



## Health Work Project

*It started with occasional medical assistance to tribal people with no access to public health care and developed into regular medical camps, health awareness and adult literacy programs. 20 villages and about 2 500 tribal people in the remote Kalrayan Hills benefit yearly from Intact's monthly free medical camps and referral services. During the medical camps a nurse and physician supply medicine for free.*



Intact has been working in Kalrayan Hills since 1992. Today, medical camps are regularly conducted in 20 very remote villages and about 2500 people get free treatment every year. Intact has one full-time qualified nurse, physicians are hired for camps, a physiotherapist or a para medical staff participate, along with two field workers who are employed to work among the tribes on a full-time basis.

### **Villages**

The 20 villages that are covered by the Intact initiative are remote in the Kalrayan Hills. Most of them can only be reached by foot where housing consists of mud walls and grass roofs. The villages often lack clean water, in turn leading to the spreading of disease. Due to the remoteness, health delivery systems, such as clinics, nurses or physicians, don't reach them. In some villages there are defunct health clinics. The general health picture in the villages was precarious when Intact entered the mountains in 1992, but it is much better now with fewer diseases, less suicides and greater awareness.

### **The Tribal People**

The tribal people lead a simple life and depend on agriculture and the selling of produce to get by. They seldom save for the future, or invest in durables. Their food is basically rice and some thickly skinned millets, thinai, varagu and samai. Vegetables, meat or milk is very sparingly used. Hunger is not an issue in the hills, but malnutrition is prevalent.

### **Common Ailments**

The most common ailments are various types of infec-

tions, open infected wounds, diseases due to malnutrition especially among children, persistent pain in joints and neck among middle aged and elder population due to repetitive motions, and sexually transmitted diseases (STD).

### **Structure of a Medical Camp**

Villages are chosen based on reports from field workers who assess the need and demand of the villagers. When a date is set, it is announced in the surrounding villages two days prior to the camp by the field workers who go street by street in the evenings when people are back from the day's work. The medical staff travel by Jeep to the village, with equipment and medication and stay for about 5 hours during which there is a constant flow of patients. Their names, identities, ailments are registered, they are examined and medication is prescribed free of cost. Therapy is given by the physiotherapist when needed. Follow up of some patients is done by the field workers and nurse. Patients with chronic illness are referred to the nearest hospital.

### **About Intact**

Intact, a non-profit, charity organisation, was established in 1992 by Thomas Ebenezer who, by helping those in need of food, shelter and a sense of security, is living his dream.

Intact works to empower marginalised individuals in society, with focus on people with physical and intellectual disabilities, mountain tribes and poor women, by creating opportunities for independent living.

We want to achieve a society where everyone, regardless of caste, ethnicity, gender, religion, colour and ability is accepted and give equal opportunity to develop to their full potential— without discrimination.