



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 :

Fifth Batch(2009/ 2010) - No of Students: 47

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 5th batch of students who were with much enthusiasm and commitment carried out this project successfully in **several GN divisions of Batticaloa district on selected days from September to October 2014.**

The students were divided as groups and targets were identified from different settings of Batticaloa district.

*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

Name of the students	Name of the program	Venue, Date And beneficiaries	Out comes
1. MS.H.B.S.Swarnamali Jayarathna 2. Mr.N.Nifir 3. Ms.S.Thinesanthini	Life style modification in Diabetes Mellitus	Teaching hospital Batticaloa 31.10.2014 50 Patients 20 Bystanders	Explained about diabetic mellitus, risk factors, Complication and preventive methods Mainly educated about modifiable risk factors Explained lifestyle modification, dietary changes, improving activity in their lives



DEPARTMENT OF PRIMARY HEALTH CARE

FACULTY OF HEALTH - CARE SCIENCES

EASTERN UNIVERSITY, SRI LANKA

			<p>Motivated patients to do exercises</p> <p>Cleared doubt of the patients</p> <p>Gained knowledge regarding solving problem with potentials.</p>
--	--	--	---

Group - 02

<p>4. Ms.V. Kavinya</p> <p>5. Miss. R.M.D.Nayomi</p> <p>6. Miss.Y.M.C. Udawela</p> <p>7. Mr.S.Shalomi</p> <p>8. Mr.R.B.A.P.R.Bandara</p>	<p>Awareness programme on breast cancer among working women</p>	<p>YMCA, Batticaloa</p> <p>31.10.2014</p> <p>50 married and unmarried women</p>	<p>Explained sign and symptoms ,</p> <p>Importance of early detection,</p> <p>The important of early detection,</p> <p>Breast self-examination,</p> <p>Action to be taken on noticing symptoms and prevention</p> <p>Identified only 10% of women know that breast cancer</p> <p>Found out 3 women noted abnormalities and ignored</p> <p>Advised to attend clinic</p>
--	---	---	--

Group - 03

<p>9. M.I.M.Aswar</p> <p>10. R.F.Sakir</p> <p>11. B.Bavanandan</p> <p>12. A.F.Nafeela</p>	<p>Prevention of non-communicable diseases(NCD)</p>	<p>Collage of Education, Thalankudah.</p>	<p>Assessed the knowledge level of students.</p> <p>Improved knowledge on NCD</p> <p>Increased interest in NCD</p> <p>Guided students to do the activities for sustainable prevention</p> <p>Educated students about Diabetes, Obesity, Hypertension and myocardial infection.</p> <p>Enabled knowledge to have basic knowledge about NCD</p>
---	---	---	---

Group - 04

<p>13. M.C.M.Fasil</p> <p>14. M.S.Shahnaz</p> <p>15. M.H.F. Rustha</p> <p>16. D.S.Weerasena</p> <p>17. M.J.S.Jusana</p>	<p>Health education on elderly care</p>	<p>Muslim's elders home</p> <p>27.10.2014</p> <p>22 elders</p>	<p>Screened the patients identified risk groups</p> <p>Explained improve awareness on diabetes and hypertension.</p>
---	---	--	--



DEPARTMENT OF PRIMARY HEALTH CARE

FACULTY OF HEALTH - CARE SCIENCES

EASTERN UNIVERSITY, SRI LANKA

Group - 05

18. M.F.Sanofer 19. L.A.Yashantha 20. T.Govitha 21. C.N.Karunathilaka 22. M.Kirshanthini	Prevention of obesity	Vivekananda National Girls 29.10.2014	Assessed the level of obesity among students. Educated about possible avoidable problems. Gave advice on life style modification. Gained knowledge on solving problem.
--	-----------------------	---	---

Group - 06

23. N.M.Halif 24. A.L.M.H.Basree 25. A.L.I.Ahamed 26. S.M.Rifasdeen 27. S.H.M.Rahan 28. A.A.M.Aasir 29. M.H.M.M.Imrankhan	DM prevention	STR/Muslim madya maha vidyalayam. Sammanthurai. BT/Brainthuraichenai Azar Vidyalaya, Valaichenai	Explained about diabetic mellitus, risk factors, Complication and preventive methods Started school health club. Mainly educated about modifiable risk factors and activity in their lives Encouraged students to convey message to family and relatives Cleared doubt o Gained knowledge regarding solving problem with potentials.
---	---------------	---	---

Group - 07

30. D.M.P.P.Disanayaka 31. M.I.F.Suhaira 32. S.Sutharjini 33. K.W.K.Geethika 34. S.L.A.Shajath	Awareness program on breast cancer on breast feeding mothers	Well baby clinic Pulliyanthivu 01.11.2014	Assessed knowledge level on breast feeding Empowered mothers 6 th month exclusive breast feeding Identified mothers myths in society Evaluated knowledge level on
--	--	--	---



DEPARTMENT OF PRIMARY HEALTH CARE

FACULTY OF HEALTH - CARE SCIENCES

EASTERN UNIVERSITY, SRI LANKA

			mothers knowledge. Gained knowledge regarding solving problem with potentials.
--	--	--	---

Group - 08

35. R. Izzathunnisha	Health promotion on contraceptive methods and its' important.	BISMI QURANIC SCHOOL - Kattankuddy. 17.09.2014	Evaluated people could identify contraception and abortion. Assessed the knowledge level on emergency contraception Educated about pregnancy, contraception and emergency contraception. Cleared misconception about contraception. Gained knowledge regarding solving problem with potentials.
----------------------	---	---	---

Group - 09

36. A.M.Fasmir	Awareness on sexually transmitted disease and preventive measures	BT/Michael's Collage Batticaloa 28.10.2018	Assessed the knowledge level on Sexual education. Developed skills in planning organizing implementing and evaluating field. Personal skills developments Studied community environment. Gathered information regarding remedial measures for STD. Helped me to develop my skills in expressing health thought for public.
----------------	---	---	---

Group - 10

37. M.I.B.Hafi	Prevention on dengue	BT/Michael's Collage Batticaloa	Enabled all students to have basic knowledge about dengue. Sensitized students about precautions measures Increased students interest on dengue Guided students to do the activity in proper way.
----------------	----------------------	---------------------------------	--



DEPARTMENT OF PRIMARY HEALTH CARE

FACULTY OF HEALTH - CARE SCIENCES

EASTERN UNIVERSITY, SRI LANKA

Group - 11

38. M.H.M.Imrankhan	Health promotion program on DM prevention	BT/Brainthuraichenai Azar Vidyalaya, Valaichenai	Explained about diabetic mellitus, risk factors, Complication and preventive methods. Mainly educated about modifiable risk factors and activity in their lives. Encouraged students to convey message to family and relatives Cleared doubt on diabetic mellitus. Gained knowledge regarding solving problem with potentials.
---------------------	---	--	--

Group - 12

39. F.Jeyasa	Health promotion on breast cancer	Al-Noor Kids school Kattankuddy 25.10.2014	Explained sign and symptoms , Importance of early detection, Breast self examination, Action to be taken on noticing symptoms and prevention
--------------	-----------------------------------	--	--

Group - 13

40. M.N.M.Thilshan	Prevention on DM among school students	BT/Michael's Collage Batticaloa 20.10.2014	Explained about diabetic mellitus, etiology, risk factors, Complication and treatments methods Gained knowledge regarding solving problem with potentials.
--------------------	--	--	---

Group - 14

41. A.K.H.Banu 42. M.R.A.Nashry 43. W.A.I.Wijayalath 44. M.R.F.Riskaza 45. K.kayadee	Health program for trainee teachers on health and nutrition	National collage of education Batticaloa	Explained about health and nutrition. Gain knowledge regarding current awareness on malnutrition and health
--	---	--	--



DEPARTMENT OF PRIMARY HEALTH CARE

FACULTY OF HEALTH - CARE SCIENCES

EASTERN UNIVERSITY, SRI LANKA

Group - 15

46. H.A.N.Ahamad	Malnutrition among children under 5 years	Block J MOH Sammanthurai 01.11.2014	Explained about risk factors and preventive methods introduced measurements to identify malnutrition Screened malnutrition among participations. Educated about low price high nutrition available in local Encouraged students to convey message to family and relatives Gained knowledge regarding solving problem with potentials.
------------------	---	---	--

Group - 16

47. R.ML.W.Rajapaksha	Health promotion and preventions of DM in police officers	Sri Lanka police Batticaloa 8.11.2014	Explained about diabetic mellitus, risk factors, Complication and preventive methods Inquired about their doubt Mainly educated about modifiable risk factors and activity in their lives Encouraged them to calculate weight every week and daily 30 minutes exercise Cleared doubt Got experience how difficult to organize a program in police stations. Gained knowledge regarding solving problem with potentials.
-----------------------	---	--	---



DEPARTMENT OF PRIMARY HEALTH CARE

FACULTY OF HEALTH - CARE SCIENCES

EASTERN UNIVERSITY, SRI LANKA

Conclusion:

This program has created much awareness among School population and community participants while the program led to develop skills among students in imparting valuable health related messages in community settings. 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.

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

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

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

Mr.M.Vithyakaran (BSc Nursing)

Temporary Demonstrator

Department of Primary Health Care

2018.08.27