

REPORTS OF HEALTH CAMPS [MARCH, APRIL, MAY 2023]

1. REPORT OF HEALTH CHECK UP CAMP FOR RESIDENTS OF SASIHITLU

A health check-up camp was held on the 30th of March, 2023 for the residents of and around sasihitlu.. Dr. Pawan (PG), Dr. Aditi and Dr. Aditya Goel (Interns of department of Community Medicine) saw a total of 17 patients from morning 10:00 AM to afternoon 1:00 PM. Lab investigations were conducted by Dr. Bhoomika and Dr. Varsha and other assistances were provided by Mr. Ranjith (MSW).

The patients were asked to first register with their name, age, contact details and any pre-existing or known comorbidities. Following registration, they were sent for basic blood investigations like measurement of blood glucose levels and Haemoglobin levels. Upon receiving the aforementioned values, the patients were ushered to get their blood pressures checked as well as current weight recorded. They were then consulted regarding any symptoms or diseases that they may have been suffering from at the time by gaining a brief history and performing relevant systemic examination on the patient.

A large amount of the patients had undiagnosed hypertension and were promptly advised regarding modification in their diets as well as lifestyle to prevent worsening of condition and development of complications in the future. ANC visits as well as screening for diabetes were conducted as well. Out of the 17 patients who attended, 3 were known cases of hypertension while 3 more were patients of diabetes mellitus.

Patients were also enquired regarding any long-term medication they were on, chronic symptoms that they may not have gotten checked or non compliance to prescribed medications or follow ups.





A health check-up camp was held on the 6th of April, 2023 for the residents in and around sasihitlu. Camp was conducted Dr. Pawan (PG) and Dr. Aanchal takka, Dr. Aayushi singh and Dr. Abdullah Nayeem (Interns of Dept. of Community Medicine). We saw a total of 21 patients from morning 10:00 AM to afternoon 1:00 PM. Investigations like Blood sugar measurement and

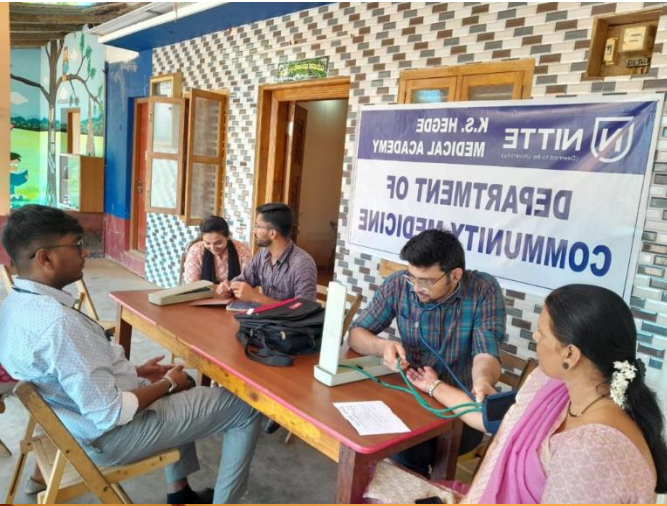
haemoglobin were done by Bhoomika and Varsha and other assistances were provided by Mr. Ranjith (MSW).

Patients were asked to register with their name, age, contact details. Information was collected regarding any pre-existing and known comorbidities. Following registration, their GRBS was checked following which their blood pressures were checked as well as current weight recorded. They were then consulted regarding any symptoms or diseases that they may have been suffering from at the time by gaining a brief history and performing relevant systemic examination on the patient.

A Fair amount of the patients had undiagnosed hypertension and therefore were advised modification in their diets as well as lifestyle including low salt intake, regular moderate exercise to prevent worsening of condition and development of complications in the future. Screening for diabetes was conducted as well. Out of the 21 patients who attended, 6 were cases of hypertension while 1 was patient of diabetes mellitus. Haemoglobin estimation was done for females belonging to the reproductive age group (15-45 years).

Patients were also enquired regarding any long-term medication they were on, chronic symptoms that they may not have gotten checked or noncompliance to prescribed medications or follow ups. Appropriate medications were prescribed as needed .





3. Health Check Up Camp

A health check-up camp was held on the 13th of April, 2023 for the residents in and around sasihitlu. Camp was conducted Dr. Pawan (PG) and Daksha, Swati Pradeep, Juhi (Interns of Dept. of Community Medicine). 27 people were checked for BP and GRBS from morning 10:00 AM to afternoon 1:00 PM. Investigations like Blood sugar measurement and haemoglobin were done by Varsha and other assistances were provided by Mr. Ranjith (MSW).

Patients were asked to register with their name, age, contact details. Information was collected regarding any pre-existing and known comorbidities. Following registration, their GRBS was checked following which their blood pressures were checked as well as current weight recorded. They were then consulted regarding any symptoms or diseases that they may have been suffering from at the time by gaining a brief history and performing relevant systemic examination on the patient.

A Fair amount of the patients had undiagnosed hypertension and therefore were advised modification in their diets as well as lifestyle including low salt intake, regular moderate exercise to prevent worsening of condition and development of complications in the future. Screening for diabetes was conducted as well. Out of the 27 who attended, 5 were diagnosed cases of hypertension while 1 was patient of diabetes mellitus and 1 had both DM and hypertension. Haemoglobin estimation was done for females belonging to the reproductive age group (15-45 years).

Patients were also enquired regarding any long-term medication they were on, chronic symptoms that they may not have gotten checked or noncompliance to prescribed medications or follow ups.



4.REPORT OF HEALTH CAMP

A one-day health check-up camp was conducted under the guidance of Dr. Pawan (PG Community medicine) on 4th May 2023 at sasihitlu village in lieu of World Hypertension Day. The camp commenced at 10 AM. Dr. Pawan along with interns of Community Medicine (Dr. Aditi, Dr. Aiswarya, and Dr. Akshima) saw a total of 23 patients.

The aim of the camp was to spread awareness regarding hypertension, and to screen people for hypertension and diabetes. People were made aware of what is World Hypertension Day, the theme for the same “measure your blood pressure accurately, control it, live longer”.

They were educated on the risk factors, complications and symptoms of hypertension. They were also guided regarding importance of DASH diet

(Dietary Approach to Stop Hypertension) and importance of regular health check-up.

Patients were registered and then sent for check-up. All patient’s blood pressure, GRBS, and weight was measured. Total of 23 patients were seen out of which 4 were known case of hypertension, 5 were known case of diabetes, they were advised to get regular blood pressure and diabetes followup

5.REPORT OF HEALTH CAMP





A one-day health checkup camp was conducted at sasihitlu village community under the interns of Community Medicine Dr. Ambili and Dr. Anshifa on 18th May 2023 at sasihitlu (Govt school).

The camp was coordinated by Mr. Ranjith (MSW)

The camp commenced at 10:00 am.

The Aim of the camp was to screen people for Hypertension and Diabetes and to spread awareness regarding the same.

Patients were registered and then sent for check-up. All patient's blood pressure, GRBS, and weight was measured.

Total of 18 patients were seen. Out of which 6 were known case of Hypertension, and 4 were known case of Diabetes. The patients were educated about dietary modifications and were advised to get regular Blood pressure and Diabetes follow up





6. Health Check Up Camp

A health check-up camp was held on the 25th May, 2023 for the residents in and around sasihitlu village. Camp was conducted Dr. Pawan (PG) and Anand Shaji (Intern of Dept. of Community Medicine). We saw a total of 12 patients from morning 10:00 AM to afternoon 1:00 PM. Investigations like Blood sugar measurement and haemoglobin were done by Varsha and other assistances were provided by Mr. Ranjith (MSW).

Patients were asked to register with their name, age, contact details. Information was collected regarding any pre-existing and known

comorbidities, BP and GRBS were checked. They were then consulted regarding any symptoms or diseases that they may have been suffering from at the time by gaining a brief history and performing relevant systemic examination on the patient.

A Fair amount of the patients had undiagnosed hypertension and therefore were advised modification in their diets as well as lifestyle including low salt intake, regular moderate exercise. Screening for diabetes was conducted as well. Out of the 12 patients who attended, 3 were cases of hypertension while 2 patient of diabetes mellitus. Haemoglobin estimation was done for females belonging to the reproductive age group (15-45 years).

Patients were also enquired regarding any long-term medication they were on, chronic symptoms that they may not have gotten checked or noncompliance to prescribed medications or follow ups. Appropriate medications were prescribed as needed and if needed they were also referred to KS HEGDE MEDICAL COLLEGE.





