

On 1st June 2023, Department of community medicine, KSHEMA arranged a health camp at sasihitlu Anganwadi focusing on screening hypertension, diabetes and iron deficiency anaemia. The camp was welcomed by local residents and a large number of people turned up to get their health check-up done.

A total of 32 patients including men, women and pregnant females were screened for comorbidities where 5 had diabetes and 2 had hypertension. Patients with low haemoglobin were provided with iron supplements.

All participants were explained about risk factors and were advised dietary modifications to prevent further development of these comorbidities. The camp was successful in screening patients and spreading awareness regarding regular health check-ups among the residents.





## **8.REPORT ON HEALTH CAMP**

Camp place: sasihitlu

Date: 7/JUNE/ 2023

Conducted by: Dr Pawan kumar (PG), Arathi Unni (intern), Archana V Nair(intern), Varsha (lab technician), Renjith(health worker)

We were posted in Ira health centre as a part of internship from 5/0623 to 10/06/23 under the Department of Community

Medicine. Under the guidance of Dr Revathi, Dr Pawan Kumar we got an opportunity to attend health camp.

The health camp was conducted on 8/6/2023 at sasihitlu, Shetty store from 10.00 am to 12 pm. We reached there by 9.30 am. Necessary arrangements were done. Total 13 patients came. Out of 13 patients 1 k/c/o DM, 2 k/c/o hypertension and 1 k/c/o DM+ hypertension was there. Health services like BP check-up and blood sugar level estimation were done.

Haemoglobin level and weight were also measured.



## **9.HEALTH CAMP**

**Alfaz Asharaf, Ambili Das, Aman Bichpuria**

We were posted in sasihitlu as a part of internship from 5/06/23 to 10/06/23 under the Department of Community Medicine. Under the guidance of Dr Revathi, Dr Pawan Kumar we got an opportunity to attend health education camp on **8/06/23**

We spoke about the need for care in patients with diabetes and gave basic check-up for People from the village. BP and blood sugar were checked in patients and treatment was advised in those required of it.

We also had a doubt clearance session at the end and the patients were very responsive.

Then asked for further follow up at sasihitlu.



## 10.REPORT ON HEALTH CAMP

**Camp  
mandala**

**place:**

**sasihitlu**

**Yuvaka**

**Date:15/06/2023**

Conducted by: Dr. Meera.S (PG), Anil (intern), Ananyaa Agraval(intern),  
Varsha

(lab technician), Ranjith(health worker) We was posted in sasihitlu health  
centre as a part

of internship from 12/06/2023 to 18/06/23 under the Department of  
Community Medicine.

Under the guidance of Dr Revathi, Dr Meera.S we got an opportunity to  
attend health camp.

The health camp was conducted on 15/06/2023 at sasihitlu, Yuvaka  
mandala from 10.00 am to

12 pm. We reached there by 9.30 am. Necessary arrangements were done. Total 15 patients

came. Out of 15 patients 2 k/c/o DM, 3 k/c/o hypertension. Health services like BP

check-up and blood sugar level estimation were done and weight were also measured.

Then asked for further follow up at sasihitlu centre. We also explained about health services

We sincerely thank the Department of Community Medicine for making this possible.



### **11.REPORT OF HEALTH CAMP**

A one-day health check-up camp was conducted at sasihitlu centre village community under the interns of Community Medicine, Anas Iqbal and Angel Maria Francis on 22<sup>nd</sup> June 2023 at sasihitlu(Govt school).

The camp was coordinated by Dr. Pawan Kumar B (PG community medicine) and it 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 were measured.

Total of 26 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



### **12. Health Checkup Program at RHTC Report**

We, Ashish Malik, Ashna Ashokan, Ashutosh Gaur, Rakshan B Arasa, Farhan Sidheeq and Yasmin M were posted in Sasihitlu as part of our compulsory rotatory internship under the Department of Community Medicine. Under the guidance of Dr Revathi, Dr Pawan and Dr. Meera S we got an opportunity to attend Health Checkup Programme on 13/07/2023.

Introduction:

The Health Checkup Program at RHTC (Rural Health Training Center) was conducted as a part of our community outreach initiative. The aim of this program was to provide free health checkups to individuals residing in rural areas who may not have easy access to healthcare



facilities. The program was conducted over a span of 1 day and targeted individuals of all age groups.

#### Objectives:

1. To provide comprehensive health checkups to individuals in rural areas.
2. To identify and address any health issues or concerns.
3. To educate the community about the importance of regular health checkups and lifestyle modifications for better health.

#### Program Details:

1. Venue: The health checkup program was held at Camp place sasihitlu, shetty store , which is located in a central area accessible to the rural population.
2. Logistics: Necessary arrangements were made for the smooth functioning of the program, including waiting area, consultation, and laboratory facilities.
3. Program Promotion: The program was advertised through local channels, such as posters, and word-of-mouth.
4. Medical Personnel: A team of qualified doctors, nurses, and healthcare professionals were present to conduct the health checkups and provide necessary medical advice.
5. Checkup Services: The health checkup included assessment of vital signs, general physical examination, blood pressure measurement, height and weight measurement, blood sugar testing, and advice on nutrition and lifestyle modifications.

#### Program Execution:

1. Registration: Upon arrival, individuals were required to provide basic details such as name, age, and contact information.
2. Checkup Process: Participants were then directed towards different stations for the various checkup procedures. The process was managed in an organized and systematic manner to ensure efficient utilization of resources and minimal waiting time.
3. Consultation: After completion of the checkup procedures, individuals were directed to the consultation area where they could discuss their test results and receive personalized medical advice from the doctors.
4. Counseling and Education: Along with individual consultations, group education sessions were conducted to emphasize the importance of healthy lifestyles, early detection of diseases, and adherence to medication, if required.
5. Follow-up: Participants who required further medical attention were referred to nearby healthcare facilities, and follow-up visits were scheduled for their convenience.

#### Outcomes:

The Health Checkup Program at RHTC was successful in achieving its objectives. Some key outcomes include:

1. A total of 6 individuals participated in the program, ranging from children to the elderly.
2. Early detection of health issues in several individuals, including high blood pressure, high blood sugar levels, and enabled timely medical intervention.
3. Participants gained knowledge about healthy lifestyles and the importance of preventive healthcare measures.

#### Conclusion:

The Health Checkup Program proved to be beneficial in providing much-needed healthcare services to the rural population. By focusing on preventive measures and early detection of health issues, the program contributed towards improving the overall health and well-being of individuals in the community. Continued efforts in this direction will play a vital role in bridging the healthcare gap and ensuring the availability of quality healthcare services to all.



### 13. Health Check Up Camp

A health check-up camp was held on the 04th August, 2023 for the residents in and around sasihitlu village. Camp was conducted by Dr. Pawan, Dr. Farzana (PG of Dept. of Community Medicine), Dr. Bhagyashree and Dr. Divanshee Jain (Interns, community medicine). We saw a total of 20 patients from morning 10:00 AM to afternoon 12:00 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 20 patients who attended, 3 were cases of hypertension while 7 patients 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.

As 1<sup>st</sup> week of August is known as the Breastfeeding Week, Health Education on Breastfeeding was also conducted for 20 women, explaining them the proper method of Breastfeeding, advantages and misconceptions related to Breastfeeding. They were also explained the importance of diet and water intake during the breastfeeding period.



## 14. Report on Health camp

Report on health checkup camp conducted in anganwadi as a team of doctors and laboratory technicians.

We conducted a health checkup for the people around the village in the anganwadi center on 17th August 2023. The objective of the checkup was to screen the people with Hypertension, Diabetes

Mellitus and Anemia. The team consisted of doctors, one laboratory technician, and one Medico social worker and volunteers from the local community.

The checkup involved measuring the height, weight, and calculated their body mass index (BMI) and checked their blood pressures. The people were screened for anemia, hypertension and diabetes. The laboratory technician collected blood samples from people of different age groups for hemoglobin, blood sugar, and blood group tests.

We provided treatment and counseling to the beneficiaries as per the standard guidelines. We advised them on the importance of proper nutrition, reduced salt intake in diet, everyday exercise or walking for atleast 30 min per day, increased intake of vegetables and fruits

We recommend that regular health checkups be conducted in the anganwadi center to monitor the health status of the beneficiaries and provide timely interventions. We also suggest that more awareness campaigns be organized to educate the community on various health topics and encourage them to utilize the available health services.



