

WASH in Health Care Settings

Dr Seetharam M R

Consultant Orthopedic Surgeon, VMH, SVYM

Executive Director, VILD Foundation

Mysore

*National Convener, **Freshwater Action Network South Asia (FANSA)***

*Member, Steering Committee, **Sanitation and Water For All (SWA)***

The few minutes

- WASH, Health Care Facilities
- The link between the two...
- Critical need for ensuring WASH in HCF
 - The What, Why, How etc
- COVID pandemic and the aftermaths..
- Seeing an opportunity in every problem.





Will this child
celebrate its
First Year Birthday?



OUT OF EVERY
1000 NEW BIRTHS,
NEARLY 50 INFANTS
DIE
BEFORE THEIR FIRST
BIRTHDAY.

ARIs, Diarrheal
diseases are a
major cause of
death of infants



**WE CAN SAVE THESE
PRECIOUS LIVES BY ENSURING
SAFE AND CLEAN
ENVIRONMENT!**

WATER!

- Water – basic prerequisite for Life.
- WATER = LIFE
 - Water on Moon = Life on Moon !!
 - Essential For Life, But can take it away too!
 - 'Amritham', which can also become 'Visham'!
- Vehicle for taking other nutrients in
- Vehicle for taking out harmful substances
- 'Disease' when this gets reversed – ie takes harmful things in and useful things out

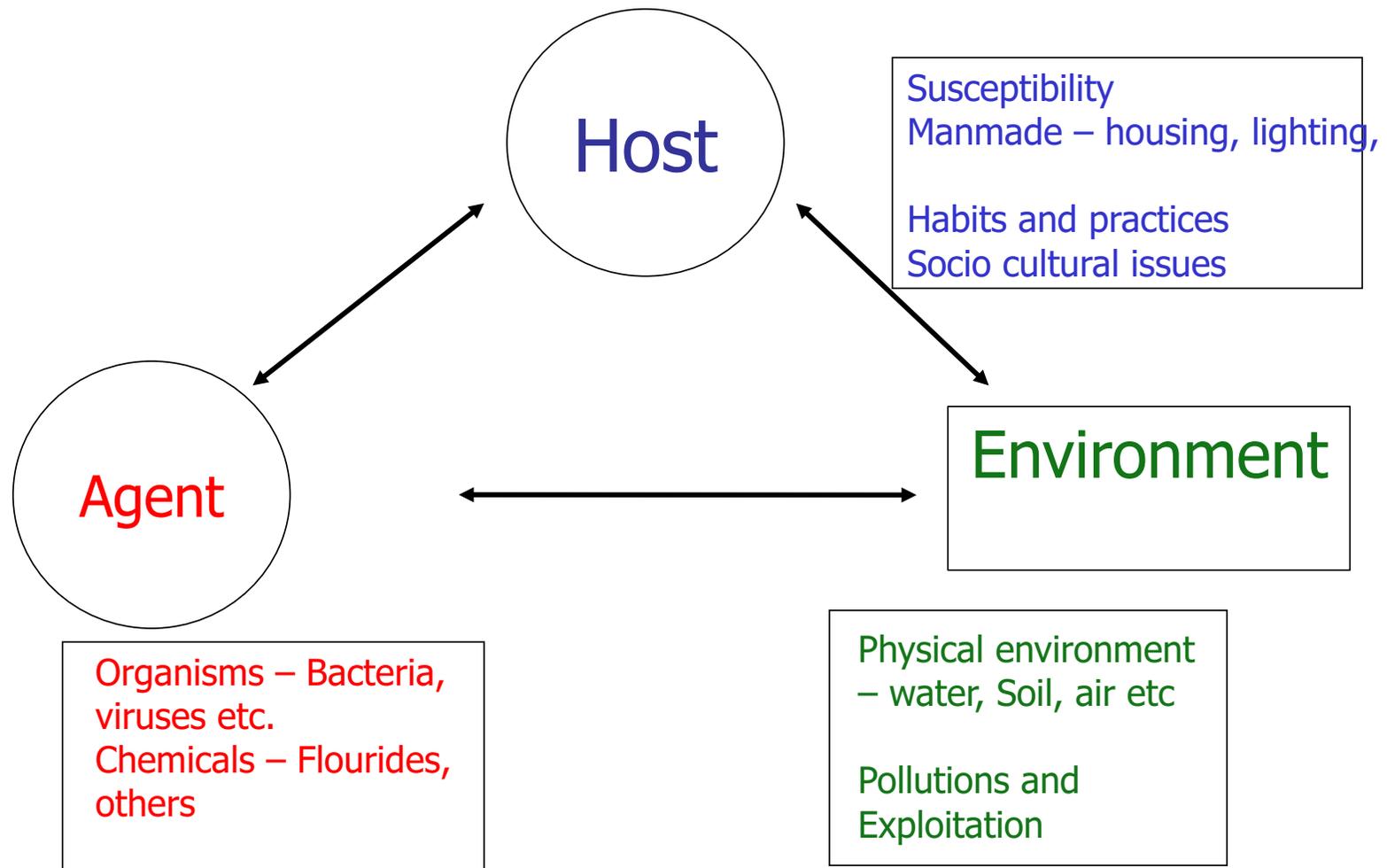
Safety Questions!

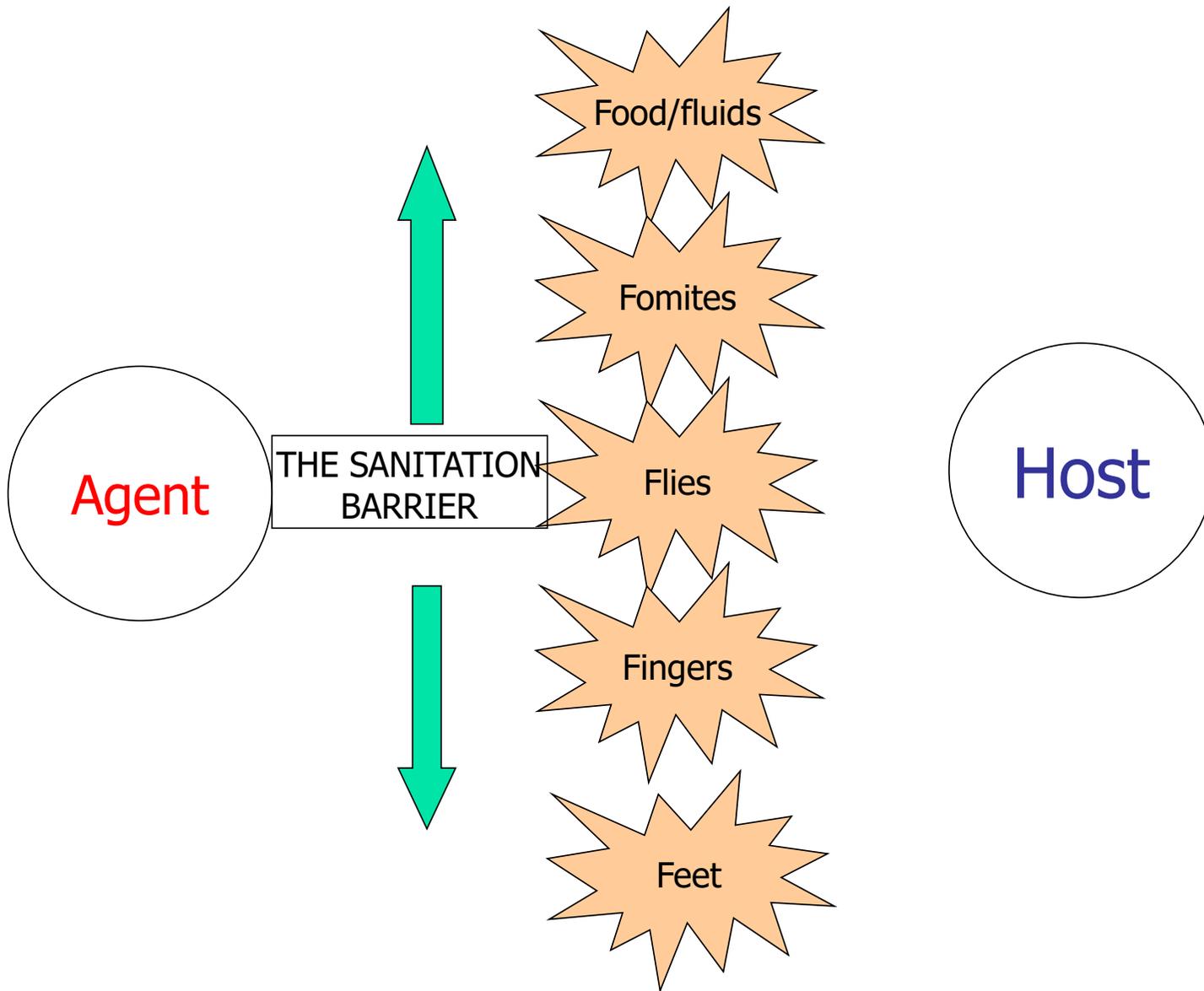
- If a source of water – say, a water-tank – is treated with a disinfectant, is the water that is coming out of the tap 'safe'?
- If the seal of the mineral bottle is intact, is the water inside the bottle 'safe'?
- Is safe water 'safe' in everybody's hands?
- Role of behavioural aspects
 - Water collection, storage, usage
- Role of 'food' as the vehicle for pathogens
 - Eg. Salads.
- 'Will I get any illness if I drink this water?'

Sanitation

- 'Science of safe-guarding Health'
- "Sanitation is a way of life. It is the quality of living that is expressed in clean home, clean farm, clean business, clean neighborhood, and clean community. Being a way of life, it must come from within the people; it is nourished by knowledge and grows as an obligation and an ideal in Human Relations."
- National Sanitation Foundation, USA
- 'Control of all those factors in man's physical environment which may exercise a deleterious effect on his physical development and survival.'
- WHO

The Epidemiological Triad





- Biological Contamination
 - Fecal contamination
 - Other organic products - Solid waste
 - Health care waste
- Chemical contamination
 - Geophysical causes
 - Anthropogenic causes

Unseen pollutants..

- 'Endocrine Disruptors' – chemicals similar to natural hormones – mimic/block effects – estradiols, testosterone, lindane
 - Significant developmental anomalies in fetuses and newborn shown in wildlife
- Human sperm count said to have dropped 50% since 1939; higher endocrine related malignancies;
- United States Geological Society, nationwide study in 2002 – occurrence of pharmaceuticals, hormones and Organic Wastewater Contaminants
- Of 139 waterbodies, 80 % found to have at least one of the harmful contaminants





WAter, Sanitation, Hygiene

- Water –
 - Generally grabs more attention!
 - Quantity focus all along; Quality not much talked about
- Sanitation
 - Generally only about Toilets!
- Hygiene
 - “What is it???”
 - Only now – thanks to COVID – people are talking of Hygiene!!

Health Care Centres

- Health is one of the things that is recognized when it is not there!!
- Disease, illness, infirmity – grabs more attention.

- Fall sick??
- Go to the Hospital!

- Expectation that once in the hospital,
 - everything will be taken care of...
 - Doctors and team will know everything
 - Hospital is a safe place

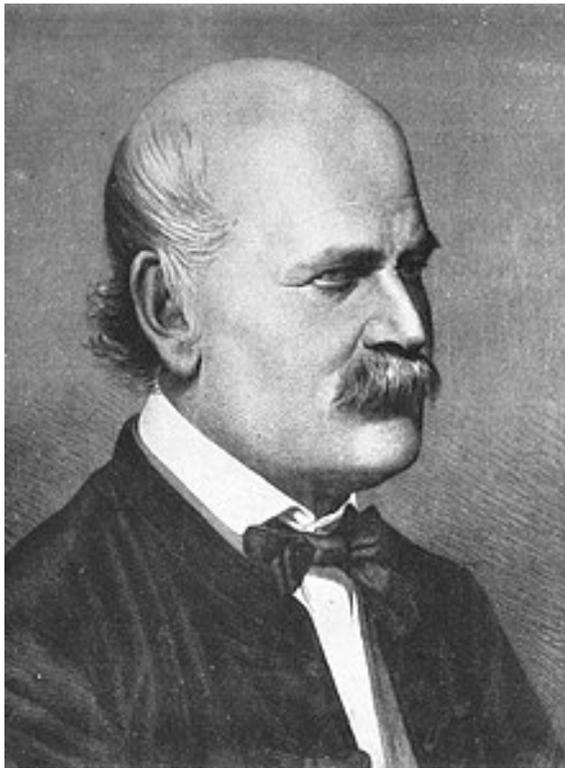
Health Care

- ‘Health’ as against ‘Medicine’
- ‘What makes me Healthy and What keeps me Healthy?’

- Often – an over reliance on Medicines
- The love for Injections!
- Tendency for aggressive interventions
- Trend of Defensive medicine
- Google Doctor!

Stories that teach us precious lessons

Ignaz Semmelweis – the pioneer of Handwashing

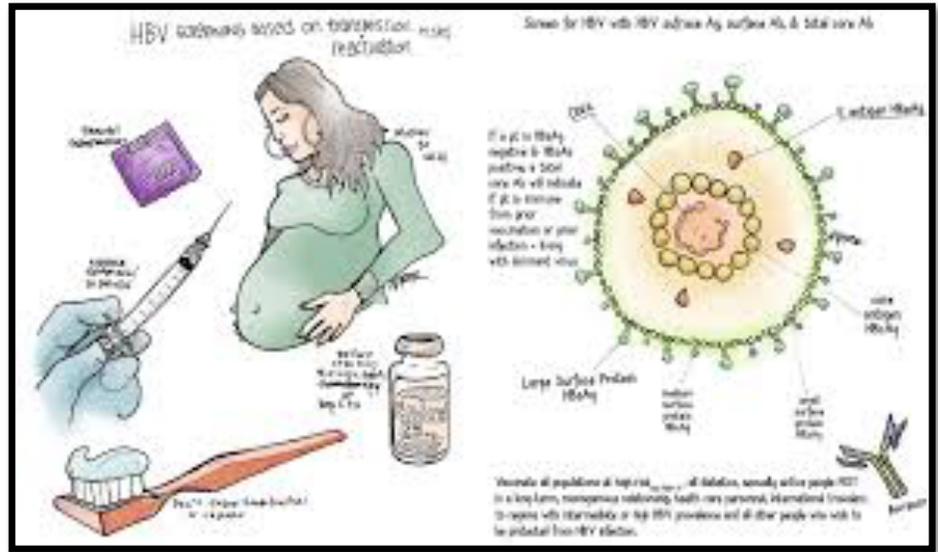


Typhoid Mary – Mary Mallon – asymptomatic carriers

Stories that teach us precious lessons



Syringes on the New York Beach – and its relation to AIDS



The Hepatitis Outbreak in Modasa Taluk, Sabarkantha District, Gujurath – Feb March 2009

Providing Health to
Others is itself a
Risky proposition!

5:51 p.m. ET, March 22, 2020

Nearly 1 in 10 of Italy's infected are health care workers

From CNN's Livia Borghese, Valentina Di Donato, Nicola Ruotolo and John Fiegner in Rome.

THIS STORY IS FROM AUGUST 29, 2020

87k health staff infected with Covid, 573 dead; 74% cases from six states

Sushmi Dey | TNN | Updated: Aug 29, 2020, 09:06 IST



A-

A+



NEW DELHI: More than 87,000 [healthcare workers](#) have been infected with Covid-19, with

just six

[Karnata](#)

[West B](#)

BY **CIARA NUGENT** APRIL 2, 2020 12:32 PM EDT

*Spain has the world's highest reported rate of COVID-19 infection for doctors and nurses. 15,000 health workers are now sick or self-isolating, making up 14% of confirmed cases in the country, according to the health ministry. In Italy the figure is below 10%. No other country has reported a **double-digit percentage** of cases affecting doctors.*



SUSTAINABLE DEVELOPMENT GOALS

<p>1 NO POVERTY</p>	<p>2 ZERO HUNGER</p>	<p>3 GOOD HEALTH AND WELL-BEING</p>	<p>4 QUALITY EDUCATION</p>	<p>5 GENDER EQUALITY</p>	<p>6 CLEAN WATER AND SANITATION</p>
<p>7 AFFORDABLE AND CLEAN ENERGY</p>	<p>8 DECENT WORK AND ECONOMIC GROWTH</p>	<p>9 INDUSTRY, INNOVATION AND INFRASTRUCTURE</p>	<p>10 REDUCED INEQUALITIES</p>	<p>11 SUSTAINABLE CITIES AND COMMUNITIES</p>	<p>12 RESPONSIBLE CONSUMPTION AND PRODUCTION</p>
<p>13 CLIMATE ACTION</p>	<p>14 LIFE BELOW WATER</p>	<p>15 LIFE ON LAND</p>	<p>16 PEACE, JUSTICE AND STRONG INSTITUTIONS</p>	<p>17 PARTNERSHIPS FOR THE GOALS</p>	 SUSTAINABLE DEVELOPMENT GOALS



Ensure healthy lives and
promote well-being
for all at all ages

The Sustainable Development Goal for Health

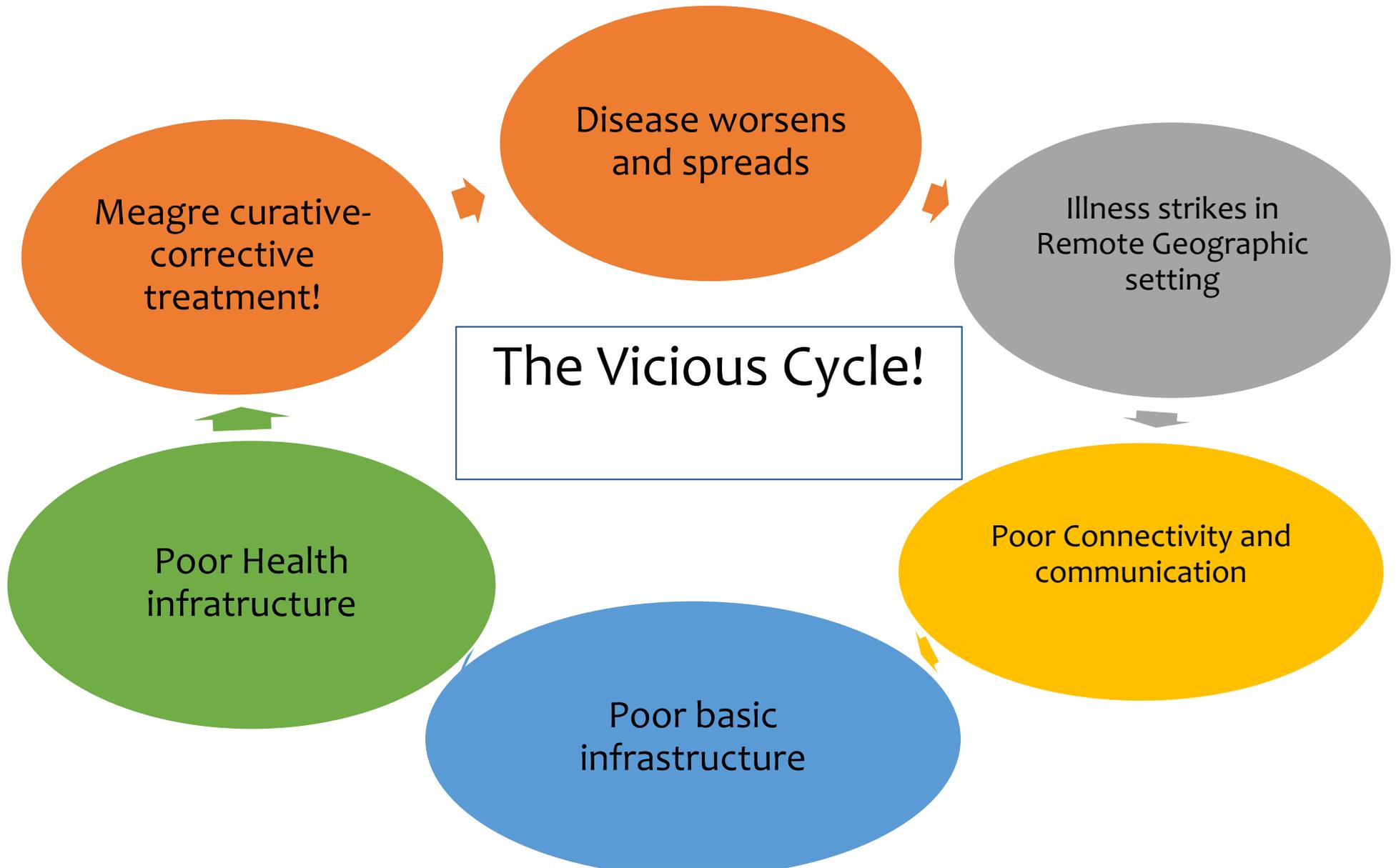


How to
ensure
Health of
Health Goal!



The structure of Healthcare System









WASH in Health care

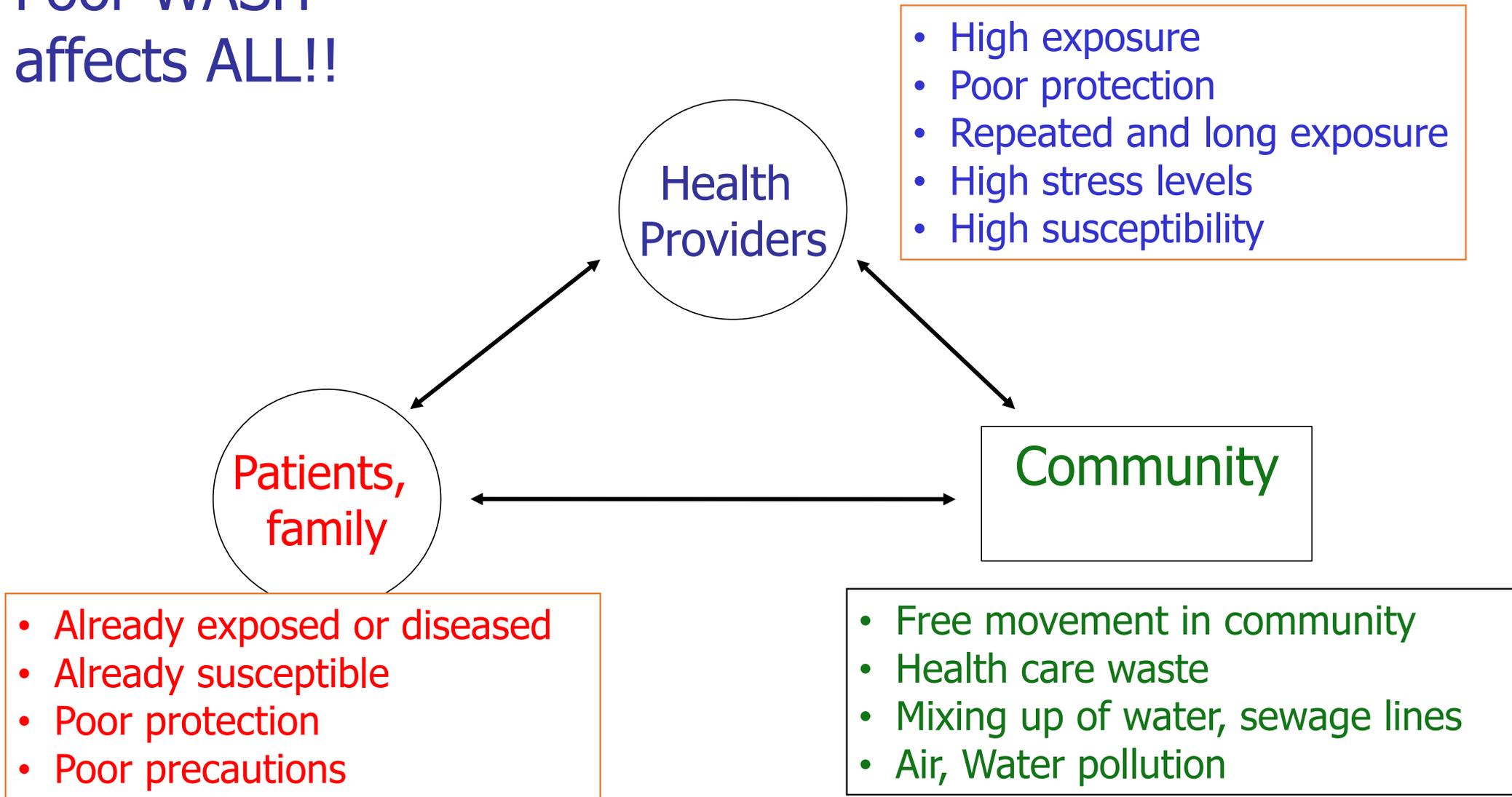
Conventional understanding

- Water –
 - Quantity, Quality;
 - Drinking
 - Washing, sterilisation
- Sanitation
 - Toilets, urinals
 - Health care waste
 - General Solid and Liquid Waste
- Hygiene
 - Hand Wash for procedures
 - Clean linen
 - Washing, swabbing

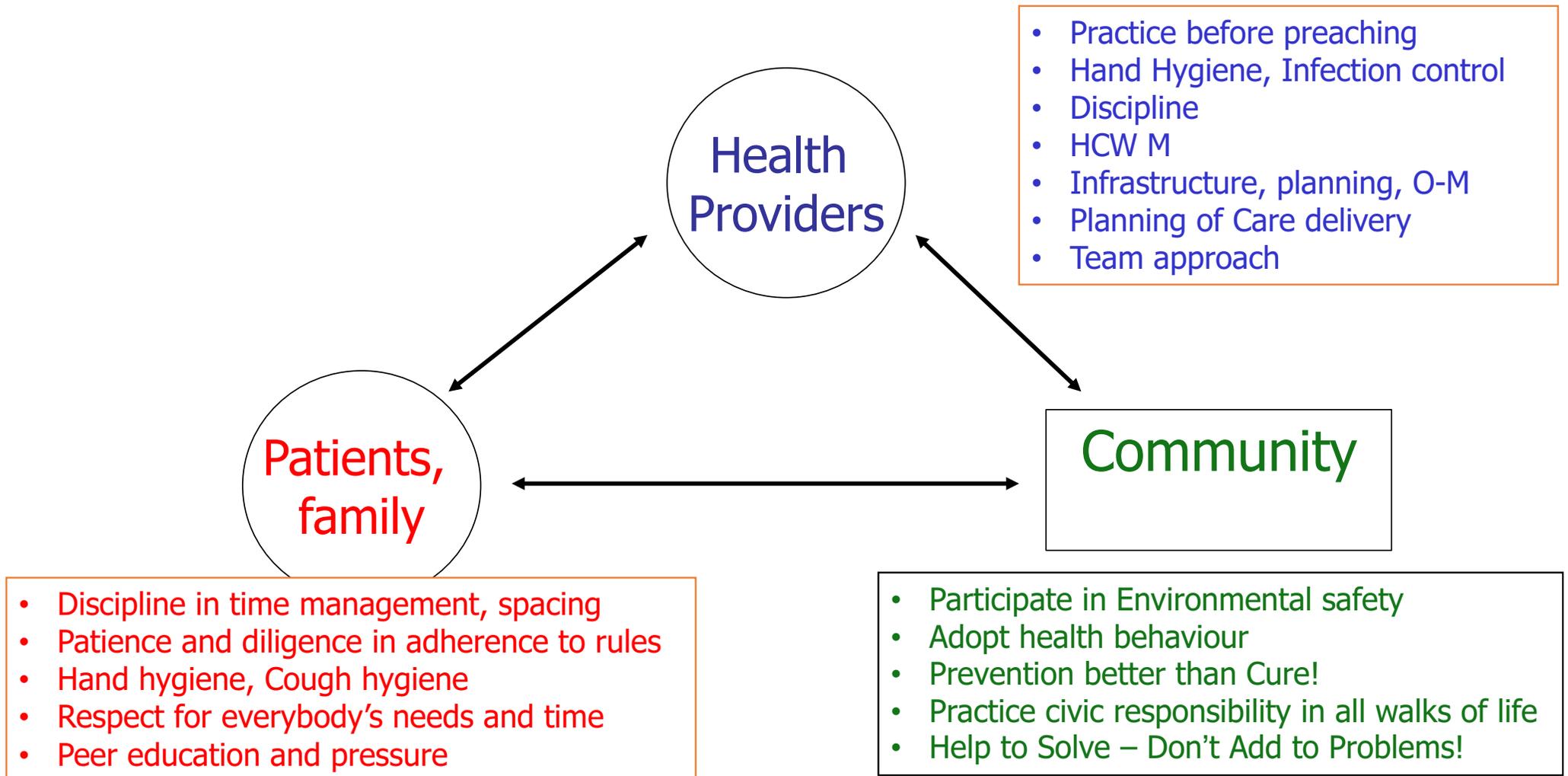
MANY Issues are generally left out!

- Water –
 - O – M
 - Source sustainability
 - Recapture, reuse
- Sanitation
 - O – M
 - Going beyond toilets
- Hygiene
 - Patient spacing
 - Waiting and other areas
 - Behaviour during NON PATIENT CARE

Poor WASH affects ALL!!



WE ALL need to participate!



SVYM Experience in WASH in Healthcare settings

- Implemented programs with UNICEF Support
- Initial experience in N Karnataka – 40 PHCs
- Now being implemented in 16 PHC in Mysore

- Conviction that WASH makes a difference
- Focus on the simplest things first
- Focus on Sharing of responsibility

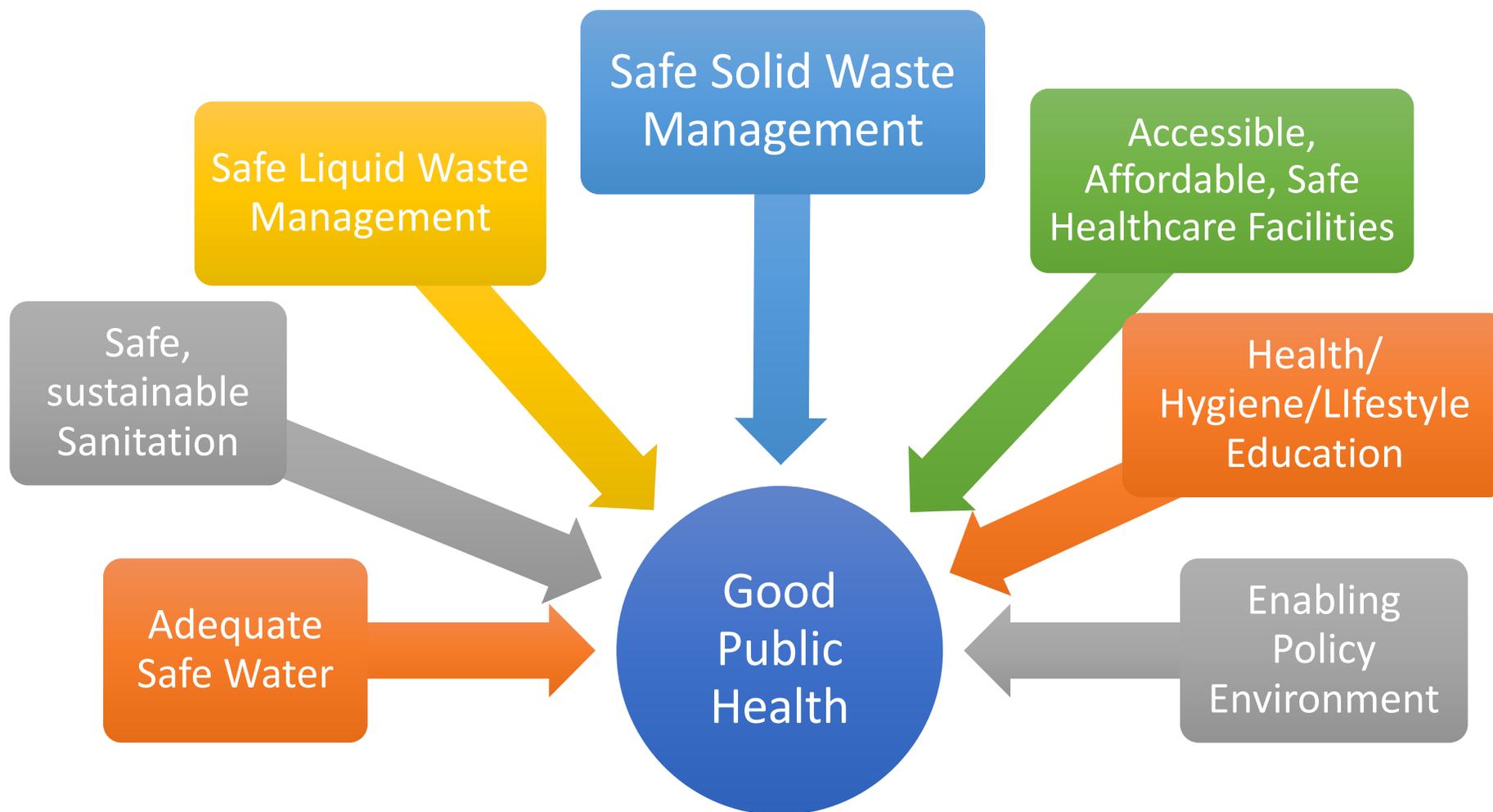
- Execute - DO
- Empower - ALLOW
- Enable - HELP

Key strategies of SVYM Model

- **Team Approach – Broad Base the Team**
 - Each person is important – Health Team, ARS, patients, families; PRI;
 - Ownership by all; but anchored by the person responsible!
- **Leadership**
 - Most critical prerequisite – From Dist. level down to a Ward in PHC!
 - Concept of collective leadership – Doctor led process
- **Each one Works!**
 - Each one does his/her work
 - Pitch in for others in case of need
- **Measure and Quantify**
 - “In God we believe; for everything else, bring data”!! Baseline Vs progress
- **Don't hide mistakes**
 - No persecution, no finger-pointing or blaming
 - Every body commits mistakes but only some correct themselves

Key strategies of SVYM Model

- **Learn from each other**
 - Share challenges, what worked and did not
- **Mutual Appreciation**
 - Timely Words of encouragement from people who matter
 - Clapping for each other
- **Highlight achievements**
 - Even simple looking tasks are not easy to accomplish
 - Positive peer pressure
- **Celebrate success**
 - Small success lead to big ones!
- **Stay connected and Share**
 - Pull each other up; NO Crab mentality
 - Whatsapp, social media; regular direct interactions





*“Be the change you want to see in the world”
- Mahatma Gandhi*



THANK YOU

emmaress@gmail.com