

# Universal access to quality reproductive health services

STAR HEALTH REPORT

Population is an unbearable burden for Bangladesh and it happens to be the most densely populated country in the world. The area of Bangladesh is too small to support its vast population. As a result over-population creates a lot of critical problems. All the problems eventually lead to a general problem named poverty. Hence, it could be safely said that the poverty of our country is largely an aftermath of its population problem.

To raise awareness on this issues, Public Health Association of Bangladesh (PHAB) in collaboration with News Hour organised a roundtable discussion yesterday on "Sustainable Development Goal (SDG): Universal Access to Quality Reproductive Health Services in Bangladesh".

Dr. Abu Jamil Faisal, President of PHAB and Country Representative of EngenderHealth Bangladesh in his keynote presentation emphasised on quality of the healthcare services.

He stretched that health care facility for ensuring reproductive health may be available across the country due to the hard work of both the Government of Bangladesh and the NGOs, but



the quality of these services can still be questioned and insufficient to address the respective targets of the SDGs.

Dr Faisal also said, "It is not all about building or setting up physical infrastructures, it is more about having well trained human resources who can take the challenge of ensuring reproductive health care and rights focusing family planning for the women and particularly the adolescent

girls in line with the proposed SDG goals".

Experts and professionals in the sector highlighted that Bangladesh has reduced maternal mortality by 40% in the last decade. However, this progress and the underlying contributing factors, have not been spread evenly across the country attempts to address these differentials and understand the role of health care services in

approaching inequalities of health services in Bangladesh which is now the major focus of SDGs.

Dr. Tapas Ranjan Das, Deputy Director (MCH), DGFP highlighted the importance of quality of care. He said, "Bangladesh needs to invest more in maternal and child health facilities to achieve the newly set targets those the government of Bangladesh has already commit-

ted. Well-designed programme needs to be implemented. We need to generate demand both in public and private sector."

Dr. Md. Khairul Islam, Ex Secretary General of Public Health Association of Bangladesh underscored that we need to understand how to measure the indicators of SDGs which are more cross cutting in comparison to MDGs. We need a holistic approach to achieve our goals and targets.

Leading public health professionals of the sector were present in the roundtable discussion and said that without ensuring quality services, proper monitoring and strong human resource base, ensuring reproductive health services in Bangladesh in line with the SDG will be extremely difficult. Government with support from professional bodies should engage healthcare providers, field workers and policy makers should initiate dialogues to develop the next health sector programme within the framework of SDG.

The session was concluded by the discussion with a commitment from the participants to work further for the betterment of public health scenario of Bangladesh.

HAVE A NICE DAY

## Facebook: Does it affect our health? - 2



Social media such as Facebook (FB) and other sites defines a deal of Internet sites that allow responsible people from all over the globe to interact. And this can be through discussion, photos, video and audio. But today, fascinatingly researchers found that people who are more anxious and socially insecure are more likely to use these sites.

In 2012, 'Anxiety UK' conducted a survey on social media use. They found that 53% of participants said these sites had changed their behaviour, while 51% of these said the change had been harmful. Today FB addiction is a new ailment.

Researchers have created a psychological scale to measure FB addiction named the 'Berge Facebook Addiction Scale' (BFAS). The scale, developed at the University of Bergen in Norway, uses six criteria to measure FB addiction. These include accounts, for instance 'you spend a lot of time thinking about FB and planning how to use it' and 'you use FB to forget about personal problems'. According to the researchers, the scoring often/very often on four of the six criteria indicates 'FB- addiction'.

According to a study, many users who are addicted to FB - use the site as a way of gaining attention and boosting their self-esteem. But on the contrary, those who said their lives had been worsened by using FB also reported feeling less confident when they compared their achievements against their friends.

Although many studies point to the negative impacts of social media on our well-being, but we cannot stop it totally. In fact, it is important to restrict the amount of usage; remember, medicine in the right amount helps, but overdose kills.

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## HEALTH bulletin

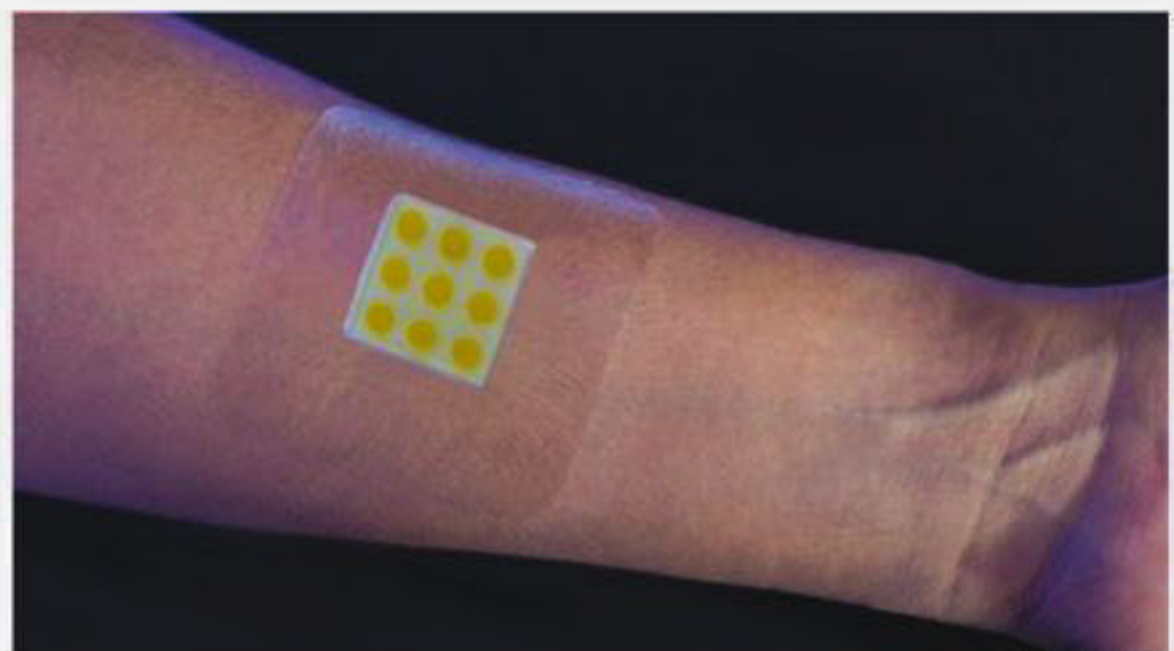


PHOTO: BBC

The colour-changing dressing uses fluorescent dye to detect bacteria toxins in a wound.

## Colour-changing dressing fights antibiotic resistance

A medical dressing that changes colour when it detects infection could cut the unnecessary use of antibiotics, say scientists at Bath University.

It works by releasing fluorescent dye from tiny capsules when toxins are given out by bacteria in a wound. This allows doctors to identify bacterial infections and treat them more quickly, particularly in children with burns.

Researchers said it could help to save lives. Infections can slow the healing of wounds, leading to longer stays in hospital and sometimes permanent scarring. In severe cases, infections can kill.

Doctors find it very difficult to diagnose infections quickly and easily without removing the dressing, which can be painful and create more scarring.

Because of this, antibiotics are often prescribed as a precaution before the infection is confirmed.

However, treatment with antibiotics when there is no infection can lead to bacteria becoming resistant to antibiotics - and antibiotic resistance is a major health concern.

## World Prematurity Day 2015

# Every life matters

STAR HEALTH DESK

November 17 is World Prematurity Day. Each year this day is devoted to raising awareness of preterm birth and the concerns of premature babies and their families. According to World Health Organisation (WHO), an estimated 15 million babies are born preterm around the world each year.

According to the March of Dimes, the co-founder of the World Prematurity Day, the complications of preterm birth outranked all other causes as the world's number one killer of young children. They says that more than a million die as a result.

WHO says, more than 60% of preterm births occur in Africa and South Asia, but preterm birth is a global problem. In the lower-income countries, on average, 12% of babies are born too early compared with 9% in higher-income countries. Bangladesh is among the top ten countries in the world with the greatest number of preterm births.

**What is prematurity?**

Prematurity is defined as babies born alive before 37 weeks of pregnancy (more than 3 weeks before the "due date") are completed. A premature birth means that a baby hasn't had the usual amount of time to develop in the womb before needing to adapt to life outside the womb.

**Signs and symptoms**

The earlier a baby is born, the



higher its risk of brain damage, blindness, hearing loss, cerebral palsy and developmental delays.

At birth, the premature infant may show the signs that include troubled breathing, low birth weight, inability to maintain a constant body temperature, lanugo (excess hair of the baby), less activity than normal, problems feeding due to underdeveloped sucking, yellow skin (jaundice) etc.

Premature infants are often born with life-threatening conditions. Some of these problems can be resolved through proper neonatal intensive care. Others can result in long-term disability or illness.

**Recommendations**

Premature birth should be avoided if possible. Getting good antenatal care reduces chances of a premature birth. Other important habits include:

- Seeing the doctor as soon as

pregnancy has been confirmed

- Continue to get regular antenatal care until the baby is born
- Get specialised, high-risk pregnancy care, if needed
- Be in the best possible health during pregnancy
- Adequate nutrition during pregnancy is foremost
- Try to get the weight to as normal as possible
- Making sure of up-to-date vaccinations before pregnancy
- Do not smoke or drink alcohol

More than three quarters of preterm babies could be saved through better access to quality care and medicines for both mother and baby. We have the knowledge, expertise, tools and the technology. It is now time for us to line up our actions and efforts locally and globally to save every newborn, because every life matters no matter how big, or small.

## Health News

# Apollo Hospital saved life of a child

Injuries to children caused by batteries have been documented in the medical literature for decades. An infant was playing with his toys at home and he swallowed a coin-shaped battery from his toy while playing. The parents noticed it and rushed the child to a local hospital immediately.

Finally they went to Apollo Hospitals Dhaka and met Gastroenterologist Dr. Hafeeza Aftab. After a discussion with parents, they decided to undergo surgical intervention.

Dr. Hafeeza immediately began the procedure to retrieve the battery with a team of specialists. It was retrieved from the stomach of the baby successfully without any complications.

## icddr,b staff got APIC award

Ms. Lutfe Ara, Head of the Clinical Governance Unit of icddr,b has received the prestigious "Best International Abstract Award" from "Association for Professional in Infection Control and Epidemiology (APIC)" — a Washington based international organisation for public health professional to prevent the infection control.

Ms. Lutfe Ara has been named for this award for 2015 for her abstract written based on her Health System Strengthening Programme with the support of GlaxoSmithKline (GSK), DGHS and Ministry of Health and Family Welfare.

In this programme, she has been providing educational knowledge and appropriate training to hospital nurses to develop them as an infection control expert.

From 2012, Clinical Governance Unit is implementing Health System Strengthening Programme in Bangladesh with the generous support from GSK.



/StarHealthBD

# Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) is a mental anxiety disorder which produces repeated thoughts or images about many different things, such as fear of germs, dirt or intruders; acts of violence; hurting loved ones; sexual acts; or being overly tidy.

- On average people are diagnosed with OCD when they are 19th years old
- According to the WHO, anxiety disorders like OCD, are more prevalent in developed countries than in developing countries
- One study in Bangladesh found more than 800,000 population prevalence of OCD
- In the U.S. 1 in 40 adults and 1 in 100 children face OCD
- OCD may affect men & women equally

