

Case Study/Success Story

Project Title:	To support and complement government efforts for coping the current pandemic of COVID-19 and ensure essential health services, including MNCH, IPC, PPE, psychosocial support and disease surveillance in District Peshawar and Swat of KP
Sector	Health
Donor	UNOCHA PFPF
Area of Intervention	Peshawar
Name of Reporting Person (Name, Designation, contact)	Inam Ullah Khan Laboratory Technician 0310-8338132
Case study Summary/Title:	Strategies in the Treatment of Chronic Stress from COVID-19
Personal Background: <i>Project beneficiary name, age, if PWD (nature of disability), assets (i.e. land ownership status), family size, source assets (i.e. land ownership status), family size, source of livelihood (primary & secondary)— more detail is better.</i>	<p>World Health Organization (WHO) has declared Covid-19 Outbreak as an international public health emergency in December 2019. This global pandemic is negatively affecting the mental health and socio-economic conditions of people. The nationwide lockdown strategy was developed in order to mitigate further spread of the disease and so most of the people were restricted at home.</p> <p>Government health facilities are already overstretched and due to lack of health services at static facilities, EHSAR foundation joined hands with government to support them and to serve the humanity in such a miserable condition.</p> <p>Re-organizing efforts, EHSAR Foundation initiated implementation of UNOCHA-PHPF funded emergency project with a title “To support and complement government efforts for coping the current pandemic of COVID-19 and ensure essential health services, including MNCH, IPC, PPE, psychosocial support and disease surveillance in District Peshawar and Swat of KP”.</p> <p>Responding to the pandemic situation, EHSAR foundation started</p>

rendering health services at door steps to serve the humanity in enhanced approach to prevent further spread of COVID-19 by organizing mobile health camps at community level as well as health facilities, lacking health services. Medical camps were organized in the supervision of expert technical team comprised of Medical Officer, Medical Technician and Psychologist, Screening helper and Health and Hygiene promoter. Major intervention of EHSAR foundation in the current pandemic includes health screening for COVID-19, SWAB collection and further follow-up of the investigation reports, Psychosocial support, MNCH services and health and hygiene awareness.

On September 16th, 2020 EHSAR Foundation organized medical camp at Pakha Ghulam, district Peshawar. Mr. Kamran Khan, 38-year-old belongs to Nishtar abad district Peshawar, having a small family including a spouse, son and daughter, is working as receptionist in a restaurant / wedding hall. He is very stout and possesses strong immunity with good determination. On the day he was observed in stress, fear about COVID-19 like other inhabitants of the area. Moreover, he was reluctant to go for screening and SWAB collection because of stigmatization factor. During door-to-door visit EHSAR field team mobilized and sensitized entire inhabitants in the area regarding screening and sampling of suspected individuals.

Nasopharyngeal sample of Mr. Kamran Khan for COVID-19 was collected which was sent to government notified laboratory for further investigation. On September 21st, 2020 investigation report indicated Mr. Kamran Khan Positive for COVID-19. On the very next day, September 22nd, 2020 a follow up visit was conducted by EHSAR Foundation team for proper isolation at home and to guide him regarding the SOPs to be followed during the isolation period. He was supported in-kindly in terms of safety kit provision comprised of Hand sanitizer, Soap, Masks and gloves for ensuring his safety as well as his family members with the aim to control further transmission of the virus and life insecurities caused by the pandemic.

Health and hygiene session was conducted with the targeted family to promote healthy hygienic practices. During the session they were communicated positive effects of healthy hygienic practices and adverse consequences caused by non-hygienic practices. They were educated by explaining personal, domestic and environmental hygiene to stay safe from disease vectors. Hand washing in daily routine was emphasized accompanied by practical demonstration of hand washing steps. Precautionary measures during the pandemic including proper use of mask, social distancing and signs and symptoms of COVID-19 were also a part of the awareness rising session. As a support EHSAR foundation contributed in provision of masks with practical demonstration regarding its proper use.

On the day psychosocial support was also provided to the family of Mr. kamran khan. Furthermore, 04 samples were collected for

COVID-19 from the close contacts of the patient which were sent for further investigation. Besides this all the suspected close contacts were provided safety kits for ensuring their safety. EHSAR Foundation team stayed committed for proper follow-ups of the patient till re-SWAB and his result declared negative for COVID-19 infection.

Feedback of the beneficiary in his/her own words:

- How has the project affected your life? In other words, what changes have you experienced as a result of the project? (This is an open-ended question and can be positive or negative.)
- How do these changes make you feel? In your opinion, what is the most significant change in your life as a result of the project?

According to Mr. Kamran Khan
“I was hiding my original history due to fear and stress as rumors were flouting on social media and community that COVID-19 positive patients are admitted in hospital for injection of poison in body and lastly dead body is handed over to their heirs. I am thankful to EHSAR FOUNDATION team who saved me and my family and also supported me financially in terms of free COVID-19 test at door step. The actual expenses for the test were unaffordable for me in such worldwide financial crises due to COVID-19 lockdowns and minimal opportunity of daily wages”.
 Furthermore, he added, ***“do not consider COVID-19 positive as stigmatization factor and the entire symptomatic and asymptomatic patient are requested not to hide the original history and everyone should seek medical care in time. He added that now I can say that COVID-19 test on time will prevent the spreading of this virus”.***

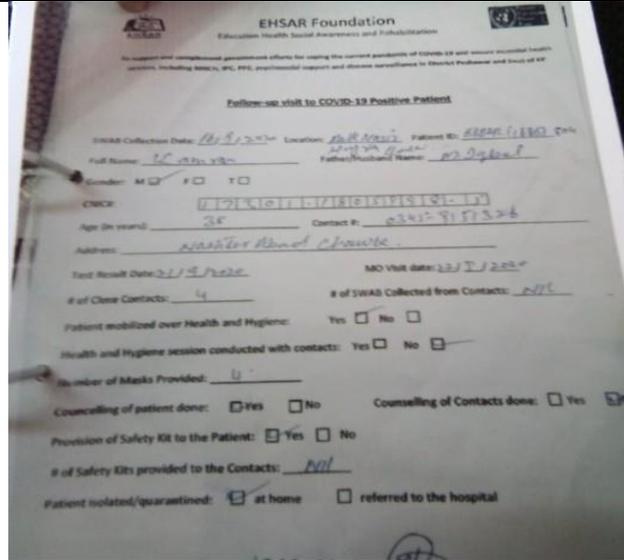
Photos/Images

Picture attached



Consent of beneficiary

Consent form filled from beneficiary



EHSAR Foundation
Education Health Social Awareness and Rehabilitation

An support and complementary governmental efforts for coping the current pandemic of COVID-19 and secure essential health services, including NHCs, PFC, professional support and disease surveillance in District Peshawar and town of EP

Follow-up visit to COVID-19 Positive Patient

SWAB Collection Date: 21/5/2020 Location: Subhan Patient ID: EP/2019/1880
Full Name: Mr. Kamran Khan Father/Husband Name: Mr. Iqbal
Gender: M F T
CNIC: 7179901727800000000
Age (in years): 35 Contact #: 99157526
Address: Wazirabad Peshawar
Test Result Date: 21/5/2020 MO Visit date: 21/5/2020
of Close Contacts: 4 # of SWAB Collected from Contacts: N/A
Patient mobilized over Health and Hygiene: Yes No
Health and Hygiene session conducted with contacts: Yes No
Number of Masks Provided: 4
Counseling of patient done: Yes No Counseling of Contacts done: Yes
Provision of Safety Kit to the Patient: Yes No
of Safety Kits provided to the Contacts: N/A
Patient isolated/quarantined: at home referred to the hospital

Consent taken from Mr. Kamran Khan