



# Health Promotion For FLW





# LEARNING OBJECTIVES

- Understanding delivery of basic ENT services as part of Comprehensive Primary Health Care at HWCs
- To know about the National Programme for Prevention and Control of Deafness (NPPCD)
- To understand the basic structure of the ear and its function





# OBJECTIVES



By the end of the session participants will be able to

- Correctly answer that most ENT health problems are preventable
- Enumerate risk factors for ENT challenges
- Stress benefits of screening and healthy life style
- Describe the need for strengthening ENT health promotion
- Discuss the key content for health promotion for addressing ENT health challenges (ESCAPED)







**DO NOT** put dirty fingers in ears, wash hands before working with food and do not eat with dirty hands **ALWAYS** wash your hands after going to the toilet



**DO NOT** swim or wash in dirty water



**DO NOT** put anything in your ears:

- hot or cold oil
- herbal remedies
- liquids such as kerosene



**NOTE:** Teach children **NOT** to put anything in their ears – seeds, beads, stones, sticks.





Protect yourself, your family  
and your community

# COVER your cough and sneeze

**1** COVER mouth and nose with a tissue when you cough or sneeze.



**2** Put any used tissues in the BIN.

**3** No tissue? Cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS.**



**4** Wash hands with soap and running water. Dry hands thoroughly with paper towel.



## What Causes Throat Pain?

Infections of the nasal passages or sinuses

Laryngitis from voice overuse



Bacterial infections



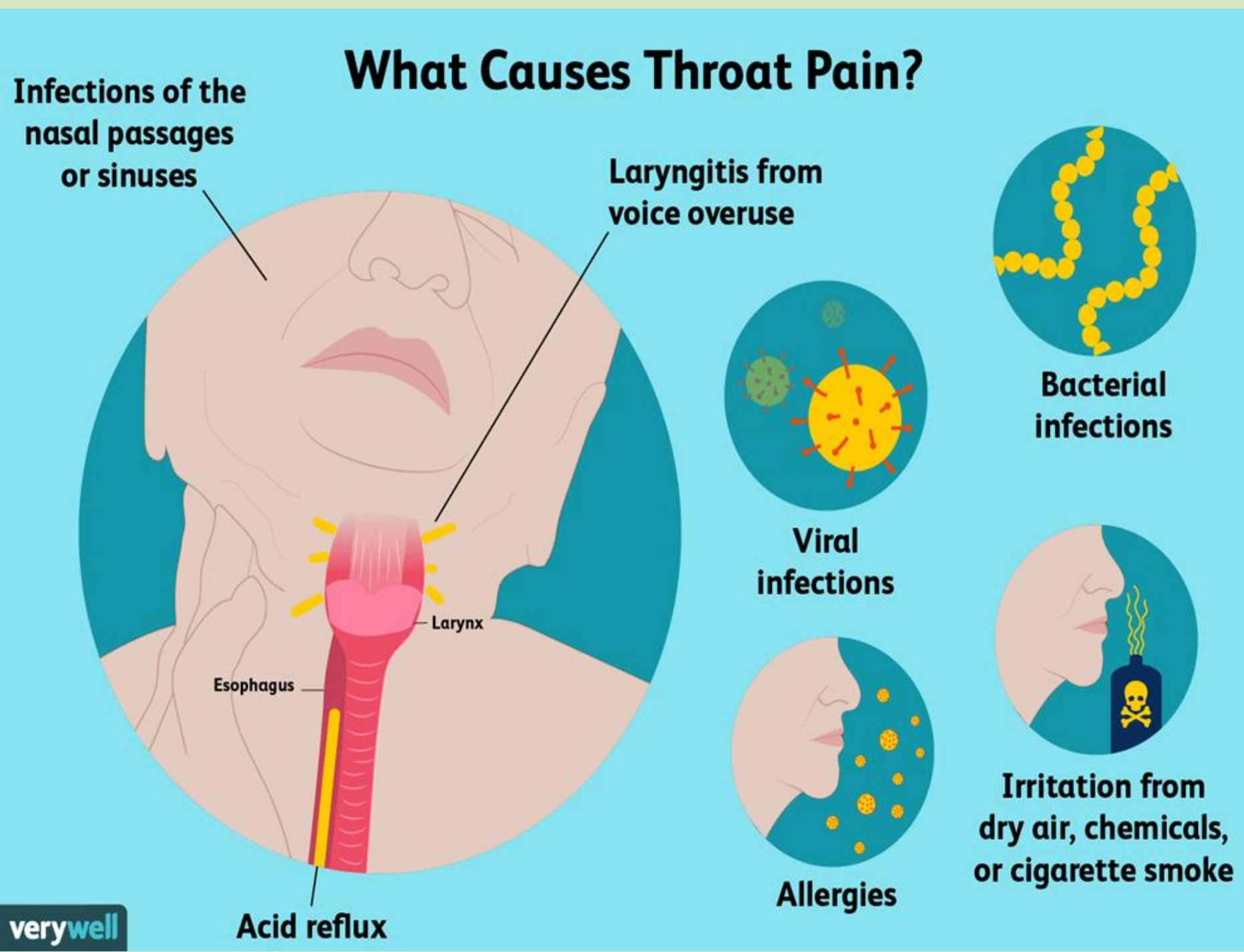
Viral infections



Irritation from dry air, chemicals, or cigarette smoke



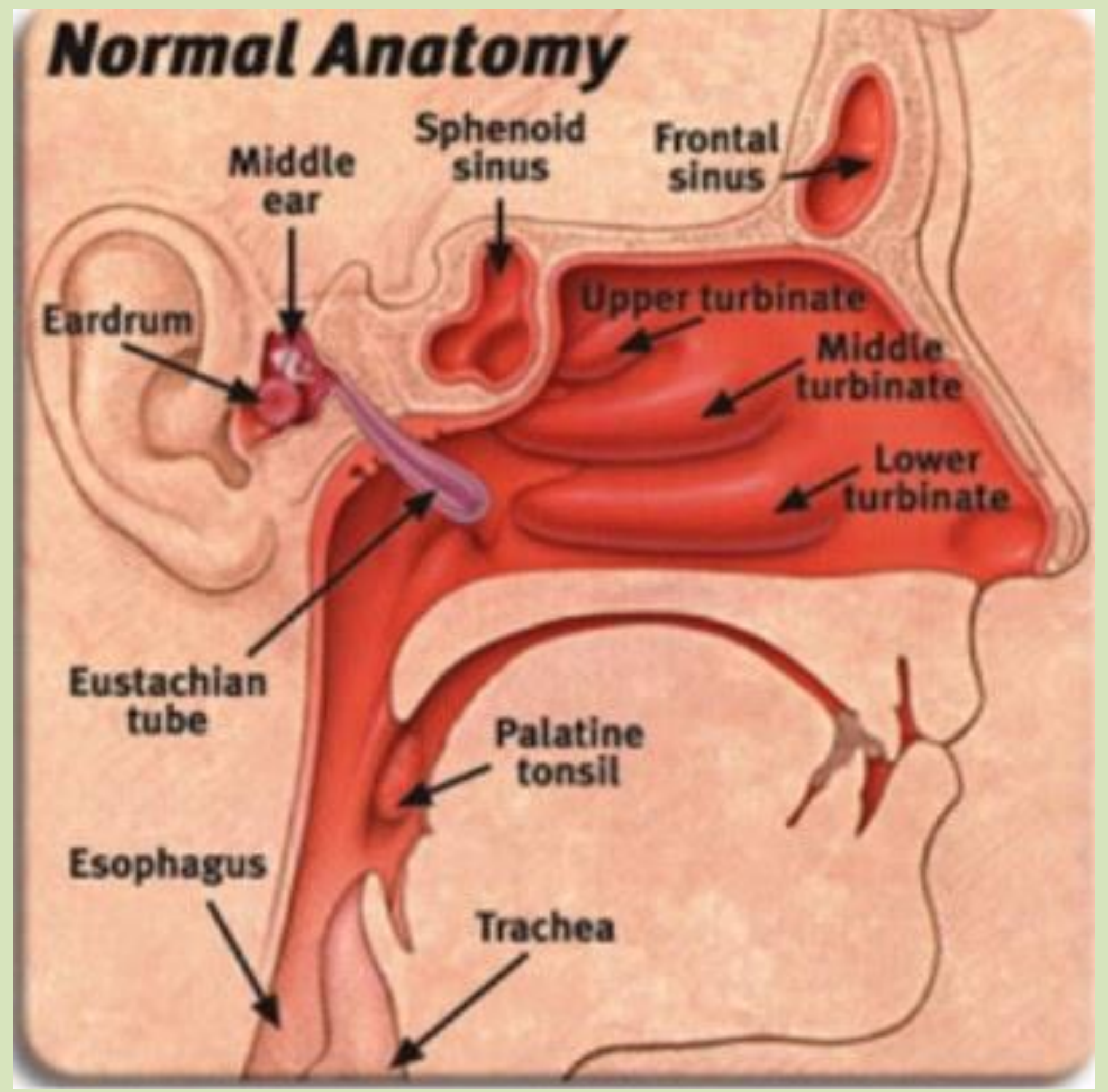
Allergies







# ENT ANATOMY



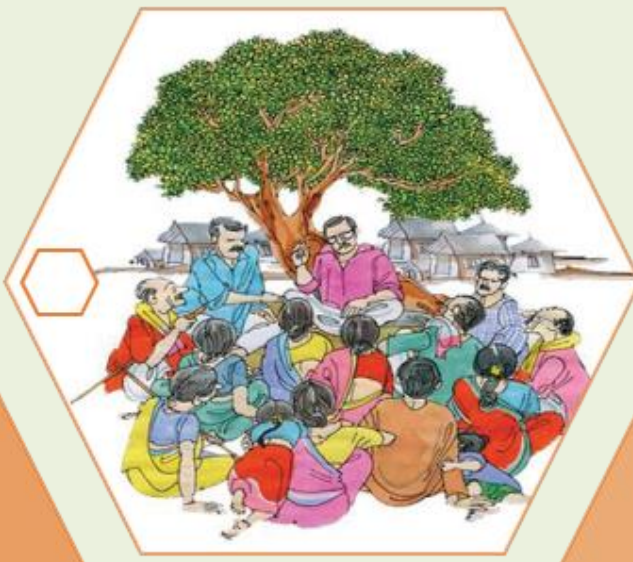








ACCIDENT  
AND INJURY  
PREVENTION



EARLY CARE  
SEEKING

EARLY SIGNS



DANGER OF  
SELF  
TREATMENT

SPECIAL  
NEEDS OF  
HEARING  
CHALLENGED







# HEALTH PROMOTION CONTENT



**E**

**EARLY SIGNS**



**S**

**SPECIAL NEEDS**



**C**

**CHILD-FRIENDLY ENVIRONMENT**



**A**

**ACCIDENT /TRAUMA PREVENTION**



**P**

**PREVENTION**



**E**

**EARLY TREATMENT SEEKING**



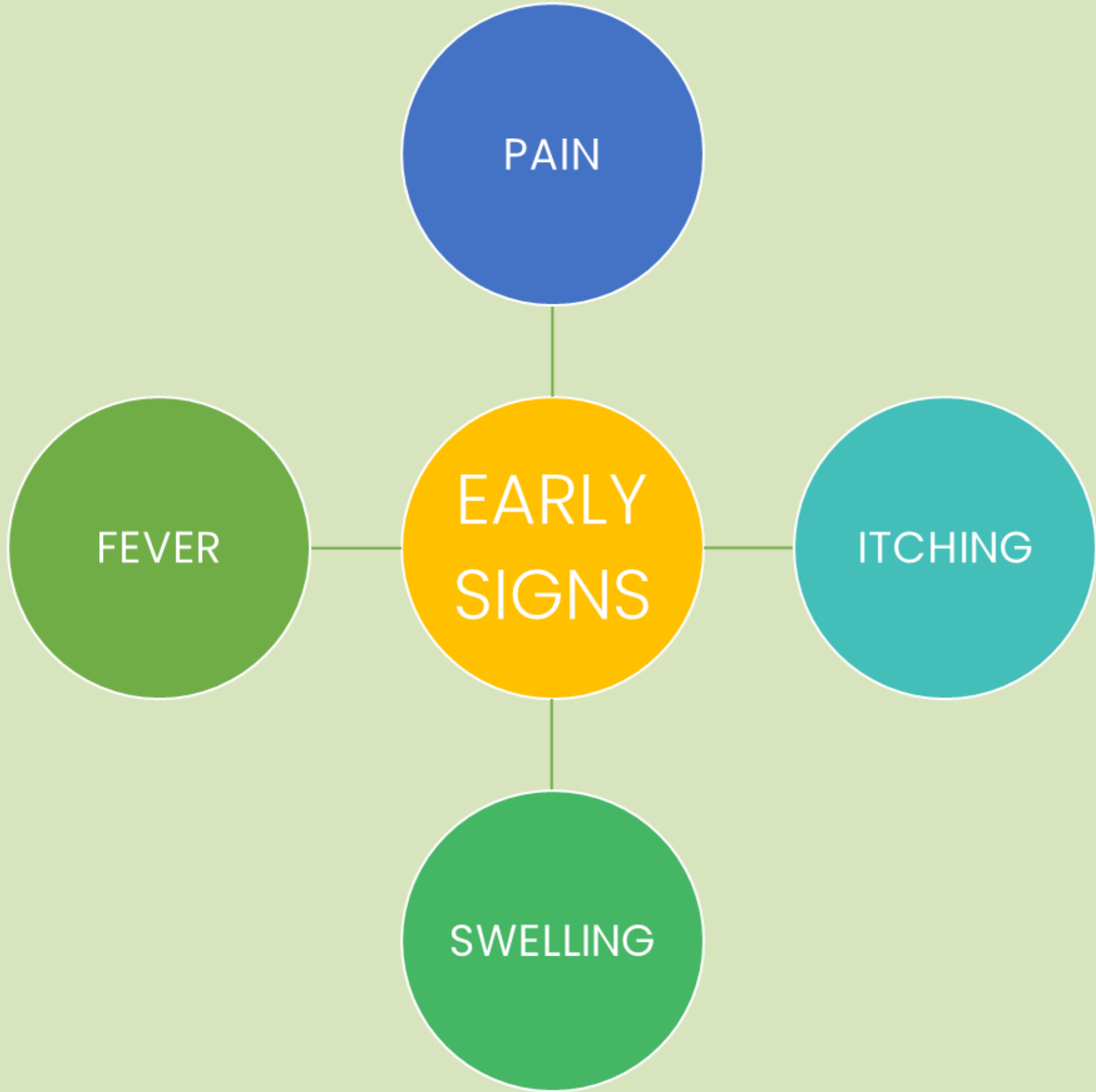
**D**

**DANGER OF SELF TREATMENT**





# E= EARLY SIGNS







# S= SPECIAL NEEDS OF THE HEARING CHALLENGED



## HEALTHY EAR DAY

- “What can you hear?” games to find out if any of the children may have a hearing loss display posters/pictures about hearing loss
- Speaking to social, religious, and other groups about hearing loss.
- Learn and use sign language with hearing impaired and hard of hearing children
- Encourage the inclusion of hearing-impaired people in the workplace, in education, and in society.
- Encourage and support hearing-impaired people to form support groups for themselves





# DIFFERENT IS BEAUTIFUL

## LET'S BRIDGE THE GAP BETWEEN SOUND AND SILENCE



*A different language is a different vision of life*

### INTERNATIONAL DAY OF THE DEAF

Hearing loss is on the rise!

Never Loose Hope or Never Loose Your Identity, Just Because You Can't Hear Us.



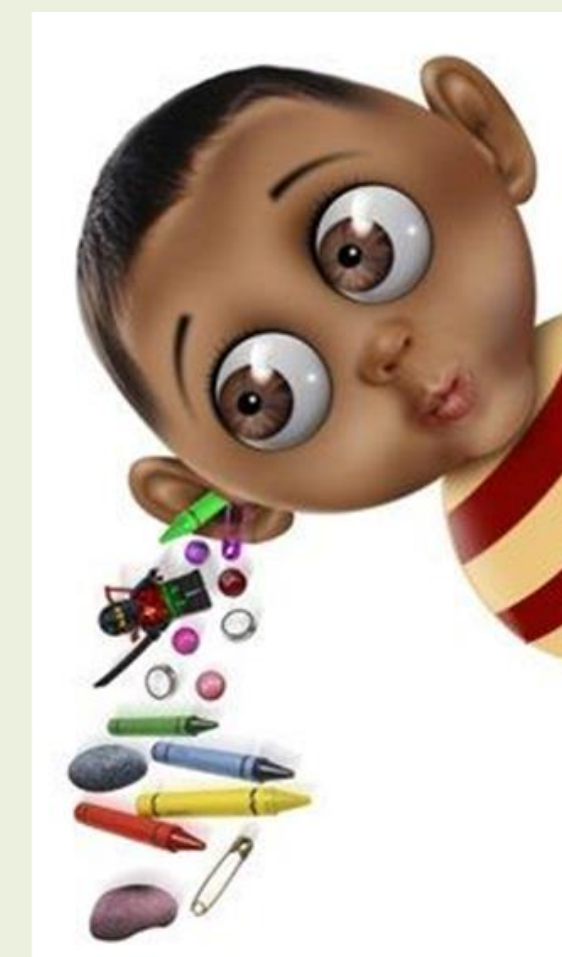
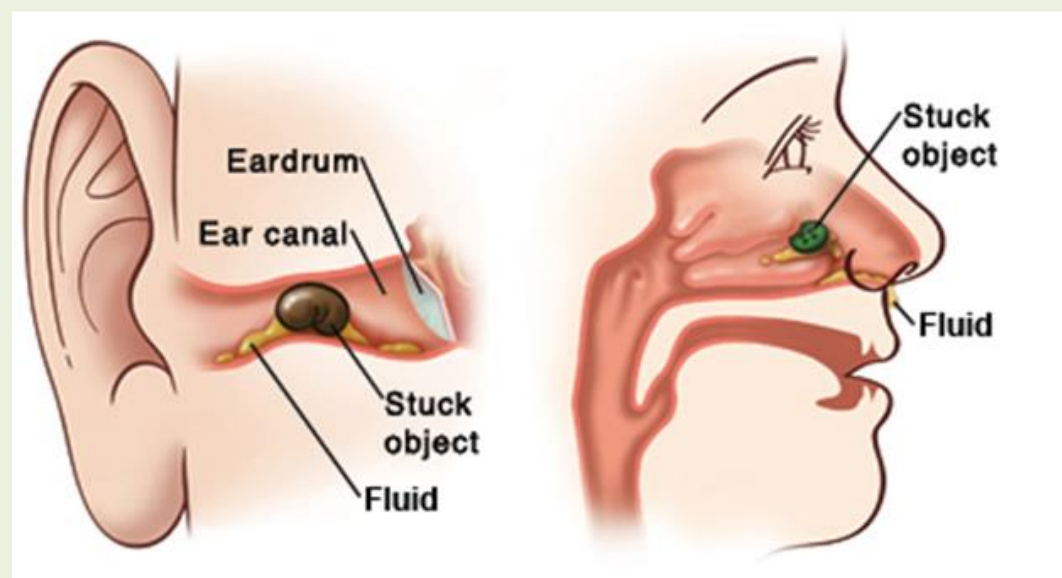
Its Our Responsibility To Give You Hope By Understanding You...







# C= CHILD FRIENDLY ENVIRONMENT



A caring safe environment that prevents children from putting stuff in their noses, ears, and mouth.





# A= ACCIDENT AND TRAUMA PREVENTION

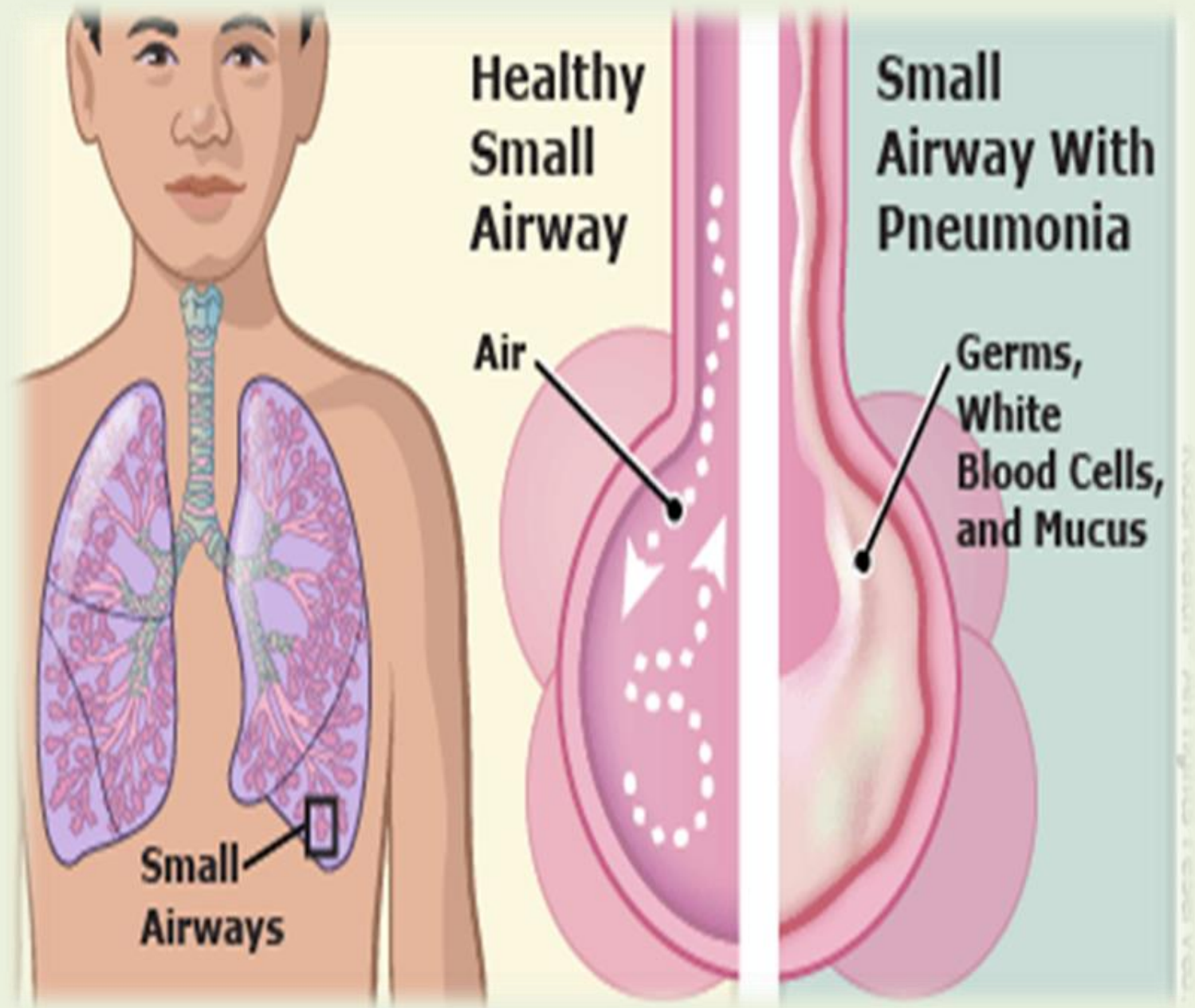
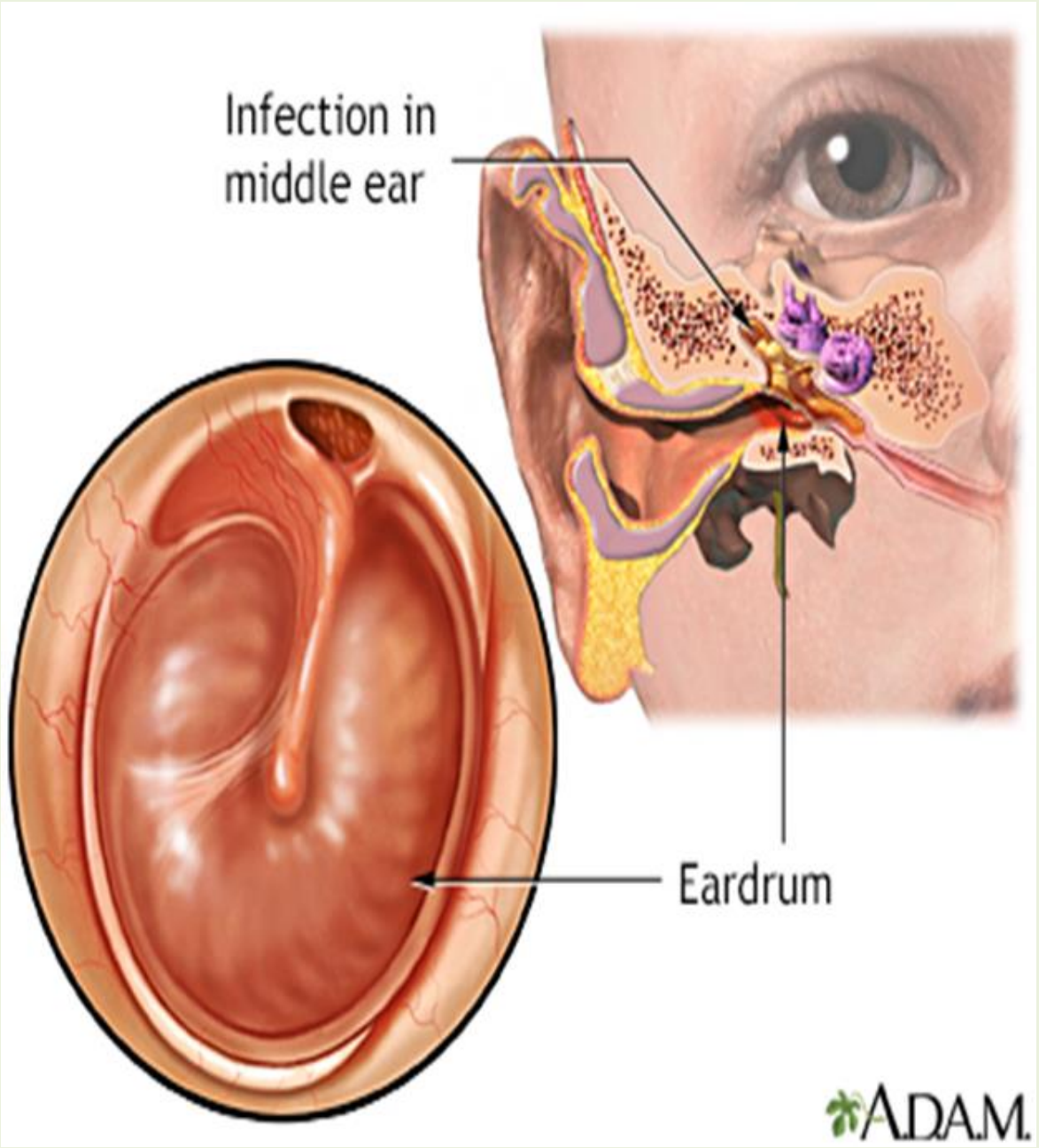


## Injury Prevention

- Injuries are NOT “accidents”  
...injuries can be prevented

~~ACCIDENT~~

# E = EARLY TREATMENT SEEKING





# D= DANGER OF SELF TREATMENT



## AVOID MEDICATION WITHOUT DOCTOR'S ADVICE DURING PREGNANCY

- Avoid taking any medicine during pregnancy
- Some medicines if taken during pregnancy can cause hearing loss in the fetus
- If unavoidable, take medicines only under the supervision of a doctor



Society for sound hearing: [www.soundhearing2030.org](http://www.soundhearing2030.org)





# SOUND HEARING 2030

Prevention And Elimination Of Hearing Impairment  
<https://www.facebook.com/soundhearing2030/>







# SAMPLE



**INTERNATIONAL NOISE AWARENESS DAY**  
APRIL 30, 2014

One in **3** feel disturbed by daytime noise. + One in **5** feel disturbed by traffic noise during sleep.

Noise is the number **2** cause of ill health after air pollution

SOURCE: WHO

## NOISE and its EFFECTS

Source	dB(A)*	Effects
Gun shot	<b>160</b>	Eardrum can burst
Plane take-off	<b>130</b>	Pain threshold / hearing loss after short exposure
Chainsaw	<b>120</b>	
Disco	<b>100</b>	from here hearing protection Hearing loss
Road traffic	<b>85</b> <b>80</b>	
Office	<b>60</b>	Cardio-vascular diseases Stress / poor concentration
Whispering	<b>30</b>	Sleep disorders

SOURCE of dB(A)-VALUES: SUVA

\*Noise level is measured in decibel dB(A). ● in constant noise exposure

HEAR THE WORLD FOUNDATION  
a Sanofi Group initiative

/CanYouHearTheWorld  
For further information [www.hear-the-world.com](http://www.hear-the-world.com)







# ROLE OF ASHA AND MPW IN ENT HEALTH PROMOTION



- Identify ENT hygiene practices, ENT related risk behaviors and raise awareness about common ENT PROBLEMS
- Stress the role of ENT hygiene, diet counseling, tobacco cessation, promotion of early treatment-seeking
- Complete CBAC updations for all community people above 30 years of age, with a particular focus on tobacco users and providing tobacco cessation advice.
- ASHAs will work with the HWC team, PRI, AGW, VHSNC, and volunteers in ensuring ENT health promotion activities.







- Coordinate with Anganwadis/school teachers for check deafness among school children.
- Along with MPW , Coordinate with RBSK team to ensure Hearing impairment check-up for all children.
- Educate and motivate pre-school children for hand wash and mouth rinse before and after every meal and not putting foreign objects in ear, nose or mouth.
- Coordinate and participate in the outreach and social protection activities of PHC/CHC/ District Mobile clinic.
- Mobilization of community members to build an inclusive environment for those who are hearing impaired.





# Thank You

