



Opportunity to Learn about Primary Health Care at Jamkhed, India



**Two courses available: 22 November - 12 December 2009
 10 - 30 January 2010**

This course is a result of collaboration between the Nossal Institute for Global Health of the University of Melbourne and the Jamkhed Comprehensive Rural Health Project (CRHP). The training institute at Jamkhed has for many years been training health professionals in primary health care and rural development, based on their experience in rural Maharashtra for over 30 years.

CRHP has been a recognised best practice model of implementing primary health care since the mid seventies. It is exciting to see what has been achieved in their working area. Empowerment of women, the potential for economic independence in a drought ridden area, the change in health indices of women and children, and the lack of stigma attached to leprosy and HIV are just a few of the remarkable achievements of CRHP's community-based approach in Jamkhed.

The Nossal Institute for Global Health is the University of Melbourne's global health institute within the Faculty of Medicine, Dentistry and Health Sciences. It is committed to making a difference to global health practice, learning and research. It has a combined focus on development assistance, research and teaching. Through capacity building and partnership, the Nossal Institute works internationally across south and southeast Asia, southern Africa and the Pacific to address global health challenges in regions where public health needs are greatest.

The Australian International health Institute (AIHI), an operational arm of the Nossal Institute for Global Health, started the partnership with CRHP to undertake research and training activities in 2002. The first Primary Health Care course was held in January 2003 and since then over 220 participants have completed the course. For many it was a profound immersion experience and the opportunity to learn 'on the spot' was highly valued.

The Course

This is a three-week course. Each day starts around 9.30 in the morning with tutorials and talks in the training centre classroom. The teaching session runs till lunchtime and includes a tea break. There is a longer lunch break and the afternoon classes start around 3.00-3.30. The day finishes around 6 pm.

Each week there are one or two field trips where you can observe the community programs in the surrounding villages.

Topics covered during the course include

- Primary health care (PHC) - history of PHC, how it became popular and then waned; how CRHP have implemented PHC in their program; how PHC can be applied in other settings and populations.
- Village health workers - their selection, training and ongoing support.
- Community groups - the women's groups and farmers' groups are integral to the success of the Jamkhed program - how do we get communities involved and participating in programs.
- Gender issues - part of the success at Jamkhed has been in the way they have tackled gender inequity and worked to empower women.

- Broader development issues - water and sanitation, income generation, watershed development all have strong links to health and are part of the model at Jamkhed.
- Project cycle and project development - part of the course also looks at skills that are required for those working in international health including situation analysis/needs assessment, identification of goals, objectives, outputs and activities and how to do simple monitoring and evaluation.

There are often visitors with expertise who may present or there may be a special activity taking place that you would be involved in. Often the timetable will be changed due to festivals/other activities. This can be frustrating for some students but reflects the need for flexibility in these learning environments.

On each course, there will be two AIHI tutors in addition to the Jamkhed teaching staff. The AIHI tutors will assist not only in the teaching of some subjects but also in providing support for you while you are at Jamkhed.

There is a small library at the training compound containing materials relevant to community based development. It is worth exploring and many past students expressed regret at not using these resources earlier in their time at Jamkhed.

On most Tuesdays and Saturdays interested students may also observe the surgery in the operating theatre of the Jamkhed clinic. In addition students can be called to observe emergency Caesarean Sections. All students who are interested in doing this will be required to read and follow the guidelines developed by AIHI for the prevention of blood borne viruses.

You will be required to do a small group project as part of the course that you will present to your fellow students. This group exercise is to develop a project plan for a given scenario. The objective of this exercise is to learn how to apply primary health care principles in different contexts to that seen in Jamkhed.

You will receive a certificate on completion of the course, awarded by the Jamkhed Institute. For students taking this course for academic credit within a postgraduate program or the Community Access Program (CAP) of the University of Melbourne, assessment will be based on:

- Participation, including the group presentation involving the development of a primary health care project for a particular population (20%)
- A written reflection piece (20%)
- An essay or small project proposal, of 3000 words (60%), to be submitted two months after the course is completed

For AMS students, the assessment is based on participation, the group presentation and the reflection piece.

Facilities

The courses will be held in the residential training institute at CRHP in Jamkhed.

Accommodation - Participants stay in shared rooms with attached bathroom. The furnishings are simple--a bed (some with mosquito nets), a desk and wardrobe. There is electricity and hot water (inconsistently) in each bathroom. Bucket showers are often a new experience for everyone!

Communication - There is limited computer access for course students in the library where you can access the internet, at a charge.

There is a public phone booth for international calls at the gate to the Jamkhed compound. Incoming calls can be received at the Jamkhed office and transferred to the training institute, for urgent situation only. There is mobile phone coverage for those with global roaming.

Meals - Meals are taken together with the rest of the course participants at the institute. The main food is rice / chapatis, lentils and vegetable / meat curries. Fruit is provided when available. Safe

drinking water is provided. It is easy to buy snacks/soft drinks etc in Jamkhed town, and there is always an enormous sense of achievement when someone finds a treat available in a little shop somewhere in Jamkhed bazaar!

Recreation - There is a table tennis table, basketball court and many board games available at the institute and you can arrange to watch videos/DVDs in the evenings. Walking to and from the shops, to a lake 20 minutes from the compound can be your exercise, and if you don't mind being followed by some children, you can go jogging in the mornings. Many students like to do yoga/stretches on the roof of the institute as the sun is setting; this is a great way to finish the day - and is usually organised and led by the students.

Costs

As a **short course**, the **full course fee to be paid to AIHI is AUD\$2050** per student. This includes

- Tuition fee charged by CRHP
- AIHI tutors and administration costs
- Accommodation and all meals at CRHP
- Group transfers between Pune and Jamkhed, and transport to Ellora Caves during the course.

Additional costs that participants need to cover by themselves include:

- passport
- Indian visa fees (see section on Travel below)
- airfare
- travel insurance
- medical preparation
- local transport costs
- food and accommodation for the mid-course trip to the Ellora Caves

For **AMS students and postgraduate students** taking the course for academic credit, **the fee to be paid to AIHI is \$1650 per student***. **These students have to be responsible for their own enrolment with the University of Melbourne and pay their enrolment fees directly to the University, IN ADDITION TO the said payment to AIHI.**

**Based on arrangement between AIHI and the University, AIHI will recover around \$400 from each student's enrolment fee, eventually.*

Travel

You need to apply for your visa for this trip at least two weeks before you travel - remember too that embassies and consulates will be closed during the Christmas and New Year period.

Getting There - Jamkhed is 180 km from Pune. A bus from CRHP will meet students at the train station at Pune around mid-day of the Sunday of the first week and transport them to Jamkhed. You can get to Pune either by bus, train or plane from Mumbai. The train is probably the easiest and cheapest. Mumbai is the closest international airport to Pune; Qantas, Singapore Airlines, Thai, Malaysian Airlines and Cathay Pacific all fly to India. Airfares are around AUD\$2200/return. Mumbai is a very crowded and frenetic city and it can be overwhelming to arrive there as your first stop in India. If you travel via Delhi, there would be the opportunity to do a side trip down to Agra to see the Taj Mahal on your way. Travel by train within India can be booked from Australia. For the longer trips, eg Delhi to Mumbai, or Kerala to Mumbai, you need to book early as over December/January is a peak travel period for Indian tourists.

We will put participants registered in each course in touch with each other so that they can exchange travel information or team up in travelling.

Medical Preparation

Each student will be required to gain medical clearance for their travel from their own doctor.

Forms for this will be sent to you when your application has been received. All information provided in the medical forms will be treated confidentially.

CRHP Jamkhed is in a remote location and the nearest specialist services are five hours away. It is important for the safety of all students that the Directors at Jamkhed know in advance of any conditions that you may have that require any additional care during your stay (e.g. specific allergies etc).

To prepare for your trip, you should see a travel health doctor. Vaccinations you should consider having include those against typhoid, Hep A, Hep B, Meningitis and you have to be sure your tetanus and polio immunisations are up to date. Jamkhed is in a malarious area and you should begin taking anti malarial prophylaxis prior to your arrival.

A very useful travel health book is *Travelling Well* by Dr Deborah Mills published in November 2000 by TMVC (Traveller's Medical & Vaccination Centre), and is available from TMVC.

Useful websites for travel/health information:

www.tmvc.com.au has general info on travel preparation and malaria medication

www.dfat.gov.au has information from the Australian Government on safety advice for Australian travellers. It is also the website on which you register your travel so that the Australian High Commission in India has a record of your whereabouts.

Insurance

You will need to arrange your own travel insurance. The University of Melbourne provides the standard indemnity for students during their course at Jamkhed (this is like the normal cover for students on field trips etc, and protects students if they have a course related accident). This is not the same as travel/health insurance and does not cover you for the travel time to and from Jamkhed, or for events like loss of passport, money etc or if you needed to change your travel plans in an emergency. For this reason you must also have travel insurance. You can use The University of Melbourne insurer (<http://inasuitcase.aceinsurance.com.au/Melbuni/homepage.aspx>) or seek your own.

What to Bring

December/January is still cool in the evenings so one jumper/jacket is good to have. Loose cotton clothing is best when it starts to warm up. For women who wish to adopt local clothing styles, it is easy to buy a shalwar khameez or even a sari in Jamkhed. Indian men would tend to wear long cotton trousers rather than shorts, even in hot weather. For visits into Jamkhed and the surrounding villages, it is best to wear clothes that are accepted locally. A sheet, pillow, quilt, and towel will be provided, but you may be more comfortable bringing a sleeping bag (the quilts can be dusty).

Jamkhed is in a rural area and has small shops only. Soap, toothpaste etc are readily available but bring your own deodorant, tampons, personal medications, sunscreen and insect repellent.

You may like to bring small gifts for people and families you meet, Jamkhed staff who teach you - examples may include cricket paraphernalia, postcards, small calendars etc. It is CRHP's request that students do not give presents out to children in the villages/town as this creates expectations that are not appropriate.

Suggestions from past participants:

"Bring: wetwipes, torch, travel mug and Aussie chocolate."

"A softer pillow would have been good."

"Don't bring white clothes!"

Money

There are many automatic cash machines in Mumbai and Delhi (but often not at the airport!) and at Pune train station. You should change money before coming to Jamkhed as it is not possible to do this there. At present you get approximately 35 rupees/\$1. Since the course fee paid to AIHI includes tuition, accommodation and meals during the period of the course, the only money you will require at Jamkhed would be for any local clothes/souvenirs, ISD phone calls and internet, as well as for the trip to the tribal area and caves. Many people enjoy the many shopping opportunities at Jamkhed, and the 'average' (if there is such a thing) amount spent for the three weeks is around \$250 - more if you are looking to buy saris or jewellery.

Briefings

There will be a one day pre-departure workshop at the Nossal Institute (probably in September/October, exact date to be confirmed). During that day we will have a chance to get to meet each other, and learn more about Jamkhed and the course from the Nossal Institute tutors. We will have briefings on India, the culture of rural village life, and explore ways to get the most out of the experience. The cost of the day, including lunch and tea breaks, is included in the course fees. It is strongly recommended that you come to the briefing workshop.

Application Procedure

Either as a short course or for academic credit, apply first to the Nossal Institute by completing the attached application form and return it with a \$250 deposit.

Applications close when the maximum number in each course is reached. The Nossal Institute will confirm acceptance if applicant is considered suitable to attend, subject to medical clearance (see paragraph on Medical Preparation above). Balance of the course fees must be paid by 9 October 2009.

For those taking this as a subject for academic credit (but excluding AMS students), the enrolment procedure of the School of Population Health of the University of Melbourne has also to be followed. For details and queries about enrolment issues and deadlines, please contact:

Academic Programs Officer
School of Population Health
The University of Melbourne
207 Bouverie Street, Level 4
Carlton, VIC 3010
Tel: (03) 8344 9338 /9339
Email: sph-gradinfo@unimelb.edu.au

Withdrawal and Cancellation

In case of withdrawal of registration after acceptance is confirmed, the deposit, less 10%, will be refunded before 18 September 2009.

After payment of the full course fee, the Nossal Institute will refund the fee, less 10% for administration, if notice of withdrawal in writing is received by the Nossal Institute at least eight weeks before the course commences.

**For further information, please contact
Joni Law on 8344 0914, jycl@unimelb.edu.au**

Feedback from past participants:

"It's probably not what you expect but has (for me) been the most mind opening experience, both personally and professionally"

"It has been a great privilege to observe a PHC program in action that actually works!"