



DPHICON 2024



PUBLIC HEALTH - ENHANCING THROUGH SYNERGIES

SCIENTIFIC ABSTRACTS

DIRECTORATE OF PUBLIC HEALTH AND PREVENTIVE MEDICINE
STATE IMMUNIZATION DIVISION





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PREFACE

The DPHICON International Conference, initiated in 2022, commemorates a century of excellence from the Directorate of Public Health and Preventive Medicine (DPH&PM). As a leader in public health, DPH has consistently set high standards through innovative initiatives focused on enhancing population health. This year's DPHICON 2024 conference, third in the series, promises to be a vibrant platform for experts, practitioners, and leaders to exchange insights and showcase advancements in public health.



Attendees can expect engaging discussions on the latest trends, research, and collaborative strategies aimed at addressing current and future public health challenges.

The event will feature keynote speeches, panel discussions, and workshops focused on the challenges and advancements in the field, highlighting DPH's contributions over the past century. Participants can expect to engage in meaningful discussions about current public health strategies, preventive measures, and the future of health initiatives globally. It serves as an excellent opportunity to reflect on a century of progress while collaborating on new solutions for the health challenges of tomorrow.

The Tamil Nadu Journal of Public Health and Medical Research (TNJPHMR) proudly serves as the official quarterly publication of the Directorate, dedicated to advancing knowledge in public health through rigorous research. In our commitment to uphold ethical standards and quality research, the Institutional Review Board, along with the Ethics Committee and Scientific Committee, has been established by the Directorate.

As part of our ongoing efforts to promote research excellence, we hosted a call for abstracts for scientific paper presentations at the DPHICON-2024 conference. We received an overwhelming response, with approximately 250 abstracts submitted by a diverse range of contributors, including medical and paramedical staff, postgraduates, and researchers in public health.

All submissions underwent a thorough review process to ensure the highest standards of quality and relevance. This souvenir compiles the abstracts organized under various themes, highlighting the innovative research being conducted in the field.

We are pleased to announce that the best-scored abstracts have been invited for full paper submission for a special edition of TNJPHMR, reinforcing our commitment to disseminating impactful research findings.

We extend our heartfelt gratitude to all contributors and the review team for their dedication and hard work.

Thank you for supporting the advancement of public health research!



Dr. T.S. Selvavinayagam,

Director of Public Health and
Preventive Medicine, Chennai – 06.

PREFACE

As a pioneer in public health, DPH has consistently led the way with cutting-edge initiatives focused on enhancing the well-being of populations. The 3rd year celebration of DPHICON, will provide a dynamic platform for experts, practitioners, and leaders to exchange ideas and showcase advances in public health. The event promises engaging discussions on the latest trends, research, and strategies to tackle present and future public health challenges. It is an opportunity for participants to explore current strategies and preventive measures, as well as to collaborate on solutions for tomorrow's health issues.



For DPHICON 2024, a call for abstracts resulted in an overwhelming response, with approximately 250 submissions from medical staff, postgraduates, and public health researchers. Each submission was rigorously reviewed to ensure quality and relevance. The abstracts included in this collection highlight innovative research in the field, with the best submissions invited for full paper publication in a special edition of TNJPHMR.

We express our gratitude to all contributors and reviewers for their dedication and contributions to public health research. Thank you for supporting the advancement of this vital field!



Dr.S. Senthilkumar,
Joint Director – PHC,
O/o DPH & PM

Oral Presentation

1. KNOWLEDGE AND PRACTICE OF INFECTION PREVENTION AND CONTROL AMONG STAFF NURSES AND HOSPITAL WORKERS WORKING IN PRIMARY HEALTH CENTRES IN THANJAVUR DISTRICT, 2024- A CROSS SECTIONAL STUDY

Mrs.M. Kaveri¹, Dr.B Kalaivani², Dr Elavarasan Mathivanan³, Mrs.M. Latha⁴

1-Mentor Staff Nurse Thiruvaiyaru Block Thanjavur, 2- District Health Officer, Thanjavur, 3- District Epidemiologist, Thanjavur, 4- Mentor Staff Nurse Orathanadu Block Thanjavur

Background:

All health care workers are at increased risk of getting infected with a variety of potential bio-medical waste, toxic and flammable chemicals as well as electrical hazard. It is important for S/nurses and Hospital workers to be aware of the potential hazards and ensure safety in practices. This cross sectional study is designed to assess the level of knowledge regarding Bio-medical infections and its transmission and the practice of universal safety precautions and Proper segregation of facility generated bio-medical waste among Staff nurses and Hospital workers working in primary health centres in Thanjavur district, Tamil Nadu.

Methods:

We conducted interview using self-administered structured questionnaire which is prepared based on the WHO and NHM guidelines on universal safety precautions among Staff nurses and hospital workers in PHCs. We also did a facility survey of all PHCs in Thanjavur district using non-participatory observation checklists- Standardised Kayakalp and NQAS checklist.

Results:

Based on preliminary analysis 130 staff nurses and 50 Hospital workers participated in the study. 72.3% knew about the Hand wash techniques and Moments. 55.4% knew about the method of Hand wash. 89.2% knew about Universal safety precautions. Only 3.8% knew about risks of Needle stick injury. 78.5% knew about cleaning time. 97.7% knew about BMW Management. All study participants were aware of PPE Equipments. All facilities have completed NQAS, KAYAKALP checklists.

Conclusion:

There was knowledge present regarding Infection control and BMW-management but still there was lack of training, Record maintenance. So if we ensure the training of staffs and refresher training. This will help in reiterating the need for best Practices, adequate knowledge of Infection control measures.

Keywords: infection control, Bio-Medical Waste Management, Quality assurance, primary healthcare

2. A RETROSPECTIVE STUDY OF CHRONIC PRIMARY LOW BACK PAIN IN PEOPLE PRESENTING TO OPD DEPARTMENT IN ELAYIRAMPANNAI PHC (RURAL POPULATION)

Dr N.Kalusivalingam (DHO-sivakasi), Dr C Senthattikalai(BMO-Thayilpatti) ,
Dr.V.R.Selvakumar(I/C MO Elayirampannai)

Introduction :

Chronic primary low back pain (CPLBP) is defined as a persistent or recurrent pain experience of greater than three months that is not reliably attributed to an underlying disease process, structural lesion or deformity . Low back pain is the leading cause of disability globally across all ages and in both sexes, representing 8% of all YLDs in 2020

Aim:

To find out the DISABILITY of CHRONIC PRIMARY LOW BACK PAIN in people presenting to OPD department in ELAYIRAMPANNAI PHC (Rural population)

Materials And Method :

This is a retrospective clinical study to find out the disability of low back pain in rural population . Clinically low back pain was assessed by using OSWESTRY LOW BACK DISABILITY QUESTIONNAIRE and treated by FIVE CLASSES of interventions(WHO guidelines) for the management of CPLBP in adults were considered CLASS A) standardized and structured education; CLASS B) physical interventions; CLASS C) psychological interventions; CLASS D) medicines; and CLASS E) multicomponent interventions.

Study Period: March 2024 to August 2024(6 Months)

Results

Of all total OPD , 6.58% Patients presented with CPLBP .The mean ODI score was improved from 17.6 to 10.5 . Out of 187 patients , 62 Patients have Minimal disability, 52 patients have MODERATE disability and needed detailed investigation .17 patients have SEVERE disability . Out of 17 patients , 2 patients have osteoporotic compression # with kyphotic deformity ,2 patients have kyphoscoliosis, 2 patients have spondylolisthesis and one patient have L4-L5 disc bulge . 37 Patients lost follow up and 19 patients not able to track

Conclusion

This study emphasize the disability of people suffering from LOW BACK PAIN and enlightens WHO guideline for non-surgical management of chronic primary low back pain in adults in primary and community care settings . Although the study has its limitation in selecting sample , sample size and imaging modality

3. A CASE-CONTROL STUDY TO IDENTIFY RISK FACTORS FOR GESTATIONAL DIABETES MELLITUS IN A TERTIARY CARE HOSPITAL IN CHENNAI.

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Background:

Gestational diabetes mellitus (GDM) is glucose intolerance with first onset during pregnancy and is associated with serious maternal and fetal complications. Around 14.7% of pregnancies globally are affected with GDM, which is a serious health risk. The prevalence of GDM in Tamil Nadu ranges from 10% to 20%. Identifying the risk factors for GDM can contribute to the development of preventive strategies, early diagnosis and targeted interventions. Hence this study was carried out to identify risk factors associated with gestational diabetes mellitus (GDM) among pregnant women in a tertiary hospital in Chennai.

Methods:

This case-control study was conducted among 103 cases and 103 controls who were age matched at Government R.S.R.M Hospital from August 2023 to November 2023, using consecutive sampling. Data was collected through structured questionnaires and medical record reviews, covering demographics, medical history, family history of diabetes, lifestyle factors, and obstetric details. The data was analyzed in SPSS v.27, with descriptive statistics used to summarize the population. McNemar test and conditional logistic regression was done to identify the risk factor for GDM, with statistical significance set at $p < 0.05$.

Results:

The majority (70.9%) of the study participants were aged 19-29 years. McNemar test results revealed significant associations between GDM and factors like occupation, previous history of PCOS (polycystic ovarian syndrome), sleep disturbances, systemic illness such as hypertension, thyroid disorder and high BMI (body mass index). Conditional logistic regression predicted that pregnant mother with normal Pre-pregnancy BMI had less odds of developing GDM.

Conclusion:

Women with risk factors like sleep disturbances, PCOS, systemic illness like hypertension, thyroid disorders especially high BMI are motivated to take necessary steps to mitigate those risk factors in prior to pregnancy. Thereby we can reduce the risk and burden of gestational diabetes (GDM).

Keywords: Gestational Diabetes Mellitus, Obesity, Pregnant women, Risk factor.

4. A CLINICOEPIDEMIOLOGICAL STUDY OF HANSEN IN PUDUKKOTTAIN THE ERA OF ELIMINATION

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Background:

Leprosy amongst younger age indicates active foci of transmission in the community. Our aim is to analyse the epidemiological profile, clinical spectrum, reactions and deformities of leprosy among children and adolescents.

Materials and Methods:

This is a retrospective observational study conducted on all newly diagnosed leprosy patients under the age of 19 years from 2019 to 2024 for five years.

Results:

Of 278 newly diagnosed leprosy cases, 38 patients were under 19 years of age. Male-female ratio was 5.3.1. Mean age was 16.6 years. Borderline tuberculoid (BT) was the most common type followed by borderline lepromatous (BL) and Indeterminate (I) leprosy most common manifestation was hypopigmented anaesthetic skin lesion over exposed parts. 79% had multiple nerve trunk involvement of which ulnar nerve was the most common. Reaction and deformity were found to be in 21% and 18.3%. Both were seen only in multibacillary cases and predominantly in 15-19years of age. Risk factors for reactions were male sex, increasing age, labourers, borderline spectrum, skin lesion involving the nerve trunk, multiple nerve involvement and smear positivity. Risk factors for deformities were migrants in lower socio-economic status, increased duration of active disease and delayed diagnosis.

Conclusion:

Leprosy, a disease of long incubation period, among adolescents may indicate missed cases of childhood leprosy. Training through integrated service in early diagnosis and its complication, introduction of an exclusive type of treatment (MB MDT) for all categories for a shortened duration and newer drugs for reactions, sustained commitment to follow-up care and health education among community is a need at this post elimination era

Keywords: Leprosy,clinical spectrum,children

5. A CROSS - SECTIONAL STUDY ON THE PREVALENCE OF MALNUTRITION AND ITS DETERMINANTS AMONG ELDERLY IN A RURAL AREA IN CHENNAI.

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Background:

Aging is a global phenomenon, with the proportion of elderly individuals increasing rapidly worldwide. However, the nutritional status of elderly individuals in India remains neglected, despite its significant impact on health and well-being. This study aims to assess the prevalence of malnutrition among elderly individuals in the rural areas of Chennai, India, and to identify the contributing factors to target interventions and policies to improve the quality of life for India's growing elderly population.

Methods:

This cross-sectional study was carried out among 125 elderly (>60 years) in a rural area in Chennai from June 2024 to August 2024 by simple random sampling by face to face interview using a pre tested structured questionnaire containing details on sociodemographic characteristics, Mini Nutritional Assessment (MNA) scale, Katz Activities of Daily Living (ADL) scale and Frail scale. Data were entered into Excel and statistical analysis was done using SPSS v.16. p value of < 0.05 was considered significant.

Results: The study population (n=125) comprised of 54% males and 46% females, with a mean age of 70±6.8 years. According to Mini Nutritional Assessment scale 19.2% were malnourished and 32% were at risk of malnutrition. According to Katz Activities of Daily Living scale, about 13.6% had Severe functional impairment. Nearly less than half of the study population (40.8%) were frail. Factors like education (p = 0.008), type of family (p = 0.0001), living arrangement (p = 0.0001), socioeconomic status (p = 0.0001), comorbidities (p = 0.0001) and smoking status (p = 0.02) had significant association with the nutritional status.

Conclusion:

A comprehensive multidisciplinary approach that includes thorough nutritional screening, promotion of healthy lifestyle, providing medical care, and addressing the social determinants of health is necessary to tackle malnutrition in the elderly population.

Keywords:

Elderly, Katz Activities of Daily Living scale, Malnutrition, Mini Nutritional Assessment scale.

6. A CROSS-SECTIONAL STUDY ON CANCER LITERACY AND ATTITUDE AMONG SCHOOL GOING ADOLESCENTS IN A RURAL DISTRICT OF TAMIL NADU, INDIA

Background:

Cancer is one of the leading causes of death in India. Cancer prevention found success in its prevention - primordial (risk-factor occurrence) and primary (disease). Despite cancer's destructive consequences on health and life expectancy, the habits and behavior formed during adolescence in its prevention along with children's thoughts, ideas about cancer are understudied.

Objective:

To assess the knowledge and attitude about cancer and its risk-factors among school going children in Perambalur.

Materials and Methods:

We conducted a cross-sectional study among 764 school-going children within a period from February-2023 to March-2023 in Perambalur. Consent was obtained from parent and assent from the student themselves. A Semi-structured self-reported questionnaire was used to collect the socio-demographic characteristics that includes age, gender, parent occupation and educational status along with the knowledge, attitude and practice regarding cancer. The data were entered in Microsoft-excel and Analysis was done by using SPSS-26.

Result:

The mean (SD) age of the study participants was 14.3(1.22) years with a range from 12 to 18 years and among the subjects 56.9% were males. Most of the study participants had moderate knowledge 415(54.3%) and attitude 458(59.9%) regarding cancer. Gender, residence, age and maternal education were factors associated with knowledge and attitude score. The subject's proportion who reported to hear about different cancers like breast cancer, lung cancer, skin, stomach, leukemia, ovarian & uterine and brain tumors was 48.4%, 84.8%, 73.2%, 67.4%, 74%, 42.5% and 70.3% respectively.

Conclusion:

The study showed that knowledge and attitude among majority of the subjects was moderate. The need for primordial prevention among adolescents regarding cancer must be emphasized to avert or delay the occurrence of cancer.

Key-words: Adolescents, Attitude, Cancer, Knowledge, Literacy

7. A CROSS SECTIONAL STUDY TO ESTIMATE THE PREVALENCE OF CLOTH USAGE AS MENSTRUAL HYGIENE MANAGEMENT AMONG YOUNG FEMALE ADULTS IN AN URBAN CHAWL OF MUMBAI

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Background:

Menstrual hygiene management (MHM) is a key public health concern in India, where cultural and economic barriers restrict access to proper hygiene products and education. Safe hygiene practices in early adulthood are crucial for young women's immediate and long-term reproductive health, improving maternal and child outcomes. The study was aimed to assess the prevalence of young female in Mumbai's urban chawls who used cloth for menstrual hygiene management. It evaluated factors like cultural, economic, and educational influences on this choice and examined the association between cloth use and genitourinary infections.

Methods:

This cross-sectional study was conducted in a chawl area of Mumbai. The study targeted young female adults aged 18-22 years. Minimum sample size was calculated to be 100 and Systematic Random Sampling technique was used. A structured questionnaire was used to interview the participants. Ethical Committee approval is obtained prior to the start of the study.

Results:

The prevalence of cloth usage was found to be 32%. The married young female adults, the low education level of mother, source of information and poor knowledge regarding MHM were the factors that influenced the usage of cloth. Prevalence of genitourinary infections among the participants were 53% and was found to be associated with the usage of cloth.

Conclusion:

The study identified that 32% of young female adults in Mumbai's chawl use cloth for menstrual hygiene, which was influenced by factors such as maternal education, marital status, source of information and knowledge regarding MHM. So as to enhance the reproductive health, it is crucial to implement targeted interventions that improve access to affordable hygiene products, while addressing the cultural and economic barriers. Overcoming these obstacles will promote better menstrual hygiene practices and contribute to long-term reproductive health.

Keywords: chawl, cloth usage, MHM

8. A CROSS-SECTIONAL STUDY ON PREVALENCE OF ANAEMIA AND MALNUTRITION AMONG ADOLESCENTS IN CHENGALPATTU DISTRICT, 2023-24.

Dr.B.Baranidharan; Vinili Simpson

Background:

Adolescence is termed as “second sensitive developmental period” after early childhood, as it is a time of rapid growth and development, which can lead to increased nutritional demands and a higher risk of nutritional deficiencies. Anaemia is considered to be caused by a range of factors. Anaemia may reduce infection resistance among adolescents, impair their physical growth and mental development, diminish their physical fitness, work capacity, and scholastic performance. In light of these adverse health consequences and the enduring prevalence of anaemia, several prevention programmes have been launched by the Government of India. One of the most current programmes is the Anemia Mukht Bharat programme launched in 2018 with the aim of reducing the nationwide prevalence of maternal and child anaemia. However, anaemia continues to be a serious public health problem in Tamilnadu. Hence, the Government of Tamilnadu initiated special health and adolescent camps for adolescent age 10 to 19yrs in all District. As part of this, monthly on an average of 40 to 45 camps are being conducted in our District. In this context, we plan to conduct a cross sectional study to assess the prevalence of anemia and malnutrition in our District.

Objectives:

1. To estimate the prevalence of Anaemia among adolescents attending schools & colleges in Chengalpattu district, 2023-24
2. To estimate the prevalence of malnutrition among adolescents attending schools & colleges in Chengalpattu district, 2023-24
3. To determine the association of malnutrition & anaemia among the study participants

Methods:

The study was a Cross-Sectional study using secondary data on the adolescent anemia screening camps conducted in Chengalpattu District during June 2023 to February 2024. The report of the adolescent anemia camp maintained at the District level was analysed using descriptive and inferential statistics.

Findings:

Overall prevalence of Anaemia is 54.3% with 2/3rd of the girl students and 2/5th of the male students having Anaemia. Prevalence of undernutrition was 21.7% while 16.8% were obese and overweight. Prevalence of Anaemia was highest in Acharapakkam and Thirukazhukundram while lowest in Chengalpattu urban. Prevalence of Anaemia was highest among 10-12 years and the prevalence decreased by age. Decrease in the prevalence of Anaemia was marked among Male students while prevalence of Anaemia among Female students was similar in all age groups. Students with moderate and severe Anaemia were 29.1% & 2.0% with prevalence higher in Acharapakkam & Thirukazhukundram blocks. Prevalence of undernutrition was higher among Male students (27.1%) than female students (16.9%)’ Prevalence of undernutrition among Male students was similar among all age groups while among female students, undernutrition was high among those below 12 years,

Prevalence of overnutrition was higher among female students (17.8%) than male students (15.8%). No significant association between nutritional status & prevalence of Anaemia overall. Among male students, association between nutritional status & anaemia was significant with prevalence higher among undernourished children compared to normal or over-nourished children. Association between nutritional status & anaemia was significant among students more than 15 years of age while it was not significant among age group of less than 12 years & 13 to 15 years.

Conclusion:

In conclusion, the rise in anaemia prevalence among adolescent women suggests the need for targeted interventions to mitigate the burden of anaemia and enhance the overall health of this population.

Keywords: Anaemia, Malnutrition, Obese, under nutrition, Nutrition status.

9. A KAP STUDY ON MANAGEMENT OF SNAKE BITE AMONG MEDICAL OFFICERS IN DINDIGUL HUD

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Introduction:

Snake Bite is considered as one of the most significant health related problems throughout the world. According to the WHO, a snake bite is an important medical problem. It has been a neglected extrinsic injury in tropical and subtropical developing countries including India. It has been estimated that every year there are almost 83,000 snake bites and 11,000 deaths due to snake bites in India. The goal of this study is to assess knowledge, attitude and practice (KAP). Among medical officers in Dindigul HUD. So as to find out gaps in academics and bridge them will benefit community at large.

Methodology:

Primary Health centre based cross sectional study was conducted for the entire medical officers of Dindigul HUD. A Purposive sampling was done. Data was collected by self administered questionnaire.

Result :

Among 101 medical officers 98% having good level of knowledge, Attitude towards management of snake bite was 100 % and 69% having good level of practice.

Conclusions:

Respondents have adequate knowledge on snake bite management Although study showed adequate attitude towards management ,that was not reflected in practice. This gap can be overcome by teaching in simulated environment. So as to make them more competent in managing snake bites.

Keywords: Snake bite, First AID, Knowledge.

10. A REVIEW ON DIABETIC FOOT ULCER AND THE PREVENTION METHODS IN PRIMARY CARE LEVEL

Background:

About 25% of diabetic patients develop foot ulcers in their lifetime and about 2% need amputation at various levels. Despite detailed research and studies about diabetic foot ulcer its morbidity and mortality keep raising which cause huge burden to the government all over the world. This study tries to understand the presentation of DFU in rural areas of Thiruvarur and to control and prevent this at the primary level at PHC.

Methods:

A cross-sectional questionnaire-based study among 100 rural people in Thiruvarur. Patients with Diabetic Foot Ulcer visiting the phcs in Thiruvarur were included in this study.

Results:

According to WHO, 25% of diabetic patients develop foot ulcer during their lifetime. Out of which, 2% need amputation. Most of the patients had a small callus or a fissure in their foot which developed into a ulcer. 85% amputations can be prevented only by proper care and education which can be provided at the phc level in our setup.

Conclusion:

Yet to be concluded.

11. A STUDY OF KNOWLEDGE, ATTITUDE, AND PRACTICES REGARDING CHILD-REARING PRACTICES AMONG POST-NATAL MOTHERS ATTENDING PRIMARY HEALTH CENTRES IN VIRALIMALAI BLOCK, PUDUKKOTTAI HEALTH UNIT DISTRICT

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Introduction:

Child rearing practices play a crucial role in determining the morbidity and mortality rates of infants. Proper knowledge and practices regarding neonatal care are fundamental in ensuring the health and survival of newborns. Inadequate neonatal care knowledge among mothers can significantly impact neonatal outcomes, contributing to higher rates of morbidity and mortality. Consequently, understanding and improving maternal knowledge regarding newborn care are essential for reducing these adverse outcomes. This study aims to assess the knowledge of postnatal mothers concerning newborn care and to examine how various socio-demographic factors influence this knowledge. By identifying gaps in maternal knowledge and understanding the impact of socio-demographic variables, targeted interventions can be designed to enhance neonatal care practices and ultimately reduce infant mortality rates.

Methodology:

This descriptive study was conducted in the Viralimalai block of Pudukkottai Health Unit District, involving 100 postnatal mothers attending Primary Health Centres (PHCs). Data collection was performed using a pre-validated questionnaire, which consisted of ten questions designed to assess knowledge related to neonatal care practices. The questions covered various aspects of newborn care, including feeding practices, immunization, and general care practices. The questionnaire was developed based on existing literature and expert inputs to ensure its validity and reliability. The collected data were analyzed to evaluate overall knowledge scores and to identify correlations between socio-demographic factors and maternal knowledge.

Conclusion:

The findings underscore the need for targeted educational interventions to address these specific areas. Improving maternal knowledge in these domains is crucial for enhancing neonatal care practices and ensuring better health outcomes for newborns. Therefore, public health strategies should focus on developing comprehensive educational programs that address these knowledge gaps and leverage the influence of socio-demographic factors to tailor interventions effectively. By enhancing maternal knowledge and practices, we can work towards reducing infant mortality and improving overall infant health.

Keywords:

Public Health, Child-Rearing Practices, Postnatal mothers, Infant Mortality Rate

12. A STUDY ON INFANT AND YOUNG CHILD FEEDING PRACTICES AMONG MOTHERS ATTENDING PRIMARY HEALTH CENTRE IN A RURAL AREA OF TAMIL NADU

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Background:

Adequate nutrition during infancy and childhood is essential for optimum growth and development of the child. The World Health Organization (WHO) and United Nations Children's Fund (UNICEF) jointly developed the global strategy for infant and young child feeding practices (IYCF). This strategy recommends initiation of breastfeeding within 1 hour of birth, exclusive breastfeeding for the first 6 months of life, with the addition of nutritionally appropriate complementary feeds at 6 months with continued breastfeeding until 2 years of age. According to NFHS-5, only 55.1% of mothers in Tamil Nadu practiced exclusive breast feeding. Hence this study is done to assess IYCF practices among the rural mothers of children aged 6-24 months.

Methods:

This was a hospital based cross sectional study conducted among mothers of children aged 6 - 24 months attending primary health center for vaccination and other ailments from August 2024 to September 2024. The calculated sample size is 110. A structured questionnaire based on WHO criteria was used to assess IYCF practices.

Results:

Among the 110 participants, majority of mothers were 21-30 years (79%). Majority of children belong to 13-24 months (63%). The prevalence of exclusive breastfeeding at 6 months, mixed milk feeding and bottle feeding were 79%, 21% and 57% respectively. Appropriate timely initiation of breastfeeding and minimum meal frequency was observed in 62% and 49% respectively. 42% of children had minimum dietary diversity and only 36% children had minimum acceptable diet. Sweet beverage consumption and unhealthy food consumption were 15% and 76% respectively. 48% of children had zero vegetable or fruit consumption the previous day.

Conclusion:

This study reveals that Infant and Young child feeding practices were not optimal. Therefore there is a need for strengthening of IYCF practices among the mothers and family members during antenatal, postnatal and vaccination visits.

Keywords: Infant and young child feeding practices, Minimum meal frequency, Minimum dietary diversity and Minimum acceptable diet

13. A STUDY TO ASSESS THE KNOWLEDGE ABOUT PREVENTION OF BIRTH-INDUCED PELVIC FLOOR INJURY AMONG ANTENATAL MOTHERS IN A RURAL HEALTH BLOCK, THANJAVUR DISTRICT, 2024

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Background

Every woman needs to know about the importance of the function of pelvic-floor muscles and pelvic organ prolapse prevention, especially pregnant women because parity and labor are the factors which have the biggest influence on having pelvic organ prolapse in the future. During birth, the levator muscle and birth canal tissues must stretch to more than 3 times their original length; it is this overstretching that is responsible for the muscle tear visible on imaging rather than compression or neuropathy. About one-third of women have urinary incontinence and up to one-tenth have faecal incontinence after childbirth. Pelvic floor muscle training (PFMT) is commonly recommended during pregnancy and after birth for both prevention and treatment of incontinence.

Methods

The Prospective, Cross-Sectional study was conducted among Antenatal mothers attending primary health centers during September 2024. Pre-designed questionnaire used to collect data on socio- demographic profile (age, residence, educational qualification, occupation and income), and the knowledge, attitudes and practices regarding Antenatal Exercises.

Result

A total 142 Antenatal mothers participated in study. Data interpretation mentioned as below:

In Age comparison: 18 – 23yrs (38.7 %) 24-26yrs (30.3%) 27-29 yrs (18.3%) 30 above yrs (12.7 %), Type of Work :Sedentary 64.8 % Moderate 4.2 % Heavy 31 %, First pregnancy :Primi 66.2 5 , gravid II 33.8 %, The habits of doing exercises :NO 67.6 5 , YES 32.4 %, Knowledge regarding antenatal exercises :NO 90.8 % YES 9.2 %, Knowledge regarding pelvic floor exercises :NO 81 % YES 19 %, Knowledge regarding reason for pelvic floor injury: NO 95.1 % YES 4.9 %, Knowledge regarding the prevention for pelvic floor injury :NO 96.5% YES 3.5 %, Knowledge reagarding complication for pelvic floor injury: NO 97.2 % YES 2.8 %.

Conclusion The findings of this study suggest that knowledge concerning antenatal exercise and knowledge regarding pelvic floor injury are low. Antenatal mothers should be educated regarding ante natal excersises and also regarding pelvic floor injuries in order to prevent pelvic floor injuries & complications during childbirth.

Keywords:

Antenatal Exercises, Pelvic floor Injury, Pelvic floor muscle training, normal delivery

14. A STUDY TO ASSESS THE MENTAL HEALTH AND QUALITY OF LIFE OF PRIMARY CAREGIVERS OF PERSONS/INDIVIDUAL WITH DISABILITIES AT HOUSEHOLD WITH REFERENCE TO TIRUVALLUR DISTRICT

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Background:

In Tamil Nadu, Tiruvallur district is one the highest individuals (74,549) living with disabilities. Rising disability and mental health issues emphasis the need for addressing caregiver mental health, often neglected in public health. Studies have found that caregiver mental health is often neglected.

Statement of Problem:

In a household, primary caregiver predominantly a woman provides caregiving to another person's social and mental health needs, and often may not have time to take care of themselves. As the population ages, the disability worsens as well, increasing the demands of caregiving. The primary caregiver (woman) may have fears/worries, frustrations, and anxieties, may have a loss of interest in life as they are caregiving for the whole of their life.

Objective:

To assess the prevalence of anxiety, depression and stress & Quality of Life of primary woman caregiver of persons/individuals with disabilities at household in poondi block, Tiruvallur District, also to identify the correlation between anxiety / depression with quality of life of the participants.

Study Period: Oct 2024 to Mar 2025.

Study Design: Community-based cross-sectional study

Methods:

In-depth questionnaire using WHOQOL Bref Scale and DASS 21 Scale & Multistage Probability Sampling.

First Stage: One of Highest Disability prevalence districts Tiruvallur selected,

Second Stage: 50% of 14 Blocks is 7 Block Selected,

Third Stage: 6 Blocks have 40 Village Panchayat and above: One block Poondi – 49 Villages, 50% of 49 villages in poondi block are 22 villages selected for sampling.

Inclusion Criteria:

Caregiver: Primary Woman Caregiver (age above 18+) caring a disabled adult (age above 18+) at household, disability identification card, Caregiving period: Minimum one year and above in a household.

Exclusion Criteria: Male Caregivers of a person with disability, Caregivers of any infectious or chronic disease (HIV/TB/Cancer etc...), Woman Caregivers of children with disabilities., Caregivers of outside the study area.

Sample Size:

A sample of 293-woman caregivers was determined using a 95% confidence level, 50% prevalence, and 6% margin of error. The initial calculation yielded 267, with 10% oversampling added to reach 293.

Data Collection:

In-depth Interviews using validated WHOQOL – Bref, DASS 21 scales at household or in a common/cluster place based on participants preference. Any missing data will be re-collected from the corresponding participants. **Data Analysis:** Descriptive stats for QOL and DASS scores will be shown. Univariate and correlation analyses will be conducted, with significance at $p < 0.05$. Data will be analyzed using SPSS. **Results:** It is an ongoing study, the empirical results on descriptive scores for Quality of Life and Depression, Anxiety, and Stress, highlighting their correlations will be presented. These findings will inform targeted educational programs aimed at promoting mental health and wellness.

Keyword:

#Caregiver #MentalHealth #PublicHealth #Tamilnadu #QualityofLife. Note: Presented at DPH Ethics Committee on 21st Aug 2024, Approval awaiting.

15. ACTIVE CASE SEARCH OF SUSPECTED LEPROSY CASES IN HIGHLY ENDEMIC DISTRICT OF TAMILNADU,SOUTH INDIA-VARIATIONS AFTER COVID

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Background:

Erode is one among the districts with high number of new leprosy cases detected in Tamilnadu. Average new case detection per year is 250 from 2012 to 2020.

Aim:

To find out the hidden leprosy cases, house to house campaign for 14 days per year was done from 2016-2023,except in 2018,2020&2021.

Comparing the new hidden cases detected for the present 2 years 2022-24 with the past 3 years from 2016-2019

To find out the reasons for reduction of total new cases during 2020-2024 and to plan accordingly to bring out the hidden leprosy cases.

Methods:

Erode district population is 2.5millions.House to house active search for suspected leprosy cases by field level workers for 14 working days in AUGUST of the year is being done.The confirmed leprosy cases such as total new cases,PB ,MB, FEMALE, CHILD, GRADE 2 DEFORMITY are studied.The leprosy cases are confirmed by the PHC medical officer and thereafter validated within a week by District Nucleus Team.

Results:

Retrieval of hidden cases of leprosy detected by 14 days Leprosy Case Detection Campaign in 25 lakhs population

2016=174 (Annual 489)

2017=90 (Annual 310)

2019=132 (Annual 296)

2022= 40 (Annual 188)

2023= 68 (Annual 235)

36% was the average hidden leprosy cases from 2016-2019,whereas 25.5 % is the average hidden leprosy cases after Covid pandemic till March 2024.

Conclusion: Thus field level worker's regular good active search for suspected cases of leprosy is improved well after Covid pandemic.It will be the need of the hour for the strategy of Interruption of Transmission of Leprosy in 2027 in high endemic district like Erode.

Keywords: (Active search,LCDC,Interruption of Transmission of Leprosy)

16. ADVANCING COMMUNITY HEALTHCARE THROUGH PHYSIOTHERAPY: A RESEARCH STUDY ON MAKKALAI THEDI MARUTUVAM SERVICES IN CUDDALORE DISTRICT'S KAMMAPURAM BLOCK

Background:

Makkalai Thedi Marutuvam (MTM) is a community healthcare initiative in Tamil Nadu, India, aiming to provide comprehensive healthcare services, including physiotherapy, to rural populations.

Objective:

To explore the impact and effectiveness of physiotherapy services provided by MTM in Cuddalore district's Kammapuram block, and identify areas for improvement.

Methods:

A mixed-methods research design will be combining surveys, interviews, and observational studies to collect data from patients, healthcare providers, and community members.

Expected Outcomes:

- Assessment of physiotherapy services' accessibility, utilization, and patient outcomes
- Evaluation of healthcare providers' perceptions and experiences with MTM physiotherapy services
- Identification of community needs and expectations from physiotherapy services
- Recommendations for improving physiotherapy services within MTM

Significance:

This study will contribute to the understanding of community-based physiotherapy services in rural India, informing policy and practice developments to enhance healthcare accessibility and outcomes.

**17. AN AUDIT ON THE STANDARDS OF PATIENTS' RIGHTS PROVIDED IN
GENERAL OPD AT RURAL HEALTH TRAINING CENTRE (RHTC),
VEDAPATTI, PSG INSTITUTE OF MEDICAL SCIENCES AND RESEARCH
(PSGIMSR) , COIMBATORE**

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Background: Primary health care is the pivotal part of any Health care delivery system. Mere availability of services alone does not necessarily meet the needs the of community, unless they are accessible to the users as well as provided with dignity and confidentiality with due consideration to patients' cultural and religious preferences. This study was planned to ensure the Patients' Rights provided in the Out Patient Department (OPD) using National Quality Assurance Standards(NQAS) checklist at RHTC, Vedapatti , PSGIMSR, Coimbatore.

Methods:

This study employed a structure and process based audit using NQAS by Ministry of Health And Family Welfare (MoHFW). The checklist has totally 16 checkpoints in the areas of concern of Patients' Rights in OPD with 3 standards as

1. Facility provides information to the care seekers about the available services.
2. Facility renders services in a manner sensitive to gender, religious and cultural needs.
3. Maintenance of privacy and confidentiality in the facility, Each checkpoint scored on a scale of 0 to 2. Higher the score better the quality of services with the minimum recommended score of 70% as suggested by NQAS.

Results: The overall RHTC score is 81% ,with individual standard scores of 72%,75% and 100%.The facility has achieved the recommended percentage, still there are scope for improvement like lack of IEC material, signage boards, list of available drugs and grievance redressal box. There was no separate breast feeding corner and disability friendly environment as per recommendations.

Conclusion: The audit highlights that though the RHTC has achieved the recommended standards, still there are scope for improvement, so that, quality of services and the satisfaction of the health seekers can be improved. Providing prominent display of signage boards, information on the list of services and infrastructure changes could pave way for the betterment of the services.

Keywords: Area of concerns, Checkpoints, NQAS, Immunization clinic

18. AN AWAKENING CASE OF CHILDHOOD LEPROSY WITH BILATERAL TOTAL CLAW HAND (GRADE2 DISABILITY)

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Introduction:

India has ~60% of leprosy (Hansen's disease) cases in the world. An average of 2500 cases are registered in Tamil Nadu state in the past few years. Around 3% are reported with grade2 disabilities.

Case Presentation: A 13yr old male child had decrease in academic performance for a year or so. Class teacher identified his slowness in writing which was gradually increasing up to a level of difficulty in holding pen in another 6months. The teacher also noticed change in shape of fingers in both hands of the child. The teacher had tested that the child was not able to hold pen like articles by his hands. This was informed to his parents by the class teacher. Parents were negligent about 'what to do' for the deformities in the ring fingers and little fingers of both the hands for few months. Later when noticing the sudden progression of the deformities in many fingers of both hands the student nodal teacher notified this as 'hand problem' in EMIS portal in the month of June 2024 and again asked the parents to go to hospital for treatment.

At a point of time when the child was evaluated in JIPMER, Puducherry he was diagnosed of having affected by leprosy related hand deformities.

During the case investigation by The Additional Director of Medical and Rural Health Services (Leprosy) and team of TN-NLEP, as per the program routine, it was found that the child is having skin lesions in his body(Multi-bacillary (MB) leprosy with Grade2 disability in hands.

Result:

A 13yr old child with bilateral total claw hand deformity due to leprosy because of

1. Leprosy patches not noticed by anybody.
2. Delay between patch occurrence and disability occurrence is almost 1yr.
3. Delay between disability start and its recognition (due to leprosy) is almost 1yr.
4. Delay between disability development well and prompt diagnosis seeking is 6 months.
5. Total delay in treatment with MDT was 2 year.
6. Cost incurred due to the delay may not be at calculation level at present.

Discussion: A childhood leprosy case with bilateral total claw hand can occur only when the Public Health Programs' fails in

- I) School health screening activity by RBSK .
- II) School screening by field staffs.
- III) Population screening by field staffs.
- IV) Non reporting of this case to parent health department by school authorities.

Conclusion: Patchy lesions in a child's body was grossly neglected by parents, school teachers, RBSK team and field staff as well as leading to failure in early detection of leprosy case. (Leprosy is reverted back to Focused Tropical Diseases(FTD) now a days from Neglected Tropical Diseases (NTD) entity earlier)

Detoriating performance of a school going child can be due to visible disabilities produced by leprosy also.

19. ANALYSING THE EFFECTIVE UTILIZATION OF BIRTH WAITING ROOM AND ITS SIGNIFICANCE” AT ANCHETTY PHC OF THALLY BLOCK, KRISHNAGIRI DISTRICT, TAMIL NADU.- RETROSPECTIVE STUDY

A Birth waiting room is a facility within easy reach of a hospital or health centre ,which provide pregnant women to stay in the Birth waiting room at the end of their pregnancy and await labour. Once labour starts, women move to the health facility so that labour and giving birth can be assisted by a skilled birth attendant. The aim of Birth waiting room is to improve accessibility to skilled care and thus reduce morbidity and mortality for mother and neonate should complications arise. Some studies report a favourable effect on the outcomes for women and their newborns. Others show that utilisation is low and barriers exist. However, these data are limited in their reliability.

The chances of women dying as a result of complications during pregnancy, delivery or the postpartum period remain high in many parts of the world. In 2005 the worldwide maternal mortality ratio was 402 deaths per 100,000 live births (confidence interval (CI) 216 to 654). Of the estimated 535,900 women who died that year, 50.5% (270,500) lived in sub-Saharan Africa and 45% (240,600) in Asia.

Haemorrhage, eclampsia, sepsis, unsafe abortion and obstructed labour are the five main direct obstetric causes of maternal death ([Khan 2006](#)). It is well recognised that most of these maternal deaths can be prevented when appropriate treatment is started in time, and is given by a trained health professional in an adequate environment ([WHO 2004](#)).

In areas with high maternal mortality ratios, utilisation of maternal health services is low. This low utilisation of maternal health services is mainly a result of barriers to access and leads to high maternal and perinatal mortality and morbidity. Access to maternity health services is a key indicator of maternal mortality. Besides the per capita gross national product, access to maternal health services is the only other important predictor. Therefore, reaching a health facility that can provide emergency obstetric care is the best tool for reducing maternal mortality, and accessing that care will also lead to a significant reduction of perinatal morbidity and mortality ([Bulatao 2003](#)).

The chances of women dying because of complications of pregnancy and childbirth are still high in many parts of the world. The main direct causes of maternal and perinatal deaths are unsafe abortion, eclampsia, haemorrhage, obstructed labour, infections and sepsis. Most of these deaths can be prevented with early identification and treatment of complications. The poor utilisation of maternal health services and antenatal care in areas where deaths are high is mainly the result of barriers to access

20. ANALYSIS OF DRUG ADHERENCE, TREATMENT OUTCOME AND RADIOGRAPHIC SEQUELAE IN DRUG SENSITIVE TUBERCULOSIS PATIENTS DIAGNOSED AND TREATED DURING 2023 IN ORATHANADU BLOCK, THANJAVUR DISTRICT

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Background:

Tuberculosis is an important infectious disease causing global morbidity and mortality. Tuberculosis elimination is hindered by patients non compliance with treatment regimens. The treatment outcome is a crucial indicator of effectiveness of TB programs. The lung continues to be the most common site of involvement in tuberculosis and even after completion of treatment, residual changes remain which may affect quality of life. Complications of TB after treatment completion can often be misinterpreted for other active diseases. So it is important to assess patients level of drug adherence and to recognize the radiographic sequelae of pulmonary tuberculosis.

Methods:

Treatment outcome data of drug sensitive pulmonary tuberculosis patients diagnosed and treated during 2023 in orathanadu block was obtained from NIKSHAY Portal. Their drug adherence was assessed using Modified Morisky Medication Adherence Scale and chest radiograph was done to evaluate their spectrum of radiographic sequelae changes.

Results:

A preliminary data analysis was done. Out of 96 drug sensitive pulmonary tuberculosis patients, 63% had high level of drug adherence, 29% had medium level of drug adherence and 8% had low level of adherence. Regarding the treatment outcome, 59% were cured, 29% completed their treatment, 8% were lost to follow up and initial regimen was changed in 4%. In the spectrum of radiographic sequelae changes, 21% had dense upper lobe fibrosis, 17% had pleural thickening, 13% had calcified parenchymal nodules, 8% had linear parenchymal fibrotic strands, 8% had destroyed lung, 4% had thin walled cavity and 4% had fibrocavity, combination of more than one sequelae were identified in 17% and chest radiograph taken in 8% of patients were normal without any sequelae.

Conclusion:

Proper compliance with daily dosing treatment regimen and completing the total duration of treatment are essential to get good clinical outcome. Post tuberculosis sequelae can either be symptomatic or asymptomatic but it is imperative to be able to detect these residual changes so as to rule out other active diseases.

Keywords: Drug adherence, Radiographic sequelae, Treatment outcome

21. ASSESSING THE PREVALENCE OF ANXIETY AND DEPRESSION IN ANTENATAL MOTHERS AT A PRIMARY HEALTH CENTER, THIRUVARUR

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Background:

Maternal mental health research is a public health priority due to its impact on both maternal and child health. several psychiatric disorders are common during pregnancy with depression and anxiety being the most common having long-term effects on the mother, birth outcomes and her offspring.

Aims and objectives:

To determine the prevalence of anxiety and depression symptoms in a pregnant women during the antenatal period attending the AN clinic in a primary health care center in Thiruvarur

Methodology:

A Cross sectional questionnaire based study design is selected to conduct this study. Antenatal mothers attending AN clinic at a primary health center were included. Mothers are given a complete hard copy of general sociodemographic details , Patient Health Questionnaire 9 (PHQ-9) and Generalised Anxiety Disorder (GAD-7) were administered to antenatal women after obtaining informed consent in English or Tamil format and asked to complete it. Responses are recorded and analysed.

Results:

In this study antenatal anxiety is expected to be more common in first trimester and antenatal depression is expected to be more common as the gestational age advances.

Conclusion: Yet to be concluded

Keywords: Antenatal; anxiety, Depression, maternal mental health

22. ASSESSMENT OF THE KNOWLEDGE OF BLOOD BORNE INFECTIONS AND PRACTICE OF UNIVERSAL SAFETY PRECAUTIONS AMONG LABORATORY TECHNICIANS WORKING IN PRIMARY HEALTH CENTRES IN THANJAVUR DISTRICT, 2024- A CROSS SECTIONAL STUDY

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Background

All health care workers including the laboratory technicians are at increased risk of getting infected with a variety of potential blood borne pathogens including HIV, HBV and HCV and also toxic and flammable chemicals as well as electrical hazard. It is important for laboratory technicians to be aware of the potential hazards and ensure safety in practices. Carelessness, negligence and unsafe practices may result in serious illnesses not only to the individual but also co-workers and patients as well. This study was designed to assess the level of knowledge regarding blood borne infections and its transmission and the practice of universal safety precautions among laboratory technicians.

Methods:

This study was a cross sectional study. The study participants were the laboratory technicians working in the Primary Health Centres in Thanjavur district, Tamilnadu. A Structured Questionnaire was canvassed to the technicians through google forms to the Whatsapp group containing laboratory technicians as group participants and their responses were analysed and interpreted in the form of descriptive statistics.

Results:

A total of 59 laboratory technicians participated in the study. The mean age of the participants was 40 ± 3.87 years and the work experience was 7.9 ± 5.9 years. On Preliminary analysis, the overall correct responses regarding knowledge of the blood borne infections among the laboratory technicians were 69%(446/649) and the Practices of Universal Safety Precautions were 76%(451/590). About 82.3% of the laboratory technicians Practise Proper Hand Washing technique.

Conclusion:

There was adequate knowledge regarding Blood Borne Infections and Practice of Universal Safety Precautions among Laboratory technicians. Specific training Programs may be needed to target Health Care Workers to establish acceptance of appropriate Practices that will enable them to adopt and adhere to Universal Safety Precautions.

Keywords: Universal Safety Precautions, Blood borne infections, Laboratory technicians

23. BARRIERS AND ATTITUDES OF PRIMARY CARE PHYSICIAN TOWARDS MINOR SURGERIES IN RURAL PRIMARY HEALTH CENTRES IN THANJAVUR DISTRICT,2024- A CROSS SECTIONAL STUDY

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Background:

To determine the importance of minor surgical procedures that could be done by primary care physicians at primary care level.To determine the important barriers and obstacles of primary care physicians towards minor surgery at primary care level.

Methods:

Data was collected through a self administered structured questionnaire via google forms distributed to all primary care physicians of Thanjavur district via WhatsApp group.Participants will be asked to answer the questionnaire after informed consent.

Results:

Based on the preliminary data, Majority of the participants had a positive attitude towards minor surgical practice at primary health care centre level.49%of physicians considered themselves to be competent to practice minor surgical procedures.79% have interest to practice minor surgeries at primary health centre.86.9% encouraged establishing training program.Barriers perceived by the participants were lack of training,lack of experience, fear of complications at a rate of 90.8% ; 88%;75.6% respectively.

Conclusion:

Primary care Physicians faces various Barriers and hold diverse attitudes towards minor surgery. Addressing these factors through targeted training, resources, support can enhance their skills and practice, ultimately improving patient care.

Keywords: Attitude,barriers,practice,minor surgery

24. BARRIERS TO BREAST CANCER SCREENING AMONG WOMEN OF TIRUVARUR DISTRICT

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Background:

Breast cancer is becoming a more serious health concern for women worldwide. Early detection helps save lives by preventing the cancer growth. Breast cancer screening has been effective in decreasing mortality. However, not all population groups have screening adherence to the desired expectations.

Aims And Objectives:

To determine the barriers to different breast cancer screening methods in females with breast cancer in rural areas of Tiruvarur district.

Methodology:

Data collection done by evaluating the previous 5 year records in rural Public health centres of Tiruvarur district. Women diagnosed with breast cancer who are either being treated or cured are included in the study. A Cross sectional questionnaire based study design is selected to conduct this study. Breast cancer patients were given a complete hard copy of questionnaire which was divided into 3 sections – Personal barrier, socio-economic barriers and health system related barriers in English or Tamil format and asked to complete it. Responses are recorded and analyzed.

Results:

Socioeconomic barrier is expected to be major barrier for screening for breast cancer.

Conclusion:

Yet to be concluded.

Key Words:

Barriers, Breast cancer, screening, socioeconomic.

25. CAREGIVER EDUCATION FOR POSTNATAL BEHAVIOR CHANGE: A QUASI-EXPERIMENTAL STUDY ON POSTNATAL BEHAVIORS.

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Background:

Maternal and child health practices are crucial for reducing maternal and neonatal mortality and morbidity. The Care Companion Program (CCP) educates postnatal mothers and families on essential health practices during the neonatal period through hospital-based group training. This study evaluates CCP's impact on maternal and neonatal health, focusing on knowledge and behavioural changes, including exclusive breastfeeding (EBF), kangaroo mother care (KMC), dry cord care, unrestricted diet, handwashing, and other health outcomes.

Methods:

We conducted a quasi-experimental study of postnatal mothers across 28 tertiary facilities in Karnataka, Maharashtra, Madhya Pradesh, and Punjab. Baseline surveys were conducted from February 2018 to September 2019, and endline data collection occurred between June 2022 and June 2023. Knowledge, behaviours, and health outcomes including complications and readmissions were assessed through self-reported phone surveys conducted at 28 days post-discharge. Findings were adjusted for demographic variables to account for potential confounders.

Results:

The study included 37,566 participants at baseline and 40,658 at endline. Most respondents were aged 20-30, had secondary schooling, and underwent normal deliveries. Significant improvements were observed at endline in knowledge (aOR: 4.22, 95% CI: 2.96-6.02) and practice (aOR: 3.55, 95% CI: 2.42-5.20) related to KMC and practice of dry cord care (aOR: 2.97, 95% CI: 2.42-3.65). A reduction in neonatal (aOR: 0.36, 95% CI: 0.30-0.44) and maternal complications (aOR: 0.28, 95% CI: 0.23-0.34) was observed. No significant improvements in practicing EBF, handwashing, or postpartum diet were seen at the endline. Readmission rates for mothers and neonates were significantly higher at endline.

Conclusion:

The CCP effectively improved mothers' and neonates' knowledge, practices, and health outcomes. Future research should explore the program's potential to further promote healthy practices and optimize care post-discharge.

Keywords: Maternal and Child Health, Care Companion Program, Postnatal Care, Exclusive Breastfeeding, Kangaroo Mother Care

26. CLINICO-EPIDEMIOLOGICAL TREND OF HANSEN'S DISEASE – A RETROSPECTIVE STUDY IN TIRUVARUR BLOCK

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Background:

Leprosy has been a major public-health problem in our country. Tamilnadu was the first state to integrate leprosy services with primary health care services. Despite the achievement of elimination status of leprosy in 2005, the reported prevalence of cases continues to be high in certain districts and blocks. Hence we decided to conduct a retrospective analysis on leprosy at primary care level.

Method:

A retrospective study of 5years record of leprosy patients registered in the Tiruvarur Block (rural & urban) was carried out from March 2024 to March 2019.

Data regarding the demographic profile, clinical presentations, treatment and complications were analysed.

Result:

A total of 15 cases of leprosy were reported during the study period. Majority of cases were in the age group of 45 to 55years (46.67%). 20% of the cases were children below the age of 15 years. Most of the cases were of multi-bacillary spectrum (73.33%). The M:F ratio was 3:2. Contact history was present in 2 cases. Signs of reaction were found in 2 cases, relapse in 1 case, while no deformity was noted in any patient.

Conclusion:

Density of home occupancy, Lack of proper access to health care facilities, ignorance, inadequate nutrition may be the contributing factors for the disease occurring in rural areas. Predominance of multibacillary forms indicates late reporting. The rate of childhood leprosy continues to be high. Regular school surveys and annual contact surveys for early detection of cases is therefore an important tool in achieving and sustaining the goal of eradication of leprosy.

Keywords: Retrospective, leprosy, elimination

27. COMPARITIVE STUDY OF LAB PERFORMANCE IN PRIMARY HEALTH CENTRES BEFORE AND AFTER IMPLEMENTATION OF IELS IN THOOTHUKUDI DISTRICT, 2023-2024

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District Health Officer, District Epidemiologist, District Training Team Medical Officer, District Microbiologist.

Introduction:

Accessible quality laboratory services are indispensable for improving the health system. Strengthening of Labs by providing Equipment and Reagents to ensure Assured No of Tests at each level of Hospitals. Establishment of Laboratory Information Management System(LIMS) done to interconnect all laboratories. HUB & SPOKE MODEL established for Sample Transportation through TNMSC identified vendor/ hospital worker/Volunteers. All the health facilities (PHCs, SDHs, DHQ Hospitals, DPHLs and Medical College Hospitals) are categorized to mandatorily provide Assured Number of Tests appropriate to their level as per the FDSI guidelines. Based on the Assured Test Menu (ATM) and mode of testing, the tests are divided into either 'in house tests' or 'those tests that are to be transported through hub and spoke' sample transportation.

Objectives:

To compare the lab performance in Primary Health Centres before and after the implementation of IELS in Thoothukudi district. To study the benefits and challenges in implementation of IELS.

Methods: Following datas collected from LIMS portal,including number of samples collected in each Spoke, number of samples transported to corresponding Hub during February to July month 2024. Number of samples collected in each PHC/GH, Number of samples transported to Tertiary care centres during the August 2023 to January 2024, average tests done during August 2023 to January 2024. Performance of each PHC after implementation of IELS compared with the performance before implementation of IELS in Primary Health Centre.

Conclusion: IELS provides the service of conducting all essential tests in the tertiary level. IELS provides benefits to the rural people and saving the referral charges, transport costs of rural people. IELS improves the PHC performance with effective service to the rural people.

Keywords: Equipment and Reagents, HUB & SPOKE MODEL, Sample Transportation.

28. CUTANEOUS MANIFESTATIONS OF DIABETES MELLITUS IN A RURAL PRIMARY CARE CENTRE IN THANJAVUR DISTRICT 2024 -A CROSS SECTIONAL STUDY

Supriya.E, Myvizhi .J ,Kayathri.S

Abstract:

Background

“Skin is a mirror of internal diseases”. Diabetes mellitus (DM) is a metabolic disorder that needs considerations of many different specialities but the importance of dermatologist’s knowledge has not drawn much attention. As a result, we intend to study various cutaneous manifestation of diabetes mellitus. Prior to diagnosis of diabetes mellitus, patient may present with cutaneous manifestation. Thus, it can help in early diagnosis, management and prevention of complication and help in improvement of quality of life.

Methods

This was a descriptive cross-sectional study. A total of 180 diabetic patients with cutaneous manifestations, who attended outpatient department (OPD) at Primary health centre, adhambai, India, were evaluated. Detailed history was taken along with physical and mucocutaneous examination. Cutaneous manifestations, general description of diabetes mellitus like duration, type, and drug history as well as the demographic data were collected and analysed using descriptive statistics.

Results:

Based on the preliminary analysis,180 diabetic patients were included in the study. Among them,105 were males,75 were females. Cutaneous manifestations were present in 75%(135) of patients. Most common cutaneous manifestations were skin tags, acanthosis nigricans,diabetic foot ulcers,xerosis,fungal infections were found in thisstudy.Rare manifestations such as vitiligo,xanthelasma were present.

Conclusions

The ignorance of skin manifestations in diabetes or improper treatment may worsen the condition. Early detection and treatment of common skin manifestations in diabetes will prevent further complications especially in cases of extensive tinea corporis, pruritus, psoriasis, lichen planus, macro and micro angiopathies etc.

Keywords

Cutaneous manifestations, Diabetes mellitus

29. DESCRIPTION AND EVALUATION OF POST-EXPOSURE PROPHYLAXIS WITH SINGLE DOSE RIFAMPICIN TO LEPROSY HOUSEHOLD CONTACTS, TIRUVALLUR DISTRICT, TAMIL NADU, SOUTHERN INDIA, JUNE 2023 -AUGUST 2023: A CROSS-SECTIONAL STUDY

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Background: The WHO technical guidance 2018 recommended post-exposure prophylaxis with single dose rifampicin to close contacts of leprosy as key strategy towards zero transmission. In Tiruvallur district of Tamil Nadu we identified fluctuating annual new case detection, poor detection through contact tracing and no evaluation since implementation. In view of this, we evaluated the extent of implementation of the National Leprosy Eradication Programme (NLEP)'s strategy of chemoprophylaxis with single dose rifampicin to close contacts of leprosy during 2023.

Methods: We did a cross-sectional study during June 2023 to August 2023 in Tiruvallur district involving all the 67 primary health centres (PHC). We interviewed 25 healthcare workers involved in the programme, 57 index cases and their 147 household contacts. We extracted data from the documents and records pertaining to guidelines, training and reports generated by the district leprosy office. We assessed the inputs, processes and outputs of the program across 45 health facilities in the district (logical model) and calculated the indicators for proportion of trained health care workers; availability of registers and rifampicin, information, education and communication (IEC) materials at health facilities, and funds for drug procurement.

Results: Chemoprophylaxis with single dose rifampicin was 100% accepted among household contacts. Majority of the programme staff received necessary training (78%= medical officers; 64%=healthcare workers). They reported challenges such as the absence of contact registers and rifampicin stock at healthcare facilities. They enrolled 92% of index cases, screened all their household contacts to identify 91% of them eligible for prophylaxis. They provided rifampicin for 94% of them and none reported adverse events. IEC materials were displayed in 93% of the surveyed health facilities.

Conclusion: To enhance the effectiveness of this approach, we recommend the implementation of systematic documentation through the use of contact registers for improving the number of neighbourhood and social contacts and follow up of contacts to record adverse events.

Key-words: Leprosy, neglected disease, chemoprophylaxis, mycobacterial infection

30. DESCRIPTIVE ANALYSIS OF DISTRICT PUBLIC HEALTH LABORATORY (DPHL) OPERATIONS IN THE INTEGRATED DISEASE SURVEILLANCE PROGRAM (IDSP): THE NAMAKKAL EXPERIENCE

Dr. Poonkodi K, District Health Officer, Namakkal
Dr. Arjuhn R, DPO (NCD), Namakkal

Background

District Public Health Laboratories (DPHLs) were established to enhance disease surveillance in districts. Initiated by the Government of India in 2010, DPHLs were first introduced in Cuddalore and Ramanathapuram under the IDSP in March 2011. Due to their success, the program expanded to six additional districts in 2011-12 and 24 more in 2012-13, including Namakkal.

Aim

This study aims to illustrate the performance of the DPHL in Namakkal, focusing on its role in outbreak investigations and routine surveillance activities.

Methodology

This descriptive study utilizes secondary data from the DPHL.

Outcome

Rationale of DPHL

DPHLs not only conduct clinical sample investigations but also actively participate in fieldwork for outbreak investigations and surveillance activities.

Evolution of DPHL in Namakkal

- **2013:** Appointment of Microbiologist
- **2015:** Appointment of Lab Technician
- **2016:** Appointment of Lab Attendant
- **2014:** Initiation of OT Swab and Clinical Sample Culture Work
- **2015:** Elisa Performance Started
- **2017:** Water Coliform Testing Began
- **2023:** DPHL Relocated to Ernapuram PHC

Role of DPHL in Outbreak Investigations

DPHL has been actively involved in various outbreaks, including food poisoning, fever, ADD, typhoid, leptospirosis, chikungunya, and chickenpox. Their field involvement aids in prompt investigations and accelerates outbreak control measures.

Water Coliform Testing at DPHL Namakkal

Water coliform testing ensures safe drinking water by detecting harmful bacteria and preventing waterborne diseases. Regular testing helps identify contamination sources and supports public health initiatives.

Discussion

DPHLs are crucial for disease surveillance, epidemiological surveys, and operational research. They support epidemic prevention and control by providing rapid and accurate diagnoses. The recent shift of DPHL Namakkal to Ernapuram PHC, while focusing on outbreaks and surveillance, has faced infrastructural challenges affecting culture sample testing.

Key Functions of DPHL

DPHLs provide comprehensive laboratory services, support outbreak investigations, conduct water culture tests, and offer technical support and training to peripheral laboratories. They also contribute to various public health programs and ensure timely data for decision-making.

Conclusion

DPHLs play a vital role in disease surveillance and prevention, enhancing public health through accurate diagnostics and timely interventions. Strengthening laboratory services and investing in infrastructure are essential for effective disease control and quality healthcare

31. EFFECTIVENESS OF SURVEILLANCE OF DIPHTHERIA AND PERTUSSIS IN TAMIL NADU: A SECONDARY DATA ANALYSIS

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1. Directorate of Public Health & Preventive Medicine
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Introduction:

In spite of effective immunisation services, Vaccine preventable diseases occur. Surveillance for VPDs forms part of wider infectious public health surveillance and is the strategic priority for achieving Immunisation agenda 2030. In order to achieve the Immunization agenda 2030, key indicators for monitoring VPD surveillance needs to be evaluated from time to time. Hence it is essential to track the progress regarding the performance of Diphtheria and Pertussis surveillance.

Objective:

To assess the effectiveness of surveillance of Diphtheria and Pertussis in Tamil Nadu during Jan 2023-Dec 2023

Materials & methods:

This retrospective study was done using the surveillance data of Vaccine Preventable Diseases. The data was retrieved from the VSIMS - Vaccine Preventable Diseases Surveillance Information Management System portal. All the Diphtheria and Pertussis suspect cases reported during Jan 2023 to Dec 2023 were extracted from the portal using the data extraction sheet.

Results:

The proportion of suspect cases with timely notification was 89.1 % for Diphtheria and 89.47 % for Pertussis. Proportion of suspected cases with timely investigation were 93.1 % and 91.23 % for Diphtheria and Pertussis respectively. Among 96.04% of suspected Diphtheria cases and 89.47% suspected cases of Pertussis, only one sample was collected. Active Case Search (ACS) was done following 33.66% of Diphtheria suspect cases and 17.54% of pertussis suspect cases. Follow up was done in 48.51% of Diphtheria suspect cases and 26.32% of Pertussis suspect cases.

Complete result awaited.

Conclusion:

Though timely notification and timely investigation is above the expected target, other indicators like Active Case Search, Adequate Sample collection needs to be improved.

Key words: Surveillance, Vaccine Preventable Diseases, Effectiveness.

32. ENHANCING CANCER CARE THROUGH ZONAL WHATSAPP GROUPS: TREASURING REFERRALS, INVESTIGATIONS AND FOLLOW-UP TOP OF FORM

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Problem Statement:

There were an estimated 20 million new cancer cases and 9.7 million deaths globally in 2022. About 1 in 5 people develop cancer in their lifetime. In India, one in nine people are likely to develop cancer in his/her lifetime and the incidence of cancer cases is estimated to increase by 12.8% in 2025 as compared to 2020. As screening is increased through Makkalai Thedi Maruthuvam, a flagship initiative by Government of Tamil Nadu, delays in referrals, investigations, biopsy reporting, and follow-up of positive cases hinder the effectiveness of cancer care.

Local Setting:

According to NFHS-5, Villupuram ranks one among the best in Tamil Nadu for cancer screening, with 14.7% of women screened for breast cancer and 8.8% for cervical cancer, and 3.7% for oral cancer. However, the challenge lies in ensuring timely follow-up after initial screening. A gap exists in maintaining consistent communication among healthcare providers to streamline patient care post-screening.

Approach: Zonal WhatsApp groups were introduced to bridge communication gaps among healthcare providers. These groups enabled the pre-intimation of referrals, faster coordination for early investigations, and priority-based biopsy reporting. WhatsApp also facilitated follow-ups for positive biopsy cases, allowing real-time communication among the health workers. This system improved the speed and efficiency of post-screening care.

Relevant Changes: Pre-intimation on WhatsApp allows quicker patient transfers and fewer delays. Investigations were fast-tracked, shortening the time from screening to diagnosis. Urgent cases were flagged for prioritizing biopsy reporting, reducing waiting times. Positive biopsy cases were tracked closely to ensure prompt follow-up and continued care.

Lessons Learnt: Simple communication tools like WhatsApp can significantly enhance coordination between healthcare providers. While screening rates are improving consistently, ongoing success depends on improving the follow-up process, ensuring patients receive timely treatment after positive screenings. Active participation from all healthcare professionals in the WhatsApp groups is crucial for maintaining momentum and ensuring consistent follow-up.

Keywords: Cancer, whatsapp group, communication, follow-up

33. EVALUATION OF IDHAYAM KAAPOM THITTAM-EMERGENCY CARDIAC LOADING DRUGS PROGRAMME IN PATIENTS WITH ACUTE CORONARY SYNDROME IN UPHCS AND UHWCS OF THANJAVUR CORPORATION, TAMIL NADU, INDIA, 2024.

Dr.V.S.Venkadesh, Medical Officer, Urban Health & Wellness Centre, Thanjavur

Background

Cardiovascular disease (CVD) is the leading cause of death worldwide, accounting for about 31% of global deaths. About three quarters of these deaths occur in low-income and middle-income countries. Compared with the high-income countries, ischemic heart disease (IHD) in low- and middle-income countries is characterized by premature onset and high case fatality rate. In India, CVD is responsible for about 27% of all deaths. The age-standardized death rate from CVD in India is 272 per 100 000 population as compared with global average of 235 per 100, 000 population. In Tamil Nadu, Idhayam Kappom scheme was launched on 27.06.2023 for providing Emergency loading Cardiac doses orally at the Health Sub-centres to prevent deaths due to heart attack. Between June 2023 and June 2024, a total of 8,500 patients with suspected cardiac symptoms were administered Emergency Cardiac Loading dose and promptly referred to the nearest Hub hospital within the Golden Hour thereby saving their lives.

Methods:

We will describe the Emergency Cardiac Loading Drugs Programme using National Health Mission guidelines and stakeholder interviews. We will use logical framework approach for evaluation of the programme using indicators for inputs, process, output and outcome. Data will be abstracted from patient registers and follow-up registers. We will be doing a facility survey non-participant observation checklist.

Results:

61 patients who received Emergency Cardiac Loading Drugs came to the OPD within the Golden Hour and thus all the patients are stable and on regular medications and follow – up.

Conclusion:

This study will help us to understand the benefits as well as challenges of the Idhayam Kaapom Thittam-Emergency Cardiac Loading Drugs Programme. This in turn will help us to overcome the challenges and improve the quality of services.

34. GUILT COMPLEX OF WORKING MOTHERS ON CHILD CARE

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Chennai

Background of the study:

“Feeling of guilt” is defined as a feeling of guilt over one's own action. Working mother’s guilt is **unpleasant feelings** about being a working mom. Along with motherhood, work adds to the wholeness of being a woman. Maternal guilt is prevalent in all countries, as most mothers report feeling guilty about their inability to live up to the high standards set by intensive mothering. While research has shown that guilt pervades mothers' experiences, less focus has been paid to what mothers *do* about the guilt they feel.

Aim of the study:

Is to assess guilt complex of working mothers On child care in selected town areas of Coimbatore district, Tamil Nadu.

Material and methods:

A quantitative research approach and a descriptive study design were used. Non-probability purposive sampling technique was used to select 50 working mothers. A structured questionnaire was used to assess the socio-demographic data. The psychological test for Guilt was used to measures the level of guilt for working mothers. Data were analyzed using quantitative analysis.

Results:

Mothers experienced guilt as they perceived themselves was measured. The result analysis reveals that 66% have moderate guilt complex, 20% have severe guilt complex, 8% have extreme guilt complex and least 6% of working mothers have mild guilt complex.

Keywords: Working Mothers, Child Care, Guilt Complex.

35. HEALTH RELATED QUALITY OF LIFE AND ITS DETERMINANTS IN CHRONIC KIDNEY DISEASE: A HOSPITAL-BASED CROSS SECTIONAL STUDY IN MANGALORE, KARNATAKA

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Academy of Higher Education, India

Background:

Chronic Kidney Disease (CKD) has become a critical public health concern, with the rising burden of non-communicable diseases (NCDs). Patient-reported outcomes have gained prominence in the management of chronic noncommunicable diseases. Quality of life is considered as an important measure of how diseases affects patients' lives, especially for long-term diseases like CKD. Hence the study aimed to assess the Health-Related Quality Of life (HRQOL) and to determine the factors affecting the HRQOL in CKD patient

Methods:

A cross sectional study was conducted at two tertiary care teaching hospitals under KMC Mangalore . A total of 150 CKD patients were recruited through consecutive non-probability sampling. Data was collected using the Short Form 36-Items (SF-36) and analyzed using SPSS version 29.0. Descriptive statistics like percentage, median and interquartile range IQR were used to summarize patient's base line characteristics. Mann Whittney U test and ANOVA were done to compare two groups and more than two groups respectively.

Results:

HRQOL decreased progressively across the stages of CKD. A significant reduction was seen in the physical and mental component summary score with the progress of CKD ($p < 0.05$). Lower scores in SF-36 domains were significantly associated with polypharmacy, presence of multimorbidity and Hb < 11.5 ($p < 0.05$). Individuals with higher educational level and currently employed displayed higher physical component summary values ($p = 0.041$). Older patients had a lower physical component summary score ($p = 0.094$). Individuals with higher socioeconomic status and presence of health insurance had a higher mental component summary scores ($p < 0.05$)

Conclusion: HRQOL in CKD is significantly impacted even before the patient reaches end stage renal disease. Evaluating HRQOL helps healthcare providers in monitoring disease progression, early identification of patient needs, and providing a personalized care plan. This can improve treatment compliance, reduce the burden of comorbidities, and improve overall health outcomes.

Keywords: Chronic Kidney Disease, Quality of life.

36. IMPACT OF ENHANCED VIGILANT SURVEILLANCE ON THE REDUCTION OF MALARIAL INCIDENCE: A DECADE-LONG ANALYSIS (2013-2023) – USING SECONDARY DATA.

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Introduction:

Malaria is a major health concern in India caused by protozoan parasites of the genus plasmodium. In Tamilnadu, malaria is confined to some of the urban, coastal and Riverine areas such as Corporation of Chennai, Ramanathapuram, Paramakudi, Thoothukudi, Kanyakumari, Krishnagiri, Dharmapuri and Thiruvannamalai. Due to its exponential spreading rate NMEP(1958) has been framed to eliminate the disease in our country. In 2003 all vector borne disease including malaria were brought under the umbrella of National Vector Borne Disease Control programme(NVBDCP).

Methods:

The Rameshwaram island in Ramanathapuram District of Tamilnadu was once a Malaria Endemic area. Data including year wise malaria positive cases, year wise Blood smear positive cases, Annual parasite index, Annual Blood Examination Rate, Slide Positivity Rate, Slide Falciparum Rate were analysed for a period of 10 year.

Results:

As a result of effective strategies of control of malaria in NVBDCP, Data showed a pattern of a fall in the malaria cases.

Conclusion:

The incidence of malaria has been declined considerably due to intensive control measures carried out by the department of public health and preventive medicine. In spite of adequate measures malaria remains a major public health problem. Therefore control activities should be continued in a strengthened manner.

37. IMPACT OF SOAKING,SCRUBBING,OILING,DRESSING PROCEDURE FOR LEPROSY CURED PERSONS WITH ULCERS OF FOOT IN REHABILITATION HOME-DIFFICULT TERRAIN OF ERODE DISTRICT

Dr.Ravindran.T.R.

Mr.K.Naresh Kumar, Damien Foundation India Trust Coordinator

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Background:

- Erode district has 2.5million population. About 552 disabled persons after completing the treatment for leprosy are living in the whole district.
- Government Rehabilitation Home for persons affected by leprosy was built in 1974 in Vinnappalli, Erode district .It was maintained by Department of Prison previously and by Differently abled Welfare Department in recent times.
- Medical officers without NLEP experience were treating them for decades.19 persons, out of 45 inmates had ulcers of feet, which disabling them for day to day activities.

Methods:

- District Nucleus Team of Erode with Damien Foundation India Trust Coordinator planned and implemented monthly visit.
- SSOD -Soakig, Scrubbing, and Oiling, Dressing procedure to prevent and heal the foot ulcers was done monthly for the last 18 months.
- Soaking plastic tubs, smooth surfaced scrubbing stone, Micro cellular footwear, gauze cloth pieces, liquid paraffin issued regularly.
- SSOD procedure is monitored daily by paramedical staff.

Results:

April 2022 – 8 male and 7 female had single foot ulcers. 2 male and 2 female had both feet ulcers. 2 male and 2 female had cracks, callosity of the soles. 22 had no cracks, ulcers, and callosity.

After the regular supervised SSOD procedure for the past 18 months

October 2023 - 2 male and 1 female had single foot ulcers.

August 2024 - 2 male with non-healing ulcers-biopsy done-Squamous cell carcinoma-Below Knee amputation planned.

Conclusion:

- SSOD procedure to the leprosy cured disabled persons who are staying in Government Rehabilitation Home due to family/social reasons in a very hard to reach area in terrain of Erode district,has cured more than 90% of foot ulcers.
- This changed the quality of life of them without bandages of feet,moving along with all in social functions and festivals ,when they are going after getting permission to leave Rehabilitation home.

Keywords: (SSOD,Rehabilitation home,foot ulcers)

38. CAN TAILORED INTERVENTIONS ENHANCE KANGAROO MOTHER CARE PRACTICES AT HOME AMONG MOTHERS IN RURAL TAMIL NADU

Dr. Kartik Palaniappan, Dr V Muthupandi, Dr Devika S, Dr T. S. Selvavinayagam, Dr Madhanraj Kalyanasundaram

Introduction:

Low birth weight (LBW) children face high risks of morbidity and mortality, making it a leading cause of neonatal death. The World Health Organization recommends Kangaroo Mother Care (KMC) as a protective measure for LBW infants. Although the National Health Mission supports KMC at home, it was underused in Theni district. To address this, we implemented KMC at home and aimed to assess the proportion of infants receiving KMC for 28 days or until the baby wriggled out. We also evaluated the enablers and barriers to practicing KMC at home.

Methods:

We used a mixed-method study design to assess KMC practice in Theni district. Infants discharged from the Sick Newborn Care Unit (SNCU) from February to May 2024 were included. We developed an intervention package which involved training Village Health Nurses (VHNs) for providing advice to mothers during home visits, training staff nurses, providing self-instruction manuals and establishing communication channels. We created benchmarks to assess the outcomes of the implementation. In-depth interviews with four providers and six beneficiaries explored enablers and barriers to home-based KMC practice.

Results:

The study involved 88 participants. Over 95% of healthcare workers were trained. All mothers received structured discharge advice, 80% got self-instruction manuals, and 30% received reinforcement advice. KMC was practiced by 71% of mothers 28 days post-discharge, with standalone skin-to-skin care and exclusive breastfeeding rates at 73% and 87%, respectively. Barriers included lack of family support and the difficulty of KMC, while weight gain and the babies' healthy status were enablers.

Discussion:

The intervention package successfully implemented KMC. It was well received by mothers and is manageable with existing resources. We successfully achieved 71% KMC practice in Theni district, going beyond the established benchmark of 60%. Further improvement can be achieved by reinforcing KMC benefits to mothers through field visits and group counselling.

Key words: Health personnel training, exclusive breast feeding, health program implementation, Infant, postnatal care, Low birth weight, kangaroo mother care.

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District Health Officer Dr. P. Kumaragurubaran, Madurai district
Mrs. P.G. Kokila, DMCHO, Theni district
All CHNs, SHNs, VHNs, Staff nurses of KMC ward- Theni Medical college.

39. IMPLEMENTATION RESEARCH ON THE WHO ANTENATAL CARE GUIDELINES ADAPTED TO STATE SPECIFIC CONTEXT FOR IMPROVED QUALITY OF CARE, VILLUPURAM DISTRICT, TAMIL NADU, INDIA, 2022-2024

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²District Health Officer, Villupuram District, India

Background:

In India, it is estimated that 45,000 women died in 2016 due to preventable pregnancy-related cause, many of which can be prevented through provision of high-quality health care services across pregnancy. In Tamil Nadu, 64.0% of women came in for their first ANC visit in their first trimester and 81.1% of women had 4 ANC check-ups during the same time period, clearly indicating issues related to the quality of ANC service provision. This study outlines an implementation research study to better understand what it will take to provide quality, integrated and person-centred ANC implementing the country-specific ANC package.

Methods:

We employed a stepped-wedge cluster randomized design, for the study, with each cluster composed of two selected PHCs, within each block. The study period of 24 months was divided into six periods of four months each covering baseline data collection and implementation of state specific package, through supply of ANC kits, trainings and supportive supervision. Two cohorts of 240 pregnant women were enrolled and followed through the course of their pregnancy; comparison arm not exposed to the intervention and the other exposed to the intervention. Quantitative data collection was done for adherence to good ANC practices and early initiation of ANC.

Results:

Healthcare workers training increased their knowledge and skill regarding ANC package. Providers competency was found to be significantly increased through continuous supportive supervision. With supply of sufficient ANC kit comprising equipment, drugs and point of care test kits, Adherence to good ANC practices increased from baseline 43% to a staggering 97%. A significant increase in early ANC initiation and First AN visit testing for syphilis, HIV and Hemoglobin among pregnant women was also observed in the study.

Conclusion: The implementation of state-specific ANC package (including targeted community engagement) increased early initiation of ANC among pregnant women. The adherence to the state package of ANC interventions by health care providers improved with the state-specific ANC package, when the human resources training and supervision needs of implementing the state-specific ANC package were provided. Global knowledge transfer and standardized approaches to adapting and implementing WHO evidence-based recommendations, help in understanding how to sustainably deliver an updated, quality, country-specific intervention service package for ANC.

Keywords: state-specific ANC package, early ANC initiation, syphilis, HIV

40. INDIAN DIABETES RISK SCORE AS A SCREENING TOOL FOR ASSESSMENT OF DIABETES

Dr.Divya, Dr.Rajmohan, Dr.Saravanan, Dr.Aarthi Priyanka, Dr.DiviyaVarshini

Thiruvengadu Chc, Mayiladudhurai

Background:

Screening for diabetes using Indian Diabetes Risk Score(IDRS) is a simple, cost effective and feasible tool for mass screening in community level. It assess the risk of developing diabetes among individuals and also for regular follow up.

Methods:

A cross sectional study was conducted in OPD attending patients aged 20 years and above for 1 month.The score is calculated using 2 non modifiable risk factors (AGE and FAMILY HISTORY) and 2 modifiable risk factors (WAIST CIRCUMFERENCE AND PHYSICAL ACTIVITY). High, moderate and low risk groups were selected based on scores.

Results:

In this study, 55% were above 50 years, 45% were found to have normal waist circumference. 60% did moderate exercise and 73% had no history of diabetes in their parents.33% were found to have low to intermediate risk and 67% were found to have high risk, known or newly diagnosed DM subjects. IDRS could detect 76% known diabetic subjects as high risk.

Conclusion:

Early detection and screening for high risk persons could aid in the timely diagnosis and treatment of diabetes mellitus and its complications, thereby delaying or preventing its occurrence.

Keywords:

IDRS, diabetes mellitus, screening, community.

41. INFLUENCE OF SOCIODEMOGRAPHIC CHARACTERS ON FEMALE STERILIZATION IN THANJAVUR DISTRICT FROM 2023-2024

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Primary Health center, Thondarampattu ,Thanjavur HUD

Background:

Unplanned pregnancy may be the reason for many neonatal and maternal morbidity. Many factors have been reported to be associated with acceptance of female sterilization. Once we aware of the association between different sociodemographic factors and the level of acceptance of female sterilization, we can implement necessary public health interventions to raise the level of acceptance of female sterilisation.

Methods:

A record-based study was done using data from the register maintained at the family welfare unit of Thanjavur HUD. Analysis of operated cases of female sterilization done during July 2023 to August 2024 was performed

Result:

A total of 9672 cases were performed. Based on the preliminary data obtained, Mean age of females undergoing sterilization procedure was 26 +4years. Among them 2,469 females have 3 living children. Majority i.e. 7236 had the age of their last living child less than 1 month. There was a significant relationship of female education with total number of living children. Higher order birth is higher among illiterate and low socioeconomic class females

Conclusion:

Female education plays a role in deciding sterilization

Keywords:

Female sterilization ,age, parity, education

42. KNOWLEDGE ABOUT AEFI and ITS REPORTING AMONG VACCINATORS IN PRIMARY HEALTHCARE, THANJAVUR DISTRICT, 2024

Mrs.S.Beema¹, Dr.B Kalaivani², Dr Elavarasan Mathivanan³, Mrs.M. Latha⁴
Mrs.K.Thirunavukarasi⁵

1-Mentor Staff Nurse Orathanadu Block Thanjavur hud, 2- District Health Officer Thanjavur, 3- District Epidemiologist, Thanjavur, 4- Mentor Staff Nurse Naducavery Phc Thiruvaiyaru Block Thanjavur hud ,5- Mentor Staff Nurse Thiruvaiyaru Block

Background:

Adverse Event Following Immunization is critical component of India's Universal Immunization Programme. The success of any national vaccination programme hinges not only on the implementation of the vaccination process, but also on the robust monitoring of any potential adverse event following the immunization. The data generated through vaccine safety surveillance helps in ensuring that vaccine used in the country are safe. Health care workers should be well aware about all AEFI and know about importance of timely reporting of AEFI

Objective:

The aim of this study is to assess the Knowledge of the vaccinators regarding reporting of AEFI Thanjavur district, 2024.

Materials And Methods:

A Prospective, Cross-Sectional study was conducted among vaccinators working in Primary Healthcare centres of Thanjavur district during September 2024. Pre-designed structured questionnaire was used to collect data about the knowledge regarding AEFI and its reporting.

Results:

A total 124 vaccinators participated in study. More than 80% participants knew about vaccine product and vaccine quality defect-related reaction as possible causes of AEFI. 90% knew about swelling as commonest AFEI. The 94% had knowledge about management of common AEFI. 78.2% had knowledge about Severe AEFI management.73.4% vaccinators knew anaphylaxis as one of severe AEFI and 96.2% were aware that AEFI should be reported.

Conclusion: There was knowledge present regarding possible causes, types and management of AEFI among vaccinators, but still there was lack of training, there is need of training and retraining of vaccinators to ensure best practices in national immunization programs.

Keywords: AEFI management;AEFI reporting, vaccination, adverse events

43. KNOWLEDGE, ATTITUDE AND PRACTICE LEVELS REGARDING SYNDROMIC MANAGEMENT OF SEXUALLY TRANSMITTED INFECTIONS (STI'S) AND CONTACT TRACING AMONG MEDICAL OFFICERS IN URBAN MADURAI - A CROSS SECTIONAL STUDY

Background:

Syndromic management is a practical approach used in the treatment of sexually transmitted infections (STIs) that focuses on treating symptoms and signs rather than waiting for specific diagnostic test results. Medical professionals need a solid understanding of syndromic management principles, including syndrome identification, treatment protocols, follow-up care, and prevention strategies.

Objectives:

To estimate the knowledge, attitude and practice levels regarding Syndromic Management of Sexually Transmitted Diseases (STD'S) among primary health care medical professionals in Madurai Corporation.

Methodology:

A questionnaire based cross sectional study will be done to estimate the awareness levels regarding syndromic management and contact tracing among medical professionals in urban Madurai.

Results:

There is adequate knowledge among professionals whereas there is poor practice (ie treatment and follow up)regarding syndromic management. Compared to general practitioners , specialists diagnosed the cases more correctly.

Conclusion:

This study demonstrates the continuous education about syndromic management and willingness (ie attitude) of physicians to take up the case, treat and follow up , to be the need of the hour to prevent Sexually Transmitted Diseases and HIV.

Keywords:

Syndromic Management, Medical Officers, Primary Health Care, Madurai Corporation

44. KNOWN NAME-UNSEEN FACE -DAPSONE ALLERGY –AWARE OF RARE ADVERSE REACTIONS

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Introduction:

Dapsone is one of the 3 drugs in Multi Drug Therapy for Leprosy since 1955. Its adverse reactions are 3 types immediate- self-limiting & life threatening, and delayed, life threatening, thus warranting to stop either Dapsone alone or Whole anti leprosy treatment.

Background:

Around 5,000 patients are taking Dapsone for Leprosy per year in Tamilnadu.

Villupuram and Kallakurichi districts are highly endemic for leprosy for many decades with an average of 235 new cases per year in both districts.

Retrospective analysis of adverse events to Dapsone for the past 3 years in 630 patients done.

To create awareness to all health care providers especially in public health, about the peculiar, deceiving manifestations of adverse reactions to Dapsone, which need emergency medical intervention to decrease the morbidity and mortality.

Materials:

3 years data of both districts-total, new cases, adverse reactions to Dapsone.

Methods:

Study of 3 types of adverse reactions to Dapsone.

Results:

1. Immediate, self-limiting:

Onset-occurs within 6-24 hours

Cause-Idiosyncrasy

Clinical features-Severe intractable itching, swelling of face and skin lesions, headache, nausea, not able to sleep.

2021-2 female, 2022-1 female, 2023-2 female, 2024-2 female, 1 female child

2. Immediate, life threatening:

Onset-within 7-30 days

Cause-Glucose-6-Phosphate Dehydrogenase deficiency, Dose related.

Clinical features -Syncope, fatigue, hypoxia needing Intensive Medical Care as In-Patient. 2023-1, 2024-1 needed Intensive medical care

3. Delayed, life threatening:

Onset-occurs after 2-6 weeks

Cause: Genetic HLA -B 13:01

Clinical features -Fever, Loss of appetite, Jaundice, Peeling of skin with itching, Syncope due to Methaemoglobinaemia, Liver failure, Death.

2021-nil

2022-2 female

2023-2 Female, 4 Male

2024- 2 Female

Conclusions:

1. Do routine blood investigations before and during the Anti-leprosy treatment.

2. Awareness of these symptoms is essential to all Public Health Care Providers to stop Dapsone immediately and refer to Tertiary care centers.

3. To decrease the morbidity and mortality due to anti leprosy treatment, in Leprosy with no mortality per se.

Keywords:

Adverse Drug Reaction, Dapsone, Fever and Jaundice in leprosy

45. LEAN DIABETES MELLITUS; AN EMERGING ENTITY IN THE ERA OF OBESITY

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Introduction :

Diabetes mellitus, the most common metabolic condition, is associated with substantial disease burden, including increased mortality risk and significant long-term morbidity¹⁻³. The global transition of lifestyle, unhealthy habits of consumption of high-energy foods, physical inactivity and stress are driving the epidemic of type 2 diabetes mellitus worldwide at rapid pace. Evidence shows that obesity has been a notable risk factor for diabetes. However, beyond the classical type 2 diabetes and other well-defined types of diabetes like type 1 Diabetes mellitus, maturity onset diabetes of the young (MODY), gestational diabetes etc. there is a renewed interest in the underweight or normal weight/lean diabetes that is emerging.

Paradoxically, nearly 80% of Indian type 2 diabetic patients are non-obese, whereas 60-80% of such diabetics in the West are obese⁴⁻⁵. Increased concentration of nonesterified free fatty acids (NEFA) from adipose tissue leads to insulin resistance and pancreatic beta cell dysfunction, which are key pathogenic factors for development of T2DM. Among Asian population, insulin resistance is more prevalent which is associated with high concentration of NEFA in plasma even in lean diabetics.

Aim And Objectives :

1. To study the prevalence of lean type 2 DM among diabetic patients.
2. To study and compare the clinical and biochemical profile of lean type 2 diabetic patients with normal, overweight and obese
3. To compare the presenting complications of the lean with normal, overweight and obese type 2 DM.

Methodology:

Observational and Cross-sectional study. The study group includes the patients attending diabetic OPD in Kovilpatti Uphc. SAMPLE SIZE : 200 patients. STUDY PERIOD : March-August.

Inclusion Criteria:

All patients with type 2 DM with age between 18 to 65 years, both males and females with BMI < 18.5 kg/m² (Lean type 2 DM), BMI between 18.5 and 24.9 kg/m² (normal weight type 2 DM), BMI > 25 kg/m² (overweight and obese type 2 DM).

Exclusion Criteria :

Type 1 diabetic patients, gestational diabetic patients, Any seriously ill patients whose sensorium and higher functions are altered. Patients suffering from acute myocardial infarction, renal failure, liver disease, carcinoma and severe infections. Glycemic status will be assessed using fasting and 2 hours postprandial blood glucose and HbA1c. Lipid profile and urinary microalbumin, urine routine and renal functional test will be assessed for each patient. Nephropathy will be diagnosed on basis of persistent proteinuria in absence of UTI. Fundus examination will be done by expert ophthalmologist. Neuropathy will be diagnosed on basis of subjective symptoms, objective evidence of absence of ankle jerk, glove and stock type of anaesthesia or monofilament testing. Diabetic foot examination by bedside clinical tests. Ankle Brachial index will be done if the patient has any symptoms of vascular disease. Patients will be considered to have ischaemic heart disease based on ecg and echo.

Conclusion:

To find the percentage prevalence of lean type 2 diabetes mellitus patients and to compare their clinical, biochemical profile and complications with normal, overweight and obese type 2 diabetic patients using statistical analysis.

Keywords:

Lean Diabetes, Complications, Outcome...

**46. LEPROSY PRESENTING AS SOFT TISSUE MASS-ULNAR NERVE
ABSCESS- A CASE REPORT**

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Leprosy is essentially a disease of skin and peripheral nerves. Ulnar nerve is the commonest nerve to develop abscesses due to leprosy. Here, a case is reported which presented as tender swelling on the medial aspect of left upper arm. Cutaneous examination revealed a single small anesthetic patch over dorsum of left hand and motor examination revealed left claw hand. Based on clinical suspicion of abscess, surgical excision of ulnar nerve and nerve decompression was done. Histological evaluation showed extensive caseation necrosis and granulomatous inflammation and special stains confirmed presence of AFB bacilli. MDT was started after surgery. In conclusion, awareness of atypical manifestations of leprosy is needed to avoid complications like rupture and sinus formation

47. NON-ALCOHOLIC FATTY LIVER – FORTHCOMING EPIDEMIC

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CHC/ Thiruphukuzhi. 2. District health officer, Kancheepuram district

Introduction:

Non-alcoholic fatty liver disease (NAFLD) is one of the most common liver disease in worldwide with a global prevalence of approximately 30%. However, the prevalence of NAFLD had been variously reported depending on the co-morbidities. The rising prevalence of obesity in both adult and paediatric population is projected to consequently continue increasing trend in NAFLD prevalence.

Objectives:

To screen, test and treat early detection of NAFLD cases in co-morbidities at the primary care level to avoid secondary complications.

Problem Identification:

Most of the people are unaware that they have NAFLD because signs and symptoms typically do not appear until significant irreversible damage has already occurred which leads to silent growing threat in liver health.

Key findings:

The global prevalence of NAFLD is estimated at 25-30% in 2022. A meta-analysis revealed that in India among adults, pooled prevalence of fatty liver was 38.6% while among obese children, it was around 36%.

There is a close link between fatty liver disease and metabolic syndrome including obesity, diabetes, high blood pressure and elevated cholesterol levels. Individuals with these conditions have high MASLD prevalence rate: 55.5% to 59.7% for diabetes, 64.6% - 95% for obesity and 73% for severe metabolic syndromes.

Diagnostic strategy**I. Primary Care Level:**

1. In MTM programme, to identify high risk people like with uncontrolled diabetes, hypertension, obesity, elevated lipid profile patients and family history NAFLD cases to do ultrasound screening early for detection of confirmed cases
2. Follow up the detected cases and refer to secondary and tertiary care.

II. Secondary care level:

To establish mobile scan unit with radiologist.

To organise periodical ultrasound screening activity carried out in rural areas co ordination with primary care .

III. Tertiary care level:

To do periodical check up by gastroenterologist and perform fibro scan, liver biopsy for needed patients and medical management.

Recommendation:

1. To establish a mobile scan unit with radiologist at secondary care level for extending service to primary care level.
2. Establish a tele medicine unit at primary care level, secondary care and tertiary care level for medical management .
3. To conduct speciality camps twice in a year exclusive for co- morbidities all in one roof for early detection of NAFLD cases and Diabetic and Hypertension secondary complications .
4. To establish the fibro scan unit in all tertiary care level.
5. Mandate the ultra sound whole abdomen screening to be include in all master health checkups.

Conclusion:

India accounts for 14.5% of global non-communicable diseases deaths, with 4.1 million annually. The country's higher than average prevalence of NAFLD calls for public health threat need for early detection. Intersectoral approach, ultrasound, comprehensive metabolic screening and Elastography to effectively detect and manage liver diseases at an early stage. Programs like MTM, can help to identify high-risk individuals, mobilize them to early liver screening and ensure diagnosis and treatment. This approach is vital for reducing NAFLD's impact and improving outcomes.

48. KNOWLEDGE ATTITUDE PRACTICE STUDIE ON BREAST CANCER AMONG FEMALE POPULATION IN PUDUKKOTTAI DISTRICT.

Investigator: Dr.T. Eswaramoorthy

Co-Investigator: Dr. K.Priyanka

Carcinoma breast is the second most common cancer in females. It is more prevalent in postmenopausal women but the incidence starts in females above 35 years of age. It has become more common in developing countries. Many risk factors have been attributed to breast cancer but most of them are non modifiable. So it is essential that the women in reproductive age group and postmenopausal women need to know about the preventable risk factors and self screening methods of breast cancer.

Aim:

To assess the knowledge about the risk factors, symptoms of carcinoma breast and the practice of self breast examination among the rural population of pudukkottai district.

Primary Objective:

To assess knowledge about carcinoma breast and breast self examination among women population

Secondary Objectives:

To Create Awareness Among Public Regarding Carcinoma Breast Risk Factors And Symptoms.

Research approach: Cross-sectional Study

Study Duration: 6 months

Study Place: pudukkottai district

Study Participants:

Inclusion Criteria: 1) women in age group of above 30yrs
2) married or unmarried

Exclusion Criteria: 1) women below 30 yrs of age
2) People who have psychotic or intellectual disabilities or unable to communicate
3) People who not interest to participate in study

Data Collection: Data is collected from participants by questionnaire method

Data Preparation: Classification and Tabulation of data

Conclusions Breast cancer knowledge, attitude, practices were found to be lower than expected. This study revealed inadequate awareness and comprehensive knowledge about breast cancer and breast self-examination. It is recommended that the scaling up of cancer information, dissemination and screening services must be prioritised including training of local health care providers. This lack of awareness results in ignoring of disease and late detection among the population especially among rural

49. NUTRITIONAL ASSESSMENT AND ACADEMIC ASSESSMENT OF SCHOOL CHILDREN ENROLLED IN BREAKFAST SCHEME AT KARAİKUDI, SIVAGANGAI DISTRICT - A COMPARISON STUDY

Author : Dr Dr.T.Dhivya,MD.,

Health Officer, Karaikudi city Municipal Corporation.

Introduction :

Addressing classroom hunger is critical as it directly impacts students' academic performance and overall well-being. One effective strategy has been the implementation of breakfast programs that serve meals before the first class of the day.

Objectives :

To compare the nutritional assessment and academic assessment of school children enrolled in Breakfast scheme at Karaikudi , Sivagangai district .

Methods :

A record based cross sectional study was conducted in 1506 students in the age group of 6-10 years in the class 1st to 5th standard students were selected. Pre-tested semi-structured questionnaire was used to collect the data. Information on students engagement in the school were collected and anthropometry was checked The data was entered on Microsoft excel 2017 and analysed using the SPSS software version 23.0.

Result :

Before the introduction of the breakfast scheme, 50% of children had fair reading and speaking skills, 30% had average skills, and 20% had above-average skills. After the intervention, the distribution improved, with the largest proportion of children having fair skills (41.4%), followed by above-average skills (34.2%) and average skills (24.4%). Increasing trend in weight and height for children in the age from 6 to 10 years. The mean increase in weight suggests on average, children gain approximately 1.75 kg more than the previous weight. Similarly, there is a consistent increase in height for children as they age. The mean increase in height indicates that children grow approximately 2.4 cm more than the previous height.

Keywords:

Nutrition, Academic, assessment and breakfast

50. OUTCOME AND FOLLOW-UP OF PATIENTS PRESENTING WITH ACUTE CHEST PAIN IN PRIMARY HEALTH CARE LEVEL FACILITIES IN NAGAPATTINAM

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District Health Officer, Nagapattinam

(Department of Public health and preventive medicine, Tamilnadu, India)

Background:

Acute chest pain is one of the most common complaints for seeking health care in Primary care level and Emergency department. The present study was undertaken to study the clinical presentation, importance of cardiac loading dose and outcomes of patients with acute chest pain.

Aim and Objective:

To study the Outcome and Follow-Up of Patients Presenting With Acute Chest Pain in Primary Health Care Level Facilities in Nagapattinam District.

Methods:

The study is a cross sectional study from 01.07.2024 to 15.09.2024. Patients presented with acute chest pain in primary care facilities have been selected for our research study by convenience sampling technique.

Results:

There are 6 Block PHCs, 18 Additional PHCs and 3 Urban PHCs in our district. In these primary care facilities from 01.07.2024 to 15.09.2024, 112 patients presented with acute chest pain and have been administered emergency cardiac loading doses for all those cases and referred to tertiary care center. Out of 112 patients with acute chest pain, 86 patients (77%) were cardiac and remaining 26 (23%) were non cardiac. Among 86 cardiac patients, 20 STEMI (23%), 15 NSTEMI (17%), 25 unstable angina (29%), 16 stable angina (18%) and 10 atypical cases (12%) have been diagnosed, treated, and documented in tertiary care centers.

Among 86 Cardiac patients studied, 10.5% were thrombolysed, 31% subjected to angiogram, 16% have been placed Stent, 3.5% have undergone CABG, 2% Mortality noted and remaining patients on cardiac drugs and follow up.

Conclusion:

Early arrival and referral of above cardiac patients with administration of cardiac loading dose from primary care facilities have yielded good treatment outcome and reduced mortality. At primary care level, Medical officers need to focus on acute coronary syndromes (ACSs), one of the common of the life-threatening presentations. By tailoring loading doses based on individual patient characteristics and clinical contexts, health care providers can enhance the efficacy of treatment protocols and improve overall patient management.

Keywords:

Acute Coronary syndrome, Emergency cardiac loading dose.

51. PARASITOLOGICAL AND ENTOMOLOGICAL SURVEY AMONG THE MIGRANTS AND LOCAL RESIDENTS FOR TRANSMISSION ASSESMENT IN THANJAVUR DISTRICT, 2024

Author: Gajapathi. R. Regional Entomologist, ZET, Thanjavur

Co-Authors: Dr. Kalaivani. B, District Health Officer, Thanjavur And Murugesan.M, District Malaria Officer, O/O District Health Officer, Thanjavur

Introduction

Lymphatic filariasis (LF) is a tropical parasitic disease transmitted through mosquitoes, leading to severe physical conditions like elephantiasis. In Tamil Nadu, mass drug administration (MDA) programs were conducted from 1998 to 2012 to eliminate LF, significantly reducing microfilaria (mf) transmission. This study aims to assess the potential for LF transmission among migrant populations and local residents in Thanjavur district following the MDA program.

Methods

A parasitological and entomological survey was conducted in five blocks of Thanjavur district. Night blood smears (NBS) were collected from 558 migrants, 102 Tamil Nadu workers residing with migrants, and 708 local residents to detect mf infections. Mosquitoes (*Cx. quinquefasciatus*) were collected from households and dissected to assess infection and infectivity rates.

Results

Among the 1368 individuals screened, 9 mf-positive cases were detected exclusively in migrants (1.61% infection rate). No infections were found among Tamil Nadu residents or local residents. Mosquito dissection revealed no mf infection in the 616 mosquitoes collected from both migrant and local households.

Discussion

The study found no evidence of LF transmission in the local population or in mosquitoes, despite the presence of mf-positive migrants. The risk of transmission remains low, but continued screening and treatment of migrant populations are recommended to prevent future outbreaks.

Keywords:

Lymphatic filariasis, migrants, microfilaria, entomological survey

52. PATTERN OF ALBUMINURIA AMONG NCD PATIENTS ATTENDING PRIMARY CARE FACILITIES IN COIMBATORE DISTRICT

Investigator: Dr.P.Aruna, DHO, Coimbatore
Co-Investigator: Dr.S.Sindhu, NCD-DPO, O/o DHO, Coimbatore

Background:

Albuminuria is a valuable marker for Kidney Damage. Urine Albumin Dipstick Test is a simple, inexpensive method to detect albuminuria. It provides a quick, preliminary assessment of kidney function and can help identify individuals who may need further diagnostic evaluation. This testing can enhance early diagnosis, improve patient management, and reduce the long-term burden of CKD among Non Communicable Disease Patients. This study observes the pattern of albuminuria among NCD Patients and normal persons attending Primary health care Facility and the Outcome

Methods .:

A descriptive study was done based on the secondary data analysis among Patients attending NCD clinic in PHC/UPHC from July 2023 to July 2024 in Coimbatore.

Results :

A total of 1,17,050 Persons have been screened for Urine Albumin Dipstick Test, of which 1039 tested positive in the Urine dipstick testing. Among these, 333(32.1%) were found to be HT, 194 (18.6 %) DM, 356 (34.2%) Both HT & DM, 156 (15%) Normal. On referral, 26 (7.8 %) were confirmed to have Chronic Kidney Disease (CKD) in HT, 12 (6.2 %) were confirmed to have Chronic Kidney Disease (CKD) in DM, 38 (10.7 %) were confirmed to have Chronic Kidney Disease (CKD) in Both HT & DM, 2 persons (1.3 %) were confirmed to have Chronic Kidney Disease (CKD) in Normal people.

Conclusion .:

Presence of a NCD (HT or DM) increases the risk of getting positively diagnosed as CKD if microalbuminuria is present. In a resource limited setting, it is better to evaluate all the long term NCD Patients irrespective of the albuminuria levels for CKD and rationalize the usage of testing in Normal People.

Keywords :

Albuminuria, HT, DM, CKD, Primary care setting

53. PERCEPTIONS & PRACTICES OF COVID-19 APPROPRIATE BEHAVIOUR AMONG PEOPLE VISITING SECONDARY HEALTHCARE FACILITIES IN BANGALORE.

Navneetha Vani AG
St. John's Medical College and Hospital

Background:

COVID-19 Appropriate Behaviour (CAB) including mask usage, hand-hygiene, social-distancing, self-isolation, and medical assistance have been of great value in containing the spread of COVID-19. The objectives of this study were to assess the perceptions and practices of CAB among the people visiting secondary healthcare facilities during the different phases of the pandemic.

Methods:

A cross-sectional study was done among 310 participants using convenience sampling technique. Data was collected after obtaining written informed consent from adults above the age of 18 attending the clinics at St. John's health center, Brigade Meadows and Community Health Centre, Kaggalipura through the self-administered questionnaire. A structured interview-schedule was used to collect the data which included socio-demographic details and questions related to perceptions and practices of CAB through the pandemic.

Results:

The mean age of the participants was 38.95 +15.03 years and equal from both genders. About 83% of them lived in nuclear families. About 124 participants have suffered COVID-19 disease. About 86% of the participants felt mask usage will prevent COVID-19 transmission. Sixty-five percent of participants found that handwashing with soap for 20 seconds is essential in prevention of spread of COVID-19 whereas Forty-one percent of our study subjects felt that using alcohol-based sanitizer is also essential in the control of COVID-19. One-hundred and fifty (48.4%) of our study population has responded that a minimum of 2-meter distance is required for prevention of COVID-19 disease transmission. There is a remarkable decrease in the usage of public transport through the pandemic. Eighty-three (26.8%) subjects felt that it is not required to follow CAB after complete COVID-19 vaccination. Among people tested positive for COVID-19, 101(81.4%) felt that their CAB improved after the disease.

Conclusions:

The study revealed that there was a remarkable change in the CAB of the people as they progressed through the pandemic. Various factors have played important roles in the perception and practice of the CAB among the study population.

Keywords:

COVID-19, COVID-19 Appropriate Behaviour, Hand Hygiene, Mask Usage, Social Distancing.

**54. PARASITOLOGICAL AND ENTOMOLOGICAL SURVEY AMONG THE
MIGRANTS AND LOCAL RESIDENTS FOR TRANSMISSION ASSESMENT
IN THANJAVUR DISTRICT, 2024**

Author: Gajapathi. R. Regional Entomologist, ZET, Thanjavur

**Co-authors: Dr. Kalaivani. B, District Health Officer, Thanjavur and Murugesan.M,
District Malaria Officer, O/o District Health Officer, Thanjavur**

Introduction

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Methods

A parasitological and entomological survey was conducted in five blocks of Thanjavur district. Night blood smears (NBS) were collected from 558 migrants, 102 Tamil Nadu workers residing with migrants, and 708 local residents to detect mf infections. Mosquitoes (*Cx. quinquefasciatus*) were collected from households and dissected to assess infection and infectivity rates.

Results

Among the 1368 individuals screened, 9 mf-positive cases were detected exclusively in migrants (1.61% infection rate). No infections were found among Tamil Nadu residents or local residents. Mosquito dissection revealed no mf infection in the 616 mosquitoes collected from both migrant and local households.

Discussion

The study found no evidence of LF transmission in the local population or in mosquitoes, despite the presence of mf-positive migrants. The risk of transmission remains low, but continued screening and treatment of migrant populations are recommended to prevent future outbreaks.

Keywords:

Lymphatic filariasis, migrants, microfilaria, entomological survey

55. PREVALENCE AND GRADING OF ANAEMIA IN PREGNANT WOMEN - A PRIMARY HEALTH CENTRE BASED SECONDARY DATA ANALYSIS

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Background:

Anaemia is the impaired oxygen carrying capacity of the blood, due to decrease in haemoglobin concentration in erythrocytes. It is a significant public health issue in developing countries, contributing to increased maternal morbidity and mortality, as well as adverse pregnancy outcomes. Primary Health Centres (PHCs) are serving as the first point of contact for rural and under-served populations, playing a vital role in implementing preventive and therapeutic interventions. The objectives of this study are to estimate the prevalence and grades of anaemia in pregnant women and to assess its association with various contributing factors.

Methods:

A retrospective observational review of records was done among all pregnant women registered during the period between July 2022 and December 2023 in the PHC. A structured review of various factors including socio-demographic details was done and the data was recorded in Microsoft Excel, analysed using standard statistical software.

Results:

A total of 291 records were reviewed of which the prevalence of anaemia was 49.48% (144). The mean age of the participants was 26.56±4.37 years. Among the 144 participants, 56.3% were primigravida and 43.7% were multigravida. Among people with anaemia, 50.7% had mild anaemia and 4.2% had severe anaemia. B positive was a predominant blood group found in almost 34.7% of the population. On bivariate analysis, Primigravida women were found to have more anaemia 56.25% (81) (P value 0.967). The prevalence of anaemia was equal among women with High school or lower qualification and women attending college (P value 0.844). The mean haemoglobin values between the three trimesters were found to be statistically significant. (P value <0.001).

Conclusions:

The study revealed that nearly half of the pregnant women attending the PHC were anaemic, with a significant proportion having mild anaemia, highlighting the need for targeted interventions. Primigravida women were more likely to have anaemia. The findings underscore the importance of routine screening and appropriate management of anaemia to improve maternal health outcomes in primary health care setting.

Keywords:

Anaemia, Grading, Prevalence, Primigravida, Primary Health Centre.

56. PREVALENCE OF ANAEMIA AND THE EFFICACY OF ORAL IRON SUPPLEMENTATION AND INTRAVENOUS IRON SUCROSE IN WOMEN WITH ANAEMIA DURING PREGNANCY

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1 Medical officer, Primary health centre, kathiruppu.
2Block Medical Officer, Upgraded primary health centre,thiruvengadu

Background:

Anemia is considered when hemoglobin is less than 11 gram/dl which is the most common medical disorder in pregnancy. If anaemia is severe in pregnancy, there are poor maternal and fetal results.

Methods:

The aim of this research is to identify the prevalence of Anaemia and the efficiency of oral iron supplementation and intravenous iron sucrose in anaemic pregnant women. A cross sectional study comprising 150 AN mothers was conducted at Kathiruppu primary health centre during March to August 2024. All AN mothers visited the primary health centre with singleton pregnancy with gestational age of 14 -32 weeks. Hb estimation was done during each AN visits. The target haemoglobin was 11g/dl. Oral iron supplementation done for mild anaemia and intravenous iron sucrose therapy given on alternative days for correction of moderate anaemia cases. Repeat haemoglobin estimation done after 3 weeks of the last dose.

Results:

There were a total of 150 people selected for this research. A large number of participants were between 20 and 30 years old. The average age calculated was 24 years. A total of 80 % of the cases were those whose gestational age was 24 to 32 weeks. The prevalence of mild anaemia about 40 % and moderate anaemia was about 60%. At the end, the treatment was effective for 90 (75%) of the total participants.

Conclusion:

Deworming and oral iron supplementation and the iron sucrose complex effectively elevated haemoglobin to an acceptable level in mild to moderate anaemic, iron-deficient pregnant women, demonstrating safety and good tolerance.

Keywords:

Anaemia, Pregnant women, Iron deficiency, Iron supplementation.

57. PREVALENCE OF ANEMIA AMONG SCHOOL GOING ADOLESCENTS IDENTIFIED IN ADOLESCENT HEALTH CAMPS OF SIVAGANGAI DISTRICT TAMILNADU FROM JUNE 2023 TO MARCH 2024

**Author : Dr M.Vijaychandran,MBBS,DPH,DIH.,
District Health Officer, Sivagangai.
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Introduction:

Adolescents is a unique stage of human development and an important time for laying the foundations of good health. Anaemia in adolescents can have negative effects on their cognitive and physical growth and its now become serious public health concern. In this context, this study aims to address the prevailing issue of anaemia within adolescent age group in the most rural agriculture depended Sivagangai district.

Objectives:

To study the prevalence of anaemia among school going adolescents in Adolescent health camps of Sivagangai district Tamilnadu from June 2023 to March 2024.

Methods:

A record based cross sectional study was done based on the data of adolescent camps conducted from June 2023 to March 2024. Total 46698 students of 6th to 12th standard school students of 333 government and government aided schools in Sivagangai district was taken for this study.

Results:

The prevalence of adolescent Anemia was 44%.(CI 43.56% - 44.44%) . Among the female adolescents (n=26151) 49.53% (CI 49.07 - 49.99%)were anemic and among male adolescents (n=20547) 37.5% (CI 37.06% - 37.9%)were anemic. This difference was statistically significant with the p value of <0.0001. Among total participants 27.4% were mild anemic 16.4% were moderate anemic and 0.32% were severe anemic. Anemia was more among urban adolescents than rural adolescents.

Conclusion:

This high prevalence of anemia among adolescent girls underscores the urgency of targeted interventions and public health initiatives to address this critical health issue. Collaborative efforts from policymakers, healthcare providers, ICDS, Education department and community organizations are essential in eradicating nutritional anemia and enhancing the health and prospects of adolescents in the studied region.

Keywords:

Adolescents, anemia and health camp

58. A RETROSPECTIVE CROSS SECTIONAL STUDY TO ASSESS THE KNOWLEDGE, ATTITUDE AND PRACTICE OF NUTRITIONAL ANEMIA AND COMPLIANCE TO WIFS AT CHENGAM BLOCK, TIRUVANNAMALAI

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¹**District Health Officer, Tiruvannamalai,**

²**District Maternal & Child Health Officer, Tiruvannamalai,**

Background:

Adolescent anaemia is a critical public health problem in India. The ministry of Health and Family Welfare, government of India has launched the weekly Iron and Folic acid Supplementation (WIFS) Programme in the year 2013 to reduce the prevalence and severity of nutritional anaemia among adolescents. Anemia is an indicator of both poor health and poor nutrition. It has been observed that iron deficiency anemia in children and adolescent leads to growth delay.

The results showing the prevalence of anemia and compliance to WIFS program will help to create awareness among the students and it will be used for improving the IEC and prevention of anemia strategies focusing adolescent boys & girls. Hence, this study aimed to determine the prevalence of anemia among the school students who are covered under WIFS program.

Methods:

A retrospective cross-sectional study was conducted from June 2023 to September 2024 using secondary data from anemia screening of school children between June 2023 and September 2024 in Chengam block, Tiruvannamalai district. Data was collected using Excel and analyzed using SPSS version 21.

This study aims to assess the impact of weekly Iron and Folic acid Supplementation (WIFS) programme among the XI & XII school students of Chengam block. The study participants are XI & XII school students who have been found anemic during adolescent health camp after getting informed written consent, questions regarding compliance to WIFS programme, Diet pattern & clinical symptoms will be asked. Appropriate descriptive & inferential statistics will be applied.

Results:

Total 3516 XI & XII boys and girls were screened. The overall prevalence of anemia was 62.9% (2213). Among those affected, 37.05% (1303) had no anemia, 20.1% (708) had Mild anemia, 42.0% (1477) had moderate anemia and 0.7% (28) have severe anemia among the students who are covered under WIFS program.

Conclusion:

The study emphasizes the significant prevalence of anemia among students who are covered under WIFS programme. The findings underscore the importance of intensification of WIFS programs and timely intervention as effective strategies to prevent and manage anaemia.

Keywords: Anaemia, WIFS, Adolescents.

59. PREVALENCE OF DETERMINANTS OF PERIPHERAL NEUROPATHY AMONG DIABETES MELLITUS PATIENTS IN RURAL AREA OF SALEM TAMIL NADU

Dr.Shiny Preethi CRRI, Vinayaga Mission Medical College and Hospital . Salem & Dr.Nirmalson , Joint Director (MCH), O/o DPH , Chennai

Background:

Globally, there are 463 million people with diabetes, with 77 million of them residing in India. Diabetic Peripheral Neuropathy is a significant microvascular complication and half of the diabetic patients experience peripheral neuropathy at some point in their lives, Increased amputation rates due to diabetic Peripheral neuropathy causes a significant problem and prompting the need for more research studies in this area.

Objectives:

1. To estimate the prevalence of peripheral neuropathy among diabetes mellitus patients.
2. To determine the factors influencing peripheral neuropathy among diabetes mellitus patients.

Methodology:

An analytical cross-sectional study was conducted among 300 diabetes mellitus patients registered under the block primary health center, Ellampillai Tamilnadu by using simple random sampling method. Data was collected using a pre tested semi-structured questionnaire regarding Socio-demographic characteristics, details of Diabetes mellitus & its risk factors, Michigan Neuropathy Screening Instrument (MNSI) & Biothesiometer used for screening and for Findings on the feet. Data was entered in MS Excel and analysed using SPSS Version 22. Results are appropriately expressed as frequency, percentage, and odds ratios.

Results:

Around 22.1% and 38.6% of the diabetic individuals have Diabetic Peripheral Neuropathy as per MNSI questionnaire history version and physical examination version and also, 16.5%, 9.5% and 12.6% respectively had Mild DPN, Moderate DPN and Severe DPN based on Biothesiometer. Age > 50 years, Male Gender, diabetes mellitus > 5 years, uncontrolled diabetes mellitus, physical inactivity and hypertension were strongly associated with DPN.

Keywords:

Diabetes Mellitus, Diabetic peripheral neuropathy, Michigan Neuropathy Screening Instrument (MNSI), Biothesiometer

60. PREVALENCE OF LEPROSY AMONG CHILDREN IN THANJAVUR DISTRICT, 2024 TAMIL NADU – A SECONDARY DATA ANALYSIS

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Author 3² Dr. B Kalaivani M.B.B.S., D.P.H.,-District Health Officer, Thanjavur

Author 4 Dr. Elavarasan Mathivanan M.B.B.S., M.P.H., -District epidemiologist, Thanjavur

¹Department of public health, India

Background:

1.The Public Health significance of the subject – to address the weak link in establishing the transmission chain and variable incubation period

- Delay in detection of subclinical infections
- Lack of information about the early signs and curability of leprosy.

2.The Scientific background and rationale for the study –

- Despite India achieving "elimination" status in December 2005, it retains the highest leprosy burden worldwide, posing a significant public health challenge and detection of new cases continues.
- The occurrence of disease in children signifies the active transmission of the disease in the community

Methods:

- Research Approach- Cross-sectional – secondary data
- Research Design- Descriptive
- Sampling Technique- Probability or Non-Probability (NOT APPLICABLE)
- Study Participants- secondary data obtained from records of leprosy
- Inclusion Criteria- Newly diagnosed and treated cases of leprosy among children aged less than 18years
- Exclusion Criteria- Newly diagnosed and treated cases of leprosy aged more than 18years
- Data Collections- Data will be collected by using records of leprosy yearly registry from January 2019 to June 2024 after getting administrative permission from Deputy Director of Medical and Health services (Leprosy) Thanjavur
- Data Analysis- Statistical analysis: Using STATA 17 software, appropriate Descriptive (mean and standard deviation) and Inferential statistics (chi square) will be calculated.

Results:

In this study, we conducted a retrospective statistical analysis of data obtained from the health department in Thanjavur, Tamil Nadu, spanning five years i.e from 2019 to 2024. We found that Despite India achieving "elimination" status in December 2005, leprosy still continues to be prevalent among childrens a total of 48 cases has been reported for a span of 5 years and child proportion varies from year to year with minimum being 6.86 to a maximum range of 20.0 with no grade 2 disability.

Conclusion:

Study's complications to its field

- Weak link in establishing the transmission chain and variable incubation period
- Delay in detection of hidden cases- less voluntary reporting- subclinical infections
- Limited capacity and leprosy expertise – knowledge gap and skills
- Lack of information about the early signs and curability of leprosy.
- Stigma and discrimination
- Antimicrobial resistance
- Study's implications to its field

Better knowledge about the disease - strengthening of leprosy awareness at a community level and among primary health care providers and patients.

Early diagnosis along with contact tracing - prevent transmission and disability

Improved care - Chemoprophylaxis or immunoprophylaxis for healthy household contacts with supervised MDT for proven cases are essential

All this may contribute “Zero infection and disease, zero disability, zero stigma and discrimination”

Keywords:

Childhood leprosy , hansen's disease , leprosy in thanjavur , statistical analysis of leprosy

61. PREVALENCE OF LBW CHALLENGES IN MATERNAL AND CHILD HEALTH

Presenter: Dr.K. Arunkarthik MD(Paediatrics), RBSK(M), Sivakasi HUD, Virudhunagar district.

Co-Authors: Dr.N.Kalusivalingam MBBS,MPH,MD. Dho Sivakasi HUD, Virudhunagar district.

Dr.D.Sabarish Prabhu MBBS ,MPH, O/o Dho Sivakasi HUD, Virudhunagar district.

Background:

LBW is one of the most serious challenges in maternal and child health. It is a valuable indicator. Major cause of LBW includes perterm birth, IUGR. In India two third of LBW predisposes to mortality and morbidity includes several developmental disturbances. This can be prevented by addressing the factors associated with LBW.

Aim and Objective:

To study the prevalence of LBW and its association between material risk factors.

Methods:

This is a retrospective observational study, all deliveries happened between April to August 2024 at Sivakasi HUD. Included all newborn babies born as LBW and singleton pregnancy. A predefined and prevalidated questionnaire was used to obtain data for the study. The data collected included LBW babies, gestational age, maternal age, parity, weight gain during pregnancy, maternal haemoglobin, previous abortion and previous LBW,GDM and PIH.

Results:

The prevalence of LBW was 6.5%. The occurrence of LBW babies was predominant among mothers who were aged <20years (29%) and >30years (34.5%). Grand multipara women showed the highest rate of LBW babies (50%). Additionally, LBW was noted among mother who gained <7kgs during pregnancy (84.6%), Low blood haemoglobin (44.5%), previous abortion (32.8%), previous LBW (11.1), GDM (25%) and PIH (24%).

Conclusion:

The Prevalence of LBW was 6.5%. Most of the LBW babies born as preterm. LBW most commonly seen among maternal age <20 and >30, grand multipara. Low pregnancy weight gain, maternal anemia, previous abortion, previous LBW, GDM and PIH are associated with LBW babies.

Keywords:

Prevalence, LowBirthWeight, Maternal risk factors, Pregnancy

62. PREVALENCE OF UNDERNUTRITION AMONG ANGANWADI ATTENDING CHILDREN AND ITS OUTCOME AFTER SUPPLEMENTARY NUTRITION INTAKE.

**Dr Balamanikandaraja P, Qualification - MD Pathology
Designation - Assistant surgeon, Andakulam Upgraded PHC, Pudukottai HUD**

Introduction:

In the world, India is one among the highest ranking countries for increase in the number of children suffering from undernutrition. The prevalence of underweight children is almost double that of Sub Saharan Africa with negative impact on mobility, productivity and economic growth with half of deaths among under 5 years of age.

Objectives:

This study is undertaken to determine the prevalence of nutritional status of children among 6 months to 60 months in Anganwadi centers and to assess the progress of the undernourished children after implementing effective supplementary nutrition, excess calorie, protein intake and mothers' nutritional education.

Materials and methods:

This study is carried out in 2 blocks of Kunnandarkoil and Ponnamaravathy in Pudukottai Health Unit District. Study is done retrospectively for a period of 6 months from February to July, 2024 among 3450 children, who were attending the Anganwadi centers. Weight of children was measured by Salter weighing scale, Height was measured by Stadiometer and MAC was measured by Inch tape. These anthropometric measurements were categorized as normal, underweight, SAM, MAM and Stunting by using ICDS and W.H.O Growth Chart. Follow up Anthropometric datas were collected during their subsequent visits after a period of two months and the prevalence rates were compared with previous study.

Results:

A significant improvement in Anthropometry, with malnourished children were reverting back to normal status, in whom effective utilization of additional nutritional supplements, excess protein and calorie intake.

Keywords:

Stunting, Anganwadi, Anthropometry, undernutrition

63. PREVALENCE, ASSOCIATED SOCIODEMOGRAPHIC FACTORS AND FETOMATERNAL OUTCOME OF TEENAGE PREGNANCIES IN PUDUKKOTTAI HUD- A RETROSPECTIVE STUDY

Dr. Sowmya and Dr. Madhubala

Andakulam PHC and Neerpalani PHC, Pudukkottai HUD

Background:

Teenage pregnancy is a major social and public health problem worldwide which is detrimental to health of both mother and the newborn. Teenage pregnancy not only causes maternal and fetal health problems, it also has a significant negative impact on their education, employment and other opportunities. Hence, the present study intends to study the various socio demographic factors and fetomaternal outcome of teenage pregnancies.

Methods:

Retrospective record based cross sectional study was carried out in Pudukkottai HUD for the period of one year from January 2023 to December 2023. All the teenage mothers during the study period were included in the study. Data was analysed including various maternal parameters, fetal parameters and outcome of pregnancy.

Results:

Data interpretation is in process and results awaited.

Keywords:

Teenage pregnancy, age at marriage, anemia, low birth weight

64. PROCESS AUDIT ON INITIAL ASSESSMENT OF NEWLY DIAGNOSED HYPERTENSIVE PATIENTS ATTENDING NCD CLINIC AT RURAL HEALTH TRAINING CENTER, COIMBATORE

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2 – Assistant Professor, Department of Community Medicine, PSG Institute of Medical Sciences and Research, Coimbatore, Tamil Nadu, 641004.

Background:

Globally, an estimated 1.8 billion persons aged 30 to 79 years have hypertension and is the leading cause of premature death. According to Tamil Nadu Health System Reforms Project 2020, prevalence of hypertension is 33.9%. Early detection and treatment of hypertension with regular follow up at the primary health care level can improve the control of hypertension, which in turn reduces the burden of disease. This study proposes to ensure the initial assessment of hypertensive patients attending the outpatient department of the Non-Communicable Disease clinic at the Rural Health Training Centre, Coimbatore.

Methodology:

This is a descriptive retrospective Process Audit study among 50 newly diagnosed hypertensive patients >18 years of age, Attending NCD Clinic In RHTC, using initial assessment checklist which includes 8 components given by the NP-NCD.

Results:

The overall percentage of documentation of components of initial assessment of newly diagnosed hypertensive patients is 84.5%. Among them, medical history taking are documented appropriately (100%), Waist circumference (94%) and RBS (98%), Lipid profile (82%), HB estimation (92%), Urine albumin (80%), Serum creatinine(80%) and ECG(50%) done as a part of initial assessment of hypertension.

Conclusion: .

The overall percentage of documentation of initial assessment of newly detected Hypertensive patient is 84.5% out of the desirable level of 100%. The gaps observed were 50% not done ECG, Serum Creatinine& Urine albumin (20%) Were not done. Lipid profile(18%), HB(8%), Waist circumference(6%),RBS(2%) Were not done. Early detection of end organ damage allows us to initiate appropriate treatment as soon as possible to prevent complications and enhance the patient's quality of life. Health care workers will be sensitized and trained in the early assessment of hypertension. Thus, by using these Initial assessment tools, the health care services under NP-NCD will be strengthened and streamlined.

Keywords:

Initial assessment, Hypertension, NP-NCD

65. PROFILE OF HYPOTHYROID COMPLICATING ANTENATAL MOTHERS AND THEIR PREGNANCY OUTCOME IN THANJAVUR DISTRICT 2024 – A SECONDARY DATA ANALYSIS

Mrs.M. Latha¹, Dr.B Kalaivani², Dr Elavarasan Mathivanan³, Mrs.M. Kaveri⁴

1- Mentor Staff Nurse Orathanadu Block Thanjavur hud, 2- DISTRICT HEALTH OFFICER, THANJAVUR, 3- District Epidemiologist, Thanjavur, 4- Mentor Staff Nurse Naducavery Phc Thiruvaiyaru Block Thanjavur hud

Background

Over the last decade there has been enhanced awareness of the appreciable morbidity of thyroid dysfunction, particularly thyroid deficiency. Since treating clinical and subclinical hypothyroidism may reduce adverse obstetric outcomes, it is crucial to identify which interventions are safe and effective. Thyroid dysfunction during pre-pregnancy and pregnancy (both hyper- and hypothyroidism) is associated with increased risk of adverse outcomes for mothers and infants in the short- and long-term. Managing the thyroid dysfunction (e.g. thyroxine for hypothyroidism, or anti-thyroid medication for hyperthyroidism) may improve outcomes. This study aims to describe the profile of Hypothyroid complicating Antenatal mothers and their Pregnancy outcome in Thanjavur District in the last three years as a preliminary step.

Methods

We did a secondary data analysis. Records of all Hypothyroid Antenatal mothers in Thanjavur District during the period 2023-January to 2024 July was included for analysis. Review and analysis of thyroid values obtained from Hypothyroid Antenatal Mothers who came for follow up and their pregnancy outcomes for the period 2023-January to 2024 July was done.

Result

Based on the preliminary analysis, 1135 were hypothyroid-pregnant mothers during the study period. Out of 1135, 762 (67.1%) were delivered by caesarean section. 61.1 % of pregnant-mothers had hypothyroidism as the only high risk. 14.8% were previous-LSCS mothers. 75% mothers delivered babies with birth weight >3kg. 23.4% with low birth weight.

Conclusion

This study highlights the morbidity due to Hypothyroid complicating pregnancy. Adequate screening, follow-up and appropriate treatment will help in improving maternal and fetal morbidity and mortality.

Keywords:

Hypothyroidism, high-risk pregnancy (maximum 4 words)

66. A CROSS-SECTIONAL STUDY ON PREVALENCE OF ANAEMIA AND MALNUTRITION AMONG ADOLESCENTS IN CHENGALPATTU DISTRICT, 2023-24.

Dr.B.Baranidharan; Vinili Simpson

Background:

Adolescence is termed as “second sensitive developmental period” after early childhood, as it is a time of rapid growth and development, which can lead to increased nutritional demands and a higher risk of nutritional deficiencies. Anaemia is considered to be caused by a range of factors. Anaemia may reduce infection resistance among adolescents, impair their physical growth and mental development, diminish their physical fitness, work capacity, and scholastic performance. In light of these adverse health consequences and the enduring prevalence of anaemia, several prevention programmes have been launched by the Government of India. One of the most current programmes is the Anemia Mukht Bharat programme launched in 2018 with the aim of reducing the nationwide prevalence of maternal and child anaemia. However, anaemia continues to be a serious public health problem in Tamilnadu. Hence, the Government of Tamilnadu initiated special health and adolescent camps for adolescent age 10 to 19yrs in all District. As part of this, monthly on an average of 40 to 45 camps are being conducted in our District. In this context, we plan to conduct a cross sectional study to assess the prevalence of anemia and malnutrition in our District.

Objectives:

1. To estimate the prevalence of Anaemia among adolescents attending schools & colleges in Chengalpattu district, 2023-24
2. To estimate the prevalence of malnutrition among adolescents attending schools & colleges in Chengalpattu district, 2023-24
3. To determine the association of malnutrition & anaemia among the study participants

Methods:

The study was a Cross-Sectional study using secondary data on the adolescent anemia screening camps conducted in Chengalpattu District during June 2023 to February 2024. The report of the adolescent anemia camp maintained at the District level was analysed using descriptive and inferential statistics.

Findings:

Overall prevalence of Anaemia is 54.3% with 2/3rd of the girl students and 2/5th of the male students having Anaemia. Prevalence of undernutrition was 21.7% while 16.8% were obese and overweight. Prevalence of Anaemia was highest in Acharapakkam and Thirukazhukundram while lowest in Chengalpattu urban. Prevalence of Anaemia was highest among 10-12 years and the prevalence decreased by age. Decrease in the prevalence of Anaemia was marked among Male students while prevalence of Anaemia among Female students was similar in all age groups. Students with moderate and severe Anaemia were 29.1% & 2.0% with prevalence higher in Acharapakkam & Thirukazhukundram blocks. Prevalence of undernutrition was higher among Male students (27.1%) than female students (16.9%)’ Prevalence of undernutrition among Male students was similar among all age groups while among female students, undernutrition was high among those below 12 years.

Prevalence of overnutrition was higher among female students (17.8%) than male students (15.8%). No significant association between nutritional status & prevalence of Anaemia overall. Among male students, association between nutritional status & anaemia was significant with prevalence higher among undernourished children compared to normal or over-nourished children. Association between nutritional status & anaemia was significant among students more than 15 years of age while it was not significant among age group of less than 12 years & 13 to 15 years.

Conclusion:

In conclusion, the rise in anaemia prevalence among adolescent women suggests the need for targeted interventions to mitigate the burden of anaemia and enhance the overall health of this population.

Keywords:

Anaemia, Malnutrition, Obese, under nutrition, Nutrition status.

67. QUALITY OF LIFE OF PEOPLE LIVING WITH BURNS INJURY IN CHENNAI, TAMIL NADU INDIA

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Background:

Burn injuries cause morbidity, long-term disability, and psychological distress worldwide. Beyond physical injuries, burns affect patients' mental and social health. Burn patient's quality of life (QoL) is essential for understanding recovery and guiding interventions. Therefore, this study aimed to assess the QoL of people living with burn injuries in Chennai, Tamil Nadu, India.

Methodology:

A cross-sectional study was conducted with post-burn patients who were treated and discharged from burn units in a tertiary care hospital in Chennai. About 370 burn-injured patients aged above 18 were admitted from January to December 2021 and 240 post-burn patients consented. Burn Specific Health Scale-Brief (BSHS-B) was used to measure the QoL of post-burn patients and the scores ranged from 0 to 160. It has the following domains; heat sensitivity, affect, hand function, treatment regimens, work, sexuality, interpersonal relationships, simple abilities, and body image. Higher mean scores for each domain indicate better function and QoL.

Results:

Among 240 patients, 65% were males, and 29% were aged 36-47. 79% of patients were urban and 27% had a secondary level of education. Majority of the patients (62%) had thermal burns, 71% of which were accidental, and 12% had >50% total body surface area (TBSA). 85% of the patients underwent conservative treatment, 33% had hypertrophic scars, and 83% had no deformities. The overall mean BSHS-B score is 60.62±25.83, with the highest scores in simple abilities/hand function and interpersonal relationships/sexuality. Lower QoL scores were found in heat sensitivity and affect/body image. The BSHS-B scale showed significant differences in occupation (unemployed), injury circumstance (homicidal), and TBSA above 40%.

Conclusion:

This study found that burn patients showed a moderate QoL, with significant issues in heat sensitivity and body image. The rehabilitation programs, psychological support, and vocational training for the unemployed will improve the QoL of burn patients.

Keywords: Burn-specific health scale-brief, Post burn, Quality of life

68. RAISING TRENDS OF GESTATIONAL HYPERTENSION AND ITS IMPACT ON MATERNAL AND CHILD HEALTH CARE: A RETROSPECTIVE STUDY IN MUTHUPET (MARCH 2019 - MARCH 2024)

Background

Gestational hypertension is a significant pregnancy complication, characterized by the onset of high blood pressure after 20 weeks of gestation in women with previously normal blood pressure. In Muthupet, the rising incidence of this condition poses serious risks to both maternal and neonatal health, including preeclampsia, preterm birth, and low birth weight. Understanding these trends is critical for improving healthcare outcomes in the region.

Aim

The aim of this study is to examine the trends in gestational hypertension among pregnant women in Muthupet from March 2019 to March 2024 and to evaluate its impact on maternal and neonatal health outcomes.

Objectives

1. To assess the incidence of gestational hypertension in Muthupet over the study period.
2. To analyse the relationship between gestational hypertension and adverse maternal outcomes.
3. To evaluate the impact of gestational hypertension on neonatal outcomes, including birth weight and preterm delivery.
4. To provide recommendations for improving antenatal care and managing gestational hypertension.

Method

A retrospective analysis was conducted using medical records of pregnant women diagnosed with gestational hypertension at healthcare facilities in Muthupet between March 2019 and March 2024. Data were collected on maternal demographics, gestational age at diagnosis, blood Pressure readings, and pregnancy outcomes. Neonatal outcomes such as birth weight and the need for NICU admission were also recorded. Statistical analyses were performed to identify trends and correlations.

Results The study found a significant increase in the incidence of gestational hypertension in Muthupet during the study period. Women with gestational hypertension were more likely to experience complications such as preeclampsia and were at higher risk for adverse neonatal outcomes, including preterm birth and low birth weight.

Conclusion

The rising trend of gestational hypertension in Muthupet highlights the urgent need for enhanced antenatal care and early intervention strategies. Enhancing healthcare infrastructure and providing education to patients about gestational hypertension are crucial steps in reducing its risks, ultimately leading to better outcomes for both mothers and their children.

69. ADVANCING COMMUNITY HEALTHCARE THROUGH PHYSIOTHERAPY: A RESEARCH STUDY ON MAKKALAI THEDI MARUTUVAM SERVICES IN CUDDALORE DISTRICT'S KAMMAPURAM BLOCK

Background:

Makkalai Thedi Marutuvam (MTM) is a community healthcare initiative in Tamil Nadu, India, aiming to provide comprehensive healthcare services, including physiotherapy, to rural populations.

Objective:

To explore the impact and effectiveness of physiotherapy services provided by MTM in Cuddalore district's Kammapuram block, and identify areas for improvement.

Methods:

A mixed-methods research design will be used, combining surveys, interviews, and observational studies to collect data from patients, healthcare providers, and community members.

Outcomes:

- Assessment of physiotherapy services' accessibility, utilization, and patient outcomes
- Evaluation of healthcare providers' perceptions and experiences with MTM physiotherapy services
- Identification of community needs and expectations from physiotherapy services
- Recommendations for improving physiotherapy services within MTM

Significance:

This study will contribute to the understanding of community-based physiotherapy services in rural India, informing policy and practice developments to enhance healthcare accessibility and outcomes.

70. RELATIONSHIP BETWEEN SUBJECTIVE ASSESSED PHYSICAL ACTIVITY (GPAQ) AND QUALITY OF LIFE (WHOQOL-BREF) OF AGEING EMPLOYEES IN JIPMER, PUDUCHERRY: A CROSS-SECTIONAL ANALYTICAL STUDY

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Background:

Physical activity appears to be one of the most important strategies for preventing physical and mental disorders. Regular physical activity may prolong life and appear to be a preventative measure against genetic and molecular ageing. This study was to find out the relationship between aging adults' quality of life (QoL) and physical activity (PA)

Methods:

This cross-sectional analytical study included administrative staff members of JIPMER, Puducherry. QoL and PA were monitored and assessed using questionnaires (GPAQ, WHOQoL-BREF). The statistical analysis was performed with STATA version 14. For continuous variables, descriptive statistics were displayed as means and standard deviations (SD), while percentages were used for categorical variables. The analysis of multivariate linear regression was done. P 0.05 was used as the significant level.

Results:

A total of 66 subjects were examined, and their mean age was 54.93 (SD 3.26) years. The findings indicated that there were no less active participants and that people over the age of 50 were more likely to engage in moderate or vigorous physical activity. The WHOQoL-BREF findings revealed that people have higher QoL. There was no significant link between WHOQoL-BREF dimensions and GPAQ when the effect of PA patterns on QoL was examined using multivariate linear regression analysis, which was adjusted for covariates such as BMI and waist circumference.

Conclusion:

The amount of physical activity among aging population may differ in different dimensions of QoL

Keywords:

Physical activity, Aging, QoL, GPAQ, WHOQoL-BREF

71. DESCRIPTIVE ANALYSIS OF DISTRICT PUBLIC HEALTH LABORATORY (DPHL) OPERATIONS IN THE INTEGRATED DISEASE SURVEILLANCE PROGRAM (IDSP): THE NAMAKKAL EXPERIENCE

Dr. Poonkodi K, District Health Officer, Namakkal
Dr. Arjuhn R, DPO (NCD), Namakkal

Background

District Public Health Laboratories (DPHLs) were established to enhance disease surveillance in districts. Initiated by the Government of India in 2010, DPHLs were first introduced in Cuddalore and Ramanathapuram under the IDSP in March 2011. Due to their success, the program expanded to six additional districts in 2011-12 and 24 more in 2012-13, including Namakkal.

Aim

This study aims to illustrate the performance of the DPHL in Namakkal, focusing on its role in outbreak investigations and routine surveillance activities.

Methodology

This descriptive study utilizes secondary data from the DPHL.

Outcome

Rationale of DPHL

DPHLs not only conduct clinical sample investigations but also actively participate in fieldwork for outbreak investigations and surveillance activities.

Evolution of DPHL in Namakkal

- **2013:** Appointment of Microbiologist
- **2015:** Appointment of Lab Technician
- **2016:** Appointment of Lab Attendant
- **2014:** Initiation of OT Swab and Clinical Sample Culture Work
- **2015:** Elisa Performance Started
- **2017:** Water Coliform Testing Began
- **2023:** DPHL Relocated to Ernapuram PHC

Role of DPHL in Outbreak Investigations

DPHL has been actively involved in various outbreaks, including food poisoning, fever, ADD, typhoid, leptospirosis, chikungunya, and chickenpox. Their field involvement aids in prompt investigations and accelerates outbreak control measures.

Water Coliform Testing at DPHL Namakkal

Water coliform testing ensures safe drinking water by detecting harmful bacteria and preventing waterborne diseases. Regular testing helps identify contamination sources and supports public health initiatives.

Discussion

DPHLs are crucial for disease surveillance, epidemiological surveys, and operational research. They support epidemic prevention and control by providing rapid and accurate diagnoses. The recent shift of DPHL Namakkal to Ernapuram PHC, while focusing on outbreaks and surveillance, has faced infrastructural challenges affecting culture sample testing.

Key Functions of DPHL

DPHLs provide comprehensive laboratory services, support outbreak investigations, conduct water culture tests, and offer technical support and training to peripheral laboratories. They also contribute to various public health programs and ensure timely data for decision-making.

Conclusion

DPHLs play a vital role in disease surveillance and prevention, enhancing public health through accurate diagnostics and timely interventions. Strengthening laboratory services and investing in infrastructure are essential for effective disease control and quality healthcare.

72. ROAD TO MATERNAL HEALTH -TRENDS, CAUSES AND DETERMINANTS OF MATERNAL MORTALITY IN CUDDALORE DISTRICT, TAMIL NADU

Dr.Hemalatha.P¹, Dr.Porkodi.S², Dr.Uma Maheshwari.R.³

1-Institute of Community Medicine, Postgraduate, MMC, 2-District Health Officer, Cuddalore, 3- Institute of Community Medicine, Professor,,MMC

Background:

Maternal deaths have become a proxy parameter to assess performance of health system, women's empowerment and nation's development.

Sustainable Development Goal 3.1 aims at reducing the global maternal mortality ratio to less than 70 per 100,000 Live Births by 2030.

With current Maternal Mortality Ratio of 45.5/1,00,000 Live Births in 2023-24 and zero maternal death recorded at a district of Tamil Nadu bring in the need to study the trend, causes, delays and factors contributing to maternal deaths at our district.

Methods:

Retrospective study of maternal deaths that occurred in Cuddalore district 2020-24 using the information obtained from verbal autopsy reports. Data will be analysed by SPSS 25 Descriptive statistics for causes, levels of delay and multinomial logistic regression for levels of delay and factors contributing to maternal death will be employed.

Results & Conclusion: Awaited

Keywords: Maternal health, delays , trends , maternal mortality, cuddalore

73. ROLE OF PRIMARY CARE SCREENING IN EARLY DETECTION OF CARCINOMA CERVIX AND CARCINOMA BREAST IN THANJAVUR DISTRICT

Dr.A.Surya M.B.B.S.,M.D., Dr.S.Kayathri M.B.B.S., Dr.Elavarasan M.B.B.S.,MPH

Background:

Early detection is crucial for improving cancer survival rates. Primary care screening plays a vital role in detecting cancer at an early stage. Effective detection of cancer at early stage at the primary care level is critically important for the successful clinical early diagnosis efforts, since more than 90% of patient contacts within any health care system in the India occur at the primary care level

Methods:

Cross-sectional study conducted in Thanjavur district, Tamil Nadu, India. Data collected from 379 cancer patients treated under Makkalai Thedi Maruthuvam care through questionnaire format after obtaining consent .

Results:

Only 23 patients (6.1%) were referred through Primary Health Centers (PHCs), indicating a gap in primary care screening. Most patients sought private hospital care for detection, highlighting the need for increasing the awareness among general public and also the essential of getting a specialist availability in a primary health care set up. Among the patients, 184 (48.5%) had breast cancer and 94 (24.8%) had cervical cancer.

Conclusion:

Primary care screening is essential for early detection of carcinoma cervix and carcinoma breast. The low referral rate from PHCs suggests a need to strengthen primary care screening services and increasing awareness about cancer screening can improve early detection and treatment outcomes.

Keywords:

Cancer cervix,breast,primary health centre,awareness

74. SALT & IT'S EMERGING NEED TO CONTROL

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Introduction:

SALT – As a component in food, causes a lot of health conditions when used in excess. Establishment of Sodium Control Board and controlled use of Sodium salt may reduce the risk.

Background:

Upon analyses of a wide variety of modern food and its direct IMPACT over the public health. And WHY a lot of young death arising in our population.

Method:

Myself Observing & Reading this in 2019-20 and during covid19 pandemic, and presently in my UPHC, a person on a good LSM – mainly Food habit with poor salt in diet gives a better control of both BP and BS.

In Food - SALT (NaCl, NaHCO₃, MSG) – among various metabolism of Sodium, my observation is on

Sodium-Glucose metabolism:

Sodium helps in absorption of Glucose – When excess sodium intake – excess Glucose absorbed giving hyperglycaemia

Sodium-Water retention:

increased absorption of water in the intestine causing high BP, Ventricular Hypertrophies, Pedal Oedema and also Constipation

Sodium-Excretion mechanism:

Recently many patients have high Sr. Creatinine level mainly due to excess Sodium intake

Result:

Result on my observation is Sodium causes High blood pressure, uncontrolled blood glucose, Obesity, High TGL, Cardiac events, Fatty Liver Diseases, Renal toxicity, Constipation, Mental health related illness including irritation, insomnia, Gastritis, etc.

Especially in pregnant women “Valaikaappu syndrome” which I mention in records – after this ritual in Antenatal mothers an abnormal weight gain is noted, also they develop oedema, increased Blood pressure, urine albumin – positive and then its complications, followed as suspected PIH mother.

75. SEROPREVALENCE OF MEASLES ANTIBODIES IN WOMEN BORN BETWEEN 1985 TO 1999 IN METROPOLITAN CITY IN MUMBAI- A CROSS-SECTIONAL STUDY

Background of the study

Measles antibodies from mothers wane before 9 months, increasing infant vulnerability. Many mothers, having received one or no doses of the measles vaccine, remain under-protected.

Methods

Study Design & Setting:

A cross-sectional study was conducted in the M-East municipal ward of Mumbai from December 2023 to January 2024. Four ICDS blocks were randomly selected, and 214 women aged 25-39 years were enrolled.

Sample Size:

The minimum sample size was calculated as 210, considering 80% seropositivity for measles antibodies, with a design effect of 1.5 and a 10% non-response rate. Final sample size included 214 women across 20 randomly selected Anganwadi Centres (AWCs).

Data Collection:

Blood samples (3-5 ml) were collected at nearby health centres and tested for IgG antibodies against measles using Calbiotech ELISA kits. Samples were classified as seronegative (<0.9 IU/mL), borderline (0.9-1.1 IU/mL), or seropositive (>1.1 IU/mL).

Statistical analysis was performed using SPSS version 28

Results

Seroprevalence of Measles Antibodies: Out of 214 participants, 17.3% were seronegative for measles antibodies, 15.9% had borderline titres, and only 66.8% had adequate antibodies to protect their infants.

A significant association was found between lack of childhood measles vaccination and seronegativity. Among those who did not receive the vaccine in childhood, 51.4% were seronegative for measles antibodies.

The highest antibody titres were observed in the age group of 28.2 to 32.1 years, and those who recalled receiving the measles vaccine during childhood had the highest median antibody titres.

Conclusion-

High Seronegativity Rate: Nearly one-third of the women in the study had insufficient measles antibodies, leaving their infants vulnerable to measles infections before vaccination age.

The study highlights importance of robust routine vaccination program and strategies, such as a pre-pregnancy dose, to ensure maternal protection and reduce infant susceptibility, in situations of compromised routine immunization coverage.

76. SPATIO-TEMPORAL EPIDEMIOLOGY AND KEY DETERMINANTS OF DENGUE INCIDENCE IN INDIA

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Background:

Dengue fever remains a significant public health challenge in India, characterized by its complex epidemiology influenced by various socio-economic, environmental, and climatic factors. Understanding the spatio-temporal distribution of dengue and its associated indicators is crucial for effective control and prevention strategies. The study aims to identify factors influencing dengue incidence in India, focusing on the environmental variables, demographic characteristics, household characteristics, and health and poverty indices.

Methods:

Data on state-wise annual dengue cases (2010-2023) were obtained from the National Centre for Vector Borne Disease Control, and potential indicators data were collected from various national survey reports such as Census of India, NITI Aayog, National Sample Survey, Forest Survey of India, and Rainfall statistics of India. Multicollinearity was assessed between the independent variables, and variables with variance inflation factor (VIF) > 10 were removed from further models. A negative binomial regression analysis was performed to identify significant predictors of dengue incidence. Geographic Information System tools were used to map and visualize the annual dengue cases across Indian states from 2010-2023.

Results:

Negative binomial regression analysis revealed significant associations between dengue incidence and several socio-economic and environmental factors. Key predictors included average household size (IRR:0.560; 95% CI: [0.334-0.941]), literacy rate (IRR:1.092; 95% CI: [1.050-1.136]), nutrition deprivation (IRR:0.944; 95% CI: [0.915-0.973]), health index (IRR:0.961; 95% CI: [0.947-0.976]), forest cover (IRR:0.983; 95% CI: [0.971-0.995]), and minimum temperature (IRR:1.041; 95% CI: [1.011-1.071]). The highest number of normalized dengue cases was observed in Uttar Pradesh, Punjab, and Mizoram; among Union Territories, D&N Haveli and Puducherry reported the highest number of cases.

Conclusion:

The findings underscore the complex nature of dengue epidemiology in India, which is driven by socio-economic and environmental factors. Effective dengue control strategies should integrate educational interventions and nutritional access improvements alongside targeted measures addressing environmental conditions.

Keywords:

Dengue, India, Negative Binomial Regression Analysis

77. A CROSS-SECTIONAL STUDY ON PREVALENCE OF ANAEMIA AND MALNUTRITION AMONG ADOLESCENTS IN CHENGALPATTU DISTRICT, 2023-24.

Dr.B.Baranidharan; Vinili Simpson

Background:

Adolescence is termed as “second sensitive developmental period” after early childhood, as it is a time of rapid growth and development, which can lead to increased nutritional demands and a higher risk of nutritional deficiencies. Anaemia is considered to be caused by a range of factors. Anaemia may reduce infection resistance among adolescents, impair their physical growth and mental development, diminish their physical fitness, work capacity, and scholastic performance. In light of these adverse health consequences and the enduring prevalence of anaemia, several prevention programmes have been launched by the Government of India. One of the most current programmes is the Anemia Mukht Bharat programme launched in 2018 with the aim of reducing the nationwide prevalence of maternal and child anaemia. However, anaemia continues to be a serious public health problem in Tamilnadu. Hence, the Government of Tamilnadu initiated special health and adolescent camps for adolescent age 10 to 19yrs in all District. As part of this, monthly on an average of 40 to 45 camps are being conducted in our District. In this context, we plan to conduct a cross sectional study to assess the prevalence of anemia and malnutrition in our District.

Objectives:

1. To estimate the prevalence of Anaemia among adolescents attending schools & colleges in Chengalpattu district, 2023-24
2. To estimate the prevalence of malnutrition among adolescents attending schools & colleges in Chengalpattu district, 2023-24
3. To determine the association of malnutrition & anaemia among the study participants

Methods:

The study was a Cross-Sectional study using secondary data on the adolescent anemia screening camps conducted in Chengalpattu District during June 2023 to February 2024. The report of the adolescent anemia camp maintained at the District level was analysed using descriptive and inferential statistics.

Findings:

Overall prevalence of Anaemia is 54.3% with 2/3rd of the girl students and 2/5th of the male students having Anaemia. Prevalence of undernutrition was 21.7% while 16.8% were obese and overweight. Prevalence of Anaemia was highest in Acharapakkam and Thirukazhukundram while lowest in Chengalpattu urban. Prevalence of Anaemia was highest among 10-12 years and the prevalence decreased by age. Decrease in the prevalence of Anaemia was marked among Male students while prevalence of Anaemia among Female students was similar in all age groups. Students with moderate and severe Anaemia were 29.1% & 2.0% with prevalence higher in Acharapakkam & Thirukazhukundram blocks. Prevalence of undernutrition was higher among Male students (27.1%) than female students (16.9%)’ Prevalence of undernutrition among Male students was similar among all age groups while among female students, undernutrition was high among those below 12 years.

Prevalence of overnutrition was higher among female students (17.8%) than male students (15.8%). No significant association between nutritional status & prevalence of Anaemia overall. Among male students, association between nutritional status & anaemia was significant with prevalence higher among undernourished children compared to normal or over-nourished children. Association between nutritional status & anaemia was significant among students more than 15 years of age while it was not significant among age group of less than 12 years & 13 to 15 years.

Conclusion:

In conclusion, the rise in anaemia prevalence among adolescent women suggests the need for targeted interventions to mitigate the burden of anaemia and enhance the overall health of this population.

Keywords:

Anaemia, Malnutrition, Obese, under nutrition, Nutrition status

78. TO ESTIMATE THE OCCUPATIONAL HEALTH HAZARDS AND COMORBIDITIES ON WOOD CARVING ARTISANS OF KALLAKURICHI DISTRICT OF TAMIL NADU -A COMMUNITY BASED CROSS-SECTIONAL STUDY (JUNE 2024 TO AUGUST 2024)

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⁴District Health Officer, Kallakurichi

Background:

Wood carving artisans face various occupational health risks, such as respiratory issues, musculoskeletal disorders, and chronic conditions, due to exposure to wood dust, chemicals, and repetitive labor. In India's informal sector, including artisanal work, a lack of structured health regulations increases vulnerability. Despite their cultural and economic contributions, limited research exists on the health risks they face.

Methods:

This community-based cross-sectional study, conducted in August 2024 among 100 adult wood carving artisans in Kallakurichi, by simple random sampling. Data was collected through a pre-tested questionnaire on sociodemographic, occupational hazards, and comorbidities, alongside physical health assessments and environmental exposure evaluations. The prevalence of respiratory, musculoskeletal, auditory, visual, dermatological conditions, and stress were analyzed, examining associations with work duration and pattern of work. Data was entered in Excel and analyzed in SPSS v.16, with a significance threshold of $p < 0.05$.

Results:

Out of 100 participants (70% males, 30% females), the mean age was 47 ± 12 years, with 23 ± 13 years of work experience. Preliminary analysis revealed that 91% of artisans experienced musculoskeletal issues, followed by respiratory problems (32%) and skin allergies (16%). Work-related stress affected 45% of participants. The most frequent musculoskeletal complaints were back pain (72%) and shoulder pain (33%), associated with poor posture ($P < 0.01$) and extended work hours ($P = 0.04$). Respiratory problems were significantly linked to inadequate workplace ventilation ($P = 0.04$). Among 100 participants 25% had Hypertension, 21% had Diabetes Mellitus and 17% were with visual impairments.

Conclusion: The findings highlight the urgent need for targeted occupational health interventions for wood carving artisans as there was strong association was found between work type, years of service, and health issues. These include improved workplace safety measures, regular health screenings, and protective equipment usage to mitigate long-term health risks. Public health initiatives focused on this marginalized group could significantly reduce morbidity and improve quality of life.

Keywords: Comorbidities, Occupational health hazards, Wood carving artisans.

79. TREND IN INFANT DEATH IN THANJAVUR DISTRICT 2024- A SECONDARY DATA ANALYSIS.APRIL-23 TO MARCH-2024

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Background

Infant mortality remains a significant public health concern worldwide. According to the World Health Organization (WHO), approximately 4.1 million infants die each year, with the majority of deaths occurring in the first month of life. In [Country/Region], the infant mortality rate (IMR) is [rate], which is higher than the global average. Trend in infant death in Thanjavur district 2024- A secondary data Analysis.April-23 to March-2024

Objectives:

- 1.To study the trend of infant mortality rates in Thanjavur district over the last one years
2. Identify the leading causes of infant deaths in Thanjavur district

Methods

We did a secondary data analysis. Records of all Infant death Accured in Thanjavur District during the period april 23 to march-24.

Result

Based on the analysis, 313 were infant death during the study period. 13% infant death in Thanjavur HUD.40.2% was low birth weight(1.6kg to 2.5 kg) baby.32.5% was normal birth weight baby.40.2% was term baby 38wks to 39 wks baby.25.2% was Pre term (33wks-37 wks).5.7% extreme pre term (<28 wks).24.6% cause was respiratory distress syndrome.23.9% cause was sepsis.19.8% cause was Birth Asphyxia.7.9% congenital cardiac disease.8.9% cause congenital anomaly.6.7% causes was Aspiration.In infant death 55.2% was male child and 44.7% was female child.Early Neonatal Death 53.4%,Late Neonatal Death 27.4%,Infant death 19.4%.

Conclusion

This study was helped us to understand the trends in infant mortality in Thanjavur District . This in turn will help us to channelize the public health interventions to reduce infant mortality in Thanjavur district.

Keywords:

Infant death Analysis ,Trend Analysis

80. TREND OF EPIDEMIOLOGICAL INDICATORS OF LEPROSY OVER A PERIOD OF FIVE YEARS IN TAMIL NADU, INDIA, APRIL 2019- MARCH 2024, A DESCRIPTIVE CROSS-SECTIONAL STUDY

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Email id: ddlepchennai@gmail.com****Background**

Leprosy a neglected tropical disease targeted for zero transmission by 2030. The National Leprosy Eradication Programme (NLEP) main objectives are to detect and cure people with leprosy, to stop the transmission of the disease and to prevent deformities. It is essential to measure progress towards the achievement of these objectives using indicators. In this study we described the epidemiological indicators by time, place and person during 2019-2024.

Methods

We did a descriptive cross-sectional study and the data were extracted from the monthly progress reports for the fiscal years 2019-2024. We calculated the indicators based on the NLEP guidelines. We took year-specific population as denominators projected based on 2011 census by age group and gender. We computed rates by new leprosy patients, type of leprosy, child patients and grade 2 deformity. We had done mapping of the core indicators for all districts.

Results

During the study period 14,638 new leprosy patients were diagnosed and treated in Tamil Nadu. The annual new case detection rate decreased from 5.17(4252/82190873) in 2019 to 3.94 (3093/78414032) in 2024 per 100,000 population. The proportion of child leprosy patients decreased from 15.31 (651/4252) to 5.79 (179/3093). The proportion of multibacillary leprosy increased from 44.17 (1878/4252) to 61.88 (1914/3093) and the grade 2 deformity per million population decreased from 1.30 (107/82190873) to 0.93 (73/78414032). The proportion of female leprosy patients increased from 37.79 (1607/4252) to 42.81(1324/4252). The new case detection rate remained high in the districts of Erode, Villupuram, Theni, Tiruvallur and Kanchipuram throughout the study period. The proportion of multibacillary leprosy also remained high in all the districts with variable distribution of child leprosy patients.

Conclusion

The high proportion of multibacillary leprosy and variable child proportion of leprosy calls for early case detection to prevent deformities and to revisit case search strategies through targeted approach.

81. PREVALENCE OF MUSCULOSKELETAL MANIFESTATION AMONG TYPE 2 DIABETIC PATIENTS ATTENDING PARAMBUR BLOCK, PUDUKOTTAI DISTRICT

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Background:

The number of people with diabetes is expected to increase from 171 million in 2000 to 366 million in 2030 and Musculoskeletal complications are the most common among the diabetic complications. These complications make the physical activity much more difficult. This study has been done to assess the prevalence of musculoskeletal problems among the diabetics

Methods:

A cross-sectional study was conducted at Parambur block phc, Pudukkottai district). 250 diabetic patients were included in the study during the period between August 2024 to September 2024. After obtaining informed consent from the patients, details were collected by face-to-face interview using questionnaire designed for the study

Results:

A total of 250 responses were collected in which male and female participants were nearly equal. Most of the participants belong to upper lower class with poor educational status. Among the 250 study participants, 61.44% of the diabetic patients had at least one symptom of musculoskeletal problems. Symptoms of musculoskeletal disorders like shoulder periarthritis presents in 71(29.35%) patients, medial spondylitis in 60(25.12%) patients, peripheral neuropathy in 150(37.31%) patients, Lateral epicondylitis in 81(20.14%) patients, DeQuervain's tenosynovitis in 80(19.91%) patients.

Conclusion:

Adequate management of musculoskeletal problems in Diabetic patients and adequate glycemic control can improve their quality of life

Keywords:

Public health, diabetes mellitus, Musculo skeletal disorders, quality of life.

82. TRENDS OF LEPTOSPIROSIS IN THE STATE OF TAMIL NADU BETWEEN 2021 AND 2024: AN IDSP-IHIP ANALYSIS

Introduction:

Leptospirosis is a zoonotic disease of public health importance driven by climate and ecological factors. It is noted as a re-emerging disease by WHO, and the number of cases are increasing steadily. The present study was undertaken to understand the epidemiological profile and trend of leptospirosis, analyze the trends of leptospirosis cases between 2021 & 2024, and forecast the disease.

Methods:

The data of confirmed leptospirosis cases in Tamil Nadu were retrieved from the IDSP-IHIP portal and entered in MS- Excel. Statistical analysis was done using SPSS version 20.0. Descriptive statistics was used. For analysing the trend and to forecast the same, the time series analysis method was used.

Results:

The positivity rate of leptospirosis was 9.7% (95% CI: 9.5 to 9.9). The mean age of the leptospirosis cases was 35 years. Of the 7080 cases, females were 50.18%. The majority of cases were from Chennai (35.4%). The trend of leptospirosis depicts that the number of cases starts to increase June to December. This typically corresponds with the rainy season of Tamil Nadu. The predicted number of cases for January 2021 to March 2024 made by the model matched with original number reported in the IDSP- IHIP portal. On forecasting, the model showed a steady increase in the number of cases each year, still following the seasonal trend.

Conclusions:

Leptospirosis shows a seasonal trend with more cases from June to December, and it correlates with the rainy and flooding season of the region.

Keywords:

Leptospirosis, zoonotic disease, trends, time series analysis, forecast

83. TRENDS OF MUSCULOSKELETAL DISORDERS IN GENERAL POPULATION AT THANJAVUR CORPORATION, TAMIL NADU, INDIA 2023 – 2024"**Dr.K.Gokul1, Dr.V.C.Subash Gandhi 2****1- Physiotherapist,Urban PHC , Thanjavur Corporation Thanjavur hud, 2- City Health Officer,Thanjavur City Corporation,THANJAVUR****Background**

Musculoskeletal health is the performance of the loco motor system, comprising intact muscles, bones, joints and adjacent connective tissues. Musculoskeletal conditions significantly limit mobility and dexterity, leading to early retirement from work, lower levels of well-being and reduced ability to participate in society. A recent analysis of Global Burden of Disease (GBD) 2019 data showed that approximately 1.71 billion people globally live with musculoskeletal conditions. The morbidity rate of musculoskeletal disorders has been increasing steadily. Apart from lowering the quality of life and reducing the productivity of individuals, these disorders pose a significant health concern. Under Makkalai thedi maruthuvam scheme between 2023 and 2024 , a total of 1000 people with Musculoskeletal disorders were identified and treated for the same.

Methods

Data from individuals who have benefited from home care physiotherapy services were collected. From this data, we extracted information specifically related to patients with musculoskeletal disorders. Using statistical tools, we will calculate percentages, proportions, and identify the region most commonly affected by musculoskeletal disorders.

Result

A total 1000 People benefited from MTM Physiotherapy included in the study. Data interpretation mentioned as below:

In Gender Comparision: Male (34.7%) Female (65.3%) ,Age comparison: 30 – 39yrs (17.7 %) 40-49yrs (43.5%) 50-59 yrs (38.8%), Distribution of musculoskeletal disorders -Area: Neck (16.5%) Shoulder (4.5%) Elbow (1.2%) Wrist (0.5%),Mid back (1.2),Low back (41%) Hip (0.6%) Knee (28.3%) Ankle (6.2%).

Conclusion

Findings from the study suggest that low back pain is reported most followed by Knee pain.

Keywords:

Musculoskeletal Disorders, Low back pain, Morbidity rate, Makkalai thedi maruthuvam.

84. EFFECTIVENESS OF NIEL-ASHER TECHNIQUE IN IMPROVING THE FUNCTIONAL RANGE OF MOVEMENT IN ADHESIVE CAPSULITIS OF SHOULDER JOINT AMONG THE DIABETIC PATIENTS UNDER MAKKALAI THEDI MARUTHUVAM- AN EVALUATIVE STUDY

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Introduction:

Frozen shoulder (also referred to as adhesive capsulitis) occurs when the ligaments around the shoulder joint swell and become stiff. The affected shoulder joint gradually loses mobility over a period of time, until the joint becomes stiff or “frozen”. Due to inflammation and swelling present in the shoulder, normal healing becomes hard and leads to shoulder getting stiff. As a result of inflammation and stiffness, it would be painful to carry out activities of daily living. Seemingly simple tasks such as buttoning the shirt and reaching into an overhead bin can be difficult. Among the various musculoskeletal conditions associated with diabetes, frozen shoulder is one of the most common complaints. NAT involves the use of deep strokes and compression techniques on specific trigger points which are highly painful spots of fibrotic tissue within the muscle. Stimulation of these inputs into the nervous system helps to achieve a desensitisation. The technique itself involves following a very specific sequence and the process is repeated consecutively within the appointment to achieve the desired effect.

By utilizing a sequence of specific manual manipulations and pressure points, NAT aims to reset this faulty communication, allowing the shoulder to heal naturally and regain its mobility. Conventional therapy involves the use of heat modalities and free exercises. The

implementation of advanced therapeutic method (NAT) and evaluating the effectiveness of the same is studied in this research. The spectrum of coverage under Makalai Thedi Maruthuvam program keeps enlarging day by day, in which the implementation of newer evidence based therapy interventions in Physiotherapy also plays a vital role in benefiting the community.

Aim:

- To evaluate the effectiveness of Neil Asher technique in the treatment of Adhesive Capsulitis of shoulder among diabetic patients in the view of improving the joint range of movement.

Materials and Methods:

This study was a pre and post evaluation design conducted at Physiotherapy out patient unit in Modakurichi upgraded govt primary health center for a duration of two months, on 25 individuals who attend the OP biweekly. The shoulder joint range of motion is measured using the Goniometer. The pre-therapy assessment values and the post therapy values recorded were directly compared and analyzed to determine the effectiveness of the techniques applied during the therapy program.

Results

The analysis of the study conducted on 25 diabetic patients with Adhesive Capsulitis of the shoulder joint, showed a remarkable improvement in the joint range of motion post

therapy, after 2 months of regular intervention. Although pain component is not included in the evaluation, almost all the patients were relieved of their discomfort with the application of this therapeutic technique.

Conclusion

It has to be emphasized that the MTM programme gets extended along with the time as the services covered under this scheme cater a wider spectrum of Non- communicable diseases. The beneficiaries of Makkalai Thedi Maruthuvam programme, who have been receiving conventional therapy for their wide range of ailments are now getting accessed to the advanced therapeutic techniques and evidence based practices provide a definitive outcome. The application of Neil Asher technique regularly in the selective population studied in this research for a short period of two months, has shown anticipated outcome. There is a remarkable improvement in the joint range of motion measured in this study. This would motivate the application of advanced therapeutic techniques that can be rendered in the PHC set-up under Makkalai Thedi Maruthuvam Programme.

85. EPIDEMIOLOGY OF HEAT-RELATED ILLNESSES IN VELLORE: A RETROSPECTIVE ANALYSIS 98

Dr. P. G. Bhanumathi DHO Vellore, Dr.S.Loganathan epidemiologist Vellore District

Background:

Heat-related illnesses (HRIs) are an emerging public health concern due to rising global temperatures, particularly in tropical regions like Vellore. This study aims to investigate the epidemiology of HRIs in Vellore over a three-year period (2021–2023), assessing incidence patterns, vulnerable populations, and seasonal trends.

Methods:

A retrospective analysis of medical records from public and private hospitals in Vellore was conducted, focusing on cases diagnosed with heat exhaustion, heat cramps, heat syncope, and heat stroke. Data were collected from the peak summer months (April to June) of 2021 to 2023. Demographic variables such as age, gender, occupation, and comorbidities were also analyzed. Incidence rates were calculated per 100,000 population, and a spatial analysis of cases by rural and urban areas was performed.

Results:

A total of 1,024 cases of HRIs were reported between 2021 and 2023, with the highest incidence in 2023 (415 cases). The average annual incidence rate of HRIs was 35.8 per 100,000 population. Heat stroke accounted for 18.5% of cases, with a mortality rate of 1.2%. Males were disproportionately affected (65.7%), particularly those aged 40–60 years. Outdoor workers, including farmers and construction laborers, made up 54.3% of the cases. The rural population had a higher incidence (42.6 per 100,000) compared to urban areas (28.4 per 100,000). Peaks in incidence were observed in May, coinciding with maximum temperatures reaching 42°C.

Conclusion:

The study highlights the significant burden of HRIs in Vellore, particularly among males in high-risk occupations. High alert is given during the months from April to July through mass Medias. IEC given to the public to keep hydrated and avoid unnecessary travel outside by persons with co-morbidity and elderly people during Heat waves. Strengthening public awareness, improving hydration practices, and enhancing access to cooling centers during heat waves are recommended to mitigate the impact of HRIs in Vellore.

Keywords: Heat-related illnesses, Epidemiology, Vellore, Heat Stroke, Rural-Urban disparity

**86. SEASONAL VARIATION OF ACUTE DIARRHEAL DISEASES IN
PUDUKKOTTAI DISTRICT – 2023,**

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Dr.K.Kuppammal Mbbs., Dph., District Epidemiologist, Pudukkottai

Introduction

Diarrhea remains a significant public health challenge, particularly in developing regions where access to clean water and sanitation facilities is limited. In Pudukkottai District, a comprehensive analysis of diarrhea cases in 2023 reveals critical insights into its age, gender, and seasonal distribution. This data not only highlights the burden of the disease but also informs targeted interventions to improve health outcomes in the community. This report presents an overview of the institutional cases of diarrhea, examining demographic factors and seasonal variations to understand the trends and develop effective public health strategies.

Objective(s):

To analysis the trend of seasonal variation of Acute Diarrheal Diseases in Pudukkottai District 2023

Methods

This study utilizes a retrospective analysis of diarrhea cases reported in Pudukkottai District during the year 2023. Data were collected from (IHIP-IDSP) portal and categorized by age, gender, and season.

Age-wise Distribution: The number of cases was categorized into age groups to assess the prevalence of diarrhea across different demographics.

Gender-wise Distribution: The cases were further analyzed by sex to identify any disparities in the incidence of diarrhea among males, females, and transgender individuals.

Season-wise Distribution: Data were examined by season to evaluate variations in case numbers throughout the year, differentiating between inpatient (IP) and outpatient (OP) cases.

Data Analysis: Percentages were calculated to represent the proportion of cases within each category, providing a comprehensive overview of the impact of diarrhea on the population.

The findings from this analysis aim to guide future public health initiatives and resource allocation in Pudukkottai District, ultimately enhancing the community's health resilience against diarrheal diseases.

Data Summary: Keywords

Age-wise Institutional Data

Gender-wise Institutional Data

Season-wise Institutional Data

Seasonal IP and OP Cases

Seasonal Distribution (Rural vs. Urban)

This structured approach provides a clear overview of the impact of diarrhea in Pudukkottai District, highlighting key demographics and seasonal trends essential for public health planning.

Result:

Age wise Distribution :

A total of 4447 institutional diarrhoea cases were reported in Pudukkottai District in 2023. The majority of cases were recorded in the 30 to 50-year-old age group, accounting for 43.17% (1920 cases) of the total. The age group 50 to 80 years reported 24.28% (1080 cases), while the age group 20 to 30 years made up 15.92% (708 cases). Children under 5 years contributed 3.23% (144 cases), and the smallest contribution came from individuals over 80 years with only 0.24% (11 cases).

Gender-wise Distribution:

Out of the total cases, females represented 53.20% (2366 cases), which was slightly higher than males at 46.77% (2080 cases). Only one case was reported for a transgender individual, making up 0.02% of the total cases.

Season-wise Distribution:

Diarrhoea cases showed significant seasonal variation. The highest number of cases was recorded during the summer season, with 31.50% (1401 cases), followed by winter at 24.62% (1095 cases). Autumn saw 22.68% (1009 cases), while monsoon contributed 21.18% (942 case)

Inpatient (IP) vs Outpatient (OP) Cases:

Out of the total 4447 cases, 524 (11.78%) were IP cases, and 3923 (88.22%) were OP cases. The highest number of OP cases occurred in the summer (1270 cases), while the winter season saw the highest IP cases at 193. The lowest IP cases occurred in the winter (79), and the lowest IP cases in summer (131).

Rural vs Urban Distribution:

The vast majority of diarrhoea cases were reported from rural areas, accounting for 95.55% (4249 cases), while only 4.45% (198 cases) came from urban areas. The summer season saw the highest rural cases (1321), and the autumn season had the least urban cases (30).

Conclusion

In conclusion, diarrhoea remains a significant public health challenge in Pudukottai District, with marked variation across age, gender, season, and geography. The higher incidence in rural areas underscores the need for improved public health interventions, especially regarding sanitation and access to clean water. Seasonal peaks during summer and winter highlight the necessity for targeted health campaigns during these periods to mitigate the risk of diarrhoea outbreaks.

Efforts should be made to focus on vulnerable groups, including children, the elderly, and those living in rural areas, with strategies that promote hygiene education, timely treatment, and better water management practices. The data suggests that while outpatient management is effective for most cases, enhanced preventive measures can further reduce the burden of both outpatient and inpatient diarrhoea cases in the district.

Poster Presentation

**1. COMMUNITY-BASED BLOOD DONATION CAMPS AT HEALTH
SUBCENTER IN VILLUPURAM DISTRICT, TAMIL NADU - A
DESCRIPTIVE STUDY**

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2 District Health Officer, Villupuram HUD
3 Professor, Institute of Community Medicine, Madras Medical College
4 NCD-DPO, Villupuram HUD
5 District epidemiologist, Villupuram HUD**

Background:

Globally 118.54 million blood units are collected . India with a population of 1.4 billion ,with an annual requirement of 8.5 million units, only 4.4 million units requirement are met up ,with 52% by voluntary blood donors and 45% by replacement donors . Community-based blood donation address the importance of a stable blood supply and makes it easier for donors to participate.It also reduces the need for potential donors to travel long distances, thereby increasing the likelihood of regular donations. This study aims to describe the demographic and health-related factors influencing volunteering and blood donation at Health Sub-Centers in Villupuram.

Methods:

We use a descriptive study design on secondary data of blood donation camp details collected from each HSC through VHN/MLHP from 2023 to till date 2024. Among them, persons donated blood, number of first time donors, no of rejection, comorbidities, adverse events will be presented as proportion with 95% Confidence interval. Any significant association between the socio-demographic and blood donation status will be reported using Chi-square test and Odds Ratio with 95% Confidence Interval will be calculated for individual factors.

Results &Conclusion: Awaited

Keywords: Blood donation camp, Community, HSC, Villupuram

2. EPIDEMIOLOGICAL PROFILE, SPATIAL AND TEMPORAL DISTRIBUTIONS OF DENGUE INCIDENCE IN CHENGALPATTU DISTRICT DURING 2018-2023, TAMIL NADU”- AN OBSERVATIONAL STUDY

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3 Professor, Institute of Community Medicine, Madras Medical College

4 District epidemiologist, Chengalpattu HUD

Background:

Dengue is a fast emerging, outbreak-prone, and mosquito-borne viral fever. It has become a major public health concern due to active case transmission. Globally, 7.6 million cases reported in 2024. In Tamil Nadu, incidence of dengue was about 12%. Understanding the cyclical pattern of dengue will be helpful in anticipating the future trends, assessing the vulnerability and also to strengthen the vector surveillance and control activities. This study aims to describe the trends of dengue in terms of time, place and person.

Methods:

This is an Observational, descriptive study done using the secondary data of Dengue cases reported in the past 5 years 2018-2023 obtained from District health office database. Temporal and Seasonal distribution will be described in Line graph over the years. Spatial distribution described by mapping using Quantum Geographical Information System (QGIS) across 8 blocks in Chengalpattu HUD.

Results & Conclusion: Awaited

Keywords: Chengalpattu, Dengue, Epidemiological profile

3. PREVALENCE OF UNDERWEIGHT, OVERWEIGHT AND OBESITY AMONG RURAL SCHOOL GOING MID-ADOLESCENTS IN THONDARAMPATTU BLOCK, 2024

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Background:

During the last three decades, there has been an excess weight epidemic due to changes in nutrition and lifestyle globally. India has paradox of having both under nutrition and obesity as a major problem, in both urban and rural areas. But the awareness about malnutrition among adolescents is still lacking.

Methods:

The study was carried out among rural school going mid adolescent. Students in the age group of 14-17 years (9th to 12th class) were included. The sample size was calculated to be 369. The students were selected by Multistage cluster sampling technique. Students were categorized into underweight, overweight and obesity based on their BMI using both CDC and IAP growth charts

Results:

Based on the preliminary analysis, Mean BMI of the study population was 18.4. Mean BMI among boys was 17.6 and among girls was 19.2. According to CDC growth charts, 41 (22.1%) were identified as underweight, 8 (4%) as overweight and 6(3%) as obese among boys and 19 (10.2%) were identified as underweight, 11 (5.9%) as overweight and 3 as obese (1.5%) among girls and among the study population 60 (32.4%) were underweight, 19 (10.2%) were overweight, 9 (4.8%) were obese. According to IAP growth charts, 3 (1.5%) were identified as underweight, 3 (1.5%) as overweight and 4(2%) as obese among boys and 8 (4%) were identified as underweight, 15(8%) as overweight and 4(2%) as obese among girls and among the study population 11 (5.9%) were underweight, 18 (9.6%) were overweight, 8 (4%) were obese.

Conclusion:

Preliminary analysis showed that the prevalence of overweight and obesity more than the prevalence of underweight, according to Indian standard growth charts. This reveals the need to create awareness among primary care physicians so as to diagnose obesity in the early stages. Final results will be arrived before the paper presentation. Future studies need to explore potential risk factors associated with obesity.

Keywords: Adolescent, underweight, overweight, obesity

4. A BIBLIOMETRIC ANALYSIS OF THE TEMPORAL TRENDS IN DIAGNOSTIC EVOLUTIONS FOR RICKETTSIAL DISEASES INCLUDING SCRUB TYPHUS.

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Background

Diagnosis and treatment of Rickettsial zoonosis have been a cause of major concern within the public health community. Numerous studies have aimed to estimate the diagnostic efficiencies of various molecular and serological tests; However, themes like impact assessment, productivity and their trends in the diagnostic paradigm of Rickettsial diseases remains unquantified. The current study aimed to explore the bibliometric characteristics, recent status and temporal trends in diagnostic evolutions related to diseases caused by the genus *Rickettsia* and *Orientia*.

Methods

Relevant studies were extracted from Scopus using pre-determined standard keywords. The bibliometric analysis was performed using the R package “Bibliometrix” and “Biblioshiny”.

Results

239 studies were identified for *Rickettsia*; 168 studies accounted for diagnostic articles in scrub typhus. Annual growth rate of publications in scrub typhus (1.82%) accounted to be higher than diagnostic research in *Rickettsia* (1.44%). The most relevant sources of publication are Journal of Clinical Microbiology (IF: 5.8) for *Rickettsia* and American Journal of Tropical Medicine and Hygiene (IF: 3.7) for scrub typhus. Biggs et al (2017) for *Rickettsia* and Blacksell et al (2007) for Scrub typhus are the most globally cited articles. USA (n = 119) and India (n= 136) are the leading nations in *Rickettsia* and Scrub typhus diagnostics. Mahidol University (Thailand) and University of Texas (USA) are the leading producers of articles in *Rickettsia* and Scrub typhus. Blacksell S.D and Roul D. are the leading researchers in the *Rickettsia* and scrub typhus diagnostics.

Conclusion

The current study attempts to understand the impact, productivity and patterns of publications, authors, institutes and other relevant stakeholders in Rickettsial disease diagnostics. It provides a historical snapshot of the evolutions in diagnostic technologies of Rickettsial diseases. Innovations in medical diagnostics and continuous collaborative efforts of the research community may foster timely diagnosis and treatment of acute febrile illnesses like Rickettsioses and Scrub Typhus.

Keywords

Bibliometrics, *Rickettsia*, *Orientia*, Scrub typhus, diagnostics, Spotted fever, typhus fever, Bibliometric analysis

5. A CASE OF SILICOTUBERCULOSIS

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Introduction :

Silicosis is a progressive interstitial lung disease, characterized by shortness of breath, cough, fever and bluish skin; it can present in three different forms: acute, accelerated and chronic. It is caused by the lung tissue reaction to the inhalation of silica and occurs most commonly as an occupational disease of people working in the quarrying, manufacturing and building construction industries. Exposure to large amounts of free silica can go unnoticed because silica is odourless, non-irritant and does not cause any immediate health effects. As silicosis is incurable, clinical management includes removing the worker from the industry and giving symptomatic treatment. Public health goals are to detect early cases through monitoring of currently and formerly exposed workers, to establish surveillance programmes, to slow progression and to reduce disability

Case Report :

58 yr old male known Rock grinding factory worker & K/C/O COPD Presented with History of breathlessness and cough with expectoration for 2 months. Typically grey particulate matter. OLD PTB history 10 years back and completed ATT On examination Pallor +, Tachypneic RS

- Trachea shifted to right Air entry decreased in right infraclavicular infrascapular, suprascapular area VF and Percussion are decreased and impaired over above areas. Occupational lung disease attributable to inhalation of silica. Risk of tuberculosis is higher. Here we present a rare case of silicotuberculosis. CBC, RBS, RFT – Normal LFT, SR PROTEIN – Normal Sputum AFB- MTB Detected Sputum c/s – no growth CT chest: trachea shifted to left. Ill defined conglomerated mass noted upper and middle lobes p/o PMF Multiple enlarged calcified hilar nodes CT guided lung biopsy: pigment laden macrophages S/O silicotic nodules

Discussion : The silico-tuberculosis patients had 2.3 times higher odds of unfavourable treatment outcomes and a higher likelihood of relapse. TB prevention in silicosis patients include active surveillance of the workers, periodic chest X-rays, tuberculin skin test or, where possible, interferon-gamma releasing assay (IGRA) testing, and adoption of measures to reduce the exposure to silica dust. In this regard, engineering and work practice control of silica dust exposure are particularly important in communities with high prevalence of tuberculosis

6. A CASE REPORT OF MANAGEMENT OF ANTITUBERCULAR THERAPY INDUCED CUTANEOUS ADVERSE DRUG REACTION IN THE PRIMARY CARE

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Abstract

Background:

Cutaneous adverse drug reaction to Antitubercular Therapy is a common side effect of tuberculosis treatment that can lead to poor treatment adherence, discontinuation of treatment and drug resistance. We report a case of Antitubercular Therapy induced cutaneous adverse drug reaction treated in the primary care.

Case Report:

A 50 yr old Male had complaint of cough with expectoration, low grade fever, weight loss and loss of appetite for one month. He was diagnosed as a case of pulmonary tuberculosis and started on Antitubercular Therapy for Drug sensitive TB with four drug regimen namely Isoniazid, Rifampicin, Pyrazinamide and Ethambutol as FDC tablet 4 pill/day. On third day patient developed itching and urticarial rash. He stopped ATT drugs and reached our hospital. CBC, RFT, LFT was done which was within normal limits. ATT was withheld and antihistamine given for three days. Rash and itching settled. On fourth day, ATT rechallenge was planned with order of drugs as Isoniazid, Rifampicin, Pyrazinamide and Ethambutol. Each tablet was given for three days. If there is no symptoms, we proceeded to rechallenge with next drug in sequence. He developed symptoms on day 1 of pyrazinamide. It was withheld and Ethambutol introduced. He tolerated it. Patient was planned to take three drug regimen excluding pyrazinamide for 9 months. This drug challenge on an outpatient basis in primary health center avoids patient hospitalisation, loss of wages and improves patient adherence. It also reduced burden on tertiary care centres.

Conclusion:

Treatment of mild to moderate Cutaneous adverse drug reactions to Antitubercular Therapy can be done in the primary care on an Out patient basis thus improving patient compliance and treatment completion rates. It also reduces workload of the tertiary care centres.

Keywords: Antitubercular Therapy, Cutaneous adverse drug reaction, Mild to Moderate severity, Outpatient drug rechallenge, Pyrazinamide induced.

7. A CASE REPORT ON LARON SYNDROME

Dr.R.MURALIDHARAN

Laron syndrome is due to growth hormone receptor defect. It results in failure to thrive with short stature. Other physical features include prominent forehead, depressed nasal bridge, underdevelopment of mandible, micropenis.

Here we present a case report of two year old child, born out of second degree consanguinous marriage, presented with underweight and short stature, which on evaluation was found to be a case of laron syndrome.

MRI Brain was normal. IGF 1 levels were low after Growth hormone stimulation test, which is diagnostic of laron syndrome. Growth hormone injection will not be useful to the child as this is a receptor defect to produce IGF 1 in response to growth hormone stimulation.

The gold standard for confirming a diagnosis of laron syndrome is to perform a genetic analysis with PCR to identify the precise molecular defect in the growth hormone receptor gene.

Recombinant human IGF1 (mecasermin) is the mainstay of treatment to the child. They should be started before puberty to be effective.

Genetic testing to detect the mutation and Genetic counselling are part of the management.

8. A CASE SERIES OF PREMALIGNANT LESIONS ON EXTERNAL GENITALIA

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Background

Genital skin is affected by various spectrum of dermatoses which ranges from benign conditions to premalignant and malignant conditions. These conditions cause major personal and public health problem due to the fact that they affect the patient's physical, mental and sexual health. The aim of this study is to analyse the various clinical presentations of premalignant lesions of external genitalia.

Case Details:

Case 1: A 50 year old unmarried male presented with fleshy growth over glans penis and subpreputial region for 20 days, associated with difficulty in retracting prepuce. HPE of tissue showed penile intraepithelial neoplasia grade III. MRI study of penis was done to assess the extent of the lesion and excision of the lesion was done

Case 2: A 51 year old married female, presented with growth in the labia majora for 3 months, associated with occasional pain and bleeding on touch. HPE of tissue showed severe dysplasia. Patient underwent excision of the lesion

Case 3: A 65 year old male presented with thick silvery plaque with mica like crust over the glans penis for a duration of 2 years. Patient was eventually diagnosed as a case of pseudoepitheliomatous keratotic and micaceous balanitis

Case 4: A 58 year old postmenopausal female, who had multiple sexual partners in the past, presented with a verrucous growth over the mons pubis of size 4*4 cm and another growth surrounding the vaginal introitus of size 6*5 cm for 1 year. Patient was diagnosed as a case of buschke lowenstein tumor and planned for surgical excision

Case 5: A 53 year old postmenopausal woman, presented with whitish verrucous growth of size 5.5*3 cm over the upper part of right labia majora for 2 years. On HPE, patient was diagnosed as a case of giant verruca, occurring over the genitalia.

Results:

In our study of 5 patients, all 5 patients presented with genital growths. The duration of complaints ranges from 20 days to 2 years. Three patients in our study were asymptomatic. Penile intraepithelial neoplasia presented with phimosis. Vulvar intraepithelial neoplasia presented with occasional pain and bleeding on touch. The symptoms were not severe enough for the patients to seek immediate medical attention, VCTC and VDRL done in all patients were negative.

Summary and Conclusion:

In this study, we have described 5 different clinical conditions of external genitalia, which have the potential to become invasive carcinoma. These patients are usually asymptomatic or mildly symptomatic and are associated with social stigma of genital disease, thus delaying the visit to health care facility. This leads to delay in diagnosis and treatment, causing significant morbidity and mortality to the patient. Thus treating physicians should be vigilant for premalignant conditions while treating genital dermatoses and histopathological examination should be done when there is a clinical suspicion of malignant and premalignant conditions

9. A COMMUNITY BASED CROSS-SECTIONAL STUDY TO ASSESS THE AWARENESS AND UTILIZATION OF CHIEF MINISTER'S COMPREHENSIVE HEALTH INSURANCE SCHEME AMONG RURAL POPULATION IN TAMIL NADU.

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Background:

The Chief Minister Comprehensive Health Insurance Scheme (CMCHIS) was launched to reduce the out-of-pocket expenditure for health. The objective of this study was to assess the awareness and utilization of CMCHIS among the rural population.

Methods:

This cross-sectional study was carried out among 260 individuals aged more than 18 years in Minjur, Chennai between May 2024 to August 2024 (3 months), where households were selected using simple random sampling. Head of the family or any responsible member of the family was interviewed using pre tested structured questionnaire to collect data regarding sociodemographic variables, awareness and utilization of CMCHIS. Data were entered into excel and statistical analysis was performed using SPSS v.16, with a p value of < 0.05 was considered as statistically significant.

Results:

The study population (n=260) comprised of males 68.5% and females 31.5%, with a mean age of 46.41±10.68 years. More than 70% of the study participants belonged to middle class and below (Modified BG Prasad). CMCHIS card was not available with 45.4%, among whom, 57.6% had no awareness about CMCHIS. Among the 54.6% who had CMCHIS card, only 11.3% had ever utilized the scheme. Nearly half of the study participants were not aware that all the family members in ration card would be eligible. Among those who utilized the scheme, 62.5% were treated in private hospital, 25% were demanded of extra money for treatment, and 12.5% were refused some treatment.

Conclusion:

As this study highlighted the poor awareness, poor utilization, and preference of private hospital for CMCHIS, awareness about the scheme should be increased through various channels, including social media, community outreach programs, and collaboration with local influencers or organizations. Preference for government hospitals has to be promoted to prevent refusal of treatment and to prevent demanding extra money for treatment.

Keywords:

Health insurance, awareness, health management.

10. A CROSS SECTIONAL STUDY ON KNOWLEDGE OF BREASTFEEDING AND DETERMINANTS OF PRELACTEAL FEEDING PRACTICES AMONG MOTHERS OF INFANTS IN A RURAL AREA OF TAMIL NADU.

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Background:

Globally, the Neonatal Mortality Rate was 17 deaths per 1,000 live births in 2019. In India, it was 22 deaths per 1000 live births. Neonatal deaths contribute a greater proportion of Infant and Under 5 mortality rate. The care during this period is very critical for the growth and development of the child. Breastfeeding is one of the important aspect of essential newborn care.

Method:

The Community based Cross sectional study was conducted among 110 Postnatal mothers of villages in Vellore district. Study duration was from August 2020 to December 2021. Questionnaire regarding Knowledge of Breastfeeding and Determinants of Pre-lacteal feeding practices was administered and responses were obtained.

Results:

About 55% of the participants belonged to joint family, 52% had completed high school education, 45% belonged to Upper Lower Class(Class IV) according to B.G.Prasad scale. 99% had institutional delivery. About 57% of the mothers considered the first hour of birth as the best time to initiate breastfeeding.43% had poor knowledge regarding breastfeeding. 13% practiced prelacteal feed, the commonest are sugar water and honey.

Conclusion:

The knowledge regarding initiation of breastfeeding, duration of exclusive breastfeeding, start of complementary feed and ill-effects of prelacteal feeding was not adequate. Advise to both mothers and their family members are needed for appropriate feeding of the newborn.

Keywords:

Breastfeeding, Essential Newborn Care, Prelacteal Feeding Practices, Postnatal Mothers

11. A CROSS SECTIONAL STUDY ON PREVALENCE OF MIGRAINE IN PRIMARY HEALTH CARE SETUP

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Migraine is one of the most common neurological disease with high prevalence and morbidity worldwide. But the studies that provide epidemiological data on migraine at primary health care setup level is lacking. Each year 2.5% of migraine patients enters into chronification i.e chronic migraine. Both episodic and chronic migraine have worse socio-economic burden including impairment of social, family and occupational functioning and greater psychiatry and medical comorbidities. Understanding the disease natural course, improving early diagnosis, appropriate treatment, awareness about the triggers and preventing the onset could reduce the social burden of migraine. This study aimed at the prevalence of migraine at primary health care setup level. Understanding the epidemiological data will be an eyeopener to the primary health care physician.

This is a cross sectional descriptive study done at our Primary Health Centre, Vilangudi, Ariyalur HUD, Tamilnadu state. Out patients attended the primary health centre from the period of March 2024 to August 2024 were the study population and migraine was diagnosed by using International Classification of Headache Disorders-III.

The observed six month prevalence of migraine was 16.4%. The prevalence was higher among prevalence Female than Male with odds ratio of 2.6 . The prevalence was higher among adult aged between 35 years to 40 years.

There is very high prevalence of migraine at primary health care level which is more than mean global prevalence of 14.7%. The probable explanation could be lie in occupational, lifestyle and/ or environmental factors.

Keywords: Migraine, primary health care

12. A CROSS-SECTIONAL QUESTIONNAIRE BASED STUDY ON KNOWLEDGE, ATTITUDE AND PRACTICES TOWARDS PHARMACOVIGILANCE AMONG DOCTORS, STAFF NURSES, AND PHARMACISTS IN A PRIMARY HEALTH CARE CENTRE AT THANJAVUR DISTRICT, 2024.

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Background:

Adverse drug reactions (ADRs) remain one of the most prime reasons of morbidity and mortality worldwide. However, despite the ever-increasing statistics of ADR prevalence, underreporting of ADRs is the prime problem of drug reporting system. It is important for healthcare professionals to know how to report and where to report an ADR. The active participation of healthcare professionals in the pharmacovigilance program can improve the ADR reporting. As underreporting is still very prevalent, there is a requirement for constant training and enactment of regulations for ADR reporting among healthcare professionals. Previous reported study has found that underreporting of ADR is related with shortcomings in the knowledge and attitude among healthcare professionals.

Method:

A cross-sectional, Questionnaire based study was carried out over a period of 2 months. All the health care professionals were provided with the questionnaire form through their Block PHC after obtaining the consent. The questionnaire contains three sections and total of 14 questions on Knowledge, Attitude and Practice of Pharmacovigilance. The results were analyzed and expressed in percentages.

Results:

77.6% participants gave correct response about the definition of pharmacovigilance. 71.4% were aware regarding the existence of National Pharmacovigilance Program of India. 89.8% agreed that reporting of ADR is a professional obligation. 67.3% experienced ADR in the patients but only 24.5% reported them. Unfortunately, 48.1% were trained to report ADR. 100% agreed that reporting ADR is necessary and 89.8% agreed that pharmacovigilance should be taught in detail.

Conclusion:

This study shows that there was huge gap between the ADR experienced and ADR reported by healthcare professional. There was a positive correlation between training of pharmacovigilance and reporting of ADR by healthcare professional. To improve the health affected by ADR, proper training and reporting of ADR should be taught to the healthcare professionals.

**13. KNOWLEDGE, ATTITUDE AND PRACTICE LEVELS REGARDING SYNDROMIC
MANAGEMENT OF SEXUALLY TRANSMITTED INFECTIONS (STI'S) AND
CONTACT TRACING AMONG MEDICAL OFFICERS IN URBAN MADURAI - A
CROSS SECTIONAL STUDY**

Dr.Abishek

Background:

Syndromic management is a practical approach used in the treatment of sexually transmitted infections (STIs) that focuses on treating symptoms and signs rather than waiting for specific diagnostic test results. Medical professionals need a solid understanding of syndromic management principles, including syndrome identification, treatment protocols, follow-up care, and prevention strategies.

Objectives:

To estimate the knowledge, attitude and practice levels regarding Syndromic Management of Sexually Transmitted Diseases (STD'S) among primary health care medical professionals in Madurai Corporation.

Methodology:

A questionnaire based cross sectional study will be done to estimate the awareness levels regarding syndromic management and contact tracing among medical professionals in urban Madurai.

Results:

There is adequate knowledge among professionals whereas there is poor practice (ie treatment and follow up)regarding syndromic management. Compared to general practitioners , specialists diagnosed the cases more correctly.

Conclusion:

This study demonstrates the continuous education about syndromic management and willingness (ie attitude) of physicians to take up the case, treat and follow up , to be the need of the hour to prevent Sexually Transmitted Diseases and HIV.

Key Words: Syndromic Management, Medical Officers, Primary Health Care, Madurai Corporation

14. A DESCRIPTIVE STUDY TO EVALUATE THE ORGANIZED CANCER SCREENING PROGRAMME IN TIRUPATHUR DISTRICT DURING 2023-24.

Background:

India faces a major Non-Communicable Disease burden, especially from cancer. In 2020 WHO ranking on cancer burden India is at the third position. The estimated number of incident cases of cancer in India for the year 2022 was found to be 14,61,427.

The incidence of cancer has been increasing gradually in Tamil Nadu with Stomach cancer being the most common among men and Breast cancer among women. As per the Tamil Nadu Cancer Registry project (TNCRP), 69,517 new cancer cases were diagnosed in year 2017 in the whole of Tamil Nadu and the new cancer incidence is as high as 81,814 for the year 2021.

The Honourable Minister for Health and Family Welfare had made the following Announcement programme “Organised Community Based Cancer Screening Programme” was implemented as a pilot project in 4 districts in Tamilnadu – Erode, Kanyakumari, Tirupathur & Ranipet on 22.11.2023.

Objectives:

To assess the incidence of cancers in organized Cancer Screening Programme in Tirupathur district during 2023-24 & To compare the cancer screening under OCS with previous years

Methodology:

The Programme will be described based on the State guidelines and manuals. Secondary data analysis is to be done with the data based on the MTM Linelist Portal. Data will be downloaded using MS Excel. Data on variables like invites, screened, suspected, referred, reached facility and confirmed status will be obtained. Demographic characteristics namely age, sex and place (urban, rural, hilly) will be analysed. SWOT analysis of the Organised Cancer Screening will be done.

Results:

Incidence of cervical cancer is high compared to Breast & Cervical cancer

Conclusion:

We will have a detailed analysis report which provide the information regarding Organised Cancer Screening in the District. We will provide our recommendations as strategy to the state stakeholders based on the study results which might assist in improve the cancer screening.

Keywords:

Incidence, Screening, Suspected

15. TOBACCO CESSATION OUTCOMES: A RETROSPECTIVE OBSERVATIONAL STUDY ON PHARMACOLOGICAL AND NON-PHARMACOLOGICAL INTERVENTIONS FOR TOBACCO CESSATION IN NAMAKKAL DISTRICT

Introduction:

Smoking is one of the world's most common causes of death regardless of the accumulating evidence of health risks of tobacco products that have gathered over the last 70 years. The global adult smoking prevalence in 2020 was 6.5% (6.3%-6.7%) for females and 32.6% (32.2%-33.1%) for males. A total of 1.18 billion (0.94-1.47) individuals routinely consumed tobacco in 2020, causing 7 million (2-11.2) deaths [1]. Worldwide, both male and female adolescents used tobacco at high rates. The research that is now available points to a clear link between smoking and poor dental health in teenagers. Gingivitis (72.8%), gingival bleeding (51.2%), and oral malodor or halitosis (39.6%) are all common in teenagers who smoke frequently. Teenagers who smoke frequently have a higher risk of developing hyperkeratosis, smoking-related melanosis, hairy tongue, and dental caries [2]. A whopping 50% of chronic cigarette smokers die too soon from diseases, including cancer, heart disease, lung disease, or other ailments caused by smoking

Tobacco dependence is a chronic condition that often requires repeated intervention for success. Just informing a patient about health risks, although necessary, is usually not sufficient for a decision to change.

Smokers should be provided with counseling when attempting to quit. Pharmacologic smoking cessation aids are recommended for all smokers who are trying to quit, unless contraindicated.

Evidence-based guidelines recommend Nicotine replacement therapy, Bupropion, Varenicline as effective alternatives for smoking cessation therapy, especially when combined with behavioral interventions. Combination pharmacotherapy is indicated for highly nicotine-dependent smokers, patients who have failed with monotherapy, and patients with breakthrough cravings. The rate of successful smoking cessation at 1 year is 3% to 5% when the patient simply tries to stop, 7% to 16% if the smoker undergoes behavioral intervention, and up to 24% when receiving pharmacological treatment and behavioral support. This study focuses on Pharmacological and Non- Pharmacological interventions for Tobacco Cessation based on the Tobacco Cessation Centre's data from the Medical College Hospital, Namakkal.

Aim:

1. To Study the Pharmacological and Non- Pharmacological Interventions for Tobacco Cessation in Namakkal District.

2. Among the four first-line tobacco cessation treatments- Nicotine replacement therapy [NRT], Cognitive Behavioural Therapy, Pharmacological treatments and Combination Therapy which is the most effective in helping people to maintain abstinence from using tobacco products.

Research Methodology:

This is a Retrospective Observational Study. The Details of Tobacco Cessation Patients reported from December 2022 to August 2024 will be obtained from Tobacco Cessation Centre of Namakkal District and the obtained data will grouped into six categories as follows:

- (i). Patients who were not willing for tobacco cessation treatment.
- (ii). Patients who received Cognitive-behavioural therapy.
- (iii). Patients who received NRT's and Pharmacological treatment.
- (IV). Patients who received Combination therapy.
- (V). Patients who discontinued the treatment.
- (VI). Patients who relapsed after quitting tobacco usage.

Expected Outcome Of The Study:

Cigarette smoking represents the most important source of preventable morbidity and premature mortality worldwide. Approximately 100 million deaths were caused by tobacco use in the 20th century. There are >1 billion smokers worldwide, and globally the use of tobacco products is increasing, with the epidemic shifting to the developing world. Tobacco dependence is a chronic condition that often requires repeated intervention for success. Just informing a patient about health risks, although necessary, is usually not sufficient for a decision to change. Pharmacologic smoking cessation aids are recommended for all smokers who are trying to quit, unless contraindicated. The Combination Therapy such as(NRT's, Pharmacotherapy and Cognitive Behavioural Therapy) when combined and given together were more effective than Monotherapies and Placebo at achieving sustained abstinence from tobacco usage.

Recommendations:

- The most powerful individual policy measure for reducing smoking prevalence is tobacco excise tax. The current excise tax for cigarettes is 28% and 0.5% on chewable tobacco, Cigarillos is 1% which can be further increased to reduce its usage.
- Greater public awareness of the health risks of tobacco was considered a necessary early intervention to dissuade people from starting and continuing to smoke.
- Text messaging and web-based interventions: These can also help people successfully quit smoking.
- Nicotine replacement therapy (NRT): Combining long-acting NRT (Nicotine patch) with short-acting NRT(Nicotine gums, Lozenges or Nasal sprays) can increase the chances of quitting.
- Cognitive therapies: When combined with NRT and Pharmacotherapy, Cognitive therapies can result in higher abstinence rates than other interventions.

16.A STUDY ON UTILIZATION OF ADOLESCENT FRIENDLY HEALTHY CLINICS IN TAMILNADU IN METRO SAIDAPET

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Dr.Shinu Priya Medical Officer
Dr.R.S. Nandhini Medical Officer

Abstract**Introduction:**

Adolescents aged between 10-19 years constitute 18% of the world population, i.e., about 1.2 billion. India has the largest number of adolescents comprising one-fifth of the country's population. Adolescent health and nutrition status has an intergenerational effect. Services for adolescents are highly fragmented, poorly coordinated and uneven in quality. Adolescent friendly health services (AFHS) are designed to make health services accommodate the unique needs of adolescents. With this background, the present study was carried out to study the utilization of adolescent friendly health clinics in last one year in Tamilnadu.

Methodology:

The study was a secondary data analysis conducted among the adolescent attended the AFHC in the year 2023-24 in Tamilnadu. Proportion was calculated and key performance indicators of AFHC was analysed. **Results:** About 5% of male and 6% female adolescent utilized AFHC in the state. Skin problem consultation and anaemia management, nutritional counselling, referral to ICTC services are the major services utilized by the adolescent. Only 34% of married adolescent used contraception. **Conclusion:** Emphasis must be laid to create awareness & utilization of services among adolescents & their wards regarding AFHS. The health planners should make efforts to create a conducive environment for the adolescent by training the AFHS providers, particularly those who work in government institutions, and strengthening the awareness creation strategies among adolescents to increase the utilization of the services.

Keywords:

Utilization, Clinical services, Quality assessment, Expanded services, Community orientation

17. A STUDY ON KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING IMMUNIZATION AMONG PARENTS OF UNDER-FIVE CHILDREN IN SELECTED RURAL AREA OF THANJAVUR DISTRICT, 2024

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Background:

According to World Health Organization (WHO), "Immunization is a process whereby, a person is made immune or resistant to an infectious disease, typically by administration of vaccine". Immunization is one of the cost-effective health investments, with scientifically proven strategies that make it accessible to even the most underprivileged and vulnerable populations to reduce global morbidity and mortality. Though there are many community-based programs in India to improve immunization coverage such as the Universal Immunization Program, the progress in vaccination coverage is slow throughout the nation. Parental decisions on immunization are important to increase the immunization rates and their adherence to the immunization schedule. Global research shows that, among other factors, parents knowledge and beliefs have a significant impact on the initiation and continuation of childhood vaccinations.

Methods

The Prospective, Cross-Sectional study conducted on 110 parents of under five children aged 0 months to 5 years attending primary health centers from August 2024 to September 2024. Pre-designed questionnaire used to collect data on socio-demographic profile (age, residence, educational qualification, occupation and income), and the knowledge, attitudes and practices regarding childhood immunization.

Results:

98% parents were aware that vaccination prevents children from infectious disease and its complication. 98.8% children were completely immunized. For knowing the source of vaccine information to parents through 53.5% by staff nurse, 31% by antenatal clinic, 16% by hospital. 62% of the parents consider a child with minor illness should not be vaccinated. 40% of the parents felt that long distance immunization centers would be a barrier for immunization. 38% parents not using pain relievers to relieve pain and swelling after child vaccination.

Conclusion:

Majority of the parents were aware about the need for immunization and had positive attitude towards the same and satisfactory immunization practices. Most of the children had completed immunization for their age which in turn reflects on the adequate knowledge among parents.

Keywords: Immunization, knowledge, attitude.

18. A STUDY ON OCCUPATIONAL HEALTH AND SAFETY IN THIRUVARUR DISTRICT

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ABSTRACT

Background:

This study aimed to evaluate and describe the indicators of occupational health, with a focus on the medical expertise and periodic medical examination.

Methods:

This is exploratory-descriptive, cross-sectional, quantitative, and retrospective research.

Results:

The number of lost days of work per worker and the frequency of licenses increased despite the decrease in the Absenteeism Duration Index and stabilization of the Frequency of Medical Workers. As for the adhesion of the workers to the Periodic Medical Examinations, the health of the workers is assessed. Their health conditions like non-ideal weight, type of life style , dyslipidemia, alcoholism, smoking, diabetics, and high noise in the workplace, inadequate lighting, inadequate work furniture, access to clean water, toilet facilities, wages provided per day, type of snacks and food provided during the work, hours of work and sleep, mental health are assessed. Several occupational health indicators like Absence severity index, medical frequency leave, absenteeism duration index, lost Time rate can be calculated.

Conclusion:

The results highlight the need to maintain and strengthen the Worker Health and Safety Policy with emphasis on surveillance, aiming at the promotion and protection of the health of the workers, based on the elaboration of the epidemiological profile of health and, consequently, the implementation of positive impact strategies.

Keywords:

Occupational health, Occupational health services, Surveillance, Workers health.

19. PREVALENCE AND SEVERITY OF ANEMIA AMONG ADOLESCENTS IN TAMIL NADU: INSIGHTS FROM A YEAR-LONG HEALTH CAMP INITIATIVE

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Abstract

Background:

Anemia is a major global public health issue, particularly affecting low- and middle-income countries. Adolescents are at increased risk due to higher nutritional needs and socio-cultural factors. In India, anemia prevalence among adolescents remains concerning. Tamil Nadu, with its diverse demographic settings, has shown varied anemia prevalence rates. This study evaluates the prevalence and severity of anemia among adolescents aged 10 to 19 years in Tamil Nadu through a year-long health camp initiative.

Methods:

This secondary data study was conducted through health check-up camps organized by 2,286 Primary Health Centres from May 2023 to April 2024. Data were collected from clinical examinations and blood tests. Anemia severity was classified based on hemoglobin levels, and Standard Operating Procedures were established for uniform treatment.

Results:

The overall prevalence of anemia among adolescents was 46.4%, with 53.3% in females and 39.4% in males. Anemia severity was classified as follows: 56.7% of cases were mild (hemoglobin levels 11-11.9 g/dL), 41.8% were moderate (8-10.9 g/dL), and 1.6% were severe (<8 g/dL). Among males, 61.4% had mild anemia, 37.8% had moderate anemia, and 0.8% had severe anemia. Among females, 51.9% had mild anemia, 45.7% had moderate anemia, and 2.3% had severe anemia. Regional analysis showed moderate anemia prevalence over 30% in districts like Kallakurichi, Cuddalore, and Thanjavur, with severe anemia exceeding 10% in Virudhunagar and Vellore.

Conclusion: The high prevalence of anemia among adolescents in Tamil Nadu, especially in rural areas and among girls, underscores a critical public health issue. Effective interventions such as school-based iron supplementation, further diagnostic evaluations, and enhanced nutritional education are essential. Ongoing monitoring and research are needed to address anemia and improve adolescent health outcomes.

Keywords:

Anemia, Adolescents, Tamil Nadu, Prevalence, Severity, Public Health, Nutritional Interventions

20. AN EPIDEMIOLOGICAL STUDY TO ASSESS THE RESTRICTION IN PARTICIPATION IN LIFE SITUATIONS OF SPECIALLY ABLED STUDENTS ENROLLED IN SOCIETY FOR EDUCATION OF CRIPPLED SCHOOL IN A METROPOLITAN CITY.

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Background: The study examines participation restrictions faced by specially-abled students in daily life situations by highlighting gaps in public health interventions. The focus on delays between disability identification and enrollment in special schools emphasizes the need for early intervention. Limited participation in daily and vocational activities also affects the quality of life of these children. Early identification will in turn promote faster integration into mainstream schools by, creating inclusive educational environment and improving access to supportive technologies.

Methods:

- A. STUDY SETTING: Society for Education of Crippled located in a metropolitan city.
- B. SAMPLING TECHNIQUE: Universal sampling method, SAMPLE SIZE-68
- C. Data collection Tools:
 - a) Participant Information Sheet
 - b) Informed Consent Form (ICF)
 - c) Case Record Form (CRF)
 - d) Lifestyle Assessment Questionnaire-Generic

Results:

Number of Female children- 25 (36.8%), Male children- 43(63.2%)

Number of children with- Congenital conditions- 52 (76.5%)

Acquired condition- 16 (23.5%)

Number of children who's parents have CONSANGUINEOUS marriage- 17 (25%)

- 76.4 % of children admitted to the school at an age of 3-6 years
- 16.1% of children admitted to the school at an age of 6-9years
- 4.41% of children admitted to the school at an age of 9-12years
- 2.94% of children admitted to the school at an age of >15 years.

The restriction in participation in life situations in the 6 domains (participation dimensions of the ICF) as measured bt the Lifestyle Assessment Questionnaire-G are as follows:
(Mean±SD)

- Communication- 32.7 ± 35.15
- Mobility-30.9± 19.51
- Self care- 48.5±32.82
- Domestic life- 29.7± 15.66
- Interpersonal interactions and relationships- 48.5± 19.19
- Community and social life- 46.9± 18.33

A higher score indicating a greater level of disadvantage.

Conclusion:

There is a Lag time between identification of disability and enrolment of specially abled children to the society of education of crippled hence creating a restriction in participation in life situations of specially abled students.

Keywords:

(maximum 4 words) Lag time, Lifestyle Assessment Questionnaire- Generalized, Participation dimension of the ICF

21. AN INTERESTING CASE OF PERICARDITIS

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Introduction:

Scrub typhus – an enigmatic disease prevalent in tropical countries has a plethoric presentation with severity ranging from mild fever-mimicking any garden variety viral fever to killing patients if not treated appropriately with the cheapest of the widely available antibiotics. Sometimes there are potential clinical & physical clues which if deduced early in the course of illness can foretell the diagnosis enabling prompt initiation of appropriate therapy avoiding potential complications.

Case Report:

A 24 years old young healthy female without any other co-morbid illnesses presented to the primary health center with a short course of fever, breathlessness of 5 days duration. Vital signs were significant for tachycardia with desaturation. Lung auscultation revealed crackles, wheezes in both lung fields with absent air entry in lower zones. Cardiac auscultation revealed muffled heart sounds with elevated jugular venous pressure. Careful & meticulous physical examination revealed the presence of classical Eschar over the neck which was not noticed by the patient or the attenders. Scrub typhus was diagnosed provisionally corroborating with the blood picture of leukocytosis and thrombocytopenia. The patient was started on empirical Doxycycline therapy and referred to higher center in view of rising oxygen demand. At the higher center imagings with CT chest, Echocardiogram confirmed the scenario of double whammy- pleural & pericardial effusion without tamponade. A day later serology proven positive for Scrub typhus (IgM Elisa Positive). Patient improved with antibiotics, steroids and supportive therapy without any invasive intervention or investigation and discharged healthy after about 10 days

Discussion:

Scrub typhus should be suspected and kept as one of the differentials in anybody presenting with Fever plus multiorgan involvement. And due efforts must be put forth to look for presence of the classical eschar which almost gives out the diagnosis (sensitivity 7-97%)

Conclusion:

am bringing to you Scrub Typhus – an enigmatic, easily treatable yet potentially lethal disease which can be picked up by an Eagle eye.

22. AN INTERNAL AUDIT ON IMMUNIZATION SERVICES AND FACILITIES AVAILABLE AT IMMUNIZATION CLINIC, PSGIMSR, COIMBATORE

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Background:

Immunization have been instrumental in bringing about a reduction of morbidity and mortality due to vaccine preventable diseases globally. Immunization currently prevents 3.5-5 million deaths every year. Some newer challenges are limited capacity of staff and gaps in key areas such as predicting demands, logistics, cold chain management. One way of ensuring the immunization services is to do an audit at health facilities at periodic interval. This study aims to improve the quality of immunization services delivered at Immunization clinic, PSGIMSR and to identify gaps and recommend actionable improvements.

Methods:

This study employed a structured, process and outcome-based approach using the National Quality Assurance Standards for Immunization (NQAS) developed by MoHFW, GOI. A total of 86 checkpoints were assessed across 8 areas of concerns with each checkpoint scored on a scale of 0 to 2.

Results:

The immunization clinic scored 91% overall, with area of concern scores of 100% for Service provision, Inputs, Support services, Clinical services, Infection control, 87.5% for Patient's rights, 75% for Outcomes and 0% for Quality management. This study revealed significant gaps like lack of IEC material, Standard Operating Procedures, Work instructions are not displayed at the point of use. Facility level internal assessment & trend analysis of indicators was not done at periodic interval.

Conclusion:

Over-all score was 91% out of the desirable level of 100%. Key recommendation includes work instruction like storage of vaccines in icebox, identification of sign of AEFI, protocol for shake test to be displayed at point of use. Periodic internal assessment of immunization clinic and trend analysis should be done to improve the indicators and its performance. Standard operating procedures have to prepared, displayed, implemented for all key processes. Thus, by using these self-assessment tools, the health care facilities will strengthen and streamline the existing quality of immunization services.

Keywords:

Area of concerns, Checkpoints, NQAS, Immunization clinic

23. ASSESSING CHALLENGES IN OBTAINING QUALITY CERTIFICATION OF HEALTHCARE FACILITIES IN DHARMAPURI DISTRICT

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- 3- District Quality consultant, DDFW, Dharmapuri HUD.

Background:

The National Quality Assurance Standards (NQAS), Kayakalp, and LaQshya programs aim to improve healthcare quality in India. Dharmapuri district, Tamil Nadu, has implemented these programs in its healthcare facilities. This study assesses the implementation and outcomes of these programs.

Methodology

Study design: Descriptive Cross-sectional study

Study setting: Healthcare facilities in Dharmapuri district, Tamil Nadu

Inclusion criteria: All health care facilities undergone quality certification and not certified for quality. Totally 204 facilities (199 DPH institution, 4 DMS institutions, and 1 DME Institutions) Out of 41 PHC's 16 were certified, in CHC's out of 9 facilities 3 were certified in NQAS, 1 Urban PHC was Certified in Conditionality. 20 HWC were Undergone for Nqas certification in Target 2024-25.

Result:

In Dharmapuri District, healthcare facilities are following quality initiatives like NQAS, LaQshya, MusQAN, and Kayakalp to improve patient care. About 40% of facilities have adopted NQAS and LaQshya, showing potential for further enhancement. However, 90% have successfully implemented Kayakalp and earned the Kayakalp award for excellence in cleanliness and infection control. Patient satisfaction is high at 80%, and infection control is effective at 90%. Challenges include increasing the Periodic training for all staffs at various healthcare levels, enhancing security services, and expanding facilities such as accessible toilets and separate wards for men and women, which can further add patient safety and privacy.

Conclusion:

The study found that addressing these challenges will lead to increased certification rates in NQAS and achieving 100% success in Kayakalp, further enhancing the cleanliness and quality of healthcare facilities.

Keywords : Quality, Nqas, Kayakalp, Challenges.

24. ASSESSMENT OF JOB STRESS AMONG WEAVERS IN RURAL FIELD PRACTICING AREA OF TERTIARY CARE HOSPITAL ; A COMMUNITY BASED CROSS SECTIONAL STUDY.

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Background:

Job stress, a global health concern, affects physical and mental well-being, leading to diseases like stroke and cardiovascular issues. It arises from mismatches between employee abilities, resources, and demands, fueled by factors like workload, role conflict, and work-life imbalance, particularly affecting informal sectors like handloom weaving.

Methods:

This study included 396 weavers with age group of 14 and above, selected using purposive sampling method. To assess the level of job stress, a New Job Stress Scale Questionnaire (Likert scale) and pre-designed Questionnaire were utilized. The Likert scale was used to evaluate job stress scale, role conflict, co worker support and work-life balance. The data were statistically analysed using SPSS Version 22.0.

Results:

The study examined stress levels among weavers, revealing a striking prevalence of moderate stress in this occupational group. Results indicate that an overwhelming majority (88.60%) of weavers experience moderate stress levels, while only small fractions report mild (5.60%) or severe (5.80%) stress.

Conclusion:

The findings suggested that more than 94% of the weavers are in moderate to heavy stress. To overcome this time management has to be implemented though it is a family based occupation, the work has to be designed specifically for each member to get an effective outcome. In addition, Yoga and relaxation can reduce stress and improve well-being for handloom weavers in noisy workplaces.

Keywords:

Job stress, Weavers, Rural field, Tertiary care hospital.

25. ASSESSMENT OF TRIBAL MOBILE OUTREACH SERVICES IN THE NILGIRIS DISTRICT

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Background:

The tribal population in Tamil Nadu makes up about 1% and is mainly settled in 12 districts. The Nilgiris is home to 4.5% of the tribal population, with 4 tribal Mobile Medical Units (MMUs) providing healthcare services across all 4 blocks. In 2013, a joint committee of the Ministry of Health and Family Welfare and Ministry of Tribal Affairs highlighted the health challenges faced by tribal people, including malnutrition, communicable diseases, mental health problems, and specific health issues that disproportionately impact the tribes. Hence, this study was aimed to assess the functioning of Tribal MMUs in terms of healthcare services provided and beneficiaries covered.

Methods:

A retrospective cross-sectional study was conducted from August to September 2024 using secondary data from the performance of tribal mobile outreach services between January 2024 and June 2024 in the Nilgiris district. Data was collected using Excel and analyzed with SPSS version 21.

Results:

The camps conducted as planned were 100% with an average of 44 camps per month, covering 2611 people per month, with the majority (55.6%) being females. A Tribal MMU team visits 10 Anganwadi centers per month, covering 30 children per center. Out of 178 AN mothers examined, 81 (45.5%) were high-risk mothers, and only 39% of them were referred to higher centers. A total of 9642 people were screened for NCD, with 77.1% tested for RBS, and only 5% tested for sputum for TB. Among the 125 fever cases treated, only 46 (36.8%) were tested for malaria blood smear.

Conclusion:

The study shows that the camps were successful in reaching a good number of people each month. However, there are areas for improvement. These include increasing the referral rate for high-risk mothers, ensuring a higher percentage of people with non-communicable diseases (NCD) are tested for TB, and improving the collection of malaria blood smears when treating fever.

Keywords: Haemoglobinopathies, Antenatal Mothers, Anaemia, The Nilgiris

26. ASSESSMENT OF VACCINE HESITANCY AND ITS INFLUENCING FACTORS, AMONG PARENTS OF UNDER FIVE CHILDREN RESIDING IN URBAN AREA, TIRUVARUR

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Abstract

Background:

Incomplete childhood immunization against communicable diseases is a major concern in public health. Vaccine hesitancy has been recognised as an important emerging risk factor for non vaccination and was listed as one of the world health organization (WHO)'s ten threats to global health in 2019. 2018 welcome trust study on vaccine hesitancy found that about 95% Indian parents believed vaccines to be safe, effective and important. Another study conducted by tertiary care centre at Chennai showed vaccine hesitancy of 24% among parents attending immunization clinics. All these study were conducted at tertiary care hospitals and they suggested to assess vaccine hesitancy among parents in community level. With this background, we planned to conduct a study about vaccine hesitancy in community level.

Methods:

A Cross sectional questionnaire based study design is selected to conduct this study. Parents having Under 5 Children attending urban health centre opd were included in study. Parents are given a complete hard copy of general sociodemographic details, WHO SAGE 10 item vaccine hesitancy scale questionnaires and additional questionnaires to assess their belief toward vaccine in English or Tamil format and asked to complete it. Responses are recorded and analysed.

Results:

After getting approval from the institutional ethical committee, study will be proceeded and results about parents awareness and knowledge about vaccines and factors influencing vaccine hesitancy will be assessed.

Conclusion:

Vaccine hesitancy is still prevalent in certain areas of urban population, more knowledge and education about vaccines and its importance will help reduce the reluctance of parents attitude towards vaccination. Conclusion will be assessed after the completion of the study.

Keywords:

Vaccine hesitancy, observational, questionnaire.

27. ASSOCIATION BETWEEN ABO BLOOD GROUP AND GESTATIONAL DIABETES MELLITUS IN THANJAVUR DISTRICT, 2024 - A RETROSPECTIVE DATA ANALYSIS OF ONE YEAR DATA

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ABSTRACT

Background:

The ABO blood group system is a classification of blood types based on the presence or absence of A and B antigens on red blood cells. It is the most generally used blood group classification in clinical practice. Human red blood cells consist of nearly 300 diverse antigenic expressions. The term 'blood group' refers to the expression of the inborn genes, such as A, B and O in the ABO system. Gestational diabetes mellitus (GDM) is defined as glucose intolerance, which initiates or is diagnosed during pregnancy. It affects approximately 5% of all pregnancies all over the world. GDM is associated with adverse pregnancy outcomes such as macrosomia, dystocia, birth trauma, and metabolic complications in newborns, and it is also a strong predictor of transitioning to overt DM post partum.

Methods:

A retrospective data analysis study was conducted on a group of GDM patients diagnosed in 2023-24 using data collected from the hospital records - GDM registers in Primary Health Centres across Thanjavur.

Results:

A preliminary analysis was done. Out of all the GDM patients who visited Primary Health Centres in Thanjavure District in the year 2023-24, 40% were found to have O blood group, 33% were found to have B, and 22% and 2% were found to have A and AB groups respectively. Also 98% of the GDM patients were found to be Rh positive and 2% were found to be Rh negative.

Conclusion:

The results have shown that women with O blood group have a greater risk of developing GDM, in contrast to those with AB group. This study provides evidence to support the relationship between ABO blood group and the risk of developing GDM based on a simple blood parameter and thus, identify and prevent potential adverse outcomes.

Keywords:

Gestational diabetes mellitus (GDM), blood group, Primary health centre, Thanjavur

28. AUDIT ON IMMUNIZATION SERVICES IN THE PSG RURAL HEALTH TRAINING CENTRE AT VEDAPATTI, COIMBATORE

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Background:

Immunization is a major public health intervention that prevents millions of deaths each year globally. Ensuring the safety and effectiveness of vaccines is crucial and it relies on adherence to established protocols for vaccine storage, handling, and administration. The objective of this study is to assess the safe immunization practices of under-5 year children at the PSG Rural Health Training Centre of Vedapatti, Coimbatore, focusing on vaccine management, staff knowledge, and patient safety across multiple visits.

Methods:

A structured checklist for area of concern – E, Clinical services, based on the National Quality Assurance Standards for Primary Health Centre, developed by National Health Mission and Intensified Mission Indhradhanush 5.0 framework, was used to evaluate 23 checkpoints during three separate visits when 3 different staff nurses administered immunization in the PSG RHTC, Coimbatore. Data were collected through observations, staff interviews, and record reviews. Compliance was assessed in key areas like vaccine and logistics availability, cold chain management, safe injection protocols and staff knowledge and practices.

Results:

The study found consistent compliance of 100 %, in critical areas such as the vaccines and logistics availability, maintenance of cold chain, and the use of vaccines within the recommended time after reconstitution. However, notable lapses were identified in recording reconstitution times (83.33%), inadequate observation of vaccine recipients for adverse reactions, and variability in staff knowledge (67 %) regarding freeze damage checks.

Conclusion: The findings Highlight the need for ongoing staff training and strict adherence to immunization protocols. Addressing the gaps is essential to improve the quality and safety of immunization services, thereby ensuring the continued success of vaccination programs.

Keywords:

Immunization, Vaccine handling, Safe injection practices, Cold Chain Management .

29. BIOMEDICAL WASTE MANAGEMENT (BMWM) AT THE RURAL HEALTH CENTRE, KARADIVAVI, COIMBATORE

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Background

Biomedical waste means any waste, which is generated during the diagnosis, treatment or immunization of human being or animals, or in Research activities pertaining thereto or in the production or testing biologicals or in health camps, All such waste which can adversely harm the environment or health of a person is considered as infectious and such waste has to be managed as per BMWM Rules, 2016

Methods

The study assessed compliance with the Kayakalp Guidelines for Primary Health Centres. The study utilized a checklist with 10 measurable elements, scoring each element on a scale of 0 to 2, where 2 indicated full compliance. Data were collected through direct observation, staff interviews, and record reviews. The study was conducted from April to June 2024.

Results

Results showed that the Rural Health Centre achieved full compliance (100%) in waste segregation, collection and transportation, sharp management, and equipment and supplies for BMWM. However, areas such as waste storage, disposal, management of hazardous waste, and statutory compliance exhibited partial compliance. Notably, liquid waste management scored 0%, indicating significant gaps in this area. The overall facility score was 70%, meeting the minimum standard required.

Conclusion

The audit highlighted the need for improvements in waste disposal, management of hazardous waste, and liquid waste management. Recommendations included enhanced training for staff, better waste treatment processes, and innovations in general waste management. The findings underscore the importance of continuous monitoring and improvement in BMWM practices to mitigate environmental and health risks associated with biomedical waste.

Keywords

Biomedical waste, kayakalp, Primary health center

**30. DIABETIC HALLUX ULCER MANAGED WITH KELLERS’S GAP
ARTHROPLASTY**

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Background:

The prevalence of diabetes mellitus is increasing throughout the world. Fifteen percent of people with diabetes are affected by a foot ulcer and a complicated foot ulcer is a common cause for hospitalisation in diabetic patients. Hallux ulcers are known for their recurrence and associated risk for future amputations. Conservative external offloading have poor compliance and data on surgical offloading procedure is sparse. The aim is to report the case and review the available background literature

Methods:

Case report

Results:

A 47 years old female, known diabetic for past 10 years had a non-healing hallux ulcer of left foot, who was managed with keller’s gap arthroplasty by a team of vascular and plastic surgeons. During her PHC visit postop, wound was found to be healthy and healing well.

Conclusion:

In our PHC, we do foot screening for all diabetic patients and one of our patients was managed with the surgical offloading procedure. Offloading heals ulcers by reducing the pressures and re-distributing them across the entire weightbearing surface of the foot. Correcting the cause of the ulcer prevents its recurrence and also avoids many needless amputations.

31. A RARE CASE OF SHARP SYNDROME WITH SECONDARY IMMUNE THROMBOCYTOPENIC PURPURA IN POSTNATAL MOTHER - A CASE REPORT, THANJAVUR, 2024

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Background

The relationship between autoimmune diseases and reproduction is bidirectional: the disease can impact women's reproductive health, and pregnancy can affect the disease's course. Here we reported a rare presentation of immune thrombocytopenic purpura in a postpartum mother who diagnosed with sharp syndrome.

Case Report

A 24 years old female presented with complaints of pain in bilateral lower limbs, difficulty in standing from sitting position for 1month with H/O multiple bleeding manifestations. All of her symptoms started around her 3rd week of postnatal period.

On examination, patient had alopecia, microstomia, swollen fingers, multiple oral ulcers, multiple hyperpigmented papules and multiple salt and pepper macule all over the body, proximal lower limb muscle weakness. She had multiple episodes of nasal bleeding.

She was referred to higher center suspecting autoimmune disease and further investigations were done. ANA positive(54U), RFT & LFT normal, CPK 873, MRI thoracic and lumbar spine suggestive of spondyloarthritis of SI joint with polymyositis. Anti U1SM/RNP strongly positive (3+).

Results

Patient was treated with IV methylprednisolone followed by oral prednisolone, platelet transfusion, hydroxychloroquine and MMF. Counts start improving, bleeding stopped and pain also get resolved. Patient got discharged with oral steroids and advised to do physiotherapy for muscle weakness.

Conclusion

Historically, women with autoimmune disorders have been discouraged from having children due to the potential risk of disease flares and adverse perinatal outcomes. Regular follow-ups of these patients, especially during pregnancy and post natal period is crucial. This case report illustrates such an instance of MCTD with ITP during the postnatal period of a young female.

32. CLINICAL SIGNIFICANCE OF LEECH THERAPY ON– NAALAAVIBATHAM (CHRONIC VENOUS INSUFFICIENCY)

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Introduction:

Siddha system of medicine, the tradition of tamil speaking world known for its proven ability in curing long standing diseases and their life-threatening complications. chronic venous insufficiency in lower limbs is a common disease affecting about 10-20% of people. It is characterized by pain in varicose vein, ankle edema, itching, pigmentation, stasisdermatitis, lipodermato sclerosis and venous ulceration. It correlated with Naalavibatham.in siddha term...

Objective:

To evaluate the effect of leech therapy on Naalavibatham (CVI) analgesic, anti-inflammatory and immuno modulatory of the leech saliva could modify the disease pathophysiology. According to siddha principal leech application is beneficial for pitha diseases.

Material and method:

2 patients with symptoms of CVI was diagnosed and followed in Govt. primary health centre, Poonthottam, Thiruvarur Dt. Leech therapy was given at National Institute of Siddha, Tambaram sanatorium, Chennai. Dependence upon the patient condition 2-4 leeches have been used in the affected area. according to progress of disease 2-6 sittings were given.

Results and observation:

The results of the study indicates that this therapy shows significant relief in the symptoms of pain , itching, hyperpigmentation, swelling of the legs and ankles and ulcer was healed or reduced in size without further phlebotomy. This study reveals that therapy is effective in CVI.

Key words:

Chronic venous insufficiency, naalavibatham, leech therapy, attaavidal.

33. COMPARATIVE STUDY ON THE EVALUATION OF THE EFFICACY OF HEARING THRESHOLD BETWEEN AUDIOMETRIC VERSUS ANDROID-BASED APPLICATION

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Abstract

Introduction

Hearing loss is a global health problem. According to the World Health Organization, around the world, about 1.5 billion people are affected with mild hearing loss. Although pure tone audiometry is the gold standard for diagnosing hearing loss, it is often not easily approachable to patients. So, most of the patients end up with delayed diagnosis of hearing loss, which will result in increased morbidity and also affect the quality of life of the patients.

Aim

To compare the hearing threshold between the pure tone audiometry and the smartphone-based Android hearing application.

Methods

This cross-sectional study was conducted in a tertiary care hospital in Puducherry between October 2023 and February 2024. A total of 140 patients participated in the study. All the patients were subjected to pure tone audiometry followed by a phone-based Android hearing application. And the statistically significant difference was analysed between the groups.

Results

The mean age of the patients was found to be 29.51 ± 10.85 years. There is no significant difference in the hearing threshold between the pure tone audiometry and the Android application in all the frequencies. However, the study showed a significant difference in the test duration between the groups ($p < 0.001$). The sensitivity and specificity of the test were found to be 84.31% and 97.75%, respectively.

Conclusion

The smartphone-based Android application is a valid and reliable screening tool for measuring hearing thresholds. However, the patients screened by the Android application should be confirmed with the gold stand pure tone audiometry test.

Keywords:

Pure tone audiometry, android application, hearing loss, hearing threshold

34. COMPLETE CONGENITAL HEART BLOCK IN A PREGNANT MOTHER

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Background:

Pregnancy with complete heart block is extremely rare and serious complication in pregnancy. They can be asymptomatic or symptomatic like giddiness, syncopal attacks. Some patients can be treated conservatively and some may require temporary or permanent pace maker. The management of the condition is not streamlined and not clearly understood due to limited number of cases reported in literature. The aim is to report the case and review the available background literature

Methods:

Case report

Results:

A 31year old women G2P1L1, previous lower segment cesarean section 5 years back, asymptomatic, during routine antenatal checkup ECG shows changes of congenital heart block. She has been managed conservatively with medication and delivered with the help of multidisciplinary team of obstetrician, anesthesiologist and cardiologist.

Conclusion:

This case highlights the importance of cardiac evaluation in pregnant mother. ECG is cost effective, reliable and easily available tool to diagnose such a grave condition. It requires a multidisciplinary team including obstetrician, anesthesiologist and cardiologist. The condition needs adequate evaluation to decide whether to manage conservatively or to implant pacemaker as a definitive measure. Atlast putting your hands on patient's pulse can never be undermined.

Keywords:

Pregnancy, heart block, pacemaker.

35. CONDOM USE AND ITS ASSOCIATED FACTORS AMONG GENERAL POPULATION ATTENDING OUTPATIENT'S DEPARTMENT IN PUBLIC HEALTH FACILITIES, SALEM DISTRICT, TAMIL NADU, INDIA, 2023

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1. Medical Officer, Government Primary Health Centre, Mecheri, Salem HUD

2. District Health Officer, Salem HUD, Deputy Director, TANSACS, District Program Manager, Salem HUD

Background

In 2019, the estimated prevalence of HIV in Salem district was 0.26% with about 60% of cases reported among heterosexual causal sexual partners. Despite the high burden of HIV, the knowledge about condom regarding prevention was only 59% among males visiting public health facilities. Our objective of this study is to estimate the proportion of condom use among general population greater than 18 years of age attending public health facilities and to determine the factors associated with it.

Methods

We conducted a facility-based analytical cross-sectional study in public health facilities in the Salem district of Tamil Nadu between January 2023 and May 2023. We interviewed 422 participants in 20 health facilities. The samples were evenly distributed into 211 males and 211 females. We collected data on socio-demographic characteristics, awareness of HIV, risk assessment, and use of condom. We calculated the proportion for condom use and variables with a p-value < 0.20 were selected for multiple logistic regression. We used Epi Info version 7 for data analysis.

Results

Of the 422 respondents, 369 (87%) reported having sexual intercourse during last 12 months. Of the 369, 52 (14%) reported using a condom during their last sexual encounter within the past year. The percentage of condom users residing in urban areas was 27%, compared to 7% from rural areas. 14% among married individuals and 13% among widowed, divorced, or separated. The percentage of condom use among those had attained middle school or higher education was 17%. The proportion of condom use was only 6% among those who had an education level below middle school. The proportion of condom use was 13% among those who were aware of HIV, and 15% among those who had knowledge about condoms. The proportion of condom use was lower in low-risk category (13%) compared to high-risk category (21%). The proportion of condom use among individuals residing has higher odds (4.4) compared to those who residing at rural areas.

Conclusion

The study found low level of condom use among individuals aged 18 years and above attending outpatient departments in public health facilities. Individuals residing in urban was found to be associated with condom use.

Keywords Condom, Public health facilities, Heterosexual causal sexual partner

36. CONTROL RATES OF HYPERTENSION AND DIABETES AMONG ATTENDEES AT PUBLIC HEALTH FACILITIES, DHARMAPURI DISTRICT, TAMIL NADU, INDIA 2023-24

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2. District Health Officer, Dharmapuri HUD

Background

Hypertension and diabetes are two common comorbidities which may result in risk of microvascular and macrovascular complications. Hypertension and diabetes are main significant contributor to mortality in Tamil Nadu. Achieving the better control rates in hypertension and diabetes at the population level is important in reducing the morbidity and mortality in cardiovascular events. Our objective of the study is to describe the control rates of hypertension and diabetes among attendees at public health facilities.

Methodology

Hypertension control rate was defined as proportion of patients with blood pressure under control (systolic blood pressure < 140 mm Hg and diastolic blood pressure < 90 mm Hg). Diabetes control rate was defined as proportion of patients with glycated hemoglobin value < 5.7%. We adopted a descriptive cross-sectional study among both men and women aged 40 years and above in Dharmapuri district during the reference period from June 2023 - September 2023 and calculated the control rates. Data cleaned and analyzed in Epi-Info version 7. We reported the control rates as proportion and 95% confidence intervals.

Results

Of 1335 records, 378 patients were found with hypertension and diabetes. Among 378 patients, 170 (45%) were Hypertensive, 105 (28%) were diabetic and 103(27%) were with both Hypertension and diabetes. The control rates among patients with hypertension was 60% (n=102 ,95% CI: 52.5%-67.7%), with diabetes was 24.7% (n=26, 95% CI: 16.8 %-34.1%) and with both hypertension and diabetes was 19.4% (n=20 95%CI: 12.2%- 28.3%) during the reference period from June 2023- September 2023

Conclusion

Two fifth of hypertensive patients had their blood pressure not under control. One fourth of the patients with diabetes were under control. One fifth of the patients with both hypertension and diabetes were under control. Although control rates have to be improved among patients with diabetes, Both with hypertension and diabetes.

Keywords Control rate, Hypertension Diabetes

37. DIABETIC FOOT CARE AND IT'S KNOWLEDGE AMONG MEDICAL OFFICERS AT PRIMARY HEALTH CARE LEVEL IN THANJAVUR DISTRICT

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ABSTRACT

Background:

To identify the extent of knowledge regarding Diabetic foot care among medical officers working in Primary Health centre in Thanjavur district. To identify the pitfalls and rectify the mistakes, and to improve Diabetic foot care and to prevent the complications of Diabetic foot at Primary health centre level in Thanjavur district.

Methods:

Data was collected through a self administered structured questionarre via google forms distributed to all Primary care physicians of thanjavur district via Whatsapp group. Participants will be asked to answer the questionarre after informed consent.

Results:

Based on the preliminary data, there is considerable knowledge regarding Diabetic foot care among medical officers at Primary health care level in Thanjavur. Almost 60% were lacking in Diabetic foot care training.. 90% of them encouraged establishing training program. Barriers perceived by the participants were lack of training, lack of experience.

Conclusion:

Primary care Physicians face various Barriers andl lack of training on handling Diabetic foot patients. Addressing these pitfalls by adequate training and timely referral can reduce the morbidity and mortality related to Diabetic foot, hence ultimately improving patient care

Keywords:

Knowledge, training, Patient care

38. ADVANCING CERVICAL CANCER PREVENTION AND ELIMINATION: A SYSTEMATIC ASSESSMENT OF HPV VACCINATION IMPACT

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Background:

Cervical cancer, is among leading cause of cancer-related deaths among women in India, is primarily driven by persistent human papillomavirus (HPV) infection. Vaccination against HPV especially against subtype 16,18 has emerged as a crucial strategy for preventing cervical pre-cancer and, consequently, cervical cancer. However, vaccine coverage remains inadequate, especially in India where the disease burden is highest.

Objectives:

This systematic review aims to assess the benefits of HPV vaccination in preventing and eliminating cervical cancers. This study explores both randomized trials and population-based studies to evaluate the impact of vaccination on cervical pre-cancer incidence.

Methods:

This study conducted a comprehensive review of relevant literature, including Cochrane reviews, clinical trials, and observational studies. The analysis focused on HPV-naive individuals and assessed the reduction in cervical pre-cancer (CIN2/3) associated with HPV vaccination.

Results The HPV vaccine is 97% effective in preventing cervical cancer. Additionally, it is almost 100% effective in preventing external genital warts in adolescent age group girls. Overall Impact on Cancer is that the vaccine has the potential to prevent more than 90% of HPV-attributable cancers such as anal canal, oropharyngeal, nasopharyngeal, Hypopharyngeal and vaginal cancers.

Conclusion: Clear evidence from both randomized trials and population-based studies demonstrates that HPV vaccination especially against HPV 16,18 subtype significantly reduces the incidence of cervical pre-cancer. Strategies to enhance both supply (e.g., low-cost vaccines, school-based delivery, single-dose schedules) and demand creation (Expert recommendations, correcting misinformation, public awareness campaigns) are essential for achieving near elimination of cervical cancer.

India has already got robust public Vaccination infrastructure in place and with recent budgetary push given by Finance minister of Government of India, it is the optimal time to launch HPV vaccination for younger girls as a part of Routine immunization.

Another important aspect is to equally & vigorously push for HPV DNA screening for older women, complementing & covering the whole female population.

Keywords : Vaccination, screening, cervical pre-cancer, prevention, elimination, global health.

39. DRUG UTILISATION PATTERN AND ADVERSE EFFECTS OF ORAL HYPOGLYCEMIC AND ANTIHYPERTENSIVE AGENTS IN PRIMARY HEALTH CENTERS OF THIRUPANANDHAL BLOCK, THANJAVUR DISTRICT, 2024

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Background:

Diabetes and Hypertension were associated with long-term damage and dysfunction of various organs. There is a need for appropriate medical care to prevent the risk of long-term complications. At present, among many classes of Sulfonylureas and Biguanides are most commonly prescribed and for monotherapy, Metformin is prescribed mostly followed by Glimepiride, pioglitazone, and vildagliptin and for hypertension Amlodipine, Enalapril, Atenolol were widely prescribed in primary health centers. Drug utilization is defined as the distribution, marketing, prescription, and use of drugs in society, resulting in medical and social consequences. This study will create a sound sociomedical and economic basis for healthcare decision-making.

Methods:

A Cross-sectional study was done on 143 case records of Patients receiving diabetic, and hypertensive medications in thirupanandhal block primary health centers between August 2024 and September 2024. Parameters were analyzed for social demographic Variations, drug dosage, frequency, and adverse drug reactions using prescribing indicators in type 2 Diabetes patients aged above 18. Type 1 Diabetes, Antenatal Diabetic, Hypertensive mothers, Patients having comorbid illnesses like hypothyroidism, heart disease, and obesity, and Patients with incomplete medical records were excluded

Results:

The mean age of the patients was 56.85. 63.6% of patients were on monotherapy, 36.4% of patients required polytherapy, 2% of adverse events were reported and were classified as mild by using the WHO scale, 1.3% of prescriptions were not on generic name

Conclusion:

his study provides insight into patient compliance and adverse event monitoring, further studies are warranted with a multicentric large population with longer duration for better monitoring of patient compliance and adverse effects

Keywords:

Drug utilization, Diabetes, Hypertension

40. EFFECTIVENESS OF SCHOOL HEALTH EDUCATION IN IMPROVING NAIL AND HAND HYGIENE AMONG SCHOOL CHILDREN (6 TO 14 YEARS) IN PUDUCHERRY

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Abstract

Background:

Nail and hand hygiene are crucial for preventing infectious diseases, especially in school children, who often exhibit poor hygiene. Globally and in India, inadequate hygiene contributes to a significant burden of disease among children aged 6-14 years. Schools provide an effective setting for health education to instill better hygiene practices. This study assessed the impact of a school health education program on nail and hand hygiene among children aged 6-14 years in Puducherry.

Methods:

This school-based interventional study was conducted from January to June 2023 among 916 students aged 6-14 years from four randomly selected schools in rural Puducherry. The intervention consisted of 30 health education sessions over six months, focusing on nail trimming and hand washing practices. Baseline and end-line data were collected through structured questionnaires and physical exams. Statistical analysis was conducted using the Chi-Square test to determine changes after the intervention. Data analysis was conducted using SPSS version 16.

Results:

Weekly nail trimming increased significantly from 46.3% to 56.5%, while trimming once every 15 days increased from 13.3% to 20.7%. The use of soap and water before meals at school increased from 9.6% to 22.9%, and at home from 13.8% to 64.8%. Hand washing with soap and water after toileting at school improved from 13.8% to 28.4%, while at home it increased significantly from 50.7% to 71.6%.

Conclusion:

The health education intervention significantly improved nail trimming and hand hygiene practices. These results suggest that consistent school-based education can enhance hygiene behaviours and reduce related morbidities among children.

Keywords: Hand hygiene, Nail hygiene, School children, Health education

41. FETAL RENAL PYELECTASIS DURING PREGNANCY AND ITS POSTNATAL OUTCOME

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Background:

To follow the natural progression of fetal renal Pyelectasis in an antenatally detected second trimester ultrasound in a selected obstetric population.

Method:

Retrospective study among registered antenatal mothers in kottur block from January 2023 to December 2023 using medical records from healthcare facilities and postnatal followup of antenatally diagnosed fetal renal Pyelectasis baby. Statistical analyses were performed to identify trends and correlations.

In this study,

Fetal renal Pyelectasis on second trimester antenatal ultrasound, was classified as mild (<7mm), moderate (7 to 10 mm) and severe (>10 mm).

Postnatal outcomes were classified as resolved, not resolved but improved, worsened.

Result:

1297 antenatal mothers registered in kottur block from January 2023 to December 2023. Out of this, 26 cases were antenatally diagnosed fetal renal Pyelectasis during second trimester antenatal ultrasound.

From 26 fetal renal Pyelectasis cases, 22 cases (84.6%) were mild, 1 case (3.8%) was moderate and 3 cases (11.5%) were severe.

In 22 infants(84.6%), renal Pyelectasis resolved, 1 infant (3.8%) not resolved but improved and in 3 infants(11.5%), renal Pyelectasis worsened postnatally.

Conclusion:

Totally, (23 cases) 88.4% of fetal renal Pyelectasis detected on antenatal ultrasound resolved spontaneously, remains stable and improved. The magnitude of fetal renal Pyelectasis did not correlate with postnatal outcome.

Fetal renal Pyelectasis detected in the second trimester antenatal ultrasound should be followed antenatally and those fetuses with persistent renal Pyelectasis should be evaluated after birth and followed until resolution of fetal renal Pyelectasis or until the diagnosis is obtained.

Keywords:

Fetal renal Pyelectasis, postnatal outcome, resolved spontaneously.

42. HEALTH ECONOMIC EVALUATION STUDIES IN INDIA'S TRADITIONAL SYSTEM OF MEDICINE (AYUSH): A SCOPING REVIEW

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Background

Health economic studies generate evidence that can enhance healthcare decision-making and promote efficient utilization of limited resources. India's traditional medical systems, collectively called Ayush, are widely recognized and accepted systems globally. In view of the need for documentation of health economic studies conducted in Ayush, we did a scoping review to map and describe their characteristics.

Methods

We used a set of keywords as finalized by field experts to search in PubMed, Scopus, Embase, and the Ayush research databases and that of reference lists of selected studies to retrieve the relevant studies until August 2023. We included full and partial economic evaluation studies. Two independent reviewers used the Rayyan web tool to screen the title, abstract, and full text of selected studies. We extracted the information and presented the descriptive data as numbers and proportions.

Results

We included 49 studies for data extraction. Most studies were published in the United States of America (USA) and European countries. The majority of the studies were from Homeopathy and Yoga (n=19) systems, followed by Naturopathy (n=5), Ayush/ combined (n=5), and Ayurveda (n=1). About one-third of the studies were full economic evaluations (n=17) studies. The majority of full and partial economic evaluation studies were conducted in Yoga (n=11) and Homeopathy (n=16), respectively. Most studies covered musculoskeletal diseases (n=13), and more than half of the diseases belong to non-communicable diseases (NCDs) (n=28).

Conclusion

The health economic evaluation studies in Ayush are limited. As Ayush utilization and market size are rising, health economic evaluation studies are necessary to aid resource allocation, decision-making, and efficient use of healthcare resources. This scoping review identifies the knowledge gaps and suggests the need for economic studies in Ayush.

Keywords

Health Economics, Ayush, Cost, Cost-utility Analysis

43. INCIDENCE OF VECTOR BORNE DISEASE CASES IN THIRUVARUR DISTRICT DURING THE YEAR 2023

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ABSTRACT

Background:

Vector Borne Diseases are the major public health problem in India.The District Thiruvavarur in state of Tamil Nadu contributes considerably and need to study the incidence in means Times, area and persons and by which to improve the capacity for anticipating where and how such a disease have and will continue to happened and strategies are when, how and where we need to adapted.

Methods:

This study was done by the District Health authority of Thiruvavarur district with the available data collected through IHIP and VBDC during the calendar year 2023

Results:

Out of 13719 fever cases reported, 6815 suspected fever cases are screened for Dengue found positive for 462, in which 346 cases are native cases belong to Thiruvavarur District. Out of 2456 suspected cases 167 cases are confirmed for Leptospirosis and in which 127 cases are residence of Thiruvavarur District. In 2742 suspected fever cases screened for Scrub typhus 387 cases are found Positive in which 316 are reported as native cases. There is no reporting of incidence of Chikungunya and JE cases during the Year 2023. On Month wise analysis of VBZD i.e, Dengue, Scrub typhus and Leptospirosis shows incidence in all the months. The trend of Dengue has two peak with from January to March with moderate and September to December with high. Likewise Dengue the Scrub typhus Incidence also shows two peaks one at January to April with high and November and December with moderate. There is one sudden peak of incidence which is moderate for Leptospirosis incidence at November and December when compared to the incidence in other months.

Conclusion:

The current status of vector borne diseases incidence in Thiruvavarur District has been analysed and the VBZD in terms of Time, Place, Persons and Climatic factors has been described

Keywords: Vector Borne Disease Cases,dengue,scrub typhus,leptospirosis

44. KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING TELEMEDICINE AMONG HEALTHCARE PROFESSIONALS IN HEALTH & WELLNESS CENTRES IN THE NILGIRIS DISTRICT

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Background:

Telemedicine (TM) refers to the usage of Information Communication Technologies (ICT) for the purpose of sharing medical information and providing healthcare in cases where distances hinder the participants to access the health care facility. The people residing in remote areas across the globe scuffle to get high quality health care services, which can be affordable and available in short time. These remote populations usually have poor access to quality healthcare, mainly due to the fact that the specialist HCPs are more concentrated in urban area. knowledge, attitude and practices regarding usage of TM for accessing healthcare.

Methods:

A cross sectional research study was conducted from August to September 2024 using Primary data from All the health professionals like Midlevel Health Providers in the Nilgiris district. Data was collected using Epicollect and analyzed with SPSS version 21.

Results:

The Survery conducted for 110 Persons & Majority of the participants somewhat agreed that the implementation of telemedicine will help in easy access to healthcare for rural patients (60.94%) saves travel time and costs (64.06%) as well as helping save patients' time (73.44%) and expenses (60.94%) Majority candidates asserted that the biggest hurdle in telemedicine practice in rural areas is the legal responsibility (88.14%) that entails its use, followed by the loss of effective communication between the doctors and patients due to distance (86.44%).

Conclusion:

This study assessed the knowledge, attitude and practices regarding utilization of TM among HCPs Midlevel Health Providers involved in patient care in a Health & Wellness centres of The Nilgiris District and observed that though the HCPs perceived that TM has a lot of utilities and benefits it has several barriers that limits its use in resource poor settings. TM can help in providing better health care services to the patients residing in rural areas However, proper access to these patients needs to be ensured. Results of this study can help in designing and implementing future strategies aimed at improving the utilization of TM practices among HCPs in a rural health & wellness centres

Keywords: Telemedicine, Health & wellness centres, Health Care Providers, The Nilgiris

45. LAZARINE LEPROSY: A RARE PRESENTATION- CASE REPORT

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Background:

Ulceration in leprosy is seen in reactional states, neuropathic ulcers or Lucio phenomenon. However, lesional ulceration in leprosy has been reported scarcely.

Methods:

The study design is case report. This report is on lazarine leprosy, a rare form of leprosy.

Results:

A 73-years-old male presented with multiple erythematous plaques over trunk and extremities for six months with itching and burning sensation over the lesions for 20 days. Patient was a diagnosed case of leprosy on third month of multidrug regimen (MDT) at the time of presentation. Multiple erythematous crusted plaques with pseudopodia over trunk and extremities with an erythematous scaly annular plaque over left-elbow were noted. Multiple non-tender subcutaneous nodules were noted over right elbow and dorsa of both hand with lesional anesthesia. Thickening of right supraorbital, left greater auricular, bilateral radial cutaneous and left lateral popliteal nerves were observed without neuritis. Slit skin smear was positive for acid fast bacilli. Patient was advised to continue MDT with antihistamines. After a week, patient developed fever, bilateral pedal edema, intense erythema and scaling over pre-existing lesions with ulceration. Histopathology showed epithelioid-cell granulomas containing Langhan's giant cells with dense lymphohistiocytic infiltrate and few foam cells with presence of acid-fast bacilli in fite-faraco stain. Patient was diagnosed as borderline lepromatous leprosy with type-1 lepra reaction with ulceration or Lazarine Leprosy. Patient was started on prednisolone 60mg daily, following which ulcers healed with hypopigmented atrophic scars in 2-3 weeks. After a month, oral steroid was tapered (10mg 2-weekly interval) and the patient became lesion-free for 2-3 months after stopping the steroids.

Conclusion:

Lazarine leprosy is commonly seen in immunocompromised individuals. Our patient was immunocompetent, which was a peculiarity. Because of rare occurrence of lazarine leprosy, high index of suspicion is required at primary care level to catch such atypical presentations of leprosy.

Keywords: Atypical presentation, Lazarine leprosy, Lesional ulceration, Type 1 reaction

46. PERFORMANCE ANALYSIS OF POLYCLINICS IN THE STATE OF TAMIL NADU DURING MARCH 2023 TO APRIL 2024

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Abstract:

Introduction

The Tamil Nadu model of public health system is renowned for its 100 years success in providing quality health services at free of cost to the benefit of public. The Government of Tamil Nadu has taken the concept of polyclinic services as an initiative and established in 96 UPHCs including GCC through National Urban Health Mission in the year 2016-2017 and also expanded to 128 UPHCs in 20 corporations including GCC and 32 municipalities. It has been initially implemented with 10 speciality services and reduced to 8 services since 2019 in fixed day, fixed services by hiring the specialists during the evening hours as a fixed time between 4.30 PM to 8.30 PM offers an excellent opportunity to deliver speciality treatment for people living in the Urban areas especially for urban slums and vulnerable population, boosting access to specialised Health care . 128 polyclinics in 40 HUDs ranging from 1 to 10 polyclinics in HUDs .and 40 polyclinics are functioning in Greater Chennai Corporation . A total of 8 speciality services are being provided in each polyclinic in 6 days a week.

Multiple data resources are available since 2017 and hence one year from April 2023 to March 2024 data captured in HMIS 2.0 a web based application considered for Performance analysis.

Materials and methods :

HMIS 2.0 data collected for one year period from April 2023 to March 2024 . Excel analysis is interpreted .

Results

All 128 polyclinics functioning in UPHCs which are functioning in own building with essential equipment . On an average Out of 53,248 sessions, 19606 sessions were conducted state wide. Out of 40 HUDs, 1hud achieved >80%,2HUDs >70.7HUDs >60% 6HUDs>50%,24 HUDs <50%. The performance of General Medicine speciality out numbers the other specialities state wide followed by, paediatrics , obstetrics and Gynaecology ,dental, dermatology psychiatry and Ophthalmology. The performance of GM speciality out numbers the other specialities HUD wise, both in sessions and number of beneficiaries followed by pedantries obstetrics and Gynaecology ,dental, dermatology psychiatry and Ophthalmology

Conclusion

The detailed statistical analysis highlights the needs of polyclinic services and gaps in various specialities in different HUDs. The purpose of analysis assisted to identify the gaps in hiring of specialists ,sessions conducted and public utility. Based on the analysis, further course of action can be initiated to rectify the gaps and strengthen the polyclinic services.

Keywords:-

Polyclinic services,HUDs,UPHC

47. A CASE STUDY ON STURGE WEBER DISEASE/ECTODERMAL DYSPLASIA

Dr.R.Delepa, BDS,**Dental Medical officer,Upgraded Government Primary Health centre,Adhanakottai, Pudukkottai HUD****STUDY TITLE 1: “CASE REPORT ON RARE CASE – ‘ STURGE WEBER DISEASE”****ABSTRACT**

Sturge Weber Disease (SWD) is a rare Congenital Developmental Disorder that arises from the persistence of the embryonic vascular plexus. The syndrome encompasses hamartomatous malformations that can impact the skin, eyes and nervous system. The broad array of clinical manifestations and potentially life threatening complications underscores the importance of an accurate diagnosis. An effective treatment warrants a multidisciplinary approach. Dental procedures in these patients poses challenges due to the potential risk of hemorrhage during intra and post operative phases.

AIM

This report documents a rare case of SWD in 24 year old female with seizures, unilateral facial port wine stains, gingival hyperplasia and intra cranial calcifications.

CASE SUMMARY

A 24 year old female patient by name Muthulakshmi presented to the Dental OPD with an asymmetrical face, swollen lips, an erythematous lesion extending from forehead to chin area unilaterally extending to half of the hard palate not crossing the midline. She looked like a cherub from one side. Typical distribution of the trigeminal nerve distribution gave a clue about this SWD. She had discolouration of the sclera, with mild impairment of mental status and had a history of seizures. She was on medication for the same.

From the dentist point of view maintenance of good oral hygiene was emphasised.

Patient’s medical history revealed a rash on the right side of the face which continued to enlarge along with the growth of the face and it has darkened over years.

Physical examination of the face revealed a diffuse, flat reddish purple rash on the right side of the face over the areas supplied by three branches of the trigeminal nerve, extending from midline of forehead, reaching superiorly to the hair line, inferiorly down to the lower border of the mandible, laterally upto the external ear ,medially to the midline of the chin region. The discoloured patch exhibited an irregular shape with clearly defined margins. The upper lip was swollen and everted exhibiting blanching on pressure. On palpation the patch was flat, smooth, non tender, warm to touch. No visible pulsations were noticed.

DISCUSSION

SWD is a rare Embryonic Developmental Anomaly. Patients must be treated for the abnormal esthetics and maintenance of good oral hygiene. Mental retardation is noted in some cases along with seizures.

48. A CASE STUDY ON STURGE WEBER DISEASE/ECTODERMAL DYSPLASIA

Dr.R.Delepa, BDS,

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STUDY TITLE 2: “ Case report on a rare case- Ectodermal Dysplasia”

Abstract:

Ectodermal Dysplasia represents a group of inherited conditions in which two or more ectodermally derived anatomical structures fail to develop resulting in anhidrosis, hypotrichosis and hypodontia/partial anodontia. It's an X LINKED disorder with male predominance.

Case summary

A thirteen years old male child VEERAMANI was incidentally spotted in Adolescent health camp screening conducted in Government high school in Manaviduthy belonging to Adhanakottai block with complaints of poor esthetics, no sweat and increased body temperature. The patient denied of having a family member with similar features. Patient's vitals were normal. Intraoral examination revealed maxillary and mandibular hypodontia with peg shaped and cone shaped teeth with midline diastema and U shaped high arched palate.

Hair on the scalp was sparse and thin and hypopigmented and the eyebrows were scanty. Both upper and lower eyelids had sparse eye lashes.

Child had depressed nasal bridge, prominent Supra Orbital Ridges with frontal bossing and protruberant lips. Skin was extremely dry, warm and sensitive with mildly increased temperature, other presentation was palmoplantar dryness and was extremely rough to touch.

General examination findings were normal.

Triad of symptoms revealed that he is suffering from a rare congenital disorder of ectodermal origin, ectodermal dysplasia and he was referred and counselled to undergo replacement of missing teeth to Prosthodontic Department in Pudukkotai Government Dental college.

Discussion

Affected individuals definitely suffer from low self esteem due to the poor physical appearance. However they can be sent for counselling and in later stages of life can have wigs for the lost scanty hair and prosthetic replacements of teeth can be done at varying stages and improve the function and esthetics. Dermatological issues can be treated with

emollients and moisturisers. Otorhinological issues can be sorted out by frequent visits to ENT surgeons. As a teamwork patients life can be improved.

Diagnosis

ED should be suspected in children or adults with distinctive physical features listed above, extremely elevated body temperatures and delayed eruption of teeth, Recurrent hyperpyrexia without any specific cause, recurrent throat infections can also be a clue. It predominantly affects only the male children. Anyone presenting symptoms with defects of the ectodermal derivatives like skin, hair, teeth, nails could be a case of ED.

Research Methodology:

1. Research design: Case report
2. Study Place: Pudukkottai
3. Study period: Not applicable
4. Study Participants: Not applicable
5. Sample size and sampling: Not applicable
6. Data Collection: Not applicable
7. Data Analysis: Not applicable
8. Results (theoretical or empirical): Not applicable
9. Data interpretation: Not applicable
10. Ethical considerations:

Informed written consent was obtained from the patient regarding, protected health information for scientific presentation and publication purpose.

It was obtained after explaining what information will be used, how it will be used, and where it will be published and Patient was aware that their anonymity cannot be guaranteed.

Limitations:

Since it is a single case report,

- There is possibility of anecdotal fallacy
- It is difficult to Generalize the results
- It doesn't generate epidemiological data. Thus, Implications of this case report on larger scale population is questionable.

Conclusion:

Antenatal screening and early diagnosis is the key to avoid such disorders and syndromes.

49. PRENATAL SEX SELECTION IN TAMILNADU: AN EXPLORATORY STUDY

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Prenatal sex selection in tamilnadu: an exploratory study,

Key words- Prenatal sex selection, Tamil Nadu, Son preference, Gender equality

Background:

Prenatal sex selection is a significant public health concern in Tamil Nadu, India, with a skewed sex ratio and cultural preference for sons. This study aims to explore the factors contributing to prenatal sex selection and its implications.

Methods:

A cross-sectional study was conducted among 100 and more pregnant women in Tamil Nadu, using a structured questionnaire to collect data on socio-demographic characteristics, reproductive history, and attitudes towards sex selection.

Results:

The study revealed a significant preference for sons, with 60% of participants willing to undergo sex-selective abortions. Factors influencing sex selection included son preference, limited education, and economic dependence.

Conclusion:

Prenatal sex selection is a complex issue in Tamil Nadu, driven by deep-rooted cultural and socio-economic factors. Addressing this requires a multi-faceted approach, including education, empowerment, and policy enforcement. This study highlights the need for targeted interventions to promote gender equality and prevent prenatal sex selection.

Keywords:

Prenatal sex selection, Tamil Nadu, Son preference, Gender equality

50. PREVALANCE OF DYSLIPIDEMIA IN DIABETIC PATIENTS - A RURAL PRIMARY HEALTH CENTRE BASED SECONDARY DATA ANALYSIS, THANJAVUR DISTRICT, 2024

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Background:

Disorders of lipoprotein metabolism are collectively called as Dyslipidemias. They are characterized by increased plasma levels of cholesterol, triglycerides or both. Majority of patients with dyslipidemia have genetic predisposition or other comorbidities like hypertension, diabetes etc. Patients with dyslipidemia are at increased risk of Atherosclerotic cardiovascular disease (ASCVD) and many patients remain asymptomatic. So it's important to screen for dyslipidemia in high risk individuals as primary prevention to reduce the morbidity and mortality. There is a drastic raise in the cardiovascular incidents in this era which is commonly observed individuals with multiple co-morbidities. Diabetic dyslipidemia is characterized by high plasma triglyceride concentration, low HDL cholesterol concentration, increased concentration of small dense LDL-cholesterol particles and high glucose levels. So in this study, we want to identify the prevalence of dyslipidemia in diabetic patients.

Methods:

Retrospective study from July 2022 to December 2023. All diabetic patients visting PHC were included in this study. The laboratory reports of fasting blood sugar, post prandial blood sugar and cholesterol levels were obtained from observational review of medical records.

Results:

Among 527 diabetic patients, the prevalence of dyslipidemia was found to be 64% (n=338/527). The mean age of the participants was 55.013±12.57 years. The prevalence of dyslipidemia was more among men(Mean-213.51±49.62) than women(Mean-202.42±48.33). Among the 527 participants about 189(35.86%) participants had normal cholesterol levels, 197(37.38%) had borderline cholesterol levels and about 141(26.76%) participants had high cholesterol levels. On further analysis, participants with high fasting and postprandial glucose levels found to have more increased cholesterol levels with Pearson's r - 0.617 (p-value <.001), Pearson's r-0.733(p-value<.001) respectively.

Conclusions:

The study revealed that more than half of the diabetic patients attending the PHC have dyslipidemia. There is a significant correlation between high cholestrol levels and uncontrolled sugar levels, insisting the need for specific interventions. The findings underscore the importance of routine testing and appropriate management of dyslipidemia in diabetic patients to reduce the morbidity and moratlity.

Keywords: Dyslipidemia, Diabetes Mellitus, Prevalence, cholesterol.

51. PREVALENCE AND FACTORS ASSOCIATED WITH ANEMIA AMONG PREGNANT WOMEN OF KURINJIPADI BLOCK, CUDDALORE DISTRICT

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Introduction :

Anemia in pregnancy is a global health problem affecting nearly half of all pregnant women worldwide. With prevalence of 60.8 % of anemia among pregnant women in Cuddalore during 2023 – 2024 mandates the need for our study.

METHOD :

Retrospective study of anemic pregnant women of Kurinjipadi Block, Cuddalore 2023 – 2024 using data obtained from PICME portal and RCH registers of Primary Health centres. Obtained data will be entered in MS Excel, analysed by SPSS 25. Descriptive statistics of number of anemic mothers, grade of anemia, treatment, maternal and fetal outcome, socio – demographic factors will be described.

RESULTS AND CONCLUSION : Awaited

KEYWORDS : Anemia, pregnant women, Kurinjipadi, Cuddalore

Title: Prevalence of Anemia and Associated Factors in a Rural Village in Coimbatore District: A Cross-Sectional Study

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Background:

Anemia is a major public health issue, particularly in rural areas of developing countries where socioeconomic and nutritional challenges exacerbate its prevalence. In India, rural regions are disproportionately affected due to limited healthcare access, poor dietary practices, and socio-cultural habits. Betel nut chewing, a common practice in many rural communities, is associated with various health risks, but its correlation with anemia remains underexplored.

Objectives:

1. To assess the prevalence of anemia among adults in a rural village in Coimbatore.
2. To identify factors associated with anemia, with a focus on betel nut chewing practices.

Methods:

This cross-sectional study was conducted in a rural area of Tamil Nadu. Health camps were organized, and participants aged 18 years and older who consented to blood sample collection were included. Hemoglobin levels were measured using a portable hemoglobinometer, and anemia was classified according to ICMR guidelines. Data were analyzed concerning demographic factors (age, gender) and betel nut chewing habits. Chi-square tests and logistic regression analysis were used to assess the association between betel nut chewing and anemia prevalence.

Results:

- **Sample Size:** 284 (189 females, 95 males)
- **Anemic Individuals:** 110 (61 with mild anemia, 41 with moderate anemia, 7 with severe anemia, and 1 with very severe anemia)
- **Prevalence:** Overall anemia prevalence was 38.7%; 49.7% in females and 16.8% in males.
- **Betel Nut Chewing:** 34% of the sample had a history of betel nut chewing. Among these, 54.6% were anemic compared to 30.5% among non-chewers.
- **Chi-Square Analysis:** The chi-square test showed a highly significant association between betel nut chewing and anemia, with a p-value < 0.001. Betel nut chewers were found to be 2.75 times more likely to have anemia compared to non-chewers.

Conclusion:

This study reveals a significant prevalence of anemia (38.7%) in the rural village of Coimbatore, with a notably higher prevalence among females (49.7%). The analysis indicates that betel nut chewing is a significant risk factor for anemia, with chewers being 2.75 times more likely to be anemic compared to non-chewers. Public health interventions should focus on reducing betel nut consumption and improving nutritional practices to address anemia, particularly among women. Educational initiatives on the health risks of betel nut chewing and efforts to enhance iron intake could be key strategies in mitigating the burden of anemia in this population.

Keywords:

Betel nut chewing, anemia prevalence, hemoglobin levels, public health, rural health.

52. PREVALENCE OF EARLY MENARCHE AND ITS ASSOCIATION WITH LIFESTYLE FACTORS AMONG ADOLESCENT SCHOOL GOING GIRLS IN CHENNAI – A CROSS SECTIONAL STUDY

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Background:

Menarche is the first menstrual cycle or first menstrual bleeding in female . The average age of puberty in India is about 12-14 years. Early Menarche is defined as the attainment of first menstrual cycle before the age of 11 years. The mean age is decreasing rapidly over the decades due to genetic, ethnic, environmental, and nutritional factors. Complications of this are negative psychological effects such as depression, eating disorders, social withdrawal, early onset of sexual activity, breast cancer, stress. The objective of this study was to estimate the prevalence and to assess the influence of lifestyle factors on early menarche among school going adolescent girls in Chennai.

Methods:

This Cross-sectional study was carried out among 300 adolescent school going girls in Chennai between 12 and 17 years of age for the period of 3 months (June 2024 -August 2024) with the permission of school authorities. After getting consent from parents and assent from participants, Data were collected by face to face interview using a pre-structured questionnaire containing questions on Basic demographic characteristics, Food frequency questionnaire and Physical activity questionnaire for Adolescents (PAQ-A) followed by measurement of height and weight. Data were entered into Microsoft excel and statistical analysis was done using SPSS v.16. p value of < 0.05 was considered to be statistically significant.

Results:

The mean age of the study participants was 14.72±1.95 years out of 300 participants, 21.7% had attained early menarche. Lifestyle factors like poor dietary practices (p <0.001), overweight (p <0.001), Limited physical activity (p <0.001) had an influence on the age at menarche.

Conclusion:

This study highlights the need for targeted interventions focusing on healthy lifestyle practices among young girls. Educational programmes emphasizing balanced nutrition, maintaining a healthy BMI, and regular physical activity could potentially mitigate the trend towards earlier menarche.

Keywords: Adolescent girls ,Early menarche ,Lifestyle factors

53. PSYCHOSOCIAL PROBLEMS OF ADOLESCENT GIRLS IN URBAN AND RURAL HEALTH CENTRES OF A TERTIARY CARE HOSPITAL - A COMMUNITY BASED CROSS SECTIONAL STUDY

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Background:

Psychosocial problems among the adolescent have become an increasing concern in the community health. The combination of overlooked psychosocial issues and the limited availability of mental health services for adolescents exacerbates the risk of developing delinquent behaviours. This issues affects the individual, family, community, society and nation as a whole.

Methods:

This study included 616 adolescent girls, selected using simple random sampling method. To assess the psychosocial issues, a pre-tested structured Questionnaire and a self-rated Strength & Difficulties Questionnaire were utilized. The SDQ scales were used to evaluate psychosocial problems and calculate total difficulties score. The data were statistically analysed using SPSS Version 22.0.

Results:

The estimated prevalence of psychosocial problems among the adolescent girls was found to be 12.5%. Specifically, in urban study area it was 11.4% and 13.6% in the rural study area.

Conclusion:

The findings reveal a significant prevalence of psychosocial problems among study subjects, with rural adolescents showing a higher prevalence. This suggests that rural areas require more focused attention and resources. This study highlights the need for further research to guide policy changes and enhance governmental support for adolescent mental health. Additionally, it is crucial for those close to adolescents to provide encouragement, support, and assistance in addressing and overcoming psychosocial difficulties.

Keywords:

Adolescents, Mental Health, Psychosocial problems, delinquent behaviour

54. SPECTRUM OF HAEMOGLOBINOPATHIES DETECTED ON ANTENATAL SCREENING IN THE NILGIRIS DISTRICT – A RETROSPECTIVE STUDY

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Background:

Anaemia, caused by nutritional deficiencies and inherited disorders, is the most common pregnancy-related disease. Haemoglobinopathies are disorders caused by changes in Hemoglobin (Hb). According to the NFHS-5 report, anaemia during pregnancy affects 45.7% of women in urban areas and 54.3% in rural areas in India, with 48.3% of pregnant women in Tamil Nadu affected. Beta-thalassemia major and clinically significant sickle cell disorders are major public health concerns in India due to a lack of awareness of otherwise preventable genetic disorders. Hence, this study aimed to determine the prevalence of Haemoglobinopathies in antenatal mothers in the Nilgiris district.

Methods:

A retrospective cross-sectional study was conducted from August to September 2024 using secondary data from Haemoglobinopathy screening of Antenatal Mothers between April 2023 and March 2024 in the Nilgiris district. Data was collected using Excel and analyzed using SPSS version 21.

Results:

The overall prevalence of Haemoglobinopathy was 9.01%. Among those affected, 63.7% had borderline thalassemia trait, 22.1% had sickle cell trait, 8.2% had thalassemia intermedia, and 5.6% had other Hb variants such as HbE and HbD. Additionally, 0.4% were diagnosed with sickle cell disease. Majority (68.9%) of the affected AN mothers were non tribals and residing in the hilly areas for more than 6 months.

Conclusion:

The study emphasizes the significant prevalence of hemoglobinopathies, particularly borderline thalassemia trait and sickle cell trait. It also reveals a smaller percentage of thalassemia intermedia and other Hb variants such as HbE and HbD, with a very small percentage diagnosed with sickle cell disease. The findings underscore the importance of antenatal screening programs and timely intervention as effective strategies to prevent and manage hemoglobinopathies.

Keywords: Haemoglobinopathies, Antenatal Mothers, Anaemia, The Nilgiris

55. STUDY ON LABORATORY SERVICES PROVIDED IN THE RURAL HEALTH CENTRE, COIMBATORE

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Background:

Laboratory services are a cornerstone of modern healthcare, crucial for accurate diagnosis, effective treatment, and disease management. Ensuring the quality of these services in rural health settings is vital for improving patient outcomes. This study evaluates the laboratory services at the Rural Health Centre, Coimbatore against the National Quality Assurance Standards (NQAS) for Primary Health Centres (PHCs).

Methods:

A structured and processed study was conducted from April to June 2024. Data were collected using the NQAS PHC checklist, focusing on eight key areas: Service Provision, Patient Rights, Inputs, Support Services, Clinical Services, Infection Control, Quality Management, and Outcomes. Each measurable element was scored on a scale of 0 to 2. The overall score was calculated to determine the facility's compliance with NQAS standards.

Results:

The study revealed that the facility achieved an overall score of 152 out of 186, with a percentage score of 81.7% surpassing expected standards of 70%. The facility excelled in Infection Control (90.6%) and Inputs (89.4%) but showed significant gaps in areas such as Patient Rights (66.6%), Outcomes (30%), and Clinical Services (76.6%), showed room for improvement. The facility should focus on display of available tests, proper maintenance of registers, adequate training of staff regarding preparation of chlorine solution, and better documentation of outcomes to achieve higher compliance in future assessments.

Conclusion:

The Rural Health Centre, as per NQAS standards for laboratory services, achieving 81.7% compliance. However, the study identified gaps in service provision, patient rights, clinical services, infection control, and outcomes documentation. Addressing these gaps will further enhance the quality of laboratory services provided in the facility.

Keywords:

Laboratory services, Rural Health Centre, NQAS, Primary Health Care.

**56. STUDY ON PRESCRIPTION WRITING IN THE URBAN HEALTH CENTRE,
PEELAMEDU, COIMBATORE**

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Background:

A prescription is a written, electronic, or verbal order from a qualified healthcare professional, such as a physician, dentist, nurse, practitioner, or pharmacist, which authorizes a patient to be provided with a medicine or treatment. It typically includes the patient's name, the medication or treatment name, dosage, frequency of administration, duration of the treatment, and the prescriber's signature or validation. A prescription audit is a part of the holistic clinical audit and is a quality improvement process that seeks to improve patient care and outcomes through a systematic review of care against explicit criteria and the implementation of change. Facility level regular exercise, periodical and quality improvement process which ensures - patients receive high-quality care equitable, cost-effective and efficient treatment

Methods:

A cross-sectional study was conducted in an Urban Health Center wherein 100 prescriptions were randomly sampled irrespective of patient characteristics and diagnosis over a period of 1 month. All the prescriptions were analysed for general demographic details, prescription checklist questionnaire as per the Prescription Audit Guidelines, National Health Mission, Ministry of Health and Family Welfare. The data obtained were summed up and presented as descriptive statistics using the Microsoft Excel

Results:

A total of 100 prescriptions were audited. The Overall score is 1931 out of 2600 and the score percentage is 74.2%. The score percentage for individual components such as age, legible handwriting in capital letters, diagnosis, medications in generic name were 75%, 92%, 93% and 85% respectively.

Conclusion:

The audit revealed that the Urban Health Center achieved 74.2% of the prescription standards. While this reflects satisfactory adherence to the Prescription Audit Guidelines, identified gaps suggest a need for ongoing training and quality improvement initiatives to further enhances the prescription practices and patient care.

Keywords: Audit, prescription, quality ,urban health centre.

57. STUDY ON QUALITY STANDARDS OF DIETARY SERVICES PROVIDED AT RURAL HEALTH TRAINING CENTRE, VEDAPATTI, COIMBATORE USING FSSAI QUESTIONNAIRE**Dr J S Arungopi^{1*} Dr Jenit Osborn^{2*}****1 – Postgraduate, MD Community Medicine, Department of Community Medicine, PSG Institute of Medical Sciences and Research, Coimbatore, Tamil Nadu, 641004.****2 – Associate Professor, Department of Community Medicine, PSG Institute of Medical Sciences and Research, Coimbatore, Tamil Nadu, 641004.*****arunj1386@gmail.com****Background:**

Food safety is critical for public health, ensuring that food is safe and free from contaminants that could cause illness. The Food Safety and Standards Authority of India (FSSAI) mandates rigorous standards to safeguard food quality. This study aimed to assess the quality of dietary services at the PSG Rural Health Training Centre, Vedapatti, Coimbatore, using FSSAI guidelines to evaluate the overall service quality thereby improving the quality standards of dietary services at the facility to maximize beneficiary satisfaction.

Methods:

Cross sectional study was conducted from April to June 2024 using a checklist provided by FSSAI guidelines. The study used direct observation, staff interviews and record reviews to gather data at the dietary service area. The checklist included 40 measurable elements with scores ranging from 0 to 4 across five areas of concern. Least score indicates poor standard and high score indicates a good standard. Achieving an overall score of more than 80% is the recommended target.

Results:

The facility achieved an overall score of 73 out of 92, translating to 79.3% compliance with FSSAI standards. Specific scores were 90% for Design and Facilities, 85.7% for Control of Operation, 78.5% for Maintenance and Sanitation, 60% for Personal Hygiene and 50% for Training and Records keeping. The facility did not meet the 80% compliance threshold which is the recommended standard quality of service required.

Conclusion:

The study revealed significant gaps in personal hygiene practices along with training and record maintenance, the study highlights the need for targeted improvements in dietary services at smaller settings. Conducting a periodic audit using the checklist could enable to find the lacunae as well it could guide us to take necessary steps in order to meet FSSAI standards and ensure the safety and satisfaction of beneficiaries.

Keywords: FSSAI, dietary services, Rural Health Centre

58. STUDY ON WATER, SANITATION, AND HYGIENE (WASH) PRACTICES IN THE RURAL HEALTH CENTRE, COIMBATORE

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Background:

Water, Sanitation, and Hygiene (WASH) are vital for maintaining public health, particularly in healthcare settings where poor practices can lead to healthcare-associated infections (HAIs), a significant cause of morbidity and mortality globally. In rural healthcare facilities, where resources are often limited, ensuring proper WASH practices is critical to safeguarding both patient and staff health. Improvements in WASH infrastructure and practices can directly reduce the incidence of HAIs, thereby improving health outcomes and contributing to the overall well-being of communities. This study aims to evaluate the WASH practices at the Rural Health Centre, to identify gaps and recommend actionable improvements.

Methods:

This study employed a structured and process-based approach using the WASH Facility Improvement Tool (WASH FIT) developed by WHO and UNICEF. A total of 23 indicators were assessed across three domains: Water, Sanitation, and Hygiene, with each indicator scored on a scale of 0 to 2.

Results:

The Rural Health Centre scored 71.7% overall, with domain-specific scores of 87.5% for Water, 65% for Sanitation, and 72.2% for Hygiene. The study revealed significant gaps, particularly in sanitation and hygiene, where key areas like the provision of separate toilets for staff, management of menstrual hygiene needs, and the availability of protective equipment for cleaning staff were found lacking.

Conclusion:

The study indicates that while water management practices are relatively strong, substantial improvements are needed in sanitation and hygiene. Addressing these gaps, particularly those that can be resolved at the facility level, could raise the overall compliance. Key recommendations include upgrading sanitation facilities, improving waste management, and providing necessary protective equipment for staff. External support will be essential for more extensive interventions, such as constructing disabled-friendly toilets and providing mosquito nets. Implementing these recommendations is crucial for ensuring safe, effective, and equitable healthcare delivery in this rural setting.

Keywords: Water, Sanitation, Hygiene, Rural Health Centre.

59. STUDY TO IDENTIFY REASONS FOR REMOVAL OF COPPERT CONTRACEPTIVE IN MOTHERS OF TIRUVARUR DISTRICT

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Abstract:**Background:**

The aim of the study is to identify the reasons for removal of copper t contraceptive in rural areas of Tiruvarur district. This is a retrospective study and is conducted in Department of public health and preventive medicine in Tiruvarur district.

Methods:

To identify the reason for removal of copper t contraceptive in rural areas of Tiruvarur district. Data collection done by evaluating the previous 5 year records (The copper t removal register) which contains the reasons for copper t removal and the alternative contraception used in rural Public health centres of Tiruvarur district and evaluating the reasons for removal , the duration after which copper t contraceptive was removed after insertion and the alternative contraception taken by the women.

Result and analysis-

The various reasons of the removal like back pain, lower abdominal pain, menorrhagia, dysmenorrhoea, leucorrhoea, interference with sexual intercourse will be evaluated. Which is the most common cause and further follow up of patient to know whether that complaint have resolved post copper t removal.

60. THE STUDY ABOUT THE USAGE OF MOTHER CHILD PROTECTION CARD AMONG ANGANWADI WORKERS AND PARENTS IN MONITORING THE GROWTH AND DEVELOPMENT OF CHILDREN AGE BETWEEN 2-36 MONTHS IN RURAL AREAS IN THIRUVARUR BLOCK

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ABSTRACT

Background:

Mother and child protection card (MCP) was introduced in national rural health mission and Integrated child development scheme with effect from April 1,2010. Apart of immunisation, MCP card also talks about the danger signs in children, growth chart to monitor child's growth and about developmental milestones. we conduct this study to establish the importance of the mother child protection card for monitoring growth and development.

Methods:

A Cross-sectional questionnaire-based study and study population is 200. Parents having Under 3 Children attending primary health centre OPD, anganwadi centres and anganwadi workers were included in the study. Two set of questionnaires for parents and anganwadi workers were prepared. Open ended questions about the information provided in the MCP card were asked and their responses are recorded and analysed.

Results:

Microsoft excel is used for data entry and analysis. It reports actual numbers and proportions in the form of percentages of study variables.

Conclusion:

MCP card was designed as a learning and monitoring tool for the children and can be useful in PHC level for growth and development monitoring. And early referral in case of growth faltering and not achieving appropriate milestones for age and early identification of danger signs in children.

Keywords:

MCP (mother and child protection card), Growth monitoring, Developmental milestones

61. TREATMENT OUTCOMES AND ITS ASSOCIATED FACTORS AMONG A COHORT OF CHILDREN WITH WASTING AND SEVERE WASTING ENROLLED IN ICDS OF SRIVILLIPUTHUR BLOCK, SIVAKASI HEALTH UNIT DISTRICT, TAMIL NADU, 2023-24

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Co-investigator(s): Dr Kalusivalingam, DDHS Sivakasi HUD, Virudhnagar, Tamil Nadu, India

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Background

Malnutrition, characterized by deficiencies, excesses, or imbalances in nutrient intake, remains a critical public health challenge in developing nations. Despite global efforts like the Sustainable Development Goals, malnutrition persists, with 45 million children under five estimated to be wasted in 2020. In India, about 11 crore children are under five, with Tamil Nadu housing 8% of this population. Srivilliputhur block faces significant malnutrition challenges, necessitating effective treatment strategies and understanding of associated factors to improve child health outcomes.

Methods

A prospective cohort study was conducted involving children aged 06-59 months diagnosed with wasting or severe wasting in December 2023. Inclusion criteria were first-time diagnosis and informed consent from guardians. Data collection included sociodemographic details, dietary habits, medical history, and therapeutic interventions, recorded monthly for four months using structured questionnaires and anthropometric measurements.

Results

Study enrolled 78 children, with a median age of 23 months. Recovery incidence was 9.02 per 1000 person-years, and relapse incidence was 3.96 per 1000 person-years. Mean recovery time was 77.5 days, while mean relapse time was 84.5 days. Factors such as age, dietary habits, and caregiver occupation influenced recovery rates, with therapeutic diet significantly improving outcomes

Conclusion

This study highlights the importance of targeted nutritional interventions and comprehensive care in managing wasting and severe wasting in children. The findings emphasize the need for continuous monitoring and tailored strategies to enhance recovery and reduce relapse rates, contributing to improved child health and socio-economic development in the region.

Keywords: Severe wasting, Recovery, ICDS

62. TUBERCULOSIS AND DIABETES MELLITUS – A SYNDEMIC**Dr.Sundar ram.B¹, Dr.Praveen.B²,Dr.Aravindh³**¹*MBBS.,M.D.GENERAL MEDICINE,NEERPALANI PHC*²*MBBS.,M.S.ORTHOAEDICS*³*MBBS.,M.S.ORTHOAEDICS***sundar.ram05@gmail.com****Background:**

Type 2 Diabetes mellitus and Tuberculosis both are prevalent across India. TB and DM comorbidity has emerged as a syndemic in our country and needs more attention considering gaps in screening , clinical care and research.This study explores the bidirectional relationship between the diseases, emphasizing the increased susceptibility of diabetic patients to TB and how TB complicates the management of DM .

Methods:

Study population – Patients diagnosed as Sputum positive for TB in Pudukkottai HUD

Research methods- Descriptive study(observational)

Sampling technique – Non probability random sampling

Study duration – Jan to Dec 2023

Sample size -1143

Results:

Out of 1143 active Tuberculosis cases, around 319 patients were diagnosed to have diabetes.This amounts to around 27.9 % . Also the treatment failure rate and mortality rate were increased in patients with diabetics compared to the non diabetic individuals.

Conclusion:

Hence, screening of DM in TB patients could bring a paradigm shift in efficient management of TB per se and reduce the incidence of treatment failure, morbidity and mortality .

63. UTILIZATION OF COMPREHENSIVE ANTENATAL CARE AMONG POSTPARTUM WOMEN IN TIRUVALLUR DISTRICT: A DESCRIPTIVE CROSS-SECTIONAL STUDY

Dr .Priya Raj DHO Thiruvallur district, Dr .Arunpathy DE Thiruvallur, Tmt Devisri DMCHO Thiruvallur dt

Between 2000 and 2020, the global Maternal Mortality Ratio (MMR) saw a 34% decline, dropping from 339 to 223 deaths per 100,000 live births, according to UN inter-agency estimates. This equates to an average annual reduction of 2.1%, highlighting the progress needed to achieve the Sustainable Development Goal (SDG) of reducing MMR to 70 deaths per 100,000 live births by 2030.

India, as part of this global effort, has made notable progress, reducing its MMR from 212 in 2007–2009 to 97 in 2018–2020. Tamil Nadu, in particular, has seen a significant decline, with its MMR decreasing from 52.2 per 100,000 live births in 2022-2023 to 45.5 in 2023-2024.

A key factor in reducing maternal morbidity and mortality is the use of maternal health services, especially antenatal care (ANC). ANC is critical in confirming pregnancy, monitoring its progress, and preparing for safe delivery. Timely, high-quality ANC services play a vital role in preventing maternal deaths, especially in developing countries, which account for over 99% of global maternal deaths. The key components of comprehensive ANC include early registration of pregnancy, a minimum of four ANC visits, tetanus toxoid immunization, and iron/folic acid supplementation.

Despite the importance of ANC, access to these services remains unequal, particularly in resource-limited settings. In India, a nationwide survey (2015-2016) revealed that only 21% of women received full antenatal care during their most recent pregnancy. Utilization of ANC services is further hindered by factors such as poverty, low education levels, poor awareness, cultural practices, and residence in underserved areas.

This study, conducted in Tiruvallur District of Tamil Nadu, aims to assess the utilization of maternal health services, with a special focus on working mothers. Tiruvallur's mixed urban-rural population provides valuable insights into the factors influencing ANC uptake.

Objectives of the Study:

1. To estimate the proportion of mothers receiving comprehensive antenatal services.
2. To identify the factors affecting the utilization of comprehensive antenatal care.

Study Design:

This descriptive cross-sectional study targets postpartum women who gave birth in the last 12 months and have been residents of the district for at least a year.

Operational Definition:

Comprehensive antenatal care is defined as early pregnancy registration (within 12 weeks), at least four ANC visits at a health facility, two doses of tetanus toxoid, and consumption of iron/folic acid supplements for at least 100 days.

Data Analysis:

Data will be drawn from the PICME portal (version 3.0). Socio-demographic characteristics of the pregnant women will be analyzed using descriptive statistics. The proportion of women utilizing comprehensive ANC services will be expressed as percentages with a 95% confidence interval. Univariate logistic regression will be used to assess the association between comprehensive ANC use and selected factors, with results presented as crude odds ratios and 95% confidence intervals.

Expected Outcomes:

The study will provide crucial information on the current status of antenatal care utilization in Tiruvallur District, helping identify areas for improvement. The findings will inform targeted interventions aimed at improving ANC uptake, particularly for working mothers and women from lower socioeconomic backgrounds, contributing to better maternal health outcomes.

64. A STUDY TO ASSESS ETIOLOGICAL FACTORS OF OBESITY AMONG CHILDREN (6-12 YEARS) AT SELECTED SCHOOLS, MADURAI CORPORATION.

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Objectives:

To assess etiological factors of obesity among children (6-12 years) at selected schools, Madurai Corporation. To associate etiological factors of obesity among children (6-12 years) at selected schools, Madurai Corporation with their selected socio demographic variables.

Methodology:

Non experimental descriptive research design used. 110 subjects were selected by Non – probability (Consecutive) sampling.

Results:

This study revealed that majority of the subjects, 39 (35.45%) male and in female 34 (30.09%) were had moderate chance of obesity. There was a statistically significant association between etiological factors of obesity among children (6-12 years) at selected schools, Madurai Corporation with their selected socio demographic variables.

Key words:

Etiological factors, obesity of children.

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