

**The Health Programme For Homeless Children In Residential Care:  
A Handbook For Programme Managers**

**Dr. Vandana Prasad  
Dr. Madhurima Nundy**

**A CES-PHRN Collaboration**



**Public Health Resource Network**



Regn. No. 40664

**Centre for Equity Studies**

August, 2011

Reproduction of any excerpts from this handbook does not require permission from the publisher so long it is verbatim, and the source is acknowledged.

Published by Public Health Resource Network (PHRN), a civil society initiative for supporting and strengthening public health systems in India with the support of ICICI Foundation for Inclusive Growth-Centre for Child Health and Nutrition (IFIG-CCHN)

Suggested contribution : Rs. 150/-

ISBN: 978-93-81258-22-4

Design & Print by:

**New Apcon**, Shop No. 20, Panchsheel Shopping Centre, New Delhi-17

## Preface

The Government of India has decided to launch 700 homes across India for homeless children. This is a milestone policy development as there are very few policies addressing the needs of the homeless in India in general. In light of this new development, the government approached the Centre for Equity Studies (CES) that has been working with the homeless through their *Dil Se Campaign* in Delhi and Hyderabad and have established *Aman Ghars* in both the cities for homeless children. They have been requested to put together protocols/standards and best practices for homeless children in non-custodial residential care. These documented protocols/standards would be important for the functioning of the 700 homes that the government plans to establish. There are seven components that CES is working on – Education Curriculum Development and Transaction, Home Management Systems Design, Financial Management Systems Design, Law and Children in Difficult Circumstances, Physical Health Related Systems and Protocols, Mental Health Related Systems and Protocols and Advocacy.

CES commissioned the physical health related protocols to the Public Health Resource Network (PHRN). PHRN has the expertise in building capacities of public health systems and has developed several modules that are used for training health personnel. This module/handbook will contribute to the larger compilation of all the seven components by CES.

This handbook specifically details the physical health systems that must be in place to address the needs of a homeless child in residential care. We are aware and conscious of the fact that the mental and physical aspect cannot be separated especially in the context of the homeless child where the physical, mental and emotional needs have to be seen in a continuum and addressed simultaneously. The mental health module by CES can be used for cross-reference along with this module.

This handbook is divided into three sections. The first section sets the context of homelessness and then delves into the health needs of homeless people and specifically homeless children. It then spells out the approach required to address the health needs of homeless children. This section also looks at some existing models in India and some regulatory frameworks addressing health needs of looked-after children in other countries.

The second section is the main body of the handbook. It details all that goes into organising a health intervention programme for homeless children in residential care or as we call it, 'the home'. It has nine sub-sections that constitute the important systems that need to be in place.

The last section of annexures is equally important. It gives examples of health formats that must be there at the home. It gives a drug formulary that was developed by Jan Swasthya Sahyog for further reference; a drug price list that was developed by Locost and growth monitoring charts recommended by the World Health Organisation (WHO).

*Authors*



## Acknowledgements

We would like to thank Mr. Harsh Mander, Director, CES for giving us the opportunity and commissioning this handbook to us. We thank Ms. Satya Pillai who co-ordinated with PHRN throughout the time that we were working on the module and Mr. Anwar Haque who provided all field level information on health systems under the Dil Se Campaign. We thank the health workers at the Aman Ghars for Homeless Children in Delhi – Ms. Monika, Ms. Shabana and Mr. Yuvraj for spending time in explaining their work as health workers. We also thank Ms. Ambika Kapoor and Ms. Preeti Mathew at CES who shared their respective modules on Child Health Records and Home Management with us.

We are very grateful to Sister Cyril, Principal, Loreto School, Kolkata; Sister Flora, Principal and Co-ordinator and other staff of the Rainbow Homes of Loreto School in Kolkata who gave us time and allowed us to look at their model of providing care and shelter to the homeless children. It was most enriching.

Several individuals/organisations have contributed to providing information on various sections of the module. We are immensely grateful to Dr. Shanti Raman, Community Paediatrician, South West Sydney and Sydney Local Health Networks for providing a lot of background material and reviewing the module; Dr. Ramani from Jan Swasthya Sahyog (JSS) for providing the JSS Drug formulary; Ms. Mridula Bajaj and Ms. Kamini Malhotra from Mobile Crèches for allowing us to go through their health record formats; Ms. Mita Deshpande for First-Aid information and booklet developed under the School Health Project of University School Resource Network (USRN).

We had a very fruitful Consultation with experts who reviewed the module. We received very many valuable inputs and insights to this Handbook and thank them for the same. The reviewers who were present in this Consultation were Mr. Harsh Mander, CES; Dr. K. R. Antony, Pediatrician and President, Public Health Resource Society (PHRS); Prof. Rama V. Baru, Professor, Centre of Social Medicine and Community Health (CSMCH), Jawaharlal Nehru University (JNU); Ms. Mita Deshpande, Research Scholar, CSMCH, JNU; Mr. Arun Srivastava, Consultant, National Health Systems Resource Centre (NHSRC); Dr. Lipi Dhar, HOPE Project; Ms. Ifat Hamid, ARK Foundation.

Finally, we would like to thank our colleagues at PHRN, Delhi office - Dr. Ganapathy, Ajay, Dinesh ji and Sunandan for their constant support and helping us bring out this handbook.

*Dr. Vandana Prasad*

*Dr. Madhurima Nundy*



## Contents

<b>Preface .....</b>	<b>iii</b>
<b>Acknowledgements .....</b>	<b>v</b>
<b>Health Needs of Homeless Children in Residential Care: Introduction and Approach</b>	
Homelessness: The Context .....	2
Homeless Children and Health .....	4
• Special Health Needs of Homeless Children .....	4
Approach to Addressing Health Needs and Rights of Homeless Children .....	6
• Declaration on Child Rights .....	6
• Life-cycle Approach .....	7
• Continuum of Care .....	7
• Long-term Residential Care .....	8
• Some Ethical Considerations in Providing Care .....	8
• Public Health Approach .....	9
Existing Models: Addressing Health Needs in Institutions / ‘Homes’ for Homeless Children .....	10
• Case Study 1: Aman Ghars, Delhi .....	10
• Case Study 2: Rainbow Homes for Homeless Children, Kolkata .....	11
Health Standards for Looked-After Children: Regulatory Frameworks/ Standards in Other Countries .....	12
<b>Organising the Health Intervention Programme for Homeless Children</b>	
Approaches to Health Interventions for Homeless Children in ‘Homes’ .....	16
General Principles for the Health Programme at the Home .....	18
Health Systems at the Home .....	22
I. Programme Management .....	23
1. Human Resource: Structure and Roles and Responsibilities .....	23
2. Monitoring Mechanisms .....	26
3. Quality Protocols .....	27
4. Role of the Advisory Committee .....	27

II.	Training and Capacity Building .....	28
1.	Training and Capacity Building of the Staff .....	28
2.	General Principles for Training for the Health Programme .....	28
3.	The Induction Training .....	29
4.	Post-induction Monthly Sessions .....	32
III.	Healthy Housekeeping .....	33
1.	Food and Nutrition .....	33
2.	Infrastructure and Hygiene of Home .....	36
IV.	Growth Monitoring .....	37
1.	Measuring a Child's Growth .....	37
2.	Calculating BMI and Plotting the Measurements .....	38
3.	Interpreting the Measurements .....	38
4.	Actions to be Taken .....	39
V.	Introduction to Common Childhood Illnesses .....	41
1.	Fever .....	42
2.	Cold and Coughs .....	43
3.	Meningitis .....	43
4.	Measles .....	43
5.	Chicken Pox .....	44
6.	Malaria .....	44
7.	Pneumonia .....	44
8.	Tuberculosis .....	45
9.	Asthma .....	45
10.	Diarrhoea .....	46
11.	Typhoid .....	46
12.	Jaundice .....	47
13.	Epilepsy .....	47
14.	Scabies .....	48
15.	Lice .....	48
VI.	First-Aid: Dealing with Emergencies .....	49
1.	Injuries and Accidents .....	49
2.	Nose Bleeding .....	51
3.	Choking .....	52
4.	Eye Infection or Splinter in the Eye .....	52
5.	Burns and Scalds .....	53

6. Heat Exhaustion .....	53
7. Animal Bites and Insect Stings .....	54
8. Allergic Reactions (Anaphylaxis) .....	54
9. Seizures .....	55
10. Poisoning .....	55
VII. Drug Formulary .....	57
VIII. Health Education and Health Camps .....	62
IX. Maintenance of Health Records and Documentation .....	64

### **Annexures**

Annexure 1 (i) - Health Assessment Form of a Child .....	68
Annexure 1 (ii) - Yearlong Health Plan of a Child .....	77
Annexure 1 (iii) - Format of monthly report .....	79
Annexure 2 (i) - Drug Formulary by Jan Swasthya Sahyog .....	80
Annexure 2 (ii) - Intravenous Medications by Jan Swasthya Sahyog .....	86
Annexure 2 (iii) - Locost Drug Price List .....	92
Annexure 3 - Z score charts for Growth Monitoring .....	96

<b>Bibliography .....</b>	<b>102</b>
---------------------------	------------