Effective health care delivery depends largely on the education, training and appropriate orientation towards community health, of all categories of health personnel and their capacity to function as an integrated team. The Community Medicine Department has a major role to play in producing/creating a doctor competent enough in providing comprehensive health care to a patient, family and to the whole community, keeping in view the national health programmes.

**Vision:** “*We communicate and work as a team for effective integration of medical education with primary and secondary health care and we integrate with the health care delivery system/services and community to effectively meet the needs of our community*”

**Aim:** To integrate medical education with primary and secondary health care.

**Objectives:** 1. To strengthen training of undergraduates, interns and postgraduate students at Rural Health Training Center attached to Medical College Baroda.

2. To integrate Medical College with the health care delivery system/services and community to effectively meet the needs of the community.

**Current RHTC staff**

Dr. Shobha Misra, Associate professor, Community Medicine Department, is in-charge of RHTC Sokhada for teaching, training and monitoring different activities carried out by interns, post-graduates and under graduates. Assistant Professors, Tutors and postgraduate students of Community Medicine Department have been working as RHTC team in rotation. They are responsible to train all the interns in rural health practice. Staff of Medical College and interns work here in collaboration with Health Department for improving health care service delivery at PHC, Sub centres and remote areas.
At Baroda Medical College, PHC Sokhada has been adopted as Rural Health Training Centre under PSM Department, since March 2013. Under RHTC Sokhada, there are two other PHCs- PHC Aasoj and PHC Sakarda catering to nearly 1 lakh population. All the three PHCs are at a distance of nearly 15 kilometres from Medical College Baroda. PHC Sokhdawas once a NABH approved with good health care supply. All the Interns are posted here for their one month training in rural area.

RHTC at Medical College Baroda is under the existing General Health System and not under Dean of the institute and Community Medicine Department. The Department unanimously has the opinion that; Rural and Urban Health Training Centre work in coordination with Primary Health Centre (run by General Health System) & Urban Health Centre (run by local Municipality). The Affiliation Model can be the most appropriate model where the training centre building and staff for UHTC & RHTC can be under full control of Dean, Medical Colleges, but at the same time there is good partnership between General Health System and Medical Colleges. Students from the Medical College will have full access to the health facilities, services, programs etc. while general health system will get technical support from medical team.

Infrastructure for hostel: Proposed to build new RHTC building and Hostel, (10 rooms, separate for boys and girls, on twin sharing basis) including mess and accommodation for warden facility in the RHTC campus.

RHTC has good linkages with the health care services:

Stakeholders:

- Teachers and postgraduates from dept of Community Medicine , interns, staff of PHC and linked staff, community
- Specialists from Departments of Medicine, Skin & VD, Gynec and Pediatrics.
Concept and Activities at RHTC attached with Medical College Baroda

Dr. Shobha Misra, In charge RHTC, Associate Professor, PSM,
Medical College Baroda

- Block Development Office (BDO), Integrated Child Development Scheme (ICDS) and Office of Chief District Health Office (CDHO)
- Others as and when required.

Broadly activities planned for Interns are at three areas.

1. In RHTC/PHC building, for clinical & specific protection related services, in house training, and health programs related services.
2. In community i.e. Villages having sizeable population at RHTC (5000 to 10000) for direct outreach, community based, field related activities.
3. In field areas covered by the Health system i.e. PHC and its Sub-Center (SC) areas, Anganwadi centers.

Orientation Programme and Capacity Building: An Orientation Programme is held on the first day of posting and subsequent in-house trainings are held. They are detailed regarding the objectives of the posting and their schedule of posting by the in charge and staff of Community Medicine, Department responsible to train all the interns in rural health practice with day to day supportive supervision of their work.

Teaching Learning Methods: Lecture, group discussion, films, videos role play demonstration, communication skill enhancement trainings, health talk, competitions and others.
A brief on Activities carried out at RHTC - Baroda Medical College not limited to and based on community needs assessment

Activities carried out by Intern Doctors

A) Facility Based

Interns are posted at the three PHCs by rotation.

- They are supposed to attend the OPD with Medical officers of respective PHCs, whereby they get hands on experience on history taking, examining patients and prescribing rational treatment.

- They are given practice exercises on writing ideal prescription for common diseases and various clinical conditions prevalent in these areas.

- Apart from attending OPD, they attend indoor patients and also assist in conducting deliveries at PHCs. They also observe and sometimes assist in minor operating procedure like Incision and Drainage.

- Apart from examining and treating the patients, interns are exposed to various laboratory techniques such as preparing blood smear for malarial parasites with the help of laboratory technician and also identify positive slides. PHC Sokhada is a Designated Microscopy Centre of the block, so interns also get some good experience on sputum microscopy.

- Once a week, interns sit with pharmacist, get themselves updated about drugs available at PHC and dispense the drug also.

- Every Monday interns attend Village Health and
Nutrition Day, i.e. “MAMTA DAY” (VHND) at PHC

- Specialists from Gynaecology and Paediatrics visit RHTC on Mondays and Medicine and Skin VD on Thursdays where inters and PGs get guidance from them.

B) Outreach and Community based activities

Apart from all these routine duties at the facility, they are also trained to carry out some outreach activities every month.

- Every Wednesday at Sub-centre or Anganwadi they assist ANM (Auxiliary Nurse Midwife) and FHW (Female Health Worker) in growth monitoring of children and Antenatal check-up. There they have to fill up a check-list for MAMTA DAY monitoring.

- During pre-monsoon and monsoon season they carry out “Anti-Larval Activity” along with sanitary inspector (SI).

- At the same time, they utilize this opportunity to give health education to the community on Vector Borne diseases and their mode of spread.
Interns visit different villages as a part of their “Field activities” under supervision of RHTC staff. During their field visits different assignments are given to them, like once they carried out need assessment survey for establishing specialist services at PHC, Leprosy.

Village house visits to check KAP (Knowledge, Assessment & Practices) on vector born diseases and others.

Field work by house to house visits is done on regular interval under supervision of faculties. Interns are mentored for various small activities involving house to house visits like creating awareness regarding common health problems like Hypertension, Knowledge Attitude Practice study regarding worm infestation and other health surveys.

At village level, all interns are divided into different teams and accompanied by one Accredited Social Health Activist (ASHA), a local health worker. Different teams cover different areas and pour solution of abate in containers which are used for storage of water. This experience is totally new for interns. They actually go into field, come in contact with community, talk with them and come to know different problems faced by them and try to find some solution at their level.

During their posting, interns prepare a “Role Play” on the topic given to them like, counselling on family planning, antenatal counselling, use of mosquito net for prevention of vector born diseases, Creating awareness on Protein Energy Malnutrition and Non Communicable diseases etc. They do this role play in the community at different villages. While enacting the role play, interns learn skills to work in a team, initiate discussion among them and at the end feedback is offered by the teachers. This has become a part of their posting. The objective of this activity is to improve their communication skills and affective domains.
Concept and Activities at RHTC attached with Medical College Baroda

Dr. Shobha Misra, In charge RHTC, Associate Professor, PSM,
Medical College Baroda

Role play performance on
‘Heat stroke’ at Mirsapura village.

- Celebration of specific national health days through various health related activity like health talk at schools or community centers. Interns themselves prepare script under guidance of teacher & execute Role plays on identified health problem for community awareness.

Tobacco Day

Hand wash demo
Concept and Activities at RHTC attached with Medical College Baroda

Dr. Shobha Misra, In charge RHTC, Associate Professor, PSM,
Medical College Baroda

- All interns take part in medical camps like Post flood Medical Camp, Leprosy screening camp, Diabetes screening camp, Polio immunization activities when it is organized at that particular time.

- To sensitize to community on ‘Tobacco hazards” for celebrating No Tobacco Day, interns performed a street play.

- **Competitions:** Drawing competition held at primary schools of PHCs; Viz celebration of Swatchhta abhiyan (cleanliness drive), balanced diet among group of female etc.

- **Health Talks:** On topics identified based on the need of the community. For example during summer Heat stroke and its prevention was the topic of health talk in a village with IEC material preparation.
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Medical College Baroda

- Rallies to create health awareness, campaigns
- Immunization program (Mission Indradhanush and others).
- Booth monitoring activity
- HMIS like data, records and their interpretation and use.

Some other topics of health talk to name a few: 52 topics are being covered in various villages till date. To name a few:

- Tuberculosis counseling session was arranged at Anganwadi
- Talk on Non communicable diseases and it’s screening
- Talk on awareness regarding swine flu
- Talk on symptoms of Malaria and Diarrhea
- Talk on Food safety on celebration of world health day
- Nutrition of women and children and breast cancer discussion among group of female

- Upgrading family folders of the village (Motiapura) and analysing demographic and health profile.
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Medical College Baroda

- An experimentation on Kitchen garden to celebrate “World Environment Day”.

At regular interval Medical Camps are organized in different villages. During such camps specialist from different disciplines examine patients and interns assist them. Screening for non-communicable diseases is also carried out.
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Observance of various National and International Days

INTERNATIONAL YOGA DAY June 2017, PRANAYAM

SPECIALIST VISITS: At Sokhada PHC from Medical College and SSGH, Baroda.

Multi-specialty OPD at RHTC with proper referral to medical college.

Rural Health Training Centre (RHTC), Sokhada is providing a range of health services under Department of PSM, Medical College Baroda. Specialist health care is mandatory at a Rural Health Training Centre as per MCI requirement

To start with, Specialist service has been started at RHTC since 1\textsuperscript{st} January 2015 as follows:

<table>
<thead>
<tr>
<th>Specialist</th>
<th>Required frequency of visit</th>
<th>Requirement of doctors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gynaecologist</td>
<td>Every Monday</td>
<td>Asst. Professor/ 4\textsuperscript{th} year resident</td>
</tr>
<tr>
<td>Paediatrician</td>
<td>Every Monday</td>
<td>Asst. Professor/ 4\textsuperscript{th} year resident</td>
</tr>
<tr>
<td>Skin &amp; VD Specialist</td>
<td>Every Thursday</td>
<td>Asst. Professor/ 4\textsuperscript{th} year resident</td>
</tr>
<tr>
<td>Physician</td>
<td>Every Thursday</td>
<td>Asst. Professor/ 4\textsuperscript{th} year resident</td>
</tr>
</tbody>
</table>
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Dr. Shobha Misra, In charge RHTC, Associate Professor, PSM, Medical College Baroda

Time: 9:30 am -12:30 pm. The vehicle is provided by the office of Dean, Medical College Baroda. A Pharmacist deputed from SSGH, assists the Specialists at RHTC. The assigned staff is requested to meet Dr. Shobha Misra, in-charge RHTC, Sokhada. The specialist sees 15-20 cases each day. A separate register has been maintained for them. Interns get to acquire special skills under guidance of specialist f every Monday and Thursday.

Under Graduate’s activities

Under Graduate students’ visit are also arranged at PHC Sokhada to provide orientation on functioning of PHC and primary health care.

An example of under Graduate students activity: Street play “Beti Bachao and gender issues”

(published in healthline journal)
Post Graduate’s activities:

- PGs are posted to acquire skills to effectively deal with an individual and the community in the context of primary health care. This is to be achieved by hands on experience in the district hospital and primary health centre. The learning can broadly be classified into Teaching, Training, Research, Health Education and Administrative. Here different activities and assignments are given to them, to enhance their skills in the field of community medicine and in line with the SLos framed for them. Post-graduate students are being posted at RHTC Sokhada / Asoj/Sakarda on rotatory bases.

- Apart from supervising some of the activities of interns they carry out analysis of data, carry out post-natal visits of mothers delivered at Sokhada PHC, do prescription audit and make ideal prescription, take interview of ANM, need assessment surveys, participation in and guiding interns in health awareness activities in the villages, implementing IMNCI protocol at PHC OPD and conducting Focus Group Discussions (e.g. with mothers to explore child care practices and to assess client satisfaction on maternal services provided at PHC Sokhada and others). Subcenter visit and quality assessment, assessment of labour room as per IPHS checklist. Many others like need assessment study for adolescent population, conduction of supervisory visit of AWW regarding IMNCI, data validation, transect walk with interns in the village and exploring other participatory rural appraisal techniques, Attending VHSC meeting, VH&ND in the RHTC area, Verbal autopsy, assisting specialist visits at the center, supporting the work at centre under supervision of faculty and many more..

- CHC Posting: We have identified CHC Padra and Bajwa for posting of PGs at CHCs for a week to start with.
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Medical College Baroda

Last day of posting of a batch of interns

REFLECTION: It was fun!

It was FUN
On the last day of the posting, interns prepare and present a report of all the activities carried out by them during their month long posting at the RHTC. Evaluation and feedback of the report prepared by them is offered by teachers concerned.

**Monitoring:**

- Logbook maintained by the students
- Report preparation & presentation on the last day of posting

**Evaluation:**

- Feedback from students & faculty members
- Analysis of reports & logbook

**Indicators assessed:**

- All the students who took the training participated in the Communication skill Programme, Health Camp and other activities.
- All the batches presented and submitted the report
- A reflection of learning from the postings is presented by the students on the last day.
WHAT WE LEARNT?

- It was a unique experience to work in a rural environment and learn about the essential components of primary health care.
- What we had learnt in theory, we could practically see and correlate.
- We got the opportunity to monitor booth and post booth day activities during the Pulse Polio Immunization round.
- Some of us had visited schools to interact with adolescents and discuss their problems.
- We learnt to work in a team.
- By doing role play we improved our communication skills and ignited the minds of the villagers; it also helped us in bonding with them.
- We hope that now we will be able to treat the patients as a whole – body, mind and spirit.

Reflection by a batch of students

Reflection by the teachers: Very briefly, the Internship Programme described above achieved the stated goals of training, active student participation as well as acquisition of adequate knowledge, skills and attitude to practice comprehensive health care required by an undergraduate in the rural areas.

Challenges/limitations:

- Higher input/sensitization is required from faculties.
Concept and Activities at RHTC attached with Medical College Baroda

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Medical College Baroda

Future Plan:

- Quiz for PGs and interns on a topic of public health importance.
- Use of OSCE/OSPE to learn an identified skill.
- Organisation of a workshop for staff of PHC and PGs for reading basic findings on ECG by the help of Medicine department.
- Research: Mini projects to understand the field epidemiology including physical and social environment of the urban and rural areas.
- Any other activities in line with the SIOs framed for them.

To conclude, the enthusiasm, hard work and integrated effort by the faculty members who participate in the programme are extremely important for the success of described interventions.

The program has been sustainable and an example to be taken up by other Medical Colleges of the state. We have plans to obtain perceptions of the community and key stakeholders as the next step. The community leaders (head of local self government/Sarpanch and village leaders) have expressed a demand from the government that there should be a hostel constructed within the RHTC campus so that community can access round the clock services and we see this as an important outcome of the program. This demand is accepted and the plan for the same has been developed.

Acknowledgements:

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