

Women Empowerment Cell of Aarupadai Veedu Medical College, conducted health camp for class IV women employees, with the objective to create awareness about female health related issues and screen staffs for anemia, hypertension, diabetes, parasitic infection, refractive error, breast lump and cervical cancer.

The idea for the camp was proposed by Dr Pushpa Kotur and the same was approved by the members of WEC. The preparation for the program began in the first week of September 2021. Dr Pushpa Kotur, President and Dr Lakshmi Jatiya, Member secretary, WEC headed the organizing team along with the support of Nursing staff Mrs Jayanthi.

WEC meeting with the staff was held on 16<sup>th</sup> September 2021, the plan for screening and a follow up review was put forward to the class IV staff. The staffs were enthusiastic about the camp, gave valuable inputs and promised to be co-operative for the same. Dr Sajjan Prashant Shivaraj, Dr Deepa and Dr Jayakumar, DMS were a part of the program. Dr Latha, WEC, Member suggested for stool and urine examination along with blood examination and this was accepted by WEC.

Dean, Dr P F Kotur approved the plan and suggested that the records be maintained properly and follow it up as an ongoing program. Program was discussed with Dr Jayasingh, Medical Superintendent, Dr Deepa, DMS and Dr Jayakumar, DMS. Dr Jayasingh suggested that an awareness camp be conducted two days prior to the screening camp. He assured his support and arranged for nurses, junior residents, optometrist for successfully conducting the camp.

Dr Arthy, member, WEC volunteered to design the health card for this project and inputs from members were in-cooperated.

#### Detail of program

- Create awareness program on 7<sup>th</sup> October 2021.
- Screening program on 9<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> October 2021.

All arrangements required for conducting the camp were made by Sister Jayanthi and Staff Incharge Mr Thillai. All women employees were informed of the slots and days for health checkup by Mr Thillai. On camp days, after registration blood pressure and pulse were recorded. Following this, medical history taking was done by team of interns under the supervision of Dr Sivashankari, Medical Officer and refraction was conducted by Miss Yuvashree, Optometrist. Samples were collected and processed for hemoglobin, blood glucose and blood group (if not known). Nursing staff also gave containers (1 sterile and 2 unsterile) for urine-Routine and Culture and stool examination with proper instructions. Lastly, all women were screened for breast (examination) and cervical cancer (Pap smear) by Dr Dhipansha,

Dr Nikitha and Dr Gayathri from O & G department. Finally, all women were counseled and reemphasized the importance of follow up quarterly checkups. Monitoring of the camp activity was under Dr Pushpa Kotur and was done by Dr Lakshmi Jatiya and Dr Arthy.

Dean, Medical Superintendent, Dean HPE, DMS and members of WEC paid intermittent visit to the health camp. All class IV staffs were happy with the camp and requested for dental and orthopedic examination in the follow up review sessions. The team members assured that they will work towards the same and a word of communication was given to Dr. Sadeesh Kannan, HOD, Dentistry and Dr. Jayakumar from orthopedic department.

A total of 135 staffs were screened in the three-day camp and 27 staff who couldn't attend the program during the camp would be given preference during follow up review meet.

Benefit of the camp: Health is often neglected by women and employees of medical institution are not exception to it. Class IV employees don't have a follow up records too. The health camp with a plan to monitor health every quarterly targeting on women health leads to a better health care at grass root level.



Figure 1: Registration counter



Figure 2: History collection station



Figure 3: Vision examination



Figure 4: Collection of samples



*Figure 5: Organizing team with Dean, MS, DMS along with beneficiaries of health camp*