

SAÚDE

*QUICK GUIDE TO
PUBLIC POLICIES*
RIO DE JANEIRO

SALUD

HIGH-QUALITY HEALTH AT ALL STAGES OF LIFE

The public healthcare system in the municipality of Rio has been restructured in recent years to serve its citizens in a more comprehensive manner. The transformation of the healthcare network, operated by the current administration since 2009, makes the city a national leader in disease prevention, health promotion and healthcare management, offering Cariocas (Rio's residents) the services needed to guarantee their wellbeing.

The first step in this change was the implementation of a new strategy. Work to promote health among individuals was endorsed in order to avoid complications, anticipate problems and improve overall quality of life. At the other end of the healthcare system, this initiative has also helped to reduce overcrowding in hospitals.

Healthcare starts with disease prevention and monitoring of families by teams that treat citizens in an individualized way, and then extends to medical specialties and major emergencies. During the current municipal administration, primary care coverage has risen sharply from 3.5 per cent in December 2008, and 70 per cent of the population will be served by the Family Health program by 2016. This is the fastest expansion in primary care coverage among all Brazilian state capitals.

The results of this new way of serving Rio's citizens are reflected in an improvement in indicators used globally to gauge the efficiency of public policies and the responsible use of resources. For the first time in history, the city of Rio is fully meeting its responsibilities as a participating entity in Brazil's Single Health System (known by the Portuguese acronym SUS), which assigns duties among the federal, state and municipal governments.

The change in course is based on an improvement in management, which has enabled a doubling of the municipal health budget. Financial rebalancing has made it possible to reinforce the teams that serve citizens and expand the service network. In all, 23,000 new health professionals were hired from 2009 to 2013, including 4,000 doctors.

Between 2009 and 2014, 103 municipal health facilities were opened, including 72 Family Clinics, 14 First Aid Centers (known by the Portuguese acronym UPA) and five hospitals. By 2016, 178 new health facilities will have been delivered and equipped by the municipal government. By comparison, just 200 such facilities had previously been established during Rio's entire history.

The benefits to the population can be seen in all areas. The new administration examined territorial factors and the needs of each neighborhood and region. Longstanding injustices, such as a lack of coverage in a large part of the West Zone and in deprived communities throughout the city, have been corrected.

Between 2008 and 2013, the number of outpatient procedures per year in Rio soared from 6 million to 35 million. The municipal health network now carries out more than 41,000 surgeries and distributes over 4.5 million vaccine doses per year. In 2012, cumulative outpatient care procedures passed the milestone of 75 million.

This new way of thinking about and administering health facilities, health professionals and public resources allows Cariocas to become more dedicated to maintaining their health and less concerned about the treatment of diseases.



1	SAÚDE PRESENTE PROGRAM	7
	<i>The Municipal Government's Role in SUS</i>	8
2	PRIMARY CARE	10
	<i>Family Clinics</i>	12
	<i>End of the "Sanitary Desert"</i>	14
	<i>Communities</i>	16
	<i>Health Promotion</i>	17
	<i>Carioca Gyms</i>	18
	<i>Health at School</i>	19
	<i>Immunization Program</i>	20
3	FIRST AID	22
	<i>Regional Emergency Coordination Centers</i>	24
	<i>First Aid Centers</i>	27
4	HOSPITAL CARE	28
	<i>Major Emergencies</i>	30
	<i>Elderly Home Care Program</i>	35
	<i>Mental Health</i>	37
5	MOTHERS AND INFANTS NETWORK	39
	<i>Carioca Stork Program</i>	41
	<i>Women's Hospital</i>	42
	<i>New Maternity Facilities</i>	44
6	HEALTH PROGRESS	46



→ 800 multidisciplinary teams work on the Family Health program

SAÚDE PRESENTE PROGRAM

Through the “Saúde Presente” health program, Rio’s municipal government has put into practice the management concepts and strategies used across the world to promote improvements in the quality of healthcare and extend the population’s life expectancy. Since 2009, the health system has drawn closer to citizens, becoming present in every life phase. The targets established and achieved have lifted Rio from the bottom positions of Brazilian health evaluation rankings to a situation in which whole neighborhoods, previously bereft of health services, are now 100 per cent covered by the Family Health program. These include areas hitherto abandoned by public services, such as Rocinha, Manguinhos, Acari, Mangueira and the Santa Cruz region, focusing on Rio’s West and North zones.

To achieve these results, it was necessary to expand services and roll them out to the entire population. Actions are planned and executed on a territorial basis. Managers identify and analyze the specific needs of each region of the city and its population, and multidisciplinary teams periodically monitor close-up a pre-established group of families. Maps precisely establish the area each team is responsible for.

By implementing this new vision of Cariocas’ health, Rio has gained service quality and capacity. The city’s coverage by the Family Health program rose from 3.5 per cent in December 2008 to 44.3 per cent in September 2014, through a strategy that shifts the main focus from emergency care to family care in the environment where the families live. This means a more than 10-fold increase in coverage, and the target is to arrive in 2016 with 70 per cent of the population covered and 4.4 million people benefiting from high-quality, free services.

The number of multidisciplinary health teams rose from 63 in 2008 to 800 in 2014, and it is expected to reach 1,470 by the end of 2016. Doctors, nursing technicians, nurses, health agents and dentists are delivering the population integrated, personalized and individually monitored healthcare. These teams work to promote health, prevent diseases and ensure early diagnosis.

When necessary, medical teams refer patients to hospitals or for consultations at one of nine polyclinics – facilities where specialist outpatient care is provided. This procedure helps to reduce the occurrence of heart attacks, strokes, kidney failure and infectious conditions. It also means that people receive appropriate healthcare, so that it is not always necessary to go to hospital emergency departments.



The Municipal Government's Role in SUS

Brazil has one of the largest public health systems in the world. The Single Health System (known by the Portuguese acronym SUS) was planned to offer everything from disease prevention to procedures such as surgeries and treatment for chronic diseases. Brazil is the only country in the world with more than 100 million inhabitants to have free, universal healthcare for the whole population.

To this end, SUS assigns specific responsibilities to each public entity, and delegates

a complementary role to the private sector within this set of actions. The federal government has the central management role and it is responsible for distributing resources and controlling long-term policies. State governments, using their own resources or federal government funds, conduct actions to support their municipalities. The municipal governments, in turn, through their municipal health secretariats, are responsible for primary care, including the coordination

of patients' care within the health network and urgent, emergency and mother-infant services. The municipal governments are also responsible for health inspections.



EXPANSION OF THE NETWORK

To expand services and extend their coverage, it was necessary to build new health facilities and modernize existing ones, while improving the quality of services provided. Between 2009 and 2014, the current administration delivered more than 100 new facilities – including 72 Family Clinics, 14 First Aid Centers, five Regional Emergency Coordination Centers, one new women's hospital, two emergency hospitals, one maternity facility and eight Psychosocial Support Centers.

COVERAGE OF FAMILY HEALTH PROGRAM



GROWTH IN NUMBER OF MULTIDISCIPLINARY TEAMS



PROCEDURES CARRIED OUT IN THE MUNICIPAL HEALTH NETWORK



PRIMARY CARE



The foundation for transforming the municipality of Rio's public health system lies in primary care. Disease prevention actions, individual monitoring and public education campaigns have enhanced families' relations with the healthcare network. Via close, frequent assistance, hospitals are no longer the only reference point for those looking for medical care. At the other end of the system, hospitals are no longer overloaded, resulting in shorter waiting times and consequently greater efficiency.

Since 2009, there has been a major overhaul in Rio's health system. Until recently, the city was ranked the worst Brazilian state capital in terms of primary care supply, and it allocated almost all its resources to hospitals, where 85 per cent of patients sought basic health services – but there

were no hospitals in most of the city. The result was a situation of lines and chaos in the hospitals, which received all kinds of patients, ranging from those with simple problems to cases depending on medical specialties and urgent treatment.

The entire system needed to be reorganized. The primary care structure was upgraded by renovating facilities and establishing new ones. The 72 Family Clinics opened between 2009 and 2014, together with municipal health centers, polyclinics and dental specialty centers, form a network of nearby services, present in citizens' everyday lives.

Doctors, nurses, dentists, technicians and family health agents have started to monitor the population's health and habits. Accordingly, the municipal public health system now offers something that does not exist even in most of the high-quality private healthcare network.



Family Clinics

Family Clinics are the starting point for the work of day-to-day monitoring of the population. This service concept, unparalleled in Brazil, was implemented by the municipal administration starting in 2009. The aim is for the clinics to function as centers of reference for the wellbeing of people in neighborhoods. Multidisciplinary teams perform individual or group consultations, at health facilities or in homes, to provide initial care. This is the gateway into the health system, guaranteeing an immediate response to problems of low complexity and preventing them from progressing into severe conditions. Bringing together information about the progress of public health by region provides managers with detailed information to aid decision making and the planning of long-term actions in the municipality.

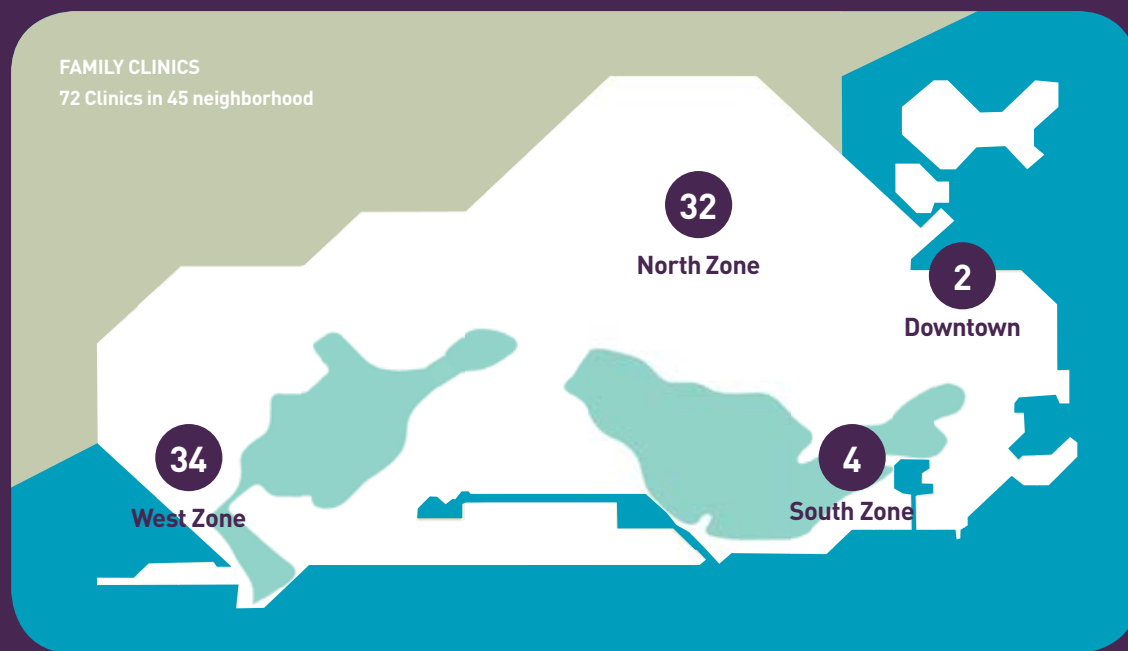
Doctors, nurses, technicians, dentists and agents make up comprehensive health promotion teams. In 2014, the program arrived at 800 multidisciplinary teams in service and coverage of 44.3 per cent of the population. As the Family Clinics expand, there will be 1,400 full teams by 2016. The clinics provide vaccinations, X-ray and ultrasound exams, laboratory tests, family planning guidance and a full range of oral health services.



→ Clinics provide vaccinations, imaging and laboratory tests, family planning advice and oral health services

When diagnosing cases requiring expert care, the doctors who lead the teams refer patients to specialist facilities and leading hospitals. This applies to patients with cardiac risks, for example. Family doctors, however, continue to be responsible for citizens, maintaining dedicated services after specialist procedures have been carried out. The multidisciplinary team's professionals are tasked with helping to improve the health of each resident within their area of action.

Family Clinics now cover all of Cariocas' life stages: from prenatal tests and the heel prick (Guthrie) test, to monitoring of the conditions of patients with diabetes and hypertension – conditions that, when not properly treated, can lead to complications and death.



End of the “Sanitary Desert”

Decades of neglect and poor management by the public authorities allowed Rio de Janeiro to grow with extreme inequalities between its regions. In the West Zone, in Planning Area 5, home to 1.7 million people (27 per cent of the city’s population, according to a 2012 estimate), there was a large “sanitary desert” – an area of 592 km² that had gone for nearly 30 years without receiving a new health facility.

Since 2009, the history of the West Zone has been rewritten. The regions of Bangu, Realengo, Santa Cruz and Sepetiba, which encompass 20 neighborhoods, have become a priority for the municipal administration, receiving the largest share of new health facilities and equipment.

In just four years (2009 to 2012), the municipal government delivered to the people of these regions 39 health facilities – 31 Family Clinics, six First Aid

Centers (UPAs), one emergency hospital with a maternity ward, and one women’s hospital – as well as a Regional Emergency Coordination Center.

The work under way has decisively improved the living conditions throughout these regions, and in the areas of Santa Cruz, Sepetiba and Paciência – which have a combined estimated resident population of 368,000 – the Family Health program’s coverage has risen from 23 per cent to 96 per cent.

EXPANSION OF SANITATION

Taking health to the West Zone requires expanding and improving sanitation. Investment in sewage treatment and distribution networks is globally recognized as a powerful ally in promoting health and quality of life. In partnership with the state government, the Municipal Sanitation Plan is designed to increase effective sewerage system coverage in Planning Areas 4 and 5 from 20 per cent to 60 per cent by 2016. This involves the building of collection networks, treatment plants and drainage systems, the dredging of channels, and paving work.

Communities

The recovery of territories previously controlled by drug traffickers has made it possible to return citizenship to a group of families who lived on the fringes of public services in recent decades. The Municipal Health Secretariat, aligned with the Rio+Social program – tasked with improving assistance for families in areas with Pacifying Police Units (known by the Portuguese acronym UPP) – had invested R\$1.8 billion in “pacified” communities as of 2014, which

now enjoy the same services as other neighborhoods, through initiatives such as Carioca Gyms, Carioca Storks, the Health at School program and the Network of Teenage Health Promoters. Between 2009 and 2014, the municipal government opened eight Family Clinics in pacified areas, including Jardim Batan, Mangureira, Manguinhos, Complexo do Alemão, Maré and Rocinha. Additional clinics are planned for Cidade de Deus, Vila

Kennedy, Chapéu Mangureira/Babilônia, Fallet/Fogueteiro-Coróa, Andaraí, Turano, Escondidinho/Prazeres and Vidigal.

Twenty three Municipal Health Centers have been renovated in communities with UPPs, in order to progressively expand the Family Health program’s coverage. In 13 of these areas, the program’s coverage was already 100 per cent by 2014. The strategy is to attain 100 per cent coverage of pacified communities by 2016.

→ R\$1.8 billion invested in “pacified” communities



Health Promotion

Cariocas’ healthy habits are a part of the culture and environment of Rio, admired for its unique natural characteristics and the happiness of its people. The municipal government’s public health work finally reflects this need of the city’s residents, who now benefit from free initiatives across the city aimed at promoting health – the best way to prevent sickness.

These actions have definitively entered the set of policies that have enhanced the city’s quality of life since 2009, when a growing improvement in indicators began.

This high-level vision of what is needed to promote healthy lifestyles is present in programs such as Carioca Gyms – a safe, assisted and free way of maintaining a physical activity routine and preventing diseases. At these gyms, people can work out using equipment, go on group walks and do stretching, among other things.

At Obesity Centers of Reference, patients who are overweight or morbidly obese receive nutritional guidance and monitoring from endocrinologists, nutritionists and psychologists, who provide the necessary support for medical procedures and changes in behavior and routines needed to combat this type of risk. The three centers already operating – in Acari, Penha and Madureira – are linked to SUS centers of reference, and they are a path to gastric bypass surgery, when this procedure is clinically recommended.

The capital of one of the four Brazilian states with the highest proportion of people over the age of 60 – alongside the Federal District, São Paulo and Rio Grande do Sul – Rio constructed 77 Senior Community Centers between 2009 and 2013. Besides dedicated third-age outpatient care, these centers provide activities aimed at promoting mental health, physical activities, physiotherapy and occupational therapies.

Carioca Gyms

Keep moving is one of the keys to a healthy life. Highly recommended by health professionals, physical exercise is for Cariocas a free activity that is a part of health promotion actions. At the 81 Carioca Gyms implemented from 2009 to 2014, the population has access to professional orientation and specially developed equipment.



The municipal administration has been implementing the Carioca Gym program since 2009, as part of a series of preventive actions adopted in Rio. Doing physical exercise prevents risk factors for cardiovascular disease, and helps with controlling people's weight and body mass index. Special treatments are prescribed and offered in the public health network, in which participants are monitored by health and physical education professionals.

Approximately 60,000 people used these facilities as of 2014, mostly women (74 per cent). They are particularly popular among elderly people (34 per cent).

The program's effectiveness can be seen in the changes seen in those doing the prescribed exercises. Figures from 2014 show that 96 per cent of Carioca Gym participants had lost weight. Among users of medications who attend these facilities, 92 per cent have managed to reduce their dosage and

75 per cent have cut down on their medication frequency. In addition, 9.1 per cent have been able to stop taking medications completely.

The program offers:

- Working out
- Walking groups
- Keep fit and stretching
- Ballroom dancing
- Capoeira
- Workplace exercise
- Cultural activities

Participants have reduced their use of medications:

- 9.1 per cent have been able to stop taking them
- 92 per cent have reduced their dosage
- 75 per cent have reduced their frequency

96 per cent of participants have lost weight

Health at School

The daily monitoring of school-age children gives the public authorities the perfect opportunity to promote health and apply all the disease prevention services needed for the development of Cariocas, from the very beginning of their lives. This work, however, did not use to exist within Rio's education network.

As of 2010, with the creation of the Health at School Program, students in the municipal education network – in which the bulk of poor children are enrolled

– started to be monitored regularly by teams composed of doctors, dentists, speech and language therapists and opticians, carrying out preventive exams and oral, eye and hearing evaluations.

Taking health to schools is necessary to complement educational work. The program is an integrated part of joint efforts to improve the quality of life while improving performance at school.

The services are supplemented by the promotion of healthy eating,



psychosocial and nutritional evaluations, workshops to prevent drug and alcohol use, and encouragement for the playing of sport.





Immunization Program

Regular vaccination campaigns keep the municipality of Rio in line with the targets established by the Ministry of Health's National Immunization Program. The municipal network has 217 vaccination rooms, in which 4.5 million doses were given in 2013 alone, as part of campaigns and also routine vaccination.

The professionals involved in the immunization area are given manuals aligned with internationally recommended procedures, training, and standards to be followed as

part of the National Immunization Program. Besides routine vaccination and fixed campaigns, the network also carries out occasional vaccination campaigns to combat threats identified to the population or special groups.

Municipal vaccination posts also provide permanent support for those planning to travel, for example by issuing Yellow Fever International Certificates of Vaccination or Prophylaxis (ICVP), which are required by various countries where this type of contagion is monitored.

→ 4.5 million vaccine doses applied in 2013



3

FIRST AID

Together with state government facilities, the municipal public health system is part of the first aid response network, which has been rolled out across Rio's neighborhoods, with rapid responses to the majority of cases of low and medium complexity. First Aid Centers (UPAs) and Regional Emergency Coordination Centers have speeded up responses to urgent and emergency cases in the municipality, relieving hospitals, cutting waiting times and improving quality.

The 28 UPAs operating in the city as of 2014 absorb cases that, prior to the program, overloaded hospital emergency departments and caused excessive waiting times. Statistics about the municipal system prove the effectiveness of this concept: fewer than 0.5 per cent of patients need to be transferred to other facilities.

With the UPAs and the five Regional Emergency Coordination Centers, Rio's public health network now distributes service facilities for citizens more efficiently. By deploying first aid locally rather than sending everyone to hospital, the Regional Emergency Coordination Centers have doubled the emergency response capacity in the city.





Regional Emergency Coordination Centers

The Regional Emergency Coordination Centers (known by the Portuguese acronym CER) have increased the emergency response capacity and speed in the city's large hospitals. The project's implementation began in 2012 with Souza Aguiar Hospital in the downtown, with the aim of treating patients whose cases can be fully resolved locally without the need to use the hospital's emergency department.

The CERs' role within the system is to receive and provide assistance to adult and child patients with first aid needs. At these centers, a control system developed for the network and fed with real-time information makes it possible to control and distribute patients in line with the resources and capacity of each region. When necessary, patients are transferred to hospital emergency departments – facilities that must always be free and ready to fulfill their true function: to deal with trauma and surgery cases.

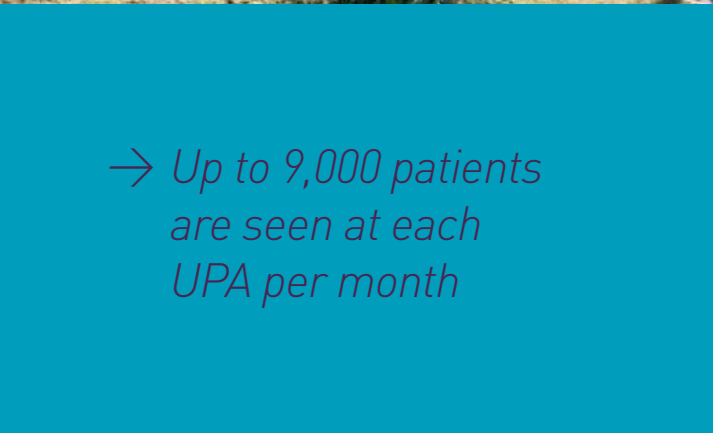
Every month, the CERs attend to as many as 13,000 patients. From 2012 to 2014, the centers treated a total of 80,000 patients. In addition to the Souza Aguiar CER, Regional Emergency Coordination Centers have also been set up at the following hospitals:

Evandro Freire (Ilha do Governador), Lourenço Jorge (Barra da Tijuca), Miguel Couto (Leblon) and Pedro II (Santa Cruz). Together, the five CERs have 228 beds, distributed into pediatric areas, observation areas, "yellow rooms" (for patients with urgent cases) and "red rooms" (for patients in severe conditions), with intensive care support.

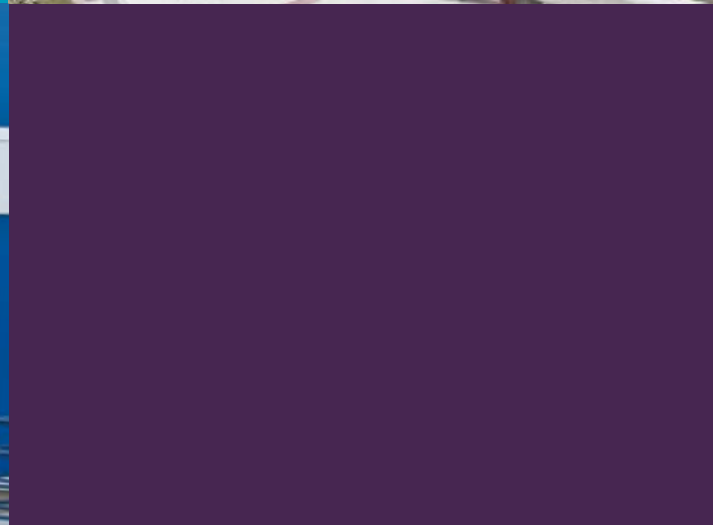
The CER facilities are capable of fully responding to 98 per cent of cases. The new distribution of patients has brought about a transformation in hospital emergency care, with a 50 per cent reduction in cases, greater efficiency and 50 per cent shorter waiting times. Mortality in urgent and emergency cases has declined by 30 per cent as a result of the program.

→ As many as 13,000 patients are seen per month at the CERs





→ Up to 9,000 patients are seen at each UPA per month



First Aid Centers

First Aid Centers (known by the Portuguese acronym UPA) have established themselves as a reliable option for immediate medical care and for transfer to hospitals and specialist facilities. The 28 UPAs distributed across Rio as of 2014 – 14 run by the municipal government and 14 by the state government – each have the capacity to cover 250,000 patients. The centers comply with Ministry of Health standards and cover 100 per cent of the population.

Between 2009 and 2014, the 14 UPAs administered by the municipal government catered to 4.6 million users. Each center sees up to 9,000 patients per month.

The first aid response provided is suitable for patients suffering minor accidents, the flu, infections or viruses, who do not necessarily require a visit to a hospital. The system's growth is serving another function: to take first aid to the areas that were previously least served. Of the 14 municipal UPAs, six are located in deprived communities, including Rocinha and Complexo do Alemão.

4

HOSPITAL CARE

A large metropolis's health system depends on the efficient management of people and resources. To guarantee high-quality services for a city of 6.3 million residents, coordination between primary healthcare centers, facilities for cases of medium complexity and hospitals for urgent, emergency and specialist cases cannot permit failures or waste. The reorganization of health policies initiated by the current administration has enabled the municipality's 23 hospitals to operate fully and perform the functions they were created for once more.

Rio's hospital system is now composed of six large emergency, six specialist, three pediatric, three psychiatric, one geriatric and two first aid hospitals.

The present administration has delivered two new hospitals: Evandro Freire, in Ilha do Governador; and Pedro II, in Santa Cruz. As a result, the municipality now has six hospitals equipped to respond to major emergencies. The four preexisting hospitals are Souza Aguiar (downtown), Miguel Couto (Leblon), Lourenço Jorge (Barra da Tijuca) and Salgado Filho (Méier).





Major Emergencies

Rio's Municipal Health Secretariat has established centers of reference for the most complex cases in all regions of the city. The creation of two new emergency hospitals and the opening of the CERs and UPAs delivered the city 1,100 additional beds for urgent and emergency cases between 2009 and 2014.

The six emergency hospitals now cater to 480,000 patients per year, and their performance has improved as a result of the reorganization of other components of the health network. From 2011 to 2012, the mortality rate at these hospitals fell by 14 per cent.

While eliminating long lines and waits, the reorganization of the municipal health system has also delivered new facilities to the areas previously least well served.

In 2013, in Ilha do Governador, in Rio's North Zone, Evandro Freire Hospital began offering emergency services for children and adults, clinical support, general and orthopedic surgery, kidney treatment, trauma support, mental health services and intensive care, as well as imaging and laboratory tests. The hospital serves 900,000 people in the region and is capable of providing 6,500 consultations, 200 admissions and 100 surgeries per month.

Following the opening in 2012 of Pedro II Hospital, in Santa Cruz, the service capacity in Rio's West Zone expanded by 16,000 consultations, 1,600 admissions and 300 surgeries per month. This hospital also offers neurosurgery, a treatment center for burns victims, and support for people with AIDS and other sexually transmitted diseases.



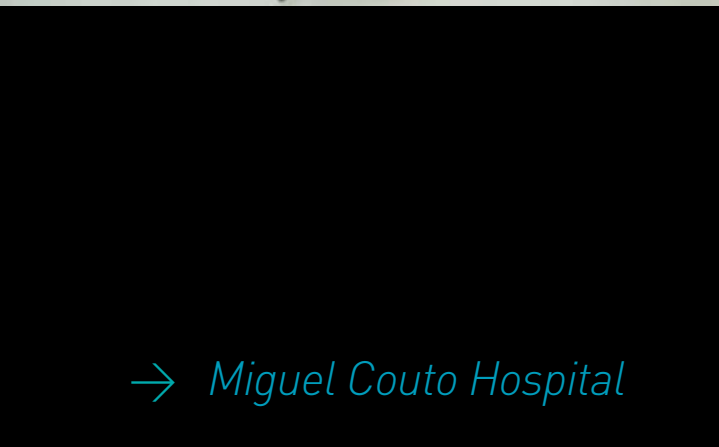
→ Just 200 health facilities were created in Rio's history up to 2008. Between 2009 and 2016, 178 new facilities will have been delivered.

→ *Lourenço Jorge Hospital*



→ *Souza Aguiar Hospital*

→ *Pedro II Hospital*



→ *Miguel Couto Hospital*



→ *Salgado Filho Hospital*



→ *Evandro Freire Hospital*





Elderly Home Care Program

Expanding the number of beds is necessary when one wants to improve a city's health system. However, a hospital bed is not always the best option for the recovery of patients who need continuous care. Especially among elderly people, the progressive resumption of domestic activities or the continuity of treatment in bed in their own home can accelerate the return to a normal life.

The Elderly Home Care Program (known by the Portuguese acronym PADII), launched by the city government in 2010, makes two important contributions: supplying home assistance to people aged over 60, and freeing up places in hospitals. The process enables more than 1,000 patients to receive care at home, thereby freeing up the equivalent of two major emergency hospitals in the city.

→ 350,000
procedures
carried out from
2010 to 2014



Six hospitals now participate in the program: Miguel Couto, Salgado Filho, Lourenço Jorge, Paulino Werneck, Pedro II and Francisco da Silva Telles. Teams composed of doctors, nurses, nursing technicians and social workers make home visits to patients undergoing treatment. The service is of particular benefit to people with chronic diseases or some kind of mobility impairment.

As well as medical care, the program also deploys physiotherapists, speech and language therapists, psychologists and occupational therapists, who provide care to allow elderly people to resume their everyday routines. Between 2010 and 2014, 16 teams carried out 350,000 procedures, benefiting more than 6,500 patients.



Mental Health

During the current administration, the Municipal Health Secretariat has expanded the mental health service for the treatment and social reintegration of patients. The complete system now has 24 Psychosocial Care Centers (known by the Portuguese acronym CAPS) – seven of which have opened since 2009. Split up in line with age group and the type of care required, professionals provide interdisciplinary treatment to aid the recovery and monitoring of people with mental disorders.

There are now 13 Psychosocial Care Centers for general care, another four aimed at people addicted to alcohol and drugs, and seven dedicated to people up to the age of 17.

The Psychosocial Care Centers take in both patients seeking help of their own free will and others referred from a first aid or specialist facility. They also receive people who are clinically or psychiatrically hospitalized, and they are equipped to care for people



transferred by court order or from the social welfare service. Services are provided by doctors, social workers, psychologists, psychiatrists and other mental health specialists.



→ 121,000 women
benefited by
the Carioca
Stork program

5

MOTHERS AND INFANTS NETWORK

Newborn Cariocas and women occupy a prominent place in public health in Rio de Janeiro. Under the present administration, the city now has programs and facilities that carry out best practices in neonatal and women's health, which are considered pioneering in public and private systems. At 10 maternity facilities and the David Capistrano Filho Birth Center, the municipal government offers a total of 800 beds in shared wards for mothers and babies, as well as another 300 neonatal intensive care units.

Of the five new hospitals built in Rio, one is specially dedicated to women's health and two are modern maternity facilities, designed to provide high-quality, safe care and medical excellence, maintaining the trend toward humanization of procedures.



Carioca Stork Program

Since 2011, the pregnant women who come to the municipal health network have received the same care and attention offered by the most renowned private maternity facilities. Prenatal care for future mothers is provided in the primary care network, and the maternity facility where each birth will take place is indicated right at the start of pregnancy. The Carioca Stork program hands over a “Stork Passport,” which contains fundamental information for good relations between pregnant women and the health network and grants them access to visit the maternity facilities and become familiar with the places where they will spend time over the course of their pregnancy. A layette set for each newborn baby is part of the welcome package.

In just three years, the Carioca Stork program has benefited 121,000 women who enrolled for prenatal care at one of Rio’s municipal primary care facilities. The system operates 24 hours a day, with teams of midwives on hand and full access to the patients’ medical records. Twelve ambulances work exclusively to take pregnant women to the maternity facilities at the time of birth. During the program’s three years, more than 27,000 women have used this transport service.



→ 700,000 women benefited by the Women's Hospital

Women's Hospital


Mariska Ribeiro Women's Hospital is one of the most comprehensive and modern health facilities in the state of Rio. It has set a new standard of medicine aimed at women. Located in Bangu, in the West Zone, the new hospital is capable of admitting 660 women per month, and it covers 700,000 women in the region. It can also treat patients from other areas of the municipality.

Cutting-edge technology and dedication to women's medicine make the hospital a knowledge-spreading center of excellence. In 2013, the hospital was approved by the National Commission for Medical Residency to offer residencies in gynecology and obstetrics – bringing positive impacts for the whole of Rio's public and private health system.

Mariska Ribeiro Women's Hospital is now one of Brazil's top providers of obstetric and gynecological procedures. Every month, the hospital provides 4,000 outpatient care services, 50 urgent surgeries, 430 births and around 2,200 consultations. Through the hospital, the region has gained 80 obstetric care beds and 15 neonatal intensive care units.

Carrying out imaging and laboratory tests, the hospital is a leader in reproductive health, disease prevention and specific healthcare for women of all ages, including pregnant women.





→ The Maria Amélia Maternity Center handles up to 500 births and 1,200 consultations per month

New Maternity Facilities

The municipal government's health policy reflects the demand for greater provision of specialist health services in the West Zone, where a new maternity facility has been opened at the Pedro II Hospital in Santa Cruz. Planned to operate next to one of the city's major emergency hospitals, the maternity center is a leader in gynecology, obstetrics, urgent pediatric care, and the prevention and treatment of AIDS and other sexually transmitted diseases.

In the city's central region, the Maria Amélia Buarque de Holanda Maternity Center – a project grounded for four years and resumed by the current administration through an investment of R\$14 million – has become an essential resource for an area with 300,000 residents.

The center has 111 shared mother-baby beds and eight “kangaroo” beds, which keep premature babies in contact with their mother's body. The maternity facility



is equipped with state-of-the-art resources, such as phototherapy devices, modern incubators and a mechanical ventilation system for newborns. A physiotherapy sector for newborn babies works to accelerate the rehabilitation of premature babies, using toys and equipment specially developed for this type of activity.

Integrated with the Carioca Stork program, the Maria Amélia Maternity Center handles up to 500 births and around 1,200 consultations per month. The facilities offered include six humanized birth rooms.





Through efficient management, planning and a focus on people's quality of life, Rio's city government has been working to ensure that health services are available to all citizens. This way of serving the population has resulted in an increase in the number of people using the network, an expansion of services available and greater disease prevention efforts.

The municipal government has expanded primary healthcare coverage, including whole neighborhoods in the Family Health program and consequently bringing about a veritable transformation in the relationship between the city's residents and health facilities. Cases that used to oblige people to wait in long lines in hospitals are now entirely resolved in the primary care network, as shown by the figures for outpatient care procedures. In 2009, the municipal healthcare network carried out around 12 million of these procedures, rising to more than 40 million by 2013 – incontestable proof that the increase in coverage has enhanced the quality of Cariocas' health.

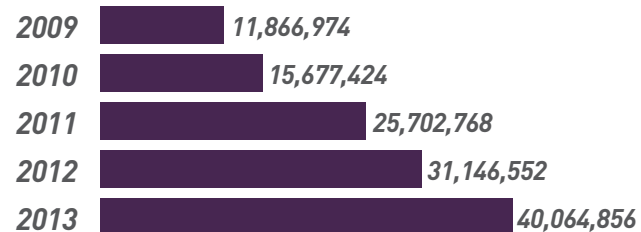
6

HEALTH PROGRESS





OUTPATIENT CARE PROCEDURES CARRIED OUT IN THE PRIMARY CARE NETWORK



The municipal network's portfolio of services has been restructured and expanded at all health facilities. In this way, the city government has been able to properly serve its citizens, from the simplest up to the most complex of cases. The current administration has tripled the number of procedures offered, including services such as ear cleaning, stitching up of wounds, removal of foreign bodies and monitoring of cases that, if neglected, could lead to diseases or worsening of the patient's clinical condition.

As of 2012, controlled medicines that are essential to certain groups of patients were made available at 198 points in the municipal health network. In 2008, just 14 facilities provided these items, which include medicine for people with asthma and insulin for diabetes sufferers.



FACILITIES THAT DISTRIBUTE CONTROLLED MEDICINES



Monitoring of women's health in the municipality has been transformed since 2009. Prenatal and early childcare tests, previously restricted to only part of the healthcare network, are now conducted at all health facilities in the city, by all medical teams. As of 2014, intrauterine devices are now available at 82 per cent of facilities in the health network, up from 11 per cent in 2009.

Changes to healthcare services have brought Cariocas closer to health professionals. In 2009, 65.8 per cent of women undergoing prenatal monitoring had seven or more consultations. By 2012

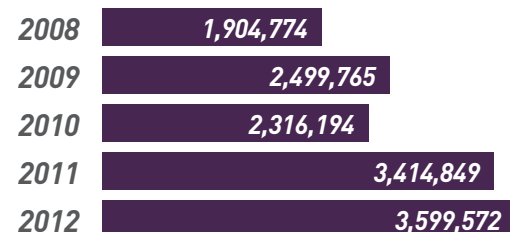
this proportion had reached 68 per cent, rising to 70 per cent in 2013. The municipal government's target is for at least 75 per cent of pregnant women to make seven or more prenatal visits by 2016.

WOMEN WHO DO SEVEN OR MORE PRENATAL CONSULTATIONS



Investment in oral health, encompassing both dental treatment and other services directly linked to disease prevention, makes Rio's municipal network one of the most comprehensive in Brazil in this area. Dental surgeons, oral health technicians, dental assistants and dental technologists carry out consultations and tests, and execute everything from endodontic treatment to orthodontic procedures and composite resin restorations. The quality of assistance offered by the primary care network since 2009 has expanded the demand for services. The number of people treated in the network increased from 1.9 million in 2008 to 3.6 million in 2012.

ORAL HEALTH CARE CONSULTATIONS



40 MILLION PROCEDURES

*performed annually
in the municipal net.*