

CASE STUDY OF HAMZA

Introduction:

Society for Human and Environmental Development –SHED is a not for profit organization working in Punjab, KPK and FATA since 2007. SHED initiated a health project with the financial support of UNOCHA in South Waziristan Agency (FATA) in Omar Rakhzai , Bangiwala & Kanigorrham health facilities since 2016. The main objective of this most needed project is **“To avoid preventable morbidity and mortality through provision of Primary Healthcare, MNCH and psycho-social services to the affected population in the TDPs returned areas of SWA”**. SHED has initiated the project after establishment of strong coordination with all the stakeholders in order to ensure the effective implementation of the project at ground level and provided health services including PHC, MNCH and psycho-social services to vulnerable returned families living in the catchment area of the aforementioned 3 target health facilities. Under the project, SHED established an effective referral mechanism between all the organizations working in the area to provide ground level support to the vulnerable community of SWA in health services to produced effective results . Live example of the same is given below in the form of a success case study of a malnourished child who was suffering from medical complication named Hamza.

Who is Hamza?

Uzair aged 38 is a bus conductor and the only bread earner for his family of 7 members. He belongs to village Omar Rakhzai (South Waziristan Agency). The family is living in miserable condition with extreme poverty. Due to Operation “Rah-e-Nijaat”, Uzair displaced along with his family and went to district D. I. Khan. After 7 years of displacement, he along with his family came back to SWA to his native village. Uzair has five children one of them is Hamza who was 48 months old and suffering from Severe Acute Malnourishment (SAM) with medical complications. Health Advisory Committee (HAC) of Omar Raghzai advised Uzair to consult the health team of SHED sitting in the BHU for treatment of his ailing son Hamza. According to Uzair, his son, Hamza had bilateral edema along with that due to extreme malnourishment was not even able to move. However, Uzair along with his wife, brought Hamza visited the health facility where SHED health team did complete medical examination and came up with the diagnosis that Hamza was suffering from temporary disability , Edema +++ , malnourishment, vitamin deficiency and other general medical complication with appetite problem.



Treatment of Hamza:

Based on the diagnosis, Hamza was taken in program by SHED team where as Stabilization Center was not available either in the Agency Headquarter of SWA and nearby districts of Tank and DIKhan . SHED medical Team did vigorous efforts and ensured regular follow ups on weekly basis for 8 weeks. Due to the efforts of the team and commitment of Uzair and his wife bilateral edema was subsided in 2nd visit and gain in MAUC from 11.1 cm to 11.3 cm. Afterwards, the child became stable and



was referred by the SHED team to nearby CMAM site for the treatment of his malnourishment under OTP program. On weekly basis, the child was supported through the provision of RUTF (Ready to Use Therapeutic Food).

During each follow up visit, SHED team use to take anthropometry details of Hamza along with that his mother was sensitized by mobilization team on following topics in order to address the underlying and immediate causes of malnourishment of her child.

- Always try and wear neat & clean clothes
- Pay special attention to household cleanliness
- Frequent hand washing prevent germs which protects against diseases
- It will kill germs that spread diseases.
- Bathing is helpful for ensuring health
- Clean clothes protect from many diseases
- This will protect your family members from illnesses
- Germs deposited in nails enter body through food and become a cause of disease



Regular follow up visits and vigorous sensitization by SHED team contributed towards the improvement of health status of Hamza as well as his appetite became normal along with that also started movement and visible improvement in his health was seen. On exit, Hamza cured from OTP program on 15% weight gain protocol and now is under treatment in SFP (Supplementary Feeding Program) which means his malnourishment status was converted from severe to moderate.



Remarks of Uzair:

“I am thankful to SHED team which supported me in treatment of his ailing son., when we were hopeless as how we would overcome for recovery of his son.. The quality of Health services at our door step enabled us to handle the condition and providing us the opportunity to survive in this critical time especially successful treatment of my son Hamza . My son’s life is seems to back and thanks to Allah Almighty and the SHED health team more the donors who provided such quality health services with dedication and professional treatment through period of treatment of my child.