

॥ ज्ञेते इते ह्युपदेते ॥

Adichunchanagiri University

Adichunchanagiri Institute of Medical Sciences

B.G.Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka



KACHCON 2019

31st State Level Annual Conference of
Karnataka Association of Community Health

13th & 14th SEPTEMBER 2019

**THEME: "Action Oriented Community Medicine -
Strong Linkages & Synergies for Better Health"**

SOUVENIR

Organized by

**Department of Community Medicine,
AIMS, BG Nagara**

In Association with

Karnataka Association of Community Health (KACH)

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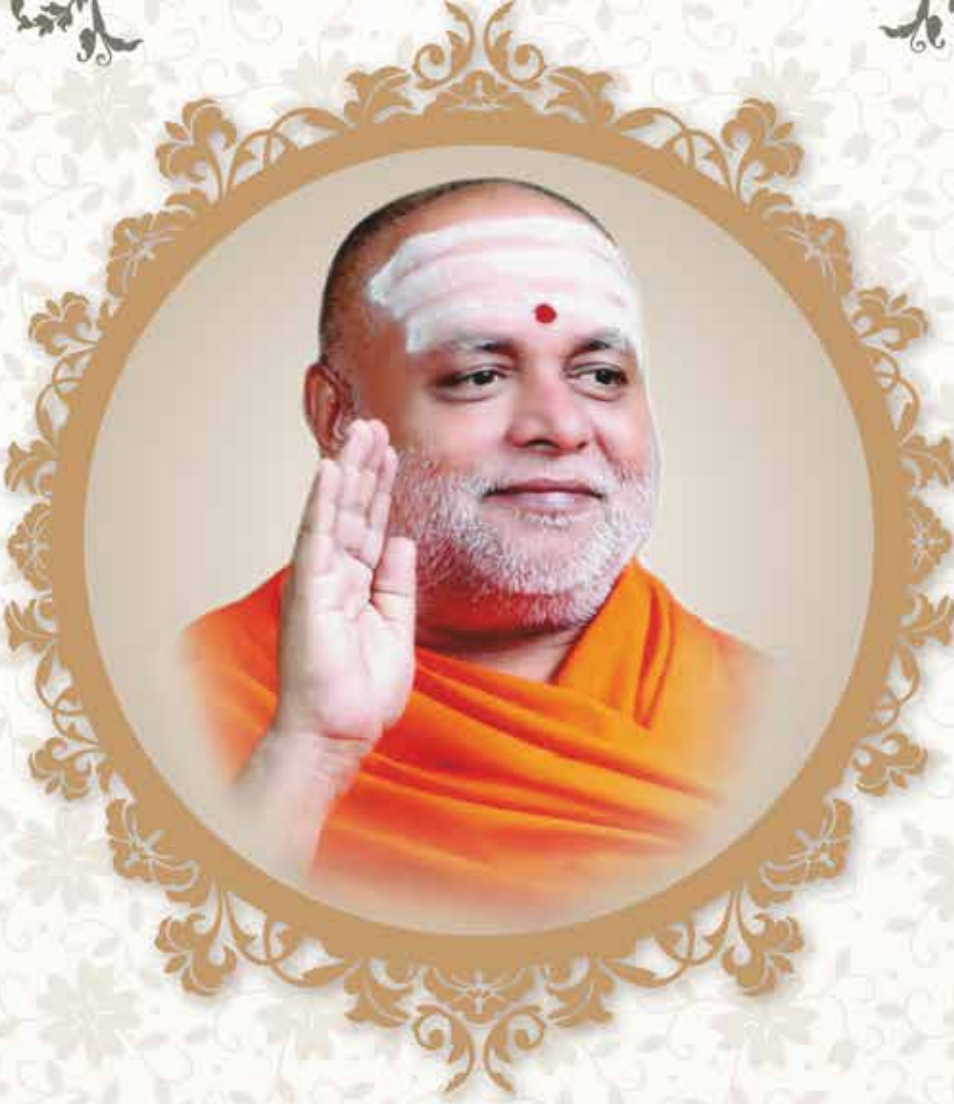
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|| Jai Sri Gurudev ||



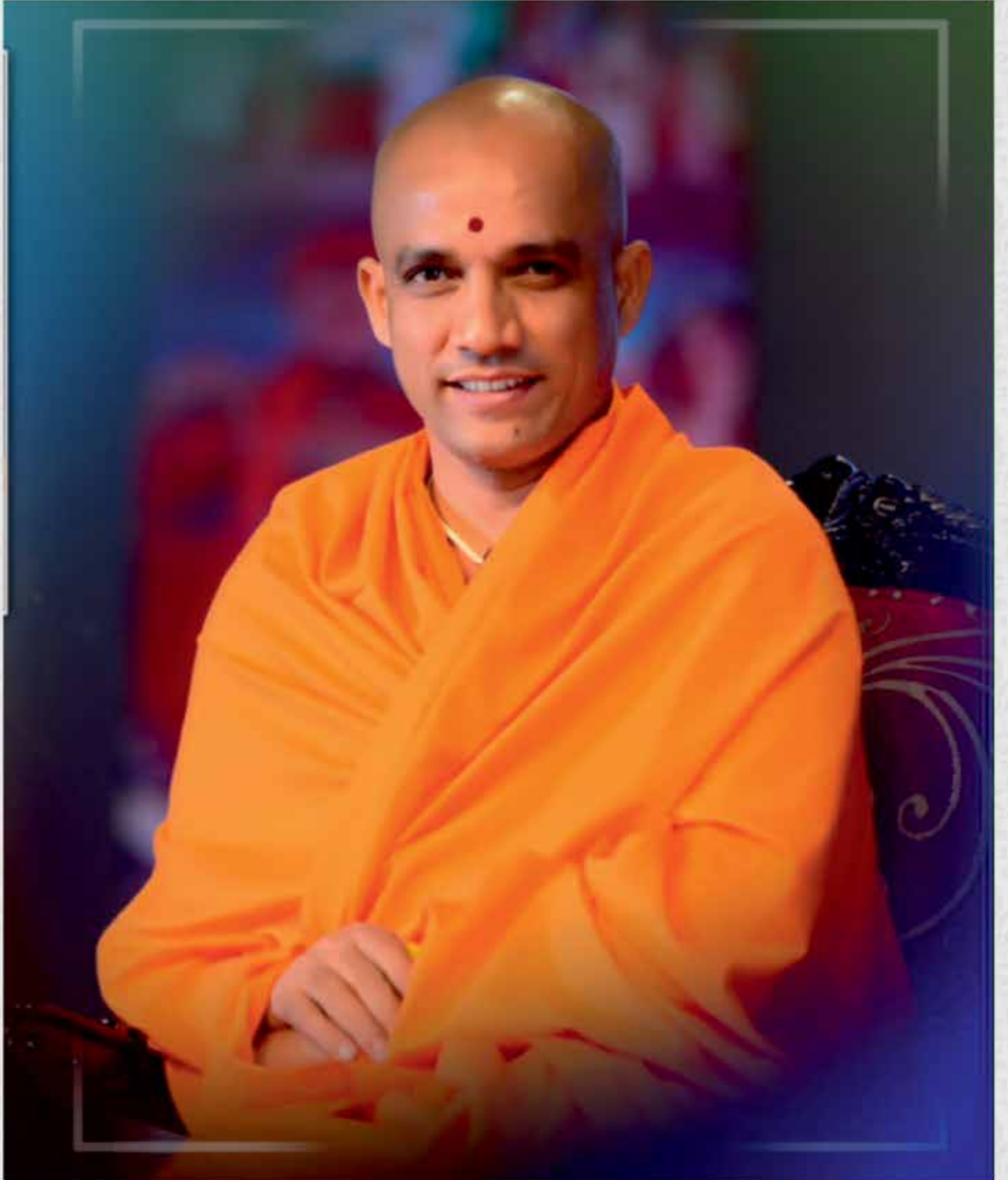
*"Your Vision Charts our paths, Your love inspires our efforts,
Your words guide our lives, Your dreams steer us ahead".*

His Holiness

Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji

Founder President, Sri Adichunchanagiri Shikshana Trust (R.)

|| Jai Sri Gurudev ||



His Holiness

Sri Sri Sri Dr. Nirmalanandanatha Mahaswamiji

President, Sri Adichunchanagiri Shikshana Trust (R.)

Chancellor, Adichunchanagiri University

Faith Leader & Spiritual Scientist

Message from the Chancellor



It is indeed very pleasing to note that the 31st State level Annual conference of Karnataka Association of Community health is being held from September 13-14th, 2019 at our Adichunchanagiri Medical College and University, being organized by Department of Community Medicine.

The well-being of humanity and all life depends on healthy people nurtured by healthy environment, a collective balance of local and global ecological systems that support and sustain life. This conference theme "Action Oriented Community Medicine-Strong Linkages and Synergies for Better Health" is very relevant in the present situation. May this conference and its deliberations benefit the community and mankind at large.

I wish the Department of Community Medicine all the best in this endeavor and welcome all the delegates.

May this land of lord shiva bless you all with peace, good health and tranquility

Sri Sri Sri Dr Nirmalanandanatha Mahaswamiji

Message from the Vice Chancellor



Prof. Dr. S. Chandrashekar Shetty
Vice Chancellor

Greetings from Adichunchanagiri University

Community Medicine is concerned with promotion of health and prevention of diseases. The Right to Health doesn't mean the right to be healthy, nor does it mean the poor governments must put in place expensive health services. It does require government / public authorities to put in place policies and action plans for available and accessible health care to all in shortest possible time (UNO High Commissioner for Human Rights Mary Robinson). The underlying Health Determinants are water, sanitation, food, nutrition, housing, healthy occupation, environment conditions, education, information etc.

The Health care should be made available, accessible, affordable at an acceptable quality and appropriate technology. The healthcare delivery could be strengthened by health systems approach.

I am pleased to note that Dept. of Community Medicine, Adichunchanagiri Institute of Medical Sciences, is organizing 31st State Level Annual Conference of Karnataka Association of Community Health (KACHCON-2019) during Sept. 13-14, 2019

The delegates attending the conference will have a great opportunity for sharing their knowledge and skills in the field of Community Medicine.

I have great pleasure in wishing the Organizing Committee a great success.

A handwritten signature in black ink, appearing to read 'S. Chandrashekar Shetty'.

Prof. Dr. S. Chandrashekar Shetty

Message from the Pro Vice Chancellor and Dean (Research)



Prof. K. Byrappa, Ph.D.(Moscow) FRSC (London)
Pro-Vice Chancellor & Dean - Research

ADICHUNCHANAGIRI UNIVERSITY



**ADICHUNCHANAGIRI
UNIVERSITY**
(Excl. under Karnataka Act No. 18 of 2013)
B.G. Nagara - 571448

Message from Pro Vice Chancellor

Adichunchanagiri Institute of Medical Sciences (AIMS), a dream child of a great visionary His Holiness, Paramapoojya Jagadguru Padmabhushana Sri Sri Sri Dr. Balagangadharanatha Mahaswamiji, under Sri Adichunchanagiri Shikshana Trust, is about 33 years old envisioned to be one of the leading private medical colleges in the country, known for its unique, focused teaching programs and global vision. This Medical Institute is a unique constituent unit of the recently established Adichunchanagiri University, under the leadership of His holiness, Paramapoojya Jagadguru Sri Sri Sri Nirmalanandanatha Mahaswamiji, The Chancellor of this University. This Adichunchanagiri Institute of Medical Sciences is located in a rural set up to cater, high quality medical education and advanced health care to the society. AIMS promises to provide the utmost and admirable individual health care to all the patients in the hospital which has very proficient doctors in all the branches of medicine.

In the current context, Community Medicine is considered as one of the leading branches of medical science and it is highly inter-disciplinary subjects dealing directly with the a society to provide comprehensive health care services ranging from preventive, promotive, curative to rehabilitative services. Community Medicine in ancient Ayurveda is known as "Science of Life", encompasses total health care to the patient. All the ancient civilizations of the world developed their own medicinal practise, but the ancient Indian system of medicine is considered to be the most methodical and the most holistic system, both in its ideas and its curative measures. The Community Medicine and Public Health go hand in hand and encompasses several other branches of science and social science disciplines including law. Here in AIMS, the Department of Community Medicine, is organizing this important event KACHKON-2019 and it provides a platform towards strengthening our relationships in knowledge sharing while at the same time provides the necessary thrust in joint research collaborations. I take this opportunity to congratulate the Organizing Committee, and the Faculty of the Department of Community Medicine for choosing an excellent and highly relevant topic for Medical Students on Legal Aspects of Medical Profession in the form of Interactive Sessions. I wish this event a great success. I am very confident that the event will be a foundation for the crystallization of new ideas towards a better tomorrow.

Prof.K. Byrappa

Message from the Registrar



Dr. C.K. Subbaraya
Registrar, ACU



ADICHUNCHANAGIRI
UNIVERSITY
(Estd. under Karnataka Act No. 18 of 2013)
B.G. Nagara - 571448

Message

It gives me immense pleasure that Adichunchanagiri Institute of Medical Sciences is organizing KACHCON 2019 (31st State level Annual Conference of Karnataka Association of Community Health) during 13th & 14th September 2019.

I am sure that this Conference will help to know the various aspects of Community Diagnosis, Health Care Resource Management & Delivery Model, Academic Assessment, Research & other aspects in Community Medicine. Reforms in research methods are very much needed in the current context in education and will bring about uniformity, coherence and clarity in testing, monitoring and evaluation of students. I hope this conference will create a platform to discuss & deliberate on above issues.

I wish every success for the KACHCON 2019.

Dr. C.K. Subbaraya
Registrar
Adichunchanagiri University
BG Nagara - 571 448

Message from the Principal (Organizing Chairman)



It is indeed a privilege to pen this message for the 31st State level Annual conference of Karnataka Association of Community health is being held from September 13-14th, 2019 at our Adichunchanagiri Medical College and University.

I appreciate the timely highlighting of the theme of the conference "Action Oriented Community Medicine-Strong Linkages and Synergies for Better Health" pressing the need for the proactive involvement of the medical colleges in collaboration with public health and nongovernmental organizations to bridge the existing gap in the effective delivery of the health care to the community and country.

The speciality of community medicine is committed to improve the health status of mankind. Be its involvement in the implementation of national health programmes or undertaking research in a myriad of health problems, this speciality is in forefront and provides able leadership and guidance.

I am sure, the organizing committee, Department of Community Medicine has put in its best efforts to make this occasion a memorable one. Your team shall reach new heights in the organization of this prestigious event, and leave an indelible imprint in the memory of every delegate.

In addition to academics, the delegates to this conference shall have a great opportunity to revel in the natural beauty and heritage of Adichunchanagiri Kshetra.

I wish the conference all success and the delegates a pleasant stay in Balangangadharanagara.

Dr M G Shivaramu

Message from the Organizing Secretary



I am very much happy and pleased to bring out the KACHCON 2019 souvenir. I would like to express our gratitude to the principal Dr M G Shivaramu for inspiring us with his encouragement. In my opinion, we should work as an academic body to update the faculty members' knowledge and being Community Medicine people, to fulfill social responsibilities.

The Department of Community Medicine is hosting 31st State Level KACH Conference- KACHCON 2019 on 13th and 14th September 2019, with the theme "Action Oriented Community Medicine- Strong Linkages & Synergies for Better Health". The main focus of the conference being integrated approach of various health sectors like medical colleges, NGO's and Government health institutions in the country for better delivery of health services.

Karnataka Association of Community Health (KACH) an organisation of more than 700 community health professionals across various Government and private institutions, has entrusted on us in organising the conference, which in itself is a great recognition to the department and the institution.

I whole heartedly thank our beloved and dynamic Principal for his constant support and encouragement and the entire Department faculty for their great effort contributing to the success and also for all the department activities.

Dr Basavaraj M Ingalgeri
Professor and Head
Department of Community Medicine

Message by KACH President



This year the Karnataka Association of Community Health's (KACH) 31st Annual conference is being hosted by the Adhichunchanagiri Institute of Medical sciences for the very first time and I would like to wish them the very best in hosting this event.

I am delighted to know that this conference is being organised after Adhichunchanagiri has become a deemed to be university adding to the list of deemed universities in Karnataka. This year's theme of working in synergy with private, public, NGOs and others needs to move beyond presentations and discussions with involvement of all interested in making a difference to the world around us.

I request all the post graduates to make use of this opportunity to not only present their scientific research projects but also to get to know areas of research others in our field are doing so as to look for possible collaborations and exchange of ideas and thoughts.

The teaching faculty also get an opportunity to update themselves with the current work which is being done by fellow colleagues, seniors and juniors. Let us make best use of this conference for scientific and social interactions and leave with good memories.

I once again thank the Management, Principal, Heads of departments, faculty and staff of Adhichunchanagiri for organising this mega event and wish them all the best.

Let everyone enjoy this annual scientific and social feast of KACH.

Dr. Ashok Jayaram,

President KACH Prof and Head,

Dept of Community Medicine,

Sri Siddhartha Institute of Medical Sciences and Research Centre,

T. Begur, Nelamangala, Bengaluru Rural District.

Message by KACH Secretary



I would like to congratulate the organizing committee of 31st Annual State level conference of Karnataka Association of Community Health for hosting well planned conference focusing on “Action Oriented Community Medicine– strong linkages and synergies for better health” I would like to convey my deep appreciation for sincere efforts of the management, faculty, staff and volunteers of the AIMS Medical College, B G Nagar, that has made this conference possible.

The dramatic improvement has occurred in last few decades yet difference in life chances still exists in this country. Too many people are still dying/ disabled due to preventable cause. It is realized that recent advances in health care technology, the change in epidemiological pattern, globalization, changing economy scenario and other factors pose new challenges to the good community health.

It is time to explore new ways, expand our concepts re-organize our self to meet future trends & needs. This annual conference provides us an excellent opportunity for addressing these issues. I am sure our experienced and expert member delegates will actively participate in this conference and wishing them grand success.

Dr. T S Ranganath ,
Secretary- KACH
Prof and HOD of Com Med, BMCRI.

KACH office bearers

Dr. Ashok J, President,

Professor and HOD of Community Medicine, SSMC, T-Begur

Dr. M Dayananda, Past President,

Professor of Community Medicine, MMC, Mysore.

Dr Basavaraj M Ingalgeri, Vice President,

Professor and HOD of Community Medicine, AIMS, B.G Nagara.

Dr T S Ranganath, Gen. Secretary,

Professor and HOD of Community Medicine, BMCRI, Bengaluru.

Dr Manjunath Nekar, Joint Secretary,

Assistant Professor of Community Medicine, KIMS, Hubballi.

Dr Muralidhar Kulkarni, Joint Secretary,

Associate Professor of Community Medicine, KMC, Manipal.

Dr Girish B, Treasurer,

Associate Professor of Community Medicine, CIMS, Chamarajanagara.

Member, Executive Committee

Dr Balu P S

Dr Umesh Ramadurg

Dr Shailaja Patil

Dr Ajay Kumar G

Dr Gagan S

Dr Kishore S G

Dr Maltesh Undi

Dr Chandana Krishna

KACHCON 2019 Organizing Committee



Chief Patron & Chancellor, Adichunchanagiri University :

His Holiness Jagadguru **Sri. Sri. Sri. Dr. Nirmalanandanatha Mahaswamiji**,
President, Sri Adichunchanagiri Shikshana Trust.

Co-Patrons:



Dr S Chandrashekar Shetty,
Vice Chancellor, ACU.



Prof K Byrappa,
Pro-Vice Chancellor, ACU.



Dr Subbaraya CK,
Registrar, ACU.



Organizing Chairman:

Dr Shivaramu MG, Principal, AIMS and Dean, Health Sciences (Medical), ACU.

Organizing Co-Chairman:

Dr Basavaraj M Ingalgeri, Professor & HOD.

Organizing Secretaries:

Dr Radha R, Professor

Dr Shashikiran M, Associate Professor.

Treasurers:

Dr Sheethal MP, Assistant Professor

Dr Shashikantha SK, Assistant Professor.

Organizing Committee Members

Dr Raghavendra S K

Dr Manuja L M

Dr Chandan N

Mrs Veena N H

Dr Prabhudeva M C

Mr Yathish B R

KACHCON 2019- Sub-committees

Registration and reception

Dr.Sheethal.M.P
Dr.Manuja.L.M
Dr.Shashikantha.S.K

Scientific Committee

Dr.Radha.R
Dr.Shashikantha.S.K
Dr.Sheethal.M.P
Dr.Manuja.L.M

Accomodation and transport

Dr.Raghavendra.S.K
Mr.Yathish
Dr.Prabhudev.M.C

Food and catering

Dr.Shashikiran.M
Dr.Chandan.N
Dr.Raghavendra.S.K
Mr.Yathish
Dr.Prabhudev.M.C

Souvenir Committee

Dr.Shashikantha.S.K
Dr.Sheethal.M.P
Dr.Manuja.L.M
Dr.Chandan.N

Stage and decoration

Dr.Radha.R
Dr.Sheethal.M.P
Dr.Raghavendra.S.K

Press and publicity

Dr.Manuja.L.M
Mr.Yathish
Dr.Prabhudev.M.C

Website

Dr.Chandan.N
Dr.Raghavendra.S.K

Coordination

Dr.Basavaraj M Ingalgeri
Dr.Radha.R
Dr.Shashikiran.M



Department of Community Medicine, AIMS



Adichunchanagiri Institute of Medical Sciences
B.G.Nagara

KACH Awards 2019

1. Best Community Health Professional Award

Dr. A H SURYAKANTHA

Ex. Prof & Head, Community Medicine. JJMMC Davangere

2. KACH Silver jubilee award for a Community Health Practitioner

**Vande Matharam Seva Trust, Mathrubhumi free home for the aged,
Shravaneri, Channarayapatna taluk, Hassan**

3. Sri. B. M. Patil Memorial Oration Award in Community Health

DR SHAILAJA S PATIL

Professor & Head of Community Medicine,
Shri B.M.Patil Medical College,Hospital & Research Centre, Vijayapur

4. Young Scientist Award in Community Health-

DR FARAH NAAZ FATHIMA,

Associate Professor Community Health , St. John's Medical College,
Bangalore

5. Sachin P Menon Award for best Undergraduate student at
KACH Conference 2019.

MS. VINUTHA SR,

9th term student, AIMS

B.M.PATIL Oration Lecture, KACHCON 2019



Dr Shailaja S Patil,

Professor & HOD ,
Department of Community Medicine ,
BLDE (Deemed to be)
Shri BM Patil Medical College Hospital
& Research centre



Life course approach to NCD's – Adolescence a missing link in present policies?

India has the largest population of adolescents in the world, contributing to nearly 23% of the total population. Adolescence and early youth(10-24 years) is a critical stage for physical, cognitive, psychological, social and economic development of an individual. Although the common belief is that this age group is healthiest in the life course in reality nearly 10-30% of the youth suffer from major health issues related to mental health , substance abuse, violence , injuries ,accidents ,reproductive and sexual health problems , Nutritional and life style disorders .Its often seen that multiple problems cluster in the same individuals and they cumulatively add to the poor health status and acting as precursors/determinants of Non communicable diseases in adulthood .

With rapid globalization, India is undergoing demographic, epidemiological and nutritional transition. Adolescents are increasingly being exposed to non communicable disease risk factors early in their life. Urbanisation and associated life style changes also put the adolescents in the midst of complex environments, posing the threat of premature mortality and morbidity.

Research on early origins of adult non communicable diseases and trans generational epigenetic inheritance have highlighted the role of nutrition and social environments as one of most important determinants for developing non communicable diseases. Investment in adolescent nutrition and life style changes has the potential to benefit adolescents themselves, their adult life, and the health of their children.

There are large knowledge gaps about the nutritional status and nutritional behaviour of adolescents. How these changes during adolescence influence growth, neuro-development, later disease risk and the health of the next generation. The drivers of adolescent diet and activity, and modifications in these benefit their health are poorly understood. There is a need for objective, comparable and high quality population based data to fill this gap. To reduce the huge burden of NCDs in India (NCDs contribute to 60% of all deaths) there is a need for specific interventions targeting the adolescents and early youth in our programmes and policies. A multi sectoral and multidimensional approach is needed for the better health of our Nation's future.

Adolescent Health is a vital link in the prevention and control of Non communicable diseases

FACULTY DELEGATE LIST KACHCON 2019

Sl No	Name	Institution
1	Anil NS	ESIC Medical College & PGIMSR, Bengaluru
2	Waseem Anjum	Sri Devaraj Urs Medical College, Kolar
3	Bhavana R Hiremath	SDMCM SH, DHARWAD
4	Shashank	Chamarajanagara Institute of Medical Sciences
5	Vishma.B.K	Chamarajanagara Institute of Medical Sciences
6	Sumanth Mallikarjuna Majgi	Mysore Medical College and Research Institute
7	Anwith H S	Kempegowda Institute of Medical Sciences, Bangalore
8	Girianna Gowda	Kempegowda Institute of Medical Sciences, Bangalore
9	N R Ramesh Masthi	Kempegowda Institute of Medical Sciences, Bangalore
10	Ravish H S	Kempegowda Institute of Medical Sciences, Bangalore
11	Vidya V Patil	S S Institute of Medical Sciences & Research Centre (SSIMS & RC)
12	MYTHILY M R	Mysore Medical College and Research Institute
13	Sanjay Varadappa	Kempegowda Institute of Medical Sciences, Bangalore
14	ARCHANA S	Dr. B. R. Ambedkar Medical College
15	Deepti Shettar	SDMCM SH, DHARWAD
16	Vinay M	MIMS, Mandya
17	VIDYA B	S S Institute of Medical Sciences & Research Centre (SSIMS & RC)
18	Rajashree Kotabal	Shimoga Institute of Medical Sciences
19	Swetha.R	Sri Siddhartha Medical College
20	Ramya K S	Sri Siddhartha Institute of Medical Sciences and Research Centre, T Begur
21	Chandana Krishna	Sri Siddhartha medical college
22	Rajesh SS	Sri Siddhartha Medical College Tumkur
23	Shubha DB	JJM Medical College, Davangere
24	Shivaraj B M	Kodagu Institute of Medical Sciences, Madikeri
25	Navinkumar Angadi	JJM Medical College, Davangere
26	Shailaja S patil	BLDE(Deemed to be) Shri BM Patil Medical college hospital and research center Vijayapura
27	Narasimha B C	Kodagu Institute of Medical Sciences, Madikeri
28	Raveendra H R Reddy	Vydehi Institute of Medical Sciences & Research Centre, Bengaluru
29	Vidya K R	Sri siddhatha institue of medical sciences, T begur
30	Tejashwini K	Dr. B. R. Ambedkar Medical College
31	Shwetha	Bhaskar Medical college and hospital, Hyderabad
32	Sandhya Rani J	JJM Medical College, Davangere
33	Vikas Jaiswal	Vydehi Institute of Medical Sciences & Research Centre, Bengaluru
34	Sharvanan	Kodagu Institute of Medical Sciences, Madikeri

35	Raghini Ranganathan	REACH - Resource Group For Education and Advocacy for Community Health
36	THEJESHWARI H.L	HASSAN INSTITUTE OF MEDICAL SCIENCES
37	UMESH Y RAMADURG	S. Nijalingappa Medical College, Bagalkot
38	Dharaneesh Prasad	Sri Siddhartha institute of medical sciences and research centre.
39	SHANTHI M	Dr. B. R. Ambedkar Medical College
40	Kavya M Alalageri	Shimoga Institute of Medical Sciences
41	Balu PS	JJM Medical College, Davangere
42	Varsha R Mokhasi	Sri Devaraj Urs Medical College, Kolar
43	Lata Radhakrishna Kollur	International Medical School, Ramaiah College, Bangalore
44	SATHEESH BC	SSIMS&RI (Sri Siddhartha Institute of Medical Sciences and Research Centre)
45	Renuka Prithviraj	Sapthagiri institute of medical sciences and research centre
46	Saba Mohammed Mansoor	Kanachur institute of medical sciences and research centre
47	Shobha	BMCRI
48	Saraswathi s	BMCRI
49	Malatesh Undi	Karwar Institute of Medical Sciences, Karwar
50	Hemagiri K	Karwar Institute of Medical Sciences, Karwar
51	Shivaram Colundalur	Ramaiah Medical College, Bengaluru
52	Manjunath S Nekar	Karnataka Institute of Medical Sciences, Hubballi
53	Ramdas P Pai	Subbaiah Institute of Medical Sciences & Research centre
54	VISWANATHA P G	Subbaiah Institute of Medical Sciences & Research centre
55	Abhishek Prayag	Karwar Institute of Medical Sciences, Karwar
56	Rachana AR	Karwar Institute of Medical Sciences, Karwar
57	SUJATHA MG	GIMS GADAG
58	Pradeep Tarikere satyanarayana	SDUMC,SDUAHER,Kolar
59	Lokesh KC	MVJ Medical College and research hospital
60	NIRMALA C. J	BGS GLOBAL INSTITUTE OF MEDICAL SCIENCES
61	L Hamsa	BMCRI
62	Vishwanatha	BMCRI
63	Shrinivas Krishnagouda Patil	S. Nijalingappa Medical College, Bagalkot
64	PAVITHRA P	HASSAN INSTITUTE OF MEDICAL SCIENCES
65	SUMANA M	HASSAN INSTITUTE OF MEDICAL SCIENCES
66	VENKATESH GM	HASSAN INSTITUTE OF MEDICAL SCIENCES
67	Kruthika K	Kodagu Institute of Medical Sciences, Madikeri
68	Ramyam M	PHC Haradanahally, Hassan
69	Anjan Sree Ranga	HASSAN INSTITUTE OF MEDICAL SCIENCES
70	Madhu B	JSS Medical College
71	Harish B R	MIMS, Mandya

72	MANJUNATH M	MIMS, Mandya
73	Jahnavi Rajagopal	MIMS, Mandya
74	Hugar Siddalingappa	MIMS, Mandya
75	Madhusudan M	DM Wayanad Institute of Medical Sciences, Wayanad
76	Smitha M C	JSS Medical College
77	Rizwana B Shaikh	Karnataka Institute of Medical Sciences, Hubballi
78	GIRISH .B	Chamarajanagara Institute of Medical Sciences
79	SURESH KESHAV KUMBHAR	ESIC Medical College & PGIMSR, Bengaluru
80	SRINIVAS N	RAJARAJESWARI MEDICAL COLLEGE, BANGALORE
81	Mahadev Murthy T S	MVJ Medical College and research hospital
82	Poornachand. V	AIMS, B G Nagara
83	Eshwari K	Kasturba Medical College, Manipal
84	AMRITA N S	MVJ Medical College and research hospital
85	Lakshmi Kalbandkeri	KIMS, Koppal
86	N RAMYA	Sri Devaraj Urs Medical College, Kolar
87	Thejaswi HJ	Mosalehosalli PHC
88	Pai Divya Venkatesh	Kasturba Medical College, Manipal
89	Mallanagouda B Biradar	District Surveillance Office Vijayapur
90	Kavita Dodamani	Taluka Health Office, Vijayapur
91	Dhanalakshmi T.A	AIMS, B G Nagara
92	Basavaraj M Ingalgeri	AIMS, B G Nagara
93	Radha.R	AIMS, B G Nagara
94	Shashikiran M	AIMS, B G Nagara
95	Sheethal M P	AIMS, B G Nagara
96	Shashikantha S K	AIMS, B G Nagara
97	Raghavendra S K	AIMS, B G Nagara
98	Manuja LM	AIMS, B G Nagara
99	Chandan N	AIMS, B G Nagara
100	Ranganath TS	Yenepoya Medical College
101	Kruthika N	Indegene Private Limited
102	Naveen Kumar P	RAJARAJESWARI MEDICAL COLLEGE, BANGALORE
103	Shrivathsa D N	Kanachur institute of medical sciences and research centre
104	Rahul C bedre	Bidar institute of medical sciences
105	Shivakumar Siddeshwar	Bidar institute of medical sciences
106	Ranjini N	NIL
107	Soumyashree M N	MIMS, Mandya
108	Nandini R C	MIMS, Mandya
109	Amulya	MIMS, Mandya

110	Vijaiyalakshimi Praveen	Government of Tamil Nadu
111	Deepthi R	ESIC Medical College & PGIMSR, Bengaluru
112	VISHWANATH GR	GOVT OF KARNATAKA
113	Ashok J	Sri Siddhartha Institute of Medical Sciences and Research Centre
114	Dayananda M	Mysore Medical College and Research Institute
115	Ranganath TS	BMCRI
116	Kishore SG	BMCRI
117	Ashwini KM	PHC, Hankere, Mandya
118	Thejaswini P	PHC Balughatta, channarayapatna
119	Rajashekar H K	AIMS, B G Nagara
120	Cheluvegowda	Department of Community Medicine, SSMC, TUMKUR
121	Farah Naaz Fathima	St John's Medical College
122	Usha Rani S	Sri Siddhartha Institute of Medical Sciences and Research Centre
123	Pradeep Senapathy	AJIMS & RC
124	Bhimagouda H Patil	District NCD Cell, Shivamogga
125	Pradeep Senapathi	AJIMS & RC
126	Chythra R Rao	Kasturba Medical College, Manipal
127	Muralidhar Kulkarni	Kasturba Medical College Manipal
128	B J Mahendra	Director, Prasaranga, RGUHS
129	Ravikumar M S	Department of Health & Family Welfare
130	Kirthinath Ballal	Kasturba Medical College Manipal
131	Jayashree S Seeri	BGSGIMS
132	Gagan S	Medical Officer, PHC, Adaguru

POST GRADUATES DELEGATE LIST KACHCON 2019

133	Aditya Telkar	M.R.Medical College, Kalaburagi
134	Abhijnana	BMCRI
135	Priyanka	Vijaynagar institute of medical science, Ballari
136	PRATIBHARANI REDDY	Vijaynagar institute of medical science, Ballari
137	R.Keerthi	Vijaynagar institute of medical science, Ballari
138	Chetana Singode	Vijaynagar institute of medical science, Ballari
139	Ashwini M	Vydehi Institute of Medical Sciences and Research Centre
140	Arpitha VS	SDM College of Medical Sciences and Hospital, Dharwad
141	SUBHASHREE NANDY	YENEPOYA MEDICAL COLLEGE
142	Kumar Vikas	SDM College of Medical Sciences and Hospital, Dharwad
143	Prachi priya	SDM College of Medical Sciences and Hospital, Dharwad
144	Nitu Kumari	Kempegowda Institute of Medical Sciences, Bangalore
145	Afraz Jahan	Kempegowda Institute of Medical Sciences, Bangalore
146	Soubhagya K	Kempegowda Institute of Medical Sciences, Bangalore

147	Saranya K	Kempegowda Institute of Medical Sciences, Bangalore
148	Thenambigai R	Kempegowda Institute of Medical Sciences, Bangalore
149	Sunil M G	Kempegowda Institute of Medical Sciences, Bangalore
150	Karishma P S	Kempegowda Institute of Medical sciences, Bangalore
151	SOWJANYA D	Vydehi Institute of Medical Sciences and Research Centre
152	Preethi Ashok Masali	SSIMS & RC, Davangere
153	Antao Faye Rose	SSIMS & RC, Davangere
154	SANTOS RANJAN NAYAK	Armed Forces Medical College
155	Biswabiod Sanfui	Vydehi Institute of Medical Sciences and Research Centre
156	Ajay Mallya B	SHIMOGA INSTITUTE OF MEDICAL SCIENCES
157	Shiv Kumar	Karnataka Institute of Medical Sciences, Hubli
158	Raghavendra D	Karnataka Institute of Medical Sciences, Hubli
159	Girish M	MIMS Mandya
160	Tewe U Kapfo	Karnataka Institute of Medical Sciences, Hubli
161	Shwetha P	Belgaum institute of medical sciences
162	Sweta Balappa Athani	Kempegowda Institute of Medical Sciences, Bengaluru
163	SANTHOSHKUMAR RAMESH NAIK	S NIJALINGAPPA MEDICAL COLLEGE & HSK HOSPITAL & RESEARCH CENTRE, BAGALKOT
164	SHOBHARANI H G	Mysore Medical College And Research Institute
165	Maliakel Steffi Francis	HASSAN INSTITUTE OF MEDICAL SCIENCES, HASSAN
166	Radha	Mysore Medical College And Research Institute
167	Yashaswini Kumar	Mysore Medical College And Research Institute
168	Supriyalaxmi N Totiger	Mysore Medical College And Research Institute
169	Pratiksha Nayan	Belgaum institute of medical sciences
170	Vidya Mallesh	BLDE(Deemed to be) Shri BM Patil Medical college hospital and research center, Vijayapura
171	Snehalatha B M	Mysore Medical College And Research Institute
172	Harshini	Mysore Medical College And Research Institute
173	Sushantha	Mysore Medical College And Research Institute
174	Divya A	MIMS, Mandya
175	Bagyalaxmi Hirehanamantagoudar	MIMS, Mandya
176	Kevin Antony John	YENEPOYA MEDICAL COLLEGE
177	Samvedana Sheela S R	Vydehi Institute of Medical Sciences and Research Centre
178	POORNIMA BASAVRAJ KHOT	HASSAN INSTITUTE OF MEDICAL SCIENCES, HASSAN
179	Vijayashree.S.R	MIMS, Mandya
180	Jenee Dowerah	JSS MEDICAL COLLEGE
181	Shweta N Kurkuri	Vydehi Institute of Medical Sciences and Research Centre

182	Anupama. K	SSIMS & RC, Davangere
183	Swathi.R s	Vydehi Institute of Medical Sciences and Research Centre
184	Bhoomika v	Sri Devaraj Urs Medical College
185	Roopakala N	Karnataka Institute of Medical Sciences, Hubli
186	Seema Mane	AJIMS & RC
187	VARGHESE IYBU CHACKO	AJIMS & RC
188	Dr ASHWINI L H	JJM MEDICAL COLLEGE, DAVANAGERE
189	Anjana R Joshi	Karnataka Institute of Medical Sciences, Hubli
190	Kashavva Basanagouda Andanigoudar	Karnataka Institute of Medical Sciences, Hubli
191	Jithin Surendran	Kempegowda Institute of Medical Sciences, Bangalore
192	Thulasi M	Mysore Medical College And Research Institute
193	Anuradha.R.V	Rajarajewasri medical college and hospital,Bengaluru
194	Malavika Sachith	YENEPOYA MEDICAL COLLEGE
195	Manisha	JJM MEDICAL COLLEGE, DAVANAGERE
196	Nazeer Dhaheera Dheeshan	Sapthagiri institute of medical science and research, bangalore
197	Moniza Maheen	Deccan College of Medical Sciences
198	PALLE SATYA REDDY	NAVODAYA MEDICAL COLLEGE
199	SMRITI	AJIMS & RC
200	Chandana H	JSS MEDICAL COLLEGE
201	Aparna Mohandas	JSS MEDICAL COLLEGE
202	Preetha Susan George	JSS MEDICAL COLLEGE
203	Mythri j.p	BMCRI
204	Mithun	BMCRI
205	Keerthana n gowda	BMCRI
206	Ashwini lonimath	BMCRI
207	Jyothi s vaddatti	BMCRI
208	Annadaneshwari b.b	BMCRI
209	Sumana M	BMCRI
210	Shalini H	JJM MEDICAL COLLEGE, DAVANAGERE
211	Sweta Sinha	Belgaum institute of medical sciences
212	PRAGYA SINHA	Belgaum institute of medical sciences
213	Jose Jom Thomas	JSS MEDICAL COLLEGE
214	Geethu s	BMCRI
215	Hema m s	BMCRI
216	Nasreen p m	BMCRI
217	Shweta sanadi	BMCRI
218	Neha d Souza	BMCRI

219	Rinisha saral c s	BMCRI
220	Pratap pawar	BMCRI
221	Deepa. S	St. John's Medical College, Bangalore
222	DEEPTHI NAGARAJ	KEMPEGOWDA INSTITUTE OF MEDICAL SCIENCES, BANGALORE
223	Chaitra	SHIMOGA INSTITUTE OF MEDICAL SCIENCES
224	MOUNA H S	BMCRI
225	Anitha B P	SHIMOGA INSTITUTE OF MEDICAL SCIENCES
226	SHAMBHAVI ASHUTOSH VAIDYA	K.S HEGDE MEDICAL ACADEMY, MANGALORE
227	Harshitha	K.S HEGDE MEDICAL ACADEMY, MANGALORE
228	Faliya Karishma dineshbhai	K.S HEGDE MEDICAL ACADEMY, MANGALORE
229	Sachin chandramohan	K.S HEGDE MEDICAL ACADEMY, MANGALORE
230	Remiza Rayikal Answar	K.S HEGDE MEDICAL ACADEMY, MANGALORE
231	Sangeetha S	JNMC, Belagavi
232	Sushma A	Sri Devaraj Urs Medical College
233	Sanjana SN	JJM MEDICAL COLLEGE DAVANAGERE
234	Suhasini K A	Rajarajewasri medical college and hospital,Bengaluru
235	KRITHIKA T T	Rajarajewasri medical college and hospital,Bengaluru
236	Reni Philip	St. John's Medical College, Bangalore
237	Bhagyashree Kathari	Basaveshwara Medical College and Hospital, Chitradurga
238	Bhoovanachandaran M	Basaveshwara Medical College and Hospital, Chitradurga
239	Deepika.N	St. John's Medical College, Bangalore
240	TENY ATTOKARAN	St. John's Medical College, Bangalore
241	Santhosh M	Raichur Institute of Medical Sciences
242	M. MADONNE RUFINA DISHANI	St. John's Medical College, Bangalore
243	V Kirthana	JSS MEDICAL COLLEGE
244	Rajeshwari SJ	JSS MEDICAL COLLEGE
245	Deepak Sudhakaran	KMC, Manipal
246	Shyamsundar Shreedhar	KMC, Manipal
247	Rajeev Keerthi K L	Adichunchanagiri institute of medical sciences
UNDER GRADUATES DELEGATE LIST KACHCON 2019		
248	Alka Kumari Shaw	Kanachur Institute of Medical Sciences
249	Bindhushree A	Kanachur Institute of Medical Sciences
250	Afsha Shaheen S Hullur	Kanachur Institute of Medical Sciences
251	Bharath Gowda H C	Kanachur Institute of Medical Sciences
252	R.Keerthi	Vijayanagar Institute Of Medical Sciences
253	Prajwal roa	Kanachur Institute of Medical Sciences

254	Nisha Parveen	Kanachur Institute of Medical Sciences
255	SIDDHARTH A	Vydehi Institute of medical sciences and research centre
256	MANOJGOUDA PATIL	Kanachur Institute of Medical Sciences
257	Radha M	BGS Global Institute of Medical Sciences
258	POOJA B L	BGS Global Institute of Medical Sciences
259	Soumya	Kodagu institute of medical sciences
260	Jeremiah Jacob Tom	Amala Institute of Medical Sciences
261	Ananya M B	Sapthagiri Institute of Medical Sciences and Research
262	Ananya N krishnaswamy	Adichunchungiri institute of medical sciences

Scientific paper presentation -Faculty

Sl No	Delegate ID	Delegate Name	Title
1.	FM 102	WASEEM ANJUM	A study on sti morbidity pattern and sti treatment seeking behavior among female sex workers in kolar, karnataka
2.	FM-104	SHASHANK K J	A Community Based Study to Determine the Prevalence of Infertility and Associated Socio Demographic Factors in Rural Area of Mandya District of Karnataka
3.	FM 105	VISHMA.B.K	Awareness of oral cancer and its risk factors in a rural community in Karnataka
4.	FM 107	ANWITH H S	Evaluation of coverage and compliance to Mass drug administration for Lymphatic filariasis elimination in two endemic districts of Karnataka
5.	FM 111	VIDYA V PATIL	Food consumption pattern and frequency on Perceived stress among degree students in Davangere, Karnataka.
6.	FM 113	MYTHILY M R	Obesity: Prevalence and determinants, among government school teachers of Mandya”
7.	FM 115	ARCHANA S	“KAP regarding breast cancer and its screening among reproductive age group women (15-49yr) in rural Bengaluru”
8.	FM 116	DEEPTI SHETTAR	Anemia among adolescent boys and girls in rural field practice area of Shri dharmasthalamanjunatheshwara College of Medical Sciences
9.	FM 118	VIDYA. B	A study of Menstrual hygiene among rural adolescent school girls in rural field practice area of a Medical College, Davangere-A cross sectional study. Hospital, Dharwad
10.	FM 119	RAJASHREE KOTABAL	Study on factors associated with health seeking behaviour among adults in an urban field practice area of Shimoga Medical College.
11.	FM 120	SWETHA.R	A study of awareness and attitude on organ donation among pre-university students in tumakuru
12.	FM 122	CHANDANA KRISHNA	Food habits and physical activity among adolescent medical students of a Medical College in Tumkur
13.	FM 125	SHIVARAJ B M	A Study on Tobacco Usage Prevalence Among Adult Population At A Hilly District Of Southern India
14.	FM 126	NAVINKUMAR ANGADI	The impact of diabetic foot ulcer on health related quality of life and employment among diabetics attending tertiary care teaching hospital, Davangere.
15.	FM 128	NARASIMHA B C	Emergency Relief Response activities among Scouts and Guides in post disaster situation - an awareness study.
16.	FM 129	RAVEENDRA H R REDDY	Correlation of Perceived Stress Score-10 with Self-reported Stress and its validity
17.	FM 130	VIDYA K R	Awareness and utilization of maternal benefit schemes among married women of reproductive age group
18.	FM 132	SHWETHA	A community based study on perceived knowledge of diabetes on cause, control, prevention and complications among diabetic patients in Bengaluru city

19.	FM 133	SANDHYA RANI JAVALKAR	A study on assessment of COTPA Compliance for Section 4,5 and 6 of COTPA 2003in Davanagere district of Karnataka
20.	FM 135	SHARVANAN	Study of awareness and utilization pattern of antenatal care services among tribal women of reproductive age group in Kodagu District,Karnataka.
21.	FM 137	THEJESHWARI HL	Utilization of Nagu-Magu ambulance services in Hassan district by Lot Quality Assurance sampling
22.	FM 139	DHARANEESH PRASAD	Study on prevalence of depression, anxiety and stress among first year nursing students”
23.	FM 140	SHANTHI M	A study on impact of food provided by canteen on the health of workers,in a beverage company in Bangalore- Cross sectional study.
24.	FM 141	KAVYA M ALALAGERI	Risk factors and Socio-demographic profile of patients with attempted suicide in a tertiary care center, Bengaluru:A Cross-Sectional study.
25.	FM 143	VARSHA R MOKHASI	An Evaluation of Health status of garments factory workers in a rural area of Kolar
26.	FM 147	SABA MOHAMMED MANSOOR	Knowledge, attitude and practices of Self Medication and its determinants - a cross sectional study among urban population in South India
27.	FM 151	HEMAGIRI K	Health profile of working fishermen in karwar city: a cross-sectional study
28.	FM 156	ABHISHEK PRAYAG	Mental Health Status of Adolescents of pre university college of Coastal City of Karnataka-A Cross-sectional study.
29.	FM 158	SUJATHA M G	A study of prevalence of stroke among the elderly population of the rural field practice area of Mandya Institute of Medical Sciences, Mandya.
30.	FM 159	PRADEEP TS	Parental supervision of unintentional injuries among children aged 1-9 years among rural mothers
31.	FM 160	LOKESH KC	Epidemiological profile of type II diabetes mellitus in patients admitted in tertiary care centre and to assess the knowledge regarding complications,
32.	FM 164	SHRINIVAS K. PATIL	Prevalence of Depression in type 2 Diabetes Mellitus patients in Rural field practice area of S. Nijalingappa Medical College, Bagalkot, Karnataka
33.	FM 166	SUMANA M	Pattern of burn injury admissions at a teaching hospital of Karnataka, India: a three year retrospective study
34.	FM 167	G.M. VENKATESH	Determinants of BCG Vaccine Wastage: An effort towards vaccine security
35.	FM 168	KRUTHIKA K	Study of Knowledge Attitude and Practice regarding road safety among adolescents inmadikeri, Karnataka.
36.	FM 176	MADHUSUDAN M	Tobacco Usage Pattern and Its Determinants among the Students of a Medical College in Kerala
37.	FM 177	SMITHA M C	Comparison of 24 hour recall, three day dietary cycle and seven day dietary cycle as a tool for nutritional assessment in a Rural South Indian Community: A Cross sectional study

38.	FM 181	SRINIVAS N	Eva Evaluation of Knowledge and Skills of Home Based Newborn Care among Accredited Social Health Activists (ASHA) in Mysore District, Karnataka
39	FM 183	POORNACHAND. V	Clinical expertise and practice pattern among pediatricians regarding Constipation in Infants and children
40	FM 184	ESHWARI K	Alcohol related harms to others: an epidemiological study from a coastal district of Karnataka.
41	FM 185	AMRITA N SHAMANEWADI	Care cascade, enablers and challenges in the implementation of Active Case finding in a selected district of Karnataka, South India
42	FM 186	LAKSHMI.KALBANDKERI	Assessment of primary immunization coverage among the children aged 12 - 23 months in urban area of kalaburagi city
43	FM 187	RAMYA N	Quality of water: 'Community perception' versus 'Biochemical Confirmation' – A mixed methods study from a rural area of Kolar District
44	FM 189	PAIDIVYAVENKATESH	A study on Awareness and Utilization of Ayushman Bharat-Arogya Karnataka scheme by general ward patients admitted in a Tertiary care hospital, Udupi district
45	FM 194	Basavaraj M Ingalgeri	Knowledge and attitude regarding breast feeding among lactating mothers in a rural area , Bellur
46	FM 195	RADHA RAMAIAH	Domestic Violence among Ever Married Women of Reproductive Age Group in a Rural Area of Karnataka: A Cross Sectional Study
47	FM 196	SHASHIKIRAN M	A study of factors associated with low birth weight in a tertiary care centre in rural south india
48	FM 197	SHEETHAL MP	Knowledge, attitude and practice about malaria transmission and its preventive measures among households in an urban area of Mandya, Karnataka
49	FM 198	SHASHIKANTHA S K	Awareness regarding Rabies and its prevention among final year medical students in a tertiary health care institute in Mandya, Karnataka
50	FM 199	RAGHAVENDRA S K	Menstrual Hygiene among adolescent girls in the rural field practice area of medical college in Mandya
51	FM 200	MANUJA LM	Incidence of Health Related Events among Children Aged Less Than Five Years In Rural Field Practice Area of Mandya Institute Of Medical Sciences, Mandya
52	FM 201	CHANDAN N	Awareness about Immunisation among Mothers of Under Five Children in Three Health Centres of South Karnataka
53	FM 203	KRUTHIKA N	Effectiveness of health education video in improving treatment adherence among patients with Tuberculosis: an interventional study from Bengaluru, India
54	FM 204	NAVEEN KUMAR P	Mobile phone usage along with daily routine activities and its adverse effects on health among medical students of Rajarajeswari Medical College and Hospital, Bengaluru- A cross sectional study.
55	FM 205	SHRIVATHSAD.N	A cross sectional study on out of pocket health expenditure in rural and urban areas of mangalore

56	FM 208	RANJINI N	An interventional study of biomedical waste management among nursing staffs in a tertiary care hospital.
57	FM 214	VISHWANATH GR	An epidemiological study of type-2 diabetes mellitus in an adopted urban slum area
58	FM 220	P THEJASWINI	A cross-sectional study on domestic violence among married women of reproductive age in rural mandya
59	FM 224	USHA RANI S	Evaluation of current status of Lead toxicity in Children in Tumkur City: A Hospital based cross-sectional study

Scientific paper presentation -Post Graduates

Sl No	Delegate ID	Delegate Name	Title
1	PG 101	Dr Aditya Telkar	A Study of Needle Stick Injury among Interns at M R Medical college kalaburagi.
2	PG 102	Abhijnana G	A study to assess the self-medication of Antibiotics among Medical Undergraduates of Bangalore Medical College and Research Institute.
3	PG 107	Dr Ashwini M	Knowledge, Attitude and Practices regarding Physical Activity among the Students in Government Schools in Bengaluru Rural district: A Cross-sectional Study
4	PG 108	Arpitha VS	Knowledge, Attitude and Practice of E-waste among medical students, Dharwad.
5	PG 109	Subhashree Nandy	Swachh Bharat Swachh Vidyalaya: Where do we stand
6	PG 110	Kumar Vikas	Knowledge Attitude and Practice about Mission Indradhanush among mothers having child of age 0-23 months in field practice area RHTC & UHTC of SDMCMS&H Dharwad Karnataka
7	PG 111	Prachi Priya	Internet use pattern and internet addiction among Patients Attending Urban and Rural Health Centre of SDMCMS&H, Dharwad
8	PG 114	DrSoubhagya K	A study on prevalence and determinants of obesity among elderly women in an urban area of bengaluru
9	PG 115	Dr Saranya K	A Study on Prevalence of Anemia among Elderly Population in an Urban field practice area of Kempegowda Institute of Medical Sciences, Bangalore.
10	PG 116	Dr. Thenambigai R	A study on Feeding Practices and morbidity pattern among infants in an urban field practice area of a medical college, Bangalore.
11	PG 117	Sunil M G2	“Prevalence of Chronic obstructive pulmonary disease (COPD) among adult population in urban field practice area of KIMS, Bengaluru.”
12	PG 118	Dr. Karishma P S	“A Cross -Sectional Study to estimate the Prevalence of Substance Use among Adolescents in an Urban Poor Locality, Bengaluru.”
13	PG 119	Dr. Sowjanya D	“Health and Nutritional Status of the Children of Parent(s) working in Power looms in Bengaluru rural and Factors Associated - A Cross-sectional Study”

14	PG 120	Preethi AM	A study on factors influencing gender preference among married women of urban field practice area of a medical college in Davangere, Karnataka.
15	PG121	Dr Antao Faye Rose	Magnitude of depression and its association with self-care among patients with Diabetes Mellitus, in rural field practice area of a Medical college in Davangere: A cross sectional study.
16	PG 122	SANTOS RANJAN NAYAK	Knowledge and attitude towards breast feeding practices: A cross sectional study of lactating mothers
17	PG123	Biswabinod Sanfui	Perceived Stress, Factors Associated and the Relationship between Stress and Sleeping Pattern among the Medical students in Bangalore – A cross-sectional study
18	PG 124	Dr. Ajay Mallya B	Assessment of client satisfaction in primary health centres of shimoga: a cross sectional study
19	PG 125	Dr. Shiv Kumar	A study to assess prevalence and risk factors for anaemia in pregnant women attending KIMS OPD, Hubli
20	PG 126	DrRaghavendra D	Seasonal variation in hospital admissions of Bacterial Meningitis at a Tertiary Care Hospital: A Time Series Analysis using Wavelet Transform
21	PG 128	Dr. Tewe U Kapfo	A Clustering of Health Related Behaviours and Health Outcomes among Medical Students of KIMS, Hubballi
22	PG 129	Shwetha P	A cross-sectional study on awareness of asha(accredited social health activist) workers regarding maternal health care in rural area of north karnataka
23	PG 130	Dr Sweta Balappa Athani	Prevalence of Allergic Rhinitis among school children in Bengaluru city
24	PG 131	Santhoshkumar R. Naik	Health seeking behaviour and utilization of health care services among tuberculosis patients under dots of bagalkot tuberculosis unit
25	PG 132	Dr.Shobharani H.G	“Mental well-being and help seeking behaviours among undergraduate medical students in Mysore Medical College: A Cross sectional study”
26	PG – 133	Dr.Maliakel Steffi Francis	A cross-sectional study on the health problems and substance abuse in Tobacco farmers, Hassan District.
27	PG 134	Dr Radha Pujari	A Cross Sectional Study onassessment of Risk for Diabetes Mellitus among Adults In Rural Field Practice Area of Mysore Medical College”
28	PG135	Yashaswini	Weight status and blood pressure profile in adolescent students of urban Mysuru
29	PG 136	Dr. Supriyalaxmi N Totiger	Assessment of efficiency of weight monitoring of underfive children at anganwadis: a cross sectional study in urban field practice area of tertiary care hospital, mysuru
30	PG 137	PratikshaNayan	“Perceived Barriers to Physical Activity among Medical Students – A cross-sectional study”
31	PG 138	Vidya	- Study on knowledge, attitude & practice about breast feeding, complementary feeding & usage of family planning method among mother’s attending camp

32	PG 139	Dr.Snehalatha B.M	Assessment of Awareness & Practices regarding Breastfeeding among Postnatal women & their caretakers in a Tertiary care hospital,Mysuru
33	PG 140	Dr Harshini S	A Study of Animal Bites among Patients attending a Tertiary care Hospital in Mysuru
34	PG 141	Dr Sushantha	“A Study on Knowledge and Attitudes regarding palliative care among interns of a Government Medical College in Karnataka.”
35	PG 142	Dr Divya A	Benefits that pregnant women have received from government programs during their pregnancy
36	PG 144	Kevin	- What is the profile and spatial distribution of cancer patients admitted at a tertiary care hospital, Mangaluru using QGIS software?
37	PG 146	Dr. Poornima Basavraj Khot	A Cross-Sectional Study on Social determinants of health influencing the Neonatal Outcomes among the Out born Neonates admitted to SNCU of Government Teaching Hospital”
38	PG 148	Jenee Dowerah1	Contraceptive Practices Among Married Women of Reproductive Age Group in an Urban Field Practice Area of a Medical College, Mysuru
39	PG 149	Dr.Shweta N Kurkuri1	“Health seeking behaviour and factors determining itamong the parents of under five children for childhood illnesses in a selected area of Bengaluru rural district”- A cross-sectional study
40	PG 150	Anupama.K,	A cross sectional study to assess neck circumference as an indicator of central obesity among healthy adults in rural Karnataka
41	PG 151	Dr.Swathi.R.S	Emerging trends and their impact on health care delivery system in india
42	PG 152	Dr BhoomikaV	Depression among elderly - an unaddressed emerging burden. A community based cross sectional study
43	PG 153	Dr.Roopakala N	Impact of violence against doctors on the perception of medical students about their future career: A cross-sectional study in Hubballi, Karnataka
44	PG 154	Seema Mane	A mixed methods study on health education on hiv among school students in mangaluru”
45	PG 155	Dr V Iybu Chacko	Module based health education in TB – effectiveness and feasibility study among schools in Mangaluru
46	PG 156	Dr. Ashwini L H	Prevalence and Determinants of Pre-Hypertension among High School Children in urban slums of Davangere.
47	PG 157	Dr. Anjana Ramachandra Joshi	A cross sectional study to evaluate the implementation of national programme for prevention and control of cancer, diabetes, cardio vascular diseases and stroke (npcdcs) services in subcentres of dharwad district
48	PG 158	Dr Kashavva B Andanigoudar1	Determinants of low birth weight and effect of indoor air pollution on birth weight: a case control study in a tertiary care centre of Hubballi, Karnataka.
49	PG 160	Dr Thulasi M	A study to evaluate the effects of nutritional intervention measures on children admitted in the Nutritional Rehabilitation Centre in a Tertiary Care Hospital Mysuru

50	PG 162	Malavika Sachith	How do national and regional print media capture health news and information in India?
51	PG 163	Dr Manisha	Adherence to treatment among Hypertension and/or Diabetes Mellitus patients in Urban slums of Davangere – A cross sectional study.
52	PG 164	Dr. Nazeer Dhaheera dheeshan	Assessment of adolescent behavioural and psychological problems in an urban and a rural school, Bangalore using Strength and Difficulties Questionnaire (SDQ)
53	PG 165	Moniza	Community Diagnosis by Conducting Family Health Survey in the Field Practice Area of a Medical College.
54	PG 166	Dr.Satya reddy	A Cross Sectional Study on Assessment of stress among auto rickshaw drivers in Urban Areas of Raichur
55	PG 167	Dr. Smriti	A study on perceived stress among medical students in a selected institute in mangaluru
56	PG 169	Dr Aparna Mohandas	Screening for Vision Impairment in Adolescents and Young Adults in Urban and Rural Areas of mysuru, Chamrajanagar and Mandya Districts
57	PG 174	Dr. Ashwini Lonimath	A cross sectional study to assess the extent of health care seeking & out of pocket expenditure among the households of urban field practice area of bangalore medical college & research institute
58	PG175	Dr. Jyoti S.V	A TIME MOTION STUDY IN ANTENATAL (ANC) CLINIC OF URBAN PRIMARY HEALTH CENTRE (UPHC), H. SIDDAIAH ROAD, BENGALURU
59	PG 176	Dr ANNADANESHWARI	A Qualitative study to assess the factors influencing adults for substance abuse addiction under urban field practice area of Bangalore medical college & Research institute, Bengaluru
60	PG 177	Dr. Sumana M	A cross sectional study to assess the usefulness of mother and child protection card in high risk pregnancy screening
61	PG 178	Dr Shalini H	Knowledge , Attitude and Practice of interns towards generic medicines– A cross sectional study in a tertiary care teaching hospital
62	PG 179	DR. SWETA SINHA	Self-care practice among the diabetic patients in urban area of north karnataka: a cross sectional study
63	PG 180	Pragya Sinha	Knowledge of antenatal care among mothers in rural area of Belagavi – a cross sectional study.
64	PG 181	Jose Jom Thomas	Mass Drug Administration Programme against lymphatic filariasis- an evaluation of coverage and compliance in a northern Karnataka district, India
65	PG 190	DEEPTHI NAGARAJ	A cross-sectional study to assess the nutritional status of Anganwadi children in the rural field practice area of Kempegowda Institute of Medical Sciences, Bangalore
66	PG 192	Dr. Mouna.H.S	Assessment of Social Support and Quality of Life among Elderly Individuals Residing in Urban Bengaluru: A Cross sectional study

67	PG194	Dr. Shambhavi Ashutosh Vaidya	Audit of Loss of Pregnancy as an Answer to Differentiated Sex Ratio
68	PG 195	Dr. Harshitha H N	Assessment of Quality of Life among breast cancer patients in a tertiary care center: a cohort study
69	PG 196	Faliya Karishma dineshbhai	Assessment of quality of life among breast cancer patients between developed and developing countries
70	PG 197	Dr. Sachin Chandramohan	Survival pattern depending on hormone receptor status, stages of breast cancer and social-economic status- a cohort study
71	PG-198	Dr. Remiza R.A	Assesment of body image perception in patient with mastectomy- a cross sectional study
72	PG199	Dr. Sangeetha S	Awareness about risk factors and screening of breast and cervical cancers among female college teachers of Belagavi city - A cross sectional study
73	PG200	Sushma A	Awareness to warning signs and risk factors of cancer among rural population of Kolar district – A community based cross sectional study
74	PG201	Dr Sanjana SN	Menstrual Health Management in Schools of Davanagere taluk- A mixed method study
75	PG202	Suhasini K A	Awareness of Foot problems and Practice of Foot care among Patients with Diabetes mellitus in a Tertiary health care centre.
76	PG203	DR. KRITHIKA T T	Morbidity profile of group-d female workers in a medical college, bangalore
77	PG204	Dr. Reni Philip	Prevalence and awareness of thyriod disorders af2mong women availing antenatal services at a rural maternity hospital, ramnagara district, karnataka
78	PG208	Dr.Teny Attokaran	Feasibility of stratification of households based on health needs in Mugalur village, Anekal taluk – an exploratory study
79	PG209	Dr.Santhosh M	A Facility based cross sectional Study of prevalenceof rifampicin resistance among tuberculosis cases
80	PG211	Kirthana V	Knowledge, attitude and practices of mothers on child violence
81	PG 213	Dr.Deepak Sudhakaran	Health profile of indigenou population of Udupi district – A cross sectional study
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9	PG 207	Deepika.N	Occupational stress and its associated factors among the school teachers – A cross sectional study”
10	PG 210	M. MADONNE RUFINA DISHANI	Physical activity in pregnancy and its outcomes among women delivering at a rural maternity hospital, Solur, Ramnagara district, Karnataka.

FM 102 - A STUDY ON STI MORBIDITY PATTERN AND STI TREATMENT SEEKING BEHAVIOR AMONG FEMALE SEX WORKERS IN KOLAR, KARNATAKA

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Background: HIV/AIDS is a major medical, public health as well as grave socioeconomic challenge to the world. In India, Karnataka is recognized as one of the six states with high HIV prevalence. In India sexual transmission is responsible for 87 percent of reported HIV cases.

Unsafe sexual practice, recurrent and multiple STIs, low risk perception and poor access to health care facilities synergistically contributes to higher rates of STIs and HIV in female sex workers.

Objectives of the study:

To know the STI morbidity pattern and STI treatment seeking behavior among female sex workers of Kolar.

Methods: A cross sectional descriptive study was conducted by interviewing 120 female sex workers in Kolar using a Pre tested Questionnaire. Female sex workers will be reached by taking the help of peer outreach workers. All subjects will be informed about the purpose of study and interviewed at time after obtaining informed consent and assuring confidentiality. Required information relevant to study objectives such as socio demographic data, sexual risk behavior, STI morbidity pattern, awareness regarding STI/HIV and STI treatment seeking behaviour and self-reported HIV status will be collected from the subjects using Pre tested Questionnaire.

Results: Among the 120 participants studied, mean age was 32 ± 6 years. Majority of them were illiterate (62%). 84% experienced one or the other STI symptoms in last 12 months. Most commonly reported STI symptom was per-vaginal discharge (77%) followed by pain during intercourse (54%). 10% sought treatment within 1 week while 24% did not take any treatment during last episode of STI symptom. Self-reported HIV reactivity was 6%. Most of the FSW's were irregular in condom usage both with paying and non-paying partners.

Conclusion: There is a need for improved delivery of awareness campaigns among high risk groups like sex workers.

Keywords: Female sex workers, Condoms, HIV, STI

FM-104 A Community Based Study to Determine the Prevalence of Infertility and Associated Socio Demographic Factors in Rural Area of Mandya District of Karnataka

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Abstract: Background: Infertility is defined as failure to achieve pregnancy after at least 1 year of regular unprotected sexual intercourse. Infertility is classified into two types, primary and secondary infertility. World Health Organization explains primary infertility as inefficiency to conceive after a year of unprotected sex and secondary if not conceived following previous pregnancy.

Objective: To find out the prevalence and socio demographic factors of infertility (Primary and Secondary) among eligible couples in Rural Area of Mandya District. Methods: A Cross sectional study was conducted at Adichunchanagiri Institute of Medical sciences from the month of June 2016 to September 2016. One of the Primary health center in the study area was randomly selected by lottery method. All the Eligible Couples who are permanent residents and in the reproductive age group were included in the study.

Results: Majority (59.64%) of the study group were in the age group of 20-25 years. Nearly 59.3% and 40.7% of the respondents belonged to joint and nuclear family respectively. The overall prevalence of infertility in our study was 7.7%. The overall prevalence of primary infertility was 6.3% and secondary infertility was 1.4%.

Conclusion: As Healthcare professionals, we should remember that infertility is a stressful life event for both women and men. Hence by knowing the prevalence and knowledge of the couple regarding the infertility, suitable health education programmes can be done to create awareness among the people regarding the treatment modalities available for infertility.

FM 105 - Awareness of oral cancer and its risk factors in a rural community in Karnataka

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Introduction:

Oral cancer is a major public health problem and the second most common type of cancer in India. The frequency of oral cancer is high due to various cultural, geographic factors, addictive habits and lack of awareness. Risk factors for oral cancer are tobacco use, alcoholism, dietary factors and certain carcinogens. Most of the cases are diagnosed at an advanced stage, leading to low survival. Oral cancer can be prevented if there is adequate awareness regarding the risk factors and its symptoms.

Objectives:

To determine the level of awareness of oral cancer and the associated risk factors among the general population in a rural community.

Methodology:

Study design: Cross sectional study

Study setting: 3 villages were selected randomly from each primary health centre belonging to rural field practice area.

Study duration: 3 months

Sample size: 479

Results: More than one third of the respondents believed that oral cancer is preventable, 41.8% opined that oral cancer can be treated, 18.6% said that oral cancer is contagious and 35.1% opined that the risk of oral cancer

increased with age. Nearly 40% of the respondents in the present study did not know the symptoms of oral cancer. Only 16.1% of the respondents had got their oral cavity examined during the past 6 months and 7.7% had undergone screening for oral cancer.

Conclusion: Our study found that the level of awareness among the subjects regarding oral cancer and its risk factors was poor. Thus, health education regarding oral cancer and its risk factors with periodic reinforcement will play an important role in creating awareness.

Key words: Oral cancer, awareness, risk factors.

FM 107 - Evaluation of coverage and compliance to Mass drug administration for Lymphatic filariasis elimination in two endemic districts of Karnataka

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Background: Lymphatic filariasis is a debilitating and disfiguring disease causing significant socioeconomic burden. India is endemic for filariasis which includes Kalaburagi & Yadgir districts in Karnataka. India has the target for filariasis elimination by 2020 and Mass drug administration [MDA] is a strategy for elimination. Hence this study was conducted with an objective to evaluate the coverage & compliance of 15th round of MDA.

Methods: The study was a cross-sectional study conducted during the month of October 2018 in Kalaburagi & Yadgir districts. The study subjects included all the residents of cluster except subjects aged below 2 years and pregnant women. Multi-stage sampling was used and three clusters from rural area and one cluster from urban area from each district. Data collection was done by household survey after informed consent using a standard questionnaire.

Results: A total population of 1,963 subjects residing in 398 houses of two districts were included. Majority of the study subjects 1517 (77.27%) were in the age group of more than 15 years and majority of the subjects were males 984 (50.12%). The coverage rate of MDA was 83.17% in Kalaburagi district and 86.71% in Yadgir district. The compliance rate was 92.46% & 86.98% in Kalaburagi & Yadgir districts respectively. The effective coverage rate in Kalaburagi district was 76.89% and 75.42% in Yadgir district. MDA administered under direct observation was 509 (72.81%) subjects in Kalaburagi & 637 (80.12%) subjects in Yadgir district. Divided dose of MDA was consumed by 35 (3.85) subjects in Kalaburagi & 60 (5.69) in Yadgir district. Also 17 (1.87) subjects in Kalaburagi district & 21 (1.99) subjects in Yadgir district had taken incomplete dose of MDA. The coverage compliance gap was 7.53% & 13.01% in Kalaburagi & Yadgir districts respectively.

Conclusion:

The effective MDA coverage in both the study districts is below 85% which is not satisfactory.

FM 111 - Food consumption pattern and frequency on Perceived stress among degree students in Davangere, Karnataka.

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Background: Dietary habits are a major aspect of people's lifestyle that influence health, morbidity and mortality for a range of conditions. Hence patterns of food consumption and their relation to mental health have received some attention in research.

Degree students are particularly important as they have greater freedom and control over their lifestyles. Hence the importance of understanding students pattern of consumption of food groups becomes evident.

Objective : To assess the association between food consumption pattern and frequency on perceived stress among degree students of Davangere.

Material and methods: A Cross sectional survey was conducted among 2 selected degree colleges of Davangere city. Around 200 students were given a self-administered questionnaires which included a food pattern and frequency questionnaire and Cohen's perceived stress scale. Mean and standard deviation for the continuous variables was done. Linear regression analyses were conducted for the outcome.

Results: A total of 200 degree students participated in the study. Mean age of the participants was 18.8 years. 53% of them were males and 47% of them were female participants. The frequency of food consumption differed by gender. Consumption of sweets, salty junk food was generally more common among women (mean scores 8.7 and 13.6 respectively) when compared to males (8.3 and 12.4 respectively). Eating fresh fruits, salads and cooked vegetables, milk products and cereals was only slightly more common among males. Females displayed higher scores of perceived stress than males.

Conclusion: Our results showed that unhealthy food consumption was more among women when compared to males. Among females perceived stress scores were also on the higher side when compared to males.

Key words: Food consumption, Food pattern, Perceived stress scale, students

FM 113 - "Obesity: Prevalence and determinants, among government school teachers of Mandya"

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Background:

People have varying opinion as far the job of teachers is concerned. Some commonly say that teachers teaching in schools have a very relaxed career, whereas some opine of having various levels of stressors. To date, only a few studies of varying quality have been published on teachers' health in India. The studies conducted have been focused on stress levels among teachers and their mental health. There are few studies done on prevalence of

obesity and its determinants among school teachers. Though teachers fall in adult age group, their profession, lifestyle, work stress, and knowledge towards disease are different.

Objectives:

1. To determine the prevalence of obesity among government school teachers in Mandya
2. To assess the determinants of obesity among them.
3. To assess their knowledge regarding obesity.

Methodology:

It was a cross-sectional study conducted between Jan 2018 and August 2018, among 550 government school teachers working in rural areas of Mandya taluk. The participants were interviewed using semi-structured questionnaire. Data was entered in Microsoft excel and analysed using descriptive and inferential statistics.

Results: 270 (40.9 %) were male teachers and 280 (50.9%) were females. 17.6% were having normal BMI, 2.4% were underweight, and 17.4% were overweight and 62.7% were obese. 54.7% teachers were doing regular physical activity. 78% opined not doing physical activity as a risk factor for obesity. 62% felt overweight as a risk factor for obesity.

Conclusion: Prevalence of obesity was 62.7%, 54.7% were doing physical activity. Awareness regarding obesity was poor.

Key words: Government school teachers, obesity, awareness, determinants

FM 115 - Title: “KAP regarding breast cancer and its screening among reproductive age group women (15-49yr) in rural Bengaluru”

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Background: Early detection of breast cancer has the potential for improved survival, less invasive treatment, higher quality of life, thus reducing the burden of disease and cost of treatment. Objectives: To assess the knowledge, attitude, and practices regarding breast cancer and its screening methods among reproductive age group women (15-49yr) and to assess their breast cancer risk in rural field practice area of a medical college.

Materials and Methods: This cross sectional descriptive study was done on 340 reproductive age group women (15-49yr) residing at rural field practice area of a medical college for a period of three months. House to house visit was made and study participants were interviewed using semi-structured oral questionnaire. Data on socio-demographic factors, knowledge regarding breast cancer (BC), knowledge, attitude, and practices regarding screening tests like Breast Self-Examination (BSE), Clinical Breast Examination (CBE) and mammography were collected. BC risk was assessed using “Gail’s model of risk assessment of Breast cancer”.

Results: Majority (40.05%) were in the age group of 15-25 years. 18%, 64% and 51.3% of them were not aware about symptoms, causes & risk factors and diagnostic methods respectively. 45.8% are aware of surgery as treatment modality. 48.23%, 49.95% and none were aware of BSE, CBE and Mammography respectively. 30.45% strongly agree that Breast cancer is curable if detected early. 33.8% agree and 36.8% strongly agree that BSE and CBE are the screening tests respectively. 77.95% of them did not do BSE and 22.6% of them did not do clinical examination and

none underwent breast mammography. 45.45% subjects had a life time risk of 8.1- 9 and 40.47% had 5 year risk of 0.4-0.6 for BC.

Conclusion: Knowledge regarding breast cancer and its screening was low. Only one third strongly agreed that BSE and CBE as screening tool and more than two third have not practiced BSE.

Key words: Breast cancer, screening, knowledge, attitude, practice, risk, Gail's model.

FM 116 - Anemia among adolescent boys and girls in rural field practice area of Shri Dharmasthala Manjunatheshwara College of Medical Sciences and Hospital, Dharwad.

Dr. Deepti Shettar, Tutor, Dept of Community Medicine, SDM college of Medical Sciences and Hospital, Dharwad.

Background: Adolescence term is defined as including those aged between 10 and 19 years. During this period physical, psychological and social maturity takes place. It is characterized by exceptionally rapid growth. Because of the puberty spurt and rapid physical growth, there is increased requirement of iron in both adolescent boys and girls. Anaemia affects physical and mental development of an individual leading to decreased working capacity.

Objective: To assess the prevalence of anemia among adolescent boys and girls in rural area.

Materials and methods: A community based, cross-sectional study was conducted in Yadwad and Lakamapur village of Rural field practice area, Department of Community Medicine, SDM College of Medical Sciences And Hospital, Dharwad. The study subjects were adolescents between 10 and 19 years of age. Sample size calculated was 600 and by simple random method houses were visited till sample size was achieved. Data was collected using predesigned questionnaire, anthropometric measurements were taken, clinical examination done and haemoglobin estimation done. Chi square test was done to know the association between two categorical variables.

Results: Total of 600 adolescents participated in the study out of which 342 (57%) were boys and 258 (43%) were girls. As much as 60.7 % of participants were anemic of which 14.8% had mild, 43.7% had moderate and 2.2% had severe anaemia. The difference of anaemia among boys and girls was found to be statistically significant with $\chi^2 = 68.895$, $p < 0.001$ at $df = 3$.

Conclusion: As much as 60.7 % of participants were anemic of which 14.8% had mild, 43.7% had moderate and 2.2% had severe anaemia. There is a need for screening of anemia at early age and prompt treatment.

Key words: anemia, adolescents, rural area, low SES.

FM 118 - A study of Menstrual hygiene among rural adolescent school girls in rural field practice area of a Medical College, Davangere-A cross sectional study.

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INTRODUCTION: Adolescence in girls signifies the transition from girlhood to womanhood; one fifth of world population is between 10 and 19 years old. Menstruation is a phenomenon unique to the females. Menstruation is a monthly occurrence that requires access to appropriate materials and facilities, without which, females suffer

from poor menstrual hygiene which restricts their movement and self-confidence. Increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women.

OBJECTIVES:

- To study the socio-demographic profile of study population.
- To study the knowledge and practices regarding menstruation among the study population

MATERIALS & METHODS: A cross sectional study was conducted among 200 adolescent girls in a rural field practice area of S.S institute of medical sciences. Data on socio-economic variables and menstrual characteristics were collected using pre-tested questionnaires for a period of two months from September to October 2018. Data was analysed using SPSS version 20.0

RESULTS: Total of 200 girls were interviewed. 87.6% of the girls were aware about menstruation prior to the attainment of menarche. Mothers were the first informants in about 56.5% girls. Overall 51.5% adolescent girls were using sanitary napkins as menstrual absorbent, while 45.6% were using used cloths. 97.6% girls practiced different restrictions during menstruation. Some of the sociodemographic factors like religion, type of family & mother's education, SES were significantly associated with menstrual hygienic practices.

CONCLUSION: There is a need to educate the girls about menstruation, its importance and hygiene maintenance; to enable them to lead a healthy reproductive life in future.

KEY WORDS: Adolescent girl, menstrual hygiene, sanitary pad.

FM 119 - Study on factors associated with health seeking behaviour among adults in an urban field practice area of Shimoga Medical College.

Dr Rajashree Kotabal,¹ Dr Kavya Alagiri² Assistant Professor, Shimoga Institute of Medical Sciences, Shimoga

Introduction: Behaviour of the people seeking health service will affect the health status of the people and that in turn gives the impression on the health status of the country.

Objectives: To know the factors associated with health seeking behaviour of adult population.

Methodology: An observational cross sectional study was conducted among adult population in an urban field practice area of Shimoga Institute of Medical Sciences, Shivamogga for a period of two months by convenient sampling method. By using semi structured questionnaire the data was collected regarding the factors associated with health seeking behaviour. Data was analysed by using epi info 7 software.

Result: Out of 150 adults 58.7% were female and 41.3% were male. 72% of the people consult physician, 3.3% of the people consult to traditional practitioners and 24.7% of the people practice self-medication.

Conclusion: In spite of availability of health services 28% of the people were not consulting physician for the health problems hence health awareness should be given to the population in order to change their behaviour to seek health services.

Key words: health seeking behaviour, health services, self-medication.

FM 120 - A STUDY OF AWARENESS AND ATTITUDE ON ORGAN DONATION AMONG PRE-UNIVERSITY STUDENTS IN TUMAKURU

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INTRODUCTION: Organ donation is when a person allows an organ of theirs to be removed, legally, either by consent while the donor is alive or after death with the assent of the next of kin. Organ transplantation saves thousands of lives worldwide. According to World health organization (WHO) kidney transplants are carried out in 91 countries. Overall, globally the prevalence of knowledge for organ donation ranges from 60% to 85%. Motivation to donate has been shown to have an association with knowledge and awareness of organ donation.

OBJECTIVES:

1. To access the awareness of organ donation among pre- university students.
2. To determine the attitude of organ donation among pre- university students.

METHODOLOGY:

A cross sectional study was conducted in Tumakuru from a period of January 2019 to June 2019. Total 237 pre university colleges were there in Tumakuru district among which four colleges were selected by simple random sampling method. Total sample size was 599. Semi structured questionnaire was used for the study. Data was collected by interviewing each student. Ethical clearance was taken before conducting the study and confidentiality was maintained.

RESULTS: Out of 599 students, 570 (95%) students are aware that organs can be donated to save the life of another person. Only 8.2% of the students were aware that demand for organ donation is higher than availability. About 74% were aware that organ can be donated when the person is alive. About 21.5% strongly agreed on organ donation.

CONCLUSION: Awareness level was moderate in the present study and students had positive attitude towards organ donation.

FM 122 - Food habits and physical activity among adolescent medical students of a Medical College in Tumkur

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Background: Adolescence is a transitional stage of physical, physiological and psychological development from puberty to legal adulthood. Worldwide more than 1.2 billion are adolescents i.e. one in every six persons is an adolescent. About 21% of Indian population is adolescents. The health status of an adolescent determines the health status in his/her adulthood. Healthy dietary habits & physical activity among medical students are even more important as they are future physicians.

Objectives: 1.To assess the dietary habits and physical activity of the study subjects 2. To assess the relationship between the dietary pattern and physical activity of study subjects

Methodology: A cross-sectional study was conducted among the adolescent medical students (≥ 19 yrs) during January-June 2019. Data on dietary habits & physical activity was collected using pretested semi-structured questionnaire & PAQ-A scale (Physical activity questionnaire- Adolescents).

Results: Among the study subjects, 73.5% were male, 25.8% consumed all three meals in a day, 90.3% & 58.1% skipped their breakfast & dinner respectively. Almost everyone consumed junk food at least once a week. 51.5% felt that they had unhealthy food habits. 29.4% spent their free time doing very little/no physical activity. 50% never engaged in sports activity. There was a statistically significant difference in dietary pattern and physical activity between male & female study subjects. There was no statistically significant association between dietary pattern & physical activity.

Conclusion: There was an alarming prevalence of unhealthy dietary practices, & poor physical activity that should be targeted and modified. Strategies need to be adopted to improve young youths' nutritional status and to establish a healthy lifestyle.

Key words: Food habits, physical activity, adolescent, medical students

FM 125 - A Study on Tobacco Usage Prevalence Among Adult Population At A Hilly District Of Southern India

Dr. Shivaraj B M, Assistant Professor, Department of Community Medicine, Kodagu Institute of Medical Sciences, Madikeri

Introduction: India has one of the highest tobacco users in the world. Prevalence of smoking and smokeless tobacco use are both high in India. This high burden of tobacco use is associated with a high morbidity and mortality burden. Prevalence of tobacco use in India was estimated to be 37 percent among the population of 15 years and above. The present study was an attempt to determine adult tobacco usage prevalence at hilly district Kodagu.

Objectives:

1. To determine adult tobacco usage prevalence at Kodagu district.
2. To assess the knowledge regarding tobacco health impacts and its laws related to control.

Methodology: A Cross Sectional Study was done during April and May 2019 using a questionnaire derived from Global Adult Tobacco Survey (GATS) which was modified to suit the present study among households who were aged above 18 years. The total sample size was 1350 which were collected through cluster sampling methods amongst three talukas of Kodagu District. 450 adults were interviewed in each Taluka which was again divided into Rural and Urban block. 225 samples from each block were covered to get the total sample of 1350.

Results: The tobacco usage is more among males. 26% of study subjects were using smoke forms of tobacco daily and 4.74% were using less than daily. 24% of study subjects were using smokeless forms of tobacco daily and 10.59% were using less than daily. 86.59% of study subjects had noticed pictorial health warning of tobacco. Most of the study subjects were not aware of tobacco cessation clinics and nicotine replacement methods.

Discussion: The prevalence of tobacco usage is high among adult population of Kodagu district. There is need for greater emphasis and concerted action on prohibiting production, sale, and distribution of all forms tobacco. Tobacco impact awareness should be part of school/college curriculum.

FM 126 - The impact of diabetic foot ulcer on health related quality of life and employment among diabetics attending tertiary care teaching hospital, Davangere.

Dr. Navinkumar Angadi, Assistant professor, Department of community medicine, J J M Medical College, Davangere-577004, Karnataka, India.

Introduction: Diabetes mellitus is a major public health problem and Diabetic foot ulcer is the most common complication. In India the prevalence of diabetic foot ulcer varies from 3 to 14%. Diabetic foot disease has a negative impact on the psychological functioning and quality of life. It is associated with early retirement and reduced productivity.

Objectives:

1. To study the health related quality of life among patients with diabetic foot ulcer.
2. To study the impact of diabetic foot ulcer on employment status.

Materials and Methods: It is a hospital based cross-sectional study was carried out among patients attending outpatient department of tertiary care teaching hospital Davangere, during the period from 1st January to 31st March 2018. Total 80 patients were recruited for the study.

Results: Among 80 patients with diabetic foot ulcer, 79% had poor environmental domain composite score, 46% of the participants had poor physical and 48% had poor social health composite score. 38% study participants were not currently working. 15% had changed the job /work they did because of their diabetic foot ulcer.

Conclusions: Majority of patients with diabetic foot ulcer had poor health related quality of life and almost one-thirds of them were unemployed.

Key Words: Health related quality life, Diabetic foot ulcer, employment status.

FM 128 - Emergency Relief Response activities among Scouts and Guides in post disaster situation - an awareness study.

Dr. Narasimha B C, Assistant Professor, Department of Community Medicine, Kodagu Institute of Medical Sciences, Madikeri

Introduction: Kodagu district of Karnataka experienced devastating disaster in the form of heavy rain fall, floods and landslides in August 2018. Because of this, there were many casualties, morbidity and mortalities took place. In order to manage these kind of disaster effectively in future, Kodagu Comprehensive Response Plan (KCRP) was formed by District administration in association with UNICEF. As a part of KCRP, there were many disaster preparedness activities conducted. Among them, capacity building program for Scouts and guides on Emergency Relief Response (ERR) activities like First Aid, Water Sanitation & Hygiene (WASH) etc were organised.

Objectives:

1. To assess the awareness about Disaster, ERR, WASH & food safety among scouts and guides.

Materials and methods

A Cross Sectional Study was done using a questionnaire consisting of demographic details, Disaster, ERR, WASH & food safety among Scouts and guides representatives of ten districts of Karnataka. The total sample size was 75, which were collected through convenient sampling methods.

Results & discussion: ERR capacity building program was attended by 75 scouts and guides representatives out of which majority were males and participants were in the age of 16 to 22 years with education background of PUC and degree. Assessed awareness after training, we could see there was hundred percent correct response related to minimum quantity of drinking water required and importance waste segregation in immediate post disaster. 75 % increase in awareness about basics of disaster. Nearly 90% increase in awareness about WASH. Similarly there was increase in awareness about public health emergencies, shelter management and food management during post disaster situation. So as per above observation there is need for capacity building program for different groups for effective management in post disaster.

FM 129 - Correlation of Perceived Stress Score-10 with Self-reported Stress and its Validity

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2. Intern Medical Officer, VIMS & RC, Bengaluru
3. Lecturer in Biostatistics, VIMS & RC, Bengaluru

Introduction: Stress impacts the quality of life and is associated with increased risk of mental and physical disorders. Of many scales developed and used to measure stress, Perceived Stress Scale (PSS) developed by Sheldon Cohen is widely used instrument to measure stress perception. Although the instrument was originally defined as a single construct, several studies based on classical test theory suggest that a two-dimensional structure is more dominant.

Objectives

- To validate the PSS-10 and correlate the self-perceived stress with the PSS-10 score among autorickshaw drivers in.

Methodology: The study population consisted of 140 auto-rickshaw drivers in Bengaluru city, who completed the PSS-10 as part of socio-demographic and health profile study. The dataset of selective variables re-analysed using Epi Info version 7.2.2.1 and SPSS version 21. We examined the fit of the data distribution in a unidimensional Rasch model and performing modification of response categories, persons and items. The scale dimensionality was additionally assessed by Mokken and Rasch analysis.

Results: About 76% reported having some form of stress, of which 29%, 35%, and 36% were reported having mild, moderate and severe stress respectively. There was a statistically significant difference between the mean scores of those who reported having stress and no stress. Similarly, between the different levels of stress (p -value < 0.05). However, on Rasch model, the PSS-10 did not adequately fit. Mokken analysis revealed fit to the unidimensional model.

Conclusion : Our study indicated that the current form of PSS-10 is not adequate to measure perceived stress and better statistical fit for a two-dimensional than a unidimensional model.

Key words: Stress, Cohens Perceived Stress Score, Correlation

FM 130 - Awareness and utilization of maternal benefit schemes among married women of reproductive age group

Dr. Vidya K R, Asst prof, Sri siddhathainstitutue of medical sciences, T begur

Background: Maternal health states the health condition of a woman at the time of pregnancy, child birth, and post-delivery. About 830 women die from pregnancy- or childbirth-related complications around the world every day. It was estimated that in 2015, roughly 303 000 women died during and following pregnancy and childbirth. Now countries have united behind a new target to reduce maternal mortality even further. One target under Sustainable Development Goal 3 is to reduce the global maternal mortality ratio to less than 70 per 100 000 births, which makes its essential to implement these schemes to reduce MMR further more. For which awareness regarding available schemes is essential for effective implementation of schemes.

Objectives: With this regards present study was planned to assess awareness and utilization of maternal benefit schemes.

Methodology: A cross sectional study will be conducted among the pregnant women attending antenatal clinic in a urban health center of tumkuru District, Karnataka, India. Institutional Ethics Committee approval was obtained prior to the study. Informed consent will be obtained from the study subjects. A sample of 150 women in reproductive age group required to conduct study.

All women in reproductive age group attending antenatal clinic will be include in the study, Seriously ill antenatal women will be excluded from the study. NonProbability convenience sampling will be followed to select study participants. A structured interview method will be used to collect data from the subjects regarding Socio-demographic details and Awareness about the 8 Government Maternal benefit schemes.,

Statistics and analysis of the data

The data will be entered into Microsoft Excel and analysed using SPSS version 16 for frequencies, proportions, and associations.

FM 132 - A community based study on perceived knowledge of diabetes on cause, control, prevention and complications among diabetic patients in Bengaluru city

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2. Professor, department of Community Medicine, Sambhram Institute of Medical Sciences, Kolar.

Background: The numbers of diabetes mellitus cases are increasing among all sections of Indian population. The knowledge about the disease, associated complications and co-morbidities are not satisfactory among the public including diabetic patients. The objective of the study was to assess the perceived knowledge and determining factors on onset, control, prevention and complications of diabetes mellitus in urban area of Bengaluru. **Methods:** A cross sectional, descriptive and community based study with a sample size 770 randomly selected known diabetics was conducted during May to July 2016 in Bengaluru city by direct interviewing them at their doorsteps using pretested questionnaire. The data contained information about the socio-demographic profile, knowledge about the warning signs, complications, controllability, consequences and co morbidities. Data was analysed in SPSS version 18. **Results:** There were 43.7% and 57.5% of males and females respectively. Seventy percent of

females were homemakers and two third were literates. The maximum numbers of subjects were in the age group of 41-60 years with mean age of 56 ± 11.6 years. Family history of diabetes was present among 40%. The median duration of diabetes was 48 months (range 1 to 360) and 38% of the subjects had co morbid conditions related to cardiovascular diseases and other systems. The perceived knowledge related to prevention, complications, consequences and controllability of diabetes was not adequate in relation to their literacy status, family history and duration of diabetes. The overall perceived knowledge was better among females than male subjects. Conclusions: The perceived knowledge about the different aspects of diabetes care at the personal level of diabetics were inadequate and needs periodic counselling as intervention measures.

FM 133 - A study on assessment of COTPA Compliance for Section 4,5 and 6 of COTPA 2003in Davanagere district of Karnataka

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Introduction: Tobacco use is the single largest cause of preventable deaths globally. Half the people who use tobacco die from its complications. The Indian government has armed itself with a comprehensive act that would sound the death knell to an industry which by social sanction and legitimate means is killing millions annually.

Objectives: To measure the level of compliance to Section 4,5 and 6 of COTPA .

Methodology: A cross sectional observational study was conducted in three taluks of Davanagere district. Cluster method sampling was employed to determine the sample size. 110 point of sale and 90 educational institutions were observed from each taluk. A structured observational checklist was developed to collect data. Data entered in MS Excel and analysed proportions were calculated for each domain and results expressed as mean, proportion and percentage

Results: Percentage of public places having Signage's displayed were 31%.Active smoking was not observed in 84.54%. At point of sale, more than half 53% were temporary shops and 47% were permanent shop. Only 4.44% were exclusive tobacco shops, Majority of them 59.33% were selling tobacco products along with other things. 18.67% of the shops displayed signage. In 1.78% shops, seller was minor and in 7.11% of the Point of sale the purchaser was minor.

Conclusion:It is very important to increase awareness about COTPA act among Tobacco consumers and sellers. Legal action against shop owners for poor compliance and strict implementation of COTPA through rigorous enforcement should be taken. Routine monitoring by a surveillance team is the need of the hour.

Keywords: COTPA, Tobacco, Smoking

FM 135 - Study of awareness and utilization pattern of antenatal care services among tribal women of reproductive age group in Kodagu District, Karnataka.

Dr.Sharvanan, Associate Professor, Kodagu Institute of Medical Sciences ,Madikeri

INTRODUCTION:There is widening gap between the rich communities and the poor, undeserved and marginalized communities like those living in difficult terrains like hilly and mountain regions.Hence this study was conducted to assess the level of knowledge about antenatal care services among tribal women of reproductive age group and

to find out the utilization pattern of antenatal care services tribal women of reproductive age group and the factors affecting them.

MATERIALS AND METHODS: It was a Community Based Cross Sectional Study done among married women in reproductive age group(15-44 years) living in tribal areas of rural area of Kodagu District. The data collected included variables such as sociodemographic profile, antenatal care details like registration of pregnancy, antenatal visits, tetanus immunization, iron folic acid supplementation and awareness about use of contraception etc.

RESULTS AND DISCUSSION: A total of 288 tribal women participated in the study. Majority (38.2%) of the respondents belonged to the age group 25-29 years. One fifth of the study participants (20.1%) were illiterates and more than half of the women (58.0%) belonged to lower socioeconomic status and 15.3% had married before the age of 18 years. More than two third (39.2%) had more than two children. only 66% registered the pregnancy in the first trimester and it was noted that only 187(64.9%) pregnant women consumed the required dose of iron folic tablets. The utilization rates for various ANC services like received required TT immunization, at least three visits to health centre and family planning advice are 86.5%, 71.5% and 90.3% respectively. Age of the mother, education of both mother and father and socioeconomic status and age at marriage were significantly associated with adequate ANC utilization ($P < 0.05$). Unawareness, transport issues and financial matters were the main reasons for incomplete ANC services utilization.

FM 137 - Utilization of Nagu-Magu ambulance services in Hassan district by Lot Quality Assurance sampling

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1. Assistant professor
2. Assistant professor
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Introduction; Under National Health Mission, Govt Of Karnataka provides free transport facility from health centre to back home under the name “Nagu-Magu ambulance services” to all BPL card hold mothers and their infants, who have delivered at District /talak hospitals to distance of 40 km around the health centre. finding the awareness level and extent of utilization among the beneficiaries not only helps in evaluating the success of Nagu-magu ambulance services but also in providing constructive feedback for future escalation of services.

Objectives:

1. To assess the awareness about nagu-magu ambulance services among women delivering at Government health facilities.
2. To determine the utilization of nagu-magu ambulance services among women delivered at Government health facilities.
3. To identify the factors associated with usage of nagu-magu ambulance services.

METHODOLOGY:

- Type of study: Community based Cross sectional study
- Study setting: : all mothers who have delivered one year back at Talak/district hospitals. Of Hassan district.
- Study duration: three months
- Sample size :171 lactating mothers

SAMPLING technique: Lot Quality Assurance Sampling (LQAS).

Inclusion criteria: All BPL card hold mothers, residing at rural areas who have delivered at govt health facilities like...TH/DH... one year back and who are willing to participate in the study

Exclusion criteria: APL card hold MOTHERS /Delivered at SC/PHC/CHC/Residing at urban area.

Method of data collection: Using a pre designed questionnaire...data about awareness level and factors associated with usage timeliness of the service, satisfaction, out of pocket expenditure etc will be collected ; service Utilization data will be collected from registers maintained at each health facilities. Data will be entered in MS excel and analysed for descriptive statistics and appropriate rates of utilization will be calculated and expressed in percentages

Results: As the study is under progress results will be presented at time of conference

Key words: Nagu-Magu, LQAS, Utilization Rate

FM 139-“STUDY ON PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG FIRST YEAR NURSING STUDENTS”

Dharaneesh Prasad , Associate professor, Sri Siddhartha institute of medical sciences and research centre.Tumkur

Introduction: Nursing students are a valuable human resource for our future and depression in them leads to less productivity, reduced quality of life, learning difficulties and may negatively affect patient care.

Objectives:

1. To assess the prevalence of stress, anxiety and depression among first year nursing students.
2. To study the association of various socio-demographic variables with stress, anxiety and depression.

Methodology:A cross sectional study was conducted at SJBCON by universal sampling method during the month of October 2018.A self-administered questionnaire consisting of 2 sections, socio-demographic data, and DASS 21 was given to each of the participants.In DASS 21 questionnaire, the individual is required to indicate the presence of a symptom over the previous week. DASS 21 consists of 21 questions in total which was designated for participants to specify their emotional level for each statement. In total there are 7 items for each depression, anxiety and stress assessment. Each item is scored from 0(did not applied to me at all over the last week), to 3 (applied to me very much over the past on week). Because the DASS 21 is the short form version of the DASS 42 the final score of each item groups must be multiplied by 2. The minimum score is 0 and maximum score is 42.

Results:Prevalence of depression, anxiety and stress was 71.2%, 43.9% and 41.7% among first year nursing students. Prevalence of first year nursing students with severe and extremely severe levels of depression, anxiety and stress was 16%, 25% and 5%.

Keywords:Depression, anxiety, stress, mental health, nursing students.

FM 140-Title: A study on impact of food provided by canteen on the health of workers, in a beverage company in Bangalore- Cross sectional study.

SHANTHI M, Assistant Professor, Dr.B R Ambedkar Medical College, Bangalore

ABSTRACT

Back ground and objectives:To assess quality of the food provided in an industrial canteen and impact of the same on the worker's health.

Methodology: A cross sectional, observational study was conducted on a industrial canteen in a beverage company in Bangalore. Data was collected from 150 workers, using a pretested questionnaire during April-May 2019. And then it was entered into MS excel sheet 2010. Data compilation and analysis was done using SPSS Version 16. Study variables were body mass index (BMI), Waist circumference (WC). And dietary intake at lunch obtained by 24 hrs dietary recall method.

Results: Majority of the participant were PUC/diploma holders 66% followed by high school diploma holder 22% Graduate (8%), Primary (4%). Among study participant 56% belong to nuclear family & 44% to joint family. In the present study majority 64% were nonvegetarian & 36% were vegetarians. All participants consumed cereals, pulses green leafy vegetables and milk daily while non vegetarians consumed flesh weekly. In the present study 40% of the study participants consumed junk food, 60% were alcoholic, 50% of them were smokers. In the present study 42% were overweight and obese, 4% underweight according to BMI. 92% of the study participants had central obesity based on WHR.

Conclusions: Nutritional status was dependent on the type of food provided in the canteen, and Central obesity was a rampant feature

Key words: Food pattern, Nutritional status, factory workers, canteen WHR, BMI.

FM 141 –Risk factors and Socio-demographic profile of patients with attempted suicide in a tertiary care center, Bengaluru: A Cross-Sectional study.

Dr.Kavya M Alalageri, Tutor (Post MD), Shimogga Institute of Medical Sciences, Shivamogga

Introduction: A high suicide rate is an index of social disorganization. In India, it is the second leading cause of death among 15-29 years age group. Young age, female sex, poor education, unemployment and socio economic deprivation are some of the potential risk factors.

Aims: To assess the risk factors and socio-demographic profile in patients with attempted suicide in a tertiary care centre.

Methods and Material: A Cross Sectional Study was conducted among 476 suicide attempted patients by convenient sampling from January 2016 to May 2017. Data was collected by using a pretested, semi-structured questionnaire. Results are presented in terms of frequency and percentages and inferential statistics used where required.

Results: Mean age of study participants was 30.65±0.75 years. 57.78% of them were males. Hindus (82.98%) were predominant among the cases. Most of the suicide victims (82.97%) were from nuclear families. 24.57% of study participants had family history of suicide. There was no significant association between socio-demographic factors like education, occupation and socio-economic class and the number of previous attempts.

Conclusion: Suicides and attempted suicides are slowly but steadily assuming the levels of a public health problem caused by multiple factors. Hence there is a need to address the risk factors for suicide attempts and preventing them by taking proper measures at individual, family and societal level.

Keywords: Suicide, risk factors, suicide intent, socio-demographic factors.

FM 143 - An Evaluation of Health status of garments factory workers in a rural area of Kolar

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2. Professor and HOD
3. Assistant Professor in Statistics

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Introduction:

India is one of the leading countries in the sector of garments and textiles. Our country has become the second largest exporter in the field of textiles in the world. The textile industry, despite being the second largest employment generation sector in India, the working conditions is still ergonomically poor and unacceptable. This has continued to cause multiple morbidity conditions ranging from physical conditions like musculoskeletal disorders to severe mental stress. As studies regarding this was sparse in the rural industrial areas of Kolar, the present study was undertaken.

Objectives

1. To assess the socio-demographic profile of the garment factory workers.
2. To assess the various morbidities among these workers.

Methodology: A cross-sectional study was conducted among the garment factory workers in a rural area of Kolar. A total of 150 workers were included by simple random sampling for the assessment of the occupational health hazards and safety provisions. The information regarding their socio-demographic profile and morbidity profile was collected using a pre-designed and pre-tested proforma.

Results: The socio-demographic profile of the study population shows that most of the workers were females (99.01%) and were in the 18-45 age-group (80.36%), with none below 14 years of age. It was found that 23.21% of the workers were illiterate and most of them belonged to poor socioeconomic status. Among the chief complaints, it was found that musculoskeletal problems (69.64%) were the commonest. The body areas commonly affected were neck (64.10%) and low back (41.03%). The other morbidities detected were generalized weakness (14.29%), menstrual problems (5.36%), insomnia (21.43%), blurred vision (12.05%) and anemia (8.93%).

Conclusion: The various morbidities detected, especially the high prevalence of musculoskeletal problems, is alarming. It is high time to step up the responsibility of employers for improving the health and safety conditions.

Key words: Health status, Garment factory, Kolar

FM 147 - Knowledge, attitude and practices of Self Medication and its determinants - a cross sectional study among urban population in South India

Dr.Saba Mohammed Mansoor, Assistant Professor,community medicine, Kanachur institute of medical sciencesand research centre, Mangalore

Background: Self-medication (SM) encompasses the use of the medicines by the users for self-perceived illnesses or the continuing use of medications prescribed by the doctors earlier. Use of over the counter (OTC) drugs is also a form of SM. The buyer diagnoses his own illness and buys a drug OTC, to treat himself. Self-medication is often associated with irrational use of medications leading to wastage of resources, resistance to pathogens, antibiotic resistance, adverse reaction, and risk of drug abuse.

Objectives: To determine the prevalence, knowledge, attitude and practices of Self Medication and its determinants among the residents in an urban part of Mangaluru, Karnataka.

Methodology: Present study was a community based cross sectional study. All heads of families in the selected population comprised the study population. The final sample size estimated for the study was 472. The study was conducted over period of one year, i.e., from 01 Jun 2017 to 31 May 2018.

Results: Out of the 472 study subjects in our study, 310 (65.6%) had the knowledge that medicines have to be consumed only after a consultation with a doctor. It was observed that 45.3% study subjects considered Self Medication as safe to consume for a chronic illnesses. However, for severe illnesses like seizures, repeated episodes of vomiting, diarrhoea, dyspnea, etc., all of the study subjects (100%) felt the need to consult a doctor. The most common source (92.3%) of obtaining medicines was found to be doctors' clinic, followed by pharmacy (73.2%). The most common health condition for which self-medication was practiced was fever (75.4%), and respiratory symptoms (24.9%). The most commonly used drugs for self-medication were anti-pyretics (71.4%) and analgesics. Conclusion: The prevalence of self-medication was found to be high among the study subjects, despite the fact majority of them were aware of its adverse effects.

Keywords: Self-Medication; Determinants, Alternate system

FM 151 - HEALTH PROFILE OF WORKING FISHERMEN IN KARWAR CITY: A CROSS-SECTIONAL STUDY

Dr. Hemagiri K, Professor and Head, Karwar Institute of Medical Sciences, Karwar

Introduction: Fishing community is one of the unique, traditional and endemic community. Fishing is one the major occupation of Uttara Kannada district. Fishing is an occupation where the occupants are exposed to both water and sunlight throughout their working hours, hence occupational diseases prevalent among the fishermen of Karwar is to be worked out.

The studies on fisherman are more concerned about their Socio-Economic status. There is need for more studies related to Health profile of working fisherman. Hence the current study will concentrate on health profile of fisherman in Karwar.

Objectives: To assess the health profile of the working fishermen.

Methodology: Data was collected from fishermen of Karwar Municipal Town region coming under field practice area of Department of Community Medicine KRIMS, Karwar. From the information from Central Marine Research Institute, Uttara Kannada district, from the census 2007 data there are 776 fisherman families residing at Karwar Municipal Town region. All the working members of the family engaged actively in marine fishing formed the study sample. Socio-demographic data, illness, recent morbidity in 1 month were assessed and collected using pre-structured and predesigned questionnaire.

Results: Will be displayed at the time of presentation

Conclusion: Will be displayed at the time of presentation.

KEY WORDS: Health, Fisherman, Working

FM 156 - Mental Health Status of Adolescents of pre university college of Coastal City of Karnataka-A Cross-sectional study.

Dr Abhishek Prayag, Assistant Professor, KRIMS KARWAR

INTRODUCTION: National Mental Health Survey of India showed mental disorders among 7.3% of children aged 13-17, with prevalence in urban metros nearly double (13.5%) that of rural areas (6.9%). Mental health of children is not much explored in India, especially in Karnataka. In this study, we aim to assess the prevalence of the mental health problems in adolescent children.

OBJECTIVES: To assess the behavioural pattern (strengths and difficulties) of adolescents.

METHODOLOGY: This was a cross-sectional study among Adolescent Children studying in Pre-university college of Karwar for a period of six months (June-July 2019). All the students of the Government Pre-university College formed the sample i.e. 210 students. Permission was taken from the Principal of the college. A predefined and pre-structured questionnaire was used. Students' Assent was taken prior to delivering the questionnaire.

RESULTS: Girls had more emotional problems, while the rest of the mental health problems were more prevalent in boys. Rest of the results will be uploaded while submitting the presentation.

CONCLUSION: will be uploaded while submitting the presentation.

KEY WORDS: Adolescents, Mental health, status.

FM 158 - A study of prevalence of stroke among the elderly population of the rural field practice area of Mandya Institute of Medical Sciences, Mandya.

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Introduction

People aged 60 years and above account for 11% of the world's population. Chronic illnesses like stroke, heart disease, diabetes, chronic respiratory disease, and malignancy cause disability and death in elderly population. Stroke is the second common cause of death and fourth leading cause of disability worldwide. Age is the strongest determinant of stroke and the risk of stroke doubles every decade above age 55. This study was done to assess the prevalence of stroke among elderly persons.

Objectives

To determine the prevalence of stroke among the elderly population in the rural field practice area of Mandya Institute of Medical Sciences (MIMS) Mandya.

Methodology

Study design: Cross sectional study

Study period: 1 year

Study area: Rural field practice area of MIMS Mandya

Study Population: All elderly persons residing in the study area at least 6 months willing to participate.

Results: Among study subjects (n=805) subjects prevalence of stroke is 1.9%

Conclusion: In our study prevalence of stroke among the study subjects was 1.9%. Prevalence rate was more than what was seen in India stroke factsheet updated in 2012 (1.1%). The prevalence of stroke among elderly in urban was 1.9%. The increase in prevalence rate in this study can be explained by time gap between two studies and also because of decreased mortality due to better health care services.

Keywords: Prevalence, Stroke, Elderly

FM 159 - Parental supervision of unintentional injuries among children aged 1-9 years among rural mothers

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Back ground: Unintentional injuries have replaced infectious diseases as the most serious public health problem of children in the industrialized world today. Most unintentional injuries to children under 5 years of age occur in and around the home. Concern about injury to young children evokes 'protective' parenting reactions. So study was started with objective to assess the prevalence of unintentional injuries and Parental supervision of unintentional injuries among children aged 1-9 years among rural mothers.

Methodology: It is a Community based cross sectional study carried for 6 months among rural mothers of 30 villages RHTC field practice area. Sample size was calculated based on previous study which was 300 and mothers who are 18 years and above having at least one child aged 1- 9 years were included in the study. Data collected using Parental supervision behaviour scale by interview technique and entered in Microsoft excel sheet, analyzed

using SPSSv22. Student T test and ANOVA test used to see the difference among various groups with statistically significant p value defined as p value less than 0.05.

Results : 45(34%) of mothers were in age group of 25-30 years, 60(45%) had finished primary schooling, 72(67%) mothers belonged to nuclear family. Falls, cuts followed by insect bites were common Unintentional Injuries among 1- 9 years children. The protectiveness score and supervision was higher among mothers those with higher education and Socioeconomic status, risk tolerance and fate scores were higher among mothers of nuclear family. (Rest of results will be presented during the presentation).

Conclusion: Age, Educational status, Type of family were found to influence on parental supervision behaviour
Keywords: Unintentional injuries, Mothers, Supervision, Socioeconomic status

FM 160-Epidemiological profile of type II diabetes mellitus in patients admitted in tertiary care centre and to assess the knowledge regarding complications,

Lokesh KC, Assistant professor, MVJ Medical College and research hospital.

Introduction:- Prevalence of diabetes among countries vary dramatically and is now turning into a ‘global epidemic’. Number of diabetes in the world was 415 million in 2015 and is expected to increase to 642 million in 2040 . Prevalence of diabetes in India was 9.3% among adults with estimate of 52.1% remaining undiagnosed. Diabetic patients, if undiagnosed or inadequately treated, develop multiple complications leading to irreversible disability and death. Study aim to access the knowledge, attitude and practice of the patient’s with Type2 DM in a tertiary care health centre.

Objectives:- 1. Epidemiological profile of diabetes mellitus in in-patients in tertiary care centre. 2. To access the knowledge about complication of type 2 diabetes mellitus. 3. Identify the risk factors for high level of HBA1c among study population.

Methodology:- It is duration based cross sectional study which includes the DM patients admitted in MVJ hospital during June to November 2018. Data was collected by using pretested semi structured questionnaire and entered in MS Excel. Analysis was done using SPSS trial version and results brought out as proportions and associations tested using Chi Square test.

Results: The results showed that majority of patients belong to mean age 57.31 ± 4.32 years, around 33% were illiterate, 44% had no knowledge about diabetic complication, reason for admission was uncontrolled sugar level in 44% and 24% had multiple complication, significant association was found between level of knowledge and onset of complication ($p < 0.0001$), and between HBA1c level and education, knowledge and duration of onset of complication ($p < 0.0001$).

Conclusion:- Majority of the patients lack knowledge about diabetic complication, resulting in poor glycemic control, holistic approach using health education should be advocated for better outcome of the patients.

FM 164 - Prevalence of Depression in type 2 Diabetes Mellitus patients in Rural field practice area of S. Nijalingappa

Medical College, Bagalkot, Karnataka
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Assistant Professor,
S. Nijalingappa Medical College, Navanagar, Bagalkot

Introduction: Diabetes is a chronic disease which affects all organs of the human body. According to World Health Organization 300 million people will be affected from Diabetes by 2025. Depression has been defined as wide range of emotional lows, from mere sadness to a pathological suicidal state. Depression is another chronic manifestation which causes great proportion of burden. Among diabetes patients, the prevalence of depression is common.

Objectives:

1. To find out, the prevalence and determinants of depression in patients with established type 2 Diabetes Mellitus patients (T2DM)

Methodology: Cross-sectional study undertaken at rural field practice area of Department of Community Medicine, S. N. Medical College, Bagalkot from July to December 2018. Patients with established type 2 diabetes mellitus were considered for the study and the sample size calculated as 145. The prevalence of depression was assessed by Beck Depression Inventory (BDI) Scale.

Results: In the present study, a total of 150 patients were studied, out of which 76(50.66%) were females and 74(49.33%) were males. 40% of the study subjects were between age group 61 to 70 years, majority(79%) of total study population was on oral hypoglycemic drugs and 20% on both insulin and oral hypoglycemic drugs. According to Modified B G Prasad classification 39% of patients were of class II, 35% of patients were of class III and 15% class I.

According to Beck's depression scale, out of 150 subjects 84 (56%) were having depressive symptoms, 66 (44%) of subjects were normal. Among the depressive patients, 44(29.3%) had mild depressive symptoms, 24 (17%) had moderate symptoms, 16 (12%) had severe symptoms. 66% of the study patients were found to be doing regular exercise. Majority(75%) of severely depressed patients belonged to overweight or obese group, which is statistically significant. Patients belonging to lower socioeconomic group had higher chance of depression.

Key-words: Depression, Diabetes Mellitus, Beck's depression scale.

FM 166 - Pattern of burn injury admissions at a teaching hospital of Karnataka, India: a three year retrospective study

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Introduction: Burn injuries and their sequelae are major causes of morbidity and mortality worldwide. It has both psychosocial and economic impact to the patient and to their family. It is one of the preventable condition for which education is essential. Adequate knowledge of the epidemiological characteristics and associated risk factors and a good practice of burn management can reduce the mortality and morbidity of burn patients.

Objectives of the study:

To study the Socio-Demographic profile of burn patients and also to evaluate the aetiology, manner, and circumstances of occurrence of burn injuries along with their outcome.

Methodology: A retrospective study was done using the records of all burn patients admitted from January 2013 to December 2015 at Teaching Hospital, HIMS Hassan. The records were analysed for socio demographic profile, pattern of injuries and outcome.

Results: 390 patients were enrolled in the study. Woman patients marginally outnumbered men (52.6% vs. 47.4%). Accidental burns were 92.8%. 84.6% of the patients sustained burns at their home. Flame burn constituted 62.6 % and scald burns 31% of the total burns.

Conclusions: Burns is still an issue of concern. Our study highlights the need for a burns data- base to know the reasons and what measures could prevent the occurrence. Number of patients referred is high indicating the need for specialist services at the District level.

Keywords: Accidental burns, Epidemiology, Fire safety, Pattern of injuries, Scalds.

FM 167 - Determinants of BCG Vaccine Wastage: An effort towards vaccine security

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1. Associate Professor, Department of Community Medicine, Hassan Institute of Medical Sciences, Hassan
2. Reproductive and Child Health Officer, Dept of Health and Family Welfare, Hassan District.

Introduction: This study attempts to calculate vaccine wastage rates in a district setting and to identify the factors influencing wastage at facilities, which could then lead to appropriate guidance and training to reduce vaccine wastage

Methodology: A Cross sectional study was carried out among the Health Centres of Hassan District. We selected 1 district hospital ,3 taluk Hospitals ,6 Community Health Centres and 32 Primary Health Centres across the district. After enumerating the number of centres to be visited, centres were visited, and data was collected through record review and interview from the staff on a predesigned Proforma.

Results: BCG vaccine is administered in all the centres of our District Health System as per the national immunization schedule. At the district level a 40 thousand doses each of 0.1ml of BCG vaccine is procured and 20 thousand beneficiaries are vaccinated. At the District hospitals where deliveries are 20 to 40 per day yearly 20000 doses of 0.1ml are availed, 9-10 doses are used in a vial resulting in 50 % wastage. In the Taluka Hospitals where deliveries are 5 to 10 per day, 5-6 doses are used in a vial resulting in 75 % wastage. In the Community Health centres and PHC where less than 1- 2 deliveries happen a day 1 to 2 doses are used results in wastage of 90 - 95 %.

Conclusion: The wastage is high because the dose procured, supplied and used are large (0.1ml). In all the centres usage of 0.05ml can increase the safety associated with vaccine and reduce the wastage.

Key Words: UIP, BCG Vaccine, Vaccine Wastage, District Health System

FM 168 - Study of Knowledge Attitude and Practice regarding road safety among adolescents in Madikeri, Karnataka.

Dr. Kruthika K1, Dr. Ramachandra Kamath²

1. Assistant professor

2. Professor and Head

Dept. of Community Medicine, KoIMS, Madikeri

Background: Road traffic accidents (RTA) are considered as one of the important public health problem around the world. Currently RTA's are the 8th leading cause for the death. About 90% of the RTA's occurs in developing countries and the most common age group is 15-19 years. Interventions aiming to improve the knowledge and behavior regarding road safety, traffic rules and risk factors associated with RTA's among the young adolescents will help to decline the number of Road traffic accidents.

Objective: To assess the Knowledge Attitude and Practice regarding road safety among adolescents

Materials and methodology: A cross sectional Study was conducted among the 200 adolescent college (1st and 2nd PUC) going students of Madikeri by using predesigned pretested questionnaire. Data analysis was done using SPSS version 21.

Results: In the present study most (47%) of the students were of 17 years old. Around 36% of the students had driven motorbikes, among these only 43.2 % of them were using Helmets while riding, 91.6% of them were still minors, and only 2.7 % of them had valid driving license. Only 19% of the students were aware of minimum 5 out of 10 traffic sign boards. Around 98 % of the students agreed it is offence to drive without license, 99% of them agreed non-usage of helmet increase the chance of accident and 88% of them agreed it is offence to use mobile phone while driving.

Conclusion: Even though the knowledge about road safety was good among adolescents but still the practice of the same was poor. Thus, teachers and parents should emphasize the importance of road safety measures in order to indulge in the safe practices and to prevent road traffic accidents.

FM 176 - Tobacco Usage Pattern and Its Determinants among the Students of a Medical College in Kerala

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Introduction: Tobacco kills nearly 7 million people each year and causes hundreds of billions of dollars of economic harm annually in the form of excess health-care costs. Tobacco consumption by medical students who are the future health professionals, could have negative impact on society.

Objectives: To assess the prevalence, pattern and determinants of tobacco use among the undergraduate medical students and also their awareness towards the harmful effects of tobacco use.

Methodology: This was a cross-sectional observational study conducted at DM Wayanad Institute of Medical Sciences, Wayanad between March-August 2017. All the undergraduate students of the medical college were the study subjects. Completed responses were obtained from 400 students. Data were collected using a pre-designed, pre-tested, self-administered questionnaire.

Results: 18.8% were ever users and 11.8% were current users of tobacco. Current use of tobacco was higher among males compared to female, NRI quota students compared to other quota students and those with a family history of tobacco use compared to those without and all these associations were found to be statistically significant ($P < 0.01$ for all). Average amount spent on tobacco use was 54.02 ± 9.88 per day. The most common reason for initiating tobacco use was peer pressure (57.4%), followed by desire to experiment (48.9%) and stress relief (34%). 27.8% had inadequate knowledge about the harmful effects of tobacco use.

Conclusions: The prevalence of both ever use and current use of tobacco was lower in this study. Male sex, NRI quota of admission and presence of family history of tobacco were found to have a significant association with current use of tobacco.

Keywords: Tobacco usage, medical students, Kerala, Wayanad

FM 177- Title: Comparison of 24 hour recall, three day dietary cycle and seven day dietary cycle as a tool for nutritional assessment in a Rural South Indian Community: A Cross sectional study

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Abstract

BACKGROUND: Dietary assessment is important to give nutritional counselling and to monitor the ongoing nutritional transition and to initiate public health policies.

OBJECTIVE: To compare 24 hour recall method, three day dietary cycle and seven day dietary cycle as a tool for nutritional assessment.

STUDY DESIGN: A community based cross-sectional study.

METHODS: The study was conducted in a rural community of Hunasuru taluk of Mysuru district. 50 houses were selected randomly by lottery method. Data was collected using a pre-structured questionnaire on dietary intake and analyzed using SPSS V.24.

RESULTS: Descriptive statistics like mean and standard deviation was used and inferential statistics like one way ANOVA showed that there was a significant difference in the recorded calorie intake by the three methods of dietary

assessment; $f(2,) = 10.109$, $p < 0.00$. Bonferroni Post Hoc revealed significant higher recordings by 24 hour recall method (2422.56 ± 1581) compared to three day dietary cycle (1462.14 ± 761) and seven day dietary cycle (1782.97 ± 682.6). There was no statistical difference seen between three day dietary cycle and seven day dietary cycle.

CONCLUSIONS: Three day dietary cycle method could replace seven day dietary cycle method as the dietary assessment tool, as it provides results comparable to the gold standard seven day dietary assessment method and it is less time consuming, cost effective and ensures better compliance.

KEY WORDS: Nutrition, Dietary assessment, Comparison, 24 hour recall, 7 day dietary cycle.

FM 181 - Evaluation of Knowledge and Skills of Home Based Newborn Care among Accredited Social Health Activists (ASHA) in Mysore District, Karnataka

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Introduction: Globally, over 130 million babies are born every year, and almost 4 million die in the first four weeks of life. The first month of life, the post-natal period, for the mother and the newborn is the most critical time in the life. Based on these facts Government of India took an initiative, Home Based Post Natal Care (HBPNC), to follow up postnatal mothers and newborns for first six weeks. All peripheral health care service providers are responsible for providing Home based Post Natal care. However, the main vehicle to provide this is Accredited Social Health Activist (ASHA) workers under NHM.

Objectives:

1. To assess the knowledge of ASHA on Home Based New-born Care in Mysore District.
2. To assess the Skills of ASHA on Home Based New-born Care in Mysore District.

Materials and Methods: A cross-sectional study was conducted in Periyapattana taluka, Mysore District, Karnataka, between January to April 2017 using pre designed semi structured questionnaire is developed by the authors using ASHA training modules 6 and 7 of NRHM. The ASHA workers were also evaluated on their performance of the skill as per the training module 6 of NRHM.

Results and Discussion: Among ASHA workers who participated from selected PHC, majority 56% were young and experienced 84%, which shows better work performance at field level. Majority were Hindu by religion and educated according to NRHM standards i.e. minimum of high school and above 94%. Majority 34 % were house wife and 88% were belong to BPL and 43 were married.

Our study shows good Knowledge regarding home based newborn care but when it is comes to practice which is comparatively low as compared to knowledge level.

Keywords Home Based New-born Care, ASHA, Rural community, Mysore, Karnataka

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FM 183 - Clinical expertise and practice pattern among pediatricians regarding Constipation in Infants and children

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BG Nagara

Objectives:

To ascertain existing clinical practice and essential knowledge among pediatricians on infantile and pediatric constipation

Materials and Methods: A cross sectional study was conducted among consenting pediatricians working at a tertiary pediatric care institute. Questionnaire was prepared by an experienced pediatric gastroenterologist on various aspects of constipation in subdomains such as clinical features, diagnosis, management and complication. 70 pediatricians with varying years of experience in clinical practice were approached. 64 of them consented for participation, among which 54 appropriate responses were considered for final analysis.

Result: Participants were divided into three groups based on number of years of experience, group 1 with experience less than 5 years (n=24), group 2 with experience 5-10 years (n=23) and group 3 with experience of greater than 10 years (n=7). Overall correct response rates were found to be 54.31% in group 1, 52.95% in group 2 and 48.68% in group 3. On analyzing subdomains, in group 1 the correct response rates were 31.44% in clinical features, 68% in diagnosis, 69.95% in treatment and 75% in complications. Where as in group 2 the correct response rates were 36.22% in clinical features, 66.66% in diagnosis, 65.75% in treatment and 56.5% in complications, and in group 3 the correct response rates were 38.11% in clinical features, 47.33% in diagnosis, 57.12% in treatment and 64% in complications.

Conclusion: This study finding highlights the differences in clinical expertise and practice pattern among various groups of pediatricians which highly influences the need for optimizing the standard of child care by specifically addressing the deficits and timely referral to pediatric gastroenterologists. It also emphasizes effective healthcare policy that could bring about holistic management of constipation in infancy and childhood.

FM 184 - Alcohol related harms to others: an epidemiological study from a coastal district of Karnataka.

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Introduction: Alcohol consumption can have a range of negative impacts on people other than the drinker, for example physical violence, road traffic accidents, relationship problems, financial difficulties, feeling scared in public places, or reporting negative impacts on children due to another person's drinking. To date there has been relatively little research on alcohol harm to others in India and this research is a first step in filling this evidence gap. With this background the present was planned to identify the alcohol related harms to others.

Methods: A community based cross sectional study was conducted among 780 households of Udupi district. A pretested semi-structured questionnaire was used to collect information regarding alcohol related harms in the last one year. The data was collected using Epi-info software (version 7) and analyzed using SPSS version 15.0.

Results: Of the 780 households surveyed 28.3% (n=222) were alcohol user households. Nearly a third (37.2%) of the participants reported to be physically harmed of which being kept awake at night by drunken noises was the major harm. Alcohol related financial harm was seen in 12.2% of the households and nearly 4% of the respondents had problems at their workplace. Of the total household members interviewed 66 reported that their children had to face problem from an alcoholic person in one or the other way. Similarly, 28.6% (223) of the study participants had to face problems like going out of their way to avoid the alcoholics and being annoyed by person urinating, vomiting or littering in the community.

Conclusion: A great majority (86%) of the residents felt that the alcohol related harms are preventable with coordinated efforts between government and society.

Key words: Alcohol, physical harm, psychological harm, financial harm.

FM 185 - Care cascade, enablers and challenges in the implementation of Active Case finding in a selected district of Karnataka, South India

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Background: Tuberculosis is a major public health problem of concern especially in the low and middle income countries. Active case finding (ACF) is a novel approach to TB screening and a promising tool for increasing early case detection among marginalised populations. As opposed to passive case-finding it involves systematically searching for TB in individuals who would not spontaneously present for care. Prompt linkage of diagnosed TB patients to treatment is crucial to ACF's success, as failure to do so may result in disease progression and continued transmission within the community.

Objectives: 1. To explore the perceptions of patients and health care providers on enablers, challenges in implementation of active case finding in a selected district of Karnataka, South India. 2. To explore the perceived solutions to improve the efficiency of ACF activity.

Methods: A qualitative descriptive study was done in Bengaluru rural district during July 2018. Study population included the presumptive TB patients (n=8) and health care providers involved in active case finding (n=9). Purposive sampling to select the health care providers and the presumptive TB cases identified in active case finding activity were conveniently selected and included.

Results: Some of the challenges faced by health care workers were inability to convince people to get sputum test done, indifferent attitude of community due to stigma regarding TB, inadequate training of ASHA workers, shortage of staff during ACF, delay in getting CBNAAT results, lack of proper counseling of patients about TB treatment.

Conclusion: Tailored approach is essential in addressing barriers to successful diagnosis, treatment initiation and completion in ACF approaches.

FM 186 - ASSESSMENT OF PRIMARY IMMUNIZATION COVERAGE AMONG THE CHILDREN AGED 12 - 23 MONTHS IN URBAN AREA OF KALABURGI CITY

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Introduction: Immunization is one of the most cost-effective interventions that prevent needless suffering through sickness, disability and death. Immunization averts an estimated 2 to 3 million deaths every year from diphtheria, tetanus, pertussis and measles, however an additional 1.5 million deaths could be avoided if global vaccination coverage improves.

Objectives: Estimation of the primary immunization coverage in children aged between 12-23 months and to determine the factors influencing the utilization of immunization services.

Methodology: A community based cross-sectional study was conducted among 450 children residing in urban area of Kalaburagi city using WHO-30 Cluster sampling technique. Informed consent was obtained from the parents of study participants after explaining to them the purpose of the study. Data was collected using pre-tested, semi-structured, self administered questionnaire. The data collected was analyzed using SPSS version 16. Statistical analysis was done using relevant statistical tests.

Results: 74.2% of the children were fully immunized, 24.9% were partially immunized and 0.9% were non immunized. The coverage of BCG, OPV3, Pentavalent3, and Measles was 98.0%, 92.9%, 92.9% and 75.5% respectively. Factors like education of parents, place of delivery, birth order of the child, place of immunization, socio-economic status and number of antenatal visits were found to influence the utilization of immunization services in children.

Conclusion: The immunization coverage in the urban area of Kalaburagi has improved markedly over the past years. Sustained improvement of the immunization coverage levels can be achieved by concentrating on the factors which are influencing utilization of immunization services.

Key words: 12-23 months children, primary immunization, WHO-30 Cluster sampling

FM 187 - Quality of water: 'Community perception' versus 'Biochemical Confirmation' – A mixed methods study from a rural area of Kolar District

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Abstract:

Introduction: Community participation in water and sanitation is one of the prominent global indicator used to assess the achievement of water related sustainable developmental goal. The participation by the community mostly depends on the way community perceive their water source quality.

Objective: To capture community perception regarding quality of water with respect to both drinking and domestic use and testing these perceptions with biochemical analysis in a rural area of Kolar district.

Methods: An exploratory sequential mixed methods study design with an initial cross sectional quantitative study followed by qualitative field observations and in-depth interviews was done to assess the community perceptions on the quality of water for drinking water and domestic use. Water samples were collected from sixteen different

sites and assessed for various biochemical parameters using standard guidelines. Quantitative data were reported using proportions and qualitative data was reported using categories and verbatim quotes.

Results: Out of the total 82 households surveyed, open dug well was the source of drinking water for 55 (67.1%) households. None of the households were practising any purification method for drinking water. The community perceived the water quality to be 'good' with no complaints and the perception of drinking water quality was based on sensorial factors like smell, taste, and colour but not with health or microbial quality of water. The qualitative results on 'Perception on quality of drinking water' were categorised into four different categories 'regularity', 'smell and colour', 'water source preference' and 'purification'. Biological oxygen demand (BOD) and Chemical Oxygen Demand (COD) were not within the prescribed standards in all the samples indicating considerable pollution.

Conclusion: The study showed that community perception on water quality matched in few aspects with biochemical confirmation but not all characteristics or beliefs were concurrent with biochemical analysis.

Key words: Mixed methods research, Public perception, SDG6, WaSH, Water quality perception.

FM 189 - A study on Awareness and Utilization of Ayushman Bharat- Arogya Karnataka scheme by general ward patients admitted in a Tertiary care hospital, Udupi district

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Introduction: Government of India launched the Ayushman Bharat Pradhan Mantri JanArogyaYojna on 23rd September 2018. In Karnataka, the existing Arogya Karnataka scheme was merged with national scheme during October 2018 and renamed as Ayushman Bharat- Arogya Karnataka scheme. It has been observed that the awareness and utilization of this scheme has been poor among potential beneficiaries. Therefore, we conducted this study to assess the awareness and utilization of Ayushman Bharat- Arogya Karnataka (AB-AK) scheme among inpatients of the general wards of our hospital.

Methodology: A hospital based cross sectional study was conducted among patients admitted in the general wards of a Tertiary care hospital in Udupi district for a period of one month. A pre-designed, pretested semi-structured questionnaire was used to collect information by face to face interview. Statistical analysis was done using percentages and proportions and data was analysed using SPSS ver. 15.

Results: Study included 524 patients admitted in the general wards out of which 363 (69%) were eligible for AB-AK scheme. Only 80 (22%) patients utilized the scheme. Majority of them were from Udupi district (42.5%) between 45-65 years of age (36%) admitted in Surgery (19%) and Cardiology (18%) department respectively. Half of them had contacted a private health facility on the onset of symptoms among them 48% were registered and referred within a day. Reason for non-utilization of schemes were lack of awareness about the scheme (60%) and its registration process (11%) and were beneficiaries of other schemes (22%).

Conclusion: Awareness and utilization of AB-AK is not satisfactory. Therefore there is a need to strengthen the Information, Education and communication regarding the scheme.

FM 194-Knowledge and attitude regarding breast feeding among lactating mothers in a rural area , Bellur

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ABSTRACT

Background: Breastfeeding has a wide range of health benefits for mothers and children. The main obstacle in raising the exclusive breastfeeding rate is lack of awareness, false belief and customs. The current study was designed to assess knowledge and attitude to breastfeeding among rural lactating mother.

Methods: A descriptive study was conducted in community health centre, Bellur during July 2017 to December 2017. Lactating mother were included in the study after meeting inclusion and exclusion criteria. Data was collected using semi structured proforma by interview method.

Results: Around 80% of the mothers were aware about the time of initiation of breast feeding , 56% knew about advantage of breast feeding and 70% of the mothers were aware of exclusive breast feeding. Attitude of the mothers towards breast feeding is favourable. Only 34% of the mother knew that breast feeding should be continued till 2 years. Majority i.e.95% of the mothers were not aware regarding the breast feeding advantage to the mother.

Conclusions: The study revealed that there is a lack of knowledge in continuation of breast feeding upto two years and breast feeding benefits to the mother among lactating mothers.

FM 195-Domestic Violence among Ever Married Women of Reproductive Age Group in a Rural Area of Karnataka: A Cross Sectional Study

Radha Ramaiah¹, Srividya Jayarama², 1 Professor, AIMS, B G Nagara

ABSTRACT

Background: Domestic violence is a widespread social evil and continues to be a major public health problem. Domestic violence by marital partners is the most common type of violence against women. This not only has serious impact on their physical, mental health but also impedes women's socio-economic development.

Objectives: 1. To determine the prevalence of domestic violence among the ever married women in reproductive age group. 2. To identify the types of domestic violence and factors associated with it.

Methodology: A Community based, cross sectional study was conducted in Javarnahalli, a rural field practice area of AIMS, BG Nagara, Mandya. Study population constituted all 186 married women of reproductive age group (15-49 years) residing in Javarnahalli. Ethical committee approval, informed consent from study participants was taken. A pre designed, pretested structured questionnaire was used for data collection. Statistical analysis was done using SPSS version 20.

Results: The overall prevalence of domestic violence was 54.3%. 42.1% suffered from both current and lifetime physical and psychological violence. 48% suffered from both current and sexual violence.

Conclusion: In this context, more social support for women, community awareness, making women self reliant by increasing their literacy levels can be recommended.

FM 196- A STUDY OF FACTORS ASSOCIATED WITH LOW BIRTH WEIGHT IN A TERTIARY CARE CENTRE IN RURAL SOUTH INDIA

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Abstract:

Background: Low Birth Weight is a significant indicator of child survival & future morbidity in any community all over the world. It has considerably reduced in developing countries due to improved living conditions & better care of women & adolescent girls. However, in developing countries, it is still an important cause of child mortality & morbidity. LBW is typically multifactorial at different levels such as maternal, fetal & environmental factors. Objectives: 1) To assess the prevalence of Low Birth Weight in a tertiary care setting in a rural area. 2) To determine various socio-demographic factors associated with LBW & degree of association of each.

Methods: A record based study was conducted at Adichunchanagiri Hospital & Research Centre wherein all singleton live births data for one year (1st Jan 2016 to 31st Dec 2016) was accessed from the MRD section of AH&RC. All available data was analyzed using Percentages, Odds Ratio & Multi variate analysis.

Results: Overall prevalence of Low Birth weight was 15.89% (194 LBW out of 1221 live births). Female babies (17.12%), Teenage mothers (19.37%), Rural residence (15.94%), Maternal Hypertension (21%) & Shorter spacing between pregnancies (17.47%) & Preterm (62%) were some associated factors with Low Birth Weight. Of all the above risk factors, teenage mothers, spacing & gestational age were found to be statistically significantly associated with LBW.

Conclusions: Although declining in most communities, LBW still remains unacceptably high in many undeveloped regions. It requires a multi-pronged approach by a team of dedicated professionals to reduce this problem afflicting mankind.

Key Words: Low Birth weight, risk factors, rural area, Tertiary hospital.

FM 197- KNOWLEDGE, ATTITUDE AND PRACTICE ABOUT MALARIA TRANSMISSION AND ITS PREVENTIVE MEASURES AMONG HOUSEHOLDS IN AN URBAN AREA OF MANDYA, KARNATAKA

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Background: Malaria is one of the major public health problems in India. Malaria affects about 1.5 million people in India causing about a thousand deaths annually. Malaria affects mainly the poor and the people living in urban areas with majority of them being the migrant population. Knowledge about the modes of transmission and preventive measures against malaria thus play an important role in reducing its burden.

Objective: To assess the Knowledge, Attitude and Practices (KAP) about modes of malaria transmission and preventive methods in the study area.

Materials and Methods: This cross sectional study was undertaken in 320 randomly selected households in an urban area. The study was done in the month of July 2019 using the pretested semi-structured questionnaire. The data were analysed by appropriate statistical tests using the Epi-Info software.

Results: Of 340 households selected for the study, 320 households participated, yielding a response rate of 94.12%. Respondents' ages ranged from 16 to 88 years with a mean age of 35.6 (\pm 12.44) years. Forty eight percent of respondents were females. About 70% of participants had attended formal education and 60% of them had a job with a regular source of income. Mosquitoes' ability to transmit malaria was mentioned by 48% of the respondents. Seventy percent of the respondents stated that mosquitoes were nuisances to them because they bite and cause itching and 40% identified the noise that mosquitoes make as being a nuisance.

Conclusions: Better knowledge about malaria transmission and benefits of using available effective preventive and control measures by the individual households and the community could contribute much to the overall reduction of the malaria burden.

Key words: ITN- Insecticide Treated bed Nets, KAP – Knowledge Attitude Practice.

FM 198-Awareness regarding Rabies and its prevention among final year medical students in a tertiary health care institute in Mandya, Karnataka

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Introduction: Rabies continues to be a major public health problem in India, with an estimated 20,000 people dying of this disease every year. Rabies is an almost 100% fatal disease and at the same time it is almost 100% preventable. Medical graduates constitute a key source of medical care for antirabies treatment to the victims of animal bites.

Aims and Objectives: To assess the knowledge among the medical students in a rural tertiary care institute regarding awareness of rabies and its prevention.

Materials and methods: A cross sectional study was conducted during January 2019 among 136 final year medical students to assess the knowledge regarding rabies and its prevention. A pretested structured questionnaire was administered after obtaining the consent. The data were entered and analyzed using Microsoft excel.

Results: Our study found that less than half of the study subjects were aware of the mode of transmission and incubation period of rabies. Two third of them knew soap and water should be used for cleaning the wound after a bite and 36.5% of the subjects were of the opinion that bandaging has to be done in selective cases of uncontrolled bleeding. The knowledge regarding intramuscular and intradermal schedule, dose and site was 28.1% and 9.4% respectively.

Conclusion: There is a need for emphasizing the public health importance of rabies and its prevention which can be done by sensitizing the students during internship and Continued Medical Education programmes at regular intervals.

Key words: Rabies, World Health Organization, Medical students, Antirabies vaccination.

FM 199- Menstrual Hygiene among adolescent girls in the rural field practice area of medical college in Mandya

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Abstract

Background: Menstrual Hygiene is an issue that every girl and woman has to deal with once she enters adolescence. Adolescence in girls signifies the transition from girlhood to womanhood. Menstruation is a biological event imbued with social, cultural and personal significance. Hence this study was done with the objective to assess the menstrual hygiene practices among adolescent girls in rural Mandya district.

Methodology : This cross sectional study was carried out among adolescent girls in schools coming under rural field practice area of Adichunchanagiri Institute of Medical Sciences. A total of 257 adolescent girls formed the sample size. A pre tested semi structured questionnaire was used for collection of data. Data was entered in MS Excel and was analyzed, using percentages and chi square test.

Results: Among 257 adolescent girls, Government school children constituted 44.4% and private school children of 55.6%. 85.6% of them had heard about menstrual hygiene. 72.8 % were using sanitary pads during menstruation. 36.2% were following burial method to dispose sanitary pads. 48.5% of them had good practice scores, 44.5% had fair scores and 7.0 % poor scores.

Conclusion:

Menstrual hygiene practices among participants were not satisfactory even though knowledge was good. Private school children were performing well when compared to government school children.

Key words: Adolescent, Hygiene, Menstruation

FM 200- Title of Study:

Incidence of Health Related Events among Children Aged Less Than Five Years In Rural Field Practice Area of Mandya Institute Of Medical Sciences, Mandya

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Need for the Study: Children under five years of age constitute approximately 10% of the country's total population & most vulnerable section of the society and suffer high rates of mortality and morbidity. Prevention of diseases needs a comprehensive understanding of the illness that occurs during this period. Hence this study is a comprehensive approach to determine the incidence of common health related events among rural children aged less than five years and the factors affecting the occurrence of the same.

Objectives:

1. To determine the incidence of health related events among children aged less than five years.
2. To describe the socio demographic factors associated with the incidence.

Methodology: This descriptive longitudinal study was conducted over a period of one year from August 2015 to July 2016 among randomly selected children in the village Keragodu in PHC area of MIMS, Mandya. House to house survey was conducted to collect basic data using pre tested, semi structured questionnaire. Each child then was followed up regularly every fortnight through 24 home visits and the guardian/parent was enquired in every visit to know the child health status in between two subsequent visits.

Results: 110 under-fives (57 Males & 53 Females) were followed for a period of one year every fortnight. The annual incidence rate of health related events was 3.24 episodes /child /year. The leading causes of morbidity in decreasing order of incidence were acute respiratory infections, fever, acute diarrheal diseases, domestic accidents, Others and skin infections. Episodes of illness were observed more among children less than 2 years, in females, of illiterate mothers, undernourished, children who were not supplemented with vitamin A and in children living in over-crowded and poorly ventilated houses and kutcha house.

Conclusion: The incidence of health related events was 3.24 episodes /child /year. The common cause for this incidence was acute respiratory infections. Various factors affecting the incidence were age, gender, literacy & working status of the mother, nourishment and housing conditions.

Key words: Incidence; Health related events; Under five children ; Rural

FM 201 - Awareness about Immunisation among Mothers of Under Five Children in Three Health Centres of South Karnataka

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Background: Vaccines are one of the most effective preventive health interventions that have diminished occurrence of infectious diseases and improved quality of life in the population. In the past few decades developed countries have seen sufficient improvement in vaccination coverage, but not so in developing countries. Mother's awareness is one of the determining factors in under 5 children getting full vaccination.

Objectives: To study immunization awareness among mother's of under 5 children and to impart health education.

Materials and methods: Cross sectional study was done in 3 health centres of Nagamangalataluk. Data was collected by using semi structured questionnaire in Google form analysed using Epi Info 7.0. Descriptive statistics and Fischer's exact test were applied. $p < 0.05$ was considered statistically significant.

Results: 128 mothers of under 5 children were included in the study. 99.2% of the study population had heard of the word immunization. 98.4% of the study population thought that it's right to immunize their children. 94.5% of the study population had immunised their children till date. 12.5% of the study population had heard about optional vaccines. 33.6% of the study population believe that vaccines have adverse effects.

Conclusion: Awareness regarding immunization was good in our study. Regular repeated health education to be given to achieve higher awareness and immunization coverage.

Keywords: Immunization; Vaccination; Awareness;

FM 203- Effectiveness of health education video in improving treatment adherence among patients with Tuberculosis: an interventional study from Bengaluru, India

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1,3. Formerly faculty at Sapthagiri Institute of Medical Sciences and Research Centre, Bengaluru

Introduction: Non-adherence to tuberculosis (TB) might prolong disease transmission and also increases the risk of drug resistance. Various studies have been carried out to determine the predictors of non-adherence but intervention based studies to address treatment adherence are scarce.

Objectives: This study intends to estimate the treatment adherence rates following delivery of patient centered health education videos in the intervention tuberculosis unit (TU) and to compare the treatment adherence with that in the comparison TU.

Methodology: An interventional study was conducted in two TUs of Bengaluru urban district among all newly diagnosed TB cases over a period of three months from November 2017 to January 2018. A patient centered health education video was developed and shown by the treatment supporters to all eligible participants consenting to participate, in the intervention TU. Video was shown once at the beginning of intensive phase treatment and once in the continuation phase of treatment. A total of 100 patients, 21 from intervention TU and 79 from comparison TU formed the study sample. Patient details were obtained from their treatment cards. Data on missed doses per month per patient was also noted. Data was entered into Microsoft excel worksheet and analyzed using statistical package for social sciences. Data is expressed as frequency and percentages. Chi-square test was applied to compare groups.

Results: Majority of the study participants were aged between 25-44 years. Equal distribution of cases was seen among males and females. Intervention TU had significantly higher number of pulmonary TB cases. Treatment adherence rates were 90.9% and 84.7% in the intervention and comparison TU respectively. However, the difference was not statistically significant.

Conclusion: Use of mobile video based health education showed better treatment rates and found to improve TB treatment adherence.

Key words: Health education, intervention, treatment adherence, tuberculosis, daily DOTS

FM 204- Mobile phone usage along with daily routine activities and its adverse effects on health among medical students of Rajarajeswari Medical College and Hospital, Bengaluru- A cross sectional study.

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Introduction: A mobile phone is a long-range, electronic device used for mobile voice or data communication over a network of specialized base stations known as cell sites.¹ Approximately it's estimated that 85% of Americans, 60% of the British, and perhaps 45% of Indians use it, as of today.

Objective: To assess the pattern of mobile phone usage along with the daily routine activities and its adverse effects on health among the medical students of Rajarajeswari Medical College and Hospital, Bengaluru.

Materials and methods: This was a cross-sectional study, which was carried out among medical students of Rajarajeswari medical college and hospital, Bengaluru. Sample size was calculated to 354 and was rounded off to 360. Population proportionate sampling was done to select required number of study subjects All the study subjects were briefed about the study and the consent was taken. The study subjects were administered with a pretested semi structured questionnaire.

Results and conclusion:

Table 1: class wise distribution of study subjects:

Class	Frequency	Percentage %
II year	183	50.8
III year	69	19.1
IV year	61	16.9
Interns	47	13

Table 2: distribution of study subjects based on the reason to acquire mobile phone:

Reasons to acquire mobile	Frequency	Percentage %
To use in case of emergency or personal safety	134	66.7
Everyone I know had one	29	14.4
To keep in touch with friends and other social contacts	117	58.2
To keep in touch with parents	120	59.7
For information access (phone numbers, internet, email, sports scores, etc)	126	62.7
It offers good value	20	10
Privacy management (I use it to stay in touch with close friends and/or family; others call me on my landline)	47	23.4

Table 3: comparison of study subjects who always use mobile phones in the toilet with having diarrhea in the recent past:

Usage of mobile phone in toilet/bathroom	Frequency	Diarrhea and digestive problems	
		Present	Absent
Multiple times a day	57	18	39
Never	107	12	95

Odds ratio: 3.65, the chi-square statistic with Yates correction is 9.0007. The p-value is .002699. Significant at $p < .05$.

FM 205- A CROSS SECTIONAL STUDY ON OUT OF POCKET HEALTH EXPENDITURE IN RURAL AND URBAN AREAS OF MANGALORE

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INTRODUCTION: Out of pocket (OOP) health expenditure is any amount of money spent by a person whose primary intent is to contribute to the restoration or enhancement of the health status. It is a part of private expenditure from persons own pocket. India is among countries where more than 50% of spending on health comes from out of pocket. The increased incidence of both communicable and non-communicable diseases has increased the burden of morbidity, which increases health care needs and therefore, increased health system access by the individuals. Thus, resulting in health care expenditure.

AIMS & OBJECTIVES

- To study the out of pocket expenditure on health services.
- To compare the trend of expenditure in urban and rural areas in regard to health.

METHODS: A community based cross sectional study was carried out in rural and urban field practice areas of Kanachur Institute of Medical Sciences, Mangalore with a Sample size of total 300 households. Preformed and pretested questionnaire was used to conduct the study.

RESULTS: Among the study subjects aged above 65 years, 9.16% people spent up to Rs100. 60% of the study population were APL card bearers and 40% of population were BPL card bearers. 22% of them availed government facilities where as 78% did not avail. Analysis in the study reveals that most of the participants gave first preference to private practitioner irrespective of their social and economic status, pattern of care seeking among the socioeconomic class indicates that out of pocket expenditure was low for households from lower expenditure quintiles. In the households headed by individuals of 55-60 years out of pocket expenditure was high, probably indicating the higher care requirements of aging population.

FM 208-An Interventional Study Of Biomedical Waste Management Among Nursing Staffs In A Tertiary Care Hospital.

Dr. Ranjini N.

ABSTRACT

Background: Health-care waste contains potentially harmful microorganisms which can infect hospital patients, health workers and the general public. Training and capacity building of health-care staff are essential in the efforts to minimize the transmission of secondary infections. This study was done to assess the impact of educational intervention on knowledge and practices regarding biomedical waste management among nursing staff in a tertiary care centre.

Methods: This is an interview based longitudinal study involving 301 nursing staff working in tertiary care hospitals. Data was collected by direct interview method after obtaining written informed consent.

Results: Analysis of data showed that among 301 participants 91% were females and 9% were males, among the participants with good knowledge of biomedical waste disposal 93% were females and it is statistically significant with p value 0.005. Age and experience had impact on the proper biomedical waste disposal which is statistically

significant with p value 0.019 and 0.013 respectively. Before the sensitization program the mean score of knowledge of study subjects was 6.82 ± 1.77 , after one month it increased to 9.58 ± 1.06 and after six months it decreased to 7.56 ± 1.52 . Knowledge regarding the disposal of drugs, incinerable and autoclavable waste remained the same after six months even though there was an improvement after a month.

Conclusions: There was a significant improvement in the knowledge and practice after the intervention but it was not the same after six months. Health-care waste workers should be trained before starting work handling waste, and then on a routine basis (e.g. annually) to update their knowledge of prevention and control measures.

FM 214 - "AN EPIDEMIOLOGICAL STUDY OF TYPE-2 DIABETES MELLITUS IN AN ADOPTED URBAN SLUM AREA"

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Background: Diabetes is one of the most common non-communicable diseases globally and there is evidence that it is an epidemic in many developing and developed countries, thus posing a serious threat to be met within the 21st century. Diabetes mellitus, a chronic disease once thought to be uncommon in the developing countries, has emerged as one of the public health problems. Therefore, establishing the predominant risk factors and the distribution of these in a given population are of high importance for designing and implementing targeted interventions to halt and reverse the future prospects. Since the factors responsible for diabetes had not so far received much attention, it is aimed to show the epidemiological profile of the disease in general and keeping this in mind this study has been taken.

Methods: A cross-sectional study was carried out upon adults aged more than 30 years in the adopted community of Urban Health centre of Community Medicine Department, Government Medical College, Miraj (1st Jan-31st Dec, 2015).

Results: The overall prevalence of diabetes was 21.7%, out of this (12.3%) were known Diabetic and (9.4%) were new Diabetic cases among study. A very highly significant association was observed between Diabetes and Habits. The association between diabetes and BMI was very highly significant ($P < 0.001$).

Conclusions: Very highly significant association was found between age, family history, personal history, body mass index, waist circumference, waist:hip circumference and diabetic status.

Key words: Type 2 Diabetes mellitus, Survey, Risk factors role, Indian Diabetes Risk Score.

FM 220-A CROSS-SECTIONAL STUDY ON DOMESTIC VIOLENCE AMONG MARRIED WOMEN OF REPRODUCTIVE AGE IN RURAL MANDYA

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ABSTRACT

Background: Domestic violence against women is a global problem and present in every country cutting across the boundaries of culture, class, education, income, ethnicity and age. It has serious consequences on the women's mental, physical, reproductive and sexual health.

Methodology: A community based, cross-sectional study was conducted from 200 women of reproductive age (18-49 years) residing in rural Mandya, Karnataka, with a predesigned, pretested, semi-structured questionnaire, pertaining to the socio-demographic parameters, type, frequency, modes, reasons for domestic violence and legal support seeking behaviour in them. Data was analysed using descriptive and inferential statistics.

Results: The prevalence of domestic violence was found to be 39.5%. The common type of domestic violence was psychological violence 59 (74.7%), followed by 35(44.3%) had physical violence and 15(18.9%) sexual violence. Insult (84.7%), beating and slapping and pressure for sex 12(80%), were the most common types of violence's observed respectively. Husband was the 48(60.8%) most common perpetrator of domestic violence. Alcohol addiction of husband was the leading cause for domestic violence. The common reason to stay in violent relationship was for children 55 (69.6%), the common response to violence was tolerating 57(72.2%). The legal help seeking behaviour was very less 7(8.9%) and most common reason cited was social stigma 22 (27.8%) %.

Conclusion: About one third of the women in the reproductive age group were suffering from domestic violence and psychological violence was the most common type of violence observed. The important factors significantly associated with domestic violence were husband's occupations such as agriculture, business & government service, husband's education such as primary school & graduation and their habits such as smoking & alcohol consumption. The legal help seeking behaviour of the women was very low.

Keywords: Domestic violence, Reproductive age, Women, Rural.

FM 224- Evaluation of current status of Lead toxicity in Children in Tumkur City:

A Hospital based cross -sectional study

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Introduction: Lead is a highly toxic non-essential metal. Children have wide spectrum of subclinical and clinical effects due to lead exposure and lead poisoning. This study is aimed at evaluating the pattern of elevated levels of lead in children and its association with various factors. Objectives: To identify the extent of the problem of lead toxicity among children and its association with anthropometry, nutritional status and awareness about lead toxicity.

Materials and Methods: Study population comprised of children admitted in various hospitals both government and private hospitals as inpatients. Purposive sampling done to enroll patients with no risk of lead exposure. Sample size of 100 was calculated using prevalence formula. Anthropometry, blood examinations were done along with KAP questionnaire to assess knowledge of caregivers.

Results: 100 children were screened. The mean (SD) blood lead level is 7.1(3.6). 18%of the children demonstrated BLL of $> 10\mu\text{g/dl}$. 19.3% of boys as compared to 15.8% girls had $\text{BLL} > 10\mu\text{g/dl}$. The Children belonging to the lower socio-economic status had highest percentage of $\text{BLL} > 10\mu\text{g/dl}$ (36.4%). The Developmental quotient was inversely proportional to the measured Blood Lead Levels. The mean levels of the weight, height and blood indices were lower in the children with blood lead level content more than $10\mu\text{g/dl}$. The knowledge regarding the health effects was very poor.

Conclusion: Once the early toxic effects are detected before the onset of irreversible changes, the potential victims can be saved. Thus, lead poisoning in children is preventable and with proper concerted efforts a lead-free society can be envisaged.

Keywords: Lead, BLL (Blood lead levels), blood indices.

POST GRADUATE ABSTRACTS

PG 101 - A Study of Needle Stick Injury among Interns at M R Medical College Kalaburagi.

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Introduction: Needle stick Injury is an inevitable event for hospital staff involved in patient care at a health care facility. One of the most serious threats healthcare workers face during their clinical practice is the possibility of exposure to deadly viruses. The emotional impact of an NSI can be severe and long-lasting, even when a serious infection is not transmitted. Yet the problem of exposure to contaminated blood among health-care workers, especially interns and medical students, has received inadequate attention.

In India, relatively few studies have addressed the issue of needle stick injury among medical students. Our study mainly focuses on calculating the magnitude, identifying risk factors and awareness about needle stick injury and post exposure prophylaxis (PEP) being offered in the hospital settings of M R Medical College, Kalaburagi.

Objective

- a) To assess the magnitude of Needle Stick Injury among Interns at M R Medical College Kalaburagi.

Methodology

A cross sectional study was conducted among interns MR Medical College Kalaburagi for period of one month (July - August 2019). Data was collected in the form of self-administered questionnaire include characteristics like cause of the event, cause of injury, Awareness of needle stick injury. The confidentiality of event will be explained to student and assured that the information will be only used for research work.

The collected data was entered in Microsoft excel and analysed using SPSS version 20.0. Data was presented as percentages and proportion.

Result Awaiting

Keywords: Needle stick Injury, interns, blood borne disease.

PG 102- A study to assess the self-medication of Antibiotics among Medical Undergraduates of Bangalore Medical College and Research Institute.

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Background: Self-medication is the selection and use of medicines by individuals to treat self-recognized illnesses or symptoms. It is most common type of self-care behaviour seen. The self-medication with antibiotics lead to drug reactions, masking underlying actual diagnosis and antibiotic resistance. Current medical students are future prescribers and health educators. Hence this study was conducted to assess the self-medication of Antibiotics among Medical Students of Bangalore.

Methodology: 150 (Joseph et al study) medical undergraduates were included in this study. This study was conducted among second and third year medical undergraduates of Bangalore Medical College and Research Institute, Bangalore. Data collection was done after Ethical clearance with Informed oral consent from students and using self-administered questionnaire which contains demographic details and self-medication of antibiotic consumption for past one year.

Results: 72.1% are male and 27.95% are female medical students. 46.5% of participants lack any type of health insurance. 52.3% medical students stay at hostel and 51.2% participants have relative who is Medical graduate. 27.3% of participants treated themselves with antibiotics without any prescription. Sore throat (69.2%) and fever (49.2%) were the major reason for self-medication with antibiotics.

Conclusion: This study has shown that self-medication with antibiotics is common among medical undergraduates and need for a review of educational programs especially the teaching of clinical pharmacology to include modules on self-medication and rational use of medicines.

Key words: Self-medication, Antibiotics, Medical undergraduates.

PG 107 - Knowledge, Attitude and Practices regarding Physical Activity among the Students in Government Schools in Bengaluru Rural district: A Cross-sectional Study

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Introduction: Physical activity (PA) has positive impact on both physical and mental health of the school children. Being sedentary in life increases the burden of non-communicable diseases and reduces the quality of life further. Understanding benefits of PA, incorporating PA in the daily routine and building positive attitude towards PA will improve quality of life.

Objectives of the study

- To assess the knowledge, attitude and practice towards physical activity (PA) among school children
- To compare the PA between the children less than 15 years and 15 years

Methodology : A cross-sectional study was conducted among 450 students studying from 5th-10th standard in randomly selected three government schools situated in the rural field practice area of VIMS & RC, from 01-31 July 2019. Data was collected by self-administered and investigator-assisted semi-structured, pre-tested tool, incorporating International Physical Activity Questionnaire (IPAQ). Data entered and analyzed using Epi Info ver 7.2.

Results: Out of 450 participants, 54.4% (245) were males and 45.56% (205) were female. The knowledge towards PA was significantly better among ≥ 14 years children (P -value < 0.01), while there was no significant difference regarding knowledge on PA between gender. The attitude score towards PA significantly increased with age and class of study (p -value < 0.000). About 50.4% were willing to devote time on PA. About 57.1% of participants < 15 years practiced moderate level of PA; among ≥ 15 years participants practiced low (39.15%), high (38.62%) and moderate (22.22%) level of PA.

Conclusions: The knowledge and attitude towards PA were good among school children and majority were physical active, moderate level of PA. Age more than 14 years were significantly more than those below 14 years.

Key words: Physical activity, School children, KAP,

PG 108- Knowledge, Attitude and Practice of E-waste among medical students, Dharwad.

Arpitha VS, Post graduate, SDM College of Medical Sciences and Hospital, Dharwad

Background: Rapid industrialization has led to increase turnover of electronic equipment's contributing for high e-waste burden globally. The hazardous substances present in the e-waste pose many health and environmental risk. Awareness plays an important role in proper disposal of e-waste. The present study aims to assess knowledge, attitude and practice on e-waste among medical students.

Methods: A cross-sectional study was carried out from March to April 2019 among medical students of ShriDharmastalaManjunatheshwaracollege of medical sciences and hospital. A Predesigned and pre-tested questionnaire was administered to MBBS students of all phases at single setting. Out of 400 students 295 participated in the study. Data was entered in MS Excel 2017 and descriptive statistics like frequencies and percentages were calculated.

Results: Out of 295 students 162 (54.9%) were females and 133 (45.1%) were males. 233 (81.18%) and 275 (95.82%) of students knew about health and environmental risks associated with e-waste. Only 12 (4.18%) knew about the laws on e-waste. Majority 162 (56.44%) of the participants frequently replaced their electronic goods to keep up with technology. 281 (97.91%) were willing to get more information on e-waste. 238 (53.60%) participants opined that lack of awareness is the reason for improper disposal of e-waste.

Conclusion: Health education regarding e-waste is essential for health of the population and awareness on proper disposal of e-waste is essential for better health and risk free future which is the need of the hour.

Keywords: Awareness, Electronic waste, Medical students

PG 109- Swachh Bharat Swachh Vidyalaya: Where do we stand?

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Introduction: The Swachh Bharat-Swachh Vidyalaya Campaign, initiated in 2014, provides guidelines for schools so that all essential aspects are managed well to keep the quality of water, sanitation and hygiene high. Attention is required in this aspect to ascertain the adherence to these guidelines.

Objectives:

To assess the environment and sanitation status in all government schools of Mangalore city as per Swachh Bharat Swachh Vidyalaya campaign guidelines

Methodology: In this descriptive study, a list of all the Government schools in the selected regions was made and all the schools were visited. A data abstraction tool, formulated and validated by four subject experts, was used to assess six domains. They are sanitation, safe and sufficient water for drinking and hand washing, operation and maintenance, mid-day meal and behaviour change activities. Data is presented in terms of frequencies and proportions.

Results: This study shows that all schools have gender segregated toilets. The schools that did not provide safe drinking water constituted 4.5 per cent. About 14% of the schools did not receive sanitary napkin supply for this year yet. Only 28.6% of schools were provided with incinerators wherein 83% are non-functional. Menstrual hygiene education is imparted to all the girls by female teachers in 90.9% of schools. About 46% of schools distribute organic waste at the root of plants inside and 9.1% schools use organic waste for biogas production. Food handlers of all schools wash their hands with soap before cooking/ serving food. Most of the schools (77.27%) conduct various competitions to encourage cleanliness activities.

Discussion and Conclusion: Non availability of sanitary pads and non-functional incinerators in the schools are an issue of concern and seeks attention. The study findings will help in advocacy at the policy level and enable provision of healthy school environment and reduce absenteeism and school drop-out.

Key words: Schools, environment, sanitation, cleanliness

PG 110- Knowledge Attitude and Practice about Mission Indradhanush among mothers having child of age 0-23 months in field practice area RHTC & UHTC of SDMCMS&H Dharwad Karnataka

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Introduction: Nearly 3 million children die each year from vaccine preventable diseases. Evidence shows that unimmunized and partially immunized children are most susceptible to childhood diseases and disability with 3–6 times higher risk of death as compared with fully immunized children.

Objective: to analyze and ascertain knowledge, attitude and practices of Mission Indradhanush among mothers.

Materials and Method: Cross sectional study was carried out in the rural and urban field practice areas of the department of Community Medicine, SDMCMSH, Dharwad. The study period was from 8th April to 7th May 2019. 100 participants each from rural and urban health centres were included in the study by convenient sampling. The study participants were mothers having child of age 6-23 months and residents of field practice area. Data was analyzed by descriptive statistics.

RESULTS: None of the participants in rural area have heard about Mission Indradhanush while only 10% of the urban respondents had heard about it. 80% of rural and 95% of urban subjects were aware of importance of immunization. Total coverage for fully immunized and partially immunized children in the present study was 88% and 8% respectively.

Conclusion: Efforts are required to strengthen IEC activities regarding the program—Mission Indradhanush—as very few participants in rural area are aware of it. However, most of them were aware of immunization services and the immunization coverage was good.

Key words: Children, mission indradhanush, mother

PG 111-Internet use pattern and internet addiction among Patients Attending Urban and Rural Health Centre of SDMCMS&H, Dharwad.

Prachi Priya, Post graduate, SDMCMSH, Dharwad

Introduction- The Internet has become an important tool for education, in the new generation for entertainment, communication, and information-sharing.(1) This progress has made our lives easy and fulfilled, but has other side effects. It can be misused and excess internet use can be pathological and addictive.(2)

Methods - A cross-sectional study with a sample size 200(100=urban 100=rural) using a convenient sampling method. Patients {15-60} years attending UHTC and RHTC area of SDMCMSH, Dharwad were taken and study duration was 1 month. A semi-structured questionnaire with demographic information, information related to internet use, and Young's internet addiction test.

Result- In present study the urban area it is noted that out of 100 only 62% were using internet since 5 years and on an average they were using internet 1-5 hours per day. Most of them spent either up to 300 RS or 300-600 RS on internet per month. Out of 62 people 39 of them used mobile. As many as 9.6% (6) of them were severely internet addicted. As many as 22.5%(14) were moderately addicted and 33.8%(21) were mildly addicted. Whereas in rural setting out of 100 only 24% were using internet since 5 years and on average they were using internet 5 HRS per day spending less than 300 RS per month and all of them use mobile only. As many as 8%(2) people have moderate addiction and 12.5%(3) have mild internet addiction.

Conclusion - The present study finding is suggestive of more internet use among urban participants when compared to rural setting. This study also revealed that there is more internet addiction in urban setting.

Key words –internet use, internet addiction, UHTC.

PG 114- A study on prevalence and determinants of obesity among elderly women in an urban area of Bengaluru.

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INTRODUCTION: Obesity is a serious public health challenge of 21st century all over the world. The trend of obesity is increasing in all the age group, but more prominent among elderly population. Because, aging process increases the risk of obesity by bringing about changes in the body composition which include decrease in muscle mass, bone mass, increase in visceral fat, especially in elderly women. This interplay of aging and obesity exacerbates serious medical conditions resulting in poor quality of life, increased health care cost and premature death. With this background the present study is conducted.

OBJECTIVES:

1. To assess the prevalence of obesity among elderly women.
2. To find out the association between socio-demographic characteristics and obesity.

METHODOLOGY: A cross-sectional study was conducted in an urban area of Bengaluru for a period of 1 year. House to house survey was done and using probability proportion to population size (PPPS) sampling technique, 510 study

subjects were selected. After getting informed consent from the study subjects, information was collected on socio-demographic characteristics and anthropometric measurements like weight, height and waist circumference using pre-tested, semi-structured questionnaire. Generalised obesity was classified using WHO Asia-Pacific guidelines suitable for Indians and central obesity based on IDF cut off for South Asians. Data collected was entered in EpiInfo version 7.2.2.

RESULTS: The prevalence of generalized obesity was 77.3% and of central obesity was 80.6% among elderly women. Age, religion, occupation, SLI and physical activity were found to be significantly associated with both generalized and central obesity.

CONCLUSION: The prevalence of generalized obesity and central obesity was 77.3% and 80.6% respectively among elderly women.

KEY WORDS: Obesity, Elderly women, prevalence, urban area.

PG 115- A Study on Prevalence of Anemia among Elderly Population in an Urban field practice area of Kempegowda Institute of Medical Sciences, Bangalore.

Dr Saranya K1, Dr Sanjay T V2

1. Tutor cum , Post Graduate student 2. Professor

INTRODUCTION: Anemia is a global public health problem affecting both developed and developing countries with major consequences on human health as well as social and economic development. Anemia affects all age groups, but more common among elderly population. In India, the prevalence of anemia among elderly population is found to be 17.7% to 89%. These evidences show that the geriatric anemia is a serious health concern in India and there is a scarcity of studies on anemia involving only elderly population, particularly from urban part of India. In this regards, present study was conducted.

OBJECTIVES:

1. To assess the prevalence of anemia among elderly population.
2. To find out association between socio-demographic characteristics and anemia.

METHODOLOGY: The cross sectional study was conducted from June 2019 to August 2019 among elderly population of the urban field practice area of KIMS, Bangalore. Using simple random sampling technique, 100 elderly study subjects were selected from total of 400 elderly population by conducting house to house survey. After getting written informed consent, data was collected from the elderly persons regarding socio-demographic profile using a pre-tested, semi-structured proforma. Clinical examination for anaemia and haemoglobin estimation using Hemocue Hb 301 system was done. Data was entered and analysed in epi info version 7.2.2. **RESULTS:** The Prevalence of anemia among elderly is 37%. Age, gender, and standards of living index (SLI) were found to be significantly associated with anemia ($p < 0.05$). Pallor was present in 91.8%, dyspnoea in 59.4% and both were statistically significant ($p < 0.05$).

CONCLUSION: The present study found that the prevalence of anemia among elderly population was 37% and associated with age, gender and SLI.

Keywords: Anemia, Elderly, Prevalence, Urban

PG 116-A study on Feeding Practices and Morbidity pattern among infants in an urban field practice area of a medical college, Bangalore.

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Introduction: One million children die every year due to preventable causes according to WHO report 2018. Exclusive breast feeding and appropriate complementary feeding prevents 13% and 6% of childhood morbidity and mortality. Early and exclusive breastfeeding is recognized as one of the most effective interventions for prevention against diarrhoeal diseases, acute respiratory infections and malnutrition. Hence this study was taken up with the following objectives:

1. To describe the morbidity pattern among infants and
2. To find out the association between infant feeding practices and infant morbidity in an urban poor locality, Bangalore.

Materials and methods:

A community based cross sectional study was conducted in an eight urban poor locality for a period of one year. Using Population Proportion to Size, 300 households with infants were interviewed. Information on socio-demographic profile, infant feeding practices and morbidity pattern were collected using pre-tested semi-structured questionnaire. Data analysed using descriptive and inferential statistics.

Results: The study included 300 infants with 152(50.7%) >6 months and 148(49.3%) <6 months. Among them 152(55%) were females and 118(45%) were males. The common morbidities found in the infants were fever 85(28.3%), followed by 53(17.7%) ARI, 45(15%) diarrhoea, 20(6.7%) ear diseases and 42(14%) had suffered from other illness. There was no statistically significant association between infant morbidities and feeding practices.

Conclusion: The most common infant morbidities found in the study were fever, ARI and diarrhoea. The study observed that feeding practices and infant morbidity are independent to each other.

Key words: infants, feeding practices, morbidity

PG 117- "Prevalence of Chronic obstructive pulmonary disease (COPD) among adult population in urban field practice area of KIMS, Bengaluru."

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Introduction: Chronic obstructive pulmonary disease (COPD) is a disease characterized by chronic obstruction of lung airflow that interferes with normal breathing and is not fully reversible. The most common symptoms of COPD are chronic cough, breathlessness and excessive sputum production. It is a progressive life threatening disease and a major public health problem throughout the world. In India, estimates suggest that there are 30 million COPD patients and contributes to the growing percentage of COPD mortality which is one of the highest in the world. In this background, the present study was conducted.

Objectives:

1. To find out the prevalence of COPD among adult population.
2. To describe the socio-demographic profile of the study subjects.

Methodology: A cross sectional study was conducted in urban field practice area using Probability Proportional to Population size sampling technique. Household survey was done and individuals more than 30 years were interviewed with pre-tested semi structured questionnaire after obtaining their consent. A total of 470 subjects meeting the inclusion and exclusion criteria were interviewed. Information regarding socio-demographic profile, symptoms related to COPD, exposure to risk factors and other relevant information were collected. Data was entered in Epi-info-7. Descriptive statistics like mean, standard deviation and inferential statistics like chi-square test were used wherever applicable.

Results: There were 254 (54.04%) females and 216 (45.96%) were males. The mean age was 47.61 ± 13.8 years and median age was 45 years. The prevalence of COPD was found to be 12.12%. The prevalence of COPD in males was 17.12% and in females was 7.87%. The prevalence increases with increasing age. Significant association ($p < 0.05$) was observed between COPD and history of smoking and usage of biomass fuel.

Conclusion: There is high burden of COPD among adults in Urban Bengaluru.

Key words: Prevalence, COPD, Urban, Adults.

PG 118- "A Cross -Sectional Study to estimate the Prevalence of Substance Use among Adolescents in an Urban Poor Locality, Bengaluru."

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Introduction: A substance is defined as something that is deemed harmful and usually subject to legal restriction. Depending on the substance used, it may lead to psychological illnesses, physical illnesses, educational problems, aggressive behaviour etc. Substance use is a significant problem in our society due to easy availability, changing lifestyle etc. Adolescence is the critical period when first initiation of substance use takes place. Interventions at adolescent stage can bring about lifestyle modifications. Knowledge about the problem will help in planning for appropriate intervention strategies. Based on this background, the study was conducted.

Objectives:

1. To describe the socio-demographic profile of study subjects.
2. To estimate the prevalence of substance use among study subjects.
3. To compare mental health between users and non-users using GHQ-12 questionnaire.

Methodology: A cross sectional study was conducted in urban field practice area using Probability Proportional to Population size sampling technique. Household survey was done and adolescents were interviewed with pre-tested semi structured questionnaire after obtaining their assent and consent from their parents. Total of 280 subjects meeting the inclusion and exclusion criteria were interviewed. Information regarding socio-demographic profile and substance use was collected. Mental distress was assessed using GHQ-12 Questionnaire. Data was entered in

Excel. Descriptive statistics like mean, standard deviation and inferential statistics like chi-square test were used wherever applicable.

Results: The prevalence of Substance use was found to be 15.7%. The most common substance used was alcohol. Mental distress was found to be higher among substance users than non users.

Conclusion: There is a high burden of Substance use among adolescents in Bengaluru City.

Key words: Prevalence, Substance use, Adolescents, Mental distress.

PG 119- “Health and Nutritional Status of the Children of Parent(s) working in Power looms in Bengaluru rural and Factors Associated - A Cross-sectional Study”

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Introduction: Like many other occupations, the power-loom produce large amount of noise and vibrations, thus affecting the health with increase in morbidities like stress, headache, noise induced hearing loss. These hazards continue to the children of the workers present within the premises.

Objectives

1. To assess the nutritional status among the children of parent(s) working in Power looms
2. To assess the health status among the children of parent(s) working in power looms
3. To find the association of socio demographic profile and work-related factors on the health and nutritional status of the children

Methodology A Community based cross-sectional study was conducted among 140 children below the age of 18 years of parent(s) (out of 150 families) working in Power looms in rural field practice area of VIMS & RC Bengaluru, during June-July 2019. Data collected using semi-structured, pretested and, interviewer-administered questionnaire and analysed using Epi Info Version 7.2.1.

Results: Mean age of the study participants was 11.5 (\pm 4.5) years and 55.7% were females. Almost 94% belong to class-I socioeconomic status. Out of 140 children, 10.8% were overweight/obese, 20.6% were thin/severely thin; Proportion of children with acute malnutrition was 20.8%, chronic malnutrition was 17.9% and acute on chronic malnutrition was 2.9%. Parents' educational status was significantly associated nutritional status of children and medical co-morbidities like pallor, hearing problems, viral infections ($P < 0.05$). There was significant association between Mothers' education and toilet training of under-fives ($P < 0.05$). Staying within the premises of the power-loom had significant negative effect on the scholastic performance of the children.

Conclusion: The nutritional and health status, including the scholastic performance of the children of parent(s) working in power-loom is significantly poor, especially among those staying within the premises. It's essential to take appropriate protective measure to protect against the health hazards

Keywords: Health-status, Power-loom, Children, Nutrition

PG 120- A study on factors influencing gender preference among married women of urban field practice area of a medical college in Davangere, Karnataka.

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Background: Sex ratio in India, has always remained unfavorable to females. Changes in the sex ratio, reflects the underlying socioeconomic, cultural patterns of a society. The girl child faces the neglect of the family in form of providing basic necessities of life in terms of food, clothing, love, shelter, supervision, education & medical care. Objective of the study was to determine the gender preference& to describe the factors influencing gender preference among married women of urban field practice area of a medical college, Davangere, Karnataka.

Methods: A cross-sectional study was conducted by interviewing married women of reproductive age group (15-49 years) attending UPHC (n= 120). All married women with at least one child were included in the study.

Results:Only son 26 (21.7%) & at least 1 son 52 (43.3%) preferences were seen among the participants. Socio-demographic factors like religion, literacy status, occupation, socio-economic status were significantly associated ($p < 0.001$) with gender preference. Old age dependency & growth of family were the main reasons given by women for existence of son preference while dowry & unsafety of girls were the reasons mentioned for not wanting girl child.

Conclusion: This study clearly infers that son preference is prevalent among women of Urban Davangere&there is a complex association of many factors which determine gender preference. Efforts to address patriarchal gender norms, strengthening the existing laws against dowry, PCPNDT Act, educational & occupational opportunities for females are the dire needs if girls are to be perceived as important & desired in our society.

Keywords: Gender preference, Son preference, girl child neglect, married women.

PG121- Magnitude of depressionand its association with self-care among patients with Diabetes Mellitus, in rural field practice area of a Medical college in Davangere: A cross sectional study.

Dr Antao Faye Rose, Post Graduate student, SSIMS & RC, Davangere

Introduction: Diabetes is one of the global health emergencies of the 21st century. PatientswithDiabetes experience depression twice higher than the general population, which leads to difficulty with self-care. Only one-third of people with both Diabetes Mellitus and major depression are recognized and appropriately treated for both disorders. There have been very few studies on the prevalence of depression among patients with type 2 diabetes mellitus in rural areas, far fewer studies on its influence on self-care practices in diabetics.

Objectives:

- 1)To assess the magnitude of depression among patients with Diabetes Mellitus
- 2)To determine the association of depression and self-care among patients with Diabetes Mellitus

Methodology: A cross-sectional study carried out in Rural field practice area of a SSIMS & RC, Davangere, Karnataka. Totally, 166 patients with diabetes mellitus were interviewed using Patient Health Questionnaire to

assess depression and Summary of Diabetes Self-Care Activities questionnaire to assess self-care activities. Data were entered in Microsoft Excel and analyzed using SPSS 20.

Results: Mean age of the participants was 59.67 years. Males were more (51.8%) compared to females. Mild depression (5–9) was found in around 35.5% of the participants, while moderate depression (10-14) was seen in 10.2%. Most of the patients (87.3%) had their sugar level tested at least once in the last 3 months. Only around 19% of the participants did regular exercise. Majority of the subjects (78.9%) never self-examined their feet. Around 75% of the patients had good adherence to the medication. Daily exercise and adherence to medication was found to be less among those who were depressed.

Conclusion: The level of depression among patients with Diabetes Mellitus was found to be high. Self-care practices were low among those with depression.

Key words: Cross sectional, Depression, Diabetes Mellitus, Self-care.

PG 122- Knowledge and attitude towards breast feeding practices: A cross sectional study of lactating mothers

SANTOS RANJAN NAYAK, Post graduate, Armed Forces Medical College

Introduction: The promotion of breast-feeding is one of the simplest, easiest and cost-effective interventions for reduction of infant mortality and improving the physical and psychological development of the children. However, despite the strong evidences in support of breast feeding its prevalence is low especially in developing countries.

Objectives: The objectives of the present study is to find out the current status of breast feeding practices and the influences of various sociodemographic factors affecting maternal knowledge, attitudes and practices towards breast feeding.

Methodology: A cross sectional descriptive study was carried out among randomly selected lactating mothers of a rural and an urban area. Data was collected through interview using a pre validated structured questionnaire.

Results: The study finding revealed that a majority (91.5%) of the mothers are breast feeders. However, only 61.5% of the mothers are exclusive breast feeders and only 42.3% initiated breast feeding within half an hour. While mothers have good knowledge on breast feeding (knowledge score: 11.9 ± 1.62 , $M \pm SD$), the attitude score is average on Iowa Infant Feeding Attitude Scale (IIFAS) (57.54 ± 3.74 , $M \pm SD$) which indicates neutral attitudes toward breast feeding. Apart from this those mothers who have higher education and have received assistance or education on breastfeeding from hospital staff have better knowledge (knowledge score: 12.2 ± 2.32 , $p < .05$, 11.5 ± 2.36 , $p < .05$ respectively).

Conclusion: This study reveals that the level of exclusive breast feeding is low among Indian mothers hence emphasizes the need for breastfeeding intervention programs, especially for the mother during antenatal and postnatal check-ups. There is a significant gap between actual and desired breast feeding practices.

Key words: Knowledge, attitude, breastfeeding, mother

PG 123-Perceived Stress, Factors Associated and the Relationship between Stress and Sleeping Pattern among the Medical students in Bangalore – A cross-sectional study

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Introduction

Stress has been a major risk factor for serious illnesses such as depression, suicide, hypertension, and all-cause mortality prevails on everyone from childhood to adulthood. Sleep disturbances are common among medical professionals can affect the stress levels.

Objectives

- To assess the perceived stress among medical undergraduate students
- To identify the factors associated with perceived stress among medical students
- To assess the relationship between stress and sleeping pattern

Methodology: A cross-sectional study was conducted from 1st to 31 July 2019 among 454 medical undergraduate students studying in undergraduate students of different terms in a medical college in Bangalore. Data was collected using pre-structured, self-administered tool. CSS, ESS and DASS21 were used to assess the level of stress, anxiety, depression and sleeping pattern.

Results: Majority 61.9% of the participants were females, day scholars (84.1%) spending about 96 minutes daily in travel. Majority had moderate level of stress, with the mean CSS score of 20 ± 6.12 and were having higher normal day-time sleep, with the mean DASS score of 18.2 ± 12.2 . about 61.5% were satisfied with their sleep and 29.3% complained of having bad sleep. Stress was significant more among males. Upcoming examination was the major factor significantly associated among 71% of students.

Conclusion: The stress and sleep inadequacy among medical students are common and significantly associated with gender and upcoming examinations. Need to stress on stress-management strategies.

Keywords: Stress, sleeping pattern, medical students

PG 124- ASSESSMENT OF CLIENT SATISFACTION IN PRIMARY HEALTH CENTRES OF SHIMOGA: A CROSS SECTIONAL STUDY

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INTRODUCTION: India is the second most populous country in the world. Primary Health Care plays an important role in providing health care facilities in India. According to world bank data India falls in the group of low-middle-income countries. And studies have shown that quality of primary health care in low to middle income countries is poor with high rates of misdiagnosis, incorrect treatment and long wait time. With exponential growth of population in India, upholding the standards of primary health care becomes important. As there are currently no such survey conducted in this part of Karnataka, there is a need to conduct a study and gain more knowledge about the health care delivery in this part of Karnataka 'to ensure healthy lives and promote well being for all ages'

OBJECTIVES:

1.To study the client satisfaction in patients attending PHCs

METHOD:A cross- sectional study was conducted during June 2019 to July 2019 among Clients attending the PHCs of Shimoga district. 150 clients were interviewed and data regarding client satisfaction was collected using a questionnaire. A database was created in MS Excel and analysis was done using statistical software (SPSS v20).

RESULTS:150 patients were interviewed from urban and rural healthcare facilities. Mean age of the patients interviewed was 45.17 years of which about 26% percent expressed that they were not satisfied with the services provided at the facility. This opinion was associated with problems such as lack of availability of medicines at facility.

KEY WORDS: CLIENT SATISFACTION, PRIMARY HEALTH CENTRES

PG 125- A study to assess prevalence and risk factors for anaemia in pregnant women attending KIMS OPD, Hubli

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Hubballi

INTRODUCTION:Anaemia in pregnancy is one of the major causes of maternal morbidity and mortality in India and World. Anaemia in pregnancy continues to be a problem in spite of national programs for its prevention and control. It accounts for 1/5th of maternal deaths worldwide and 16% in India and is the major factor responsible for low birth weight, abortions, premature birth, post-partum haemorrhage etc. Hence determining the status and factors influencing anaemia among pregnant women is essential to treat and prevent the same.

OBJECTIVES: To assess the prevalence and risk factors associated with anaemia among pregnant women.

METHODOLOGY:A cross sectional study was conducted among 200 pregnant women attending for ANC at KIMS OPD from 7th June to 4th July, 2019. A pretested questionnaire was applied to collect data. Haemoglobin estimation was done by Sahli's method. The data was entered in Microsoft Excel and analysed using SPSS Software.

RESULTS:The mean age of pregnant women in the study is 25 years, 46.5% belong to lower socioeconomic status and 43% lived in joint families. Prevalence of anaemia among pregnant women was found to be 81% and majority had moderate anaemia 57%. Factors influencing anaemia were multi-parity (83.33%), short inter-pregnancy interval (86.66%), no history of recent deworming (82%) and those who did not take iron and folic acid tablets (35.5%). About 83.33% of the antenatal mothers with less than 4 ANC visits were anaemic.

CONCLUSION:In the present study, the prevalence of anaemia among pregnant women was found to be high (81%). Maternal anaemia was more among illiterates, low income groups, multiparous, short inter-pregnancy interval, irregular intake of iron and folic acid supplements and mothers with no history of deworming.

KEY WORDS:Anaemia, Risk factors, Pregnant women, ANC visits.

PG 126- Seasonal variation in hospital admissions of Bacterial Meningitis at a Tertiary Care Hospital: A Time Series Analysis using Wavelet Transform

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INTRODUCTION:

Bacterial meningitis is one of the most feared infectious diseases, being an important cause of death & long term neurological disability. Various studies have observed seasonality of occurrence of bacterial meningitis most commonly in dry & cold seasons. Studies of seasonal variation contribute to understanding the aetiology of infections, healthcare planning for prevention & rational use of hospital resources. Hence this study was conducted to know the seasonality in the admissions of cases of bacterial meningitis.

OBJECTIVES:

To know the seasonal variations and trend in the admissions of community acquired acute bacterial meningitis in KIMS Hospital.

METHODOLOGY: A time series analysis by compiling monthly data of bacterial meningitis cases admitted in KIMS, Hubballi from the reports of Medical Records Department for a period of five years from January, 2014 to December, 2018.

RESULTS: The peaks for hospitalizations were predominantly in March - May and even the seasonality for aggregate years occurs as peak effect in summer. Hospitalizations for bacterial meningitis showed a periodicity of 3-4 months in each year along with cyclical trend over the years studied.

CONCLUSION: This study found evidence of seasonality for bacterial meningitis. However the hospitals should be prepared for providing clinical services round the year. More resources may be required during the peak months of March - May.

KEY WORDS: Seasonal Variation, Hospital Admissions, Bacterial Meningitis, Time Series Analysis, Wavelet Transform.

PG 128- A Clustering of Health Related Behaviours and Health Outcomes among Medical Students of KIMS, Hubballi

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INTRODUCTION:

Health-related behaviours such as smoking, alcohol use, excessive screen time and unhealthy nutritional habits do not occur in isolation; rather they cluster together and contribute significantly to the public health burden. Recent studies show several health-related behaviours to cluster in young adults. A better insight in the clustering of those behaviours can help to identify groups who are at risk in developing chronic diseases.

OBJECTIVES:

- To assess the health-related behaviours and outcomes among the undergraduate medical students of KIMS, Hubballi.
- To identify the pattern of clustering of health related outcomes, behaviors and socio-demographic factors among them.

METHODOLOGY:

A cross-sectional study was conducted on sample of 300 undergraduate medical students KIMS, Hubballi from 12th April to 9th May, 2019. Students were assessed using a self-administered questionnaire, Smartphone addiction scale - Short Version (SAS-SV) and Strengths and Difficulties Questionnaire (SDQ). A Two-Step Cluster Analysis was used to identify groups of medical students with similar behavioural patterns and health-related outcomes.

RESULTS: Cluster analysis identified three clusters of medical students. Cluster-1 comprises of 100% males, cluster-2 of 99.2% males and cluster-3 of 66.4% females. 85.4% of cluster-1 consume/smoke tobacco as compared to 8.9% from cluster-2 and 0.8% from cluster-3. The mean SAS scores for cluster 1, 2 and 3 were 41.90, 31.57 and 31.08 and the SDQ scores were 20.44, 13.94 and 13.83 respectively. Having healthier patterns of behaviour was associated with positive lower levels of psychological distress and better physical health.

CONCLUSION: Health related behaviours such as substance abuse, dietary habits, physical activity, smart phone addiction and health related outcomes like psycho-social problems occurred in clusters. Therefore to develop effective prevention strategies, it is essential to consider multiple health indices when identifying high risk groups.

KEY WORDS: Clustering, smart-phone addiction, health related behaviours, young adults.

PG 129- A CROSS-SECTIONAL STUDY ON AWARENESS OF ASHA(ACCREDITED SOCIAL HEALTH ACTIVIST) WORKERS REGARDING MATERNAL HEALTH CARE IN RURAL AREA OF NORTH KARNATAKA

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4. Head of the Department

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INTRODUCTION:

ASHA a female volunteer, works as a community level health worker & forms the link between health care facility and community. ASHA will be the first health worker to approach for health related needs of important sections of community, mainly pregnant women who lack access to health care. Maternal mortality ratio (2016) is 130/ 1000 live births. Majority of maternal deaths can be prevented by quality health care. This can be achieved by the good knowledge of ASHA workers.

OBJECTIVES:

1. To assess the awareness of ASHA workers regarding maternal health care in rural field practice area of Department of Community Medicine.
2. To assess the socio-demographic factors affecting the knowledge of ASHAs.

METHODOLOGY:

Study design:A cross sectional study

Study population:All thASHA workers of rural field practice area(Uchagoan& Mutaga) of Department of Community Medicine, BIMS, Belagavi.

Study period: June- July 2019

Study area:Rural Primary health centres of Uchagoan and Mutaga.

Sample size:70

Sampling method:Universal sampling

Analysis:Data was collected using predesigned, pretested structured questionnaire using interview technique. Data is entered in MS Excel and analysis is done by using descriptive statistics.

RESULTS:

The majority(31.4%) of ASHAs were in the age group of 35 to 39 years, all of them married, with(88.5%) of them have finished secondary level of education.Majority of them were having good knowledge on antenatal care and postnatal care. Regarding high risk pregnancy,short stature(75%) and previous LSCS(67%) was the major response and excessive bleeding (55%) being common response for referring a pregnant female to hospital.

Conclusion:The awareness of ASHA was good regarding antenatal care, post natal care, but there is a need for regular training time to time which help in improving maternal health care.

Keywords:ASHA, Maternal Health Care, North Karnataka, Awareness

PG 130- Prevalence of Allergic Rhinitis among school children in Bengaluru city

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Introduction: Allergic Rhinitis(AR) is progressing to become a major problem throughout the world. The prevalence of allergic rhinitis is rising both in developed and developing countries. It can progress to Asthma which in itself leads to sleep disturbances, impedes growth, disrupt education, increases the socioeconomic burden and hence lowers the quality of life of the affected individuals, their family and society at large. A special attention has to be given to the highly affected group i.e., children in urban areas. Hence, the present study was conducted with the objectives below:

- 1.To find out the prevalence of Allergic Rhinitis among urban school children.
- 2.To identify the risk factors for Allergic rhinitis

Methodology: Schools were randomly selected after enlisting all schools in 2 wards of BBMP-South and consent was obtained. Sampling frame consists of cumulative population of all consenting school children. Sample size was calculated to be 1140. List of children aged between 10-15 years was prepared from the attendance register from each school. Total number of children were selected from the list using systematic random sampling. Each student was interviewed using pretested semi structured questionnaire developed using ISAAC (International study on Asthma and Allergies in Childhood) module. Data was entered in Epi-info 7. Descriptive statistics like mean, standard deviation, and inferential statistics like chi-square test, were used wherever applicable.

Results: Total of1140 children were interviewed, of which 541(47.46%) were females and 599(52.54%) were males. The mean age was 12.57 ± 1.61 years. The prevalence of AR among the children was found to be 19.82%.

The prevalence was 19.04% amongst females and 20.53% amongst males. Significant association ($p < 0.05$) was observed between AR and family history of allergic disorders ($p = < 0.001$), passive smoking at house ($p < 0.001$), ventilation ($p < 0.001$), preterm birth ($p < 0.002$)

Conclusion: Allergic Rhinitis is a major health problem among school children.

Key words: Prevalence, Allergic rhinitis, Urban, School Children

PG 131- HEALTH SEEKING BEHAVIOUR AND UTILIZATION OF HEALTH CARE SERVICES AMONG TUBERCULOSIS PATIENTS UNDER DOTS OF BAGALKOT TUBERCULOSIS UNIT

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2. Prof. and Head

3. Statistician

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Background: Tuberculosis is a specific infectious disease. Worldwide, magnitude of tuberculosis is 6.4 million by 2017 and India stands as the highest tuberculosis burden contributing one fourth to global tuberculosis burden. Better understanding of the health care seeking behavior with regard to tuberculosis helps health care provider as well as administrators to identify the loopholes and take appropriate action, thus reducing the burden of tuberculosis in the community.

Objective(s) of the study

1. To assess the health seeking behavior of tuberculosis cases
2. To correlate the socio-demographic variables for health seeking behavior of TB cases

Methodology

Across-sectional analytical study was conducted among tuberculosis cases registered under RNTCP of Bagalkot Tuberculosis Unit. Study period was from July 2018 to June 2019. Sample size of 90 was calculated from a study, $p = 72\%$. Data was collected using a predesigned, pretested, semi structured questionnaire. Information on socio-demographic variables and health seeking pattern of those TB cases were taken into consideration and analyzed using SPSS Version 20 software.

Results

Among 90 registered cases, 71.1% are males and 28.9% females. 72 (80%) are Pulmonary TB cases. 68.9% are from rural area, 26.7% are illiterate and majority are unskilled workers (65.6%). 41.1% sought home remedy as their first action towards their symptoms while 27.8% sought pharmacies as their first action. 42.2% have good health seeking behavior. 72.2% utilized Private health facility, among them 64.61% utilized private hospital.

Conclusion

Our study throws light on the need to make awareness regarding DOTS in TB control. Messages to persuade the public, particularly females and rural population of the importance of seeking care need to be developed. Public must also be made aware of the availability of quality diagnosis and free treatment for TB at governmental health facilities.

PG 132- “Mental well-being and help seeking behaviours among undergraduate medical students in Mysore Medical College: A Cross sectional study”

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INTRODUCTION:

Mental health, a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life.Adjustments,competitiveness, and preparation for the examinations increase stress and insecurity to medical students. Hence well-being is very important at this point. But it is known that medical students are reluctant to seek help, particularly for emotional problems.In many of the studies,medicalstudents’mental health and help-seeking behaviour is reported to be poor.Hence the study was planned.

OBJECTIVE:

- 1.To assess the mental well-being among undergraduate medical students in Mysore medical college.
- 2.To assess the help seeking behaviours among medical students on personal or emotional problems and suicidal ideation in Mysore medical college.

METHODOLOGY:

A cross-sectional study was conducted among undergraduate medical students in Mysore Medical College in the month of July 2019.An online questionnaire which focussed on mental health by using Warwick Edinburgh Mental well-being scale (WEMWBS) and Help seeking behaviour by using General Help-Seeking Questionnaire (GHSQ) was circulated among all term students. 101 responses with completely filled questionnaires were received.Data was imported to SPSS.20. And analysed using appropriate statistical tests.

RESULTS AND CONCLUSION:

The mean well-being score was 47.8(standard deviation 8.5, range27-70, median 48).Parents and friends were the most popular choice of help seeking. It’s important to understand help seeking behaviours and mental health in order to improve quality of life .

PG – 133 A cross-sectional study on the health problems and substance abuse in Tobacco farmers, Hassan District.

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Introduction:

India ranks 3rd in the worldwide tobacco production (2017) and it is increasing every year. Hassan is a predominant tobacco growing district in Karnataka with over 12,000 growers.These tobacco growers are exposed to health risks during cultivation and handling of tobacco and pesticides, long duration of work during cultivation, the physical and mental stress, and nicotine toxicity - Green Tobacco Sickness (GTS) due to direct handling of wet green tobacco leaves.

Objectives:

- To determine the prevalence of health problems associated with tobacco farming.
- To determine the extent of substance abuse in tobacco farmers.

Methodology:

Study design: Cross-sectional study

Duration: 3 months

Sampling technique: 30x7 Cluster sampling technique

House to house survey was conducted in 30 tobacco growing villages of Hassan. 7 tobacco growers were interviewed in each village using a pre-designed, pretested proforma. AUDIT (Alcohol use disorder identification test) & Fagerstrom nicotine dependence scale was used to assess the extent of substance abuse.

Results:

Complaints of Nausea, Dizziness, Poor appetite, Insomnia, Breathlessness, increased sweating (Symptoms suggestive of Green Tobacco Sickness) was reported (6.57% - 48.8%). On interpreting scores of Fagerstrom Nicotine Dependence scale, all 100% growers were nicotine dependent. 65.98% had moderate to high dependence. On AUDIT assessment, all growers who had a drinking habit had hazardous drinking behaviour.

Conclusion:

Lack of knowledge regarding the health effects of tobacco farming, lack of use of PPE, direct handling of wet tobacco leaves, dust and smoke exposure during curing maybe some of the reasons for health problems in tobacco growers. Nicotine dependence was high among Tobacco growers which could be because of intense physical and mental stress.

Key words: Green Tobacco Sickness, Tobacco farming, AUDIT, Nicotine dependence.

PG 134-“A Cross Sectional Study on Assessment of Risk for Diabetes Mellitus among Adults In Rural Field Practice Area of Mysore Medical College”

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INTRODUCTION:

Diabetes mellitus (DM) is a leading cause of morbidity and mortality in developing countries. The risk of diabetes is greatly increased when associated with lifestyle factors, high blood pressure, overweight or obesity, insufficient physical activity and poor diet. Early identification of at risk individuals and appropriate lifestyle modification would help in preventing the onset of diabetes mellitus.

OBJECTIVES:

1. To estimate the risk of type 2 diabetes mellitus using Indian diabetes risk score (IDRS).
2. To determine the association of IDRS components with socio demographic variables.

METHODOLOGY:

A cross sectional study was conducted in the rural field practice area of Mysore from April to June 2019. The sample size was calculated to be 180. Risk level for diabetes was assessed using Indian Diabetic Risk Score (IDRS) and socio-demographic and anthropometric factors were assessed through a semi structured pretested questionnaire. Data was entered in Excel sheet and analysed using SPSS.

RESULTS:

Total of 180 individuals participated, On the whole, around 8% of adults had a high risk score (score >60) for diabetes, 51% had moderate scores and 41% had low scores on IDRS

CONCLUSION:

This study estimates the usefulness of simplified Indian Diabetes Risk Score for identifying high risk for diabetes in the community.

KEY WORDS:IDRS; Risk for diabetes; Socio-demographic factors

PG135- Weight status and blood pressure profile in adolescent students of urban Mysuru

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Introduction:Obesity is a risk factor for hypertension. Of all the NCDs, hypertension is the most prevalent and commonest cause of morbidity and mortality. The study observed the relationship between adolescent weight status and blood pressure (BP).

Objective: To compare individual associations of BMI, waist circumference (WC) and Waist Hip Ratio with blood pressure (BP) in adolescents.

Methodology: A cross sectional study was conducted among adolescent students from age 10 to 18 years belonging to various schools in urban Mysuru, Karnataka. The study was conducted during June-July, 2019. Schools were stratified as government, aided & private & selected using probability proportionate to size. Students were selected randomly in each class using random number tables. Anthropometry and Blood Pressure were measured. The pattern of BP measurements based on the weight status was observed. Statistical inferences were drawn via Chi-square and logistic regression.

Results: The mean age for all the respondents was 14.3 years. Systolic and diastolic BP generally increased with increasing respondents' age, with mean pressures higher in students from private schools. About 5% were obese, while 14% were overweight. The overall prevalence of high BP was 3.6%.

Conclusion: BP generally increased with age with the mean systolic and diastolic BP for all ages. Around 20% of the respondents were either overweight or obese. A greater proportion of respondents who were overweight or obese were females, physically inactive, of high socioeconomic status and had high BP.

PG 136- ASSESSMENT OF EFFICIENCY OF WEIGHT MONITORING OF UNDERFIVE CHILDREN AT ANGANWADIS: A CROSS SECTIONAL STUDY IN URBAN FIELD PRACTICE AREA OF TERTIARY CARE HOSPITAL, MYSURU.

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INTRODUCTION:

Anganwadi centers established under ICDS is an important intervention towards fighting malnutrition especially among under five children. Weight monitoring is an integral part of it. NFHS 4 data shows that 35.7% of under five children are underweight. Efficiency of anganwadicentres, to monitor the weight of the children is crucial in reducing the prevalence of malnutrition. The following study was done with the below mentioned objectives.

OBJECTIVES:

- 1.To study the differences in weight measured using WHO weighing method and Salter weighing method.
- 2.To estimate the proportion of under five children who are regularly weighed at AWC
- 3.To study the differences in the prevalence of the malnutrition between AWW registers and study measurements.

METHODOLOGY:

Study design: Cross-sectional study.

Study period: June- July 2019.

Study area: Urban Field practice area of a Tertiary Care Hospital, Mysore

Study population: Under Five Children

Sample size: All the under five children in the selected Anganwadi centers

Sampling method: Census Method

Data entry, analysis: Epi Data v3.1, Epi Info 7 software

RESULTS:

There was difference between weight measured using WHO method and Salter method [$p < 0.05$]. 62.5% of the Under five children in the area were regularly monitored.

CONCLUSION:

The present study concluded that there is need for the continuous training and motivation for ANWs and also to the community for the better impact.

KEY WORDS: Anganwadi Centers, Under Five Children, Weight Monitoring, Efficiency

PG 137- "Perceived Barriers to Physical Activity among Medical Students – A cross-sectional study"

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INTRODUCTION: Lack of physical activity is an important risk factor for Non-communicable diseases. Currently, it is the fourth leading risk factor causing 6% deaths worldwide. According to the WHO, globally 1 out of 4 adults is not active enough.

The reason for this insufficient physical activity among young adults, specially medical students who are aware of its implications needs to be explored. For this, emphasis needs to be placed on understanding the factors that stop them from being physically active

OBJECTIVE OF THE STUDY: To assess the perceived barriers towards physical activity among medical students.

METHODOLOGY: A cross-sectional study was conducted among 105 medical students studying in BIMS, Belgaum. Ethical clearance was sought. The medical students from each year were selected by proportionate sampling technique. With their written consent, a semi-structured questionnaire was administered. It assessed their barriers to physical activity such as Lack of time, Fear of injury etc. Each barrier was expressed as a percentage. Socio-demographic details of the participants and their knowledge regarding physical activity was also noted. The results of the study were analysed using Microsoft Excel.

RESULTS: Among 105 medical students, 61 [58.1%] reported having regular physical activity. Boys [66.6%] were more physically active than girls [47.9%]. Among those who were physically inactive, the main barrier was Lack

of willpower[91.1%] , followed by Lack of energy [64.4%]and Lack of resources [55.5%] like access to jogging trails,gym etc.

CONCLUSIONS:More than half of the medical students were physically active.The major barrier to physical activity among both sexes was found to be Lack of Willpower. Encouraging medical students towards being physically active is important, as it would set them as better role models for their patients and the community

KEY WORDS : Barriers, Cross-sectional, Medical Students, Physical Activity

PG 138- Study On Knowledge, Attitude & Practice About Breast Feeding, Complementary Feeding & Usage Of Family Planning Method Among Mother's Attending Camp

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Introduction

Malnutrition among under 5 Children is a major public health concern in India, Sub-optimal feeding &Inadequate knowledge of mothers on optimal child feeding practice not only increases the risk of infectionsand malnutrition but alsoconsidered as an important determinant of under-5 children mortality .On the other hand knowledge &practice of Family planning can prevent closely spaced and ill-timed pregnancies and births,which are majorcontributors of Child mortality and morbidity.

Objective

Assessment of knowledge, attitude &practice about breast feeding complementary feeding & usage of family planning methods among mother's attending camp.

Data & Methodology

This cross sectional study was done on mothers aged 15 to 40 years, who attended mega camp conducted on 26.07.2019 at Shri B.M Patil Medical College Hospital &Research Center Vijayapura . Pretested questionnaire was used to Assess knowledge, attitude &practice on breast feeding, complementary feeding & usage of family planning methods.

Result

Out of 164 participants 70.1% of them had knowledge on family planning methods &71.3% of them were currently practicing contraception & tubectomy is the most preferred method≈63% Among the participant 56.7% of them presently had children under-5 years of age. Out of which 51.6% of them gave prelactial feeds. Only 34.1% of mothers had practiced early initiation of breast feeding & more than 20% of them did not fed their child with colostrum, Only 35.2% of mothers practiced breast feeding during sickness &only 16.47% of mothers had followed timely initiation of complementary feeding.

Conclusion

This study shows existence of good knowledge & positive attitude towards family planning. But Inadequate knowledge on infant &young child feeding methods & follow of faulty child feeding practices was seen.

PG 139-Assessment of Awareness & Practices regarding Breastfeeding among Postnatal women & their caretakers in a Tertiary care hospital, Mysuru.

AUTHORS: Dr.Snehalatha B.M. ;Dr.Mudassir Azeez Khan.

PRESENTING AUTHOR:

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CO-AUTHOR:

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INTRODUCTION:

Human milk is the ideal nourishment for infants' growth & development. WHO & UNICEF recommend Exclusive Breastfeeding for 1st six months of life & addition of adequate & safe complementary feeds from 6 months to 2 years & beyond. Colostrum is "Baby's 1st vaccine" & must be given to all infants. According to NFHS-4, only 54.9% children are Exclusively breastfed in India & it is on an average for 2.9 months only. There is still a lack of acceptance about feeding colostrum. Prelacteal feeds are still being given on grounds of religious practices.

OBJECTIVES:

- 1) To assess the awareness & practice of Breastfeeding among postnatal women & caretakers.
- 2) To assess the sociodemographic factors influencing Breastfeeding.
- 3) To assess barriers to Breastfeeding.

METHODOLOGY:

Hospital based cross-sectional study was conducted using semi-structured interview based questionnaire. Total of 70 postnatal women & their caretakers were interviewed. Post-interview they were educated about the correct breastfeeding practices. Data collected was compiled using MS-Excel and analyzed using relevant statistical tests.

RESULT:

About 54.3% women did not initiate breast feeding within 2 hours of birth. The most common cause of delay being Admission of baby to NICU & LSCS delivery. About 42.8% women did not feed colostrum to their children. Only 52.8% women practice Exclusive breastfeeding for 6 months & only 47.2% women breastfeed for a minimum of 2 years. About 57.2% women still give Prelacteal feeds & 27.2% women still consider bottle feeding healthy.

CONCLUSION:

Awareness level regarding breastfeeding is low. There is a need for healthcare professionals to educate women & their caretakers in the antenatal period itself about the correct breastfeeding practices.

KEY WORDS: Awareness, Exclusive breastfeeding, Colostrum, Prelacteal feeds.

PG 140- A Study of Animal Bites among Patients attending a Tertiary care Hospital in Mysuru.

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Introduction: Animal bites cause a big burden worldwide in terms of morbidity and mortality. As per WHO, dog bites are the cause for major animal bite injuries followed by snake bites, cat bites and monkey bites. Annually

about 55,000–60,000 persons die of rabies, of which nearly one-third are from India alone. Rabies though being a nearly 100% fatal disease is also a potentially preventable disease.

Objectives:

1. To estimate the incidence of animal bites in patients attending Anti-Rabies Clinic of KR hospital, Mysuru.
2. To study the associated factors in relation to animal bites.

Methods: A cross sectional study was carried out during the period June 2018 - May 2019. Data was collected of all the patients who attended the Anti-Rabies clinic in KR Hospital, Mysuru, using a pretested proforma. This information was compiled in a excel sheet and analysed using simple measures like proportions, percentages, and other relevant statistical tests.

Results: A total of 3861 Animal bite cases were reported out of which 69.1% were males and 30.9% were females. Dog bites contributed the highest (92.1%) followed by cat bites (5.2%). As per the category of wounds 59.6% were of Category I and 36.2% were Category III wounds. Majority of the bites were in the Lower limb (61%) followed by the upper limb (29.5%).

Conclusion: This study indicates that Animal Bites are a significant public health problem which needs to be addressed as a priority with appropriate preventive strategies.

Keywords: Rabies, Animal bite, Anti-Rabies Clinic, Category of bite.

PG 141- “A Study on Knowledge and Attitudes regarding palliative care among interns of a Government Medical College in Karnataka.”

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1. Postgraduate, 2. Professor & Head,

Department of Community Medicine, MMC&RI, Mysuru.

Introduction:

Palliative care, a component of Universal Health Care deals with improving the quality of life of the individuals and their family, where complete recovery is not possible. Ideally, practicing palliative care is the duty of every doctor. But the knowledge in this regard in the budding doctors is shaky. Hence the study was planned.

Objectives:

- 1) To assess the knowledge and attitudes of interns of the interns of a Government Medical College in Karnataka.
- 2) To describe the factors affecting the change in attitude of medical interns who worked in palliative care unit for 2 weeks during internship, towards keeping palliative care as a career option.

Methodology:

Cross-sectional design was chosen. Study population included all the medical interns of the academic year 2019-20 of the government medical college of Mysuru.

For objective 1, census method was used for sampling. Self-administered semi-structured proforma was used for data collection. Analysis was done using trial version of SPSS software. Descriptive statistics and graphs were used to represent the data.

For objective 2, only those interns who experienced 2 weeks of internship at a palliative care unit were considered.

Their willingness to work in the field before and after the postings was assessed and the factors that influenced their change in decision were collected using free-listing, were categorized by pile sorting and were analysed by Visual Anthropac software.

Results:

50% of the interns had poor knowledge regarding palliative care. Only 20% of the students have palliative care as a career option because of the emotional stress.

Conclusion:

Medical students should be exposed to the cases needing palliation during their under-graduate course itself.

Keywords:Palliative care, medical students, interns, knowledge, Karnataka.

PG 142- Benefits That Pregnant Women Have Received From Government Programs During Their Pregnancy

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INTRODUCTION : Antenatal care (ANC) services is one of the key element in the primary health care delivery system of a country, which aims for a healthy society. Utilization of antenatal care services is as poor as 60% in rural India. National Rural Health Mission (NRHM) was launched in 2005, to improve the rural health care delivery system and health status of the people. National Family Health Survey 4 shows that, in India only 21% mothers had full antenatal care. In Mandya district it is 17.1%. In this perspective, the present study is aimed to know about the benefits that pregnant women have received from various government programs during their pregnancy among recently delivered pregnant women in Mandya Institute of Medical Sciences, Mandya. To assess the benefits that pregnant women have received from various government programs during their pregnancy This cross sectional study was conducted among 400 recently delivered women in MIMS Mandya during July to August 2019 Study participants were interviewed using a pretested semi-structured questionnaire. Data was entered into MS excel spread sheet and descriptive statistics like proportions, mean, standard deviation and inferential statistics like chi square test was used. 100% women registered their pregnancy. 40.1% registered during first trimester. 96% women had received four or more antenatal visits. All of them had received correct tetanus vaccination. 21.3% had consumed 100 or more IFA tablets. Anganwadi food was utilized by 97.0% of pregnant women, among them 57.8% took it for three months. 75.0% women used ambulance services, among them 7.1% paid for ambulance services. 21.3% women had utilized full antenatal care during pregnancy. Women education, socioeconomic status and timing of registration were significantly associated with full antenatal care utilization. The present study shows that the benefits from various government programs are not utilized properly by antenatal mothers.

Antenatal care, tetanus toxoid, iron folic acid, full utilization

PG 144- What is the profile and spatial distribution of cancer patients admitted at a tertiary care hospital, Mangaluru using QGIS software?

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Introduction:

Cancer is one of the ten leading causes of death in India. Estimate of the number of cancer cases attending the host institute in various disciplines and the exact type of cases diagnosed is essential in cancer control program. Information on socio – demographic and clinical profile and spatial distribution of cancer cases holds good in planning geographic specific intervention strategies.

Objectives:

This study aimed to assess the profile and geographic spatial distribution and clustering of cancer cases using QGIS among the patients admitted at a tertiary care hospital, Mangaluru.

Methodology:

We conducted a cross - sectional study. Data was collected for all cancer patients admitted at a tertiary care hospital during first quarter of 2018. Semi structured data abstraction tool was used to collect data on demographic profile, geographical location, profile of cancer, any co morbidities and treatment related details from medical records department of the hospital. QGIS software was used to depict geographical distribution and clustering of cases. Socio-demographic profile and clinical profile of patients is described in terms of frequency and percentages.

Results:

Almost one third of the patients (29.4%) were in the age group of 51-60 years, 55% being males. Data on cancer staging showed that 34.4% belonged to stage 2 and 24.4% to stage 3. Among those having complications, 25.2% were GIT related and 9.5% were respiratory system related. Regarding risk factors; 24.4% had family history of cancer, 31% had habit of smoking, 17.6% chewed tobacco and 19.8 % consumed alcohol. Spot maps generated using QGIS software depicted spatial distribution of cancer cases and clustering of cases.

Discussion and Conclusion:

Profile of cancer patients and spatial distribution obtained through this study will pave way for public health professionals to explore the dynamics of cancer incidence and formulation of future control strategies with focus on spatial analysis and clustering of cases.

Key words: QGIS, Cancer profile, Clustering of cases, Spatial distribution

PG 146- “A Cross-Sectional Study on Social determinants of health influencing the Neonatal Outcomes among the Out born Neonates admitted to SNCU of Government Teaching Hospital”

Dr. Poornima Basavraj Khot¹ Dr. Thejeshwari H L² Dr. Kumar ³ Dr. M. Sundar⁴ Dr. Prasanna Kumar⁵, HASSAN INSTITUTE OF MEDICAL SCIENCES, HASSAN

INTRODUCTION: As maternal social and environmental conditions have a direct and indirect role on neonatal birth weight, care received at birth and neonatal survival. Sustainable development goal 2030 (SDG) aims to reduce Neonatal Mortality Rate from 25.4 to 12/1,000 by addressing social determinants of health (SDOH); an effort has been made to study SDOH on OUTBORN NEONATES admitted to SNCU of HIMS hospital.

OBJECTIVES:

1. To assess the outcome among the out born neonates admitted to SNCU.
2. To assess the maternal social determinants of health affecting the outcome.

MATERIALS AND METHODS:

Study type - Cross Sectional study.

Setting- SNCU, Hassan Institute of Medical Sciences, Hassan.

Population- All out born neonates admitted to SNCU

Study Duration- 6months.

Method of Data collection- After taking prior written consent, all mothers/ bystanders of out born neonates were interviewed using predesigned, pretested semi-structured proforma. Social factors, environmental conditions and Antenatal care affecting the maternal health were collected. Neonatal outcome data was collected from SNCU register. Inclusion criteria: All admissions to SNCU during study period.

Exclusion criteria: 1) Mothers/ bystanders of out born neonates not willing to give consent.

2) Mothers of re-admitted neonates.

Data analysis-Dataanalyzed using SPSS V20.0 for descriptive statistics, Bivariate & Multivariate logistic regressions.

RESULTS:During the study N=353out born neonateswere admitted,of which 57(16.1%)OUTBORN NEONATES died.Among the factors influencing outcome; Number of antenatal visits, Consumption of iron tablets, Gestational age, High risk pregnancy, Staff attending the delivery, birth weight, Referral timehave significant influence on neonatal outcome (at $p \leq 0.5$)whereasDistance from hospital, exposure to passive smoking, utilization of government maternal schemes were significantly associated with poor outcome among outborn neonates(at p value < 0.1).

Key words– Out born neonates, Social determinants of Health,SNCU, neonatal outcomes.

PG 148 - Contraceptive Practices Among Married Women of Reproductive Age Group in an Urban Field Practice Area of a Medical College, Mysuru

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Introduction: The exponential growth of population puts a large stress on the finite resources worldwide leading to a vicious cycle of poverty and population growth.Growing population is a major concern in India due to associated problems of poverty, overcrowding, illiteracy and malnutrition.With almost half the population of India being in reproductive age group, adoption of family planning methods will not only play an important role in stabilizing the population but also help in avoiding unwanted pregnancies, reducing maternal and neonatal deaths and also in reducing maternal morbidity.Although family planning services are offered free of cost,the prevalence of contraceptive use is not uniform across the country.

Objective:To assess the prevalence and type of contraceptive used among married women of reproductive age group in an urban field practice area.

Methodology:This cross-sectional study was conducted in an urban field practice area from January 2018 to January 2019. House to house survey was done and data pertaining to family planning was collected from 457 eligible women of reproductive age group using a pre-tested, semi-structured questionnaire. Data was entered into MS Excel 2016 and analysed using SPSS version 23.

Results:Among the457respondents, 80.56 % were currently using contraceptives. Among those currently using contraceptives, majority (63.5%) had undergone tubal ligation. Intra-uterine devices (19.7%), Oral Contraceptive

Pills (10.5%) and Condoms (6.3%) were the other family planning methods availed. Fear of side effects and lack of awareness were the major reasons cited for not using contraceptives.

Conclusion: Misconceptions related to family planning is one of the major reasons of non-availing of services. Structured behaviour change communication will help in allaying the fears and further increasing the acceptance of family planning services in the community.

Keywords: Contraceptive Usage, Family Planning, Married Women, Unmet need.

PG 149 - "Health seeking behaviour and factors determining it among the parents of under five children for childhood illnesses in a selected area of Bengaluru rural district"- A cross-sectional study

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2. Professor and HOD

3. Professor

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Introduction:

Childhood illnesses are pivotal global public health problem. Approximately 40% of these deaths are due to pneumonia, diarrhoea, malaria, measles and >50% are attributable to undernutrition.

Health seeking behaviour (HSB) is a part of health behaviour. It helps to identify where and why parents choose a particular healthcare facility. It helps in prioritizing the intervention, preventing illness and planning health programs. It is most important for parents to seek a proper healthcare facility at right time and place, thereby lower the mortality. Hence, the present study was undertaken.

Objectives:

1. To assess the HSB in parents of under five children for specific childhood illness (pneumonia, diarrhea, malaria, measles).
2. To identify the factors determining the HSB.

Sampling Method:

A cross-sectional study was undertaken among 215 parents of under-five children to assess HSB in selected area of Bengaluru rural district. Multistage sampling method was incorporated. Data was collected by interviewer administered pre-tested semi-structured questionnaire and analysed using Epi Info™ software version 7.2.1.

Results:

Among 215 participants, HSB was 100%. Most common perceived cause of illness was contaminated food and water (67.44%) and symptom was fever (62.33%). Majority of children consulted doctor on 1st day of onset of illness (41.86%) and after one episode of symptom (36.28%). Private sector (80%) was the preferred choice due to better treatment followed by government (17.67%) and other health facility (2.33%). Most common perception for seeking facility was that the illness can be cured without complications (33.95%). Chi-square test was performed to check association between where and why parents choose a particular healthcare facility and was significant ($P < 0.001$, $\chi^2 = 405.3$).

Conclusion:

HSB was good amongst the respondents with majority having appropriate behaviour. Private-sector was the preferred choice in our study. The knowledge of ill-health can reduce morbidity and mortality but continuous education of parents for recognition of symptoms and the need to seek appropriate medical care is required.

Key words:

Health seeking behaviour, Under-five children, Parents, Childhood illness, Bengaluru.

PG 150 - A cross sectional study to assess neck circumference as an indicator of central obesity among healthy adults in rural Karnataka

Anupama.K,1 Ratnaprabha.GK,2 Geethalakshmi.RG3, SSIMS and RC

Background: Neck circumference (NC) is a measure of upper body fat. It is a simple screening measure for identifying overweight and obese patients. The present study is planned to determine if NC is a valid measure of obesity in rural Karnataka.

Objectives:

1. To determine the validity of Neck circumference as a tool for assessment of central obesity among adults in rural field practice area of SSIMS & RC.
2. To assess the prevalence of overweight and obesity among these adults.

Materials and Methods: A cross sectional community based study was done in the rural field practice area of SSIMS & RC. Lokikere PHC has three subcentres, Lokikere A, Lokikere B and Shaghale. The required sample size was 252 (rounded off to 260) and proportionate sample was chosen from each subcentre with equal number of males and females purposively. Adults aged > 18yrs and willing to participate in the study were selected. Adults having chronic debilitating illness, bed ridden or swelling in the neck region were excluded. Data was collected using a semi structured questionnaire which consists of socio-demographic details and personal or family history of any chronic illness was asked. Measurements were taken after obtaining the consent (Neck circumference, Waist circumference, Hip circumference, Height and weight).

Analysis: Statistical analysis was done by using statistical software SPSS 20. Data was analysed for frequency, percentage, mean and standard deviation. Sensitivity and specificity of NC calculated using ROC curve.

Results: Among 260 participants males were found to be 132 and females were 128. The mean age is 41.5 ± 14.4 and the mean anthropometric measurements i.e NC, WC and BMI are found to be 34.16 ± 3.31 cm, 85.04 ± 12.44 cm, 23.66 ± 4.57 kg/sq.mt. Based on BMI the obesity is found to be 36.5% and Neck circumference is found to be 35.5%. Considering WC as an indicator of central obesity, the sensitivity and specificity of NC is estimated under ROC curve. Area under the curve for males and females were 0.6 and 0.8, which is found to be statistically significant. Based on ROC curve, male and female neck circumferences cut off were found to be 37cms and 32cms, prevalence of central obesity based on this cut off was found to be 35.2.

Conclusion: NC can be used as tool for measuring obesity. NC measurement is a simple, convenient, inexpensive screening measure to identify overweight and obese participants.

Key words: Neck circumference, validity, obesity

PG 151 - EMERGING TRENDS AND THEIR IMPACT ON HEALTH CARE DELIVERY SYSTEM IN INDIA.

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AIM:

This article aims to highlight the latest health care delivery trends and their impact on the quality of care, implementation and acceptance in India.

INTRODUCTION:

India has a vast healthcare system and is evolving rapidly after the introduction of new age technologies. Public is becoming more aware and smart to lead a healthy life. The current restricted healthcare delivery models need to focus on preventive aspects in healthcare mainly at primary level. Innovative insurance models, Artificial Intelligence, IOT, Bigdata, block chain and PPPs will generate more consumer interest and better services for the patients.

METHODOLOGY:

We carried out a review of literature with the aim of identifying studies related to the use of technologies and their effect on health care system in India.

RESULTS:

A total of 86 articles were selected and reviewed. A majority of the papers report positive results with the adaptation of new technologies, and strategies to deliver low cost and quality healthcare. Innovative delivery models provide improved, comprehensive and well-coordinated services. These trends increase productivity, providing faster access to data and improve patient experience. App based solutions are accessible and available at doorstep of every patient.

CONCLUSION:

There is yet a lack of studies of how these newer technologies provide tremendous growth opportunities in Indian health care industry. Healthcare is more consumer oriented, patient driven and is likely to move towards value based care. Advances and adaption of the technologies increases the comfort and efficiency, giving quality care by decreasing the risk.

KEY WORDS: Healthcare, new technologies, quality care

PG 152 - Depression Among Elderly - An Unaddressed Emerging Burden. A Community Based Cross Sectional Study

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BACKGROUND:

Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that is normally enjoyable, accompanied by an inability to carry out daily activities, for at least two weeks, which is the most common psychiatric disorder among the elderly which can manifest as major or minor depression.1“GERIATRIC

DEPRESSION” is a common clinical condition in which “A prolonged state of mental depression in anyone over the age of 60 years”. 2 Pooled prevalence of depression among elderly was found to vary between 8.9 to 62.16 percent among various community based surveys conducted in India.³With this background the study was started with the objective to determine the prevalence and to assess the factors influencing depression among elderly in rural area, Kolar.

MATERIALS AND METHODS:

It was a community based cross sectional study carried out in the RHTC field practice area, SDUMC, Kolar for a period of 6 months among 3 randomly selected villages. A pre-tested semi-structured questionnaire was used to assess socio-demographic profile and to assess depression Geriatric Depression Scale was used. Sample size was calculated based on previous studies which was 283.⁴ Data collected by interview technique, entered in Microsoft Excel analyzed using SPSSv22. Results were expressed in frequencies, percentages and association tested by Chi square test with statistically significant p value defined as < 0.05.

RESULTS:

Out of 286 participants, 195 (68.2%) belong to age group of 60-65 years, 111 (38.8%) belong to Keeluholalli village, 132 (46.2%) were male participants, 118 (41.3%) were currently unemployed, 244 (85.3%) were illiterates, 156 (54.5%) had no chronic disease, 121 (42.3%) belong to Nuclear family, 195 (68.2%) were married. Out of 286 participants 199 (69.6%) were found to be having mild depression according to GDS scale. 9.2% of study participants aged 60-65 years, 12.6% participants belonging to V. Guttahalli, 13.6% of female study participants, 14% of nuclear family members were found to have depression, however no association was statistically significant.

PG 153 - Impact of violence against doctors on the perception of medical students about their future career: A cross-sectional study in Hubballi, Karnataka

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Introduction: In India, doctors have always had a lot of respect in the community, considered next to God. However this scenario has been slowly changing over the years. Incidents of violence against doctors as a reaction to complications or death have been on the rise. Exposure to reports of such incidents is bound to have some effect on the young minds pursuing medical education. It would be interesting to see if this has any implications on their future career choices.

Objectives: To assess the impact of violence against doctors on the minds of medical students towards their future career and choice of specialization

Materials & Methodology: A Cross-sectional study among undergraduate students of a government college, KIMS, Hubballi over duration of one month. A semi-structured self-administered questionnaire was used to collect the data. Demographic details, awareness and knowledge of violence against health care workers, perception of their career as a doctor, the choice of specialisation and suggestions to reduce such incidents were collected.

Results: Among 480 students, 93.8% were aware about violence against doctors, mainly through social and electronic media. Majority of them perceived surgical branches to be at higher risk of violence. In spite of increase

in violence, 86.7% feel that they have made the right career choice, 70% of the students would still prefer clinical branches for specialisation. Only 45.8% said they would recommend this profession to others.

Conclusion: This study shows, increase in the number of acts of violence against doctors in their workplace has a deep impact on young medical undergraduates and it also affects their decision in making future career choices. However, they still have a positive outlook towards the medical profession and do not regret their choice

Keywords: Violence against doctors, perception of medical students, future career choices, Health care worker

PG 154 - "A MIXED METHODS STUDY ON HEALTH EDUCATION ON HIV AMONG SCHOOL STUDENTS IN MANGALURU"

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INTRODUCTION: Adolescence being a phase of sexual maturation and inquisitiveness for intimate relationships, it is important to health educate this group on HIV which is an epidemic occurring all around the world.

OBJECTIVES:

- 1.To assess the baseline knowledge of students onHIV
- 2.To assess the post interventional knowledge of students on HIV
- 3.To assess the feasibility of the module among teachers

METHODOLOGY:

Study was done among selected schools in Mangaluru based on cluster sampling method. A validated HIV health education module was used as part of intervention and the pre and post-test knowledge was assessed among 100 students. A focused group discussion was conducted among school teachers to assess the feasibility of the module.

RESULTS:Quantitative result:the mean scores of the pre – test was 13.19(+/- 2.93) while that of the post- test improved to 16.68(+/- 2.54)and was statistically significant.

Qualitative result: Based on thematic analysis it was found that the module was very effective in delivering the message on HIV.

- 1 .Health education on HIV is essential
2. HIV health education should be part of school curriculum
3. Teachers can be better trainers.

The teacher's perceived that the module was effective and covers the topic of HIV well.

CONCLUSION: The module was effective in providing awareness on HIV among school students.

Key words: HIV, FGD,mixed methods, module

PG 155 - Module based health education in TB – effectiveness and feasibility study among schools in Mangaluru

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Introduction: Tuberculosis (TB) is an infectious disease with various misconceptions and lack of knowledge among the public. This has a great significance in India with one fourth of the global burden and 4.8 lakh deaths in spite of effective treatment available. Improving the knowledge among school students about tuberculosis can lead to better awareness and health in the community.

Objective: To assess the baseline and post interventional knowledge about TB and to assess the utility of the health education module among students.

Methods: An interventional (pre and post-test) study was conducted in two English medium schools selected by convenience which served as two clusters. A validated module based health education on TB was presented to 161 students preceded by a pre-test questionnaire. The post test was taken after one month. The responses and scores were compared using paired sample t-test.

Results: The mean scores of the pre-test was 10.6 (\pm 3.81) while that of the post-test improved to 14.5 (\pm 3.64) which was statistically significant. Major improvements in understanding were noted in the questions related to the symptoms, duration of treatment and role of family in care of patients with TB. 71 % of the students strongly agreed that the module was easy to understand while 67% felt that the module helped them to become aware of the health hazards of TB.

Conclusion: The educational module was effective as an easy to understand teaching method to improve the knowledge of students about TB and improve the health of the community.

Key words: tuberculosis, school, module, t-test

PG 156 - Prevalence and Determinants of Pre-Hypertension among High School Children in urban slums of Davangere.

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INTRODUCTION: Hypertension (HTN) in children and adolescent is an emergent health problem. The risk factors include family history of HTN, obesity, dietary habits, decrease physical activity and increasing stress. The combined prevalence of pre-HT and Hypertension in adolescents who are obese is greater than 30% in boys and 23-30% in girls. High blood pressure in childhood commonly leads to HT in adulthood and decrease the life expectancy.

OBJECTIVES:

- 1) To estimate the prevalence of pre-hypertension among school children.
- 2) To study the determinants of arterial hypertension.

METHODOLOGY: A cross-sectional study was conducted among 402 school children (in the age group 12-16 years) from government schools in urban field practice area of JJMMC. After obtaining informed consent from the school principal and institutional ethical clearance, a pretested semi-quantitative questionnaire regarding food habit, physical activity, family history of hypertension/myocardial infarction and/or stroke was administered. Anthropometric measurements were taken. Blood pressure was measured with a standard mercury sphygmomanometer. Data was entered in MS-Excel and analysed using SPSS v 16.0.

RESULTS: Overall prevalence of pre-hypertension and hypertension was found to be 28.1% and 3.2% respectively and it was more among girls (pre-Hypertension 30.4% and Hypertension 3.8%). Among boys positive correlation was found between blood pressure and Age ($r = 0.367$), weight ($r = 0.381$), height ($r = 0.479$), body surface area ($r = 0.31$), body fat percentage ($r = 0.022$) and negative correlation with BMI ($r = -0.049$) and fat mass index ($r = -0.178$). Whereas among girls blood pressure was related positively with all the parameters. Significant association was noted between pre-hypertension and decreased physical activity whereas Normotension with increased frequency consumption of vegetables.

CONCLUSIONS: Findings from the study indicate that significant percentage of children were pre-hypertensive, more of girls and negative correlation was seen between BMI and pre-Hypertension since most of them were underweight.

KEY WORDS: School children, Pre Hypertension, Prevalence, Urban slums.

PG 157 - A CROSS SECTIONAL STUDY TO EVALUATE THE IMPLEMENTATION OF NATIONAL PROGRAMME FOR PREVENTION AND CONTROL OF CANCER, DIABETES, CARDIO VASCULAR DISEASES AND STROKE (NPCDCS) SERVICES IN SUBCENTRES OF DHARWAD DISTRICT

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BACKGROUND: Non Communicable Disease Contribute Around 68% of All Deaths Globally and About 60% of All Deaths in India. National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke (NPCDCS) Programme was launched with the aim to reduce the Prevalence and Burden of Non Communicable Disease (NCDs). At sub centre level health promotion for behaviour and lifestyle change will be encouraged by local workers like ASHA. Opportunistic Screening using Blood Pressure measurement and blood glucose by strip method are done by ANMs in order to ensure early diagnosis and prevention of NCDs at their root. **OBJECTIVES:** To assess the implementation of the NPCDCS at sub centers of Dharwad district and to assess the barriers for the implementation of the programme.

METHODOLOGY: A cross sectional study was conducted in the sub centers of all taluks of Dharwad district, 9 subcenters were visited and interviewed for implementation, and the respective ANMs/ ASHA were interviewed with predesigned semi structured questionnaire.

RESULTS: All the subcenters had functional equipments for the conduction of NCD camps. 33.3% sub centres conducted NCD camps twice a month, 44.4% sub centres conducted camps once in a month. 55.6% of subcenters had regular evaluation meetings. ANMs in 22.2% of sub centres did not receive any training. 66.7% of subcenters conducted IEC activities regularly. 55.6% of sub centres did not report any barriers for the implementation. Lack of knowledge was the most common barrier among those who reported barrier.

CONCLUSION: NCD screening camps were being conducted at all the selected subcentres of Dharwad district, but the frequency of camps were less compared to the guidelines given under the NPCDCS programme. Barrier for implementation reported were the lack of awareness. Timely training & timely monitoring and evaluation of the programme are essential for successful implementation of the programme.

Keywords: NPCDCS, Implementation, non-communicable diseases, sub centers

PG 158 - Determinants of low birth weight and effect of indoor air pollution on birth weight: a case control study in a tertiary care centre of Hubballi, Karnataka.

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Background: More than 90% of all low birth weight (LBW) babies are born in developing countries, and half of the population in developing nations uses solid fuels as their primary source of energy for cooking. An association between household use of solid biomass fuels and reduced new born weight has been found in a number of countries. India has a high prevalence of LBW babies, and 88% of the population use solid fuels for cooking.

Objectives: The objectives of this study were to evaluate the determinants of low birth weight and to assess the effect of exposure of pregnant women to indoor air pollution on birth weight of new born.

Methodology: A case control study was conducted in KIMS hospital, Hubballi, Karnataka. A structured pre-tested validated questionnaire was administered to the mothers of 146 newborns, including 73 cases (low birth weight babies, birth weight <2500gms) and 73 controls (normal birth weight babies, birth weight ≥2500gms). The questionnaire comprised of the information about socio demographic characteristics, obstetric history, medical illnesses and the current pregnancy with its outcomes and indoor air pollution.

Results: The study found that there was significant association of low birth weight with previous history of low birth weight, non-intake of albendazole tablet, low haemoglobin levels during pregnancy, exposure to smoke of mosquito repellent coils during pregnancy, burning of volatile liquids at home and duration of exposure to indoor air pollutants during pregnancy.

Conclusion: Most of the factors responsible for low birth weight in the current study were modifiable. Indoor air pollution has a significant effect on birth weight of the baby. Appropriate antenatal care and health education to overcome indoor air pollution can significantly improve birth weight of the baby.

PG 160 - A study to evaluate the effects of nutritional intervention measures on children admitted in the Nutritional Rehabilitation Centre in a Tertiary Care Hospital Mysuru.

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Introduction: Under nutrition is one of the leading causes of morbidity and mortality in children under the age of 5 years in developing countries. According to NFHS-4 2015-16, Prevalence of stunting among children under 5 years is 38.4% and prevalence of wasting is 21%. India's response to SAM relies on a facility-based approach for children with Severe Acute Malnutrition (SAM) through a network of Nutrition Rehabilitation Centres (NRCs).

Objectives:

1. To assess the socio-demographic factors of children admitted in NRC.
2. To assess outcomes of children with SAM admitted under NRC.

Methods:

A cross sectional study was carried out during the period January 2018 – December 2018. Data was collected of all the patients who attended the NRC in a Tertiary Care Hospital, Mysuru, using pretested proforma, which included information on patients socio-demographic factors and outcomes of treatment at NRC. This information was compiled in an excel sheet and analysed using simple measures like proportions, percentages and relevant statistical tests.

Results:

Out of 108 children admitted in NRC during the period of January 2018 to December 2018; 56.48% were male children and 43.52% were female children. No children admitted with edema. 14.8% children achieved target weight during the stay at NRC. Average weight gain was 9.85 g/kg/day. 88.1% children were followed up till target weight.

Conclusion:

SAM remains a major health problem in the community. NRC play a major role in addressing SAM. Major drawback in the functioning of NRC was follow up of the children.

PG 162 - How do national and regional print media capture health news and information in India?

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INTRODUCTION

Print media is an important source of health-related information for general population, and influences the health

behaviour of the people. The objective of the study was to identify and classify the number of news articles in terms of type of health issue covered and quality.

METHODOLOGY

We studied four newspapers in two languages, English and Kannada during June 2019 and identified news items related to health. Each news item was classified under predefined categories such as communicable and non-communicable diseases, environment, nutrition, mental health, policy, advisory, research, disaster and placement in terms of main page, last page, supplement and editorial page. Further, they were graded according to the use of evidence to support the news item. Grade-1 was assigned if the evidence was from original research and Grade-2 if it was supported by expert opinion or governmental organization. The rest were non-evidence based articles and included reports of health/disease event, camp, campaign, etc. The newspapers of the previous day were reviewed by two reviewers and a third reviewer checked for any missed out item.

RESULTS

Total 720 health items were identified of which 440 were in English and 280 in Kannada. The English newspaper had maximum coverage on environment (23.1%) followed by health advisories (14.5%), policy (13.3%) and communicable diseases (9.7%). The Kannada papers were dominated by health advisories (21%), followed by nutrition and fitness (15.3%), environment (12.9%) and non-communicable diseases (12.3%). Location wise, 8.8% found place in first page and 8.2% of articles had Grade-1 and 83.6% had Grade-2 evidence.

DISCUSSION

The health news in English and Kannada newspapers vary widely in terms of subjects covered. Maximum coverage was on environment and fitness mainly as Environment day and Yoga day were celebrated in this month. Follow-up of important health news in print media remains a question for further research.

PG 163 - Adherence to treatment among Hypertension and/or Diabetes Mellitus patients in Urban slums of Davangere – A cross sectional study.

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Dept of Community Medicine J.J.M.MEDICAL COLLEGE

Introduction: Hypertension and Diabetes Mellitus are among the most common chronic non-communicable disorders affecting both developed and developing countries. With the rising burden of Hypertension and Diabetes Mellitus, strict adherence to the prescribed treatment is the key to disease control and prevention of complications.

Objectives: 1) To assess the adherence to treatment among patients with Hypertension and/or Diabetes Mellitus in urban slums of Davanagere.

2) To identify the various factors influencing adherence to treatment.

Methodology: A community based cross sectional study was conducted among 180 hypertensive and/or diabetes mellitus patients residing in the urban field practice area of JJMMC, Davangere over a period of 4 months from April 2019 to July 2019. House to house visit was done to collect information on Socio-demographic profile, life style, dietary pattern, physical activity and treatment seeking behaviour. Medication adherence was assessed on documentary evidence and interview of the patient, on history of taking medication strictly

since the detection illness. Data was entered in MS Excel and analysed using SPSS v 16.0.

Result :

The study included 180 hypertensive and diabetic patients on medication, 93 (51.7%) of them are females and 87 (48.3%) are males. 75 (42%) of the patients were on treatment for over 2-5years. Among all the participants, 38 (21.1%) are diabetic 63 (35%) had hypertension and 79 (43.9%) were suffering from both hypertension and diabetes mellitus. Adherence to treatment was calculated using documentary evidence and interview of the patient for both hypertension and diabetic patients separately, and it was seen that 75% of hypertensive and 67.2% of diabetic patients had low adherence to treatment. The most common reasons for missing the medications were being forgetful and not having any symptoms.

Conclusion: from the finding of the study, we can conclude that most of the study participants had low adherence to treatment and most common reason being forgetful and not having any symptoms.

Key words: Adherence, Hypertension, Diabetes mellitus.

PG 164 - Assessment of adolescent behavioural and psychological problems in an urban and a rural school, Bangalore using Strength and Difficulties Questionnaire (SDQ)

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Introduction:

Among 243 million adolescents in India, 10-20% are estimated to have psychological disorders. Many cases are not detected and screened due to lack of awareness about the adolescent mental health & also because of health department's singular focus mostly on their reproductive and physical health. This has contributed extensively to the increasing psychiatric morbidities in the adults over the years. Therefore, the present study is undertaken to assess and compare the psychological and behavioural problems of adolescents in a rural and an urban school using Strength and difficulties questionnaire, (Goodman 2007)

Methodology:

This is a descriptive cross sectional study conducted from June to September 2019 at a selected urban & rural school from Bangalore rural & urban districts respectively. A sample size of 240 was calculated based on prevalence of 78% from a similar study by Al-Mukhani, Hilary L Bekka, David Cotrell in Oman. Study subjects comprised of students aged 11-16 yrs of both sexes from 2 schools. Those students who gave consent were included & those who were absent on the day of study were excluded. Using Strength and Difficulties Questionnaire (Goodman 2007) study subjects were assessed and scored on five subscales namely Conduct Problems, Hyperactivity Problems, Emotional Symptoms, Peer Problems and Pro-social Behaviour. Also, a predesigned questionnaire with was used to elicit the general details. Data collected was entered in MS excel & analysed using SPSS (Ver 20). Appropriate descriptive and inferential statistics will be applied for the results.

Results & conclusion: Study is ongoing and results awaited

Key words: SDQ, adolescents, behavioural, psychological

PG 165 - Community Diagnosis by Conducting Family Health Survey in the Field Practice Area of a Medical College.

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Introduction: In a developing country like India, with limited resources health needs of individuals and community are enormously increasing. Health related problems may be addressed amicably by community diagnosis. Assessment and prioritization of health issues followed by formulation of action plans with strategies and their implementation can be effectively achieved; by using Family health surveys.

Materials and methods: Using family health survey 500 families, constituting 2640 individuals were studied. Their health status and socio-demographic details were taken. Households and families were selected randomly. Only co-operative individuals who consented were included in the study. Data entry and analysis was done by appropriate use of statistical tools.

Results: Study showed 52.27% males and 47.73% females. Majority (51.5%) belonged to 16-45 years followed by 6-15 years of age (25%). Among 9.09% of the under-five, fully immunized were 90.4% and partially immunized were 9.52%. 6.06% were above 60 years. Nuclear families were 68%. Majority (36%) of the families belonged to socio-economic class II (modified B.G. Prasad classification). 10.6% were illiterate and 11.3% were below seven years of age. Overcrowding was present in 24% of the families. Common morbidities were hypertension (32.2%), diabetes (26.9%), respiratory diseases (19.2%) eye problems (6.2%) and skin diseases (3.8%). Geriatric problems were present in one out of four individuals.

Discussion: Similar findings were observed in a study done by Ahmed et al, 40% belonged to socio-economic class II. 8% were under-five and 4% were above 60 years. 82% were fully immunized. Nuclear families were 81%. Crude literacy rate was 78%. Overcrowding was present in 28%. Common morbidities were hypertension and diabetes.

Keywords: Community diagnosis, family health survey, morbidity profile.

PG 166 - A Cross Sectional Study on Assessment of stress among auto rickshaw drivers in Urban Areas of Raichur.

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INTRODUCTION: Auto rickshaw is one of the main mode of public transport in the urban and semi urban regions. Auto rickshaw drivers may suffer from some kind of stress due to following reasons like finance, driving, health related issues, family issues, marital issues etc., all this may pose risk to the driver and fellow passengers.

OBJECTIVES: This study was conducted to determine the stress and its association with hours of driving, life style and socio-demographic profile among auto rickshaw drivers. Data was collected by personal.

MATERIAL AND METHODS: The study was conducted among 80 randomly selected auto rickshaw drivers from the 325 auto rickshaw drivers in the Raichur urban area from April to July 2019 (4 months). It was one to one type of interview after taking verbal consent. Stress was assessed using perceived stress scale technique. The data was entered in MS EXCEL spread sheet and analyzed by using EPI Info software version 7.0 and Associations were calculated by using chi-square test.

RESULTS: Out of 80 Auto rickshaw drivers, we found that majority 82.5% (66) have mild stress, followed by 17.5% (14) have moderate stress. Majority 75% (60) of drivers have adequate sleep. Tobacco chewing and hours of driving have shown significant association with stress.

CONCLUSION: Duration of driving and tobacco chewing is shown as significantly associated with stress.

Keywords: Sleep, Auto rickshaw Drivers, Stress\

PG 167 - "A STUDY ON PERCEIVED STRESS AMONG MEDICAL STUDENTS IN A SELECTED INSTITUTE IN MANGALURU"

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3. Statistician

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INTRODUCTION

Reported suicides among doctors has been on the rise in the recent years. Stress is usually an underlying factor for the same. This study is an attempt to analyze the degrees of stress among medical students.

OBJECTIVE

1. To assess the prevalence of perceived stress among students of a selected medical institute
2. To assess difference in levels of stress among various batches of students
3. To assess factors associated with perceived stress among the medical students

METHODOLOGY

Study Setting- Data will be collected from all MBBS students of the selected Medical College.

Study design- Cross sectional study

Study Period - 3 months

Sample size and Sampling method- Universal sampling by complete enumeration of all students from selected medical college who consent to be a part of the study.

RESULTS

A total of 150 surveyed students till date showed that 60.66% were Female & 39.33% were males. The age group of the students ranged between 20 - 24 yrs with mean age of 22yrs (+/-). 14% had low degree of stress, 85.33% moderate and 0.67% had high degree of stress respectively. For majority of them academic stressor was the commonest cause of stress. Main factor associated with stress among medical students was vastness of the academic curriculum & frequency of exam.

CONCLUSION

Surveyed students show a moderate degree of stress with academic factors acting as main contributors for the stress.

KEY WORDS: Medical students, Stress, PSS 10, Factors

PG 169 - Screening for Vision Impairment in Adolescents and Young Adults in Urban and Rural Areas of Mysuru, Chamrajanagar and Mandya Districts

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Introduction

Globally 1.3 billion people suffer from vision impairment and 80% of which are due to avoidable causes. The prevalence of childhood blindness in developing countries is 1.5/1000. 30% of blind people in our country lose eyesight before the age of 20, hence early diagnosis and correction becomes imperative.

Objectives

1. To determine the burden of visual impairment among adolescents and young adults in Mysuru, Chamrajanagar and Mandya districts of Karnataka
2. To compare the visual impairment in relation to gender, place of residence and age groups

Methodology

This was a cross-sectional study conducted in 50 schools and colleges under the annual health check-up in Mysuru, Chamrajanagar and Mandya districts during 2018-2019. 11085 students of age group between 10-25 years were screened for visual acuity using Snellen's chart. Data was entered in Microsoft Excel. Analysis was done using SPSS Version 23. Descriptive statistics like mean, standard deviation and percentages and inferential statistical tests like chi square test was used. To provide a visual representation of the institutions included in the study map was plotted using QGIS Version 3.4.

Results

Out of 11085 students screened, 4.2% (4.6% girls, 3.8% boys) had vision impairment (<6/12). 5.2% and 3.2% students residing in urban and rural areas and 4.1% of adolescents and 5.6% of young adults had vision impairment. Gender, place of residence and age groups were found to be significantly associated with visual impairment.

Conclusion

Significant proportion of the adolescents and young adults had visual impairment. Periodic screening and correction would be proposed as an intervention.

Keywords: Vision impairment, Snellen's chart, screening

PG 174 - A CROSS SECTIONAL STUDY TO ASSESSTHE EXTENT OF HEALTH CARE SEEKING & OUT OF POCKET EXPENDITURE AMONG THE HOUSEHOLDS OF URBAN FIELD PRACTICE AREA OF BANGALORE MEDICAL COLLEGE & RESEARCH INSTITUTE

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3. Professor and HOD.

Bangalore Medical College and Research Institute (BMCRI).

INTRODUCTION

Urban Indian households have seen two times more increase in the out of pocket expenditure as compared to that of rural India. They are relying on their own income & drawing down their own savings to finance their health care expenses. High out of pocket expenditure for health brings financial burden on families & it also influences the health seeking behaviour with delayed treatments.

Objectives:

1. To determine the extent of health care seeking & out of pocket expenditure among the households of urban field practice area of Bangalore Medical College & Research Institute [BMCRI].
2. To compare the out of pocket expenditure spent by the households among government & private health care facilities.

Methodology:

Study Design: Cross sectional study.

Study area: Urban field practice area of BMCRI, Bengaluru

Study population: Households - Urban Slum Population

Study Period: July to August 2019.

Sampling method: Systematic random sampling technique.

Sample size: 2982 households (Every 2nd household & about 994 households in each sector)

Data collection and analysis: Pre tested semi-structured questionnaire was used to assess the various domains such as socio-demographic factors, health care seeking & expenditure on health & the data was analysed using descriptive statistics & appropriate statistical tests.

Results:

72% of the households sought health care at Government health care facilities while 27.8% of the households at private facilities & rest 0.2% do not seek treatment in case of illness. Of the private facilities 97.5% utilize health care services from registered private doctors & the remaining 2.5% of the population from traditional healers or medical shops.

Conclusion:

Public owned health institutions, both hospitals & primary health care facilities, remain the main providers of health care services to the population. Survey on households for expenditure on health indicates majority of the population had out of pocket expenditure at private health care facilities for both outpatient & inpatient services compared to that of government.

Keywords: out of pocket expenditure, Health, Health care utilization.

PG175 - TITLE: A TIME MOTION STUDY IN ANTENATAL (ANC) CLINIC OF URBAN PRIMARY HEALTH CENTRE (UPHC), H. SIDDAIAH ROAD, BENGALURU.

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Bangalore Medical College and Research Institute (BMCRI)

Introduction

Obtaining baseline data about current patterns of work is important for assessing the effects of interventions

designed to improve health care delivery. Time and motion studies capture time spent on an activity and thus makes it possible to determine how much time is needed to execute that activity and whether time is used efficiently. Therefore, the present study was conducted to evaluate the performance of an ANC clinic in UPHC, H. Siddaiah Road, Bengaluru.

Objective:

1. To determine the average time spent by mother in each sections of ANC clinic.

2. To identify the barriers or facilitators to seek obstetric care of mothers attending ANC clinic. Methodology:

An Observational Cross sectional study was conducted during April 2019 to June 2019 at UPHC, H Siddaiah road, Bengaluru using Systematic Random sampling technique among mothers visiting ANC clinic. Sample size of 130 was obtained, based on a study conducted by Manna et al on OPD clinic of rural hospital, Hooghly, West Bengal. Pre-synchronized stopwatches were used to record timings of various activities. Data was entered in MS Excel and analyzed using SPSS software v20.0.

Results:

The mean duration of time from entry to exit is 2 Hrs + 45 min. Of which maximum time i.e. average 65% of time was spent in waiting in queue and 25% of time required for registration (OPD slip issue counter, Hospital register, ANC register,). Only 8% of time is required for OBG consultation.

Conclusion:

For getting OBG consultation of 10 min, mothers waited in queue for 80 min.

Key words: Time motion study, ANC clinic, Efficiency, Barriers.

PG 176 - A Qualitative study to assess the factors influencing adults for substance abuse addiction under urban field practice area of Bangalore medical college & Research institute, Bengaluru

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Introduction:

Substance abuse refers to the harmful or hazardous use of psychoactive substances, including tobacco, alcohol & illicit drugs. Despite strict antidrug law enforcement in addition to the cultural & religious restrictions substance abuse is a major public health problem among adult population. Thus, identifying risk & protective factors from the perceptions of substance abuse victims can help setting up effective, culturally sensitive strategies for primary prevention of same.

Objectives:

1. To determine factors which influence adults for substance abuse addiction.

2. To assess participant's awareness on types of available abusive substance in their community, route of administration, means of obtaining substance & consequences of their use on health.

Methodology:

A qualitative study using two sessions of focus group discussion were conducted with adults more than 18 years of age at urban field practice area of BMCRI. Around 12 participants in each session, who were either victims of substance abuse or friends/family/relatives of same, were randomly selected. All focus groups were audio recorded & transcribed verbatim. The facilitated data was arranged & consistent redefining of codes in order to support the analysis process. Tables & diagrams of categories & subcategories were also used to display relationships between identified categories.

Results:

Data analysis identified three main themes: (1) awareness about substance abuse & associated harm; (2) effect on family & work (3) perceived factors affecting substance abuse. Knowledge of substances & related consequences of use varied between groups. Factors that participants believed influenced substance use were classified into: (1) peer pressure, (2) substance accessibility, (3) stress under work & (4) others. Other identified protective factors included enhancing social workers' ability to raise awareness & detect early signs of addiction & implementing IEC materials systems in shop vendors, community bus stand & other public areas.

Conclusion:

The discussion turned out to be positive for the health care givers, as they were able to identify the problems faced by the substance abusers so that they can take a step forward to implement policies to help them. The discussion had a huge positive impact on the adults who got motivated to work to achieve their dream goals in life & not to indulge in substance abuse & related activities. They also expressed their strong commitment to spread the message against drug abuse in the community.

Keywords: Substance abuse, tobacco, alcohol, drugs, perceptions

PG 177 - A CROSS SECTIONAL STUDY TO ASSESS THE USEFULNESS OF MOTHER AND CHILD PROTECTION CARD IN HIGH RISK PREGNANCY SCREENING

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Introduction:

The Mother and Child Protection (MCP/Thai) card as a service tool was introduced on 1st April 2010. The MCP card helps in timely identification, referral and management of complications during pregnancy, child birth and post natal period.

Objectives of the study:

1. To assess the usefulness of Thai card in early diagnosis and treatment/referral of High Risk Pregnancies
2. To assess the completeness of Thai card entries

Methodology:

A hospital based cross-sectional study was conducted at a Tertiary care hospital in Bengaluru on postnatal mothers admitted at PNC and High Risk Pregnancy wards during the months of May to July 2019. Simple random sampling technique was used. In pilot study it was found that 70% of HRP mothers and 90% non-HRP mothers had undergone

screening for all three high risk conditions. The sample size calculated was 120 (60+60). A structured checklist was used to assess the whether screening was done for the following high-risk conditions: Gestational Diabetes Mellitus (GDM), Anemia and Pregnancy-induced hypertension.

Results:60.8% (73) of the mothers were referred to this center for delivery. Oral glucose tolerance test was done in only 64% of the mothers. Recording of BP at all 4 visits was done in 88%. All mothers had been tested for Hemoglobin % and received IFA tablets. Majority (92%) of the Thai card entries showed completeness in Family information category and details of ANC visits.

Conclusion: MCP card is be a useful tool for recording for important findings during ANC checkup.

Keywords: Mother and Child Protection card, Thai card, High risk pregnancy, screening.

PG 178 - Knowledge , Attitude and Practice of interns towards generic medicines– A cross sectional study in a tertiary care teaching hospital

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Background: Health care related expenditure is increasing with a rapid pace in which much proportion of expenses is on medicines. The expenditure can be reduced by prescribing generic medicines (Janaushadi). In India less prescription of generic medicines can be correlated to less knowledge. Hence this study was carried out among interns who will be future practitioners to know their views and perspectives about generic medicines.

Objectives:To assess the knowledge, attitude and practice of interns regarding generic medicines.

Methodology: A cross sectional study was carried out among interns using a pre-tested semi structured questionnaire containing questions related to their knowledge, attitude and their practice regarding generic medicines. Data was entered in MS Excel and analysed using SPSS version 16. Descriptive statistics were used.

Results:Among the study participants, majority(90%)knew the correct meaning of the generic medicine. 97% of the them felt that generic medicines can be prescribed instead of branded medicines.Majority (92%) of the study subjects felt there should be one Janaushadi store at every government hospital.Not many (19%)were aware of the law in India for prescribing generic medicines but majority (87%) knew about the Janaushadi Scheme of Government of India. 87% of the internshad prescribed generic medicines to patients and among them they (85%) felt that generic medicines are easy to prescribe than branded medicines.

Conclusion: This study showed that the interns have good knowledge and attitude regarding generic medicines. Minor proportion of the study participants knew about the law in India for prescribing generic medicines. Majority of the participants have prescribed generic medicines to patients and felt that it is easy to prescribe generic medicines.

Key words: Interns; Generic medicines; Janaushadi.

PG 179 -SELF-CARE PRACTICE AMONG THE DIABETIC PATIENTS INURBAN AREA OF NORTH KARNATAKA:A CROSS SECTIONAL STUDY

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Introduction: Diabetes mellitus (DM) is a major disease that is becoming more prevalent and affecting more than 171 million people worldwide. Diabetes is a lifestyle disease and can be successfully managed by good self-care activities. The objective of this study was to determine self-care practice among the diabetic patients in urban area of Belgaum and also to assess their socio-demographic risk factors.

Material and methods: A cross sectional study was conducted among diabetic patients of urban field practice area PHC Kashbag, BIMS, Belagavi South India. The calculated sample size was 165 by taking prevalence of 12.26% adherence to diet from a study conducted by Dasappa H. et al. with 95% confidence interval and 5% absolute error. A house to house survey was conducted. Data was collected by using pre-designed pre-tested semi-structured questionnaire by interview method. The self-care practice was measured using SDSA (Summary of Diabetes Self-care Activities) scale. Written informed consent from study participants taken after explaining the objective of the study. Statistical Analysis: Data presented in proportion and analysed using MS-Excel 2007 and SPSS v 22. Chi-square test was applied to see the association between different attributes and p value <0.05 was considered significant.

Result: The sociodemographic factors associated with good self-care practices are young age, gender, formal education etc. Among the co-morbidities, maximum patients were hypertensive. Maximum adherence was seen for blood sugar testing followed by diet.

Conclusion: Self-care activities with respect to diet and exercise are poor in the population studied. The self-care activities relating to blood sugar monitoring was good. Improving self-care behaviour among patients with diabetes in India should start with adequate targeted health education.

Keywords: Diabetes, self-care practice, urban.

PG 180 - Knowledge of antenatal care among mothers in rural area of Belagavi – a cross sectional study.

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Introduction: Antenatal care is the care given to pregnant women in order to have safe pregnancy and healthy babies. It is the most effective health intervention for preventing maternal morbidity and mortality. Health knowledge is an important element which enables women to be aware of their health status and promotes service utilization which further improves the health of the beneficiaries. This study was conducted to determine the level of knowledge related to ANC among mothers.

Objective: 1. To know the awareness of antenatal care among mothers in rural areas of Belagavi. 2. To study the factors associated with knowledge of ANC. 3. To study the association between knowledge and utilization of antenatal services.

Materials and methods: A cross-sectional study was carried out in February-April 2018 among mothers who had

delivered within one year from date of the study and who had registered and availed antenatal services in field practice area of Department of Community Medicine, BIMS, Belagavi. Sample size was calculated as 161 considering the prevalence of quality of antenatal care as 88% in a study conducted in south India. Mothers were selected using systematic sampling. Data was collected using a pre-designed, pre-tested questionnaire after obtaining an informed, written consent from the participants. The collected data was compiled, tabulated and analysed in MS Excel. The results are presented as percentage and proportions and chi square test has been applied.

Results: 50% participants had fair knowledge regarding antenatal care. The level of knowledge was found to be statistically significant with employment status and BPL status. There was no association between the level of knowledge and the utilization of antenatal services.

Conclusion: This study found adequate knowledge among majority of mothers.

Keywords: Knowledge, antenatal care, mothers, rural, Belagavi

PG 181 - Mass Drug Administration Programme against lymphatic filariasis- an evaluation of coverage and compliance in a northern Karnataka district, India

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INTRODUCTION: Lymphatic Filariasis is a neglected tropical disease causing chronic damage to the lymphatic system. The disease, due to its peculiar morphological manifestations and disfigurements, is associated with severe social stigma and results in severe economic and mental stress for the affected. India was aiming at the elimination of Lymphatic Filariasis by 2015 which was extended to 2017. Preventive chemotherapy using DEC and albendazole through mass drug administration is the key strategy adopted for this. This study aims at assessing the coverage, compliance, and causes for noncompliance towards MDA in Bagalkot district and assessing the rates of directly observed treatment, the source of information on MDA and incidence of side effects related to MDA Programme.

METHODS: A cross-sectional study was done in four randomly selected clusters in endemic Talukas of Bagalkot district of Karnataka. A total of 1110 beneficiaries were evaluated during the study. The information was collected by directly interviews using a structured proforma. The data obtained was then entered to Microsoft Excel 2013 spreadsheet and analyzed using SPSS version 22.

RESULTS: Among the 1110 persons evaluated, the coverage was found to be 93.9% and compliance was 83.2%. The coverage compliance gap was 10.7%. The most common reason quoted by the beneficiaries for not consuming the tablet was lack of faith in the tablets. The incidence of adverse drug reactions was 14.68%.

CONCLUSION: The effective coverage rate of MDA programme in Bagalkot was well below the national target of 85%, recommended by the government of India. The major reason for the high coverage- compliance gap was

the failure of effective IEC activities. Intensive IEC activities are needed for educating the beneficiaries against the misconceptions of filariasis and MDA programme.

PG 190 - A cross-sectional study to assess the nutritional status of Anganwadi children in the rural field practice area of Kempegowda Institute of Medical Sciences, Bangalore

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Introduction: Malnutrition accounts globally for nearly half of all deaths in under 5 age group. In rural Karnataka, about 31.6% under-5 children are stunted and 22% are wasted despite government initiatives to prevent malnutrition. The present study was conducted to estimate the prevalence of malnutrition and the factors associated.

Aims and Objectives: To assess the nutritional status of children aged 6-72 months registered in the anganwadis in the rural field practice area of KIMS, Bangalore.

Methodology: The study was conducted in the Anganwadis in the rural field practice area of KIMS, Bangalore. The calculated sample size was 330 and the sampling design was multistage random sampling. After obtaining written informed consent from all mothers of the children attending anganwadis, relevant birth history was noted, anthropometry and physical examination done. Growth was assessed using WHO Z scores. Data obtained was analysed using descriptive and inferential statistics (Interim analysis).

Results: Out of the 101 children studied, 52% were males & 48% females. The mean age was 3 years with a standard deviation of ± 1.31 & majority of them belonged to class 4 socioeconomic status (34%) according to Modified B G Prasad Classification. Around 61% of study subjects were exclusively breast fed until 6 months of age. About 11% & 15% were moderately & severely wasted respectively; 32% were moderately stunted & 26% severely stunted out of the 101 study participants (Interim analysis).

Conclusion: There was a significant proportion of the children registered in the Anganwadis who were malnourished and thus emphasizes the need for instituting corrective measures at the earliest.

Keywords: Anganwadis, Malnutrition, Stunting, Wasting

PG 192 - Assessment of Social Support and Quality of Life among Elderly Individuals Residing in Urban Bengaluru: A Cross sectional study

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3. HOD and Professor, Bangalore Medical College and Research Institute

Introduction

Increase in life expectancy results in an increasing elderly population which contributes to 7% of India's population.

With epidemiological transition of diseases, the burden of chronic morbidity conditions will also increase with an effect on Quality of life, which demands social support especially among elderly individuals. Hence the present study was taken up to assess social support and Quality of Life among elderly individuals residing in urban field practice area of Bangalore Medical College & Research Institute (BMCRI), Bengaluru.

Objective: To assess the social support and quality of life among elderly population residing in the urban field practice area of BMCRI.

Methodology:

Study Design: Cross sectional study.

Study area: Urban field practice area of BMCRI.

Study population: Elderly population aged 60 years and above

Study Period: June to July 2019.

Sampling method: Simple random sampling technique

Sample size:100

Data collection and analysis: Data was collected using validated Multidimensional Scale of Perceived Social Support (MSPSS) and EuroQol Five Dimension Scale along with socio-demographic factors.

Results: In this study, the mean age of the elderly individuals was 67.0 + 5.90 years, total social support score was 52.01 + 18.01 and mean quality of life scale score was 0.68 + 0.20.

Conclusion: A positive correlation was found between social support and quality of life of elderly individuals.

Keywords: Elderly, Social support, Quality of life

PG 194 - Audit of Loss of Pregnancy as an Answer to Differentiated Sex Ratio

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Background:

The incidence of abortion and unintended pregnancy in India is on the rise, and a large proportion of these unintended pregnancies end up in induced abortion. Though abortion is legalized in India; in order to impede the misuse of induced abortion, MTP Act was enacted in 1971. The soaring rate of abortion among Indian women can be influenced by a plethora of reasons. Hence this study was conducted with the following objectives:

Objectives:

1. To identify the rate of second trimester abortion
2. To identify the reasons behind the second trimester abortions

Methodology:

An audit of all the medical termination of pregnancy of a district in South India was conducted. The total data was collected from the records of district health office and also the data sent from different hospital as a report to the district was obtained and analysed.

Results: Majority of the pregnant ladies with abortion (55.73%) belonged to the age group of 21-30years. About 50% of the total abortions are in second trimesters which is higher among all the abortions. While, different reasons as per the reported abortions, are as follows, around 30% of them reported to be spontaneous and 11.92% had no causes mentioned. It is found that 44.7% agreed to have undergone ultrasonography, while 32.23% of the participants whether they had undergone ultrasonography or not.

Conclusion: A high rate of second trimester abortion throws suspicion towards sex selective abortions.

Keywords: abortions, induced, second trimester, spontaneous

PG 195 - Assessment of Quality of Life among breast cancer patients in a tertiary care center: a cohort study

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3. Assistant Professor, Department of Community Medicine, Mount Zion Medical College, Adoor

Introduction

Breast cancer is the most frequent cancer among women, impacting 2.1 million women each year, and also causes the greatest number of cancer-related deaths among women. The study aimed to find the association of socio demographic factors with Quality of Life (QOL) and to observe the change in QOL over 6 months period.

Methods: A prospective cohort study done among breast cancer patients in a tertiary care Centre. A linguistically validated WHO -BREF questionnaire for breast cancer Quality of Life (QOL) was administered twice – to know the short term QOL and long term QOL. Kruskal Wallis test was applied to find association between different domains and socio-demographic factors. Wilcoxon signed rank test applied to check for significance in the change of QOL domain score over 6 months.

Results:The psychological and environmental domain scores increased drastically with the increase in income and the association was found to be statistically significant ($p=0.01$ and 0.02 respectively). Similarly, another significant association was found between environmental domain score and age group ($p=0.04$). Physical domain was increased from $53.6+14.2$ to $60.7+25$, psychological domain from $58.3+19.8$ to $62.5+25$, social domain from $58.3+25$ to $66.6+25$ and environmental domain from $59.3+28.1$ to $64+25$. Wilcoxon signed rank test was applied and it was found that the difference in quality of life is significant for physical domain ($p=0.001$), psychological domain ($p=0.02$) and environmental domains ($p=0.018$) of the WHO QOL.

Conclusion:

The quality of life among breast cancer patients was found to be improving post treatment as compared to immediately after diagnosis.

PG 196 - Assessment of quality of life among breast cancer patients between developed and developing countries

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Introduction

Quality of life studies in patients undergoing active treatment can identify the impact breast cancer treatment has on patients life.

Objective

To assess of the quality of life in breast cancer patients between developed and developing countries.

Methodology

Cross sectional study done to assess the quality of life of breast cancer patients in tertiary care centre. Breast cancer patients attending the tertiary care centre during the study period were taken and for developed countries data were obtained by online survey. voluntary survey posted on official website included WHO BREF questionnaire for quality of life. The samples were matched for time of cancer and stage of cancer. KruskalWallies& Mann whitney U test were used to find out median domain score of QOL in study participants.

Results

44% of study participants expressed their quality of life as good and 11% rated as poor. 36.5% were satisfied with their life and 8.5% were very satisfied with their life. When clinical characteristic and type of treatment were compared with domain score we found significant association between chemotherapy and worsening of the entire four domains. Similar association found between stage of cancer and social, psychological and environmental domain.

Conclusion

We found that compare to Indian participants US participants reported better physical, psychological, social and environmental domain score after 6 months treatment after matching for other variables

PG 197 - Survival pattern depending on hormone receptor status, stages of breast cancer and social-economic status- a cohort study

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3. Assistant Professor, Department of Community Medicine, Mount Zion Medical College, Adoor, Pathanamthitta District, Kerala

Introduction:

Breast cancer is the most common cancer among female worldwide and its toll is rapidly rising in India. An accurate knowledge about prognostic factors could assist oncologists make correct treatment decisions and acquire a better understanding of the survival of patients. Hormone receptor positive patients, early stage of diagnosis and socioeconomic factors like education, income etc. are said to have a better prognosis in the survival of breast cancer patients.

Objectives:

To analyse the survival pattern depending on hormone receptor status, stages of breast cancer and socioeconomic status.

Methods:

AnAmbi directional cohort study doneamong 300 breast cancer patients registered and treated in a tertiary care hospital in Dakshina Kannada in the last 3 years. A validated proforma was used to collect data. The post treatment survival was analysed depending on their income, family history, staging (clinical& histopathological) and hormone receptor status (HER-2/ER).

Results:

Most of the patients were in the age group 41-50 years. Many of them had their family income less than 10,000 INR. The pattern of receptor among these patients showed 45% ER, 43% PR and 14.3% HER2 positivity. 83% of the patients had undergone hormonal therapy based on the receptor status.The overall survival rate of breast cancer patients was found to be 81%.Clinical stage of disease had a statistically significant association with survival using log-rank test, however monthly income and hormonal status showed no significance.

Conclusion:

3 year survival rate was 100% for stage patients, 96.6% for stage , 82.1% for stage and 40% for stage . It is evident that hormone receptor positivity is highly predictive for better prognosis in breast cancer patients.

Keywords: breast neoplasm, female, prognosis, survival rate

PG 198 - ASSESMENT OF BODY IMAGE PERCEPTION IN PATIENT WITH MASTECTOMY- A CROSS SECTIONAL STUDY

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3. Medical Officer, Kerala health service

Introduction

Breast cancer is the most frequently occurring cancer among women. Treatment for Breast cancer typically includes mastectomy, chemotherapy, radiation and hormonal therapy. The treatment modalities are known to have a direct impact on the body image in the breast cancer patients. The study aimed to assess body image perception by the patients undergoing mastectomy.

Methodology

A cross-sectional study was done among patients undergoing mastectomy as treatment modality for breast cancer in Justice K.S. Hegde Hospital. Linguistically validated format of the standard questionnaire of body image perception was used for assessment. 70% of the total mastectomy patient was taken as sample size as per thumb rule which is 100 patients. Kruskal Wallis and Mann Whitney U tests were done for finding association of body image perception score with independent variables.

Results

The study revealed that 20 % of the subjects wanted to hide their body post mastectomy. In addition study also

found that 44% of the cancer patients were dissatisfied with their body change. There was statistically significant association found between the stage of cancer and body stigma score ($p=0.04$). Similarly, significant association was also found between undergoing chemotherapy and getting poor score for all five domains of body image perception scale ($p=0.04$). However no significant relation was found between age of the patient and body image perception ($p=0.71$).

Conclusion

The breast cancer survivors do have dissatisfaction about their dysmorphic appearance

Keywords

Body image, mastectomy, cross-sectional studies, cancer survivors

PG 199 - Awareness about risk factors and screening of breast and cervical cancers among female college teachers of Belagavi city - A cross sectional study

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Background:

Breast and cervical cancers are the most frequent cancer of women among women in India, which are largely preventable diseases. These account for 24.7% incidence and 13.4% mortality rate for Breast cancer and 14.7% incidence and 9.2% mortality rate for cervical cancer. Even though we know that an early detection is the only way to reduce morbidity and mortality, most of the cases are present very late to the hospital in advanced stages that require extensive treatment with reduced survival and knowledge about these cancers is very low in Indian population. Since teachers play an effective role in communication and motivation of young students, assessment of their knowledge, attitudes and behaviors is essential to reduce the risk of breast cancer among future young generations. However, the practice of any of these screening methods is dependent on the awareness about breast cancer. But there is very minimal data about breast and cervical cancer knowledge, safe practices and attitudes of teachers in India. Hence this study was taken up.

Objective:

Objective of this study was to assess the awareness of risk factors and screening practices of breast and cervical cancers among female pre-university college teachers of Belagavi city.

Materials and Methods:

This cross-sectional study was conducted among 400 female Pre-university college teachers in Belagavi city, from January 2018 to December 2018, to assess awareness with respect to risk factors, screening practices and also knowledge about presenting symptoms of breast and cervical cancer.

Results and Discussion: Awaited

PG 200 - Awareness to warning signs and risk factors of cancer among rural population of Kolar district – A community based cross sectional study

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Introduction: Lack of public awareness to general warning signs and symptoms of cancer and its risk factors leads to delay in treatment seeking behaviour and also early diagnosis and management of cancer.

Objective: To assess the awareness to warning signs and risk factors of cancer and to determine the socio-demographic characteristics associated with poor awareness to cancer among adults living in rural area of Kolar district, Karnataka.

Methods: A Community based cross-sectional analytical study was done among adults residing in randomly selected six of the 20 villages that are covered by the rural health training centre. Systematic random sampling was adopted in these six villages and data was collected using a pretested, semi-structured questionnaire and Cancer Awareness Measure (CAM) tool by interview method. Data was entered using EpiData and analyzed using Stata software.

Results: A total of 327 adults were interviewed. The mean (SD) age was 38 (15) years and 209 (64%) were females. Of the 327, 162 (50%) were not aware of any of the nine general warning signs of cancer and 56 (17%) were not aware of any of the risk factors for cancer. Among the warning signs of cancer, 'unexplained bleeding' was identified by highest (36%) whereas 'persistent change in bowel or bladder habits' was identified the least (6%). Among the risk factors enlisted for cancer, 'tobacco use' was identified the highest (78%) whereas 'eating meat once a day or more' was identified the least (5%). Multivariable analysis showed that those having 'no formal education' and those belonging to 'poor socio-economic status' were found to be associated with poor awareness to warning signs or symptoms of cancer.

Conclusion: About half of the study population were not aware of any warning signs to cancer. Poor socio-economic status and illiteracy was identified as factors associated with poor awareness.

Key words: cancer awareness, factors associated with cancer awareness, risk factors to cancer, warning signs to cancer

PG 201 - Menstrual Health Management in Government Schools of Davanagere taluk- A mixed method study

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Introduction

School going adolescent girls in India face the largest barriers to MHM due to lack of basic facilities and supplies

in schools. A wide girth in knowledge and understanding of menstruation interferes with overall development of the child.

Objective:

- To assess the facilities and challenges for effective menstrual health management in schools
- To assess attitudes and identify challenges faced by adolescents regarding menstrual health management in schools

Methodology

A mixed method study was conducted for 3 months among 10 schools in Davanagere taluk. The faculty & students above 12 years of age formed the study population. The quantitative data collection mainly focused on assessment of the school premises and facilities for Menstrual Health Management using WASH guidelines. In depth interviews were carried out in girls and boys in each school till data saturation was reached. Focus group discussions were held among teachers. Frequencies and percentages were used to express categorical data. Descriptive manual content analysis was done to analyze qualitative data.

Results

All schools had separate washroom facilities for girls. 67% of schools had continuous water supply. Only 50 % of government schools received free supply of sanitary napkins in the last 1 year. Some of the male teachers did not feel the need to be involved because it's a female related health issue whereas most female teachers felt they lacked adequate knowledge to counsel the girls about menstruation. 36.6 % of girls still used cloth during menstruation, 66.6% of girls felt there were inadequate disposal facilities at schools. Irregular supply in schools and size of sanitary napkin were the most common reasons cited for preferring cloth.

Conclusion

Majority of the schools did not have proper facilities for menstrual health management. Inadequate supply of menstrual pads and water were the main challenges faced by students for MHM.

Key words: Menstruation, Adolescent, Taboo, Focus groups

PG 202 - Awareness of Foot Problems and Practice of Foot Care among Patients with Diabetes Mellitus in a Tertiary Health Care Centre.

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INTRODUCTION: Prevalence of Diabetes mellitus is increasing day by day as is the diabetic foot disease. Diabetic foot disease is one of the debilitating complication caused by diabetes. Every 30 seconds, a lower limb is lost somewhere in the world as a consequence of diabetes. (1) It is important to educate about foot related problems and foot care among patients with diabetes to promote their health.

OBJECTIVES:

- (1) To assess the awareness about foot related problems
- (2) To assess the practice of foot care among patients with diabetes.

METHODS: It is a cross sectional study which was carried out after Ethical committee approval, in patients with

diabetes mellitus attending a tertiary health care center. The study was conducted in Out-patient department of Endocrinology at RRMCH, Bengaluru using a pre-defined questionnaire. Through pilot study, the proportion of diabetic foot aware was found to be $p=25/30 = 0.83$. Then sample size was found by using (Krejcie Morgan Formula) $n = 2 N P (1-P)/e (N-1) + 2 P(1-P) (2)$, $n=123$. The questionnaire which addressed patients' awareness of foot related problems and practice of foot care, was prepared in Kannada & English language. The results were analyzed using appropriate statistical methods.

RESULTS: 123 patients with diabetes mellitus were enquired with the questionnaire. The mean age of patients was 52.57 ± 12.45 years and the mean duration of diabetes was 11.7 ± 8.63 years. There were 40 male patients (32.5%) and 83 female patients (67.5%). Out of 123, only 102 patients (82.5%) were aware that diabetes causes foot problems. Though most of them (72.5%) knew that diabetes can cause wound/ulcer, only 15% were aware of all the foot problems caused by diabetes; 38% patients were aware that diabetes causes foot infection and 33% were aware of gangrene. 15% of patients were aware that diabetic foot disease can lead to lower limb amputation. 46 patients (37.5%) were aware that smoking increases the incidence of diabetic foot disease and 58 (47.5%) know that previous foot disease can increase the risk of foot problems in future. 43 patients (35%) were aware that presence of foot problems increases the risk of heart disease. 86 subjects (70%) were aware that there are special customized footwear available for diabetic patients. 77 subjects (62.5%) were aware that good glycaemic control from beginning is helpful in preventing the diabetes related foot problems. Only 49 subjects (40%) were taking care of their feet, among which only 18 patients examine and take care of the feet daily. Only 25 patients (20%) use footwear both outside and inside the house.

DISCUSSION: Awareness about foot problems was inadequate in majority of the diabetic subjects. Majority of the patients were not taking adequate care of their foot; most of them walk bare-footed at home and were not doing self-examination of feet every day.

CONCLUSION: It is necessary to educate the people about this important aspect of diabetes management. By improving awareness of foot related problems and good foot care, we can decrease the occurrences of foot diseases, improve quality of life and promote overall health of a diabetic individual.

RECOMMENDATIONS: All diabetic patients should be counselled about the associated foot problems and educated about regular foot self-examination and appropriate foot care, during every hospital visit.

PG 203 - MORBIDITY PROFILE OF GROUP-D FEMALE WORKERS IN A MEDICAL COLLEGE, BANGALORE

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Background:

There has been a significant increase in the number of women workers in India. Women are susceptible to various health problems by virtue of their respective workplace. The present study was conducted to assess the Morbidity profile of the Group-D female workers in a Medical college, Bangalore.

Material and Methods:

A cross-sectional descriptive study was conducted among all the Group-D Female workers in a Medical College, Bangalore. An interview was conducted using a semi-structured pretested questionnaire after Ethical Committee Clearance. There were clinical examinations done to measure Height, Weight, Blood pressure. The data obtained

were compiled in Microsoft Excel (MS) worksheet and analysed using SPSS.

Results : 73.9% of the workers had Musculoskeletal problems among 92 study participants. 61.9% of the workers had upper back pain and 25.2% of the workers had knee pain. Mean age of the study participants are 34.77 +/- 4.65 years. Only 45.6% seek health care for their problems.

Conclusion: In the study it was found that the most common problem were musculoskeletal disorders and hypertension among the group-d female workers. Proper medical examinations would help in early diagnosis and early treatment and that would lead to better quality of life.

Keywords: Morbidity profile, female workers, Cross sectional study, musculoskeletal problems.

PG 204 -PREVALENCE AND AWARENESS OF THYROID DISORDERS AMONG WOMEN AVAILING ANTENATAL SERVICES AT A RURAL MATERNITY HOSPITAL, RAMNAGARA DISTRICT, KARNATAKA

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Introduction:

Pregnancy is a stressful condition for the thyroid gland, demanding increased requirements of Iodine and thyroid hormones. Limited hormone reserve or iodine deficiency in pregnancy further hampers thyroid gland functioning. Hypothyroidism during pregnancy leads to adverse fetal outcomes, affecting the baby's growth and brain development.

Objectives:

1. To estimate the prevalence of thyroid disorders in pregnancy and associated risk factors among women availing antenatal services in a rural maternity hospital in Ramanagara district, Karnataka. 2. To assess the awareness regarding maternal thyroid disorders among these women.

Methodology:

This was a cross sectional hospital-based study in a rural area of Ramanagara district, where 200 antenatal mothers above 18 years of age were consecutively sampled in the antenatal clinic. A face-validated, pre-tested structured interview schedule was administered. There were 15 questions to assess knowledge. A correct response was awarded a score of one.

Results:

Mean age of the women was 23.79 ± SD 3.145 years. Only 103 (51.5%) women had undergone thyroid test at least once during the current pregnancy, of whom 30 (29%) were found to have thyroid disorders. 26 (25%) had hypothyroidism and 4 (3.8%) had hyperthyroidism. 39 (19.4%) of the sample have good knowledge, 75 (37.3%) have moderate knowledge and 87 (43.3%) have poor knowledge about their thyroid problems. The significant association found between education and awareness implies that, more the number of years of formal education, higher is the knowledge and awareness about thyroid disorders among women.

Discussion:

Despite serious complications to the mother's health and fetal wellbeing due to hypothyroidism in pregnancy,

as seen by the results of the study, awareness among the antenatal women is grossly inadequate. Physicians need to explain why thyroid testing is being done for an expecting mother, what disease they have and importance of adherence to medications if diagnosed, all as part of routine ANC.

Key words: Thyroid disorder, pregnancy, ANC care cross sectional study

**PG 205 - EVALUATION OF INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS) PROGRAM
INBASAVESHWARA MEDICAL COLLEGE & HOSPITAL CHITRADURGA, KARNATAKA**

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INTRODUCTION:

Integrated Child Development Services (ICDS) Scheme was launched on 2nd October, 1975 and is one of the flagship programmes of the Government of India. The program includes a network of "Anganwadicenters" (AWCs), literally courtyard play centers, which provides integrated services comprising supplementary nutrition (SN), immunization, health check-up, and referral services to children below 6 years of age and expectant and nursing mothers. Non-formal PSE is imparted to children in the age group of 3-6 years and nutrition and health education (NHED) to women in the age group of 15-45 years. The performance of the ICDS program is to a great extent dependent on the profile of the key functionary, the Anganwadi worker (AWW) — her qualification, experience, skill, attitude, training, etc.²

OBJECTIVE:

To evaluate the various aspects of the ICDS program in terms of inputs, process and outcome (coverage), utilization, and issues related to the ICDS program.

METHODOLOGY:

Study design: Cross-sectional study

Study period: June 2019 to August 2019

Study area: AnganwadiCenters located under Urban and Rural Field practice area of Basaveshwara Medical College and Hospitals, Chitradurga, Karnataka.

Sampling procedure: Universal sampling of all the anganwadi centres under Urban & Rural Health Training Centre of BMCH, Chitradurga.

Study population: Anganwadi workers(AWW)

Sample size: 49(Rural 24 AWC and Urban 25 AWC)

Study tool: The AWWs will be interviewed and a review of the records will be done by using a predesigned and pretested pro forma provided by the NIPCCD. Considering the usual program evaluation framework, the following information will be collected:

1. Inputs, i.e., infrastructure of AWCs and baseline characteristics of AWWs,
2. Process, i.e., provision of various ICDS services to the beneficiaries, and
3. Outcome, i.e., nutritional status of beneficiary children and coverage of services provided such as supplementary nutrition (SN), Pre-school education(PSE), and Nutrition and Health Education (NHED).

Results:

Children (76%) were covered by Supplementary nutrition (SN), & the coverage of SN in Pregnant & lactating

mothers was found to be 72%. Pre-School Education coverage among children was found to be 73%. Only 67.3% of the AWCs reported availability of referral slips in their anganwadi's. Various issues were reported by AWWs related to the ICDS.

PG 208 - Feasibility of stratification of households based on health needs in Mugalur village, Anekal taluk – an exploratory study

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1. Post Graduate

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Introduction: Stratification of households enable in identification of those at risk of developing health problems and help direct available resources to achieve better health. This study explores the feasibility of developing a tool for stratification of households in rural areas in order to improve existing health services. The objective was to stratify the households in Mugalur village, Anekal Taluk based on their level of need for health care.

Methodology: Stratification tool was developed for the purpose of this study by listing out the important health issues in different age groups along with social and environmental risk factors in the community. These were then categorised into high, medium and low priority indicated by colour red, yellow and green respectively. A brainstorming session was organized for public health professionals to arrive at a final list of risk factors in each category. The goal was, health workers will visit high priority households once in a month, medium priority once in two months and low priority once in six months. This tool was administered in all the households of Mugalur village and each household was given a colour code. If there were individuals in a household that fell in more than one category, the highest category was considered for the household.

Results: In the study, it was found that 18% of the houses were found to be in the high priority and 37% with medium priority. The main contributors to red category were, recurrent ARI/ADD (51.7%) among under 5, recent illness/hospitalisation in all age groups and bedridden elderly (8.3%); and that to yellow category was under nutrition (4.1%) among under 5, diabetes and hypertension in any age groups.

Conclusion: Stratification of household provides methods by which households can be prioritised and help devise strategies aimed at addressing these health needs utilising available resources.

Key words: Exploratory, household stratification, health needs, rural areas, prioritization.

PG 209 - "A Facility based cross sectional Study of prevalence of rifampicin resistance among tuberculosis cases"

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Introduction- Rifampicin is one of the bactericidal agents and the only drug effective against persisters and the importance of Rifampicin in anti tubercular treatment has been well documented in the literature. CBNAAT machines are present at district level for decentralized diagnosis of TB and to detect Rifampicin resistance. First national drug resistance survey results showed the rates of MDR among new TB patients to be 2.84% and that in previously treated to be 11.60%. CBNAAT/ GeneXpert MTB/RIF assay uses hemi nested real time polymerase chain reaction to amplify Mycobacterium tuberculosis specific sequence of the rpoB gene. To determine the rifampicin resistance, the rifampicin resistance-determining region of rpoB gene is probed with molecular beacons. Thus the detection of rifampicin resistance can be achieved in two hours.

Objectives

1. To determine the prevalence of rifampicin resistance among Tuberculosis cases.
2. To study the socio-demographic factors among rifampicin resistance Tuberculosis cases.

Materials and methods

Type of study – Cross sectional study.

Study population-All the Tuberculosis cases who have undergone CBNAAT from 1st January 2019 to 30th June 2019 at CBNAAT Center at RIMS teaching hospital, Raichur, Karnataka.

Sampling method-Universal sampling- All the Tuberculosis cases who have undergone CBNAAT from 1st January 2019 to 30th June 2019 (6 months) at RIMS teaching hospital, Raichur, Karnataka.

Study duration- 1st January 2019 to 30th July 2019.

Results –awaited

Key words – Rifampicin resistance, Xpert MTB/RIF assay, Tuberculosis

PG 211- KNOWLEDGE, ATTITUDE AND PRACTICES OF MOTHERS ON CHILD VIOLENCE

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Introduction: Violence has been one of the most complex contemporary phenomena and their manifestations are not just social evils but also responsible for social and mental disturbances of children. This phenomenon is a

serious problem of global public health, presenting various causes and several factors that compromise all socio-cultural and economic levels of society.

Objective: To understand the perspective and action of Mothers on Child violence

Method: This qualitative research was undertaken in the urban field practice area of Department of Community Medicine, JSS Medical College, Mysuru. A total of 20 women were interviewed for free-listing exercise and the data regarding their perception about causes, consequences and methods of prevention of child abuse were collected from them. The data was also explored using four focus group discussion. The number of subjects was decided based on the criteria of data saturation. The data collected through freelistening was analyzed using Anthropic 1.0 and that of FGD was analyzed using manual content analysis.

Results: Among 20 subjects interviewed, mean age of the women interviewed was 29.6 years, 70% were completed basic schooling, 30% had history of Substance abuse by family members. Common themes emerged out were subjects being not aware of Child abuse, opined that child abuse was solely from family members, claimed that they do not abuse their children, opted to remain silent in the circumstances of child abuse, believed it hamper child growth.

Conclusion: It is urgent and necessary to intervene violence as it means to prevent it through short- and long-term goals such as the implementation of public policies, programs and actions that aim at changes capable of modifying the conditions that favour this phenomenon.

Key words: Knowledge, Attitude, Practices, Child violence

PG 213 - Health profile of indigenous population of Udupi district – A cross sectional study

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Manipal

Introduction:

As per the 2011 census, India has a tribal population of 10.43 crore which constitutes 8.6% of our population. About 6.9% of the population of Karnataka belong to the tribal community. The Koraga community located in Udupi district is a primitive tribe which is still living in abject health and social conditions.

Objectives:

- a. To study the health profile of the Koraga population in Udupi district.
- b. To determine the association of the socio-demographic characteristics with their health profile

Methods:

This cross-sectional study was conducted by Centre for Indigenous Population and Department of Community Medicine, KMC, Manipal in collaboration with Integrated Tribal Development Project (ITDP), District Health Office, Udupi and tribal community leaders outreach health camps were organized at selected remote tribal hamlets to assess various health parameters which included screening for communicable and non-communicable diseases. Patients requiring referrals for any reason were referred to the nearest PHC/Government hospital/Kasturba Medical College for further evaluation and management.

Results:

In the six health camps 288 tribal adults participated. Their mean age was 37.5 years and 41.3% were males. 53% of them were manual labourers. Mean family income was Rs. 5776/month. About 10% of them were reported to be consumers of alcohol and 46% were tobacco consumers. 41% of the adults were found to have illnesses for which medicines were dispensed or referrals were given if warranted. 15.2% of the population had a non-communicable disease.

Conclusion: Health parameters amongst the individuals from Koraga community could be improved by regular Information, Education and Communication in their respective localities.

PG 214 - Five-year trends in female breast cancer: A retrospective analysis in a tertiary care hospital setting

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Department of Community Medicine, KMC, MAHE, Manipal

Introduction: Incidence of breast cancer in India has been steadily increasing over the past decade and is now the most common cancer and the leading cause of mortality among Indian women. India also accounts for high disease mortality rates primarily due to late presentation of the disease.

Aim: Identify the breast cancer trend over a period of five years with respect to age and stage at diagnosis.

Methodology: Cross-sectional record based study was conducted using a pre-designed questionnaire. Records of newly registered histopathological confirmed breast cancer patients during the period of 2013–2017 were accessed from the medical-records department of Kasturba Hospital, Manipal with prior permission of concerned authorities. Demographic details and information related to breast cancer stages and treatment modality were recorded. Data was analysed using SPSS version 15.0.

Results: A total of 484 newly diagnosed cases were reported during a 5-year period. Almost 43% of the cases presented with advanced metastatic disease. This trend appeared to be the same during the course of this period. An increasing trend of incidence was noted over the years with 2017 reporting the highest incidence (142). Almost 50% of the cases were below 50 years, which reiterates the higher incidence of cases among premenopausal women in India.

Discussion: This study illustrates an increasing trend of breast cancer with a significant proportion being premenopausal women. A good number also presented late. These findings substantiate the need for pragmatic awareness campaigns targeting premenopausal women. Further longitudinal studies could help identify specific factors for this increasing trend.

PG 215- Title:A CLINICAL STUDY TO EVALUATE THE EFFECT OF PERIOPERATIVE PARAMETERS TO PREDICT THE OUTCOME AND PATIENT SATISFACTION IN GENERAL SURGERY CASES UNDER ANAESTHESIA

Dr Rajeev keerthi K L1, ,Dr ASHA H L2, 1.2nd year postgraduate,dept of anaesthesiology,, 2. SR, dept of anaesthesiology,AIMS

AIMS and need of the study:

In the current era of evidence based medicine it is often difficult to stratify the risk associated with surgery and anaesthesia. Despite of having multiple indices like cardiology risk scoring,AHA surgical scoring it is mostly difficult to still predict the outcome and explain it to the patients in certain community domains.So in that effort we aim to study the effect of demographics and perioperative parameters like age,sex,ASA status,duration of surgery,nature of surgery,intraoperative complications to predict the outcome.Further we can use these results to predict the outcome and hence optimize them if impaired.Also we study the patient satisfaction in the background of these events including surgery experience,anaesthesia experience,pain relief and PONV.

Methodology:

After obtaining institutional ethical committee clearance and MRD permission for retrieving data from case files,(AIMS)patients who has underwent general surgery under either regional or general anaesthesia were included from January 2019 to till date(august 10th) satisfying inclusion and exclusion criteria.we recruited details like age,sex,ASA status,duration of surgery,nature of surgery,intraoperative complications.

RESULTS:-

Variables like age,duration of surgery were summarized using descriptive statistics.To find out the effects of perioperative parameters on descriptive statistics relevant tests of significance was applied.Descriptive statistics:- Mean age-43.65 +/-19.7yrs. Mean duration of surgery 101.77 +/-57.7minutes .Gender- Males 68.8%- Females 31.2%.ASA status :1-28.4%,2-64.9%,3-6.7%.Outcome scoring:1-84.8%,2-15.2%.Pt satisfaction:0-10.8%,1-88%,2-1.2%. Duration of surgery, nature of surgery, ASA status and intraoperative complications have statistically significant association with post op outcome and patient satisfaction.

CONCLUSION :-

Our study was based on important perioperative parameters like age,sex,ASA status,nature of surgery,duration of surgery,intraop complications to assess the outcome and patient satisfaction in the community domain nagamangala taluk population which has significant correlation between perioperative parameters on postoperative outcome.

UNDER GRADUATE ABSTRACTS

UG 101-KNOWLEDGE, ATTITUDE AND PRACTICE OF MENSTRUAL HYGIENE AMONG ADOLESCENT SCHOOL GIRLS IN RURAL MANGALORE: A CROSS-SECTIONAL STUDY

Alka Kumari Shaw, Under graduate, Kanachur institute of medical sciences, Mangalore

Introduction: Total Indian Adolescent population comprises 20.9%. Onset of menstruation is Menarche. Women having a better knowledge regarding menstrual practices are less vulnerable to reproductive tract infections and its consequences.

Aim:To assess the knowledge, attitude and practice about menstrual hygiene among adolescent school girls in rural Mangalore.

Materials and Methods: A cross-sectional study was conducted among the girls of class 7, 8 and 9 willing to be part of the study (n=281) using universal sampling technique. 1 private, 1 Government Residential and 1 Government aided school was selected randomly. Oral consent was obtained. The questionnaire included socio-demographic details, source of information regarding menstruation, age of menarche and practices related to menstrual hygiene.

Results: Majority followed Islam and were from the private school(39%). 198(70%) had attained menarche. The mean age of menarche of the study participants was 13 yrs. Usage of Sanitary pad is 65.8%. Socio cultural restriction is practiced by 49%. Most common way of disposing sanitary pads were burning holding percentage of 29.5% , followed by flushing (24.9%). 17.4% of Government school girls had poor knowledge on menstruation as compared to 8.7% of private school girls.15.5% of 7th& 8th Standard girls had poor knowledge as compared to 6.5 % of 9th Standard girls.

Conclusion: Private school girls had better knowledge about menstrual hygiene than that of government school girls. The school girls we had visited were facing less socio cultural restrictions maybe because of the higher literacy rate in Dakshina Kannada.

Keywords: Menstrual hygiene, Adolescent school girls, Mangaluru.

UG 102-ASSESSMENT OF IMMUNIZATION STATUS AMONG UNDER FIVE CHILDREN IN RURAL MANGALORE

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INTRODUCTION:

Immunization is the process whereby a person is made immune resistant to an infectious disease, typically by administration of vaccine. Vaccines stimulate the body's own system to protect the person against subsequent infection or disease. If exposure to a disease occurs in a community there is little or no risk of an epidemic if people have been immunized. This study was to assess the immunization status among children up to 5 years in rural Mangaluru.

MATERIALS & METHODOLOGY:

A Community based cross sectional study was conducted among children of 0-5 years of age group (n=93) in rural Mangaluru using convenient sampling technique. After obtaining oral consent from parents, immunization status was assessed using validated questionnaire and details of child found to be completely immunized or partially immunized or not at all, and reasons for not giving the vaccines were also assessed.

RESULTS:

52.7% of the study population was partially immunized and 46.2% fully immunized. Only 83.9% possessed an immunization card. Majority of the children were not given Measles/MR (55.9%), IPV 1(46.2%) and Vitamin A2 (61.3%). The most commonly given reason by mothers or the caretakers for not fully vaccinating the child is unaware of need for further immunization which accounts to about 58%.

CONCLUSION:

According to the study conducted in rural fields, we found that half of the population was partially immunized. Reasons for not fully immunizing children include lack of awareness for further immunization i.e.2nd and 3rd doses, and negligence of parents.

103- Awareness and Practice of Biomedical Waste Management among Health care providers in a Tertiary Care Hospital of Mangalore: Cross Sectional Study

Afsha Shaheen S Hullur, Under graduate, Kanachur Institute of Medical Sciences

Introduction:

Biomedical waste management (BMW) has become a major concern in a health care setup, as the waste produced in the course of healthcare activities carries a higher potential for infection. Inadequate knowledge of handling this waste may have serious health consequences like Hepatitis, HIV, Tetanus. The risk of acquiring HBV infection through exposure to blood is highest amongst Health care workers. This study reviews the knowledge and implementation of segregation of Biomedical Waste according to recent 2016 BMW rules, and also knowledge and practice of vaccination against HBV and Post exposure prophylaxis against HIV among health care providers.

Materials and Methods:

Cross-sectional study conducted among health care personnel working in Kanachur Institute of Medical Sciences, Mangalore; Using convenience sampling method, a total of 97 health care personnel were selected. Data was collected using semi-structured questionnaire.

Results:

Majority (44.3%) were doctors. A vast majority (62.8%) of them knew about the diseases transmitted on exposure to biomedical waste. Nurses (84.8%) had better knowledge than doctors (74.1%) regarding the colour coding and waste segregation at source. Regarding Hep B vaccination 13.4% of them were never vaccinated. 82.5% were vaccinated out of which 56.7% had taken all three doses. 62.9% had heard about HIV Post exposure Prophylaxis.

Conclusion:

It was seen that doctors had poor knowledge than nurses regarding biomedical waste management. All health care personnel had poor knowledge of HIV post exposure prophylaxis. Health care personnel must be trained about BMW segregation and educated regarding Universal precautions and HIV post exposure prophylaxis.

UG 104- ASSESSMENT OF AWARENESS AND UTILIZATION OF HEALTH INSURANCE IN URBAN AND RURAL AREAS OF MANGALURU

Mr. Bharath Gowda H C , Dr. S Rajashekar, 1.2nd year M.B.B.S student,2. Assistant Professor, Department of Community Medicine, K.I.M.S Mangalore.

INTRODUCTION : The term health insurance relates to a insurance that essentially covers the whole or a part of risk of a person including medical expenses, spreading the risk over large number of population. There is a felt need to provide financial protection to rural and urban families for the treatment of major ailments, requiring hospitalization and surgery. The present study is an effort in the area of health insurance to assess the individual's awareness level and willingness to join and pay for it among the rural/urban people of Mangaluru and also to find out what are the reasons behind those who have not in favor of subscription .

METHODOLOGY : A community based, cross-sectional study, carried out for a period of one month in rural and urban field practice area, Kanachur Institute of Medical Sciences,Mangaluru.400 interviews were taken.

RESULTS: In our study population majority were females (58%) and Hindus (56%). Only 42% had health insurance coverage. The coverage was not for all family members. 50.8% of the urban population of our study were insurance holders. The subscription depended on education, socio-economic status ,type of family. The willingness to pay yearly premium was 50.2%. It was observed that the main barriers for the subscription of health insurance were low income or uncertainty of income (10.40%), difficulty to approach (7.85%), prefer to invest somewhere else (38.85%), not adequate knowledge regarding its benefits (39.30%), do not feel the need (3.4%).Amongst the non insurance holders of the study population, 46% of them agreed to enroll for the health insurance after enlightening them about the benefits of health insurance.

DISCUSSION: The study concluded that the, urban population were more aware and most of them had health insurance policies when compared to that of rural population . Mass media and relatives played an important role is creating awareness about health insurance amongst people. It was found that lack of knowledge about health insurance and difficulties to approach the agencies were the major drawback for not enrolling into the health insurance scheme .

Keywords: Health insurance ; awareness; willingness; urban area ; rural area

UG106 - PREVALANCE OF ATTENTION DEFICIT HYPERACTIVITY DISORDER AMONG 5 TO 15 YEARS OLD CHILDREN IN RURAL FIELD PRACTISE AREA OF KIMS, MANGALORE.

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2. Assistant Professor, Department of Community Medicine, KIMS Mangalore.

INTRODUCTION

Attention deficit and hyperactivity disorder is one of the most common disorders in children. It is a behavior disorder originating in childhood characterized by inappropriate inattention, hyperactivity and impulsivity. Effected individuals have worst outcomes in academic, occupational and social functioning. It may contribute to low self esteem, troubled relationships and difficulties at school or work. Hence, recognition and management of ADHD in children is important so that their long term consequences are improved.

METHODOLOGY

A community based cross sectional study was conducted in rural field practice area of Kanachur Institute of Medical Sciences. Convenient sampling technique was followed. The study was conducted until we reached 250 children. The SNAP-IV 26 Item scale was used to collect data which is an abbreviated version of the Swanson, Nolan, and Pelham (SNAP) Questionnaire.

RESULTS

The mean age of study population was 10.29 (3.049) years. The study revealed that, 9.6% of the children in the study population had mild symptoms and 1.46% of them had moderate symptoms of ADHD. It was more common in males compared to females with male: female ratio of 1.4:1. Symptoms of ADHD were seen more in children of families belonging to higher socio economic status.

DISCUSSION

School children with ADHD are at significant risk for behavioural, social, familial and academic difficulties relative to their normal counterparts. Hence early detection and planning interventions for treating such cases will be beneficial.

KEY WORDS: ADHD, inattention, hyperactivity, impulsivity, SNAP- IV scale.

UG107- FAST FOOD CONSUMPTION AND ITS ASSOCIATION WITH OBESITY: A STUDY AMONG STUDENTS IN RURAL FIELD PRACTICE AREA OF A MEDICAL COLLEGE IN MANGALORE

Nisha Parveen, UG, Kanachur institute of medical sciences

INTRODUCTION:

Fast food culture is an emerging trend especially among younger generation all over the world. Globalization of junk food which has little or no nutritional value but high calorie has led to multiple health problems among them primarily overweight and obesity. Several data suggest that inappropriate dietary practices, low physical activity, and family history of obesity are the risk factors for childhood overweight and obesity.

AIMS AND OBJECTIVES:

- 1.To assess fast food consumption pattern among rural students between 6-18 years of age.
- 2.To determine its association with overweight and obesity in the given area.

MATERIALS AND METHOD:

A community based, cross-sectional study, carried out for a period of one month in rural field practice area, Kanachur Institute of Medical Sciences, Mangalore. The study population comprised of 100 students aged 6-18 years.

RESULTS:

Majority (54.3%) of the participants consumed fast food every day. 23.7% of the children were found to be overweight while 12.6% were found to be obese. Majority (87%) of participants were influenced through television commercials. The most common reason for eating fast food was its great taste (74%). The prevalence of fast food consumption was found to be significantly less (3%) among children from educated families ($p < 0.001$).

CONCLUSION:

Fast food consumption is a growing menace in India leading to life style disorders among children. Needless to say

that there is a need and scope of behavioural modification in this regard, amongst the students .As children are the assets of the nation, a nutrition rich food habit if inculcated at a young age,will go a long way to prevent life style diseases in the future.

Keywords: Globalisation, Children, fast foods, Obesity, Rural area

UG109- Study of Health Seeking Behaviour and it's determinants in the Rural Field Practice Areas of Kanachur Institute of Medical Sciences

MANOJGOUDA PATIL,UG, Kanachur institute of medical sciences

INTRODUCTION:Health care seeking behaviour refers to decision or action taken by an individual to maintain, attain or regain good health and to prevent illness. It is a result of a complex interaction of provider, patients, illness and household characteristics. Health seeking behaviour of the community determines how health services are used and in turn, the health outcomes of population.

OBJECTIVE:To assess the health seeking behaviour of people residing in rural health practice area of Kanachur Institute of Medical Sciences and the various factors influencing it.

METHODOLOGY:A community based, cross-sectional study was accomplished in a time period of 1 month in rural field practice areas of Kanachur Institute of Medical Sciences. Head of families in the selected population comprised the study population with sample size of 85. Data collection was done by structured, validated questionnaire and entered in Microsoft excel. The questionnaire consists of questions on general, chronic, children, reproductive, gynaecological, mental and old age health problems.

RESULTS:Majority(65.5%) of the positive health seeking behaviour among rural adults is towards private health facility, due to lesser distance of health care centre(54%) and trust over the health care provider(6.4%). Most of the rural population prefers private allopathic practitioner(94.5%). Mental health problems have less health care preference and negligible usage of government health facilities is seen. The treatment seeking behaviour on the same day of onset of symptom was less than half(31.7%).

CONCLUSION:In our study, majority of the people have positive health seeking behaviour towards the private health facilities. Proper understanding of health seeking behaviour could reduce delay to diagnosis, improve treatment compliance and develop better health promotion strategies. Emphasis on mental health care and awareness regarding government health schemes will go a long way in the holistic development of nation's well being.

KEY WORDS:Health seeking behaviour; Determinants, Health care preference.

UG 110-Title: Effect of an educational intervention on knowledge about first aid in animal bites among students of a Government Degree College, Bidadi, Ramanagara district.

Radha M, Intern, BGS Global Institute of Medical Sciences

Introduction: Animal bites are a significant cause of morbidity and mortality worldwide. Among them important ones in rural areas are snake bite, dog bite, scorpion and honeybee stings. First aid being the initial simple method to treat animal bites, if done properly reduces morbidity and mortality.

Objective:

To assess the effect of health educational intervention on knowledge about first aid on animal bites among College students.

Methodology: An interventional study was conducted on 64 students of Government Degree College, Bidadi, Ramanagara district in April 2019. Institutional ethics committee approved the study. Written informed consent was obtained. Initially a pre-test was conducted using a pre-designed semi structured questionnaire to assess their knowledge about first aid in snake and dog bites, scorpion and honeybee stings. Following it, an IEC session was conducted including skit, audio-visual presentation and charts. Followed by it was post-test, conducted similar to pre-test. The collected data were entered into microsoft excel and analyzed using standard statistical software package.

Results: The age of our study subjects ranged from 18 to 25 years, majority were females and nearly half were studying BA and half B.Com. Among them 92.2% had not received training in first aid but 89% had done first aid for animal bites earlier. By wilcoxon signed rank test, level of knowledge in first aid had improved significantly following the educational intervention with pre and post median scores for overall knowledge being 17(15-19) and 26(24-26) respectively. The median scores for snake and dog bites pre and post intervention had improved significantly from 4 (4-5) to 7.5(6-8) and from 6(6-7) to 10(9-10) respectively. Similarly for scorpion and honeybee sting it significantly improved from 3(3-4) to 5(4-6) and from 3(2-3) to 4(3-4) respectively.

Conclusion: There is significant improvement in the knowledge about first aid in animal bite among the college students following a health educational intervention.

UG 111- Assessment of knowledge about first aid on animal bites- pre and post educational intervention among Anganwadi and ASHA workers of Gankal PHC

POOJA B L Intern, BGS Global Institute of Medical Sciences

Introduction: Animal bites are a significant cause of morbidity and mortality worldwide. Among them important ones in rural areas are snake bite, dog bite, scorpion and honeybee stings. First aid being the initial simple method to treat animal bites, if done properly reduces mortality and morbidity.

Objective: To assess the effect of health educational intervention on knowledge about first aid in animal bites among Anganwadi workers (AWs) and ASHAs (Accredited Social Health Activist) of Gankal PHC (Primary Health Center).

Methodology: An interventional study was conducted among all the AWs and ASHAs of Gankal PHC, Ramnagar district in April 2019. Written informed consent was obtained. A pre-test was conducted using a pre-designed semi structured questionnaire to assess their knowledge about first aid in snake and dog bites, scorpion and honeybee stings. Following it, an IEC session was conducted including skit, audio-visual presentation and charts. Following it was post-test, conducted similar to pre-test. The collected data was entered into microsoft excel sheet and analyzed using standard statistical software like SPSS.

Results: Among the total of 32 workers, 22(68.8%) were AWs and 10(31.2%) were ASHAs.. Majority of them had studied upto 10th std (56.2%) with median of 10 (IQR: 4-12) years of experience. By wilcoxon signed rank test, level of knowledge in first aid had improved significantly following the educational intervention with pre and post median scores for overall knowledge being 17(16-17.75) and 28(28-28) respectively. The median scores for

snake and dog bites had improved significantly from 5 (4-5) to 8(8-8) and from 7(6-7) to 10(10-10) pre and post intervention respectively. Similarly for scorpion and honeybee sting it significantly improved from 3(2-3) to 6(6-6) and from 3(3-3) to 4(4-4) respectively.

Conclusion: There is significant improvement in the knowledge about first aid in animal bites among the Anganwadi workers and ASHAs of Gankal PHC following a health educational intervention.

UG 112-Title: Assessment of Diabetes Self Care Activities among Elderly Diabetics Residing Under Rural and Urban Field Practice Areas of a Medical College Situated At Hilly Region

Soumya Student Kodagu institute of medical sciences

Introduction:

Diabetes mellitus is a chronic progressive metabolic disorder characterized by hyperglycemia mainly due to absolute (Type 1 DM) or relative (Type 2 DM) deficiency of insulin hormone. Self care among elderly diabetics is a concern that too regions of hilly areas where there are less to access to health care facilities due to geographical constraints.

Objective:

To Assess the Self Care Activities among Elderly Diabetics Residing Under Rural and Urban Field Practice Areas of a Medical College Situated At Hilly Region.

Methodology:

A cross sectional study was done during July-September 2018 as a part of ICMR-STS 2018. 250 Elderly Diabetics residing under Rural and Urban field practice areas of Kodagu Institute of Medical Sciences, Madikeri, Kodagu were selected for the study. Standard study tool "Summary of Diabetes Self-care Activities (SDSCA) which was translated to Kannada language was used to measure the self care activities which gathered information regarding general diet, specific diet, exercise blood glucose testing medications, foot care and tobacco consumption. Ethical approval was taken by IEC.

Results:

In our study 63% were males and majority were in the age group of 60-70 years, belonging to the Hindu religion. There was equal distribution of urban and rural subjects. Around 70% were studied below pre university level. Pertaining to healthful eating 68% had good knowledge of specific diet but only 8.8% used to follow regularly. Hardly people used to consume fruits weekly, majority consumes fat food weekly. Most of them were on regular medication. 50% of them were physically active, 97% them were not advised to check sugar levels weekly. 86% of them used to check their foot daily while 56% were tobacco users.

Discussion:

Diabetes self care activities among elderly population is relatively poor which can result in poor management of diabetes. The present study helped us to know the awareness and practice aspect of diabetes self care activities in population residing under both urban and rural areas. There is a need to develop specific tool or measures to assess the self care activities in people residing under hilly areas.

UG 113- SCREENING FOR CERVICAL DYSPLASIAS AND REPRODUCTIVE TRACT INFECTIONS IN KERALA, INDIA; A MULTICENTRIC STUDY

Jeremiah Jacob Tom, Intern, Amala Institute of Medical Sciences

Background: Cancer of uterine cervix is estimated to be the second most frequently occurring malignancy among females in India and the fourth most common among females worldwide. Cancer mortality profile in India estimates that 20.7% cancer deaths are due to cervical cancer. This well elucidates the fatal aspect of the disease and the need for early detection.

AIMS: To determine the prevalence of cervical dysplasias and reproductive tract infections in various parts of Kerala, India and to determine the associated factors of these diseases.

Methods: This was a descriptive cross sectional study conducted in various parts of Kerala, India. This study included an interview schedule to collect data and relevant history and the procedures included per vaginal and per speculum examination along with a Pap smear test.

RESULTS: A total of 199 women were screened with mean age 45.87 ± 9.84 years. Of these, 27 (13.5%) showed inflammatory smears, 2 (1%) showed infective pathology and 3 (1.5%) showed pre malignant lesions.

CONCLUSION: The prevalence of pre malignant lesions was 1.5%, inflammation was 13.5% and infection was 1%. The increased rates of inflammation and infection show its importance in public health. Similar community based screening is recommended for early detection and treatment to avoid the fatal consequences of cervical cancer and reproductive tract infections. Community education among the population proves to be an important factor too.

UG 114-Prevalence of anaemia and its associated factors among the pregnant women receiving antenatal care in a maternity hospital, Bengaluru

Ananya M B, Student Sapthagiri Institute of Medical Sciences and Research

Introduction: Globally anaemia affects 1.62 billion people which corresponds to 24.8% of the population and the prevalence of anaemia in pregnant women is 56 million. In India 16% of maternal deaths are attributed to anaemia and according to NFHS 4 report the prevalence of anaemia during pregnancy is 50.3%. Hence, the present study was done to assess the prevalence of anaemia and its associated factors among the pregnant women attending the maternity hospital, Bengaluru.

Methods: A hospital based cross sectional study was conducted among pregnant women receiving antenatal care over a period of 2 months. Based on the prevalence rate of anaemia of 39.6% as per the NFHS-4 report, Karnataka, the estimated sample size was 368. Haemoglobin estimation was done by Cyanmethaemoglobin method. All pregnant women who voluntarily agreed to participate were selected during the study period by convenient sampling method.

Results: Majority of study subjects were in the age group of 15 to 24 years (60.6%) and the mean age was 23.87 ± 3.63 years. Majority were Hindus, 89.4% and 40.2% studied up to higher secondary, 83.2% were homemakers and 62% belonged to joint family. The prevalence of anaemia was 56% where 46.6% of them had mild

anaemia, 51.9% had moderate and 1.5% being severely anaemic. Univariate analysis showed a significant association of anaemia with religion, occupation, gestational age and history of abortion ($p < 0.05$). Multivariate analysis showed women in first trimester of pregnancy and history of abortion being associated with anaemia ($p < 0.05$).

Conclusion: In developing nations like India where anaemia is a major public health problem contributing to maternal and infant mortality and morbidities; henceforth there is a need for an effective intervention in the form of health education modules to the community and Nutritional counseling for women in the reproductive age group about the importance of Iron supplementation during the antenatal period.

Keywords: Anaemia, Prevalence, Pregnant women

FULL PAPER ABSTRACTS

FM 106-Prevalence of Hyperglycemia, hyperlipidemia and NCD risk factors among population in south Indian tribal region

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Background: With the background of increasing trends of diabetes and other non-communicable diseases, it is imperative that, remote populations like tribal areas also to be assessed for their risk of non-communicable diseases.

Objective: The study was conducted to assess the prevalence and associated risk factors of hyperglycemia and hyperlipidemia in tribal area of south India.

Methods: Cross sectional study done among 282 adult participants >18 years in the tribal area of B R hills tiger reserve forest, Chamarajanagar district of Karnataka. The multistage stratified cluster sampling methodology was adopted a cluster was a village/hamlet (first stage: socio geographic strata and second stage: villages/hamlets, third: household), one member in the household >18 years present were interviewed, selected by KISH method. Blood pressure was measured by the standard procedures, details on physical activity, diet; family history was also taken along with socio demographic details. Data entry was done in fulcrum app and Analysis was done using SPSS 21.0. chi square test was used.

Results: The prevalence of diabetes in tribal area was 2.1 % (n=282). 2.8% had impaired fasting glucose, 5% had hyperglycemia, 64.9% had low HDL, 23.8% had high LDL, 16.3% had high Triglycerides, 3.9% hypercholesterolemia, 3.9% had high VLDL and 71.3% had any one of lipid abnormality (dyslipidemia) . 19.6% had hypertension, majority eat vegetables regularly, 76% are highly active, and 19.6% are obese. There was no significant difference in these prevalences of lipid abnormalities, hypertension, hyperglycemia between tribal and non tribal living in these regions, except for LDL abnormality which was higher in non tribal(29.4% vs 19.2%).

Conclusions & recommendations: It's high time to intervene, and act into the tribal area regarding NCD, as there is high prevalence of hyperlipidemia, hypertension and obesity. Study also recommends to setup surveillance for NCD in tribal areas to have timely action.

Key words: hyperglycemia, tribal area, obesity, NCD

PG 112- A cross-sectional study on factors influencing health care utilisation for under-five morbidities in South Bangalore

Dr. Nitu Kumari, Post graduate, Kempegowda Institute of Medical Sciences, Bangalore

Introduction: World Health Organization estimates that, seeking prompt and appropriate health care could reduce child deaths by nearly 30%.

Objectives: 1. To assess the health care utilization for under-5 children morbidities by their mothers in South Bangalore.
2. To determine the factors influencing the utilization of health services.

Methodology: A cross-sectional study was done among 432 under-5 children from 10 randomly selected wards of South Bangalore; from November, 2018 to July, 2019 using multistage sampling. All mothers having under-5 children were interviewed regarding morbidities of their children in the previous one month and health care utilisation for the same; using structured questionnaire derived from Multiple Indicator Cluster Survey (MICS) by UNICEF. All the details were recorded and the data was analysed using SPSS 21 trial version software; descriptive statistics and logistic regression was computed.

Results: In the present study; most of the study subjects belonged to upper middle (34.5%), lower middle (29.2%) or upper lower class (20.4%) and 59.3% had BPL cards. Among them, 95 had illnesses in the last one month; but, only 41 had utilised health facilities for treatment. The reasons for non-utilization of health care services were negligence (36.9%), long waiting time at health centre (22.4%), financial constraints (20.4%), lack of knowledge about available health services (13.3%), lack of family support (11.1%) and working mother (9.6%). The important factors which influenced the utilisation of health care services were literacy status of the mother (predisposing factor), low socio-economic status/ BPL families (enabling factor) and severity of symptoms (need factor).

Conclusion: The health care utilisation for under-five morbidities was inadequate in the study area and the factors influencing have to be addressed on a priority basis to fulfil the goal of universal health coverage.

Key words: childhood, healthcare, utilisation, factors, Bangalore

PG 113- AN EXPLORATORY STUDY ON JUNK FOOD AND ITS EFFECTS ON HEALTH

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ABSTRACT

Introduction: Junk food consumption is a rapidly increasing trend not only by young generation but also across all age groups replacing a balanced diet. Junk food consumption is progressing from being just an unhealthy life style habit to a full fledged addiction. **Objectives:** To describe the socio demographic characteristics of the study subjects; To describe the health problems related to junk food habits; To assess the addiction to junk food using a novel food addiction scale.

Methodology: An exploratory cross sectional study was conducted among people residing in urban areas of Karnataka. The sample size was calculated as 451 and rounded off to 500. Study Subjects were aged between 18 to 50 years. Addiction to junk food was assessed by a novel Junk Food Addiction Scale developed for the study. **Results:** 212 (42.4%) subjects were males and 288 (57.6%) were females. The median age of the subjects with

interquartile range was 22 (21, 25.25). All 500 study subjects had consumed either junk/ street/fast/ instant food any time in the past 1 year. A total of 211(42.2) subjects had experienced one or another acute health problem and 182(36.4%) subjects informed that their chronic health problems could be due to junk food consumption. The magnitude of junk food addiction was found to be 80 (16%) [CI 95%: 13.32-18.68] with majority, 70 (87.5%) having mild addiction.

Conclusion: The magnitude of junk food addiction in the study was found to be 16% and majority had mild addiction.

Key words: Junk food, food addiction, health effects, exploratory study

PG 159- Compliance to anti-rabies vaccination in post-exposure prophylaxis: A hospital based longitudinal study.

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ABSTRACT

Introduction: Rabies is a vaccine preventable disease (VPD) and is most amenable to control, as the appropriate tools for prevention i.e., post exposure prophylaxis (PEP) are available. It is also essential for the bite victims to complete the full course of vaccination as recommended for complete protection. The present study was conducted to determine the compliance rate for anti-rabies vaccination by both intramuscular route and intradermal route and to determine the factors influencing compliance to post-exposure prophylaxis.

Objectives:

- 1.To determine the compliance rate for complete course of post exposure anti-rabies vaccination.
- 2.To list out the factors influencing compliance to post-exposure prophylaxis.

Methodology: A longitudinal study was conducted at the anti-rabies clinic, KIMS Hospital & Research Centre, Bangalore from January to June, 2019. All the animal bite victims who came for PEP and gave informed consent were included in the study. A standard case record form containing bite details and PEP provided to them was maintained and all the subjects were followed up to 28 days to know the compliance to full course of anti-rabies vaccination and the factors affecting compliance were listed out. Data was analyzed using SPSS using descriptive and inferential statistics.

Results: Out of 217 animal bite victims included in the study, majority were males (54.4%) and in the age group 15-59 years (55.8%); majority had category III exposures (83%). 82% bite victims received intramuscular anti-rabies vaccine and remaining (18%) by intradermal route. The compliance rate for full course of intramuscular route was 78.1% and 79.5% for intradermal. The reasons for non-compliance were interference with work time, out of station, negligence and forgotten dates.

Conclusion: The compliance to complete course of anti-rabies vaccination for post-exposure prophylaxis was insufficient as those who do not complete the full course of vaccines; are still at risk of developing the rabies infection.

Keywords: animal bites, anti-rabies vaccines, compliance, post-exposure prophylaxis.

PG 161- Awareness on Universal Precautions among Medical Students of Rajarajeswari Medical College and Hospital, Bengaluru.

Dr Anuradha.R.V, post graduate, Rajarajewasri medical college and hospital,Bengaluru.

Introduction: Health Care Associated Infection (HCAI) are an important public health problem and its prevention must be considered by institutions and individuals committed to making health care safer for all concerned. The burden of HCAs is higher in developing countries such as India. Exposure to infectious diseases is one of the most frequently identified occupational hazards for healthcare workers.(2)This study was conducted to assess the awareness of medical students regarding Universal Precautions.

Objective: To assess awareness among Medical students regarding Universal Precautions in Rajarajeswari Medical College and Hospital Bengaluru (RRMCH).

Methodology:Descriptive study was conducted on 220 medical students of 5th, 7th and 8th term for a period of 2 months.Medical students were selected based on probability proportional to size sampling method. Structured questionnaire was used to interview the study subjects.

Results:Assessment regarding awareness on Universal Precautions among Medical students was done by administering questionnaire on Universal Precautions. Awareness on Hand hygiene among medical students was 92% (195/220). 98.1% (208/220) of them had awareness regarding gloves usage, 45.6% (124/220) of them were unaware about safe needle practices.

Conclusion: Medical students lack awareness regarding safe needle practices. They were aware of other aspects such as Hand Hygiene and gloves usage.

Keywords: Medical students, Universal Precautions, Health care workers, Awareness

PG 168- NUTRITIONAL STATUS AND GENERAL MORBIDITY PROFILE OF 5-17 YEAR OLD STUDENTS ATTENDING SCHOOL IN MYSURU, MANDYA AND CHAMRAJNAGAR DISTRICTS

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Introduction:

Childhood is a critical moment for a person's growth and development. More focus is on children under- 5 years of age and very little focus on children and adolescents aged 5- 19 years, although they constitute 27% of the total population. The available proof from smaller studies for chosen age groups in this cohort indicates that the incidence of nutrient deprivation and its effects are high in children between the ages of 5 and 15, which is the school-going age. School health screening is a significant part of any community health program and includes

instruments for healthy students to identify those with a specific health issue requiring further assessment by a healthcare professional. There is a lack of information regarding school-going children, be it the nutritional status or their general health, hence the study was taken up to assess the nutritional status and general morbidity profile of students.

Methodology:

A cross-sectional study conducted in 44 schools of Mysore, Mandya and Chamrajnagar districts between 2018 and 2019. 8688 students were evaluated for their height and weight using along with other morbidity profile. Students aging between 5- 17 years who were present on the day of assessment were included in the study. Data were analyzed using SPSS v.24.

Results:

Among 8688 students, 4345 (50.1%) were boys and 4343 (49.9%) were girls. 2783 students (32.1%) belonged to urban locality and 5905 students (67.9%) belonged to the rural locality. 14.7% of the school students were severely thin, 15.8% of students were thin, 60.3% were normal, 6.9% were overweight and 2.2% of students were obese.

Conclusion:

Nearly 15% of the total students were severely thin and nearly 16% were thin which would affect the future generations.

Keywords:

Childhood, adolescents, School health, Screening, Nutritional status, morbidity profile

PG 170- Title: Prevalence of Dental and Oral comorbidities among school going children of Mysuru and Chamarajanagara Districts, Karnataka, India.

Authors: Preetha Susan George¹, M.R.Narayana Murthy².

Affiliation: ¹Post-graduate, Community Medicine, JSS Academy of Higher Education and Research, ²Professor and HOD, Community Medicine, JSSAHER, Mysuru.

INTRODUCTION:

Oral diseases are the most common noncommunicable disease (NCD's) that affect people through out their life time i.e progressive and cumulative, which inturn will lead to reduced quality of life. The Global Burden of Disease Study 2016 estimated that oral disease affects atleast 3.58 billion people world wide . Indian Dental Associations (IDA) drafted the National Oral Health Programme to address the burden of dental diseases and to bring about 'optimal oral health' for all by 2020.

OBJECTIVE:

- 1)To assess the prevalence of dental and oral comorbidities among school children from both urban and rural areas, of Mysuru and Chamarajanagara district of Karnataka state.
- 2)To compare the dental co-morbidities among boys and girls.
- 3)To compare dental caries experience among children according to age and locality of the school.

METHODOLOGY:

A cross sectional study was conducted in selected 44 schools of Mysuru and Chamarajanagara districts for a period of one academic year and a total of 9062 students were evaluated for dental and oral comorbidities. Data was analysed using appropriate software and statistical methods.

RESULTS:

Among the 9062 children, 50.1% were males and 49.9% were females. Of the total students examined 61.9% were from rural area and 38.1% were from urban areas. There was no much difference in the prevalence of dental caries among males and females and the prevalence of dental caries was high among the students attending urban schools (54.5%) as compared to rural area (11%). It was seen that aphthous ulcer (74.2%) constituted the most common oral comorbidities.

CONCLUSION:

The total prevalence of dental comorbidities, especially dental caries and dental fluorosis were 27.4% and 1.8% respectively. It was below the prevalence noted in other studies. Lower prevalence in the present study could be attributed to the regular annual school health screening programme which might have sensitized parents, children and teachers regarding maintaining good oral hygiene practices.

KEY WORDS:

Dental caries, Dental fluorosis, School children, Oral cavity.

PG189 - Awareness, perceptions and practices of Complementary and Alternative Medicine (CAM) among patients availing services at Anekal taluk hospital, Bengaluru Urban district – A cross sectional study

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Introduction: India has great diversities combined with a rich heritage of knowledge regarding different systems of medicine since ages. **Objective:** To assess the awareness, perceptions and practices regarding CAM among patients availing OPD services in Anekal Taluk hospital, Bengaluru Urban.

Methodology: A cross-sectional study was conducted for 2 months using a pre-designed, face-validated structured questionnaire. Perceptions were scored on a Likert scale and the scores ranged 1-5.

Results: Of the 110 participants, we had equal males and females. The mean age was 44.15 ± 16.25 yrs. Awareness regarding CAM was seen among 78 (70.9%) of the study subjects and majority (79.5%) were aware of Ayurveda. The main source of knowledge among 63(80.7%) was through Television. Among the total population, 49(44.5%) patients had taken CAM previously and 11(10%) patients have utilised the AYUSH clinic in the taluk hospital. The mean perception scores were 18.71 ± 13.11 . Some of the common perceptions reported were- CAM is cheaper, more effective, had better taste and had no side effects. Around 14(12.7%) were following CAM because of dissatisfaction with allopathy. **Conclusion:** Awareness regarding CAM was adequate (70.9%). The utilization of AYUSH clinic was very low (10%). Education, residence, media and previous use of CAM by the patients and their family were associated with better awareness perceptions towards CAM.

Keywords: AYUSH, awareness, Complementary And Alternate Medicine, Perception, Allopathy

PG 207- “Occupational stress and its associated factors among the school teachers – A cross sectional study”

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Introduction: A teacher plays a vital role in the society by helping students acquire knowledge and moral values. There are various health problems faced by teachers both because of their profession and at their workplace. The objectives of our study were to measure the prevalence of occupational stress, musculoskeletal pain and job satisfaction and factors associated with them among school teachers.

Methodology: This was an exploratory descriptive study. Teachers who consented and had a work experience of more than a year in the chosen three schools were included in the study. The study population included 102 teachers. The data was entered in Microsoft Excel and analysed using Statistical Package for the Social Sciences (SPSS Version 16).

Results: In this study, the prevalence of mild to moderate stress among teachers was found to be 89.2 % (91/102). The prevalence of stress was higher among female 71.1 % (69/97) when compared to male 28.8% (28/97) teachers. Majority of the teachers 86.3% (88/102) reported their current job to be “great job”. The top three musculoskeletal disorders (MSD) were, knee pain 31.4% (32/102), lower back pain 26.5% (27/102) and pain in the neck and ankle 18.6% (19/102). There was no significant association between stress and job satisfaction (Fisher’s Exact test: 0.107) and between stress and MSD both in the past 12 months and the last seven days (Fisher’s Exact test: 0.533 and 0.325 respectively).

Discussion: Majority of the teachers in this study were found to have mild to moderate stress and the prevalence of stress was higher among female teachers. Majority of the teachers rated their current job to be “great job”. The top three MSD were localised to the knee, lower back, neck and ankle. There were no significant relations between stress and job satisfaction or MSD.

Keywords: School teachers, occupational stress, musculoskeletal disorder, job satisfaction.

PG 210-Physical activity in the third trimester of pregnancy and obstetric outcomes among women availing obstetric care at a rural maternity hospital, Solur, Karnataka.

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Introduction: Physical activity has both positive and negative influences on perinatal outcomes. American College of Obstetricians and Gynecologists recommends a moderate intensity aerobic activity of 150 min/week during pregnancy.

Objectives:

1.To estimate the physical activity levels during pregnancy among women availing obstetric services from a rural maternity hospital, Solur, Karnataka.

- 2.To determine the socio-demographic factors associated with physical activity among the study population.
- 3.To assess the relationship between physical activity during pregnancy and birth outcomes among the study population.

Methods: A cross-sectional study was conducted among pregnant women more than 29 weeks of gestation and newly delivered mothers in a rural maternity hospital. Among the 158 study participants, 113 were antenatal women and 45 had just delivered. A structured questionnaire with socio-demographic characteristics, pregnancy and neonate details as applicable, was used. International Physical Activity Questionnaire short form was used for measuring physical activity. Physical activity was classified as low, moderate and high intensity by calculating Metabolic equivalent (MET) minutes per week based on the Compendium of Physical activities.

Results: The mean age of the study subjects was 23.31 ± 3.14 years and mean weight gain per week was 0.35 ± 0.11 kgs. About 96% of the subjects had high intensity and 4% had moderate intensity physical activity. Women from nuclear families and older mothers had significantly high physical activity. Women with high intensity physical activity, were significantly more likely to deliver a low birth weight baby and babies who required medical intervention in early neonatal period.

Conclusion: Being a rural area, majority of the pregnant mothers had high intensity level of physical activity, which was significantly associated with lower birth weight and intervention requirement among neonates. It is recommended to avoid high intensity physical activity in pregnancy as far as possible.

Key words: Physical activity, Pregnancy, Obstetric outcomes

ನಿಮ್ಮ ಉಳಿತಾಯ ಖಾತೆಯ ತಿಲಿನ ಮೇಲೆ ವಾರ್ಷಿಕ

6%

ವರೆಗೆ ಬಡ್ಡಿ ಗಳಿಸಿ

*ರೂ. 1 ಲಕ್ಷದಿಂದ ಮೇಲ್ಪಟ್ಟು ರೂ. 50 ಲಕ್ಷದವರೆಗಿನ ಉಳಿತಾಯ ಖಾತೆಯ ತಿಲಿನ ಮೇಲೆ ವಾರ್ಷಿಕ 6% ಬಡ್ಡಿ ಗಳಿಸಿ. ರೂ. 1 ಲಕ್ಷದವರೆಗಿನ ಉಳಿತಾಯ ಖಾತೆಯ ತಿಲಿನ ಮೇಲೆ ವಾರ್ಷಿಕ 4% ಬಡ್ಡಿ ಮತ್ತು ರೂ. 50 ಲಕ್ಷ ಮೇಲ್ಪಟ್ಟ ಉಳಿತಾಯ ಖಾತೆಯ ತಿಲಿನ ಮೇಲೆ ವಾರ್ಷಿಕ 5.5% ಬಡ್ಡಿಗಳಿಸಿ. ಕೇವಲ ನಿವಾಸಿ ಖಾತೆಗಳಿಗೆ ಮಾತ್ರ ಅನ್ವಯ. ಬಡ್ಡಿದರಗಳ ಮೇಲಿನ ಇತ್ತೀಚಿನ ಮಾಹಿತಿಗಾಗಿ www.kotak.com ಗೆ ಭೇಟಿ ನೀಡಿ.



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