

Rajasthan Health Camp Report – Rani Village

A COMMUNITY OUTREACH PROGRAMME

Good Health and Wellbeing are the two main parameters of being physically, mentally and socially productive. The modern lifestyle today symbolizes excessive stress and strain. Stress and strain of odd working hours along with sedentary lifestyle takes a toll on health. Many of the life style diseases progress silently without alarming one of the imminent risks. Health problems like Heart conditions, High Cholesterol, Osteoporosis, Diabetes, and Thyroid related problems, High Blood Pressure, kidney Problems etc may have life – threatening consequences. Extended working hours, irregular eating habits, late night weekend parties, sedentary lifestyle and inadequate rest, coupled with high level of pollution, are bound to cause these health related problems.

To meet the growing demands of the competitive world, most of us tend to ignore our health until we are compelled to confront a medical complication. To cope up with a rising risk of the medical disorders, health monitors have become mandatory. After all, most health problems can be managed more effectively if detected early. The health awareness aims to preserve and promote good health, to prevent disease and disability and to facilitate early diagnosis and treatment of illness. This can save economic and productive resources in terms of finance and working hours. In rural areas due to dearth of resources in the form of health set up and affordability, United Association for Public Health & Education sowed an idea to reach the smiles of people by going miles by coordinating with local NGO and agency in Mumbai.

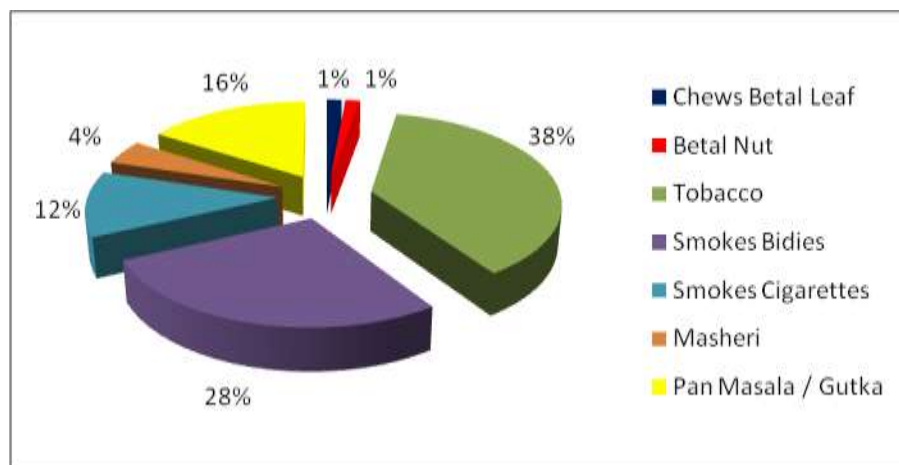
A two day screening and treatment camp was organised by Lions club of North Bombay, Cancer Patients Aid Association Bramakumaris Iswariya Vishwa Vidyalaya (Rani) and United Association for public Health & Education for the people in Rani District.

The screening camp was conducted at Lions Eye Hospital, Rani, Rajasthan on 24/03/2013 and 25/03/2013 for underprivileged group residing in nearby villages . The services offered were Dental screening and treatment, Ear, Nose & Throat, Physician, Surgeon, Ophthalmology, blood

investigation and Gynecology. The target population covered were people from Rani ,Rani Gaon, Mokhpura, Khudala, Khimael. The unique features of the camp were to cover the entire health spectrum and give a holistic approach.

The venue of the camp was easily accessible to the nearby village. About 390 people attended the camp and were benefitted by the services. Also for symptomatic relief medicines were provided to the patient free of cost. In this camp we screened 390 individuals, out of which 86 individuals were advised follow-up. 9 ladies were advised Sono-Mammography of breast and 10 ladies were advised Pelvic USG. 22 ladies having nodularity in the breast were advised annual follow up and 6 ladies were asked to repeat Pap Smear test because of inflammatory smear or were in menses. 3 ladies having Thyroid goiter (swelling) were referred to Medical Centre, for further investigations. 2 individual with Submucous Fibrosis was counseled to quit tobacco and repeat checkup after 3 months. 1 male with leukoplakia patch was counseled to quit tobacco and repeat checkup after 6 months. 43 individuals having habit of tobacco chewing/masheri application were advised annual check up. 12 males were advised USG Prostate and 6 males were advised P.S.A. for prostate enlargement. Almost 150 patients were screened for dental problems , out of which 55 were successfully treated. The common complaints were pain due to caries, blleding gums, periodontal pockets. Cases of fluorosis were rampant. Indian Dental Association supported the initiative by providing free sample of tooth brush and tooth paste. All the follow up cases were referred to Global Trauma Centre at Mount Abu and Civil Hospital Rani for further investigations.

Tobacco Habit Trends in the Community



All tobacco habitués were counseled to quit tobacco & advised timely follow up. All ladies were taught self breast examination by our gynaecologist and were given pamphlets of the same to practice once in the month regularly. Separate reports to all individuals have been given.

The follow up report were send to the patients through the local NGO coordinator.

The camp was very well appreciated by the people and it was widely covered in the media. This camp proved to be very helpful for them as they would have not taken initiative to go for the checkup . It was a good learning lesson as many people who didn't had access to healthcare and who could not afford treatment where benefitted.

Team of doctor along with local NGO



Registration



Dental Screening & Treatment



Distribution of free sample of dentifrice & toothbrush to the children's and community

