



ANAHAAT FOUNDATION
ANNUAL REPORT APRIL 2020 – MARCH 2021
ENABLING BETTER PUBLIC HEALTH IN INDIA



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VISION

Every person in India should be healthy and well, and should have the confidence to access health services when needed.

MISSION

ANAHAT FOUNDATION is bridging the gap between poorer communities and the government healthcare system, by strengthening the demand for health services and by building the capacities of non-medical health workers to provide these services.



Message from our Founder

Dear Reader,

We went into the start of our year in April 2020 with much trepidation and caution. The pandemic suddenly changed our lives in ways that we could not have ever imagined – the corona virus had affected our lives in every way.

The lockdown which started at the end of March 2020, brought our community work to a grinding halt – but we pivoted quickly to providing tele-consultations to more than a thousand of our patients across the city who we knew had no access to doctors, medicines and lab tests.

When the lockdown was announced, government primary health centres and even hospitals, shut down general health services to focus on controlling the spread of the virus. Private practitioners, labs and chemists shut down. Through our telemedicine intervention we were able to help many patients consult with a doctor and with the help of volunteers we were able to deliver medicines to people's houses. We were certain that we should continue to provide our general health services to the communities we were already serving, because we knew that older patients and patients suffering from chronic diseases were more vulnerable to Covid-19.

In addition to our own on-going work, we joined the government in its efforts to contain the spread of the virus. Anahat helped protect frontline health workers by providing testing kiosks in a few PHCs. We also deputed our staff to work in state PHCs. Our staff were tasked with forming teams for community testing for the virus. This was a tough time for everyone, it was hard to see our staff and the staff in PHCs work really long hours – they often worked till 10 pm, and they worked 7 days a week.

By January of 2021, we were all breathing easier, but that relief as we all know now was very short-lived. As we write this report, the country is in the grip of the 2nd wave of the pandemic and it is so much worse than what we saw last year.

These are trying, testing times for all of us, but we must stay strong and carry on with our work.

Best wishes
Rani Desai
Managing Trustee & Founder
Anahat Foundation

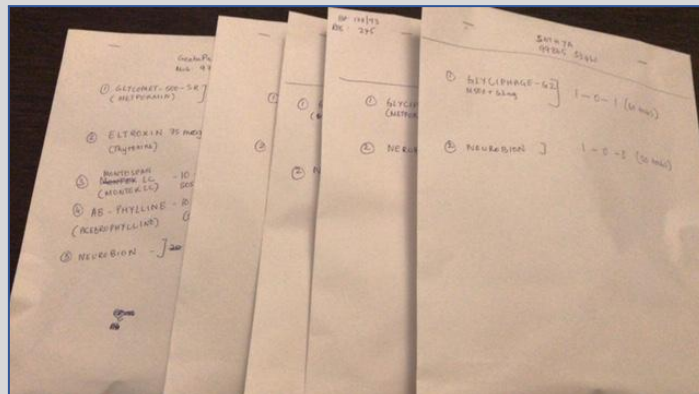
Telemedicine

When the pandemic broke in March 2020, we had to quickly pivot to telehealth consultations since all health services including clinics, diagnostic centres, and medical stores suddenly shut down. We used WhatsApp video calls for the clinical consult, medication was prescribed based on the consult and the most recent diagnostic report that the patient had. Through this initiative from June to December 2020, we were able to reach 1,000 patients and send medicines to 500 people. A group of volunteers assisted in delivery of medicines across the city, though there were challenges in reaching communities on the outskirts we managed to deliver medicines to the 500 patients.

Clinical Tele-Consultation



Medicine Packets for Delivery to Patients



Covid Testing Kiosks



Covid testing in Roopenagrahara PHC using a Covid Testing Kiosk.



Anahat Foundation installed four kiosks in three primary health centres in the Bommanahalli zone, and one PHC in the East Zone of Bangalore. The four PHCs were located in Begur, Arekere, Roopenagrahara, and in Austin Town. These kiosks provided a greater measure of protection for our frontline health workers, mitigated their fear (to some extent), and increased their confidence to test patients.

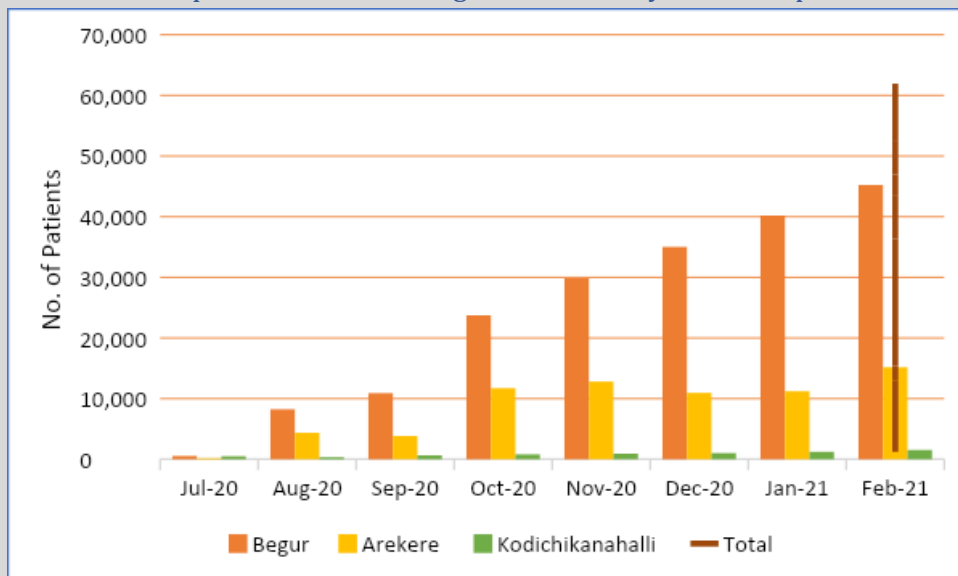
Covid Screening and Testing Community Camps

To help address the fear of testing and being hospitalized, Anahat collaborated with the government to run community testing camps. Our teams consisted of a swab collector, a data entry operator, and a government doctor or nurse. Three teams worked 7 days a week for 9 months (June 2020 to February 2021). Our work was to set up a camp within communities to make covid testing services more accessible. During this 9-month period we were able to provide easy access to testing services for 271,000 people.

Anahat staff at testing sites



No. of patients tested during the community covid camps



Our staff were based in government facilities in Begur, Arekere and Kodichikanahalli in the Bommanahalli Zone of Bangalore. This zone is in the southern part of the city and is about 20 kms from the city centre.

General Medical Community Camps

We conducted community medical camps whenever and wherever possible, to provide treatment and medicines to poorer communities as general health services were not available during the first wave of the pandemic. Physical movement has been constrained by lockdown, and we were unable to access containment areas, but we were able to hold 20 camps (in 10 months), through which we reached 1,500 patients. Most of these patients were able to refill their prescriptions for oral anti-diabetic and anti-hypertensive medicines.

Community Medical Camps





Impact & Reach

Intervention	Objectives	Work done till date	No of people reached
Community Medical Camps	<p>To improve access to primary & preventive health services by taking primary care closer to underserved urban communities.</p> <p>To digitize & share patient data from our camps, in order to facilitate evidence based follow up care, and preventive health initiatives.</p>	Starting Aug-2018 – 60 community camps; Data shared with govt for 1000 TB presumptive patients, & >1000 patients with chronic diseases.	6,000
Telemedicine	To provide clinical consultation and medicines during the lockdowns.	1000 patients reached and medicines delivered to 500 patients.	1000
Covid Testing Kiosks	To facilitate safer testing protocols thus increasing safety of frontline health workers.	Four kiosks placed in the following government PHCs – Austin Town, Arekere, Roopenagara, Agara.	NA
Community screening and testing for Covid	To provide easy access to testing and screening services by taking testing camps into communities.	Starting June 2020 – Anahat teams along with govt doctors and nurses, screened and tested 271,000 people over 9 months.	271,000
Total Number of people reached			278,400

We thank our supporters for their unstinting support during these very difficult times. We were able to reach so many people with your help.

ANAHAT FOUNDATION
BANGALORE

Read more about our work at:
<https://www.anahatfoundation.org>

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