Health is a Human Right

CARABAYLLO

Located north of Lima, Carabayllo is one of the largest and poorest districts in the capital. A significant part of its population is composed mainly by migrants who live in peri-urban and rural areas, in unsanitary and overcrowded conditions.

People in the district, especially those living in rural areas, have difficulty accessing health services. There are high rates of child malnutrition, tuberculosis, teen pregnancies, family violence and youth violence. These issues limit the quality of life and development of the community.

CARABAYLLO: Community Care Model

Socios En Salud (SES) is addressing these challenges through the creation and implementation of a model for community-based comprehensive primary care. SES has the following objectives:

- Improving infrastructure and equipment of health facilities and training staff in coordination with the Ministry of Health
- Strengthening community networks to maximize the role of community health agents in comprehensive primary care
- Establishment of a program for mentorship, supervision and improvement of quality delivery in health facilities
- Improvement of systems for monitoring and follow-up of patients through innovative strategies with available technology
- Addressing social determinants of illnesses, seeking to break the circle of poverty and disease

Since 1996, Socios en Salud has been working in the area through a community-based model. In addition to working successfully with patients with multi-drug resistant tuberculosis, SES has created and strengthened the network of community health agents in the district.

One of the most important projects has been the implementation of Community Health Posts to offer primary care in the most remote and inaccessible areas of the district.
Carabayllo presents high levels of child malnutrition, acute diarrheic illnesses, parasitism and anemia. There is limited infrastructure and supplies to offer adequate early stimulation. This, combined with little education from parents and caregivers, exacerbates the problem. In this scenario, strategic comprehensive interventions have proven to be cost effective in the improvement of early childhood development. Presently, 60 children benefit from this model and the objective is to expand the intervention.

Tuberculosis

Each year, approximately 300 people are diagnosed with tuberculosis in Carabayllo. SES, in partnership with the Ministry of Health, will prioritize community-based projects for the timely identification of cases, the adherence of anti-tuberculosis treatment, the management of multi-drug resistant and extensively resistant tuberculosis and its comorbidities, such as HIV or diabetes, as well as childhood tuberculosis.

Mental Health

Depression, anxiety, problems with alcohol and drugs, and family violence are the main mental health issues in the area. To date, there are no local care systems to address them. Therefore, SES is creating and implementing a model for community care at health facilities in Carabayllo.

Income Generation

SES creates opportunities for families in unfavorable situations to improve their incomes, breaking the circle of poverty-illness. Through an income generation project which offers micro-credits and supports through training in job skills, livelihoods are improved.

CHOCAS RURAL COMMUNITY: Surviving Poverty

Fidelia and Alejandro live in the community of Fray Martin de Porres, on KM. 29 on the road to the province of Canta. They have six children, ranging in ages from one to fifteen. Their two eldest children have left school and are field workers to help the family. Alejandro is a temporary worker at construction sites, while Fidelia sells sweets on the road. Both have joined the Income Generation project with the objective of improving their living conditions.

“I have learned to value my family, most of all, my children. I now know that I can do more things for them and for my work. This opportunity from SES is a blessing.”

CLINICAL TARGETS IN CARABAYLLO

SES would like to establish a platform of high-quality primary health care in Carabayllo to achieve:

ZERO maternal deaths
ZERO tuberculosis deaths
ZERO mother-to-child HIV transmissions
ZERO deaths of children under 5 linked to malnutrition

SES will develop specific projects regarding the existing challenges in Carabayllo as well as other areas in Peru.

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