Health Care to Below Poverty Line Rural Families

Annual Report
2018 – 19

OUTPATIENT
The year past has kept the RHC as busy as ever, with 23904 (an increase of 14%) accessing the health centre. This inspite of a moratorium on registering new patients. In our 19th year of functioning 283,075 patients have been treated at the RHC.

The OPD data for the year past as well as the trend line for the past five years is shown below.

Annual Patient Load
Total 283075

96% of our patients had Annual Incomes of < 60000 pa (the official BPL line)

PROGRAMMES – patient participatory

Eye Care
All patients screened for Cataract are being done free through Governmental Programmes. Younger patients needed counselling on eye care with smart phone/computer usage. A few surgeries and glasses were subsidised.

Ante Natal
All deliveries were Institutional. Working with the ASHAs has proved helpful. They are involved in tracking mothers through pregnancy, delivery, post-natal care as well as babies through their 1st year. Hospital deliveries are partly supported.
**Under 15s**
1932 children: Diagnoses ranging from Common Cold, Viral fevers, Type I Diabetes, Malnutrition to various Congenital disorders. Care for children from within the Valley is subsidised. Hospital admissions for all children are subsidised depending on fund availability.

**Senior Citizens**
5715 elder citizens. Diagnoses ranged from Non Communicable Diseases, Malnutrition, Malignancies, Degenerative disorders etc. Care is subsidised depending upon the level of financial support available.

**DIAGNOSTIC CENTRE**

More than 50,000 tests done. (about the same as last year), driven primarily by the number of patients with hypertension and diabetes.

**Laboratory**
Equipment: Automated Urine, Hematology, 3 para coagulation analysers. Semi-Automatic Biochemistry analyser, HbA1C. Higher end tests particularly for endocrine assays are being sent to a NABL accredited lab in Hyderabad.
**Microbiology**

- Fully equipped to handle bacterial cultures from all specimens - about 600 cultures done annually

**Imaging**

- X ray - a 100 mA X ray, Part time radiographer - 415 X Rays done - primarily of the Chest
- Ultrasound - About 130 done - a very useful adjunct to diagnosis

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**ELECTRONIC MEDICAL RECORDS**: The system is working well. It has helped trace records of patients who have misplaced their case sheets, data retrieval etc.
Research Projects:

1. **cVEDA (Consortium for the Assessment of Vulnerabilities to Externalising Disorders and Addictions):** [www.cveda.org](http://www.cveda.org)

   Rishi Valley Rural Health Centre is one of the sites for this joint ICMR (Indian Council of Medical Research) – MRC UK (Medical Research Council) research project. This is a multicentric study aimed at assessing possible cause factors for various mental health issues.

   In the last one year we were able to achieve our target of 750 participants.

<table>
<thead>
<tr>
<th>Participants</th>
<th>Comp Data</th>
<th>Bloods</th>
<th>Saliva</th>
<th>Urine</th>
<th>MRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>776</td>
<td>773</td>
<td>761</td>
<td>15</td>
<td>776</td>
<td>233</td>
</tr>
</tbody>
</table>

   The follow up of all participants - which includes a telephonic questionnaire and repeat MRIs for those who had them in year 1, is continuing. This follow up phase will get over in March 2020.

2. **VASCULAR DISEASES:** A skeleton staff maintains the deep freezes and samples stored in them.

   Data analysis is ongoing at Monash University in Melbourne. We will be starting our follow ups of our participants in September 2019.

Research Publications

For an updated list please click on the following link:

[https://www.researchgate.net/profile/Kartik_Kalyanram/publications](https://www.researchgate.net/profile/Kartik_Kalyanram/publications)

Donors

Without our many donors, the RHC would not be able to function. Many donors small and large have contributed to the growth of the RHC. Each one of our donors are important for us, very small bit helps in our endeavours. I would, on behalf of all the patients who have benefited take the opportunity to thank all of them.

The Rishi Valley Alumni Association set up in the US, has been in the forefront of raising funds. Thank you all at RiVAA for this.

Donation Options

We have re worked our donation options and updated the same on our website. [www.rishivalley.org](http://www.rishivalley.org)

Essentially the Health Centre is looking to set up a corpus, the interest from which would help us in meeting our budget deficit. I would request any interested donors/philanthropists to contact me directly.

All donations in India get a tax benefit u/s 80 G of IT act in India.

**In the US:** Please donate through **Rishi Valley Alumni Association - RiVAA** ([www.rivaa.org](http://www.rivaa.org)) a not for profit 501 (C) (3) organization.

Email to donate@rivaa.org

**In the UK:** Please donate through Shishukunj International: [http://www.shishukunj.net](http://www.shishukunj.net)
FINANCIALS

RISHI VALLEY RURAL HEALTH CENTRE
(Figures in thousands)

<table>
<thead>
<tr>
<th>Income</th>
<th>Expenditure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donations</td>
<td>3780</td>
</tr>
<tr>
<td>Total Expenditure before depreciation</td>
<td>8345</td>
</tr>
<tr>
<td>Other income including Consultations</td>
<td>3577</td>
</tr>
<tr>
<td>Depreciation</td>
<td>471</td>
</tr>
<tr>
<td>Total Income</td>
<td>7357</td>
</tr>
<tr>
<td>Total Expenditure</td>
<td>8817</td>
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</tbody>
</table>

Excess of Expenditure over Income: (14,60,00)
During the year donation of Rs.10,38,048/- was received towards corpus fund.
The closing balance of the Corpus Fund is Rs.143.00 lakhs.
{NB: Detailed Balance Sheet Available on request}

Monthly Salary Distribution

<table>
<thead>
<tr>
<th>Monthly Salary Distribution</th>
<th>M</th>
<th>F</th>
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</thead>
<tbody>
<tr>
<td>5000 -10000</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>10000 - 20000</td>
<td>1</td>
<td>11</td>
</tr>
<tr>
<td>20000 - 30000</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>50000 - 55000</td>
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<tr>
<td>Total</td>
<td>6</td>
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</tr>
<tr>
<td>Lowest Paid</td>
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<td>Conservancy</td>
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<tr>
<td>Highest Paid</td>
<td>53000</td>
<td>Doctor</td>
</tr>
</tbody>
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Kartik Kalyanram,
Coordinator
25 December 2019