

**DRC** DANISH  
REFUGEE  
COUNCIL



DRUŠTVO CRVENOG KRSTA/KRIŽA BOSNE I HERCEGOVINE  
CRVENI KRIŽ FEDERACIJE BOSNE I HERCEGOVINE



DECEMBER 2022  
**HEALTH FACTSHEET**



Photo: Health Educational session

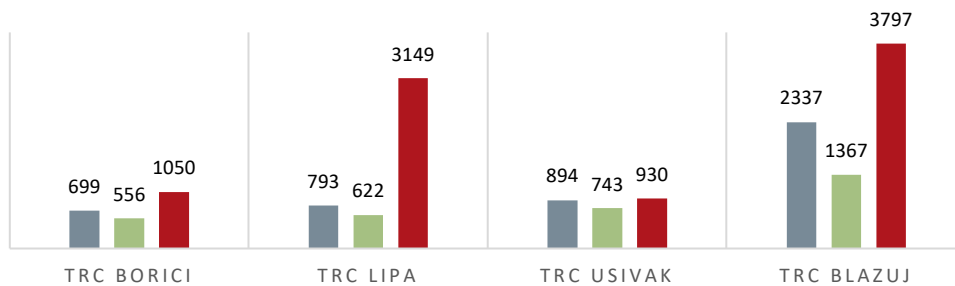


# 1. KEY HIGHLIGHTS & MONTHLY TRENDS

- ❖ DRC has ensured **4.723 medical examinations** and **3.288 medical interventions** in November 2022. Alongside this, there were **8.926 PoCs medically attended directly by DRC staff** inside TRCs in Bosnia & Herzegovina. Moreover, out of these, DRC facilitated **1.401 pediatric examinations & interventions** within two pediatric units in TRCs Usivak and Borici.
- ❖ DRC has facilitated **11 referrals towards PHCs** and **31 referrals towards SHCs** for specialized healthcare and diagnostics. Moreover, **9 PoCs were hospitalized** in healthcare facilities.
- ❖ As a part of DRCs COVID-19 response, **PHC medical teams performed 3.229 medical screenings** in four reception centers. Furthermore, **1 PoC was tested for COVID-19 using Rapid Antigen tests**, which came back negative.

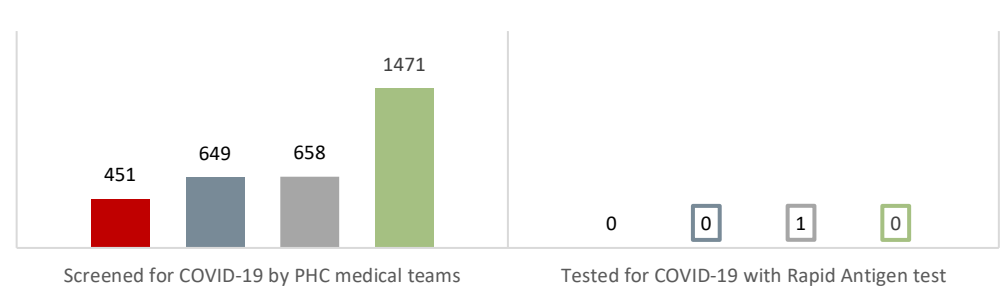
**DRCs HEALTH RESPONSE INSIDE TEMPORARY RECEPTION CENTERS**

■ Medical Examinations ■ Medical interventions ■ Medically Attended

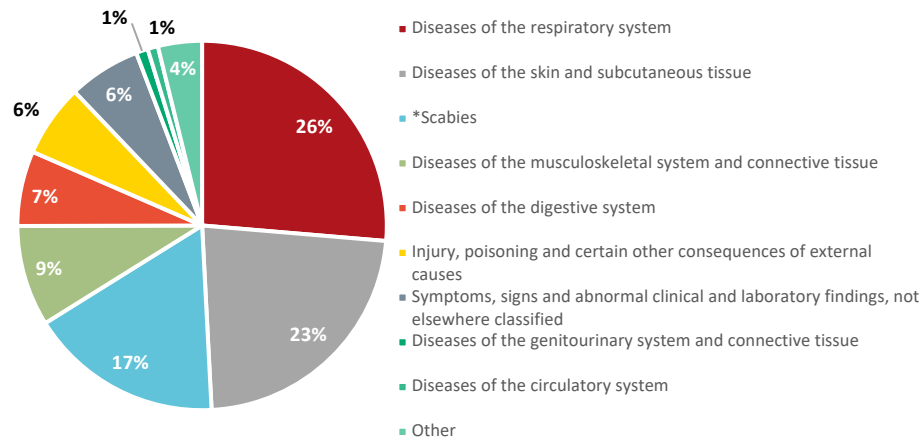


**DRCs COVID-19 RESPONSE INSIDE TEMPORARY RECEPTION CENTERS**

■ TRC Borici ■ TRC Lipa ■ TRC Usivak ■ TRC Blazuj



**CLASSIFICATION OF MOST FREQUENT DISEASES AND HEALTH RELATED PROBLEMS**



## OBSERVATION

- Number of medical examinations have decreased in 16% compared to November 2022, which corresponds to lower number of PoCs residing inside the centers. There is a subsequent incidence decrease among all morbidities, following the expected seasonal trend and in line with still high movement of this population.
- Majority of morbidities have the similar incidence, compared to November's data. However, there has been unexpected decrease in skin diseases of up to 52%, decrease in scabies cases of up to 40%, and decrease in injuries of up to 39%. This clearly corresponds to lower movement of the population, spending less time in informal settlements where sanitary conditions are poor, and access to medical aid is limited.
- When it comes to referrals for specialized health care and diagnostics, namely PHC referrals were for laboratory services and specialist examinations. Moreover, SHC referrals were for specialist examination, namely orthopedic and general surgeons attending accidental and intentional injuries.
- Hospitalizations were mainly due to trauma needing immediate surgery and intensive care.

## 2. HEALTH RESPONSE

- ❖ To stress the importance of DRC's Health Response inside and outside of TRCs, DRC has developed a tool to track incoming inquiries and referrals to enhance DRCs' service provision and the quality of the response, enabling informed programme adjustments. Most of the referrals and inquiries were received inside of TRCs (99%).
- ❖ DRC has successfully addressed 7.054 incoming health related inquires/referrals received from other organizations in December 2022.

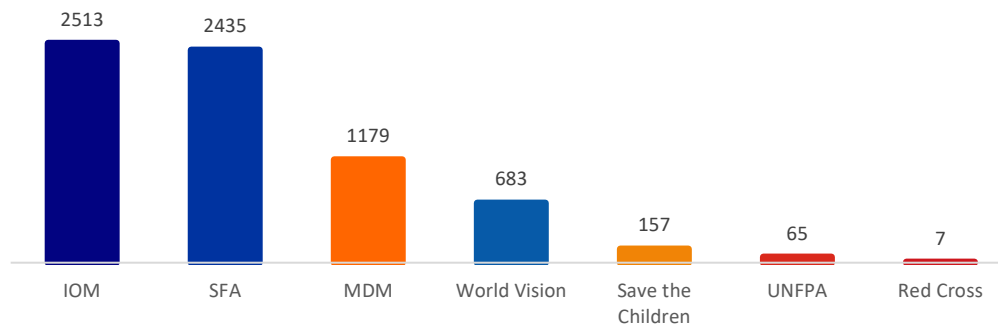
### INCOMING INQUIRIES AND REFERRALS

**7.054**  
Incoming healthcare referrals

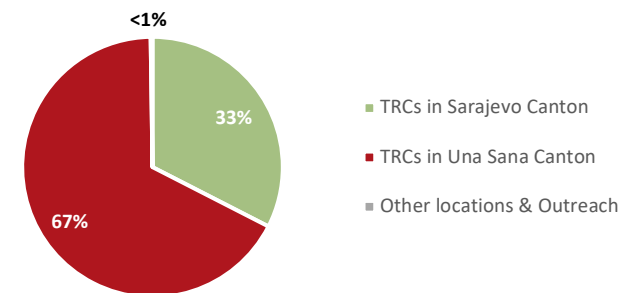
**21**  
Health related expertise provided

**66**  
Pediatric health expertise provided

#### HEALTH INQUIRIES/REFERRALS RECEIVED FROM:



#### INCOMING HEALTH INQUIRIES AND REFERRALS: TRCs & OUTREACH



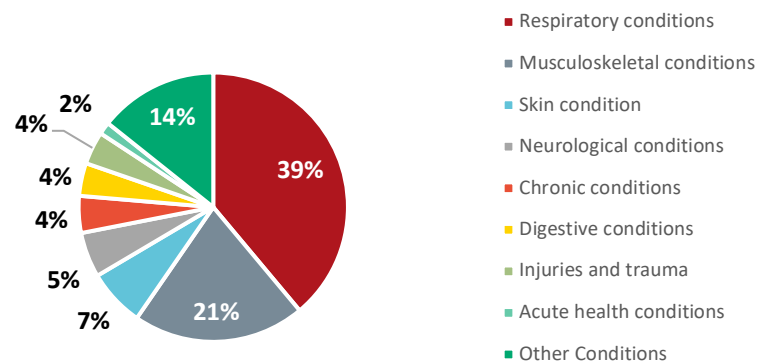
### DRC ASSISTANCES & REFERRALS IN OUT-OF-SITE

**203**  
Basic medical assistance provided

**16**  
Different locations

**47**  
Referrals for further support

#### HEALTH CONCERNES IN OUT-OF-SITE LOCATIONS



#### OBSERVATION

- Number of medical assistances in out-of-site locations have remained similar to November 2022, which corresponds to lower number of new arrivals and PoCs spending less time in informal settlements.
- There has been significant increase of incidence in reported respiratory conditions of up to 65%, compared to November 2022. This corresponds to seasonal trend and reported flu outbreak.

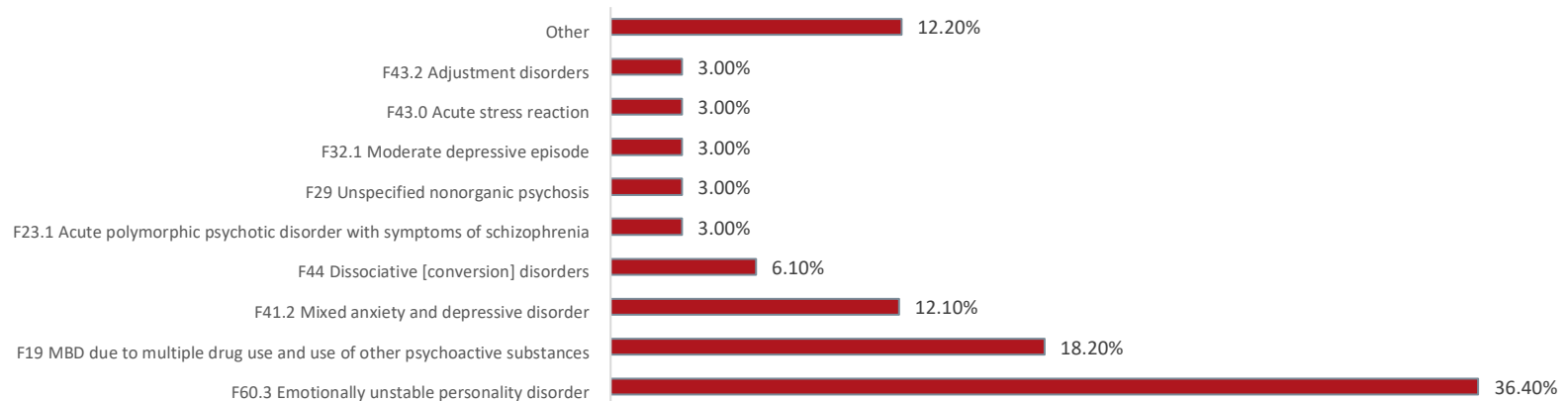


### 3. MENTAL HEALTH & PSYCHOSOCIAL SUPPORT

#### Médecins du Monde - MDM

- ❖ During December, MDM, assisted **234 new direct beneficiaries** (227 adults, 7 children) residing in TRCs in Una- Sana Canton and Canton Sarajevo. A total of **168 individual psychological counselling sessions** were conducted. In addition, **534 participations to group (empowerment and psychoeducational) sessions**.
- ❖ In December, during the individual psychological counselling sessions, main concerns reported by PoCs was feeling nervous, restless, or tense, symptoms of depression, excessive worrying and sleeping problems.
- ❖ MDM Psychiatrist provided regular and follow up psychiatric consultations to PoCs residing in all four TRCs. Total of **65 psychiatric care consultations** were conducted for 51 individuals.
- ❖ In order to celebrate International Human Rights day, on 10<sup>th</sup> of December MDM have officially opened the exhibition „*Migrations: Traces left behind*“ in Historical museum of Sarajevo. IOM BiH supported the exhibition, through Social Cohesion project with the aim to promote mental health in migrations and strengthening social cohesion among local and migrant population. More than 30 people, including beneficiaries, partner organizations, key stakeholders and interested citizens, attended the opening ceremony.

#### MOST FREQUENT PSYCHIATRIC DIAGNOSIS



#### Red Cross

- ❖ Red Cross Teams, supported by DRC through ECHO funding, have been operational in out-of-site locations (Tuzla, Goražde, Velika Kladuša and in Sarajevo Canton). Red Cross teams **assisted a total of 1.400 PoCs** (1.196 adult men, 12 adult women, 4 girls and 188 boys). Red Cross teams provided **640 Psychological First Aid (PFA) consultations**, with **183 MHPSS consultations done by psychologist**. Moreover, **1.442 First Aid assistances** (for PoCs with muscle pain and cramps, blisters, wounds, etc.) were provided, with **303 medical consultations** performed by medical doctors.



## 4. THEMATIC FOCUS – HEALTH WINTERIZING

- ❖ Everyone is familiar with the benefits of winterizing things – car, heating, etc., but we often overlook ourselves. Healthy habits are the foundation of a balanced lifestyle in any season, but they are even more important during the winter. With shorter, darker days and lower temperatures, people can feel less inclined to stay active and healthy. Winterizing your body to stay fit and healthy, both mentally and physically is very important.
- ❖ Nutrients are particularly important during the winter months when immune system may be fighting off the flu or other seasonal illness. Since winter is time when access to as many fresh fruits and vegetables is limited, taking supplement vitamins and minerals is important.
- ❖ While the body may not be sweating like in the summer, dehydration is common in winter. The low humidity in winter dries the skin, and overheated homes and offices dry out the nose, mouth and lips as well. Drinking lots of water is the best way to stay hydrated and additionally boost the immune system.
- ❖ Healthy sleep is not only good for the overall well-being and a noted mood booster, but it can also keep the immune system strong by giving it enough time to restore and repair itself. Practicing seven to eight hours of sleep for adults is recommended, but extra rest can be advised.
- ❖ Due to lack of sunshine, socializing and cold, winter can increase the incidence of depression and other disorders in many people. Paying close attention to the state of mind in the darker and colder months is very important. Seasonal affective disorders are serious conditions, and being extra mindful of the mood during winter can help in seeking proper support timely.
- ❖ Wearing proper clothes in winter is crucial in protecting yourself from the elements. Woolen clothes in winter is preferred, since, they do not allow the transfer of body heat to the environment. To protect from often temperature changes during the day, dressing in layers is important, so the comfort and protection remain the same through the day.
- ❖ Even if not exposed as often to the outside during the winter, practicing hand, respiratory and personal hygiene is crucial in maintaining health and wellbeing in any time of the year, including the winter. Hygiene is the best way to prevent contracting communicable disease, as well as stopping the further spread. Washing your hands often, coughing and sneezing in a tissue or elbow, as well as mild baths will keep the body healthy during the winter.
- ❖ Following the first reported case of seasonal flu in BiH, together with upcoming colder days, as well as potential new COVID-19 outbreak, DRC have organized **health educational sessions in all TRCs**. Sessions were namely covering topics on **how to prevent flu and other respiratory diseases including COVID-19**, all through proper hand washing, respiratory hygiene and vitamin rich diet. Specific part of the sessions covered how to maintain healthy sleep and activity routine, as well as recognizing symptoms of seasonal affective disorders and seeking help. During these sessions, as well as inside the infirmaries, DRC systematically distributed **Vitamin C tablets** and **face masks** in order to additionally promote health winterization and public health sensitization.

Health Care Services are an integral part of the Danish Refugee Council's humanitarian assistance to migrants, refugees and asylum-seekers in BiH. DRC teams ensure timely access to primary and secondary health care, nursing care, medical escorting and health education. Additionally, in cooperation with relevant public health institutions, DRC ensures sanitary-epidemiological monitoring and infection-prevention and control measures, including the measures for preventing the spread of COVID-19 infection (medical screenings, testing, isolation and vaccination). The response complements the DRC health and protection program implemented in all reception facilities and in out-of-site locations in Bosnia and Herzegovina.

### CONTACT

Hector Carpintero, Country Director

[hector.carpintero@drc.ngo](mailto:hector.carpintero@drc.ngo)

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