



PINK

OCTOBER

**DRC** DANISH  
REFUGEE  
COUNCIL

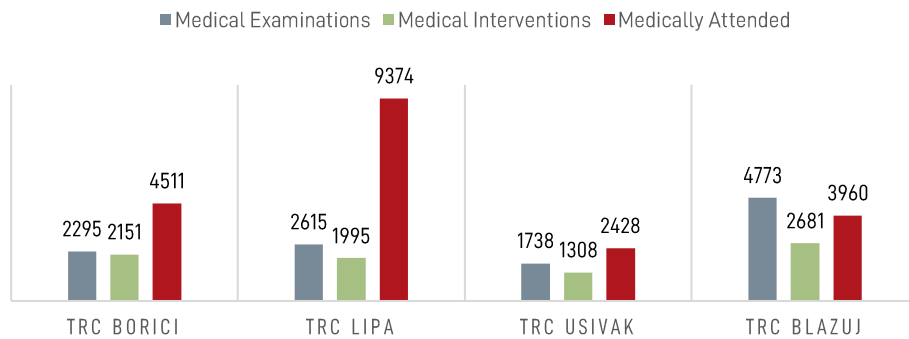
OCTOBER 2022  
**HEALTH FACTSHEET**



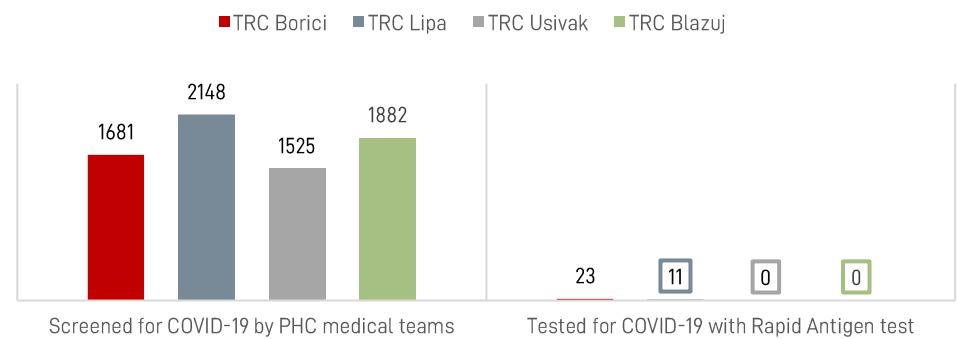
# 1. KEY HIGHLIGHTS & MONTHLY TRENDS

- ❖ DRC has ensured **11.421 medical examinations** and **8.135 medical interventions** in October 2022. Alongside this, there were **20.273 PoCs medically attended directly by DRC staff** inside TRCs in Bosnia & Herzegovina. Moreover, DRC facilitated **3.399 pediatric examinations & interventions** within two pediatric units in TRCs Usivak and Borici.
- ❖ DRC has facilitated **50 referrals towards PHCs** and **71 referrals towards SHCs** for specialized healthcare and diagnostics. Moreover, **13 PoCs were hospitalized** in healthcare facilities.
- ❖ As a part of DRCs COVID-19 response, **PHC medical teams performed 7.236 medical screenings** in four reception centers. Furthermore, **34 PoCs were tested for COVID-19 using Rapid Antigen tests**, all of which came back negative.

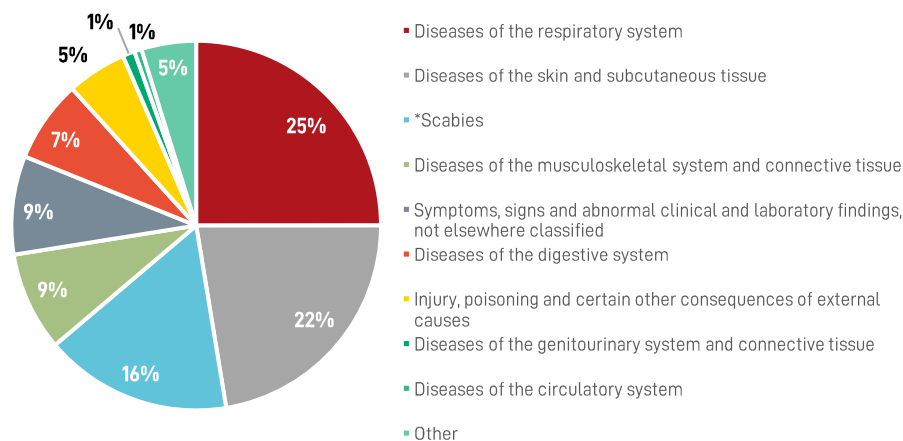
**DRCs HEALTH RESPONSE INSIDE TEMPORARY RECEPTION CENTERS**



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



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



## OBSERVATIONS

- 📦 Number of medical examinations have increased in 35% compared to September 2022, which corresponds to higher number of PoCs residing inside the centers and high turnover. There is a subsequent incidence increase among some morbidities, following the expected seasonal trend and in line with higher movement of this population.
- 📦 Highest incidence increase was recorded for accidental injuries and trauma, of up to 98% in comparison to September 2022, in line with higher mobility of the population. Additionally, incidence of digestive disorders have increased in 82%, as in general population, due to unexpected weather conditions (higher temperatures for this period of the year). Incidence of Scabies continues to increase, up to 63% in comparison to September 2022, reaching the 368% increase in past three months, in comparison to May-July 2022.
- 📦 When it comes to referrals for specialized health care and diagnostics, namely PHC referrals were for laboratory services and X-ray. Moreover, SHC referrals were for specialist examination, namely orthopedic and general surgeons attending accidental injuries, and internists attending exacerbations of chronic diseases.
- 📦 Hospitalizations were mainly due to trauma and acute conditions needing immediate medical aid.

## 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 9.011 incoming health related inquires/referrals** received from other organizations in October 2022.

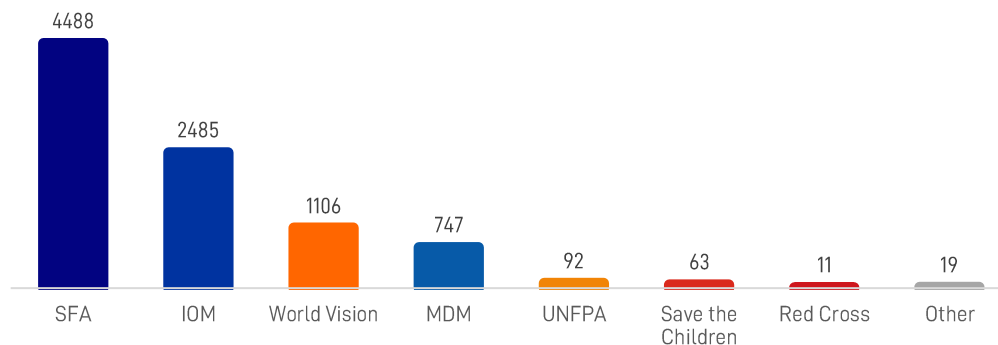
### INCOMING INQUIRIES AND REFERRALS

**8.980**  
Incoming healthcare referrals

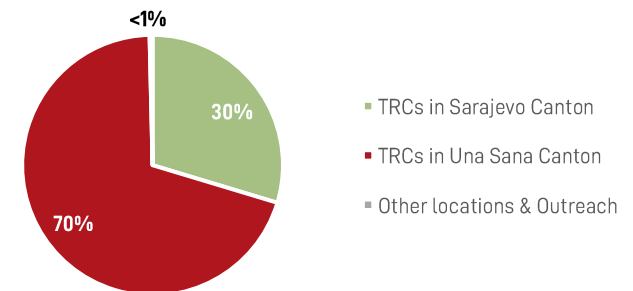
**3**  
Health related expertise provided

**28**  
Pediatric health expertise provided

#### HEALTH INQUIRIES/REFERRALS RECEIVED FROM:



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



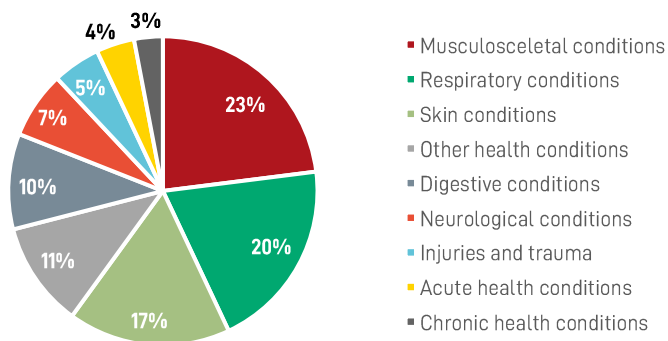
### DRC ASSISTANCES & REFERRALS IN OUT-OF-SITE AREAS

**486**  
Basic medical assistance provided

**36**  
Different locations

**124**  
Referrals for further support

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



#### OBSERVATIONS

- 🏠 Number of medical assistances in out-of-site locations have increased in 15% compared to September 2022, which corresponds to continuation of higher number of new arrivals and PoCs spending more time in informal settlements.
- 🏠 There has been no significant change in reported health conditions, with exemption of reported digestive diseases, which clearly corresponds to weather conditions and the fact that individuals residing in these locations are staying there longer.

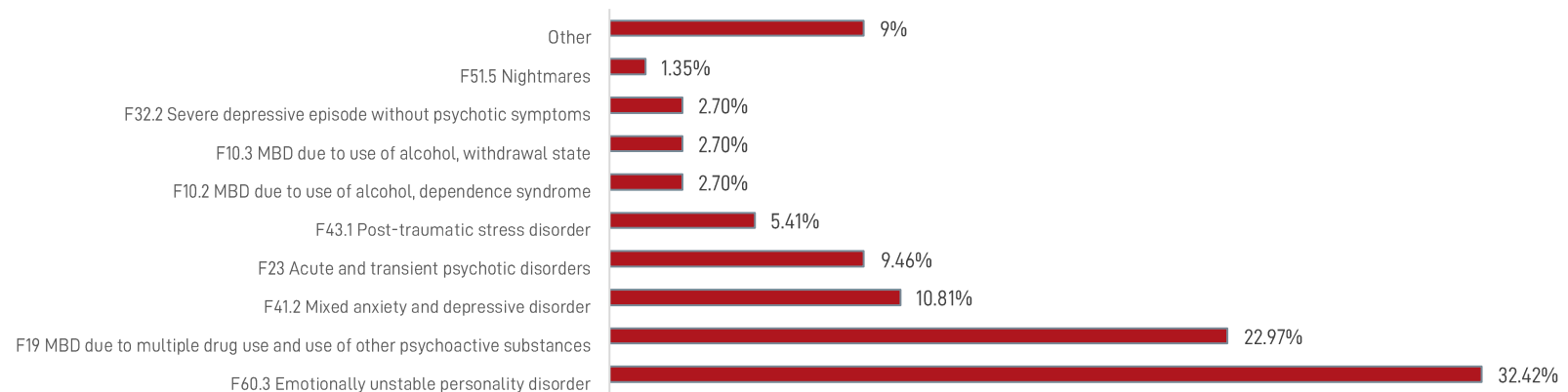


### 3. MENTAL HEALTH & PSYCHOSOCIAL SUPPORT

#### Médecins du Monde - MDM

- ❖ During October, MDM, assisted 526 new direct beneficiaries (489 adults, 37 children) residing in TRCs in Una- Sana Canton and Canton Sarajevo. A total of 230 individual psychological counselling sessions were conducted. In addition, 42 group empowerment and 11 psychoeducational sessions were organized in TRCs for a total of 962 participants.
- ❖ Furthermore, Depression and Symptoms of Depression, Mental Health Awareness, Communication Skills, Emotional Awareness, Stress management and Conflict resolution. Empowerment group sessions included activities related to Self-Awareness through creative techniques, Self-improvement, and Relaxation techniques.
- ❖ MDM Psychiatric Specialists provided regular psychiatric consultations and follow up available to all beneficiaries in SC (TRC Blažuj, TRC Ušivak) and USC (TRC Lipa and TRC Borići). Total of 75 psychiatric care consultations were conducted for 53 individuals (6 female beneficiaries, 47 male beneficiaries).

#### 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 **3.132 PoCs** (2.551 adult men, 215 adult women, 24 girls and 342 boys). Red Cross teams provided **1.224 Psychological First Aid (PFA) consultations**, with **170 MHPSS consultations done by psychologist**. Moreover, **4.099 First Aid assistances** (for PoCs with muscle pain and cramps, blisters, wounds, etc.) were provided, with **239 medical consultations** performed by medical doctors.

## 4. THEMATIC FOCUS – PINK OCTOBER

- ❖ In a global effort to raise awareness on breast cancer, October has been designated as the Pink Month. The Pink Month is a month where efforts to educate those concerned about the disease, including early identification and signs and symptoms associated with breast cancer. The pink ribbon has become a symbol of the fight against breast cancer. In the beginning, the ribbon was yellow and symbolized consciousness. The pink ribbon was first presented by the American Breast Cancer Foundation. During the Race for the Cure in 1990, participants received bright pink visors. Later the organizers of the marathon in New York handed pink ribbons to participants. In 1992, Evelyn Lauder (then vice president of Estée Lauder) and Alexander Penny (then editor of Self magazine) decided to publish a special issue on cancer.
- ❖ Breast cancer is the most diagnosed cancer among women in Europe. It's estimated that almost 30% of diagnosed cancers in women are breast cancer. About 5 to 10% of breast cancer are hereditary, meaning that they result from gene changes. Every year 1.7 million women are diagnosed with breast cancer. More than 500,000 die from the disease. Although it is very rare, men can get breast cancer too (1 out of 100 diagnosed breast cancer). About 5 to 10% of breast cancer are hereditary. The most common cause of hereditary breast cancer is a mutation in the BRCA1 or/and BRCA2 gene. There are almost 20 genes associated with breast cancer risk. However, mutations in the BRCA1 and/or BRCA2 genes (or other genes) do not mean that you are sure to get breast cancer, but it increases the risk of having it. When a BRCA1 mutation is detected, the risk of breast cancer is approximately 65-90%.
- ❖ Studies show an association between excessive consumption of alcohol, fats, overweight, and breast cancer. High body fat percentage and alcohol abuse increase estrogen levels, which increases the risk of getting breast cancer.
- ❖ To prevent breast cancer, it is important to have a healthy lifestyle: be physically active, maintain a diet rich in fruits and vegetables, increase in consumption of fish, especially sea fish, reduce meat in your diet, especially fat and canned. Secondary prevention of breast cancer use screening, testing to detect cancer at early stages of development. Early detection of breast cancer is the key to successful treatment. It's recommended for women recommended to undergo preventive examinations systematically. Tests that help to fight breast cancer include breast self-exam, ultrasound of the mammary glands, mammography, genetic testing
- ❖ Breast self-exam: Every woman over the age of 20 is encouraged to perform regular breast self-exams. It is best to exam yourself on the first day after menstruation. If you have menopause, it's recommended to check breasts once a month, preferably always on the same day of the month. The examination consists of palpation of the breast. Gently press and check each breast and armpit area. Movements should be made from top to bottom and in a circular motion, as well as from side to center and vice versa. Signs and symptoms that should be taken seriously and checked by health-professional:
  - A lump or thickening in or near the breast or in the underarm area
  - A change in the size or shape of the breast
  - Dimpling or puckering in the skin of the breast
  - A nipple turned inward into the breast
  - Discharge (fluid) from the nipple
  - Scaly, red, or swollen skin on the breast, nipple, or areola (the dark area of skin at the center of the breast)
- ❖ **During October, DRC medical teams organized interactive educational sessions on the importance and methods of breast self-examination for women on the move staying in family reception centers. DRC provided breast self-examination videos in French, Farsi, Arabic, and English, while cultural mediators provided translation into several additional languages. During the sessions, nurses demonstrated the correct way to perform a breast self-examination. Women staying in family reception centers are encouraged to seek support in safely and timely access to ultrasound and/or mammographic diagnostics in relevant hospitals and health centers.**

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

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