

Rainbow Clinic – MCC Centre of Excellence

The Rainbow Clinic is open Tuesday to Saturday from 9.30 a. m to 4.00 p.m



The Clinic is open 5 days a week, and provides primary healthcare to an average of 60 patients a day, with two full-time doctors, a nurse and pharmacy staff. The doctors are introducing health education into the other sectors provided by the Foundation of Goodness, as well as doing as much community education as they can within the clinic and through special outreach programmes.

ACTIVITY HIGHLIGHTS

Awareness Programmes



A dengue Awareness Program was held in August at the Aviva Centre. Two Public Health Inspectors attached to the MOH office Hikkaduwa, conducted the programme. There were 25 participants. Special leaflets on Dengue prevention prepared by the FOG were distributed. to the public.

Prevention of Dengue Fever, by the Prevention of mosquito breeding and proper garbage disposal was explained in detail. Later a discussion on good health practices, proper nutrition and the importance of a balanced diet were also explained in detail to all present.

The leaflets on dengue prevention are also handed over to patients attending Rainbow Clinic.



A health awareness programme for mothers of the FOG Preschool was held at the Aviva Centre in October. Mrs Kusum Warnakulasooriya, Health Educator from the Office of the Director of Health

Services, Galle, conducted the session assisted by Dr. Shirley of the Rainbow Clinic. The topic was “The Role of the Mother in Early Childhood Development and Healthy Lifestyle”.

24 mothers and 4 fathers of the pre-school children participated in the programme. A short film was shown on Child Abuse and its prevention. Soon after the show a discussion was held with the parents on questions arising from the lecture and the film.



An awareness program was held at the Wimalabuddhi School in November, which was conducted by Dr. Shirley. The topics covered were maintaining a good oral hygiene practice, the importance of a proper balanced diet and the prevention of Dengue fever.

121 students belonging to Grades 6, 7, 8,9,10 took part on this program.

Presentation of Wheelchair



On 30 September, the Rainbow clinic presented the Elders’ Home in Wellawatte, Hikkaduwa, a much needed wheelchair. It was bought with the funds collected in the till which is kept in the waiting room at the Rainbow clinic. These are contributions from patients and well-wishers who visit the clinic. This is a prime example of how kindness and generosity however small could collectively make a difference for the benefit of our elders

Regular visits to Elders’ Home in Wellawatte, Hikkaduwa



We continue with the regular medical clinics at the Elders Home, Wellawatta, Hikkaduwa,. All the resident elders are examined and treated by the medical team and those who need it are referred for specialized treatment at the Government Hospital, Arachchikanda, Hikkaduwa The matron is always advised on the importance of the elders being given a nutritious diet, sunshine and daily exercise without exertion.

Screening Program - Elders Home, Wellawatta, Hikkaduwa

A screening programme for elders was held using fasting blood sugar, Serum cholesterol & urine full report (UFR) to detect the subclinical medical abnormalities

The elders were brought to the medical lab at the Rainbow Clinic by 7.30 a.m. to collect samples. Around 5-10 elders were sent daily and it took several days to accommodate all the elders. The three-wheeler at elders home was used to transport the elders. Two medical assistants visited the home one day to collect the samples from debilitated elders who were unable to travel to the Rainbow Clinic.

Number of Elders	Fasting Blood Sugar Level	Serum Cholesterol Level
18	Normal	Normal
6	Normal	Raised
0	Raised	Normal
0	Raised	Raised

Number of Urine Full Reports (UFR) done – 24

Out of 24 Urine reports there were abnormalities in 10 reports (with increased pus cells). Since there might have been the contamination of samples, when the medical team visited the home the following week we advised again on how to collect samples without contamination. Samples were collected again for re-testing.

Among the repeated samples there were then only 4 samples which need medical intervention.

Medical Intervention:

- All the elders with increased Serum cholesterol levels were advised on diet control with lesser lipid containing food, addition of more green leaves and fruits to meals and regular exercise. We suggested to matron to instruct the people who give alms to add more greens and also to find a way to grow some green leaves and perhaps fruits at elders home. Gardening is also good exercise
- To prevent urinary tract infections the elders and matron were advised on proper sanitation & importance of consuming sufficient water.
- Four elders were referred to local hospital for further investigations and treatment considering the results of screening and their previous medical conditions.

Four elders with suspected urinary tract infection was given medication at our clinic

Regular visits to Anula Girls' Home, Balapitiya



We continue to visit the Girls' Home, in Balapitiya. All the girls are medically examined and their weight and height monitored. All those who need treatment are given medication. Every time the girls are advised on the importance of washing hands and improving one's personal hygiene.

Statistics

•Number of Patients seen at the Rainbow Clinic and number of villages they came from

	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Number of Patients	985	1073	1242	1137	4,518
Number of Villages	32	32	33	36	36

•Number of Patients by gender

	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Female	643	735	772	711	2,861
Male	342	338	470	426	1,575

•Number of blood tests carried out

	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Blood Tests	488	613	543	401	2,045

•Number of patients screened for raised blood sugar and cholesterol levels

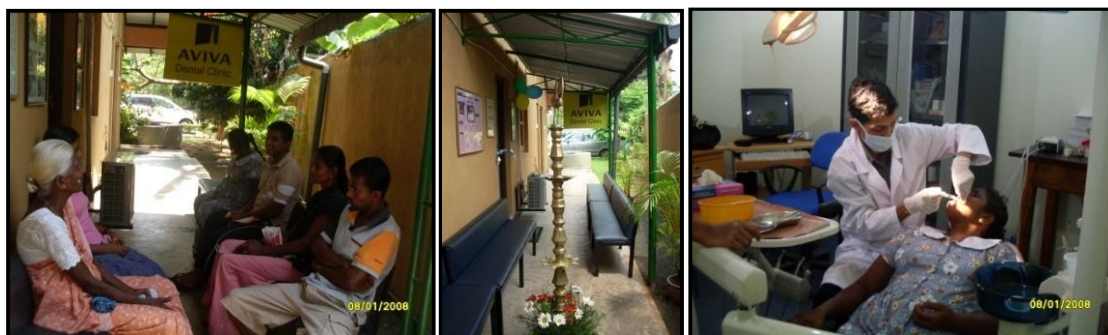
	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Number of patients screened	50	69	70	46	235

•Number of Patients referred to local Hospitals

	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Number of patients referred	40	27	15	12	94

AVIVA DENTAL CLINIC

The Aviva Dental Clinic is open Tuesday through to Saturday 9.30 am to 3.30 p.m.



Dental care and oral health is a priority for rural children in Sri Lanka. Local statistics show that dental caries is the most prevalent health issue facing school children in the area. The dental clinic offers basic dental care, including fillings, extractions, cleaning, caps and general oral hygiene, and holds workshops to provide local residents with information on how to look after their teeth.

ACTIVITY HIGHLIGHTS

Regular visits to Elders' Home in Wellawatte, Hikkaduwa



The dental team also takes part at the regular medical clinics held at Elders' home in Wellawatte, Hikkaduwa. Their oral hygiene is thoroughly checked and patients are given appointments to visit the Seenigama clinic for further treatment where necessary.

Regular visits to Anula Girls' Home, Balapitiya



The dental team also takes part at the medical clinics held at Anula Wijerama Girls Home, Balpitiya, Their oral hygiene is checked and every time reminded about oral hygiene.

The Foundation provides transport for the girls of the home who have been referred to the clinic for dental treatment. They are brought over with their matron and after treatment dropped back at the home in Balapitiya..

Statistics

- Number of Patients seen at the Aviva Dental Clinic and number of villages they came from

	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Number of Patients	203	258	297	66*	824
Number of Villages	32	36	36	32	36

- Number of Patients by gender

	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Female	113	141	171	29	454
Male	90	117	126	37	370

- Statistics of Dental treatment carried out

Treatment	Aug'10	Sept'10	Oct'10	Nov'10	TOTAL
Amalgam	4	6	2	0	12
Composite	39	41	44	17	141
Consultation	35	28	23	6	92
DICAL/TF	18	36	2	8	64
DICAL/GIC	1	3	24	1	29
Extractions	11	21	8	4	44
GIC	31	32	35	2	100
Mummification	1	2	54	0	57
RCT 1st Step	16	3	27	08	54
RCT Final Filling	11	23	25	06	65
Scaling	29	18	20	05	72
TF	36	27	40	17	120

* The Aviva dental clinic was forced to be kept closed during most of November, due to the dentist Dr. Pushpakumara getting a government appointment and leaving immediately. FoG was not able to find a replacement immediately, despite advertising in the national newspapers twice and exploring other avenues, due to a glut of govt. appointments opening up in the north and east. We did find a candidate or two but the remuneration was far beyond what we could afford, especially owing to the current shortage.

Meanwhile, we have now found a part-time dentist and will continue with the search to return to normalcy as soon possible.

We exist to promote good health practices through compassionate family centred care, motivated by commitment to improve the health and well-being of those who are less fortunate

www.unconditionalcompassion.org