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| **Nurse Tanaka (health problems)**  |
| **Purpose:** For the group to identify and discuss common diseases related to sanitation and hygiene (in their community and their current situation); and to discover which of them can be prevented through individual and community action.  |
| **Time:** Day 1: 1 – 1 ½ hours  |
| **Instructions:** 1. If there is a large group (more than 30 people), then form smaller groups.
2. Give a set of pictures to each group.
3. Explain that there are pictures showing “Nurse Tanaka” at a local health centre/clinic and a traditional healer (if relevant), as well as other pictures showing people who might be sick or may have to go and visit the clinic/healer.
4. Get the group to discuss what the cause or reason might be for the people to go and see Nurse Tanaka or the traditional healer. Ask them to discuss the particular symptoms or illness, and get them to choose who they will go and see when they suffer from it.
5. After the groups have discussed and analysed, get each group to report back to everyone on each illness/disease and what the symptoms are. Make a note of diseases and symptoms the group identifies in the reporting sheet.
 | 1. Once all the groups have finished, ask if there are any other problems that were forgotten? Have there been any new diseases or different health problems following the disaster/emergency situation? Note the new problems the group comes up with.
2. Ask the group to separate out those diseases that might be related to sanitation, water and hygiene practices. Which of these diseases are the most common?
3. Ask the group if they have any ideas about why people get these diseases?
4. Continue the discussion and ask the group if they have any ideas about how the disease can be prevented? Which diseases can be prevented by community action? What changes can they make now in their day to day life? Make a note of what actions the group identifies.
5. Ask the group for feedback on what they liked, what they didn’t like, and what they learnt during the session. Make a note in the reporting sheet.
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| **Notes:** * Don’t prompt or direct the choices of the group. If people ask you specific questions, redirect the question back to the group.
* It’s ok if the group go off track or come up with ideas that are not related to water, sanitation and/or hygiene. This is all part of group discussion and discovery.
* Don’t worry if the group misses out important diseases – this shows you that the group might lack health knowledge. Make a note of what important diseases the group did not identify, and tell your supervisor/branch. It is ok if the group describes symptoms like “stomach ache” or “fever” rather than the name of the disease.
* The health problems which are relevant for the specific emergency situation and context should be selected from an initial assessment or baseline, so that appropriate pictures are used for the session.
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| **Example recording format for volunteer – can be adapted and printed on back of instruction sheet** |
| **Nurse Tanaka (health problems)**  |
| **List the diseases the group identifies, with the most serious placed first**  | **What are the symptoms for this health problem/illness (as given by the group)** | **What are some actions or hygiene practices that can prevent this disease** |
| 1. | 1.  | 1.  |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| 5. | 5. | 5. |
| 6. | 6. | 6. |
| 7. | 7. | 7. |
| 8. | 8. | 8. |
| 9.  | 9. | 9. |
| 10.  | 10. | 10. |
| *Examples: Diarrhoea, scabies, pneumonia, malaria, hepatitis, colds and flu, leptospirosis …* | *Examples: Loose watery stools usually more than three times a day, fever, headache, stomach-ache and not feeling hungry, rash with itchy skin sometimes with a discharge …* | *Examples: Handwashing after defecating, treat water before drinking, use mosquito net at night, handwashing before eating/cooking …* |
|  **How many females and males participated in this activity? F:\_\_\_\_\_\_\_ M :\_\_\_\_\_\_\_ Total :\_\_\_\_\_\_ Age less than 16\_\_\_\_\_ Age more than 50 \_\_\_\_\_** |
| **What did the group like and not like about this activity?** |
| **What did the group learn from this activity?** |