



# **DEPARTMENT OF PRIMARY HEALTH CARE**

## **FACULTY OF HEALTH - CARE SCIENCES**

### **EASTERN UNIVERSITY, SRI LANKA**

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## **Summary of Family Attachment Reports**





**DEPARTMENT OF PRIMARY HEALTH CARE**  
**FACULTY OF HEALTH - CARE SCIENCES**  
**EASTERN UNIVERSITY, SRI LANKA**

**Department of Primary Health Care**  
**Faculty of Health Care Sciences,**  
**Eastern University, Sri Lanka**  
**Summary Report on PH 14 Family Attachments**  
**(From 1<sup>st</sup> Batch to 7<sup>th</sup> Batch)**

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#### **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. In order to implement FA component of this project for the first batch of students it was carried out in a selected area, as a trial with the guidance of Dr.K.Arulanandem, Coordinator of PHC. The overall objective of the family attachment program was to improve the family wellbeing.

#### **Methodology:**

The students were grouped and a selected family was allocated for a period of 6 months. Each group had to clarify prevailing possible determinants, health problems, and their magnitude of the family. The guide for family attachment was prepared by PHC and given to the students prior to their entry into the community and meeting their respective families. The guide enabled the students to achieve the following:

- Creating awareness on prevalent health problems in the community.
- Identifying the magnitude of health problems.
- Clarification of the determinants.
- Implementation of possible intervention on identified determinants.
- Clarification of impediments in promoting family wellbeing.
- Conducting health promoting programs directed towards families.
- Development of proper attitudes and skills to promote the health of a family.
- Emphasizing the importance of family and community implications.
- Development of report writing skills.





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#### 2005/ 2006 First Batch

The 1st batch of students carried out this project successfully in Mananthoduwai G.N division at Manmunai North DS division of Batticaloa District.

Serial No.	Group members	Family details	Identified problems	Outcomes
01	Mr.S.Prabhushankar Ms.T.Mythily Ms.K.Hajamugi	Father (44) - Fisherman Mother (41) - HW 1 Daughter (21) 3 Sons (19, 13, 3)	-No pure water source. - Hesitancy in visiting THB. - Low awareness in personal hygiene - Alcoholism of father	Instructed on - Hand washing techniques. - essential hygiene in cooking - keep points on healthy diets - Proper disposal of excreta. - Home garden.
02	Mr.M.M.Mathushanan Ms. Laxiny S. Mr.T.Jananan	Mother (45) – self employee / DM, HT, Overweight 2 Daughters (17, 12) – hirtusism, overweight	- defaulted treatments in DM, HT, PCOD - poor utilization of health services - imbalanced diet	- instructed about Healthy diet Hygiene practices - importance of using health services - healthy sanitation practices





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		Brother (40) – watchman /polio	- inadequate income	- advantage on savings - making social relationship
03	Mr.V.Vijayakanth Mr.V.Sujeev Miss.M.Shinthuja	Mother (79) – HW, Bone joint problem, Varicose veins 1 Daughter (41)- Deaf and Dump	- poor Sanitary facilities and practices -Superstition in Nutrition - Low awareness in personal hygiene	Instructed on - access health services for their illness -Personal Hygiene - advantage on savings
04.	Mr.L.Kovoor Miss.M.Mekala Mr.T.Kokulan	Mother(43) – Self employee 04 Daughters 22,12,11,06 03 Son (19,17,08) Two of them have Hemophilia	- poor Sanitary facilities and practices - Low awareness in personal hygiene -Low income	- instructed about Healthy diet Hygiene practices - importance of using health services - healthy sanitation practices - advantage on savings - making social relationship
05.	Mr.T.Kuselan Miss.S.Subhatharsiny Mr.Y.Pirasanna	Father(42) Vision Problem Mother(41)High BP ,Peri menopausal bleeding 06 Daughters (12,11,06,05,03,06months)	- poor Sanitary facilities and practices - Low awareness in personal hygiene	- instructed about -Healthy diet -Hygiene practices -Prevention on Drug and Alcohol.
06	Mr.K.Dhivyan Ms.A.Aranie Mr.S.Vishnukumar	Father (36) – Carpentry /asthma,physical disability Mother (30) - HW 2 Sons (7, 2) (mother deceased during program due to dengue)	Disability of father Inadequate income Poor sanitation Mosquito breeding places in the surrounding.	- instructed about Healthy diet Hygiene practices - importance of using health services - healthy sanitation practices





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07	N.Janukopan Y.Tharshika S.Sivakaran	Father (52) – fishing /hypertension Mother (48) - HW 2 Sons (17, 12) <b>down syndrome one</b>	- poor Sanitary facilities and practices -Superstition in Nutrition - Low awareness in personal hygiene	- instructed about Healthy diet Hygiene practices - importance of using health services - healthy sanitation practices - self-employment to overcome the financial issues.
08	B. Kaniska S.Gishanthan G.Pragasan	Father (51) – Mason / <b>hypertension</b> Mother (56) – HW / <b>lipoma</b> 1 Son (25) 2 daughters (22,15)	- poor Sanitary facilities and practices -Superstition in Nutrition and health - Low awareness in personal hygiene	Instructed on - Hand washing techniques. - essential hygiene in cooking - keep points on healthy diets - Proper disposal of excreta. - Home garden
09	Mr.S.Narendhrakumar Ms. Prashanthini N Ms.Labojitha R.	Mother (52) - weaving 3 daughters (23,20,14) – <b>dysmonerrhoea for 1st one</b> 1 son (19) – shop	- imbalanced diet - Low income - poor Sanitary facilities and practices	- Empowered the family using farming. - Improved sanitation. - Improved the economical status.

### 2006/ 2007 Second Batch

The 2nd batch of students who were with much enthusiasm and commitment carried out this project successfully in Kokkuvil G.N division at





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Manmunai North DS division of Batticaloa District.

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01	V.Jeyatharani R.Supanya S.Prashanth T.Ariharan	Father (42) Mother (37) Son in law (27) 2 son (21,19) & 2 daughter (17,13)	Unmarried daughter in living together relationship (due to immature of her age) Smoking and Alcoholism (Father) Imbalanced financial status School dropout(a son)	-Got idea for legal marriage -Son got job with the help of students -got knowledge about family planning
02	Y.Rishanath B.R.Francis M.Sharanya	Father (32) Laborer – Lower limb deformity Mother (38)(HW) – GDM, Psychiatric Patient(Schizophrenia) 1 son (01) 1 daughter (06)	Smoking and Alcoholism (Father) Imbalanced DIET Low proper hygiene measures Imbalanced financial status Unwilling to work hard poor Sanitary facilities and practices	-Agreed to go temporary work Reduced alcoholism and smoking -improved hygiene measures
03	L.Anojan A.Shashangan T.Inthuja	Father (32)Fisherman Mother(28)HW 2sons(09,07)(born to illegal relationship which she was had before married current husband) 01son(05 months) – (born to current husband)	- poor utilization of health services - imbalanced diet - inadequate income -low proper hygiene measures	-started to utilize health services Improved diet practices -improved Hygiene practices -





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04.	K.Herissananth V.Yamini J.Parashanthan	Father(34)Three wheel driver Mother(35) 02 Doughters(11,02) Son(07)	- inadequate income -alcoholism(Father) -low proper hygiene measures - imbalanced diet	-improved Hygiene practices Reduced alcoholism
05.	T.Mathan V.Pratheeka T.Theleeban	Father(60)Labor Mother(48)Abroad housemaid Daughter(12)	-Smoking and Alcoholism (Father) -low proper hygiene measures - imbalanced diet - inadequate income -loneliness(daughter) due to absent of mother	-improved Hygiene practices -Reduced alcoholism -improved financial status
06	G.Mathivannan Y.Kalaivathanan T.Janani	Husband(53) <b>Disabled person</b> Wife(50)Self employee	-Smoking and Alcoholism (Both) -low proper hygiene measures - imbalanced diet - inadequate income(begging) -loneliness(daughter) due to absent of mother	-improved Hygiene practices -Reduced alcoholism and smoking(both)
07	K.Prarthana K.M.Ruparajan S.Uthayakumar	Father(45)Meson <b>Asthma, Eczema</b> Mother(44)House wife <b>Chest Pain</b> 02 daughters(24,19) Son(11)	- low in proper hygiene measures - inadequate income	-improved Hygiene practices
08	S.Pararuban S.Shiyantharubika U.Ushavarthany	Father(38)Meson Dermatitis Mother(32)HW Son(13) 02Daughters(09,07)	-Heavy Alcoholism(father) -low in proper hygiene measures -inadequate income	-improved financial status (helped to mother to get work at hospital) -improved hygiene practices





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09	N.Pakeerathan S.Sujetha T.Pavithra	Father(40)Fisher man Mother(36)HW <b>LRT</b> 02Daughter(12,07) Son(10)	-Alcoholism -Inadequate income -low in proper hygiene measures	-left alcoholism --improved financial status (guided to start self-employment to mother)
10	M.Aruna R.Manmathan K.Jeyavani	Father(34)Cook Mother(37) <b>02 marriages, first husband passed away</b> Son(12) 04Doughters(10,08,3.5,1.5)	-low in proper hygiene measures - poor utilization of health services -Heavy alcoholism -Behavioral issues of son(stealing at home)	-improved Hygiene practices -started to utilize health services
11	S.Harikrishanth S.Abithra B.Vinothkumar	Father(49) <b>Handicap</b> Mother(47)Labor 03Daughters(25,22,08)02 of them married and husbands shifted to abroad for employment	-Inadequate income -low in proper hygiene measures -low in sanitation practices -imbalanced diet	-improved Hygiene practices -helped to get prosthetic limb

### 2007/ 2008 Third Batch

The 3rd batch of students carried out this project successfully in Sinna urani G.N division at Manmunai North DS division of Batticaloa District.

Serial No.	Group members	Family details	Identified problems	Outcomes
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01	N.Soniya L.Priyanka M.A.S.Mohammed	Mother (38) HW 2 daughter (18,7) (latter nephrotic syndrome) 1 son (17) /Epilepsy  (father was murdered 7 years ago.)	- inadequate income - Poor asocial relationship Imbalanced financial status -low proper hygiene measures	-Improved sanitary and hygiene practices. -got knowledge about balanced diet.
02	S.Sujithan A.J.S.Sabrina Y.Sharanya	Father (44) Seasonal Laborer <b>Hemorrhoids</b> Mother (42)(HW) 1 son (10) 2 daughters (16, 14)	-Smoking and alcoholism (Father) -Imbalanced DIET -Low proper hygiene measures -Imbalanced financial status -poor Sanitary facilities and practices -faced sexual harassment (elder daughter)	Reduced alcoholism and smoking -improved in hygienic measures
03	A.L.L.Hussain V.Prayalini P.Theepitha	Father (33)Manual worker Mother(38)HW 02daughters(14,15)	-Smoking and alcoholism and chewing beetle (Father) - imbalanced diet - inadequate income -low in proper hygiene measures	Improved diet practices -improved Hygiene practices
04.	S.Lavaprathan F.H.F.Nahthiya M.I.Shiyani	Father(50)Manual worker Mother(44) 03 Daughters(26,19,14) Son in law(26) 05sons(23,21,16,12,10)Epilepsy Grand daughter(06 months)	- inadequate income -alcoholism(Father) -low proper hygiene measures - imbalanced diet -Peptic ulcer-Parents -irregular to school(14,12,10)	-improved Hygiene practices -gave knowledge about nutrition -started to go school regularly





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05.	R.Ramachandran R.Mathan	Father(50)Manual worker( <b>Handicap</b> ) Mother(47)HW 04 Son(19,16,13,02)	-Smoking and Alcoholism (Father) -low proper hygiene measures - imbalanced diet - inadequate income	-improved Hygiene practices -Reduced alcoholism
06	V.Gowsihan G.Thuvaraha F.Karthika	Husband(57) Manual worker Wife(50) HW 3 Sons (21,9,4) 1 daughter (9)  (2 other daughters married, one is abroad other one is living far)	-Smoking and Alcoholism (Father) - betel chewing (both) -low proper hygiene measures - imbalanced diet - inadequate income and malnourishment - poor intra family relationship	-Improved sanitary and hygiene practices. -Reduced alcoholism and smoking - improved financial status - improved social wellbeing -Improved diet practices
07	B.Logini V.Jasotharan T.Jeyenthan	Father(68) Unemployee / <b>Asthma</b> Mother(61)HW 02 daughters (42,29)	- -Smoking and Alcoholism (Father) -low in proper hygiene measures - inadequate income - imbalanced diet	-improved Hygiene practices -Reduced alcoholism and smoking - improved financial status -Improved diet practices
08	S.Sivarani M.Pravinson M.I.Ameer Rimaz	Grandmother(60)Self employee Mother(43)HW (Divorced) 1 Son(17) / laborer 3 Daughters(21,8,4) – former abroad housemaid	-low proper hygiene measures -inadequate income	-improved financial status -improved hygiene practices -Improved diet practices





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09	A.M.A.Zakee V.Mithuna S.Hemaa	Father(57)Self employee Mother(49)HW Grandmother (80) Aunty (47) 2 Sons (22,14) / laborer at abroad (former) 4 Daughters(21,19,16,15) - 2nd handicap, last one epilepsy	-Alcoholism -Inadequate income -low in proper hygiene measures - poor intra family relationship - imbalanced diet superstitions on nutrition - poor utilization of health services	-improved Hygiene practices -improved financial status - improved social wellbeing -started to utilize health services
10	N.Jemimah G.Vaseeharan N.Beaumy Saluja	Father(54) Fisherman Mother(41) HW 2 Sons (20,18) = both gaurage 02 Daughters(12,10)	-low in proper hygiene measures -Heavy alcoholism and smoking - imbalanced diet superstitions on nutrition - poor utilization of health services -Inadequate income - betel chewing (Mother)	-improved Hygiene practices -started to utilize health services - improved intra family relationship
11	K.Jeevarathan A.Jananee K.Janagan	Father(60) <b>Retired govt. officer</b> Mother(42)HW Father in law 70 Mother in law 68 2 Daughters(4,3) 01 Sons (10)	-Inadequate income -Alcoholism of (both n grandparents) + betel (father) -irregular to school -low in proper hygiene measures -low in sanitation practices -imbalanced diet - low social relationship	-improved Hygiene practices - reduced smoking and smoking - regular school visit - improved social relationship -improved financial status

2008/ 2009 Forth Batch

The 4th batch of students who were with much enthusiasm and commitment carried out this project successfully in Sinna urani and Saththurukondan G.N divisions at Manmunai North DS division of Batticaloa District.





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Serial No.	Group members	Family details	Identified problems	Outcomes
01	R.N.Rikas A.A.M.Amjath R.F.Raifa M.L.F.Rukshana	Father (55) Mother (38) HW 2 daughter (18,7) 1 son (17) /Epilepsy  (father was murdered in 7 years ago)	- inadequate income - Poor asocial relationship Imbalanced financial status -low proper hygiene measures	-Improved sanitary and hygiene practices. -got knowledge about balanced diet.
02	R.R.S.J.Bandara A.A.M.Irfam N.Dineshkanth M.J.Rishana A.R.Nushsha	Father (37) Mason / Liver abscess Mother (34)(HW) 3 sons (16,10,7) 1 daughter (6 months) Cousin (13)	-Smoking and alcoholism (Father) -Imbalanced DIET -Low proper hygiene measures -Imbalanced financial status -poor Sanitary facilities and practices - low social relationship	-improved in hygienic measures - had an idea on money management -improved Hygiene practices





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03	A.L.M.H.Basree M.I.M.Iham S.B.A.F.Sumaiya	Father (47) Former Farmer (currently Qatar ) Mother(42)HW 03 sons(20,11,06) 03daughters( <b>23</b> ,16,06) <b>displaced scaphoid bone in left hand</b> 04 son in laws(24,21,17,14)lost three fingers in an accident 01sister in law(06) 02 grand daughter(06,01month)	-Smoking and alcoholism and chewing beetle (Father) - imbalanced diet - inadequate income -low in proper hygiene measures -Asthma and eczema - overcrowding -incomplete in schooling -poor sanitation -Family history cervical carcinoma -teenage marriage	-Improved diet practices -improved Hygiene practices -Reduced alcoholism and smoking
04.	A.A.M.Azeer H.H.M.Raham M.M.F.Asrinth M.M.Mazahima U.M.Mirjahan	Father(25)Mason Mother(24)HW Daughter(1 month) Son (04)	- inadequate income -alcoholism(Father) -low in proper hygiene measures - imbalanced diet -Poor sanitation -believe on taboos and false beliefs	-improved Hygiene practices -gave knowledge about nutrition -improved sanitation -gave knowledge about knowledge





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05.	S.M.Rifazdeen A.H.M.Rizvi A.W.M.Azhwar M.K.F.Benazeer A.F.Razneetha	Father(38)Mason Mother(38)HW <b>Goiter</b> Son(09) Daughter( 01)	-Low in proper hygiene measures - Imbalanced diet - Poor utilization of health services -Poor sanitation -Alcoholism(Father)	-Improved Hygiene practices -Reduced alcoholism
06	K.Vithya A.L.I.Ahamed K.Thilakshan T.Mythreki	Husband(36) Mason Wife(30) HW 03daughter (11,07, <b>04</b> ) <b>Cardiac problem(valv\ular )</b> grand mother (54)	-low proper hygiene measures - imbalanced diet - inadequate income -Poor sanitation	-Improved sanitary and hygiene practices. - improved financial status(home garden)
07		Father(68) Unemployee / <b>Asthma</b> Mother(61)HW 02 daughters (42,29)	- -Smoking and Alcoholism (Father) -low in proper hygiene measures - inadequate income - imbalanced diet	-improved Hygiene practices -Reduced alcoholism and smoking - improved financial status -Improved diet practices





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08	L.A.M.Roshankhan G.Niranjana M.L.F.Rismiya A.L.F.Fajriya	Father (31) Laborer Mother(29)HW (Divorced) Grandfather (51) 4 Daughters(10,9,5,2) Uncle (13)	-low proper hygiene and low sanitation measures -inadequate income - Alcoholism and smoking - DM and Hernia - Frequently affected by floods. - low utilization of health service.	-improved financial status -improved hygiene practices -Improved diet practices
09	P.Sajeethan U.Anushanth V.Pirapalini K.D.Ranmuthupura	Father(57)Self employee / Cataract Mother(57) HW - Anaemia 2 Daughters(24,19) – 1 Valvular Heart disease Grandson (1)  (Son in law in abroad)	-Alcoholism -Inadequate income -low in proper hygiene measures - poor intra family relationship - imbalanced diet superstitions on nutrition	-improved Hygiene practices -improved financial status - improved social wellbeing -started to utilize health services
10	M.A.F.Sahnaz M.F.F.Fasootha M.ImranT.Thilaxshan	Father(48) Fisherman and Mason Mother (43) Foreign Housemaid 1 Sons (16) 02 Daughters(9,1)	-low in proper hygiene measures -Heavy alcoholism and smoking - imbalanced diet - poor utilization of health services - Smoking and alcoholism	-improved Hygiene practices -started to utilize health services - improved intra family relationship





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11	R.Priyanthan A.A.Jurain B.A.Fathima Sanofara P.S.T.Pemmawadu	Father(51) <b>Fisherman – varicose</b> Mother(46)HW - asthma Son in law (23) - abroad 2 Daughters(23,9) (recurrent abortion) 01 Sons (18) - fisherman 01 stepson (18) - fisherman	-Inadequate income -Alcoholism and smoking -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services	-improved Hygiene practices and nutrition - reduced smoking and alcoholism - regular school visit -started to utilize health services -improved financial status
12	Mr.N.M.Halif D.M.Imjad M.A.F.Farhana S.L.Kudabadu	Mother (52) Son (24,16) former mentally retarded Daughter (22) Daughter in law (23) Granddaughter (3)	-Inadequate income -Alcoholism and smoking -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services - drinking water	-improved Hygiene practices and nutrition - reduced smoking and alcoholism -started to utilize health services -improved financial status
13	A.Annesley S.Piratheepan P.Lagushyama S.Nasrin Risniya	Father (32) driver/chest pain Mother (27) HW 4 sons (11,9,5,1)	-Inadequate income -Alcoholism and smoking -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services	-improved Hygiene practices and nutrition - reduced smoking and alcoholism -started to utilize health services -improved financial status - used home garden





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14	R.M.Riquaz A.A.M.Amjath R.F.Rifa M.L.F.Rukshana	Father (55) – retired govt officer (paraplegia, DM) Mother (40) 2 sons (21,17) 2 daughters (19,6) Cousin ()	-Inadequate income -Alcoholism. chewing betel and smoking -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services	-improved Hygiene practices and nutrition - reduced smoking and alcoholism -started to utilize health services
15	K.G.D.D.Gunarathna T.G.P.Nuwankumara V.Vijayamoorthi P.Birunthayini M.M.N.Aneez	Father (39) Mother (33) Son (5) Daughter (2)	-Alcoholism. chewing betel and smoking -Inadequate income - poor utilization of health services	- reduced smoking and alcoholism -started to utilize health services - -used home garden - gave up alcoholism (but not smoking)
16	P.S.M.T.S. Dayananda M.A.Mikra P.Manchereka I.D.Banu A.L.M.Muneer	Father (38) - labourer Mother (37) 3 daughters (17, 1,1) 1 son (13,6)	-Inadequate income -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services	-improved Hygiene practices and nutrition - reduced smoking and alcoholism -started to utilize health services





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#### 2010/2011 Sixth Batch

The 6th batch of students carried out this project successfully in Swiss Village G.N division at Manmunai North DS division of Batticaloa District

Serial No.	Group members	Family details	Identified problems	Outcomes
01	A.B.F.Rifka A.R.R.Rahim R.M.M.E.Rathnayake R.M.S.Rathnayake A.L.M.Mahir G.G.L.Saranga	Father (49) Fisherman Mother (48) HW 4 Sons (26,24,22,20) 1 Daughter (16)	-low proper hygiene measures and poor sanitation - inadequate income - Poor social relationship - Imbalanced financial status -alcoholism, betel chewing and smoking	-Improved sanitary and hygiene practices. -got knowledge about balanced diet. -improved financial status
02	M.M.M.P.A.Bandara R.Kartheepan YM.T.N.Yapa R.W.W.M.C.H.Wickramasinghe	Mother (64)(HW) Daughter(36) Son in law Grand Daughter	This Family's Health status is good, The Students had worked and improved the members' Health status than earlier.	
03	ABF.Rukshana HAH.Eranda TSM.De silva	Father (76) <b>HT, Progressive loss of vision</b> Mother (60) <b>Obese, Fungal infection</b> 01 Daughter (45) <b>OW</b>	-alcoholism(Father) - Low utilization of health service - imbalanced diet -low in proper hygiene	-Improved diet practices -improved Hygiene practices -improved Sanitation





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			measures -poor sanitation	
04.	MAFH.Begham PM.Sirisena CM.Maddumabandara	Father(44) Security Officer Mother(39)Tailor Grand mother(87)IHD,HT,DM,Anemia... Sister's Daaughter(17) –Anemia, OW	- inadequate income -low proper hygiene measures -alcoholism(Father) -low in proper hygiene measures - imbalanced diet -Poor sanitation -believe on taboos and false beliefs	-Improved Hygiene practices -Reduced alcoholism -gave knowledge about nutrition
05.	DPN.Sanjeewani WPR.Erangika KGDC.Ekanayake JAP.Anuradha MZA.Zakky	Father(35) fisherman Mother(22)HW 02 Son(14,12)	- Heavy smoking and alcoholism (Father) -Low in proper hygiene measures - Imbalanced diet - Poor inter family relationship - inadequate income -Poor Parental care	-Improved Hygiene practices -Reduced alcoholism and smoking -gave knowledge about nutrition -Established inter family relationship





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06	MCC.Abeykoon MRN.Nashana WNS.Rajitha	Father(60) Security at NGO , HT Mother(57)HW, DM, MA, LV failure , Ischemic Heart disease 01 Son(28) 01 Daughter(25)	- smoking and alcoholism(F & S) -low proper hygiene measures - imbalanced diet - inadequate income -Poor sanitation - Low utilization of health service	-Improved Hygiene practices -gave knowledge about nutrition -started to utilize Health services
07	MS.Reshani MIR.Fasheena Tharindu Shifran Malsha Madhushani	Father(34) fisherman Mother(38)HW 03 Sons(14,11,09) 02 Daughters(08,07) <b>Ear discharge</b>	- low proper hygiene - inadequate income - Alcoholism - Low utilization of health service. - Poor sanitation	- improved Hygiene practices -treated for ear discharge -improved hygiene practices -started to utilize health services
08	NMST.Navarathne MDGK.Weerasinghe HMM.Sajith S.Thasanthy	Father (57) Fisherman <b>Asthma</b> Mother(41) HW , <b>HT,DM.</b> 01 Grandson (08) <b>Malnutrition</b>	- low proper hygiene and low sanitation measures - inadequate income - Alcoholism and smoking(Father) - Poor sanitation	-gave knowledge and awareness about the health issues which they have and empower them to overcome those issues
09	AMF.Safarina PRPM.Pranagama SMSK.Galagoda JMSR.Jeyasinghe	Father(68) Rtd manual worker Mother(60)HW, DM Son(31) Daughter(34)	-Inadequate income -low in proper hygiene measures - poor intra family	-improved Hygiene practices - improved inter Family relationship – <b>introduced a chart to mark the time when they spend with family members</b>





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		Grandson(05) Son in law (37)	relationship - imbalanced diet -Alcoholism(Father <b>-Poor inter family relationship</b>	-improved sanitation
10	PCN.Perera AF.Rafaha V.Niroshanth P.Luxchanya	Father(62) Rtd labour Mother (56) HW <b>BP,DM</b> Son(35) 02Daughters(36,28)	-alcoholism, betel chewing and smoking -low in proper hygiene measures - imbalanced diet - poor utilization of health services	-improved Hygiene practices -started to utilize health services -Improved diet practices -BP and DM levels have been decreased towards the normal level
11	S.Mayura M.Z.Fharjees MA.Ahamed Sujaa SH.Nilakshi	Father(64) Carpenter <b>DM,HT</b> Mother(57)HW , Son(34) Daughter in law (24) 02 grandsons(14,11)	-Alcoholism and smoking(Son) -Inadequate income -low in proper hygiene measures -low in sanitation practices -Conflicts between grandsons due to stepmother	-improved Hygiene practices - reduced smoking and alcoholism -improved financial status
12	RF.Hasnas IS.Begam P.Pavithra KPSC.Kumara	Father (60) Fisherman Mother (54) garment worker Sons (32) Daughter (28)	-Inadequate income -low in proper hygiene measures -low in sanitation practices -imbalanced diet	-improved Hygiene practices and nutrition -started to utilize health services -improved financial status -offered seeds to do farming -improved inter family relationship -Started to farming





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			-Poor inter family relationship	
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#### 2011/2012 Seventh Batch

The 7th batch of students who were with much enthusiasm and commitment carried out this project successfully in Paalameenmadu G.N divisions at Manmunai North DS division of Batticaloa District.

Serial No.	Group members	Family details	Identified problems	Outcomes
01	M.S.Fathima Sakiya I.L.U. Husna G.N.Priyadarshani K.Y.G.N.S.Somapala	Father (65) Fisherman Mother (65) HW 1 Son in law (32) 1 daughter (32) / ringworm 1 grandson (5) 1 granddaughter (4)	- inadequate income - Poor social relationship - Imbalanced financial status -low proper hygiene measures -alcoholism, betel chewing and smoking	-Improved sanitary and hygiene practices. -got knowledge about balanced diet. -improved balanced diet practices
02	S.Tharshaprathan E.W.B.Edirisinghe M.R.F.Suzanah	Father (68) Paper factory laborer / cataract Mother (64)(HW)	-Low proper hygiene measures -poor Sanitary facilities and practices -Imbalanced diet	-improved in hygienic measures - had an idea on money management -improved balanced diet practices
03	C.J.Dissanayake S.M.A.Rihan	Father (31) abroad Mother(24)HW	-Malnutrition & imbalanced diet	-Improved diet practices -improved Hygiene practices





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	W.L.Gunarathna W.P.M.Buddima	02 daughters(3,3)	- inadequate income -low in proper hygiene measures -poor sanitation	
04.	W.D.S.Thissera M.A.F.F.Sameera M.L.C.D.Gomes J.M.H.P.Upulwehera	Father(24) Fisherman Mother(23)HW Son(3)	- inadequate income -alcoholism(Father) -low in proper hygiene measures - imbalanced diet -Poor sanitation -believe on taboos and false beliefs	-improved Hygiene practices -gave knowledge about nutrition -improved sanitation -gave knowledge about knowledge
05.	S.K.N.L.Wijewardana H.K.D.W.M.R.T.Hapuhinna B.Krishan S.N.Piyathasa	Father(53) fisherman Mother(49)HW Son(20) 2 Daughters ( 25,12)  (father went away)	-Low in proper hygiene measures - Imbalanced diet - Poor utilization of health services -Poor sanitation -Alcoholism(son) - Poor social relationship	-Improved Hygiene practices -Reduced alcoholism -improved sanitation





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06	F.M.Uwais A.G.G.Subhashani W. J.Rinuja	Husband(49) Officer 01 daughter (17)	-low proper hygiene measures - imbalanced diet - inadequate income -Poor sanitation	-Improved sanitary and hygiene practices. -
07	B.H.M.L.U.Katugaha T.Rudratharshan N.W.A.M.W.Vidushani	Mother(57)HW - <b>Hypertension, DM, IHD, Hyperlipidimeia</b> son (36) – security daughter (30) Son in law (33) - cashier Grandson (1)	- inadequate income - Smoking and Alcoholism (Father) - low in proper hygiene measures - imbalanced diet	- improved Hygiene practices -Improved diet practices
08	J.Nicholson P.K.T.M.Bandara J.S.R.Nadeera J.M.N.Heshani	Father (35) Hotel weighter Mother(41) HW (Divorced) 2 sons (14,11) / undescended testes former 1 Daughter (7)	- low proper hygiene and low sanitation measures - inadequate income - Alcoholism and smoking - Low utilization of health service. - Poor sanitation	-improved financial status -improved hygiene practices -Improved diet practices -improved financial status -started to utilize health services
09	S.M.S.Madusanka E.M.L.Ekanayake E.M.E.Ekanayake R.M.Ramzi S.Jagoda	Mother(38) self-employee 3 Daughters(21,19,15) - visual impairment, migraine (first two)	-Inadequate income -low in proper hygiene measures - poor intra family relationship - imbalanced diet	-improved Hygiene practices -improved financial status - improved social wellbeing -started to utilize health services





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			- superstitions on nutrition	
10	M.E.Gunasekara K.M.B.Pabhoda V.Ilakkiya	Father(23) Fisherman Mother (18) HW Colombo 1 Sons (1.5) Stepfather / fisherman Sister (10)	-low in proper hygiene measures - alcoholism and smoking - imbalanced diet - poor utilization of health services	-improved Hygiene practices -started to utilize health services -Improved diet practices
11	P.P.Herath M.A.Dayarathna P.Kethujan	Father(60) Labourer / <b>Asthma</b> Mother(61) <b>HW , DM,HT, Myocardiac infarction</b> 01 Grandson (9)	-Alcoholism and smoking -Inadequate income -low in proper hygiene measures -low in sanitation practices	-improved Hygiene practices and nutrition - reduced smoking and alcoholism - regular school visit -started to utilize health services -improved financial status
12	K.Weheragoda M.N.M.Naseeha N.I.Pushpakumara	Father (48) Fisherman Mother (40) garment worker 3 Sons (21, 18, 14) Daughter (10)	-Inadequate income -Alcoholism and smoking -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services - drinking water	-improved Hygiene practices and nutrition - reduced smoking and alcoholism -started to utilize health services -improved financial status
13	S.Pushpakumara W.G.K.S.Welipitiya Logashini.C	Mother (40) HW / abroad 1 son (14) 1 daughter (20)	-Alcoholism and smoking (grandpa) -low in proper hygiene	-improved Hygiene practices and sanitation - reduced smoking and alcoholism -started to utilize health services





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	R.N.Krishantha	Grandfather (72) <b>recurrent shoulder dislocation, COPD</b> Grandmother (61) <b>varicose, HT</b>	measures -low sanitation practices -imbalanced diet - poor utilization of health services	-improved financial status - gained knowledge on sanitation
14	M.V.G.S.A.Bandara L.M.P.Niroshani M.N.F.Amra D.A.Jean	Father (42) – fisherman Mother (38) 2 sons (19,17) (hearing issue & development delay) 2 daughters (10,2)	-Alcoholism. -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health services	-improved Hygiene practices and nutrition - reduced alcoholism -started to utilize health services - gained knowledge on sanitation
15	E.Thiruvavinan J.M.B.L.Jayarathna R.D.C.P.Pallegama	Father (55) Manual worker Mother (51) HW , <b>HT</b> Hypercholesterolemia 3 Sons (27, 20, <b>16</b> ) <b>Asthma</b>	-Inadequate income - poor utilization of health services -poor interfamily , intra family	-started to utilize health services - -used home garden -improved Hygiene practices
16	S.Thurka M.F.H.Hasna M.Z.M.Irfan	Mother 1 daughter 1 son	-Divorced -don't have permanent resident -Inadequate income -low in proper hygiene measures -low in sanitation practices -imbalanced diet - poor utilization of health	-improved Hygiene practices and nutrition - reduced alcoholism -started to utilize health services - gained knowledge on sanitation





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			services	
17	A.Thivakar R.S.Goutham W.M.K.P.K.P.R.Tharmasiri	Mother(32) <b>DM</b> 02 Sons(09,05)	-Separated Father and Mother - Low economic status -Improper hygiene practices	-improved sanitation practices improved diet n
18	M.C.F.Nusaiba H.R.Madumali P.Sarvana	Mother(41)HW, Abroad 03 Sons(20, <b>18</b> ,08)Smoking and Alcohol	-Inadequate income -low in proper hygiene measures -low in sanitation practices -imbalanced diet	-improved Hygiene practices -improved diet -Stopped the smoking behavior
19	S.I.F.Irfana J.D.Samuel A.K.Fathima Nifla M.M.F.Mizra	Father(47)Fisher man Mother(44)Hypothyroidism Dyslipidamea, Osteo arthritis, Obesity 03 Sons(25,19,11) 01 Daughter(23)	-Father Alcoholic -low in Sanitation -low hygienic practices -imbalanced diet -low money management	-improved Hygiene practices -improved diet -improved sanitation practices
20	M.M.M.P.A.Bandara R.Kartheeban Y.M.T.N.Yapa R.W.W.M.C.H.Wickrasinghe	Mother(36) Daughter(09) Son in Law	-low in Sanitation -imbalanced diet	-improved diet -improved sanitation practices
21	A.M.A.P .Abeysunghe B.P.P.Dayasena N.T.K.M.Hemakumara R.S.Mohamed	Mother(55) Daughter(18)	-low sanitation -improper diet and nutrition	-improved sanitation practices -improved diet





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#### Results

The students had followed the families for six months on visit basis (two visits per month). They had developed rapport with their relevant family members and intervened into certain health issues and promoted health. They had documented the evidence for those activities and it has been summarize below.

#### Conclusion:

This program has created much awareness among selected family members while led to develop skills in promoting, organizing and communicating the health messages in an effective and efficient manner in their own living environment. This program had evoked underprivileged families and uplifted their living standard through lifestyle modification.

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. Identified the commonly prevailed health issues – nutrition status, disability status, disease pattern etc.
3. Explored the social factors that affect the health.
4. Learned to implement preventive, curative and rehabilitative measures in the community through their families.
5. Demonstrated communication skills in interacting with people in relation to health and disease.

Assessed the health needs and the available resources for health care and promotion.