

Project HOPE responded to the 2004 Indian Ocean Tsunami by sending millions of dollars of medicines and medical supplies, and hundreds of volunteer doctors and nurses to provide primary care to those suffering in the devastated region. But the help did not end there. In 2005, Project HOPE began several projects to address health needs in the tsunami affected areas. In 2007, the Big Lottery Fund provided funding to Project HOPE to conduct a five-year program to improve the health of women, infants and children in Nagan Raya. Nagan Raya's health care system was already in disrepair due to 30 years of civil war which made the implementation of nation-wide health initiatives nearly impossible. The tsunami compounded the problem, making access to health care by women and children even more challenging than before. By training school teachers, community health workers and midwives on health topics, Project HOPE has worked with Indonesia to improve the health of women and children in Nagan Raya.

## Child-to-Child Program



The Child-to-Child program trains elementary school teachers on common infant, child and maternal health problems and desired health behaviors. The teachers in turn teach their fifth-grade students the same health lessons, which are then shared with siblings and other family members at home to improve health knowledge. Health topics covered include:

- Importance of early and exclusive breastfeeding
- Management of diarrhea
- Malaria treatment and prevention
- Growth monitoring and nutrition
- Acute respiratory infection
- Immunization
- Personal hygiene

### *Progress:*

As of December 2008, 87% of the 143 elementary schools in Nagan Raya are implementing the program (up from 62 % in May 2008). To date, the program has reached 2,602 fifth-grade students. Based on the success of this program, the District Education Office has decreed that all elementary schools in Nagan Raya are to implement the program and that teachers will devote two hours per week teaching these health subjects to their students.

## Midwife Training

Midwives in Nagan Raya are improving their knowledge and skills through training provided by Project HOPE. Following training, midwives are expected to be able to:

- Handle problems in newborns including low birth weight and respiratory infections
- Make sure newborns receive a medical check-up after birth
- Detect early signs of infection and problems in infants and pregnant women
- Support women in exclusively breastfeeding their infants
- Promote the importance of delivering with a skilled birth attendant

### *Progress:*

- Trained 102 midwives and 72 traditional birth attendants
- Conducted seminar with 250 participants in immediate and exclusive breastfeeding
- Nagan Raya Regent attended the seminar and thanked Project HOPE for all the benefits the project is providing to the community



## Integrated Health Posts

Integrated Health Posts in Indonesia rely on community health volunteers to provide basic health services at the village level. For many women, the health post is the only medical service available so it is crucial that volunteers are able to provide women and children with quality health services. Services provided include:

- Growth monitoring
- Vitamin A distribution
- Distribution of Oral Rehydration Salts
- Immunizations
- Pre-natal care

### *Progress:*

- 2,451 volunteers trained from 495 villages in how to manage health posts and provide services
- 30% of villages visited to monitor volunteers and provide on-the-job training and support
- 94.4% of health posts were successfully implemented, an increase from 22.7 % prior to the program
- 6,618 infants; 17,179 children under 5; and 3,425 pregnant women served to date at health posts



### *Routine Check-Up Saves Baby's Life:*



Padli, a Project HOPE field coordinator, helps conduct monthly weigh-ins of children at community health clinics in Nagan Raya. At a routine weigh-in, Padli examined Zakaria, a young child very underweight for his age. He also noticed that Zakaria was having difficulty breathing, and his extremities were blue. Padli immediately referred the baby to a local pediatrician.

The baby was diagnosed with a congenital heart defect. A surgeon agreed to perform the lifesaving operation on little Zakaria, free of charge, but the nearest hospital with pediatric cardiology capabilities was a long distance from Zakaria's home. Zakaria's

parents did not have the \$5,000 needed to pay for transportation to the hospital and the expense of medicines and living costs associated with their child's stay in the hospital.

But the Project HOPE staff was unwilling to let young Zakaria go untreated. In partnership with the local health center doctor, the team initiated a fund raising campaign to get Zakaria and his parents to the hospital. Project HOPE employees contributed 25 percent of the needed money themselves.

On December 11, 2008, doctors operated on Zakaria. He is recovering well, gaining weight and playing happily. "The Project HOPE staff and Nagan Raya District Health Office are very happy that we were able to help save Zakaria's life," said Dr. Nasar Sheldon, Project HOPE's Country Director.



## Results

The first year of the program has shown health improvements across every indicator for women, infants, and children. For newborns, the number of deliveries attended by trained health providers increased by 20%, and the number of women breastfeeding within 1 hour of birth and the number of newborns examined within 72 hours of birth both increased by 10%. For children, the number receiving full immunization coverage, receiving ORS for diarrhea, and receiving consistent growth monitoring all increased by approximately 20%. Maternal indicators also increased: women who had postpartum consultations within 3 days increased by 14%, women who had two tetanus shots during their last pregnancy increased by 24% and the number of women who now get 4 or more ante-natal visits during their pregnancies quadrupled.

*For more information, visit [www.projecthope.org](http://www.projecthope.org).*