

Original article

BASELINE OBSERVATIONS OF MEDICAL CAMP AT ELDERLY HOUSE WITH NSS CADETS OF AMCMET MEDICAL COLLEGE AHMEDABAD

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Abbreviation: NSS: National service scheme ,

Abstract:

Introduction: As a part of NSS unit activities of our AMCMET medical college a medical camp was held with the aim to get answer 1. What are the common camp based health problems of elderly population in one remotely located elderly house in Ahmedabad ? 2. What are the prevalence and percentage of health problems amongst elderly?

Hypothesis: Elderly population is especially staying in remote located elderly houses area must have significant magnitude of health problems and the health problems simply be managed by camp based approach.

Research questions: As a part of NSS unit activities of our college a camp a medical camp was held to with the aim and objects to answer 1. what are the common camp based health problems of elderly population in one remotely located elderly house in Ahmedabad ? 2. What are the prevalence and percentage of health problems amongst elderly?

Objective:. 1. To Find out the common health problems of elderly population in one remotely located elderly house to plan the medical camp more effectively in future? 2. To find out their prevalence and percentage amongst elderly to plan the medical camp more effectively in future

Study design:. Observation study with primary invention

Participants: Elderly persons beyond age of 60 year both male and females

Outcome variables: Prevalence of health problems amongst participant in medical camp and their percentages.

Method: The medical camp was conducted at one remotely located elderly house i.e. “Manilal Gandhi Vanprashthashram ” in vatva Ahmedabad district .we had all needful,diagnostic tools,

Stethoscope ,Sphigmomanometer, Glucomete . We had purchased all needful medicine and surgical and wound dressing material for relief of medical problems with kind and generous support of one NGO i.e. FORUM.

Result: 38 Man and 28 female ,total 66 were present in elderly house and present for taking benefit of medical camp. It was found that prevalence of presentation were Joint pain and arthritis 36.4 %,Neuritis pain 4.5%,Cough Dry 18.2%, Asthma 6.1% , Cough wet 6.1%, constipation 4.5%,URTI 12.1%, Itching 33.3%,Ring warm 18.2%,Vertigo 9.1%,UTI 12.1%, Abnormal movement /parkinsonism 18.2%, Depression 18.2 %,Indigestion 33.3%,Hyper Acidity 18.2%,Edema feet 7.6 %,Difficulty in breathing 12.1%,Hypertension 51.5%,Diarrhea/Hypotension 3.0%, DM needing insulin 3.0%,DM on oral ADD 7.6%, Hypothyroid on T4 3.0%, Insomnia 18.2%, Cataract 9.1% surgical wound and dressing 3.1%.

The finding suggests that we need some medicines , some diagnostic tools like Sphigmomanometer , Gluco meter ,stethoscopes ,surgical dressing material and antiseptics to conduct a medical camp at elderly house.

Statistical analysis: Percentages of health problems amongst elderly .

Conclusion and Recommendations: From the study we recommend that NSS unit of medical and non medical colleges can conduct a medical camp at elderly houses under supervision of medical doctors ,enthusiastic senior medical students successfully .By this way the medical need of senior citizens staying in remotely located elderly houses can be fulfilled successfully. This serves an example public- public partnership for social service. NSS units of medical colleges should organize such medical camp on remotely located elderly houses to give medical support and relief from their suffering and by that way the medical students can learn an unique community based problem and the way to reduce their suffering with National service schemes.

Keywords: National Service Scheme of Gujarat university & NSS Unit of AMCMET medical college ,health problems of elderly community of elderly house, Awareness, Camp based approach ,

Conflict of interest: NIL

Funding : Needful drugs were purchased by from one NGO (FORUM)

Introduction:

National Service Scheme, handled by Ministry of Youth Affairs & Sports Govt. of India, known as NSS was established in Gandhiji's Birth Centenary in 1969, 37 Universities having 40,000 students with main focus on the improvement of personality of students by community services. Now, NSS has more than 3.2 million students that dispersed in 298 Universities and in 42 Senior Secondary Councils and Directorate of Vocational Education in all country. From its commence, more than 3.75 crores students from Colleges, Universities and Institutions of super

learning have improved from NSS activities, by student volunteers. As a part of NSS unit activities of our AMCMET medical college a medical camp was held with the aim to get answer

1. What are the common camp based health problems of elderly population in one remotely located elderly house in Ahmedabad ?
2. What are the prevalence and percentage of health problems amongst elderly?

The concept of making national service a part of university education took about 20 years to evolve from the state of an idea into that of a scheme. The early seeds of it were sown by Dr. S. Radhakrishnan in his Report (1948). The Central Advisory Board of Education discussed the idea and made some recommendations in 1950. In the first Five Year Plan document (1951) the need for social service camps found a mention. During the next few years some institutions already started organizing such camps. In 1959 an outline proposal came up for discussion in the meeting of education ministers from all over India. The concept was accepted, and Deshmukh Committee was formed to propose concrete suggestions (1959). In 1960 further suggestions came from Prof. K.G. Saiyidain and these are responsible, more or less, for the scheme as we have it now. But implementation was further delayed. Then came Dr. Kothari's strong recommendations in 1966. During the next year Vice Chancellors' Meeting took place and in 1969 a conference of student leaders welcomed the scheme. The scheme was launched on September 24, in the Gandhi Centenary Year, 1969. Having traced this history the present chapter reviews the basic concepts, broad organizational goals, motto and operational objectives of NSS, and then narrows down to discuss village adoption.

The motto or watchword of the National Service Scheme is 'NOT ME BUT YOU'. This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view, and also to show consideration for fellow human beings. It underlines the fact that the welfare of an individual is ultimately dependent on the welfare of society as the whole.

Basic Concepts of NSS

The overall aim of National Service Scheme as envisaged earlier, is to give an extension dimension to the higher education system and orient the student youth to community service while they are studying in educational institutions. The educated youth who are expected to take the reins of administration in future are found to be unaware of the problems of the community and in certain cases are indifferent towards their needs and problems.

Broad Objectives

The broad objectives of NSS are to: (i) understand the community in which the volunteers work; (ii) understand themselves in relation to their community; (iii) identify the needs and problems of the community and involve them in problem solving processes; (iv) develop in them a sense of social and civic responsibility; (v) utilize their knowledge in finding practical solution to individual and community problems; (vi) develop competence required for group-living and sharing of responsibilities; (vii) gain skills in mobilizing community participation; +

(viii) acquire leadership qualities and democratic attitude; (ix) develop capacity to meet emergencies and natural disasters and; (x) practice national integration and social harmony.

With improvement in health and medical standard in our planet including our country there will be a growing number of elderly populations. Elderly population and elderly houses are itself an unique community issue. In our study we have our results and need of camp based approach to manage elderly population indwelling in elderly house with medical camp with the help of NSS cadet and program officer team of medical college.

The aim of the study was to know 1]the prevalence and distribution of medical problems among elderly population irrespective of gender and 2] And our strategies to manage such problems on camp bases at the site of elderly house.

We Hypothesize: Elderly population is especially staying in remote located elderly houses area must have significant magnitude of health problems and the health problems simply be managed by camp based approach.

Method: The aim of the study was to know 1]the prevalence and distribution of medical problems among elderly population irrespective of gender and 2] And our strategies to manage such problems on camp bases at the site of elderly house. The medical camp was conducted at one remotely located elderly house “Manilal Gandhi Vanprashthashram ” in vatva Ahmedabad district . we had purchased all needful, diagnostic tools i.e.Stethoscope, Sphigmomanometer, Glucometer...we had purchased all needful medicines and surgical ,antiseptics and wound dressing material for relief of minor surgical problems with kind and generous support of one NGO i.e. FORUM.

Observations and results:

38 Man and 28 female ,total 66 were present in elderly house and present for taking benefit of medical camp.

Table No 1 Showing Number and percentage of health problem observed among elderly persons

Medical problems	No	%	Treatment /Advice given	Further intervention Demanding
Joint pain and arthritis	24	36.4	yes	-
Neuritis pain	3	4.5	yes	-
Cough Dry	12	18.2	yes	-
Cough wet	4	6.1	yes	-
Asthma		6.1	yes	-
constipation	3	4.5	yes	-
URTI	8	12.1	yes	-
Itching	22	33.3	yes	-
Ring warms	12	18.2	yes	-
Vertigo	6	9.1	yes	To attend OPD IN LG hospital
UTI/Prostate	8	12.1	yes	“
Abnormal movement /parkinsonism	12	18.2	yes	“
Generalized weakness	8	12.1	yes	-
Depression	12	18.2	yes	-
Indigestion	22	33.3	yes	-
Hyper Acidity	12	18.2	yes	-
Edema feet	5	7.6	yes	-
Difficulty in breathing	8	12.1	yes	“
Hypertension	34	51.5	yes	-
Diarrhea/Hypotension	2	3.0	yes	-
DM needing insulin	2	3.0	yes	-
DM on oral ADD	5	7.6	yes	-
Hypothyroid on T4	2	3.1	yes	-
Sleep /Insomnia	12	18.2	yes	-
Cataract	6	9.1	yes	“
Deafness	2	3.1	yes	“
Surgical wound	2	3.1	yes	-
Dental pain	2	3.1	yes	“

Discussions:

The study documented that the medical need of elderly populations can be satisfactorily met with regular medical camps. One need Simple medical diagnostic tools like stethoscope, sphygmomanometer and glucometer and primary drugs and simple surgical antiseptics.

Additional referral service can also be met with additional specialty camps with the support of i.e. Audiologist, ophthalmologist, dentists etc.. The AMCMET medical college has NSS unit, affiliated Gujarat university and has affiliated LG Municipal General Hospital with essential specialty referral services. With some dedicated medical professors and volunteers students of NSS unit can regularly visit the elderly houses located remote area in Ahmedabad. Before ten years in Ahmedabad and Gujarat university, there were two medical colleges and both have NSS units. Today in Ahmedabad /Gujarat university there are more than six medical colleges but only one medical college have NSS unit. Author have not idea that at National level how many medical colleges have NSS units. But AIIMS Delhi has NSS unit. With improvement in health and medical standard in our planet including our country there will be a growing number of elderly populations. Elderly population and elderly houses are itself a unique community issue. With this study and with have our results we recommend the need of camp based approach to manage elderly population indwelling in elderly house with medical camp with the help of NSS cadet and program officer of medical college and non medical college. From students perspectives the main aim of joining NSS is **Personality Development through community services. And as the medical students ultimately have to work in community the medical students can get significant benefits by working with community in NSS. Students** will get exposure for different types of works and talents. ...By such camp based approach Student will explore different cultures, mentality and actual situations/problems in different parts of the community through camps. The work will provide self satisfaction which is worth of spending time in it. By doing work in it one will be definitely contributing in a nation services.

Incidentally Some of the objective are coincides with the objectives of Medical Council of India .

some of the activities done in our college are ,Tree plantations, Blood donation, thalasemia and sickle cell anaemia detection camps, Celebrating different days like World Health Days, Woman 's Day, Aids day, etc., Slogans making, poster making, elocution competitions on different issues are organized to create awareness. One of the social services /activities we have personated in this paper is camping at elderly houses. By doing so many camps with support of other NGO, we have understand the health and medical problems of elderly groups and try to support them by camping. The result of this camping is also useful to those organization who planning such activates including medical and other no medical colleges ,

The best part about joining a NSS and attending a camp is that it is truly volunteer driven. This means that you can pull out and reduce the time commitment at any point i.e social sites, internet with the benefit of a university a certificate which goes a long way in your career and higher education. One get to know the society very closely, meet new people understand their needs and do good for them in whatever small means one can, it gives an inner satisfaction which one can't explain in words. And the feeling when one visit old age homes/blind homes/orphanages and spend some time with them and one will see some sort of happiness on their face which is better than any materialistic things in the world.

One can have the sense of responsibility for doing something good for the society to make their life better in whatever small way one can and NSS camp just provides you the platform for the same...Every NSS Volunteer who actively participate experience that camp as an unforgettable experience that everyone should attend once in life. By attending NSS camp one will opt for a journey to discover yourself, will learn about their strengths and weaknesses. The work done in camp will provide you the best self satisfaction the best extra - curricular activity. It makes one a socially active and responsible person and will learn to stand up different among the crowd.

Conclusion and Recommendations: From the study we recommend that NSS unit of medical and non medical colleges can conduct a medical camp at elderly houses under supervision of medical doctors ,enthusiastic senior medical students successfully .By this way the medical need of senior citizens staying in remotely located elderly houses can be fulfilled successfully. This serves an example public- public partnership for social service. NSS units of medical colleges should organize such medical camp on remotely located elderly houses to give medical support and relief from their suffering and by that way the medical students can learn an unique community based problem and the way to reduce their suffering with National service schemes.

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