

JIRHC Monthly Report – February 2024

Adolescent health talk

A health talk was given on 06.02.2024 at Ansari Duraisamy Higher Secondary School, Thondamanatham for Secondary school students by JIRHC team on road safety, awareness on seizure disorders, heatstroke, snake bite, importance of hand hygiene, nutrient rich foods, reinforcing on the importance of deworming and iron supplements. Focused health awareness session on menstrual hygiene was conducted for girls. Topics covered include explanation of menstruation and proper usage of menstrual pads.



National Deworming Day

National Deworming Day was observed in Schools and Anganwadi's of Ramanathapuram, Thondamanatham, Thuthipet, and Pillaiyarkuppam on the 9th and 10th of February 2024. Health talks were given on the importance of deworming. Albendazole tablets were distributed to the students in the presence of the Medical Officer, Residents, PHNO, ANM, Anganwadi workers, School teachers, interns, and other health workers.



Village Health and Nutrition Day

Village Health and Nutrition Day was conducted at Thondamanatham on 10th February, 2024. Beneficiaries of various age groups took part in the event. Health education was given on under-five nutrition, the importance of growth monitoring, and growth charts. Eligible beneficiaries were screened for diabetes and hypertension, and dietary advice was given.



Health talk on substance abuse

A Health talk was given by the JIRHC team to the students of classes 8th and 9th of Government Higher Secondary School, Pillaiyarkuppam on “Substance abuse” on 20th February, 2024. The students were educated regarding the negative effects of consuming addictive substances. The students took a pledge saying “Say yes to life, say no to drugs”. They were asked to reach out when help was needed.



IPPI orientation session

A training session was conducted by the Senior resident Dr. Karthik Rajan to all the Staff of JIRHC on IPPI activity on 23rd February, 2024. The audience was briefed about the micro plan of the IPPI, the technique of administration of OPV, marking of children after vaccination, proper handling of vaccine vials to avoid temperature-related damage to the vaccines, and interpretation of Vaccine Vial Monitors (VVM). The audience was allotted to various booths and doubts about IPPI activities were addressed.



Ophthalmology screening camp

An Ophthalmology camp was conducted on 27.02.2024 as an outreach activity at Government Primary School, Thuthipet. ANM/ASHA did community mobilization. Ophthalmological complaints were addressed in addition to visual acuity assessment for all the beneficiaries. Fundus examination was done to screen for retinopathic changes among Hypertensive and Diabetic patients. Spectacles were given to the beneficiaries who were detected with refractive error during the previous ophthalmology camp.



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Leprosy Day observation

Leprosy day was observed in Calvae school on 2nd February. A health talk was given on leprosy awareness. A quiz was conducted among students. Anganwadi teacher's meeting was conducted in JUHC on the same day to create awareness about leprosy.



National Deworming Day (NDD)

NDD was observed in all schools of our service area on 9th February. The Albendazole tablet was distributed among students. Handwashing was demonstrated. A health talk on nutritious food and health & hygiene was given.



Urban Health Nutrition Day

UHND was conducted in Kurusukuppam B and C Anganwadi centers and Chinnayapuram A Anganwadi centers on 20th and 21st February. Activities including anthropometric assessment for under-five children, hemoglobin estimation, and Iron tablet distribution were done. Health talks on a balanced diet, healthy food, and growth monitoring were given. Importance of PMJAY card, services available in centre, and importance of cancer screening explained. A health talk on cervical cancer screening was given.



Intensified Pulse Polio Immunization (IPPI) training

IPPI training was conducted on 22nd February among staffs, Anganwadi teachers and trainee doctors. Logistic for immunization, vaccine vial monitoring, vaccine handling guidelines, administration of vaccine and adverse events following immunization were discussed.



Report on Health camp at Kenipattu, Tamilnadu

Under the Chief Minister's Comprehensive Health Insurance Scheme (CMCHIS), a health camp was organized in Kenipet in Vanur, Tamil Nadu, on 22nd February 2024. A pre-camp visit was made on 20th February 2024. The village leaders and self-help group members helped in camp arrangement and community mobilization activities. The health camp was conducted from 9:00 AM to 1:00 PM at the Government School premises in the Kenipet village. The health team comprised of clinical and para-clinical staff from the departments of General Medicine, Pediatrics, Obstetrics & Gynecology, Dermatology, and Ophthalmology.

Services provided at the camp:

1. General health check-up
2. Consultation with Departments of Medicine, Pediatrics, Obstetrics and Gynecology, Dermatology, and Ophthalmology
3. Lab investigations – Random blood sugar and Hemoglobin
4. Visual Inspection with Acetic acid (VIA) for cervical cancer screening.
5. Visual acuity and screening for cataracts

About 201 beneficiaries attended the camp of which 73% were females, and 27% were males. General health checkups were done for students in the school. Health education on complications of diabetes and hypertension, first aid for dog bites and snake bites, and screening for various cancers were given by MBBS students involved in the village survey.

Random blood sugar was done among 134 people above 30 years of age. About 19 patients (14%) had uncontrolled blood sugar and were referred to PHC, Thailapuram, for further management. Hemoglobin tests were done among females and we found about 35 individuals had moderate anemia and 4 with severe anemia, and were referred to PHC, Thailapuram. About 74 beneficiaries attended the ophthalmology clinic and among them 16 elderly patients were referred for cataract surgery. Cervical cancer screening was done using Visual Inspection with Acetic acid (VIA). About five individuals were screened positive for VIA and were referred to JIPMER for further management.

