



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 :

Forth Batch(2008/ 2009) - No of Students : 66

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 4th batch of students who were with much enthusiasm and commitment carried out this project successfully in **selected schools from Batticaloa and Kalmunai districts on different scheduled days.**

*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 01 - Health Promotion program - 21.11.2017

Group Members	Covered Topics	Outcomes
T.Thilaxshan G.Niranjanan P.Sajeethan K.Thilacksan N.Dineshkanth V.Piruthajini	Injury Prevention for Students BT/Paddiruppu Mathya Maha Vidyalaya(National School).	- Gave knowledge and facilitated the students about how to prevent them from several type of injuries. Discussed about following incidents Road traffic accidents Burns Eye injuries Snake bite



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Group 02 - Health Promotion program 17.02.2014

Group Members	Covered Topics	Outcomes
MRH.Ahamed MHF.Nowfeen V.Pirapalini AAM.Irfam MJ.Rishama MMM.Aneez	Prevention of Dengue among School students. BT/An – Nazar Vidyalaya. Katankudy.	-Awareness about dengue and cause factors of dengue. -Discussed about dengue prevention. - Discussed consequences of dengue and Its impact in Sri Lanka and worldwide. - Formed student groups to carry out activities towards dengue prevention within the school premises and outside of the school.

Group 03 – Promotion of Hygiene and Sanitation - 18.02.2014

Group Members	Covered Topics	Outcomes
MAF.Sahnaz A.R.Naleemiya B.A.F.Sanofara SBAF.Sumaiya HMS.Farhath AF.Rasnitha	Breast Cancer Awareness (A/L Female Students and Female Teachers) KM/Mahmood Ladies college. Kalmunai	- Discussed about who are the risk population of Breast cancer. - Discussed and demonstrated about Self – Breast Examinations and other screening methods of breast cancer. - Evaluated the pre and post knowledge of the participants on discussed topics.



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Group 04 - Health awareness program – 07.03.2014

Group Members	Covered Topics	Outcomes
MA.Mikara AWM.Azwar ALM.Muneer RRSJ.Bandara UM.Mirajahan	Illustrating the important part of Hypertension in Sri Lanka. (A/L Students and Teachers of BT / Oddamavedi central college.)	- Discussed and gave knowledge about Hypertension. - Current situation in Sri Lanka - What are the cause factors and consequences of Hypertension. - Preventive measures - Risk behaviors that cause hypertension

Group 05 - Health awareness program – 06.05.2014

Group Members	Covered Topics	Outcomes
M.L.A.M. Roshankhan U.Anushanth R.Piriyanthan V.Vijayamayoothini I.Dilras Banu S.Nasrin Risniya	Malnutrition among school children. (Grade 4 and 5 students and their parents) BT/Roman Catholic Tamil Muslim School. Thalankudha	-Evaluated the pre knowledge of participants about malnutrition. -Gave awareness and knowledge on Malnutrition - Preventive measures of Malnutrition - Consequences of Malnutrition. -Gave knowledge about healthy , hygienic and nutritional diet -Explained about important of breakfast.

Group 06 - Health promotion program – 25.02.2014

Group Members	Covered Topics	Outcomes
A.Annesley DM.Imjad MM.Fathima Asri P.Manchereka .AR.Nushaha ML.Fathima Rukshana	Health Promotion on Breast cancer and Preventive Measures. (A/L Students of BT/Vivekananda Girl	- Discussed about who are the risk population of Breast cancer. -A short film produced by the group to make



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	School)	<p>awareness on Breast cancer.</p> <ul style="list-style-type: none"> - Discussed and practically performed thorough an artificial breast about Self – Breast Examinations and other screening methods of breast cancer. - discussed about early symptoms, early detection of Breast cancer. - Evaluated the pre and post knowledge of the participants about discussed aspects on Breast Cancer. - Formed a Health club among teachers and students, to deal with breast cancer related awareness and other activities.
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Group 07 - Health Promotion awareness program – 07.04.2014

Group Members	Covered Topics	Outcomes
K.G.D.D. GUNARATHNA P.S.T. PEMMAWADU T.G.P. NUWAN KUMARA S.L. KUDABADU K.D. RAMMUTHUPURA P.S.M.TS.DAYANANDA	BMI with prevalence of NCD diseases. A/Polawatha Maha Vidyalaya. Ampara.	<ul style="list-style-type: none"> - Gave knowledge on NCD and BMI. - Educated about the relationship between NCD and BMI - Discussed about Healthy and Unhealthy food habits(Salt, Sugar, Oil amount per day). - Measured BMI of participated population. - Facilitated the participants to maintain a measurement



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		regularly to be aware about their BMI.
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Group 08 - Health awareness program

Group Members	Covered Topics	Outcomes
MHM. Sibly MMM. Imran MFF. Fasootha M.M Mazahima M.K.F Benazir T.Maithreyi	Awareness Programe on Bronchial Asthma among school students. BT/BC/Milleth Mahalir Maha Vidyalayam, Katankudy.	- Gave knowledge and awareness on Asthma. -Discussed about preventive measures of Asthma. -Discussed about inhaler techniques. - Evaluated pre and post knowledge on Asthma among participants.

Group 09 - Health Promotion awareness program – 21.02.2014

Group Members	Covered Topics	Outcomes
A.AhamedJurain M.I.M. Ilham A.H.MohamedRisvi M.L.FRismiya A.L.F.Fajriya M.A.F.Farhana	Breast cancer prevention program BT/VC/Fathima Balika Maha Vidyalaya. Ottamavedi.	-Gave knowledge about Breast cancer 1.Early Symptoms 2.Cause Factors 3.How to overcome 4.Risk population 4.Preventive methods

Group 10 - Health Promotion program – 21.02.2014

Group Members	Covered Topics	Outcomes
RM. Riquaz AAM. Amjath S.Piratheepan RF.Raifa K. Vidya P.Lagushiyama	Malnourished children and their mothers. Sathrukondan	- Gave knowledge on nutritional food -Facilitated the mothers to continuous Breast feeding until the appropriate time. -Gave knowledge about proper



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		food handling Gave knowledge on healthy hygienic practices. Improved the knowledge of mothers on healthy food selection and processing.
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Group 11 - Health Promotion program – 10.02.2014

Group Members	Covered Topics	Outcomes
A.L. Imthiyas Ahamed S.M. Rifasdeen <u>S.HM. Rahan</u> A.A.M. Aasir Mr. N.M. Halif A.L.M. Hasan Basree	Diabetes Mellitus(DM) Prevention STR/Muslim Madya Maha Vidyalaya	- Gave knowledge on DM Types of DM History Current trend Epidemiology Clinical features Treatment Prevention - Trained the students to assess the BMI - Gave knowledge about healthy diet pattern. - Made awareness about accurate amount of Oil, Sugar and Salt consumption that needed for a day to a healthy diet.

Conclusion:

This program has created much awareness among School population, while the program 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.



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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.

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Temporary Demonstrator

Department of Primary Health Care

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