



Daffodil
International
University

**An Internship Report on
Training & Work Experience on
growth monitoring and promotion for under two years children**

Radda MCH-FP Centre Mirpur Rd, Dhaka

Submitted By

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Submitted to

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LETTER OF TRANSMITTAL

Date: 16 May 2023

To

Dr. Nizam Uddin
Associate Professor and Head
Department of Nutrition and Food Engineering
Faculty of allied health science (FAHS)
Daffodil International University

Subject: Submission of Internship Report.

Dear Sir,

The opportunity to submit the Internship Report as part of the Nutrition and Food Engineering (NFE) program's requirements for a component of the graduation degree makes me really happy. I used the skills I learned as an intern at Radda MCH-FP Center in Mirpur to write this report. Working on this initiative at the Radda MCH-FP Center in Mirpur, Dhaka, is a great honor for me. This internship focuses on growth promotion and growth monitoring for young children under the age of two. As a result, I wish to leave it to your judgment and advice with reference to this report. Your thoughtful counsel will enable us to prepare and operate more effectively in the future.

Sincerely Yours

Sincerely Yours,



.....
Trisha Akter

ID: 153-34-471

Department of Nutrition and Food Engineering
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DECLARATION

This is to certify that Trisha Akter, ID 153-34-471, is enrolled in the BSc in Nutrition & Food Engineering Major program offered by the Daffodil International University's Faculty of Allied Health Science and Department of Nutrition & Food Engineering. She successfully completed his internship program in Radda MCH-FP Center, Mirpur Rd, Dhaka, which assessed his knowledge of and use of growth monitoring and promotion for young children. I'm happy to attest that Trisha Akter is the true author of the information and conclusions contained in the report. For further academic recommendations and defense, I wholeheartedly concur with the report that Trisha Akter delivered. Trisha Akter has a wonderful personality and a solid moral foundation. I hope she has a successful future.



.....

Arifa Sultana

Lecturer

Department of Nutrition and Food Engineering

Faculty of allied health science (FAHS)

Daffodil International University



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Trisha Akter

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ACKNOWLEDGEMENT

I've put a lot of work into this Internship. However, without the kind support and assistance of many people and organizations, it would not have been feasible. I want to express my sincere gratitude to each and every one of them.

I owe a huge debt of gratitude to Radda MCH-FP Centre Mirpur Rd, Dhaka for all of their help with the project, including their advice, continual supervision, and provision of the necessary information. My appreciation goes out to my parents and the Radda MCH-FP Center for their wonderful encouragement and cooperation in helping me finish this endeavor.

Additionally, I want to convey my appreciation and thanks to Dr. Ishrat Hossain, Deputy Director of the MCH-FP Program, for her time and attention. My gratitude and appreciation also go to my project-development partner and the others who volunteered their skills to assist me.



.....
Trisha Akter

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Department of Nutrition and Food Engineering

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ABSTRACT

This Internship report is prepared on the basis of my 2 month's practical experience at the hospital of Radda MCH-FP Centre Mirpur Rd, Dhaka. The purpose of this study was to evaluate how often children aged 0-23 months in Radda MCH-FP Centre Mirpur Rd, Dhaka, used the growth monitoring and promotion program, as well as any associated characteristics. Two months internship, I chose 100 kids overall using a straightforward random sampling method. Structured, previously tested, and interviewer-administered questionnaires were used to collect the data. A total of 100 respondents—a 98% response rate—have taken part in this survey. 82 (82%) of the study's participants were primarily locals (Dhaka residents). I have explained the details of the finding in the different file (Project)

I'm pleased to report that the institute provide high-quality, reasonably priced preventive and curative care with a focus on mothers and children. Their competitive advantages, build a world-class training institution that provides courses that can be tailored to a range of student needs or are based on commonly used standard curriculum.

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Chapter-1

Introduction

The majority of the world's nations have very low rates of attendance, promotion, and educational performance in relation to GMP, and mothers have a difficult time understanding the growth chart. The relationship between the establishment of GMP programs and subsequent changes in healthcare practices has not been well studied. Effective growth-monitoring initiatives are difficult to put into practice, and local conditions are not frequently taken into account when deciding whether to include growth monitoring in national plans. Mothers' illiteracy, poor parental intention for GMP, health staff misinterpreting the chart, and mothers' bad intentions for service users were some of the variables for GMP utilization that were identified in response to many pieces of evidence of poor growth monitoring.

To enhance children's nutritional status, the government of Bangladesh is undertaking growth monitoring and promotion (GMP) through community clinics (CC). On the effectiveness of GMP when provided through CCs, there is, however, limited primary evidence. In order to improve the nutritional health of children under two years old, I want to assess the impact of GMP activities bolstered in CCs spending some quality time of two months at Radda MCH-FP Centre Mirpur Rd, Dhaka

The purpose of This Internship

My intention throughout the internship is to get to know a company well and to gain insight into the working environment. I also determined to get knowledge share experiences during the internship. My focus is to gain a lot of knowledge that we put to practical use and boost productivity so that I can accomplish more in our professional lives. I have also had in my mind to accomplish several basic to develop myself throughout the internship including

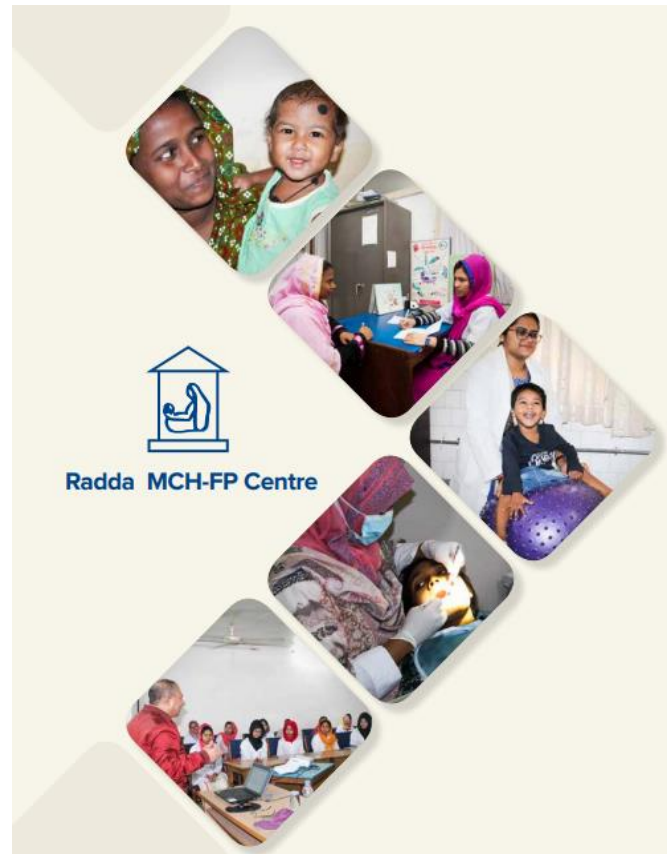
- ✓ Broadens the knowledge
- ✓ Get to know professional the workplace
- ✓ To sparks my interest in the workplace
- ✓ Giving myself the opportunity to learn about a variety of topics in an organization
- ✓ Enhancing communication abilities in official settings through internship
- ✓ To learn about antenatal care work, learn about counseling, and discover the value of antenatal care.
- ✓ Theoretical understanding is put into practice.
- ✓ When you go to work, involvement is frequently suspended.
- ✓ Acquiring information is necessary to perform better

Chapter-2 About Organization

2.1 Organization Profile

An international NGO, Radda Barnen (formerly the Swedish Save the Children), began running the Center in 1974 as a project to provide maternity and child health care for the neglected and impoverished residents of Mirpur under Dhaka Metropolitan City.

Radda Barnen handled its operations for the first twenty years and contributed almost all of the finance. In September 1994, Radda Barnen transferred complete operational and management control of the Center to a new organization with the blessing of the Ministry of Health with the intention of maintaining and consistently enhancing the quality of the services offered by the Center.



2.2 Radda MCH-FP Centre at a Glance

Year of Establishment	1973
Year of Registration	Social Welfare-1980, NGO Affairs Bureau-1995 and Family Planning 1978.
Major activities	<ul style="list-style-type: none"> • Maternal and Child Health-Family Planning (including Nutrition rehabilitation, Physiotherapy, Dental Care Services& Dietary consultation services) • Community Health • Training & Research • Radda Paramedic Institute
Collaborative projects	<ul style="list-style-type: none"> • Radda-Plan Joint Projects on Urban Community Health Care Project (UCHCP). • Radda-Concern joint Collaborative project on “Improving the lives of urban extreme poor” (ILUEP). • Radda-IDKIDS Health Project. • Radda-Alive & Thrive Urban MIYCN Project. • Typhoid Surveillance in Dhaka, Bangladesh Project with icddr,b. • Dhaka City Corporation on EPI and NID. • DGFP on Family Planning Service Delivery.
Area of operation	Dhaka Metropolitan City-Mirpur, Shah Ali, Kafrul, Pallabi, Mohammadpur, Shyampur, Citypolly & Khilgaon.
Population covered	2.2 Million
Targeted population	1.1 Million
Static clinic at	<ul style="list-style-type: none"> • Plot-324,Khan Bahadur Ahsanullah Road (Road-6), Block-B, Section-10, Mirpur, Dhaka-1216. • Plot-10, Main Road, Section-1, Mirpur, Dhaka-1216. • Plot-159/A, Road-2/1, Block-A, Section-12, Mirpur, Dhaka-1216. • Community Hall, Block-B, C & E, Bawniabandh, Mirpur, Dhaka. • Officetek Slum-4 of Vashantek, Kurmitola Camp, Muktijoddha Complex. • Radda MCH-FP Centre expanded the services under CHP program to Dhaka Match Colony, Shyampur (Ward-2 of Union Parishad), Citypolly (Ward 49 of Zone-5) and Malek Member Slum(Ward-24 of Zone-2) of Dhaka South City Corporation.
Location of the clinics	6 static clinic and 10 satellite clinic in wards 02, 03, 05, 08 & 15 under zone 02 of DNCC and 5 satellite centers in wards 01, 33, 38, 49, 59 under zone 02, 04 & 05 of DSCC.
Number of employees	169
Contact Address	<p>Plot# 3, Block# B, Mirpur Road, Section# 10, Mirpur, Dhaka-1216, Bangladesh. Tel: 58052447, 48035015, 01924093808. E-mail: executivedirector@raddacentre.org, mchfp@raddacentre.org, training@raddacentre.org, cmhcp@raddacentre.org, adminaccounts@raddacentre.org, rpi@raddacentre.org, it@raddacentre.org, info@raddacentre.org</p> <p>Web : www.raddacentre.org</p>

2.4 Mission & Objectives

MISSION

To develop a sustainable organization that:

- Maintain a leading role as provider of affordable, high quality preventive and curative health services to the community with primary focus on mother and children.
- Build a leading training institution based on our competitive advantages providing high quality training courses based on recognized standard curricula or tailor-made to suit multiple customer needs.
- Initiate projects and research activities of relevance and direct benefit in respect to health, nutrition and well-being of the mothers, children and adolescents of poor and marginalized groups in particular and the community as a whole in general.
- To buildup financial sustainability from service charges affordable by target clientele, income from Sustainability Fund, clients' contribution and donor support.

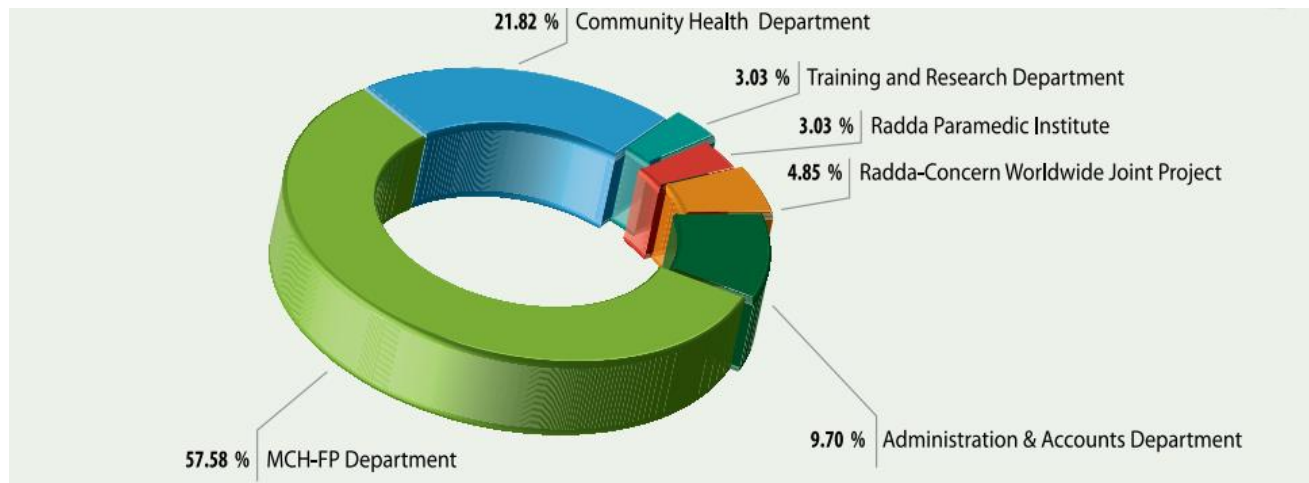
OBJECTIVE

The objective of the Radda MCH-FP Centre is to

- Protect and promote the health and well-being of mother and children especially those belonging to the poor and disadvantaged section of the society.
- Provide a comprehensive range of MCH-FP services.
- Provide adolescent reproductive health services and counseling.
- Provide health education to all clients visiting the clinics.
- Provide Health care services and Physiotherapy services to the entire family including old & disabled member of the family.
- Provide Primary Dental Care services.
- Provide treatment of RTIs/STDs and health education on prevention of HIV/AIDs.
- Provide Comprehensive Health care services through initiation of Community Managed Health Care through right based approach.
- Provide training to Traditional Birth Attendance for referral of institutional delivery.
- Undertake community based MCH-FP activities and health education.
- Offer training in Maternal and Child Health to the health professionals, health workers including community health workers, traditional birth attendants (TBA) and others involved in the area.
- Develop health service delivery manpower through Radda Paramedic institute.
- Conduct operation research activities of relevance and direct benefit in respect to health, nutrition and well-being of the mothers, children and adolescents of poor and marginalized groups in particular and the community as a whole in general.
- Provide nutritional support to the malnourished children of poor and marginalized group of the community of greater Mirpur area including dietary consultation services.
- Promote the spirit and value set out in the Convention on the Rights of Child adopted by the UN general Assembly on 20 November 1989 and ratified by the Government of Bangladesh in August 1990.

Chapter 3 Scopes

3.1 Components



Comprehensive
Reproductive Health
cares



Support Services



Child health



Training & Research



Community Health
Programme



Radda Paramedic
Institute

3.2 Major Activities

- ✓ Maternal and Child Health-Family Planning (including Nutrition rehabilitation, Physiotherapy, Dental Care Services& Dietary consultation services)
- ✓ Community Health
- ✓ Training & Research
- ✓ Radda Paramedic Institute

3.3 Funding

As an initiative to provide maternity and child health care for the neglected and disadvantaged people of Mirpur under Dhaka Metropolitan City, Radda Barnen (the then Swedish Save the Children), an international NGO, started operating the Centre in 1974.

During the first twenty years of its existence, Radda Barnen oversaw its operation and provided practically all of the funding. With the Ministry of Health's approval, Radda Barnen transferred full operational and managerial control of the Center to a new organization in September 1994 with the goal of sustaining and continuously improving the quality of the services provided by the Center.

Chapter 4 Functions & Service

4.1 Functions

Child health service:	<ol style="list-style-type: none"> 1. Treatment of common diseases of children (From birth to 18 years). 2. Treatment of Pneumonia and Diarrhoeal diseases. 3. EPI immunization in every day (except Friday and Govt. holidays). 4. Management of acutely malnourished children aged 0-5 years. 5. Growth Monitoring of children from 0-5 years. 6. Nebulization and Oxygen Inhalation.
Maternal health Service:	<ol style="list-style-type: none"> 1. Service for pregnant mother and tetanus toxoid vaccine. 2. Postnatal care with vitamin A capsule. 3. Management of RTI/STI and general diseases of the woman. 4. Family planning services. 5. Tetanus toxoid (TT) vaccination of woman aged 15-49 years.
Regular health and nutrition education:	<ol style="list-style-type: none"> 1. Promotion of exclusive Breast Feeding. 2. Complementary feeding practice. 3. Education on health, nutrition and hygiene. 4. Advocacy and counseling on prevention of HIV/AIDS.
Pathological tests (with fixed value):	Blood CBC, Blood film, Platelet Count, Circulating eosinophil count, Blood grouping and Rh factor, Blood Sugar estimation, Blood Urea, Serum Creatinine, HBA1C, Widal test, ASO titer, Malarial parasite, Bleeding time, Coagulation time, Lipid Profile, Alkaline Phosphatase, Serum Bilirubin, Serum Uric Acid, CRP, HBsAg screening, HBsAg Elisa, HBsAb (Antibody detection), HCV, V.D.R.L, ICT for Malaria, ICT for Dengue, Anti H Pylori, MT Test, Thyroid Function Test (T3,T4, TSH), S. Prolactin, Pregnancy test, RA test Urine R/M/E, Stool R/M/E and Ultrasonogram.
Other non EPI vaccines:	Hepatitis B Vaccine, Hepatitis A vaccine, Typhoid vaccine, Anti Rabies Vaccine, MMR Vaccine, Pneumococcal Vaccine, Meningococcal Vaccine (Specially for those people who are going for Hazz and Omrah and for the immigrants), Vaccine for prevention of Rotaviral Diarrhoea, Vaccine for Diarrhoea and cholera, Cervical cancer Vaccine, Chicken Pox Vaccine, Hexa vaccine, Yellow Fever Vaccine, Japanese Encephalitis Vaccine, Vaccine for seasonal flu. (Immunization for seasonal cold, fever, cough).Tetanus Immunoglobulin (Tlg)
The routine working hour of the clinics:	<p>From 9.00 a.m. to 5.00 p.m. (Sunday to Thursday)</p> <p>On Saturday 9.00 a.m. to 2.00 p.m. Closed on Friday and Govt. holidays.</p>

MCH-FP service delivery takes place at three levels

- ✓ The Centre(static clinics)
- ✓ The outreach sites including satellite clinics Wards-2, 3, 5, 8, 15 & 52, 53, 54 of DNCC & wards 01, 33, 38, 49, 59 of DSCC
- ✓ The households (community)

Working Time of the Clinics:

The routine working hours are from 9:00 a.m. to 5:00 p.m. on all days except Friday and government holidays. In addition, the clinics at Mirpur Section-10, 01 & 12 remain open on Saturday from 9:00 a.m. to 2:00 p.m.

4.2 The Service of Center (Static Clinics):

Ward numbers 52 & 54 in Uttara, section 10 of Mirpur, section 1, section 12, Bawniabandh, and section 10 of that same city. These facilities offer a full range of reproductive health services, including:

- a) antenatal care with tetanus toxoid (T.T.).
- b) Vitamin-A postnatal care for nursing women.
- c) Clinics and home-based health and nutrition education for women and their family members.
- d) RTI and STD management and treatment.
- e) Promoting family planning and offering eligible couples contraception through counseling and motivation.
- f) Tetanus Toxoid (T.T.) vaccination of females between the ages of 15 and 49.
- g) Treatment of all women, regardless of their age.
- b) Through regular monthly meetings and refresher training, supervision and monitoring of certified Traditional Birth Attendants (TBA) for referral of safe deliveries
- I HIV/AIDS, RTI, and STD prevention advocacy and counseling.
- j) Breastfeeding promotion.
- k) The provision of services for adolescent reproductive health (ARH).
- Service for physical therapy.
- m) Services in Dental Care
- n) Controlling obesity and malnutrition with diet.
- o) Assisting with all government-sponsored health care projects

4.3 Children's health Service:

- a) Growth monitoring of 0–5-year-olds;
- b) nutrition rehabilitation of very underweight children up to age 5 at the nutrition rehabilitation section of the Center.
- c) EPI-Immunization against ten infectious illnesses, such as poliomyelitis, diphtheria, whooping cough, tetanus, hepatitis-B, hib, measles, rubella, and pneumococcal pneumonia in children.
- d) Non-EPI vaccines: Hepatitis A and B for all age groups; Hib for children; Typhoid; MMR; Chicken pox; pneumonia; otitis media; meningococcal illnesses; cervical cancer; yellow fever; Japanese encephalitis; and AR vaccine for all age groups.



- e) Therapeutic care for young children (0–5).
- f) Treatment for children under the age of five who are deficient in vitamin A and other micronutrients.
- g) The treatment of common diseases in children aged 6 to 18 years.
- h) Offer management assistance to kids who are severely acutely malnourished (SAM).



4.4 Training and Research Institute

There is a fully functional training unit with a 30-bed hostel facility. The training department runs a number of courses for other NGO partners and GOB agencies in addition to teaching the Center's own staff.



4.5 Radda Paramedic Institute

Under the auspices of the Ministry of Health and Family Welfare, the Radda Paramedic Institute offers a two-year Community Paramedic Training Course. It has Bangladesh Nursing Council affiliation and National Institute of Population Research and Training (NIPORT) clearance (BNC).



They adhere to an 18-month Family Welfare Visitor (FWVT) curriculum and a 6-month midwifery curriculum, both of which have been authorized by NIPORT and the Bangladesh Nursing and Midwifery Council, as part of a 24-month training program.

4.6 Support Services

- Diagnostic Services
- Ultrasonography
- Non-EPI Vaccines
- Pharmacy
- Health Education
- Nutrition Rehabilitation support for the under 5 years Malnourished Children
- Crèche





4.7 Collaborative Activities

1. Joint Projects on Urban Community Health Care by Radda and Plan (UCHCP).
2. The combined effort between Radda and Concern aimed at "improving the lives of urban extreme poor" (ILUEP).
3. The IDKIDS Health Project by Radda.
4. The Urban MIYCN Radda-Alive & Thrive Project.
5. The joint research project between Radda and ICDDR on "Typhoid Surveillance in Dhaka, Bangladesh."
6. Dhaka City Corporation's campaign for vitamin A, deworming, and the EPI.
7. DGFP on the provision of family planning services.

CHAPTER- 5

5.1 Conclusion

My internship activity at Radda MCH-FP Centre was mind blowing experience. The Radda MCH-FP Center's mission is to promote and safeguard mother and child health and wellbeing, particularly for those who come from underprivileged and impoverished backgrounds. Offer a wide variety of MCH-FP services provide counseling and assistance for teenage reproductive health Give all patients who come to the clinics health education Provide women, children, and adolescents with health services, including RTI/STD treatment and health instruction on HIV/AIDS prevention Offer health services to all members of the family, especially the elderly and disabled ones. By starting community managed health care and using child-centered community development strategies, provide comprehensive health care services (CCFDA) Provide skilled traditional birth attendants for safe home deliveries. Engage in MCH-FP activities and health promotion in your community. Provide education in maternal and child health to all those working in the field, including community health workers, traditional birth attendants (TBA), and medical professionals. Performing operation research

The improvement opportunity for The Radda MCH-FP Center should focus on the health and standard of living for all families, with a focus on low-income and disadvantaged ones in the Mirpur, Pallabi, Kafrul, and surrounding areas of Dhaka North City Corporation, as well as Shyampur, Citypolly, Khilgaon, and Mironjilla in Dhaka South City Corporation. The provision of maternal, pediatric, and adolescent health care services should also be their focus. The Center may also improve their offers on family planning services and plans and carries out training and research-based initiatives for human resource development.

Reference

1. <https://www.raddacentre.org/>
2. ANNUAL REPORT 2019-20- Radda MCH-FP Centre <https://www.raddacentre.org/>