

PRIMARY MEDICAL CARE - FIELD STUDY

NARRATIVE REPORT



29 JUNE - 07 JULY 2022
WAINGAPU, EAST SUMBA

INTRODUCTION

During our field trip, we visited schools, kid's libraries, some medical facilities, masseurs, herbalists, and our local partners. We met them, showed and shared their health problems and injuries with us. Many cases happen with emergency cases when there are no doctors or health facilities around them and difficulties in responding and taking action.

The people living in rural areas also strongly believed in traditional methods and medicine. Sumbanese has a relatively good way of treatment. This therapy method includes medicinal plants garden, various healing methods in the form of massage, and various traditional healers.

The data collected on this trip will become material for compiling a teaching module in the next phase. This teaching module will be done into two categories; the first is for educators and social volunteers handling injuries or emergencies. And the second is to be used as a teaching module for children aged 6-12.

MATERIALS

1. Camera
2. Microphone
3. Laptop or Notebook

PROCEDURE

1. Interview
2. Collecting data by visiting some Waingapu city facilities and rural areas; schools, libraries, medical facilities, medicinal plant gardens, and masseurs practitioners.

QUALITATIVE RESEARCH

Multiple-case Study

SELECTION OF PARTICIPANTS

1. Students from two schools in East Sumba (one in Waingapu City and one in the rural area),
2. Teachers from two schools in East Sumba (one in Waingapu City and one in the rural area),

3. Two Health Facilities or Puskesmas in East Sumba (one in Waingapu City and one in the rural area), and
4. Two Doctors from Health Facilities or Puskesmas in East Sumba (one in Waingapu City and one in the rural area),
5. Traditional medical practitioners (Shaman, Traditional massage therapist, Herbalist) in East Sumba (one in Waingapu City and one in the rural area).

SCHEDULES

No	Date	Place & Activities	Result	Sources Person	Link Photos and Videos
1	Wed, 29 June 22	Rumah Kambera - Elisa arrived in Sumba	Pick up Elisa at the airport and working at Rumah Kambera	<ul style="list-style-type: none"> - Alex - Ayu - Elisa 	
2	Thu, 30 June 22	Lewa, Mbinudita RT 01 and 02, Meeting in <i>Rumah Jabatan</i> with PKK	Meeting with Babinsa Lewa related to water access and grasshopper invasion in Sumba, Meeting with villagers in Mbinudita related Water Connection Project and Civil ID, and PKK Meeting related to KBI potential collaboration in Digital Platform support and stunting problems.	<ul style="list-style-type: none"> - Danramil Marcel and Babinsa Gede - Esther - PKK 	
3	Fri, 1 July 22	Rumah Kambera	Meeting with Selia about the Primary Medical Care projects implementation, arranging visits to Taman Baca and local medical practitioners.	<ul style="list-style-type: none"> - Lunch and Dinner in Mama Ika (Ayu, Eli, Elthon, Alex) 	Taman Baca Cahaya Anak Sumba and Masseur
4	Sat, 2 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Taman Baca Cahaya Anak Sumba - La Paranda Cafe - Praiwora 			

		<ul style="list-style-type: none"> - Cinta Karya - Rumah Kambera 			
5	Sun, 3 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Walakiri Beach 	Meeting with Dr. Aldo and Ardy Charis about the MODUL CONTENTS and training arrangement with Charis School in Rumah Kambera	<ul style="list-style-type: none"> - Dr. Aldo - Ardyanto Kristofel - Selia Narwasti Nangi 	<ul style="list-style-type: none"> - Draft - Teaching Module - Draft - Kids Module
6	Mon, 4 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Charis School - Kambaniru Hotel - Taman Baca Mutiara Anak Sumba - Rumah Bapak Master - Rumah Kambera 	<ul style="list-style-type: none"> - Preparation - Project training batched will be in 4 days - Lunch - Visiting Taman Baca Mutiara Anak Sumba to get more data about kids' health conditions, behavior, and library activities. - Visiting the herbalist's house to have an introduction about this project and arrange an interview with him for the day after. 		<ul style="list-style-type: none"> - Taman Baca Mutiara Anak Sumba - Bapak Master the Herbalist
7	Tue, 5 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Rumah Bapak Master (the herbalist) - Rumah Makan Jawa - Lukukamaru Village - Rumah Kambera 	<ul style="list-style-type: none"> - Preparation - Interviewing herbalist related the traditional medicine and local belief - Visiting Lukukamaru Villages to meet villagers living in the area with no water, electricities, and road access in Waingapu city region. 		<ul style="list-style-type: none"> - Photos and Videos - Herbalist - Lukukamaru Village Videos
8	Wed, 6 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Lion Nusantara 	<ul style="list-style-type: none"> - Visiting the central market in Waingapu city to see the 		

		<ul style="list-style-type: none"> - Pasar Impres - Rumah Kambera 	market activities		
9	Thu, 7 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Puskesmas Waingapu - Kambaniru - Requesting data from the Puskesmas the last two years in Ngadungala village - Kota - Rumah Kambera 			<ul style="list-style-type: none"> - Top Ten Sickness Cases in Puskesmas Waingapu - BPS Data 2021 - The Highest Cases in Sumba Timur
10	Fri, 8 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Lambanapu village - Mauliru - Pasar Impres - Rumah Kambera 			
11	Sat, 9 July 22	<ul style="list-style-type: none"> - Rumah Kambera - Airport Tambolaka Sumba Barat 			

THE NEXT PHASE

In the second phase of Primary Medical Care, the Foundation in collaboration with our local partners will arrange a three days class. We will focus on knowledge transfer and first aid kit exercises and how to use them properly. The goal is not to use the kit. The experts will use the modules to explain and inform them how to avoid all sicknesses and injuries by improving their lives.

The participant compositions are;

1. Charis's teachers: 30 teachers (each school will delegate one teacher)
2. Mbinudita villagers: six (6) persons
3. PKK's team: two (2) persons
4. Libraries' teachers: two (2) persons
5. Sumba Volunteer: two (2) persons.

Other invitations:

1. Public health center Waingapu: one (1) person
2. Herbalist: one (1) person
3. Massage therapist: one (1) person.

The expertise and mentors:

1. Alexandre Wettstein - Fair Future Foundation
2. Dr. Aldo Anapaku - Sumba Volunteer
3. Ardyanto Christofel - Charis School Sumba

The Foundation Team:

1. Ayu Setia Wardani
2. Alexandre Wettstein