3. C E Y L O N

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Aim of the project. To carry out a comprehensive health-education programme, with emphasis on child health, nutrition and environmental sanitation; to establish a Division of Health Education in the Department of Health Services; to extend health-education services to rural and urban areas; to train various categories of public-health workers, educators, etc.; to establish a health education materials unit and film library.

Assistance provided by WHO during the year. (a) A health educator; (b) a twelve-month international fellowship.

Work done. WHO provided a health educator to the UNESCO/WHO Fundamental Education Project in Ceylon from March 1952 to April 1953, and in 1954 was replaced by the national counterpart, returning from a twelve-month WHO fellowship. In 1954, an adviser in health education was appointed to the Directorate of Health Services for two years.

During this time a Sub-Division of Health Education, including a Materials Production Unit, was set up in the Directorate to give effect to a national scheme for health education. Field staff (public health inspectors with two months of intensive training in health education) were attached to the 15 districts under the Superintendents of Health Services and also with the major specialized campaigns against malaria, tuberculosis and venereal diseases.

The health education staff work with professional and community groups on problems in environmental sanitation, nutrition, school health, etc., and devote much time to the in-service training of personnel in health departments and in other governmental and voluntary agencies.

In 1956, the national health education officer was awarded a WHO fellowship for post-graduate study; the other health educators, as well, have been awarded Colombo Plan fellowships, and it is hoped that in time all suitable field staff have an opportunity to study on fellowships from international sources.
From the final report submitted by the WHO health educator, it is seen that a great deal has been accomplished in developing and strengthening health education and in training staff to be responsible for extending it to the urban and rural population. Taking into account the progress made and the interest of the authorities, it may be expected that this work will be effectively carried out in the future. It is suggested, however, that well-planned studies for assessing the effectiveness of the work done, research on social and cultural factors influencing health, and periodic analyses of the attitudes of health staff and of the public are important to future progress.

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**Aim of the project.** To upgrade the Children's Department of the Kalutara Health Unit Hospital; to integrate the preventive and curative sides of child care at the hospital and in the field; to improve public-health nursing and train various categories of health personnel in the Health Unit.

**Assistance provided by WHO during the year.** (a) A paediatrician and a public health nurse; a consultant in public health administration for six weeks; (b) a thirteen-month international and a three-month regional fellowship.

**Probable duration of assistance.** Until the end of 1959.

**Work during the year.** The team made a detailed survey of all existing maternal and child health activities in the country and suggested improvements.

The Children's Hospital was upgraded, and the diet kitchen and premature unit were improved. The attendance at the well-baby clinic has risen considerably.

A mass treatment campaign against worms and a diphtheria survey have been started.

Refresher courses, each of one month's duration, were given to five groups of midwives. Two groups of student midwives were given six months of domiciliary training, and 26 midwives a three-month course in supervision. Supervising midwives are being used successfully in areas where there are no public health nurses. One of the midwives of the first group has been appointed to the Health Unit to assist in practical teaching of pupil midwives.

The duration of the public health nursing course, in which 15 nurses are enrolled, has been extended from six months to nine months.

A nurse has been appointed to supervise the nursing and midwifery service in the Kalutara area. She has relieved the tutor of many of her responsibilities, enabling her to devote more time to the teaching programme.
Ceylon 8
Nurses' Training School, Colombo
(Oct. 1951 - Aug. 1956)

Aim of the project. To improve and expand the training programme of the School of Nursing at the Colombo General Hospital; to include in the basic curriculum training in public health and in pediatric nursing and obstetrics, in affiliation with outside institutions.

Assistance provided by WHO during the year. A public-health nurse tutor.

Work done. With the appointment of a nursing arts tutor in October 1951, the first phase of this project concentrated on the development of a course in nursing arts and the teaching of basic and advanced procedures. A procedure committee was set up to standardize nursing procedures, thus giving an opportunity for those responsible for the supervision of the students to discuss problems relating to procedures. This aspect of the programme was successfully completed and handed over to the national tutor. The WHO tutor was withdrawn in December 1954.

The second phase began with the appointment of a public-health nurse tutor in September 1954. Necessary adjustments to the curriculum were made so as to include appropriate preventive subjects; prevention and health teaching are now a part of all clinical teaching. A student health service has been established. The students are given training and experience in tuberculosis nursing at Welisara and Colombo; other public health services in Colombo are also being used for student observation and training.

This project was completed with the termination of the assignment of the public-health nurse tutor in August 1956. The national tutors are now carrying on the training programme.

Ceylon 15
Nurses' Training School, Kandy and Galle
(Jan. 1952 - Dec. 1956)

Aim of the project. To establish schools of nursing at Kandy and Galle with training programmes in curative and preventive nursing.

Assistance provided by WHO during the year. A nursing arts tutor and a public health nurse; (b) a twelve-month international fellowship.

Work done. During the course of this project, the new school of nursing at Kandy was firmly established. A curriculum based on the needs of the country was developed; public health was included as an integral part of the course, and a programme of field experience developed. Nursing procedures were revised and distributed to every ward, as well as to each student. They were later translated into Sinhalese.
A useful booklet on experience in procedures was developed, mainly by the senior national tutor, with the assistance of the WHO tutor, and was printed locally.

At the end of the three-year course, the first group of 26 students graduated from the Kandy School in 1955 and became State-registered nurses. Seventy-nine students are now on the rolls.

An in-service teaching programme was developed for all hospital nursing personnel, and national counterpart tutors were trained. In addition, in-service training was given to the tutors to be assigned to the four new schools of nursing to be opened in other parts of the country in the near future.

At the request of the Government, the senior WHO nurse assisted with the opening of the School at Galle in April 1956, with 59 students, and also advised on matters relating to equipment and staff necessary for a school to be opened in Kurunegala.

The final report on the project has been submitted to the Government.

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**Ceylon 25**

**TA**

**UNICEF**

**Tuberculosis Control and Training Centre, Colombo (Wellisara) (May 1953 -)**

**Aim of the project.** To survey the extent of the tuberculosis problem; to establish a model tuberculosis service; to train medical and paramedical personnel in diagnosis and prevention.

**Assistance provided by WHO during the year.** A medical officer, an x-ray technician, a laboratory technician, a public health nurse and a statistician.

**Probable duration of assistance.** Until 1959.

**Work during the year.** The field work of the tuberculosis prevalence survey was completed early in the last quarter of 1956. Concurrently with the survey, a morbidity study was undertaken.

The public health nurse and the laboratory and x-ray technicians completed the clearing up of certain technical details by the end of 1956. The statistician finished the tabulation work by mid-1957.

A report of the survey has been sent to the Government. The results show that there was a public response of 96%. The overall sampling fraction was 1:375. The estimated rate for unhealed pathology was 0.97% and for healed pathology 0.55%. A high proportion of the cases with unhealed pathology are in the older age groups. Of the total number of estimated cases with unhealed pathology, 81% live under rural conditions, as do 83% of those with healed pathology. Therefore, in case-finding the elderly rural dwellers should be given priority.
All the staff except the statistician have now completed their assignments.

Ceylon 26  
Leprosy Control (July 1954 - June 1957)

Aim of the project. To modernize the leprosy-control programme by improving the work of the present institutions and developing a system of case-finding, domiciliary treatment and contact surveillance.

Assistance provided by WHO during the year. (a) A leprologist and an occupational therapist; (b) some essential supplies.

Work done. During the course of this project, the WHO staff consisted of a leprologist and an occupational therapist, and supplies and equipment worth about $5,000 were supplied. In 1956, two medical men went on WHO fellowships for three months for training in leprosy, and one of them for ten months longer to qualify for the DPH.

The principle items of work done were (a) surveys (in this respect, a survey restricted to the examinations of contacts of registered cases and of persons from four or five neighbouring houses yielded the best results consistent with time and money spent and the number of new cases registered), (b) bringing the national register up-to-date, (c) health education, (d) recommendations for the improvement of institutional care, (e) domiciliary treatment (of 2,145 cases, 1,337 are now receiving domiciliary treatment), (f) the training of medical workers in leprosy, and (g) the improvement of laboratory facilities (the construction of a central laboratory has now been sanctioned and equipment has been provided). The Government has not, however, implemented many of the recommendations made with respect to occupational therapy.

On the whole, it may be said that most of the objectives of the project have been carried out. The rest depends largely on government initiative, and specific recommendations have been made for the continuance of the programme.

The occupational therapist was withdrawn in October 1956 and the leprologist in June 1957.

Ceylon 35  
Environmental Sanitation, Kurunegala  
(March 1955 - )

Aim of the project. To set up two pilot projects in rural areas to improve water supplies and excreta disposal and to train personnel in environmental sanitation; to develop a health education programme to elicit the co-operation of the people and to prepare the community in advance for the sanitation programme; to apply the experience so gained in the future national programme.
Assistance provided by WHO during the year. A sanitary engineer; a short-term consultant for two months.

Probable duration of assistance. Until the end of 1961.

Work during the year. In this project the number of latrine pits lined and covered with a proper slab reached approximately 2,000. The digging of the pit and the construction of the superstructure are the responsibility of the householder and nearly 700 superstructures have been built with voluntary labour. Construction of latrines in public schools was also started.

A number of wells were completed, and others are under construction. Water from the first well was tested bacteriologically at the Medical Research Institute, Colombo, and was reported to have no lactose fermenters and no evidence of faecal pollution.

A special two-week training course in health education was given to all the project staff concerned. Short-term training (three months) of public health inspectors in environmental sanitation has been started with groups of eight to nine students, and three such groups have already been trained. A sanitarian to assist in this work has been selected and will be assigned in September.

The pre-operational health survey was completed in the second pair of Korales.

The short-term consultant appointed in October 1956 to assist the Government in the preparation of a Sanitary Code for Ceylon has submitted a draft, which is expected to be finalized shortly.

The whole project has been reviewed by the Regional Adviser, and his suggestions for future action are under consideration.

Ceylon 38 Assistance in Epidemiology to Health Directorate (Feb. 1956 - )

Aim of the project. To establish an epidemiological unit at the Central Fever Hospital, Colombo; to make epidemiological surveys of the disease pattern in Ceylon; to train undergraduate and post-graduate students and a counterpart.

Assistance provided by WHO during the year. An epidemiologist.

Probable duration of assistance. Until 1959.

Work during the year. The epidemiologist initiated research work on a variety of subjects such as keratitis superficialis tropica, purulent conjunctivitis, rabies, influenza virus, etc. He also started a project in Panadura to study the incidence of typhoid and the serological diagnosis of the disease.
When, during the year, Ceylon had a serious epidemic of smallpox, he assisted the Government in the investigation of this outbreak. A number of sera were shipped to the Virus Research Centre, Poona, for testing against a wide range of virus.

As a result of studies made in Ceylon, the presence of dengue fever has been established, and it is probable that the presence of adeno viruses may be quite common. The diseases caused by such viruses remain to be identified.

A training programme for medical and para-medical personnel involved in the handling of infectious diseases is being arranged.

Progress in establishing an epidemiological unit at the Health Directorate, however, is slow. One of the handicaps was the lack of a national counterpart, who has been available only since July 1957.

**Ceylon 39**

**Assistance to Health Directorate, Colombo -**

**Nursing Adviser (July 1957-)**

**Aim of the project.** To provide the Directorate of Health Services with advisory services in connection with nursing organization, education, administration and legislation and with the development of co-ordinated supervisory services to ensure uniformly high nursing standards within the national health programme.

**Assistance provided by WHO during the year.** A nursing adviser.

**Probable duration of assistance.** Until the end of 1960.

**Work during the year.** The nursing adviser assumed her duties only in July 1957.

**Ceylon 45**

**Health Statistics (April 1957-)**

**Aim of the project.** To revise the system of records and reports in the Health Services; to train national personnel in the design of documents, the conduct of surveys and other statistical techniques; to set up a permanent statistical service in the Ministry of Health.

**Assistance provided by WHO during the year.** (a) A health statistician; (b) supplies and equipment.

**Probable duration of assistance.** Until the end of 1960.

**Work during the year.** The statistician has been in position only since April 1957, and has started examining the records and reports of the Health Department. It is too early yet to attempt an appraisal of the work done.
Aim of the project. To survey the facilities for diagnosis, treatment and care of cancer cases; to advise on the development of an appropriate cancer treatment and research programme and on the establishment of a cancer registry at the Cancer Institute.

Assistance provided by WHO. A consultant for two weeks.

Work done. The consultant, during his short assignment, made a study of the work done by the Ceylon Cancer Society and submitted recommendations on the collection of data on cancer, on methods of spreading authoritative information on its prevention and cure and on the organization of the Cancer Institute and its research and treatment programme. His report has been sent to the Government.

It is expected that the consultant will soon pay a second visit to Ceylon for further assistance in the development of the Cancer Institute.

**Fellowships**

**Pharmacology:** A four-month international travel fellowship.

**Public health administration:** One ten-month and one twelve-month international fellowship.