

# **The Report on Primary Health Care and Sanitation Training**

Date 20-21 July, 2010

Venue: Pining Pong secondary school, Damnak Raing Commune, Udong district

Facilitators: Mrs. Meach Sotheary, Mr. Chhorn Ann, Mr. Soum Sen

Assistants: Mss. Seng Sophavy. Mss. Hong Sokkiang

Chair by: Commune council chief

Participants: 13 (11 females)

**I-Introduction:** according to Cambodian Women for Peace and Development strategic framework in program community development (CD) on clean water supply and sanitation. Recently supporting fund from Coca Cola foundation, the program training on primary health care is the activity to provide knowledge on health to community where got clean water by project CCWSS. Damnak Raing commune is selected primary health care training when Phnom Toch commune was selected process using of ceramic purifiers. The primary health care training divide two approaches 1- Training of Trainers and 2-Outreach education. The core trainers have selected to outreach trainers' base knowledge and skill gain from the training. The training session initiate training work plan and report. The expected output of the training 2 core trainers will provide outreach education to household representative in the villages. The village heads are facilitators to collect people, to note attendant list and identify place and time to education.

In the outreach sessions we encourage all of participants to practice and share experience on primary health care and sanitation, students are encourage to share knowledge and practice which get from school and they can practice to show their parents.

By the program of primary health care training we expected that 44% of people in target area gain knowledge and practice.

Cambodian Women for Peace and Development thankful to Coca Cola foundation, Ministry of Rural Development, Local Authorities, and Stakeholders to support and process of the training is running smoothly and success.

## **II-Training Session:**

The Name of Training Session: Primary Health Care

The Purpose of the training:

1. To enhance knowledge and understand of useful of daily hygiene to prevent control diseases which face their community.

2. To promote health and sanitation according to slogan "safe food eat, clean water drink, proper living" and daily practice in livelihood.

3. To urge from key stakeholders relevant on implementation health and sanitation.

**Program Schedule:**

Times Day 1	Decryptions	Facilitators
07:30-08:10	Welcome and introduction	Chhorn Ann
08:10-08:15	Purpose of the training and training program	Meach Sotheary
08:15-08:20	Expected output of the training	Chhorn Ann
08:20-08:25	Ground rule of the participants	Soun Sen
08:25-09:25	Topic: Facilitation Skill	Meach Sotheary
09:25-09:35	Break	
09:35-09:45	Energy game	Participants
09:45-11:00	Home Hygiene	Soun Sen
11:00-12:00	Practice on Home Hygiene	Participants
12:00-13:30	Lunch	
13:30-13:40	Energy game	Participants
13:40-14:10	Topic: Clean hand good health	Chhorn Ann
14:10-15:30	Practice lean hand by water and soap	Participants
15:30-15:40	Break	
15:40-16:40	Topic: The important of using and maintenance of clean water pump well	Meach Sotheary
16:40-17:00	Recap of the training session	Chhorn Ann
Times Day 2	Decryptions	Facilitators
08:00-8:10	Energy and Wrap up	Participants
08:10-9:30	Core trainer practice on outreach education	Meach Sotheary
09:30-9:45	Break	

09:45-10:45	Poster presentation	Soum Sen
10:45-11:45	Practice outreach education work plan	Chhorn Ann
11:45-13:30	Lunch	
13:30-13:45	Energy	Participants
13:45-15:00	Report note	Soum Sen
15:00-15:15	Break	
15:15-16:00	Recap training session, Post-evaluation	Chhorn Ann
16:00-16:30	Report of training	Meach Sotheary
16:30-17:00	Close training	Commune Council

**Expect output of participants:**

- Gain knowledge on using clean water pump well
- Understanding about wash hand correctly by soap and water
- Gain knowledge on home cleaning and well cleaning
- Understanding on health and can prevent control disease
- Capable to dissemination and education to people in the village on health and sanitation

**Ground rule:**

- Time morning: 8:00-11:30
- Time afternoon: 13:30-16:30
- All participants' late need to rule by group
- Prohibit discussion out of training session
- Have question to over hand
- Participatory approach
- Respect all comments of participants

**Topic: Facilitation Skill**

The facilitation skill based three skills are speaking, listening and observations for supporting discussion and learning smoothly and achieve what we want at the end of session.

## 1-Speaking skill:



- Appropriate speaking, use local language, and speak follow capacity of participants
- Speak based key points of the topic
- Speak clearly, avoid speak technical word that cannot understanding by participants
- Use open and close question and brainstorming
- Positive speaking, encourage participants involve the topic, avoid depreciate

## 2-Listening:



- Keen listen, face to speaker
- Sign by nod head, present that interest the speaker
- Repeated on the phrase your hearing
- Use question when you are not clear, do not interrupt
- Summary what they said

## 3-Observation skill

- Observer to all of participants on face, physical, attitude
- Do not see one by one or group
- Change method when participants boring and sleeping
- Take the question to people who not interesting the discussion

## 4-Criteria of facilitators

- Knowledge: have knowledge on topic of training and discussion and participants
- Skills: speaking, listening, observation, summary, ask question, use tool of training
- Attitude: pleasure, friendly, honesty, respect, responsibility, flexible, diligently

## Topic: Home Cleaning

Home cleaning or hygiene is the topic to be selected from primary health care and sanitation. We found that physical cleaning, proper food, and pure drink water are components to insure better health of human to reduce poverty of people.

The home cleaning is activities to be clean home, eradicate waste, prevention disease and to be better health for member of households.

The training present:



Clean around house and under house:

- Daily clean and fill up small pond, fire waste and dig waste

- Deforest mosquito shelter

- Collect and keep proper of domestic animal waste or cages of livestock

- Use latrine properly

Clean in house:

- Properly home arrangement and cleaning

- Cloths washing and drying

- Open window

- Wipe out of insect such as mouse, cockroach, house bag, spiders

- Cover food protected fly

- Clean cooking and bath room, clean latrine, and clean kitchen

Benefit from house cleaning:

Many diseases such as diarrhea, cholera, reparatory infection, fever, skin disease, parasite, malaria, Dengue fever, typhoid found that around people lining have no house cleaning. We should clean house or hygiene house so clean environment, good health, no disease, no pay money for treatment of disease, we together reduce poverty and better living by cleaning home.

*Note: The poverty of developing countries found that spent much money to treatment diseases among member of families which is the diseases can prevention by home cleaning.*

## Topic: Clean hand good health

The clean hand good health is the topic present that by World Health Organization (WHO) on clean hand with water and soap every days, every food times, every out of toilet, and clean waste children. By WHO experience when breakout of avian flu and or H1N1 flu can prevent by clean hand with soap 10 times a day include mask, not spit everywhere.

Always clean hand with water and soap because our hand reach something and sometime touch virus, parasite, bacteria and transfer to body and to other like children.

Why need to clean hand by water and soap?

Our hand touch something is virus, parasite, bacteria living waste of human, animal, soil, and dust and sometime touch material of sicker. The unclean hand transfer virus, parasite, bacteria to body through food eating, touch mouth, nose, and eye and can transfer to children.

We clean hand before eating, after toilet, and after clean waste of children.

Process correctly clean hand by water and soap:



- Pour water both hands with clean water
- Soap to palm of hand and back of hand
- Clean hand and fingers
- Clean back of hand and space between fingers
- Clean soap both hands
- Dry hand with proper towel

Benefit of clean hand:

-Clean hand by water and soap to clear virus, parasite, and bacteria in your hand. You are good health if you clean your hand with water and soap every before eating, after toilet, and after clean waste of children.

The practices of clean hand to present that key trainer do properly and or correctly when they implement in community. The training session need material support training and spent many time to practice.

*All of them understand that clean hand that mean reduce disease and reduce poverty also.*

## Topic: The important use clean water pump well

The definition of clean water is the water has no bacteria, poisonous both chemical and mine. The clean water pump well is getting water have no bacteria, poisonous both chemical and mine.

The group discussion:



Group 1: How do we use clean water pump well?

- Sweep and clean up around pump well
- Fill up pond near pump well
- Appropriate pump water avoid destroy
- Taking care pump well by users

Group2: How we care the clean water pump well?

- Daily clean up around pump well
- Fill ground of around pump well
- Raise fund from user for maintenance
- Avoid children use pump well
- Daily control by pump well committee



Group3: What about benefit from using clean water pump well?

- Good health both human and animal
- Have clean water use
- Reduce disease
- Have no chemical and poisonous
- Spent less time
- Spent less money
- Spent less labor

**Training Evaluation:** fill by 13 trainees

Items	Number Participants Ticks				Totals
	poorest	poor	average	good	
1-Useful and relate tasks/position			2	11	13
2-New info/Idea for development			8	5	13
3-Facilitators clear speaking/ explaining/make understanding			1	12	13
4-Appropriate venue			8	5	13
5-Files distribution useful learning			2	11	13
6-Relate for lesson to other lesson		1	4	8	13
7-Methodologies			5	8	13
8-Participatory/games		2	9	2	13
9-Logistics		3	6	4	13
10- Times			2	11	13

Best leaning/comments:

-I will share my knowledge to community after training and thanks Coca Cola, CWPD support CCWSS in Damnak Raing.

-I have preferred the good hand/good health with topic and practice, the topic is important for practice in community.

-The household happiness has been occurred by clean house, wash hand and dink pure water.

-The training and outreach education to community to reduce poverty.

-I would like to said that facilitators is good facilitate and clear explanation easy to understand.



### The villages outreach education Plan

No	Village Name	No house-holds	No sessions	Name of facilitators	Name of Assistants	Date start Date end in July	Poster MORD	Poster CCWSS	Leaflet MORD
1	Tropaing Plong village	21	01	Iang Soen	Hun Vat	29 (M)	08	04	28
2	Dek Peang village	93	04	Chhorn Noen	Mo Rao	27-28	36	18	120
3	Ping Pong village	110	04	Eang Soen	Chek Rin	25-26	44	22	143
4	Tum Nop Bak village	97	04	Eang Soen	Un On	23-24	38	19	126
5	Por village	147	06	Im Tha	Sea Voen	29-31	58	29	191
6	Tropaing Run village	76	03	Im Tha	Nhek Pheon	28-29	30	15	98
7	Pong Tek village	65	02	Im Tha	Lon Khem	27-28	26	13	84
8	Domnak Raing village	32	01	Pen Bin	So Kret	22 (M)	12	06	41
9	Tuol Sam Nang village	28	01	Im Tha	Ben Ban	26 (A)	10	05	36
10	Sdok village	52	02	Hun Sarin	Son Leang	25(M-A)	20	10	67
11	Cham Bok Run village	64	02	Hun Sarin	Hom sampos	24(M-A)	24	12	83
12	Ping Pong School*	100	01	Oen Nary	Teachers	22 (M-A)	94	47	183
	Total	885	31				400	200	1200

Note: Iang Soun Tel: 092 84 20 25, Im Tha Tel: 012 93 57 06, Pen Bin Tel: 092 76 98 08, Hun Rin Tel: 017 28 50 37

Teacher; Oen Nary Tel: 097 849 71 74