

PANCHSHEEEL



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The PANChSHEEEL Project's Phases of Co-Design

The Participatory Approach for Nutrition in Children: Strengthening Health, Education, Environment and Engineering Linkage (PANChSHEEEL) Project is now coming to its conclusion. Since undertaking the community engagement described in our last newsletter, the team has continued to follow a cascaded iterative process to arrive at a syncretic intervention package to holistically improve Infant and Young Child Feeding (IYCF) (see *phases of PANChSHEEEL diagram on page 2*). This approach was based on principles of intervention mapping, underpinned by psychological behaviour change theory, followed by practical translation into an intervention package based on the Motivation, Awareness, Resources, Knowledge and Skills (MARKS) approach by Lakhampaul et al, 2018.

The eight phases of the PANChSHEEEL project's intervention design have been driven by intensive formative research and co-design with community members and policy makers



Step 1 was the analysis of the formative research, which captured current feeding practices as well as facilitators and barriers to optimal feeding practices. In this step, the data was summarized at three levels: (i) household, (ii) village and (iii) governance, across four themes: (i) health and nutrition, (ii) education, (iii) Water, Sanitation and Hygiene (WASH) and (iv) energy. While Community Researchers and Core Team conducted the data collection in the formative phase jointly, the Core Team conducted data analysis. The output of this step was an emergent model comprising various factors that are associated with or influenced IYCF and care practices in the community.

Step 2 was dedicated to creating a joint understanding of Core Team and Community Researchers about the Settings Approach to Health Promotion. After building the capacity of the Community Researchers about the theory and practice of health promotion, they classified the factors into modifiable and non-modifiable across four levels: Household, Community, Organization and Government.

Step 3 involved sharing the framework with the Community Champions to record their views about modifiability of these factors, share and validate for our findings and conduct a stakeholder mapping activity to identify the key individuals and organisations for instilling change across the emergent model's domains and map the community stakeholders who would be appropriate for engagement in co-designing.

Step 4 involved selection of one village from each block for an intensive co-designing exercise with the community. In addition, teachers and School Management Committee members of the nine villages were also consulted.

Step 5 included mapping the responses of the community as well as experiences of the partners and evidences from national and global programmes to arrive at a consolidated intervention package (IP1) of possible interventions, which was then discussed through an iterative exercise among key Core Team.

Step 6 included discussions related to IP1 with the Block and District officials of the relevant departments to arrive at the second intervention package (IP2).

Step 7 included refinement (acceptability) workshop where IP2 was shared with key members from all nine study villages across the two blocks. Based on the comments received in these workshops, the intervention package 3 (IP3) was prepared. To further inform refinement of the intervention package, pilot events were held to assess the promotion of schools as a community hub (see “*Piloting PANCHSHEEEL*”).

Step 8 is the final step in the co-creation exercise aimed to finalize the IP3 with inputs from state and national policy makers respectively through dissemination meetings organized in Jaipur and Delhi.

Piloting PANCHSHEEEL

On 26th January 2019, the PANCHSHEEEL team hosted intervention pilot events in government schools in Garnawat (Ghatol Block) and Devdasath (Kushalgarh Block). Every year on the 26th of January, India honors the date on which the Constitution of India came into effect with a Republic Day and these celebrations often include community celebrations in schools. The PANCHSHEEEL team used this as an opportunity to promote schools as an education and innovation hub and piloted five activities in Devdasath UPS, Ghatol Block and two activities in UPS Devdasath, Kushalgarh Block. The activities included a skit on hand washing and nutrition, movie on nutrition, health and hygiene, quiz, nutrition pyramid session and having community members and leaders take a pledge to promote healthy practices for children.

For the **skit on hand washing and nutrition**, Save the Children hired a consultant to write a script and train 50 school children for the play.

Community members and leaders taking a pledge together at pilot event



PLEDGE TAKEN BY COMMUNITY MEMBERS AND LEADERS AT THE 26TH JANUARY 2019 EVENTS IN SCHOOLS:

“WE WILL NOT DEFECATE IN THE OPEN, WE WILL EAT FOOD ONLY AFTER THE WASHING OUR HANDS PROPERLY, WE WILL GIVE FRUITS TO CHILDREN ALONG WITH NUTRITIOUS FOOD, WE WILL USE FILTERED WATER ONLY”

The primary theme of the play was hand washing practices and nutrition. After the children play, Dungarpur facilitators hosted the **nutrition pyramid session** where 12 community members participated in the activity with the objective of informing parents and caregivers about nutrition and locally available nutritious food in order to improve their children's nutrition status, identifying the types of foods available around them and understand the importance of feeding practices. Some short **movies on nutrition, health and hygiene** were shown to children and community members to spread awareness. The use of audio visual media to spread awareness was suggested by the community members during the co-designing process and the event was attended by 150 children and 50 community members. The **quiz activity** took place after the movie show, with the objective of ensuring attentive community participation in activities. Informative activities were delivered and a quiz facilitator then asked questions to the community members regarding the activity to assess whether they were listening and watching attentively. The events concluded with all community members and leaders taking a pledge together.

Refinement and Acceptability

Assessing acceptability is a vital part of the co-development process of the PANCHSHEEL Project, ensuring our intervention is informed by the perspectives of those it is intended to assist, is fit for setting and is acceptable to the wider community. Activities for study refinement and acceptability testing took place during two workshops in Banswara on the 5th and 6th of February 2019 with groups from Kushalgarh and Ghatol, respectively. The workshop discussion was delivered in two sections on both days, one with the community champions and one with providers (consisting of two teachers and invited Anganwadi workers, Accredited Social Health Activists, Auxiliary Nurse Midwives and panchayat elected representatives). For the Kushalgarh session, 28 participants (10 community champions and 18 providers) were engaged and in the Ghatol session 22 (9 community champions and 13 providers) were engaged. Acceptability questions were developed based on a theoretical framework of acceptability developed by Sekhon et al. 2017. This framework was created in accordance with the Medical Research Council Complex Intervention guidance.

Events & Next Steps

Following acceptability testing of our intervention design, we are now in final stages of intervention refinement. At the upcoming PANCHSHEEL Dissemination Conferences in Delhi (26th February 2019) and Jaipur (28th February 2019) later this week, the team will share current findings and the intervention package with a range



of stakeholders and collate vital feedback to further refine the intervention design. A final conference will be held in London, United Kingdom in May and will present the opportunity for stakeholder feedback for finalization of the intervention package. The field team is also working with a Jaipur-based film company to generate an informative film on PANCHSHEEL.

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