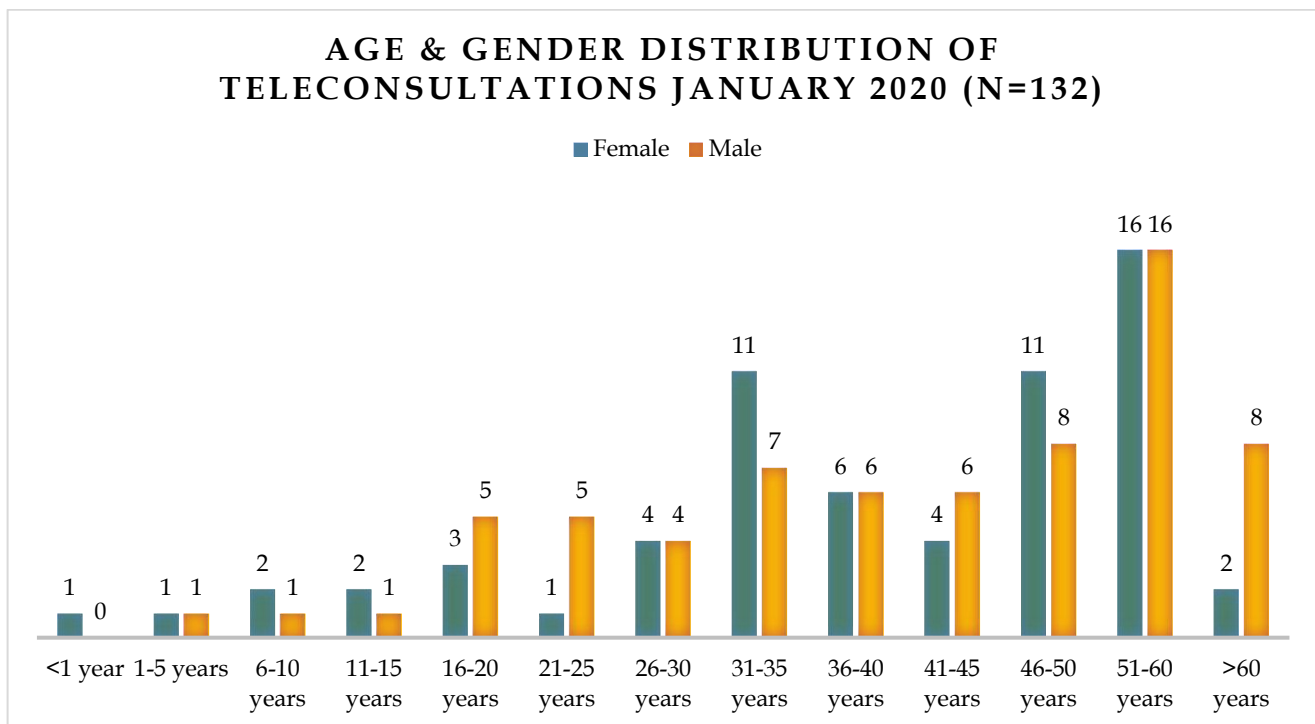
An overview of the number of beneficiaries in the month of January 2020 is provided below:



In January 2020, the number of beneficiaries covered varied across all services, with teleconsultations and health profiling benefitting the highest number of beneficiaries. **132** teleconsultations were provided, this included both new cases and review patients. **59** patients were benefitted through the laboratory services, whereas pharmacy benefitted **59** individuals. Common Services Center (CSC) services were provided to **90** beneficiaries. **96** participants have been enrolled for Social Health Education (SHE) sessions. **299** beneficiaries were screened under health profiling and were sensitized about their health status. **33** female participants benefitted under the menstrual hygiene awareness program. **364** free menstrual hygiene kits have already been distributed to beneficiaries (through January 2020). With door-to-door visits **42** families have been approached, sensitizing nearly **200** individuals about the Tuvar Health & Wellness Center (THWC) program. In order to promote the importance of personal hygiene among young children, activities were organized at **3** schools covering **90** school children. THWC benefitted **768** beneficiaries in January 2020, taking the overall beneficiaries covered through the end of January 2020 to over **6900** beneficiaries.

## Teleconsultations:

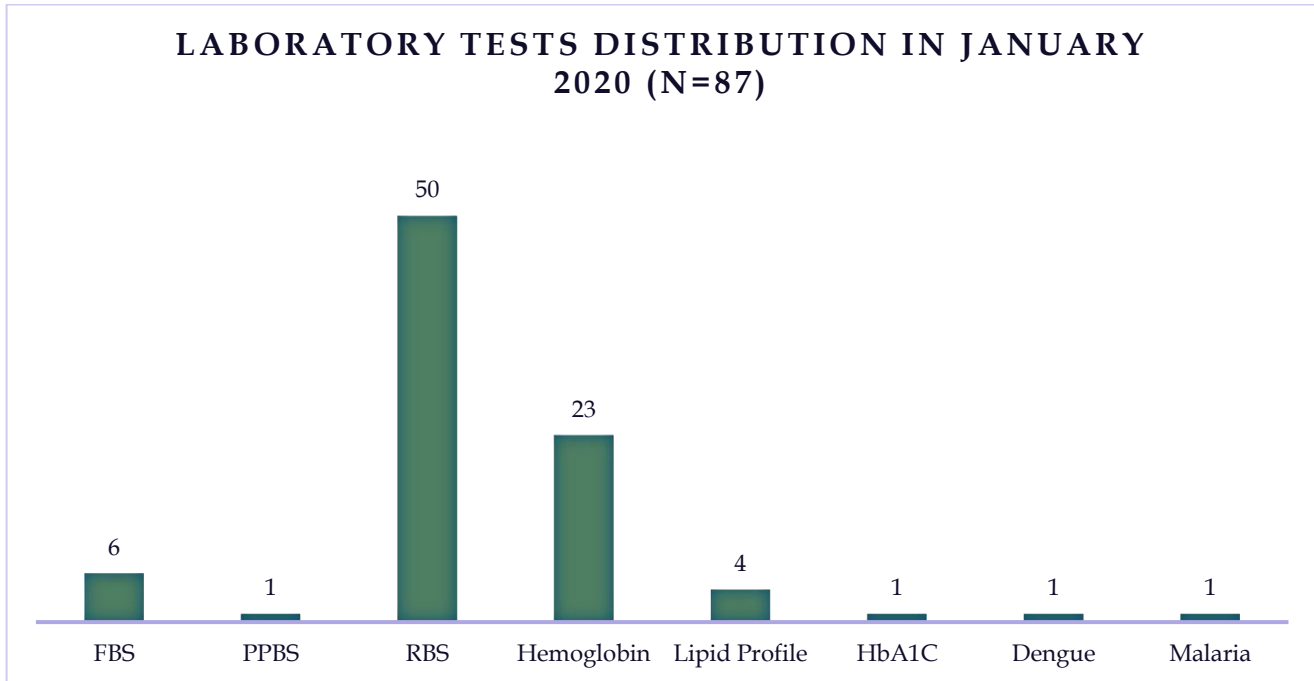
With the availability of a wide range of specialists for teleconsultations, communities have been able to access expert doctors from Apollo Hospitals. In January, we have continued teleconsultations across major medical specialties helping beneficiaries to initiate and resume their treatment plan using expert medical advice. Moreover, through teleconsultations, a linkage between primary and secondary care for the beneficiaries is being provided, as both General Physician and Specialty teleconsultations are available at the Tuvar Center. In the month of January 2020, a total of 132 teleconsultations were provided, the age and gender distribution of the beneficiaries is provided below:



In January 2020, the distribution of patients who have availed teleconsultations was observed to be skewed with patients mostly belonging to young adult and older age groups, utilizing the majority of the teleconsultations. The teleconsultations benefitted patients across all age groups, with the youngest being 5-months-old and the oldest patient being 76 years old. Females constituted 48% and males constituted 52% of teleconsultation beneficiaries.

## Laboratory Tests:

In the month of January 2020, laboratory tests were performed for 59 patients, thereby enabling the specialist doctors to provide evidence based clinical care. The distribution of laboratory tests is provided below:

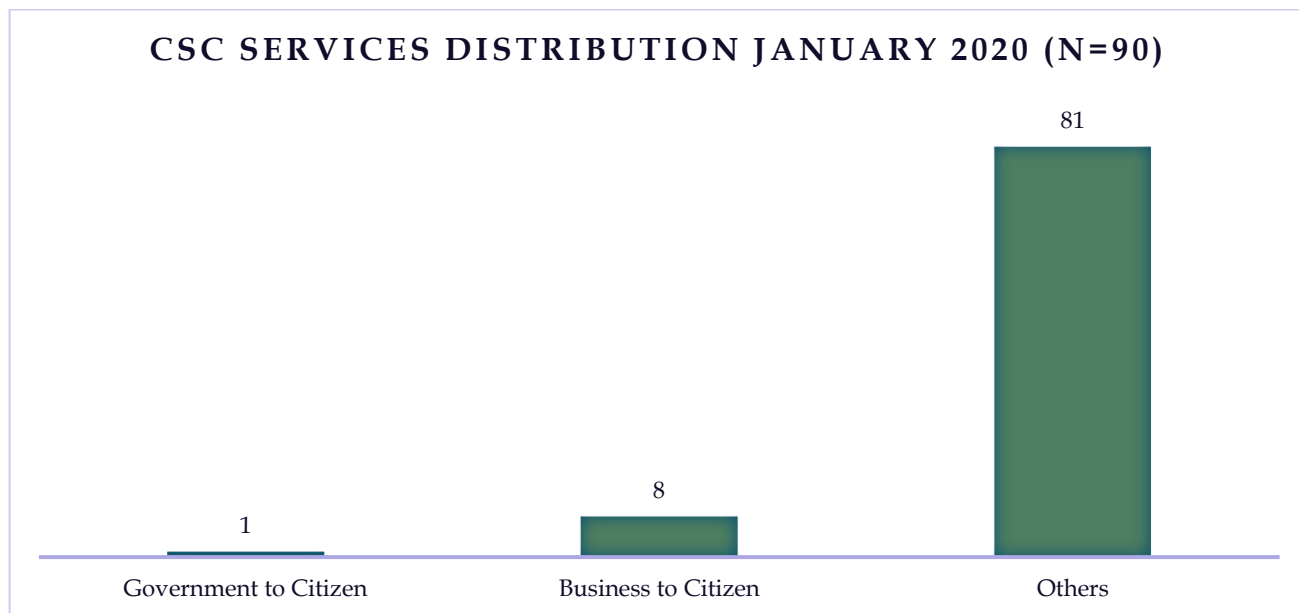


## Medication Dispensing (Pharmacy):

The Tuvar Pharmacy has been dispensing medication to patients availing teleconsultations. In addition, individuals who have prescriptions provided by local health care providers in and around Tuvar village are also benefitting. In January 2020, 59 patients were treated by accessing medicines from Tuvar Pharmacy. Among the type of medication dispensed at the pharmacy, anti-allergic and antibiotics constituted the most frequently dispensed medication, followed by Analgesic & Antipyretic, and Analgesic medication.

## Common Services Center (CSC):

January 2020 has seen CSC services assisting 90 beneficiaries. Printing and photocopying services followed by private digital and government services constituted the majority of the services accessed. The distribution of CSC transactions carried out in January 2020 are depicted below:



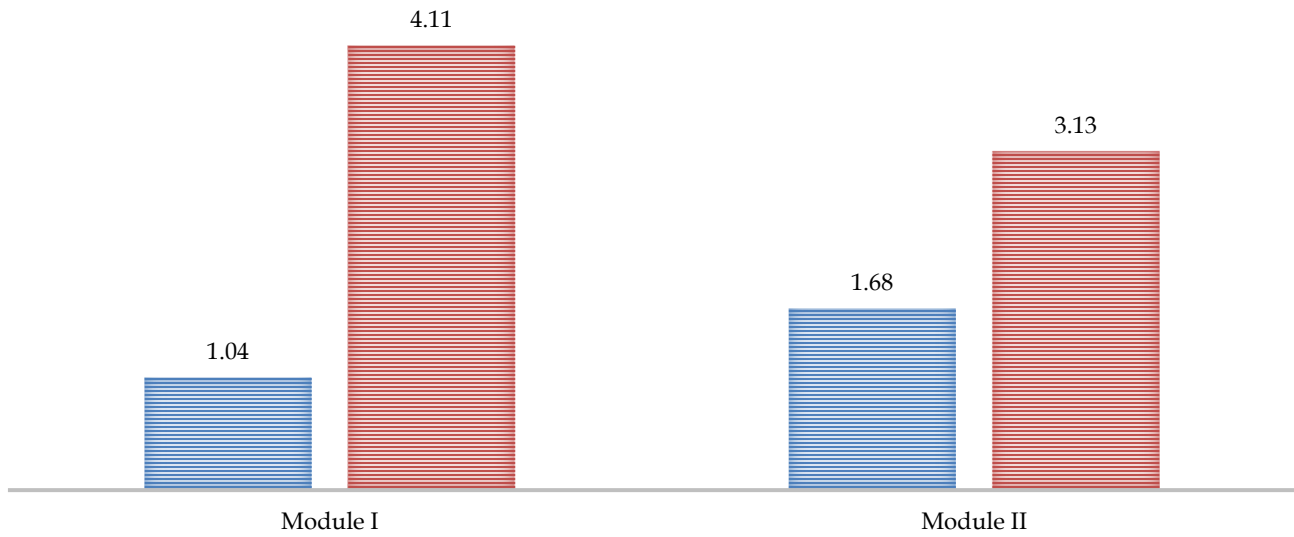
## Social Health Education (SHE):

Health Promotion is one of the crucial aspects of the THWC project and is being implemented through Social Health Education (SHE) sessions. The objective of SHE is to impart basic health care information in a systematic and understandable way to communities in and around Tuvar using audio visual aids. Under SHE, interested household women are enrolled as participants to provide information pertaining to Non-Communicable Diseases (NCDs) and women related health issues. A total of 15 health care topics divided into 5 sessions/modules are planned for a period of 3-4 weeks. Participants are assessed before the beginning and after the completion of each SHE session, to assess the knowledge gained through each session. In January 2020, 96 participants have been enrolled for imparting awareness through all SHE sessions, the details of SHE sessions are outlined below:

- Total number of batches of participants enrolled under SHE from July 2019 till January 2020: 33.
- Total number of participants who have completed all SHE sessions from July 2019 till January 2020: 365.
- Module wise average pre and post assessment scores for the batches which have completed SHE sessions in January 2020, are as follows:

**PRE 7 POST ASSESSMENT SCORE COMPARISON FOR BATCHES COMPLETING SHE SESSIONS IN JANUARY 2020 (N=96)**

■ Pre Test ■ Post Test



The distribution of number of participants that have completed each of the sessions till January 2020, is provided below:

**DISTRIBUTION OF PARTICIPANTS COVERED UNDER SHE MODULES TILL JANUARY 2020**



In January 2020, 96 participants were registered for SHE sessions. All 96 participants have completed the first SHE module, while 19 participants completed the second SHE module. The participants are yet to be covered under all 5 sessions of SHE, and the SHE sessions are in progress.

## SHE Sessions



## Health Profiling:

The Health Profiling program has been playing a critical role in improving and extending the reach of health care services being provided at the Tuvar Center. With the objective to reach out to other adjacent villages not covered under the first phase of health profiling, the second phase has been initiated. Coupled with the interest of the individuals and the tireless efforts of the team, a total of 299 beneficiaries were covered under Health Profiling in January 2020. In January, in addition to the door to door health profiling activity, health screening camps were organized to enhance the effectiveness of health profiling. This step has seen positive responses from the communities.





**Outreach Initiatives:**



**School Drawing Competition @ Personal Hygiene  
Participants January 2020 - 90**



**Door-to-Door Outreach  
Total Coverage in January 2020 - 200**



**Menstrual Hygiene Sessions  
Participants January 2020 - 33**