

**Internship
At
R.D Gardi Medical College,
Ujjain ARCADE, Department**

**Submitted By
Dinansha Varshney**

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Introduction

Internship is a part of the second year program, where we have to observe, adapt to the work culture of organization and assigned role and deliver as per the responsibilities of the designated post. It is necessary to participate in various departmental activities so we can orient our self with the way the department works at ground levels which gives us first hand exposure of the real job. Internship is the process, through which we understand process of work and thereafter involve ourselves in decision making.

I am appointed as Assistant Programme Manager (APM) - ARCADE RSDH, Asian Regional Capacity Development Research on Social Determinant of Health, R D Gardi Medical College Ujjain.

ARCADE RSDH is an international collaborative project, which involves twelve partner organizations across eight countries from Asia and Europe. The project started in the years 2011, December. Funded by European commission, under 7th framework programme, the project is coordinated by Karolinska Institutet, Sweden.

Using the integrated approach of online learning and other innovative educational activities, the project mainly focuses on post-graduate, doctoral and post-doctoral training, partner institutions are developing cutting-edge online courses, blended learning modules and joint programmes that enable training of researchers in low- and middle-income countries who might not otherwise have access to such material. Additionally, the ARCADE projects work at an institutional level to strengthen education services, financial and administrative research management, research uptake capacity, and network building

Objective of Internship

- 1) To understand the structure of the organization and effectively contribute to the smooth functioning of the organization.
- 2) To learn various managerial and administrative skills needed to work in a Medical and Research institute.
- 3) To ensure effectively implementation of activities under the project ARCADE RSDH
- 4) To identify existing gaps in human resource, service delivery, quality of services, analysis and implementation of ARCADE RSDH.

PROFILE OF UJJAIN CHARITABLE TRUST AND HOSPITAL

Ujjain Charitable Trust Hospital and Research Centre (UCTH) is one of the not for profit charitable trust in Ujjain established in the 2001. Trust is fully dedicated in providing health care services, special focus in rural areas with sophisticated diagnostic and therapeutic equipments from last thirteen years. The trust runs two super specialty tertiary hospitals with a bed capacity of 1020 along with health extension services in urban and rural areas. UCTH with 450 beds is also involve in various basic, fundamental and applied medical research relating to surgical, clinical, public health and socio-medical areas.



PROFILE OF R D GARDI MEDICAL COLLEGE, UJJAIN

The Ujjain Charitable Trust Hospital and Research Centre run first and one of the most reputed private medical colleges in Madhya Pradesh named Ruxmaniben Deepchand Gardi Medical College with high academic standards for providing excellent medical education and research work. The medical college provides education to medical undergraduate and postgraduate education in all major specialties. Various paramedical courses in the field of nursing, physiotherapy etc are also provided by the medical college with facility of a good modern

hospital equipped with sophisticated diagnostic & therapeutic equipments where all the services are provide free for everyone.

UCTH and RDGMC have an active research and training program in collaboration with other national and international universities and institutions. The main focus of institution is the public health research. The college research interests are diverse, Main research areas are:

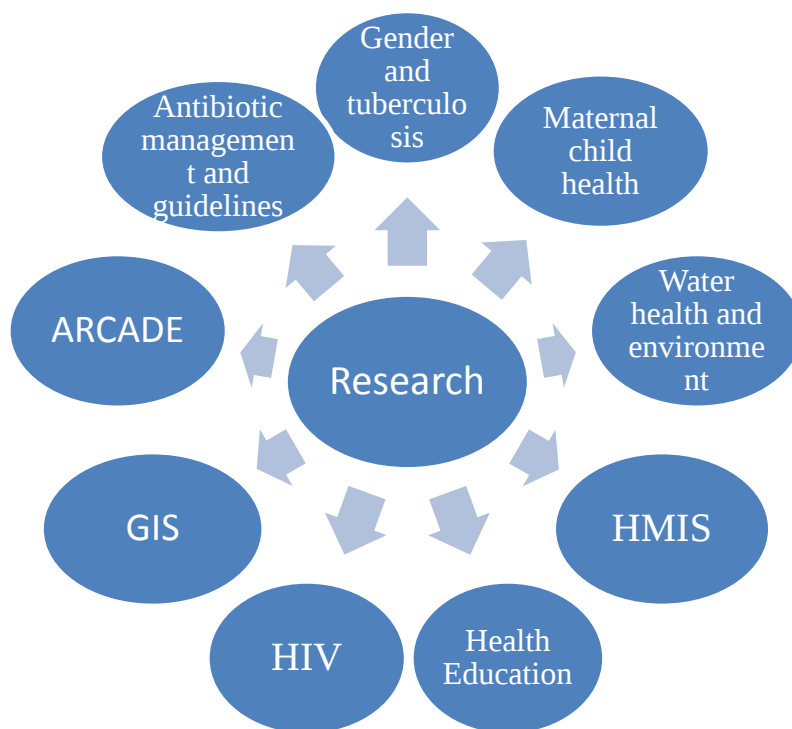
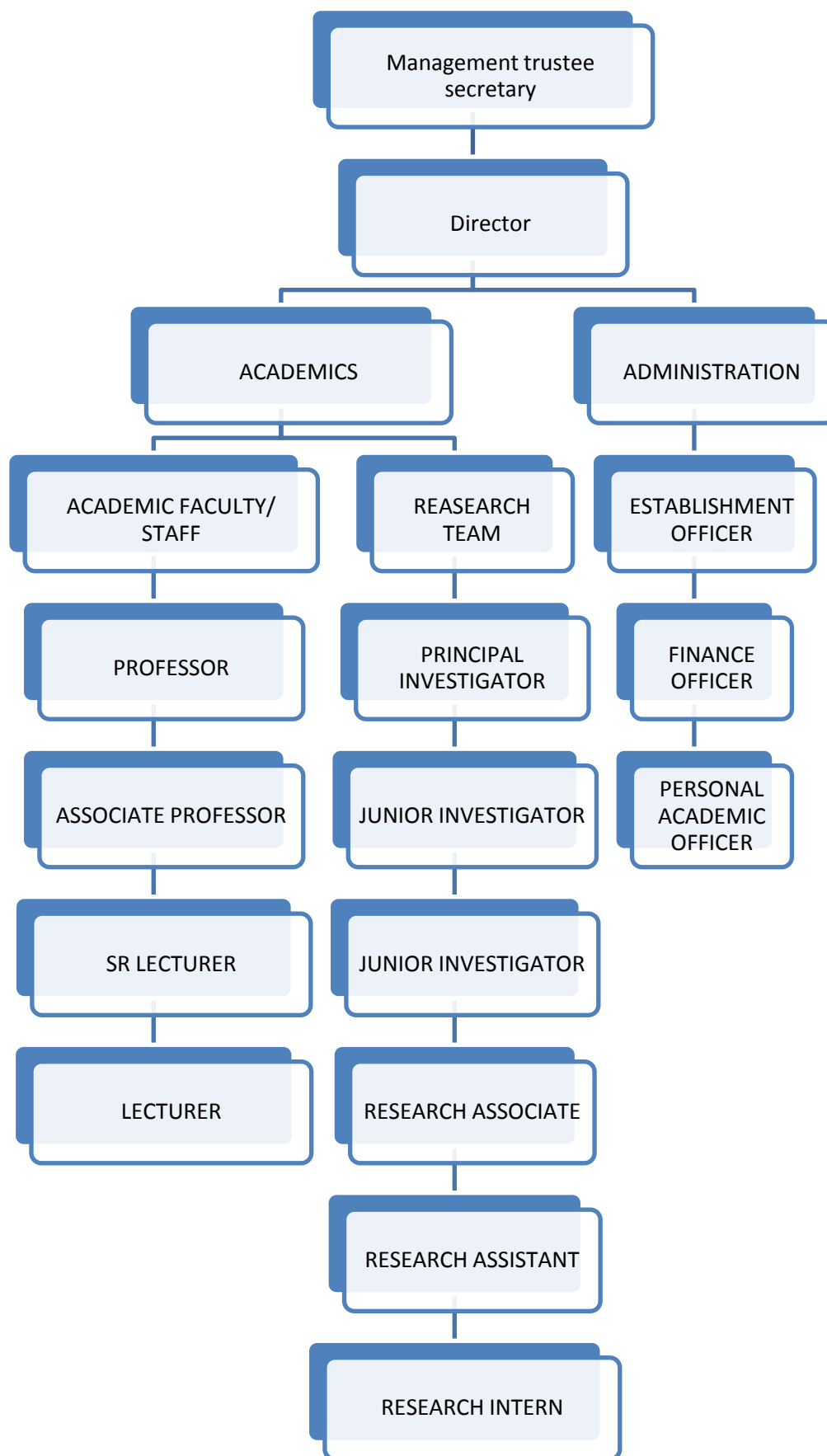


Fig 2: List of research activities carried in R D Gardi Medical College, Ujjain

RDGMC has had previous research collaborations with the Karolinska Institutet, The Nordic School of Public Health, and Centre for International Health (Bergen, Norway). The college has particularly worked in collaboration with the provincial government to develop a GIS to map healthcare providers in the province. Expertise exists in conducting large-scale field surveys, evaluation & performance studies and both qualitative and quantitative research. (Publications and other information).



Management structure of RDGMC, Ujjain

OVER VIEW OF THE PROJECT

ARCADE,(Asian African Regional Capacity Development) is a project, which focus is on institutional capacity strengthening, doctoral and post doctoral training, administrative research management and network building. The project uses various innovative technologies to enhance the educational capacity by producing world class online learning modules, it also promotes blended learning modules and joint programmes that will enable training of researchers in low- and middle-income countries who might not otherwise have access to such material.

This is a four year duration project (2011-2015), funded by European Commission 7th Framework Programme and is coordinated by Karolinska Institutet, Sweden. The project involves altogether sixteen collaborating organizations, across, Asia, Africa and Europe.



Fig 1: Map of ARCADE's network

ARCADE is further divided in two parts, ARCADE HSSR and ARCADE RSDH.

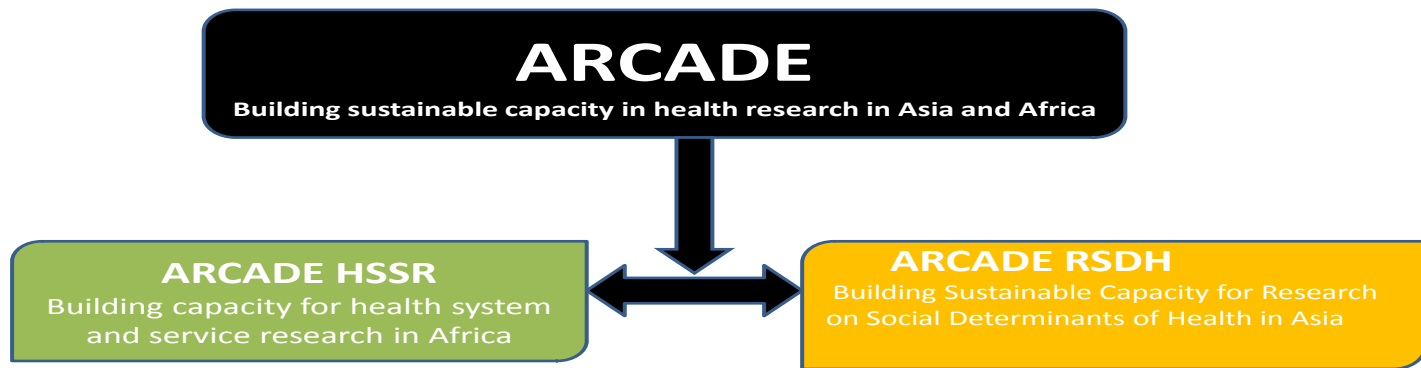


Figure 2: Explaining the division of the project ARCADE

ARCADE HSSR, builds capacity in health systems and services research at sub-Saharan African (SSA) universities. The main focus is on the doctoral and post-doctoral training, institutional strengthening for education, financial and administrative research management, and South-South network building. The project aims to produce a stream of well trained young HSSR scientists, the next generation of health system leaders and researchers in SSA.

ARCADE RSDH is an adaptation of ARCADE HSSR and was started in Asia in the year 2011 to address the need of research capacity strengthening with a special focus on Social Determinants of Health. The project was developed in response to immense inequities in health in Asian context, coinciding with the weak local health research capacity, especially in social determinants of health (SDH) research.

ARCADE RSDH

Building sustainable Capacity in Health Research system in Asia

INTRODUCTION

Health inequities prevail hugely in the LMIC. They are the unfair and avoidable differences in health status between population groups, exist within and between countries¹. The social determinants of health (SDH) - the conditions in which people are born, grow, live, work and age, including the health system, are the factors mostly responsible for health inequity¹. An SDH approach looks at the role of SDH, and how they critically influence whether individuals

stay healthy or become ill and whether they have the resources needed to achieve their full potential. Efforts to improve health equity can thus be significantly strengthened by incorporating a SDH approach with the current existing approaches. Progress with the above depends on each country having enough research carrying capacity with the professional expertise, not only to undertake relevant, timely and reliable SDH research, but also to be able to influence and support policy makers in translating research into policy and action³⁻⁵. The present lack of national capacity in low and middle-income countries (LMICs), to produce personnel with these skills and attributes is a serious barrier to revitalizing primary health care (PHC) and attaining the Millennium Development Goals (MDGs).

ARCADE RSDH, addresses this important structural issue in low and middle-income Asian countries, by supporting the development of a **sustainable research environment, with high caliber young Asian scientists collaborating within a network of strong Asian research institutions**. These scientists will receive doctoral and post-doctoral training, gain access to 'experience and influence' networks, and join with senior colleagues to support regional capacity development, and create a research environment that will promote progress towards greater health equity. The project also aims at helping the LMIC build and strengthens their sphere of network with other countries researcher. The main idea is to reduce the brain drain; improved female student access through LMIC based training and to be more climate friendly by reducing the need for international travel for higher study.

All this will be done by providing centrally as much of the course materials and support materials as possible, but delivering these courses using blended training models, in which web mounted course materials for students and teachers are available for download, for self-directed individual or group learning, and for face to face, faculty directed individual and group didactic and interactive teaching. These web-mounted materials will include worked examples, tests and

extra readings to support the main factual materials. The main didactic and interactive elements can be delivered in innovative ways, at a distance live over the web, with the added possibility of downloading recorded versions of these teaching sessions at another time for revision; and/or more conventionally, the didactic and interactive teaching and tutorials can be delivered on site at hub institutions, with live teachers.

As ARCADE RSDH is all about building capacity in LMIC, specially in Asia, the projects involve many collaborative partners across, Asia and Europe. ARCADE RSDH has a collaboration of 12 partners across 9 countries, listed below

S.no	Name of the participating organization	Country's name	Short names of the organization
1	Karolinska Institutet	Sweden	KI
2	Huazhong University of Science and Technology	China	TJMC
3	CBCI Society of Medical Education	India	SJNAHS
4	Institute of Development Studies	United Kingdom	IDS
5	Beijing Normal University	China	BNU
6	Indian Institute of Health Management Research	India	IIHMR
7	University of Tampere	Finland	UTA
8	Zhejiang University	China	ZJU
9	Ujjain Charitable Trust Hospital and Research Centre	India	RDGMC
10	Sultan Qaboos University	Oman	SQU
11	Hanoi Medical University	Vietnam	HMU
12	Stellenbosch University	South Africa	SU

Table 1: list of the collaborating organization and countries.



Fig. 3 ARCADE RSDH map

Aim and objective of the project ARCADE RSDH

Aim:

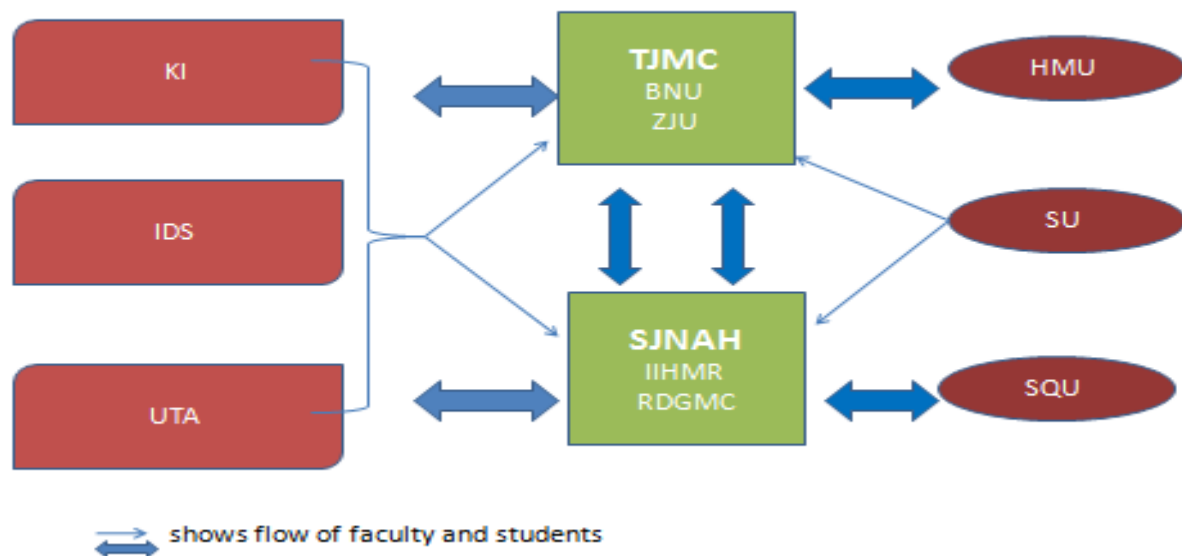
The project aims to build sustainable training capacity in LMICs in Asia, so as to expand and strengthen research on health and its social determinants, and to develop locally designed strategies to reduce health inequity

Objective:

- 1) To develop reusable **interdisciplinary web mounted training course** modules for SDH research, and to deliver these in Asian hubs using a range of **blended learning options**
- 2) To strengthen institutions to support doctoral and postdoctoral RSDH training
- 3) To develop a skill sharing network of RSDH training and field placements

Management structure of ARCADE RSDH

The exchange of activities takes place in the consortium. The organizational innovation have built an Asian network of research capacity development (RCD) on health equity and SDH, which has two regional training centre's, each with substantial infrastructure and institutional capacity (TJMC and SJNAHS), each acting as a hub training doctoral and post doctoral students, from their own countries, from the other Asian partners and from the European partners, as well as open to international student applications. The European partners and their networks support the two regional training centers through staff visits and exchanges. The two regional training centers will support each other through exchange of course materials, experience, skills and staff, joint training programmes for their students, and joint applications for research and research training grants in cooperation with European partners.



ROLES AND RESPONSIBILITIES IN THE PROJECT.

I was appointed as Assistant Programme Manager (trainee) for the project ARCADE RSDH On 3rd February, 2014. An orientation session was arranged by Dr Vishal Diwan, principle investigator of the project ARCADE, in which I was briefed about the project and other project related activities. I went through the project's document, provided to me for understanding the project better.

My Key responsibilities in the project are:

1. Communicating with other collaborating partners and coordinating with them for the proposed activities under ARCADE.
2. Disseminating the ongoing activities under ARCADE and other activities related to public health research done by the ARCADE team.
3. Report writing for the monthly activities carried in the project.
4. As one of the components in ARCADE is to promote the online education at doctoral and post doctoral level, I have to coordinate with the professors for online course preparation and help them in writing some part of it.
5. Handling the technical aspect of mounting an online course on Moodle, uploading the course updating it etc.
6. Arranging research clinics and for the same coordinating with the post graduate students, professors of RDGMC and other international partners.
7. Developing and promoting activities for the project ARCADE
8. Coordinating with the hub institute for arranging online session and courses, specifically addressing the issues on social determinants of health.
9. Assisting in writing proposal for other projects.
10. Planning and arranging the capacity building activities for the institute and other international partner organization

MAJOR ACTIVITIES DONE

1. Course development:

In these three months of internship two short courses, “*cardiovascular diseases and its social determinants of health with reference to low and middle income countries*”, a four week course and “*Social Determinants of Health and water sanitation and hygiene in low and middle income settings*”, a three week course were prepared by the professor of community medicine. Both the courses are prepared for doctoral and post doctoral students and the course can be pursued by any one working in the field of public health and research. These modules will be mounted on the website and can be accessible to anyone free of cost. The course addresses the issue, how social determinants of health affect the water, sanitation and hygiene condition and relation of CVD with SDH.

I coordinated the work progress by arranging weekly meeting with course developer and made sure that the work should be accomplished within the set time line. I also prepared three modules for the course “*Social Determinants of Health and water sanitation and hygiene in low and middle income settings*”

Both the courses are prepared and sent for the expert review, after which, they will be hosted under ARCADE’s open repository

2. Research Clinic:

Many of the students from LMIC stay deprived of certain facilities and lack resources, which can enable them in taking better decisions regarding health research. Under ARCADE, Research Clinic is one such initiative to benefit the students and help them get guidance from international expert (European senior scientists) for their research work.

Asian senior scientist with the help of European senior scientist led these mentored programmes in the Asian institute and acting as a bridge for doctoral and post doctoral students to improve decision making regarding the research proposal and enhancing the skills in proposal writing.

One such initiative was taken by RGDMC ARCADE team. The first research clinic was arranged on 26th February, 2014. I coordinated and arranged the research clinic under the guidance of PI of ARCADE. The clinic was attended by the professors and post graduate students of community medicine of RDGMC. Other international partners also participated

from their home institutes via “Gotomeeting” The event was successfully organized. Later a report regarding the same was submitted to the coordinating institute.

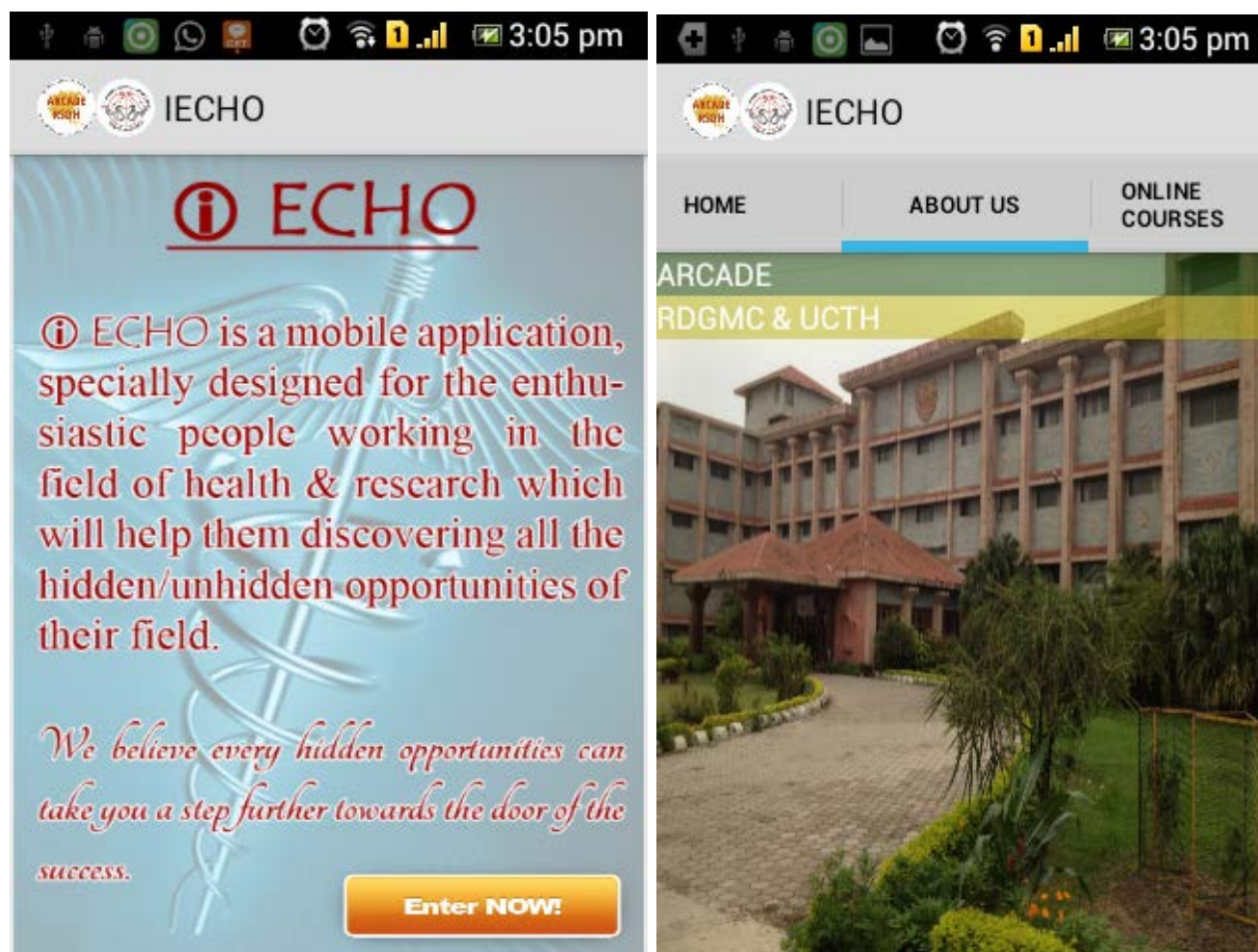
3. Dissemination activities: It is very important to make people aware about the activities taking place in any project. The reason behind the dissemination is to help the beneficiaries to get maximum advantage out of the planned activities.

I designed a mobile application, **i ECHO**, where i, stands for the information and ECHO denotes spreading, which together means, spreading the information. It is a potential and convenient communication tool and an integrated use of mobile technology and health research related information, which aims to benefit all the interested healthcare professionals, working in the dynamic field of public health and research, where regular updates regarding the latest events and ongoing activities is must.

Main interest behind designing this application is to disseminate the activities of ARCADE, Asian regional capacity development, which includes e-learning in form of online courses. ARCADE, RSDH, develops new research training capacity in research on social determinants of health (RSDH) in low and middle-income countries (LMICs) in Asia. it will provide information regarding other online courses offered by the premium organizations like, World Bank Institute, Coursera, etc. Other than this application will inform you about the various conferences and workshops, research grants, taking place, worldwide.

I coordinated with the developer for getting this application developed and accomplished this task with in 1 and half month on 10th April, the mobile application was launched on Google play.

The mobile application has its own dynamic website through which, regular updates regarding the upcoming events can be notified. It's an initiative



SNAP SHOTS OF THE MOBILE APPLICATION.

4. Proposal writing

One of the most important activity, proposal writing was undertaken by me during these 3 months. Under the supervision of Vishal Diwan, PI of ARCADE, I took part in proposal writing and assisted Dr Diwan in three of the proposal writing

1. HPSR, Health Policy System Research, a proposal invited by Global Alliance to map the activities of institutes and network involved in capacity building activities in LMIC. AS the theme perfectly fits for our organization profile and the area of work in which we are currently involved, we applied for this proposal.
2. Mobile surveillance mass gathering is a proposal addressing the need of mass surveillance during Kumbh Mela gathering, these gathering often results in outbreak of certain diseases, which needs strict monitoring. Emphasizing on the same need proposal was written and was submitted.

I am also Assisting Dr Diwan in one of the review study, “E- Learning, experience from past and present”

5. Planning Activities targeting the capacity building of the institutes

The college have medical students of both graduate and post graduate level and PhD students, these students have to present posters and presentations often in conferences and other clinical meets. In order to enhance their presentation skills two sessions are planned on Poster and Power point presentation, which will be conducted in 1st week of June.

We are planning to have a grant writing workshop in the month of July.

OTHER ACTIVITIES:

1. Lecture/ Conference attended:

I attended a lecture on “Qualitative analysis”, which was held in RDGMC and was taken by Dr Rachel Tolhurst, a researcher from Liverpool School of Tropical Medicine,

The session was arranged for the professors and research staff on 20th March, 2014

2. A week work shop on Hand and hygiene

I attended a workshop on hand and hygiene, which was an initiative under the project APRIAM

KEY OBSERVATION:

1. Project ARCADE RSDH is not a very old project, initiated in the year 2011, involves participation of twelve partner organization, which hails from eight different countries.
2. RDGMC, UCTH is one of the small partner organizations in the consortium and has limited fund and a limited role in the project.
3. The contribution from the organization is definitely more in comparison to what is expected from us.
4. We try to organize many activities targeting the capacity building of the institute, which includes staff, professors and the students. We also engage ourselves in proposal writing and are active participant in the activities arranged by ARCADE RSDH consortium.
5. We mainly have interaction with the coordinating institute, i.e. Karolinska institute, Sweden we get information regarding the ongoing activities through them. We do interact with other partner countries but the interaction is less in comparison.
5. Our interaction with hub institute is good as we have a previous working history with them, we coordinate and arrange online courses and sessions in collaboration with the hub institute, Saint's Johns National Academy for Health Sciences.
6. Albeit the interaction with the other small partner is less, such as we do not share any collaboration with one of our Indian partner, IIMR, Jaipur.
7. Reasons behind lack of collaboration are, different interests as the structure of the organizations are not same, for example RDGMC is a medical college and IIMR is a research and management institute. None of the institute have approached each other formally for the collaboration.
8. There are other issues, which poses challenges in the collaboration process. One such reason is lacking infrastructure. Being a medical college, need to develop an IT department was not felt due to which we do not have technicians as well as a sound infrastructure. Project like ARCADE RSDH involve conducting online courses across the nation and internationally too. Carrying such activities need a good internet facilities and sound infrastructure, which currently, we are developing.
9. In a project like this, where interaction with different country partner is required, time and language are the two main issues. Time gap between some European countries and our country is huge. Arranging a meeting involving all the partners at same time becomes really difficult in this situation.

10. We do lack experts in our institute for developing and teaching online courses.
11. Lack of ability of generating interest among students and professors regarding ARCADE activities is one of the limitations on our part. However, usually students are involved in the activities arranged by ARCADE consortium.
12. The project needs more establishment in RDGMC, UCTH itself, for which fund is needed.

KEY LEARNING:

1. As RDGMC, UCTH is a research institute and is running many research projects, it gives me an opportunity and scope to learn a lot.
2. While working on the project ARCADE RSDH, I have learned many things.
3. My dissertation was a qualitative study and this is the first time I worked on this kind of project. I learned new methods of qualitative analysis and developed report writing skills. I also attended one session on qualitative analysis, which was taken by Rachel Torust, researcher working on MATIND (Other project in RDGMC)
4. As I am handling this project alone and my key responsibilities include communication with partners from different countries, I learned to communicate better with other people at different levels.
5. ARCADE is a project where timing shall always be kept in mind while arranging meetings and other schedules. This gives me an opportunity to learn time management in a better way.
6. I am also assigned work of proposal writing. I learned and develop skills on that as well.

