



# DEPARTMENT OF PRIMARY HEALTH CARE

## FACULTY OF HEALTH - CARE SCIENCES

### EASTERN UNIVERSITY, SRI LANKA

#### Department of Primary Health Care, FHCS/EUSL

##### Field based Project Analysis :

**First Batch(2005/ 2006) -No of Students : 27**

#### Introduction

The Department of Primary Health Care (PHC), at its inception, planned to have field based projects based on the curriculum (PH 14). This module was initially adopted for this purpose. The components in the field based projects were identified as Community Activity (CA), Family Attachment (FA), Community Clerkship (CC) as well as research.

#### Community Activity (CA)

This project was carried out in a selected area, as a trial with the guidance of Dr.K.Arulanandem, Coordinator of PHC. The 1st batch of students who were with much enthusiasm and commitment carried out this project successfully in **Paddippalai Divisional Secretary division at BT/Muthalaikudah Maha Vidyalayam on 22nd of January 2011.**

The students were divided into four groups and targets were identified among severely affected population by natural disaster (flood) on different aspects of health problems in the community.

Population group	Selected Topic
Children below 10 years	Hygienic Measures
Woman of age between 10 – 40 years	Communicable Diseases , Breast Feeding, Disaster Management and Personal Hygiene
Men of age between 10 – 40 years	STDS, Snake Bite, Smoking, Family Planning
Those of age above 40 years	NCDs and CDs

\*Each member in a student group was instructed to perform on selected health problem in the population.

#### **Results**

The students performed the activities successfully on individual basis in their groups. The description of the project has been tabulated below.

It was reported under the subheading of introduction and rationale, objectives, approaches, achievements and setbacks. The students had documented their prepared leaflets, photographs for evidence.



Group Members	Covered Topics	Outcomes
S.Narandhrakumar M.Mathushanan N.Prashanthini R.Lubojitha T.Mythili K.Hajamuhi	Personal Hygiene - Oral hygiene Hand washing Foot care Sanitation Vector control Nutrition Communicable diseases – STDs Cervical cancer Airborne disease- TB,H1N1 Waterborne – Diarrhea, Typhoid Hepatitis A  Disaster Mangement – Flood, Cyclone, Thunderstorm	- Learned planning, implementing and organize an event. - Developed relationship& responsibility with public health staff. - Provided knowledge STDs and family planning. - Transaction, Preventive and control about STD



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Group 02 :

Group Members	Covered Topics	Outcomes
Y.Tharshika M.Shinthujaa S.Sivakaran L.Kovoor V.Sujeev	Diabetic Mellitus- DM (Proper amount- 03 main meals)  Exercise  Dengue  Chickengunya  Disaster Management  Waterborne – Diarrhea Psychiatric illness of elderly - Depression  Personal hygiene Hand wash Oral hygiene Foot care  Water hygiene	Gave knowledge on 01.DM - Treatments -Preventive Measures -Foot care -Healthy diet -Physical activity  02.Dengue,Chicken gunya and Waterborne diseases - Spreading ways - Controlling methods - Treatments - Symptoms - Cause factors  03. Gave knowledge on importance of Healthy personal hygiene and water hygiene.



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Group 03 :

Group Members	Covered Topics	Outcomes
N.Janukopan S.Subatharshini M.Mekala K.Dhivyan A.Aranie	Diarrhea  Hand Hygiene  STDs Family planning Snake bite  Healthy eating and basic nutritional components Nutritional disorders  Unhealthy behaviors – Smoking	Gave knowledge on  01. Diarrhea - Spreading ways - Controlling methods - Treatments - Symptoms - Cause factors  02. Educated the participants about correct hand washing techniques and show them practically.  3. Discussed about consequences of Smoking tobacco and how can overcome from smoking.



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Group 04 :

Group Members	Covered Topics	Outcomes
B.Kanishka S.Prabusanger T.Jananan S.Laxini T.Kuselan V.Vijaya Kanth	Age related changes in the body and common health problems – system wise. Cardiovascular, Genitourinary Skin Psychological  Basic sanitation, food and water hygiene, Personal hygiene  vector control  Age related problems Psychiatric illness of elderly - depression  Dengue Diarrheas  Stroke  Osteoporosis and Bone diseases	01. Gave knowledge on mentioned NCDs and Preventive measures.  02. Gave knowledge on Basic sanitation, food and water hygiene, Personal hygiene.  - Hand washing technique - Healthy food - Healthy water drinking - Personal and Environment Sanitation.  03. Discussed about elderly issues and how to overcome them. Educated and made awareness among the participants regarding the mentioned elderly related issues.  04. Diarrhea , Dengue - Spreading ways - Controlling methods - Treatments - Symptoms - Cause factors  05. Gave knowledge on Stroke – clinical features - need of immediate health intervention and rehabilitation health. - How smoking influence Stroke  06. Gave knowledge and made awareness about Osteoporosis and Bone diseases



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Group 05:

Group Members	Covered Topics	Outcomes
G.Prakasan Mr.S.Vishnukumar Y.Prashana S.Gishanthan T.Kokulan	Organizing Group	01. Got experience on deal with Health care and Administrative professionals(RDHS,MOH,PHI,PHM,DS ,GN and other local institutional heads).  02. Improved on Planning, Implementation and Evaluating.  03. Learned to work with team sprit.  04. Could be known about hierarchy of Government institutions.

Conclusion:

This program has created much awareness among affected population while led to develop skills among students in imparting valuable health related messages in a community setting. The department is in the position to appreciate the team.

The students have clearly achieved the student learning objectives of the field based project module while fulfilling the following:

1. Exhibited leadership skills and team spirit to function as a doctor in community settings.
2. Developed and maintained personal characteristics and attitude for a career as a health professional.
3. Learned to plan and implement intervention to improve health awareness, health related behavior and control of communicable and non-communicable diseases.
4. Demonstrated communication skills in interacting with people in relation to health and disease.
- 5.

Prepared by: Dr.K.Arulanandem (MBBS, DFM, MD Family Medicine)

Assisted by: Mr.V.Thulanchanan (BSc in Biochemistry and Molecular Biology),

Temporary Demonstrator

Mr.N.Sanjeev (BSc in Health Promotion),

Temporary Demonstrator

Department of Primary Health Care

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