

Health Stories

AIL

Female doctor of an AIL rural clinic said: “Habiba came to the clinic 9 months ago; and said that she had amenorrhea. I referred her to the clinic laboratory for a pregnancy test. The result of the lab was positive. I congratulated her but she was upset because 25 years ago she got married and had been pregnant 17 times but unfortunately all of them miscarried. I did not think that this pregnancy would be full term as before.

Again I referred her to complete all the tests and fortunately all the results were normal. I gave hope to her that this time she would have a safe delivery and her own baby. I advised her to have monthly visits at the clinic. She was given nutrition supplements and vitamins.

When she passed the seventh month of pregnancy she suffered from hypertension and pedal edema. I referred her to the laboratory for a urine analysis test. The result of her examination was protein urea. I took care of her. Weekly she has come to the clinic for follow up; her blood pressure was under control.

She was going to give birth at night and her family took her to the hospital for delivery. She gave birth after 25 years of marriage. Two days later she came to the clinic with her baby; she was very happy and was grateful for me and services of the AIL clinic.

I was thrilled to see her with her baby. It was one of my best memories. She said I can't believe that after all this time I have a child.”

A Female doctor of and AIL rural clinic said: “Gulzadah is a resident of a nearby village. She is 27 years old and has two children under five. She came to the clinic with her mother. She was sick and very weak. Her mother said that Gulzada had been ill for a few years and that she had been taken to different doctors but she had not gotten better. At this time she didn't have the capacity to do her activities and she was not able to care for her children.

I took a history of Gulzada. She had a chronic cough with expectoration, loss of weight and lack of energy and weakness. After the physical examination I did refer her to the Lab for a sputum examination. The mother wanted me to prescribe a drug for her daughter without any examination; but I explained to her about TB and I told her that I wanted to diagnosis her daughter's illness and I would then prescribe some medicine according the diagnosis. She accepted this and went to the Lab for the sputum exam. I should say that our Lab has taken a first slide of Gulzada that day and given her two more containers for other sputum samples to be brought into the clinic.

Later Gulzada , her mother and children came to my office with the lab results. She had Pulmonary TB. I told them about the disease and that it is curable. I gave her detailed health education about the TB disease and how to avoid contaminating other people. I prescribed anti TB drugs for her and also for her children as a preventive.

I did refer them to the program of food distribution for TB patients at the clinic. As you know we implement the DOTS (Direct Observation of Treatment System) program in our clinic. Gulzadah for two weeks came every day to the clinic to take her medicine. During

that time she has gotten better and solved some of her problems. I hope that after her treatment ends she will be better and will be able to keep her children and be an active member of society again. I hope so.”

A Midwife of an AIL rural clinic said: “Parimah came to the clinic for delivery at 11 am and she gave birth but the baby was not breathing. We quickly suctioned the baby’s nose and mouth kept him warm. We started 40 breathes / second and we saw movement of his chest; after two minutes of assistance his chest moved and he gave a weak cry. The baby was cyanotic so we gave him oxygen. After the resuscitation the baby got better and his breathing was good and he was able to nurse. We referred him to the vaccine room, and educated his mother about breast feeding, PNC and how to take care of her baby.”