



VARSHA FOUNDATION

Home Away From Home (HAH)

Running in partnership with Cankids...Kidscan

Quarterly progress report - 1st Oct' 2022 to 31st Dec' 2022



Address of HAH: 456/306, Near Water Treatment Plant, Sajjad Bagh Colony,
Daulatganj, Lucknow - 226003

Introduction and framework

Home Away from Home (HAH) Lucknow was inaugurated on 15th August' 2019, since than HAH has been continuously providing accommodation to the children and their families suffering from cancer along with holistic care and treatment support services such as medicine, education, counselling, transportation, financial support etc.

The HAH is fully functional with all household facilities and is providing services to the children undergoing treatment in the KGMU hospital. Cankids...Kids can is an implementing partner and providing financial support, technical support, social support and treatment support services in the HAH.

Under the Project HAH we are providing following services and ensuring:

- To provide outstation families with affordable, child appropriate accommodation during treatment
 - To Integrate project HAH into the treatment, care and support systems at the Hospital
 - To improving the overall standards of treatment & care
 - To provide atmosphere like home
 - To focus on individual hygienic cooking facilities and common dining areas to cater to the children's individual taste, failing appetites and need for healthy nutrition, which is vital for the success of their treatment
 - To focus on hygiene, proper storage of medicines, and information and support for proper follow up of Doctor's instructions
 - To set up a school Room – to ensure that children continue to receive education through Non-Formal Education Program
 - To provide emotional and Psychosocial support, outings, recreational and community activities.
 - To provide transport facility between hospital and HAH
 - To provide cooking facilities
 - To provide administrative assistance
- 1) Children are selected by doctors for HAH stay and doctors held responsibility to Cankids KGMU Team to send the children to HAH once identified & finalized.
 - 2) Eshwar Child Welfare Foundation and Satya Sai Sewa Sansthan Organization every week & regularly providing ration to the HAH.
 - 3) Patient Navigator / Care Taker & HAH Supervisor are available residential employee available always in HAH for help to the families in every situation.

HAH is equipped with following instruments & items to fight with Covid19.

- A. Oxygen Concentrator
- B. Battery operated spray machine and disinfectant solution.
- C. Infrared Thermometer
- D. Oximeter
- E. Glucometer
- F. BP instrument
- G. Hand sanitizer
- H. PPE Kit
- I. Gloves
- J. Masks
- K. Floor disinfectant solution
- L. Ambulance on call in case of any emergency

At HAH premises, the following care is being followed

We are taking every precaution to prevent the potential spread of the virus. The following protocols have been implemented in HAH:

1. Hand sanitizer is available at entrance area and patients/caregivers are instructed to use it on their arrival and departure.
2. It is mandatory for patients/caregivers to use face masks whenever they go out or enter HAH.
3. As it has now been declared a global epidemic, we are taking temperature and checking oxygen level every day in the morning and evening of all patients/caregivers.
4. We recommend daily that patients and parents should avoid close contact with those who suffer from respiratory insufficiency.
5. On daily basis we ask them to wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. Always wash hands with soap and water if hands are visibly dirty.
6. We also ask them to use an alcohol-based hand sanitizer provided to each family in HAH.
7. We recommend them avoid touching your eyes, nose and mouth if they go out to hospital for treatment and it is advised that they should not join large crowds or gatherings.

8. Clean and disinfect frequently the touched objects and surfaces using a household cleaning spray or wipe.
9. We do disinfect E-Rikshaw daily before children and families board a Rikshaw.
10. We are screening all the patients/attendants before entering the HAH.
11. Now Covid-19 situation is normalized so we are allowed to Outsider / visitors for visit the HAH but not more than five persons & Cankids team are allowed to visit the HAH.
12. Daily reporting to Cankids in prescribed format given.

Achievements of the quarter

1. Medical and PPSA of Rs. 2.89 lakh provided to children not only staying in HAH but also admitted in hospital including PICU.
2. Apart from the regular old children, 48 New children accommodated in the HAH in the quarter.
3. Blood donors arranged for children suffering from cancer

REGULAR AND ROUTINE ACTIVITIES

Weekly Sanitization of HAH Building

- Weekly sanitization of HAH building once in a week is now in routine work of HAH staff and it is now part of weekly essential work. We are doing complete sanitization of HAH building by spray machine and disinfectant solution.
- Main gate of building, outside area of building and E-Rikshaws are sanitized on daily basis.



Play/School Room Activities & Diet Session taken by Dietitian cum Tutor

- Right to play is fundamental right of the children. Every child has right to play while going under treatment. HAH as a well-equipped play room at ground floor with desk top computer, toys, fun books, educational books, basic teaching material etc.
- Play room just not a play room only it is also an education room where all the children get basic education in play way method and various teaching activities.
- Children spent good time in playroom, learned basic education, basic computer learning, played with toys, educational toys & various items.
- Tutor also conducted drawing & craft activity for the children & children also happily participating in such activities.



Routine activities conducted by Dietitian

The tutor is qualified dietitian also so she performs both the duties. She spent almost full day with children in play room where she does all activities as per protocol and diet charge provided by doctors and by dietitian working in the hospital. A few activities listed here:

- A. Cleanliness check in Kitchen area as well as utensils.
- B. Nail cutting, hand washing, room cleanliness and self-hygiene practice for both patients and their parents.
- C. Awareness sessions conducted for Hygiene. Importance of hygiene in cancer treatment.
- D. Importance of cleanliness of hands during food handling.
- E. Nutritional Counselling and healthy dietary practice of patients (Diet chart provided by KGMU Hospital).
- F. Regular Follow-up with caregivers and patients in HAH for any query.
- G. Every week checked 24 hours of Dietary recall of patients (Chart filled by patient's caregivers.)
- H. To keep monitoring patient's details like Height, Weight, MUAC and Haemoglobin.
- I. Combine session for group counselling.



Daily routine activities of patient navigator / HAH care taker

Patient navigator / HAH care taker is a resident worker. She works in HAH in coordination with HAH supervisor. Her daily activities are listed here she worked in HAH.

Housekeeping and Hygiene maintenance

- Supervise cleaner's work to ensure that entire building is neat and clean always.
- Supervise every day that all rooms, bathrooms, kitchen, play room, dining area etc are properly cleaned with disinfection solutions.
- Guide and sensitize families to keep rooms, bathrooms, kitchen, dining area neat and clean.
- To ensure that surrounding of HAH building is always neat and clean. Ensure cleaner does the cleaning every day in front of the building including main gate.
- Ensure that all patients and family members remove their sleepers, shoes and keep in designated place at entrance area and use sleepers and shoes kept for inhouse use only. This practice helps in maintaining hygiene and bacteria free HAH.
- Ensure to clean overhead water tanks once in three months
- Taking sessions regularly on personal hygiene, distribution of sanitary napkins.

Patients' navigation

- Provided welcome kit to the new family & received back, when family leaving the HAH.
- Counselling Every new family before going in the room explain rules & regulations of HAH.
- Give proper practical training to each new comer family member how to use induction cooktop and other electric appliances available in the HAH.
- Close monitoring & facilitate the comfort stay of families.
- Counseling families to ensure that they are giving medicines to children on time as prescribed by doctor.
- Consult in the evening everyday to make list of patients have to go hospital next morning and inform supervisor to arrange E-Rikshaw accordingly.
- In the morning coordinating with families going to hospital and ensuring that they should go to the hospital on time.
- Verifying that all families returned back to the HAH from hospital till evening.
- Meeting with HAH coordinator whenever he visits to HAH

Administrative and other responsibilities

- Assist supervisor in distribution of ration.
- Assist in all celebrations, birthday, events, festivals etc.
- Assist in maintenance of stock of ration, all inventories and other items.
- Assist play room teacher, assist bringing children in the play room.
- Implanting reintegration program - Beauty Parlor.
- Assist in office administration in absence of supervisor



Counsellor's visit two days in a week

A volunteer having more than 10 years' experience in the same sector visiting twice. She voluntarily provides her counseling services to patients and their family members. She understands their issues, their problems and provide them mental support. Her counselling help families to deal with issues like depression, anxiety, stress and many other issues.



Celebrations & Events

In October Month: -

Dussehra & Birthday Celebration on 04th-Oct-2022

- Local donor from Lucknow celebrated his granddaughter's birthday in the HAH on the occasion of Dussehra we celebrated in the HAH.
- Total 34 people were present in the celebration, Children- 10, Caregivers- 18 and Staff- 6.
- HAH assembly hall was decorated beautifully with balloons.
- The celebration started with all religion prepare, the children cut the cake.
- Cake, chips, juice, chocolate, biscuit and gifts distributed to the children.
- All children enjoyed the birthday eve with full of happiness & joy.



Rangoli Competition on 19th-Oct-2022

Something good keeps happening, so HAH patients and family members keep doing one or other programs to feel happy. On 19th October they decided to do Rangoli so we were with them in this activity also and conducted the activity in the form of Rangoli competition.

- Total six caregivers (Female) participated in the contest.
- Under that contest, rangoli was to be made on chart paper and total 1 ½ hours was to be given to the participants for the competition.
- All material (Chart paper and colours) were provided by Varsha Foundation.
- All six caregivers participated in contest. Children also helped their mother in rangoli making with full of enthusiasm, happiness & joy.
- After that, 1st, 2nd and 3rd winners were awarded by exciting gifts. And rest of them also received award.



Diwali Celebration on 23rd-Oct-2022

That day was very special for HAH families on the occasion of Diwali celebration. HAH building was beautifully decorated like a bride with lights and flowers. All the children and attendants celebrated Diwali with full of joy & happiness, feeling like they are not away from their home. The lap of children was full of gifts, toys & food items.

- Celebration was started with prayer & Goddess Laxmi- Ganesh ji aarti.
- A puppet show was organised to entertain the children and families.
- All staff & families (8- Children & 14- Caregivers) participated in the celebration .
- Invited guests distributed Diwali gifts to children and their family members.
- The lap of children was full of gifts, toys & food items.

With such events, we try to reduce their pain, make them happy & feel that we are always with them, they are not alone in this fight with Cancer.





In November Month:-

Children's Day & Birthday Celebration on 14th-Nov-2022

- 14 November is known as children's day also we celebrated monthly birthday also on same day.
- The monthly birthday was sponsored by Inner Wheel Club of Lucknow. Inner Wheel club officials also were there in the HAH, they blessed the children. distributed cloths & food item etc.
- A few heart touching activities done by the children like some children made hats with slogan 'I AM A SUPERSTAR'.
- Organised various games like music chair game and children and parents participated in the games, all did dance and enjoyed other fun-loving activities.
- Lastly, gifts, glove, shocks and food items (Cake, chips, chocolate, biscuit, juice and toffy) distributed to all & after that, distributed snacks to all attendants & staff.
- 12- Patients & 22- Caregivers participated the celebration.



In December Month

Birthday Celebration on 17th-Dec-2022

Every month we celebrate monthly birthday in the HAH to bring the smiles on the faces of children and their families living in the HAH so that they feel that they are enjoying their childhood to the fullest while undergoing treatment.

- Total 46 people were present there. Staff -5, Caregivers – 29 and Patients- 12.
- The celebration started with all religion prayer, all the children, their family members, staff and visitors participated in the prayer.
- Children cut the cake and distributed to all.
- Gifts and food item (Chips, Biscuit, cake, Chocolate, Milk shake and toffy) distributed to the children.
- Some caregivers also gave gifts to the Birthday girl & special birthday gift was given by Varsha Foundation.



Christmas Celebration on 25th-Dec-2022

Like other festivals and events, we always celebrate Christmas every year. This year also we celebrated Christmas on 25th December in our HAH. Lots of gift's toys, chocolates, biscuits, cakes, peanut gazaks, woolen clothes, caps, socks, gloves, gift hampers & much more distributed to all children & families by Santa. One of our local donors celebrated her granddaughter Simran's birthday on same day in HAH and sponsored the celebration. Apart from the guests and visitors, 9 patients and 16 caregivers participated in the celebration.



Children and Caregivers stayed in HAH during the quarter

- ❖ October Month: - Total 38 children (20-Old & 18-New) & 72 caregivers stayed in HAH.
- ❖ November Month: - Total 33 children (18-Old & 15-New) & 61 caregivers stayed in HAH.
- ❖ December Month: - Total 29 children (14-Old & 15-New) & 54 caregivers stayed in HAH.

Thank You