



UPLIFT PROJECT VICTORIA DISTRIBUTION REPORT

September 2015

Medical Services Pacific (MSP) is a Fijian registered non-government organisation (NGO) established in August 2010 to enable Pacific women and adolescents to have greater access to quality health care services, and to build resilience among vulnerable groups. MSP is primarily a **family planning agency** that believes that Human Rights Awareness and the empowerment of women go together and that both are critical in ensuring individuals and communities achieve optimal sexual and reproductive health services. Medical Services Pacific (MSP), with the contribution of many generous women connected with the Uplift project, has been relieving the burden of rural women in the Central and Western division of Fiji through a combination of information, medical services and the distribution of products (e.g. braziers).

Over the past few months, MSP has been focusing on raising awareness of the importance of regular health checks to prevent breast and cervical cancer. Early detection is extremely important and provides an opportunity for the effective treatment of cervical cancer. The free bra giveaways are an added bonus to support women and girls who attend a cancer screening or a health check at MSP.

In remote rural communities, women and girls often lack the financial means, awareness or access to obtain the comfortable under-apparels. For rural women who historically rely on subsistence farming to support their families, a new bra is seen as a luxury item that is quite unaffordable to them. In addition, their priority is the purchase of food or payments for health and education for their children. Rural women generally put their own health and welfare last when caring for large families.

Also, the lack of access to larger shopping centers combined with lack of funds for travelling and shopping, prevents rural women from obtaining an adequate stock of bras. Some rural women do not own any bras at all, or wear old and ill fitting models and this means many rural women experience back aches due to the unsupported weight at their chest, as well as rashes and skin irritations due to a lack of the good air circulation that a fitted bra can provide. Providing bra's to those in need is really a positive activity as all women appreciate the sense of dignity wearing nicely fitted clothes to church and rural events and into town. It also allows women to gather and receive information about breast cancer and reproductive health.

MSP is deeply grateful for this generous donation by Uplift Project Australia of a supply of braziers for distribution to rural women in Fiji. MSP would like to thank Ms. Liz Baker, the National Coordinator, Uplift Project who arranges the consignment which was dispatched to MSP for distribution among various groups and agencies. We would also like to acknowledge Ms Naomi Roberts who is in- charge of Uplift Fiji. Her team in Fiji has been quite amazing, working with our staff and training them in the right fitting styles, as well as supply us with bras when we needed

them for outreach visits to communities and to distribute through our activities involving young women and girls.

Photograph 1: Two girls who received their Girl Empowered Booklet, instructions on fitting and bras.



Apart from the Bra donation, MSP received two laptops which will be used in the Youth Clinic which will be opening later next month. The Youth clinic will be named Club 26 and is for youth under 26 years of age, where they can obtain information, medical services, counselling, bra fittings, legal advice and other services including free internet for school and vocational tasks.

Any remaining bras from the first distribution will be handed out during **Breast cancer awareness month** which is next month (October) as well as in other MSP Outreach visits to rural and remote areas.

MSP outreach distributed bras at Naveisabasaba Village-Nadroga and Nasavusavu Settlement-Ra, Waikete Village-Tailevu, Niurua Village-Macuata, Natua Indian Settlement-Seaqaqa. At each location, the teams provided free information and clinical services relevant to the women, including cervical cancer screening and breast examinations. Every woman that accessed health services was given free bras. Women were extremely happy with their new sets of bras, these are women who work in farms who don't get chances to buy new bras and working in such fields requires proper support. They were very thankful for the kind donations. Bras were also given to the girls at Homes of Hope (girls home) which assists girls who don't have homes or were survivors of the sex industry or trafficking . MSP also provides bras to clinical clients including those in the Post Rape Care clinic, as well as counselling clients and legal aid clients and those clients that walk in to obtain free clinical services from the MSP One Stop Shop Clinic.



Right: Nurse Tima attending to a client, next to her is the Uplift Bras.

MSP mainly distributes these bras through our clinical outreach program as part of our **GIRL EMPOWERED awareness** presentation. Where the Girl Empowered booklet is discussed and handed out which is a practical guide to sexual and reproductive health, designed especially for girls and young women in Fiji. The GIRL EMPOWERED initiative responds to the challenge to ensure young girls know all about managing the changes of puberty including finding a suitable bra. The booklet covers the topics of greatest importance to girls and young women including body changes and puberty, sexuality and relationships, contraception, pregnancy, diet and body image, bullying, and lifestyle choices. The Girl Empowered booklet can be found on our website www.msp.org.fj

We are always happy to accept good quality bra's and distribute them to rural communities and women and girls in need. This product compliments the MSP Girl Empowered program and supports the goals of the mobile clinical outreach program. In addition, they are highly popular and stocks move out fast.



Right: Young girls with their bras and a page from GE showing steps to follow for a "perfect fit". Dalaitokatoka, Vale-Lev Vanua Levu, Fiji.

Medical supplies and Other Equipment

MSP was very grateful for the kind donations of medical equipment. We received good quality bed protectors, medical steel ware (Single use) and mayo table which was very handy for our clinic team. However, upon viewing by our clinic team, the team decided the Trolley Bed would be more useful in an ambulance situation. Thus we have contacted St John's and they are very excited to receive the trolley bed which fits in their ambulances. Their team visited our clinic to view the item and were very pleased with it.

The blue medical hand towels, basins, stethoscopes, speculums, plastic kidney dishes, soaking trays, plastic measuring cups, and tong holders will be used by MSP and the remainder distributed to the Diabetes clinic.

We will donate the extra stocks to CWM and Diabetes Fiji as we have little storage space in our clinic in Waimanu Road. Our clinical team think that blue basins will be best for the diabetes Fiji for their patients to take home and care for their feet (bathing bowls). We shall send the plastic measuring cups for the paediatrics for use with children in CWM.

Matrix - Stock Distribution

Item Number	Item	Quantity	Important comments / Notes
1	Used Mayo Table	1	Will be used in MSP clinic.
2	Bed Trolley	1	Donated to St John's Ambulance



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			service
3	Blue Medical Towels	139	Used in the MSP clinic
4	Large Blue Basins	52	½ of this stock will be donated to diabetes Fiji.
5	Medium Blue Basins	62	½ of this will be donated to diabetes Fiji.
6	Small Blue Basins	27	This will be donated to diabetes Fiji.
7	Stethoscope	4	Will be used in MSP clinic
8	Speculums	24	Will be used in MSP clinic
9	Large blue kidney dish	41	10 will be used in the clinic the rest will be donated to the Emergency Depart CWM.
10	Medium blue kidney dish	13	10 will be used in the clinic the rest will be donated to the ED CWM.
11	Small blue kidney dish	85	20 will be used in the clinic the rest will be donated to the ED CWM.
12	Yellow soaking Tray	82	This will be donated to the paediatrics for kids in CWM & Diabetes Fiji.
13	Plastic Measuring cup 120m	52	This will be donated to paediatrics for kids in CWM.
14	Tong holders	8	Emergency Depart + OT
15	Large blue soaking dish	7	This will be donated to the paediatrics for kids in CWM & Diabetes Fiji.
16	Large OT Swab	5	Donated to OT
17	Dressing forceps	50	These are single use only
18	Needle puller/holders	142	These are single use only
19	Sharp scissors (Small)	200	These are single use only
20	Curved artery forceps	80	These are single use only
21	Nurses Scissors	120	These are single use only
22	Artery forceps	120	These are single use only



23	Mcindo forceps (Single Use)	40	These are single use only
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Recommendations and Feedback

Laptops: Thank you kindly for the 2 laptops, we will use these two donated units in our new youth project and we shall put them in our youth clinic, where we shall offer some internet services and printing access to youth for their school work or vocational work (job applications etc). As the 2 donated computer units are not fast enough to be used by our technical staff (data entry) in day to day use, because our computers need to be fast and have the recent software to be able to synchronize and back up to Google drive efficiently. If we are fortunate enough to obtain more in a future donation, we would very much appreciate newer models that can be upgraded to take for high performance and Windows 10. Older models are suitable for youth activities and training but urban youth are computer literate.

Clinical Equipment: Thank you so much for the useful clinical items that our medical team received with gratitude. Many of the items were very popular and used promptly. However, we are unsure if the steel ware supplies are single use? If sending single use items, (as we only have one small sterilization machine and few bags for sterilization), donations of sterilization bags would also be welcome as they are difficult to find in Fiji.

As we are a little uncertain about the steel ware being single use or not, perhaps, next time, include instructions on boxes for those equipments which are not single use, so we know how and if we can sterilize them or include in the email with the stock list, any significant instructions for specific equipment.

The MSP staff were extremely excited to see some of the new bra’s and the good quality used bra’s that were available. They are very proud to be associated with Uplift and please they are bringing such important resources to rural women. However, the MSP Fijian staff have kindly requested that the Uplift Projects send out only useable braziers. As some boxes had some very old braziers included in the stock. Some items in the bottom of the boxes, were worn out, stretched, without elastic and some had the wires missing or sticking out. As a health team, we have to be careful about quality standards and messaging around out distributions. Noting the new colourful and pretty bra’s were the most popular.

MSP Wish list

Our major wish is for an ultra-sound machine for our clinic – a mobile unit would be great as the mobile clinical team could take it to the field, monitor a range of internal complaints and increase pre-natal care, to reduce pregnancy related risks and reducing maternal mortality. We do understand this is an expensive piece of equipment and that staff must be trained to utilize it to the fullest.

We would very much appreciate a donation of a folding massage table. As we carry and use this table in our mobile clinics for genealogical examinations etc. We only have one and when it goes in



mobile outreach, the clinic in Suva doesn't have an examination table to use. The Doctor must use a low children's single bed mattress (which was donated for counselling)

Our clinical team has kindly requested the following supplies: baby scales, twin-O- meter, oxygen flow meter, suction + oxygen tubing, oxygen masks + nasal cannels, oxygen regulators, bag valve masks and sterilization bags. Our clinic doesn't have these medical supplies. We would appreciate if any of these things were considered in the next shipment.

Our new friendship with St Johns has let to shared resources and training opportunities, many thanks to Uplift. St Johns have also requested if there is an opportunity for them to also have access to some paramedical supplies. We are happy to link with Uplift and St Johns alternatively we can provide a contact for this.

Achievements

For MSP, the bra distribution has really helped in terms of reaching out to women, bras in Fiji are quite expensive and being able to give this out together with free medical checkups has really benefited the rural women. It also encourages women to attend the community awareness sessions and obtain services from the mobile clinic. During distribution, MSP targeted women and girls in those areas where bras are either expensive (and few models) or where women have little access to women's clothing in their home town.

Our clinic now has new supplies of bed protectors (for the clinic/counselling room bed) which we needed and the blue medical towels have been very helpful for the clinic. Our post rape care program required towels for those who showered after the clinical examination.

MSP is also benefiting from networking with other agencies when distributing remaining stocks. Giving away the Trolley bed which is more suitable for St John's Ambulance program, means that they have now offered our team free First Aid training which will benefit our normal staff (non clinical team).

Finally, such donations enable MSP to focus resources where they are most needed and support us to provide free health care and social services to women, girls and children in need across Fiji. Vinaka Uplift.

Pictures from our outreaches



Rural women at Dalaitokatoka, Vale-Levu



Right: Woman checking for her bra size at a community outreach Naveisabasaba Village-Nadroga

Left: MSP Staff Ms Jiokapeci handing out bras to rural women in Natua Indian community, Vanua Levu Fiji.



Medical Supplies



