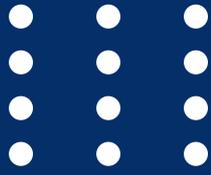
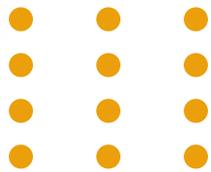




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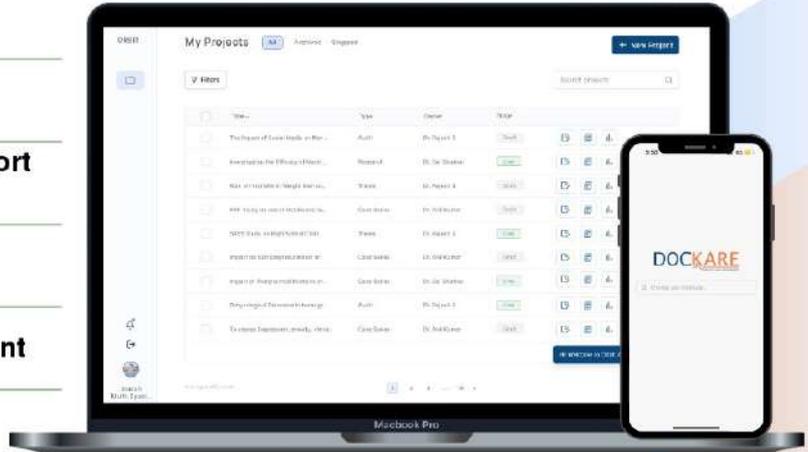
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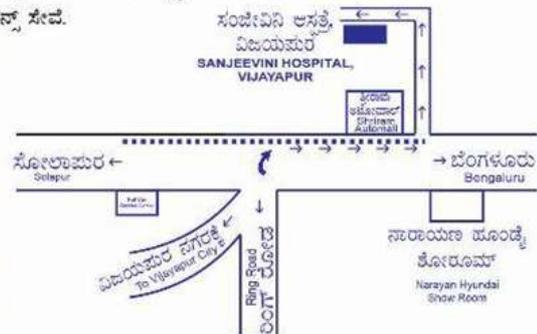
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ಡಿಪ್ಲೋಮಾ ಇನ್ ಆಪ್ಲಿಕಲ್ ಮೆಡಿಕಲ್ ಕೋರ್ಸ್	DOT	PUC II Science Pass	2 Years
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Spoorthi Foundation Registered under the Karnataka Societies Registration Act was started by a group of high school classmates (1986 batch Darbar High School) in the year 2015. The main objective of this foundation is to support the rural students of northern Karnataka in their education and build the future of the Nation by facilitating their growth. The highlight of the Spoorthi Foundation is the FREE LIBRARY (24X7) which has all the amenities including more than 3000 books for rural students who mainly prepare for all types of competitive exams. This Library runs purely on donations/support from this group of funds without much publicity, but more than 1000 students have read for their career exams and have got top positions in different sectors. The library is self-sustained and is open all the time free for the students. the other major initiatives are supporting very needy students for their professional expenditure, many schools have adopted students for their education and many have become doctors, administrators, police, army to name a few. Spoorthi Foundation also ran Free Ambulance services for the poor in Vijaypur city and helped flood-affected people. Spoorthi Foundation stands for the selfless service of Friends who would like to remain away from Publicity and silently build the nation's young generation, which will create a ripple effect in the future and in turn, will help many more.

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Dr. Rekha Udgiri

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Prof. Community Medicine**



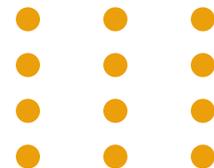
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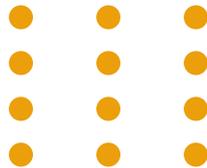
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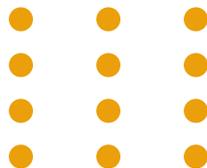


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Message

Dear All,

I extend my greetings to all the participants and eminent guests at the 3rd IAPSMCON Karnataka State Chapter 2023, organized by the Department of Community Medicine at Shri B M Patil Medical College, Hospital & Research Centre, Vijayapura. The chosen theme, "Environment & Health - Equitize, Empower, Educate: A Step Towards Attaining SDGs," underscores our commitment to a healthier and more sustainable world.

Vijayapura, with its rich cultural heritage and vibrant community, provides a fitting backdrop for discussions on the intersection of environment and health. This ancient city resonates with the spirit of embracing change while preserving its historical roots. The confluence of diverse ideas and perspectives during this conference mirrors the essence of Vijayapura itself - a place where tradition and innovation harmoniously coexist. The city's culinary treasures further enhance the experience, promising to delight participants' palates. I encourage each attendee to immerse themselves in this symphony of knowledge and flavors, celebrating health, environment, and Vijayapura's unique essence.

I extend my appreciation to the organizers, speakers, researchers, and participants who have dedicated themselves to the noble cause of advancing knowledge and advocating for a healthier world. Let us use this platform to inspire change, forge connections, and initiate actions that will lead us toward a more equitable and sustainable future.



Shri. M. B. Patil

Hon. Chancellor, BLDE (DU) Vijayapura, Minister for Large & Medium Industries and Infrastructure Development Government of Karnataka

With Warm Regards

- Shri. M B Patil

Message

I am honored to address all of you attending the conference on "Environment & Health – Equitize, Empower, Educate: A step towards attaining SDGs." As the Director of Health & Family Welfare Karnataka, I extend my warmest greetings to this esteemed gathering. The chosen theme resonates deeply with the current challenges we face in preserving both the environment and public health. Equitizing access to healthcare and environmental resources, empowering individuals and communities, and promoting education are fundamental steps toward achieving the Sustainable Development Goals (SDGs).

This conference provides a valuable platform for experts, practitioners, and stakeholders to share knowledge, exchange experiences, and propose innovative solutions. By working collectively, we can foster a sustainable environment that ensures the well-being of present and future generations. I encourage each participant to actively engage in discussions, contribute insights, and collaborate on strategies that integrate environment and health considerations. Let us strive towards building resilient communities, where every individual has equal opportunities for a healthy and sustainable life.

My heartfelt gratitude goes to the organizing committee for their meticulous efforts in arranging this conference. I extend my best wishes for a fruitful and inspiring event. Together, let us pave the way for a future where the environment and health thrive hand in hand.

With Warm Regards

- Dr. M Indumati



Dr. M Indumati

Director, Health & Family Welfare Services,
Govt. of Karnataka

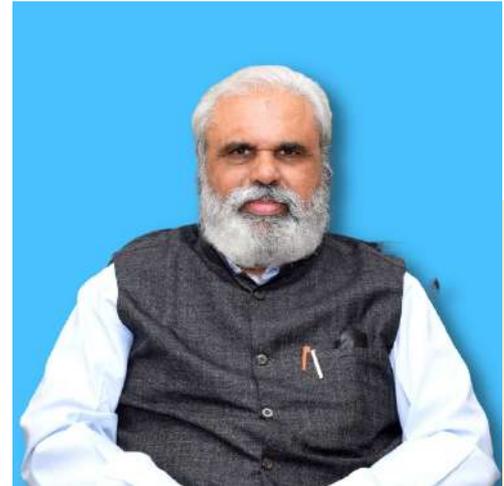
Message

Season's Greetings and Best Wishes to all the Delegates, Resource Persons, Invitees, Organizing Team Members, and Office Bearers of the Indian Association of Preventive & Social Medicine (Karnataka Chapter).

I am happy to know that, the Department of Community Medicine, Shri B. M. Patil Medical College, Hospital & Research Centre, Vijayapura, a Constituent College of BLDE (Deemed to be University) is organizing the 3rd State Conference of Indian Association of Preventive & Social Medicine, (Karnataka Chapter) during 14th to 16th September 2023.

The chosen theme, "ENVIRONMENT & HEALTH - EQUITIZE, EDUCATE, EMPOWER: A STEP TOWARDS ATTAINING SDGs," is very timely and more relevant, especially in the context of the current global scenario. This theme aligns perfectly with the pressing needs of our times, as it underscores the importance of preserving the environment while promoting health. It is indeed the need of the hour.

I have no doubt that this conference will serve as an invaluable platform for all participants to enrich their knowledge about crucial research findings and developments. Furthermore, it will provide a roadmap towards achieving the "Sustainable Development Goals", emphasizing the universal call to protect our ecology, environment, and planet. I extend my congratulations to the dedicated organizing team, who have worked tirelessly to make this event possible. Once again, my best wishes to all the participants and facilitators. May this conference be a resounding success, furthering our collective efforts in the pursuit of a healthier and more sustainable World.



Dr. Y. M. Jayaraj

Pro Chancellor
BLDE (DU), Vijayapura

With Warm Regards - **Dr. Y. M. Jayaraj**

Message

Dear Delegates and Guests,

It brings me immense pleasure to extend a warm welcome to all of you on the occasion of the 3rd IAPSMCON Karnataka State Chapter 2023, a conference of great significance that is being organized by the Department of Community Medicine under the theme "Environment & Health - Equitize, Empower, Educate: A Step Towards Attaining SDGs." As the Vice Chancellor of BLDE (Deemed to be University), Vijayapura, I am happy to witness the convergence of brilliant minds dedicated to advancing the critical discourse on the interplay between environment and health.

This theme is a clarion call to action, resonating deeply with our commitment to creating a world that is not only healthier but also sustainable. By placing emphasis on equitizing access to healthcare, empowering communities, and fostering education, we align ourselves with the global Sustainable Development Goals, charting a course towards a brighter future for all.

The Department of Community Medicine deserves accolades for spearheading this event, which promises to be a wellspring of knowledge, innovation, and collaboration. I extend my gratitude to the organizers, speakers, researchers, and participants who have contributed their time and expertise to this noble endeavor.

Wishing you all a fruitful and transformative conference experience



Dr. R. S. Mudhol

Vice Chancellor
BLDE (DU), Vijayapura

With Warm Regards

- Prof. Dr. R. S. Mudhol

Message

Greetings,

It is with immense pleasure and a sense of profound purpose that I extend my warmest welcome to the distinguished participants, revered guests, and fellow scholars of the 3rd IAPSMCON Karnataka State Chapter 2023. The conference, themed "Environment & Health - Equitize, Empower, Educate: A Step towards Attaining SDGs," stands as a testament to our collective commitment to shaping a sustainable and equitable future.



Dr. R. V. Kulkarni

Registrar, BLDE (DU),
Vijayapura

As the Registrar of BLDE (Deemed to be University), Vijayapura, I take immense pride in the convergence of brilliant minds to deliberate on the crucial interplay between environment and health. This theme encapsulates the urgency to address the intricate relationship between our planet's well-being and the holistic health of its inhabitants. By advocating for equitizing healthcare access, empowering marginalized communities, and fostering education, we synchronize our aspirations with the noble objectives of the Sustainable Development Goals. I extend my gratitude to the organizers, distinguished speakers, researchers, and all contributors who have made this event possible. Your dedication to the pursuit of knowledge, transformative research, and societal betterment is truly inspiring.

With Warm Regards

- Dr. R V Kulkarni

Message

Greetings,

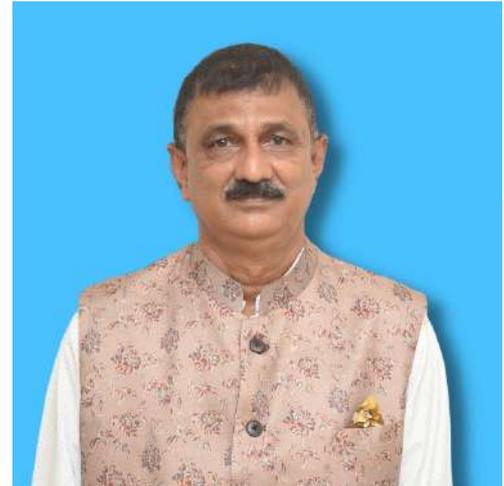
I extend a heartfelt welcome to all participants of the 3rd IAPSMCON Karnataka State Chapter 2023, convened under the theme "Environment & Health – Equitize, Empower, Educate: A Step Towards Attaining SDGs." As the Dean of the Faculty of Medicine, I find great inspiration in this initiative that endeavors to illuminate the profound interconnection between our environment and overall well-being. This theme holds deep significance as we collectively strive to foster a healthier world while advancing the noble aims of the Sustainable Development Goals.

With immense enthusiasm, I commend this conference for its commitment to addressing the pivotal relationship between the environment and health. It is through this alignment that we endeavor to propel meaningful change. By sharing knowledge and embracing collaborative efforts, we work towards equitizing access to healthcare, empowering marginalized communities, and educating for enduring sustainability. This conference stands as a pivotal platform for exploring innovative solutions and cultivating impactful partnerships.

My sincerest appreciation extends to the diligent organizers, the insightful speakers, and the engaged attendees who have dedicated themselves to advancing this virtuous cause. Together, we possess the potential to shape a future where well-being and environmental equilibrium coexist harmoniously.

With Warm Regards

- **Dr. Aravind V Patil**



Dr. Aravind V Patil

Dean Faculty of Medicine & Principal
BLDE (DU) Shri B M Patil Medical College, Hospital &
Research Centre, Vijayapura

Message

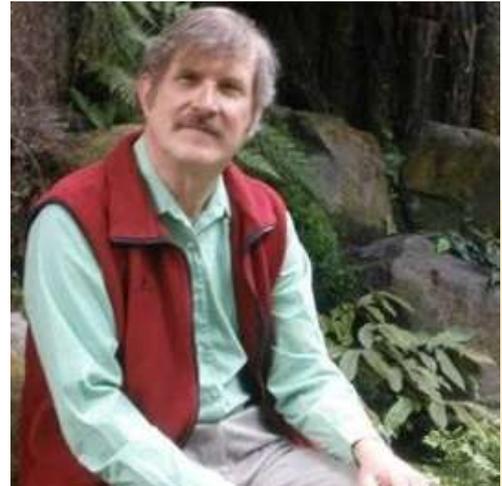
To Attendees at IAPSMCON 2023

Congratulations to the organizing committee for taking up the environment and health theme. Heating the Earth - and India - has increasing effects on health. 2023 is likely the hottest year ever recorded, about 1.2°C above the 1880 baseline. Forest fires have become a major source of hazardous fine particulate pollution. The area burned increases 2-7 TIMES per 1°C warming. As a result, 4 US cities have registered the most polluted air in the world. Americans also face the spread of malaria, dengue fever, West Nile virus, and Lyme disease, as vector habitats expand into formerly cooler regions. You may too.

Effects of fine particulate pollution from power plants, vehicles, cooking, and crop waste burning in India, which kill about a million Indians a year, are becoming overshadowed by the effects of growing heat on human health, water supply, and the health of animals and crops. Heat exhaustion and heat stroke are increasing, with acute symptoms and sometimes deaths. Much of Earth's highest wet-bulb temperatures are in India. Repeated exposure to high wet-bulb readings can create chronic diseases for organs such as kidneys and hearts, for perhaps more damage to the whole population. Indians can adapt to climate change with more reflective roofs and ground surfaces, wind catcher architecture, and air conditioners. For outdoor workers, rest, shade, water breaks, and earlier hours can ameliorate heat diseases, acute and chronic.

Best wishes for all that you do in your careers

- **Dr. Gene R. H. Fry**



Dr. Gene R. H. Fry

Consultant, formerly with Northeast Utilities, energy efficiency program evaluation manager, Massachusetts Utility Commission, economist in electric power division Maine energy office, director of policy and planning Cornell University, Ph.D. 1989 in resource economics

Message

Greeting,

I am happy to learn that Karnataka State Chapter is organizing 3rd State Annual Conference at on 14th and 15th September 2023. Conferences provide a good opportunity for collective thinking for deciding the role of the members of IAPSM individually and the Association as a whole. Conferences provide an opportunity to increase the insight in the discipline of the members and motivate young buddies to aspire to achieve higher. This will help increase insight and capacity in the discipline.



Dr. A. M. Kadri

National President (IAPSM)

The theme of this conference “Environment & Health: Equitize, Education and Empower” is pertinent to change in today’s environmental changes; posing newer kinds of threats. I am sure this conference will be an academic feast for its distinguished delegates and deliberations carried out will contribute to developing strategies for healthy living in the state and country.

I congratulate the institute for taking up the responsibility to organize this conference and wish grand success to this conference.

Best wishes for all that you do in your careers

- **Dr. A. M. Kadri**

Message

It gives me immense pleasure to know that 03rd State Conference of Indian Association of Preventive & Social Medicine (IAPSM) Karnataka Chapter - 2023 is going to be organized by Department of Community Medicine of Shri B.M. Patil Medical College, Hospital & Research Centre, BLDE (Deemed to be University), Vijayapura, Karnataka during 15th to 16th September 2023 with Pre-conference CME on 14th September 2023. It is noteworthy that the conference will focus on a thoughtfully chosen theme - "Environment & Health: Equitize, Empower, Educate - A step towards attaining SDGs", with many sub-themes of public health importance.

I am confident that the conference is meticulously planned with enriching scientific papers and plenary sessions are being delivered by renowned speakers. The conference envisages exploring, elucidating, and strengthening the roles of community physicians for the long-term improvement and maintenance of the health of the populations. It will give them the impetus to strive for professional excellence and achieve sustainable health for all. I heartily congratulate and extend my best wishes to Prof. (Dr.) M. C. Yadavannavar, Professor & Head, Department of Community Medicine, and his whole team for organizing this grand conference with an appropriate theme in the present times

I wish the organizers of the conference and the participants a grand success

Long Live #IAPSM.....!!!

- **Prof. (Dr.) Purushottam Giri**



Prof. (Dr.) Purushottam Giri

(M.B.B.S., M.D. (PSM), MIPHA, FIAPSM, CCEBDM)

Professor and Head, Dept. of Community Medicine,

IIMSR Medical College, Badnapur Dist. Jalna, Maharashtra.

Secretary General - National IAPSM (2022-25)

Vice-President - IPHA Maharashtra Chapter (2021-24)

Secretary - IAPSM Maharashtra Chapter (2021-24)

Central Council Member (West Zone) - National IPHA (2023-25)

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Message

Dear Friends,

It gives me immense pleasure to write this message for the 3rd IAPSMCON 2023 - Karnataka State Chapter Organized by the Department of Community Medicine, BLDE (Deemed to be University) Shri B.M. Patil Medical College, Hospital & Research Center, Vijayapura on 15th and 16th September 2023.

The theme of the conference "Environment and Health - Equitize, Educate, Empower: A Step Towards Attaining SDGs" is very thoughtfully chosen. The environment is a major determinant of health, estimated to account for almost 20% of all deaths worldwide.

A clean and healthy environment is required to achieve Sustainable Development Goals. Clean air, a stable climate, adequate water, sanitation and hygiene, safe use of chemicals, protection from radiation, healthy and safe workplaces, and sound agricultural practices, are all prerequisites for health for all.

I am confident that the deliberations at this conference will be an academic feast for undergraduate and postgraduate students of Community Medicine, Public Health Specialists, and Academicians.

The renowned speakers from ICMR, NIOH, PHFI & UNICEF, and others will make this conference a grand Scientific extravaganza. The sessions in this Conference are a wonderful opportunity for the members to share their experiences in the academic and research domains.

I wish the conference a grand success.

- **Dr. A G Kulkarni**



Dr. A. G. Kulkarni

President IAPSM Karnataka State Chapter
Professor and Head Community Medicine
Department

East Point College of Medical Sciences & Research
Center

Bangalore - 560049

Message

Education is the means of developing our greatest abilities, because in each of us there is a hope and a dream, when fulfilled, will be translated into benefit for everyone.

In the endeavour of IAPSM Karnataka State Chapter to further the dissemination of knowledge, to open up new horizons of attitude and the culmination of different progressive though processes, to enhance the skills of the young and eager in different aspects of preventive and social medicine and allied subjects, to open every members eyes to new arenas of latest technology being developed and their application in real life, I am very happy that this conference is achieving all this and more; I wish this conference the very best.

I wish all the delegates a great learning experience and hope that this conference shall enable all of them to strive for excellence and have an enriching experience. I would like to express my appreciation to the organizing committee for rallying together to bring this conference to excellence. As Secretary, I invite all members to join our general body meeting. All are welcome to give ideas to initiate activities and help expand various aspects of our association, like memberships, journals, websites, blogs, etc.

I wish the conference a grand success.

- **Dr. Vinay M**



Dr. Vinay M

Secretary IAPSM
Karnataka State Chapter

Message

Dear Esteemed Participants and Colleagues,
I am thrilled to extend my heartfelt welcome to you all as we gather for the 3rd State Conference of IAPSM Karnataka 2023, meticulously orchestrated by the Department of Community Medicine at BLDE (Deemed to be University), Vijayapura. This year's theme, "Environment & Health - Equitize, Empower, Educate: A Step towards Attaining SDGs," encapsulates the very essence of our commitment to building a healthier, more equitable world.

The Department of Community Medicine takes immense pride in hosting this event, which delves into the critical nexus between environment and health. Our endeavor to equitize healthcare access, empower communities, and educate for sustainable progress harmonizes beautifully with the global Sustainable Development Goals, underscoring our dedication to a brighter future for all.

As we come together to share insights, research findings, and innovative strategies, let us not only deepen our understanding but also cultivate actionable solutions that transcend theory. This conference serves as a dynamic platform to ignite collaborations, inspire change, and foster lasting impact. I extend my gratitude to the visionary organizers, the esteemed speakers, the diligent researchers, and every participant. Let us engage wholeheartedly in the proceedings of this conference



Dr. M C Yadavannavar

Prof. & Head, Department of Community Medicine &
Organizing Co-Chairperson
3rd State Conference of IAPSM Karnataka

Warm regards

- **Dr. M C Yadavannavar**

Message

Greetings to All Participants and Honored Guests, It is with great pleasure and enthusiasm that I extend a warm welcome to you all at the 3rd State Conference of IAPSM Karnataka 2023, an event that holds profound significance in the realm of public health. Organized by the Department of Community Medicine at BLDE (Deemed to be University)'s Shri B M Patil Medical College, Hospital & Research Centre, Vijayapura, this conference centers around the theme "Environment & Health – Equitize, Empower, Educate: A Step Towards Attaining SDGs."

Our world is at a pivotal juncture where the interplay between environment and health has never been more critical. This theme resonates deeply with our commitment to promoting a healthier, more sustainable future. By equitizing healthcare access, empowering individuals and communities, and fostering education, we align ourselves with the noble objectives of the Sustainable Development Goals. As the organizing Chairperson, I commend the dedication of the Department of Community Medicine, the speakers, the participants, and all involved, for their role in driving forward this important discourse. This conference is not merely a gathering of minds, but a catalyst for actionable change. Through engaging discussions, innovative ideas, and collaborative efforts, I am confident that the outcomes of this conference will reverberate far beyond these days. Let us seize this opportunity to not just talk about change, but to initiate the transformation that our world urgently requires.

With anticipation and commitment

- **Dr. Shailaja S. Patil**



Dr. Shailaja S. Patil

Professor, Department of Community Medicine &
Organizing Chairperson
3rd State Conference of IAPSM Karnataka

Message

Dear All,

I am delighted to extend a warm welcome to each one of you to the 3rd State Conference of IAPSM Karnataka State Chapter 2023. This conference is a momentous occasion for us as it marks the first time in over two decades that we are hosting such an event at our university. Vijayapura, often referred to as the "City of Victory," is not only renowned for its cultural heritage but also for its delectable cuisine.



Dr. Rekha S. Udgiri

Professor, Department of Community Medicine &
Organizing Secretary
3rd State Conference of IAPSM Karnataka

Our conference promises to be a captivating blend of cultural richness and a fountain of knowledge. It's an opportunity to immerse ourselves in both a cultural feast and an educational fest.

Our chosen theme, "Environment & Health - Equitize, Empower, Educate: A Step Towards Attaining SDGs," is not only relevant but also vital in today's world. We believe that this theme will stimulate insightful discussions and pave the way for meaningful actions.

I extend my heartfelt gratitude to the organizers, speakers, and participants who have come together to make this event possible. Let us embark on this enlightening journey, combining cultural experiences with the pursuit of knowledge. May our discussions and interactions lead us towards a world where health and the environment coexist harmoniously.

With enthusiasm and anticipation

- **Dr. Rekha S. Udgiri**

Message

Dear Esteemed Participants,

It is with immense pleasure that I extend a warm welcome to you all for the 3rd IAPSM Conference of Karnataka State 2023. This conference marks a significant milestone as it returns after more than two decades to our institution. We are excited to host it for the very first time in our university's history, and our vibrant city, known as the "City of Victory," adds a unique flavor to this event.



Dr. M R Gudadinni

Professor, Department of Community Medicine &
Joint Organizing Secretary
3rd State Conference of IAPSM Karnataka

Our conference is not just an intellectual gathering; it's a fusion of cultural richness and a wellspring of knowledge. Expect a cultural feast and an educational fest intertwined into one unforgettable experience.

Under the theme, "Environment & Health – Equitize, Empower, Educate: A Step Towards Attaining SDGs," we aim to explore the critical interplay between health and our environment. This theme is not only timely but also holds the potential to inspire meaningful actions.

I extend my heartfelt gratitude to my dedicated colleagues, esteemed speakers, and enthusiastic participants who have made this conference possible. Let's embark on this enlightening journey, savoring cultural experiences while advancing our understanding. May our collective discussions and interactions propel us toward a world where health and the environment thrive in perfect harmony.

With enthusiasm and anticipation

- **Dr. M R Gudadinni**

Message

It is an honor to introduce our souvenir for the 3rd State Conference of the Indian Association of Preventive and Social Medicine (IAPSM), Karnataka Chapter. This conference serves as a roadmap towards achieving the Sustainable Development Goals (SDGs) under the theme of 'ENVIRONMENT & HEALTH - EQUITIZE, EDUCATE, EMPOWER A STEP TOWARDS ATTAINING SDGs.' We have meticulously curated the conference sessions with this overarching goal in mind, and I am eagerly looking forward to the insights shared by scientists and experts during the event.

I extend my heartfelt thanks to political leaders, administrators, and university officials for their warm messages of support. Our sponsors have also played a crucial role in making this event possible through their advertisements.

A souvenir serves as a cherished reminder of an important occasion, and I am grateful for the opportunity to lead the Souvenir Committee, thanks to the guidance of Dr. M C Yadavannavar, Prof. & Head, and Dr. Shailaja S. Patil, the Organizing Chairperson of the conference. When I embarked on this journey, I felt like a novice, but with determination and support, I successfully fulfilled my role. I owe a debt of gratitude to Dr. Chandrika Doddihal for her timely assistance in shaping this souvenir and Dr. Kavimalar & Dr. Shanoon for their contributions to its preparation. I would also like to express my sincere thanks to all the faculty members who provided their valuable input during the souvenir's drafting process. It is also my pleasure to incorporate the 3 modules created by our faculty for medical officer and ASHA workers on "Environment and Child Health" in collaboration with UNICEF.



Dr. Tanuja P. Pattankar

Assistant Professor, Department of Community
Medicine & Souviner Committee Convener

- **Dr. Tanuja P. Pattankar**

ABOUT HOST

Vijayapura, the city of victory was established in the 10 – 11 centuries by the Kalyani Chalukyas as the mark of their valor and success. This Heritage city has world-famous monuments like Gol-Gumbaz, Ibrahim Roza, and Bara Kamaan among others, and is also the abode of the Late His Holiness Siddeshwar Swamiji.

BLDEA (Bijapur Lingayat District Educational Association) is a pioneer educational institution in North Karnataka with 112 years old legacy. Amongst all its educational endeavors, BLDE (Deemed to be University), a jewel in its crown, is one of the reputed Medical Universities in Karnataka. It was established in 2008 and has been accredited “A” Grade by NAAC (2 Cycle) and ranks in the 100 – 150 band by NIRF.

ABOUT DEPARTMENT

Established in 1986, the Department of Community Medicine provides an exceptional education in Community Medicine to undergraduate and postgraduate medical students, as well as Ph.D., Master of Public Health, and Allied Health Science students.

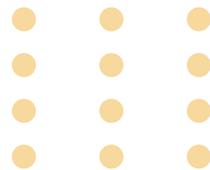
The department's primary focus lies in fostering academic excellence and improving community health through comprehensive planning, implementation, monitoring, and evaluation of health programs in both local community and hospital settings. The department's faculty members have received notable accolades at both state and national levels, including the prestigious Kalpana Chawla Young Scientist Award, the BM Patil Oration Award at KACHCON, and state-level recognition for the District Disability Rehabilitation Centre (DDRC), among others. These accolades highlight the department's commitment to research, innovation, and the advancement of knowledge in the field of Community Medicine.

ABOUT THE PRE-CONFERENCE CME: “SCALING UP HEALTH CARE USING DIGITAL HEALTH”

Over the past few decades, healthcare delivery has experienced a profound transformation, with digital health emerging as a driving force. This transformation has ushered in new healthcare models and shifted the focus towards patient-centric care. Despite the growing adoption of digital health in clinical practice, there exists a significant gap in understanding among public health professionals. To ensure that future physicians are well-equipped to engage with and contribute to the evolving landscape of digital healthcare, there is a pressing need for medical education to incorporate comprehensive training in digital health.

In collaboration with the BRIDGE Center at the Centre for Chronic Disease Control in New Delhi, the Pre-Conference CME event, "Scaling Up Health Care Using Digital Health," has been organized. This event aims to bridge the current knowledge gaps among public health professionals and empower them with insights into the latest developments in digital health. Esteemed resource faculty from the Center for Digital Health-PHFI New Delhi will share their expertise and shed light on the dynamic field of digital health.

This Pre-Conference CME was a dynamic and informative event, which educated and empowered public health professionals with the knowledge and skills required to navigate and contribute to the ever-evolving landscape of digital health in India.



Schedule of Pre-Conference

TIME	TOPIC	SPEAKER
9.00 - 9.30 AM	Welcome Address	Dr.Shailaja Patil
9.30 - 10.10 AM	Digital Health Transformation in India	Dr.Arun Jose Head - BRIDGE Centre for Digital Health, Centre for Chronic Disease Control and Adjunct Faculty, Public Health Foundation of India, New Delhi, India
10.10 - 10.20 AM	Q/A	
10.20 - 11.00 AM	Digital Health Innovations to achieve Universal Health Coverage	Dr.Niranjan Joshi Programme Lead - Digital Health and Innovation Deployment, Centre for Cellular and Molecular Platforms, Bengaluru, India
11.00 - 11.10 AM	Q/A	
11.10 - 11.45 AM	Networking Tea Break & Inauguration of Exhibition	
11.45 - 12.25 PM	Role of public health professionals in the innovator ecosystem	Mr Raghavendra Rao, Director - Portfolio India Health Fund, Mumbai, India
12.25 - 12.35 PM	Q/A	
12.35 - 1.10 PM	Case Study: Reaching the underserved using telemedicine - Digisahayam	Mr Nikki Pandey Lead - Partnerships and Engagement - BRIDGE Centre for Digital Health, Centre for Chronic Disease Control, New Delhi, India
1.10 - 2:10 PM	LUNCH	

Schedule of Pre-Conference

TIME	TOPIC	SPEAKER
2.10 - 2.45 PM	Case Study: AI in Public Health: CADT for Oral Cancer	Dr.Krithiga Shridhar Epidemiologist, Centre for Chronic Disease Control, New Delhi, Senior Research Scientist, Centre for Health Analytics Research and Trends, Trivedi School of Bioscience, Ashoka University and Adjunct Associate Professor, Public Health Foundation of India, New Delhi, India
02.45 - 03.25 PM	Employing an Evidence-based Approach to Incorporate AI/Digital Tools into the Public Healthcare System	Dr.Balu P.S. Director - Centre for Digital Health, Artificial Intelligence, Research, and Training (C-DART), BMC&H - Chitradurga, India
03.25- 04.00 PM	Interactive Session with hands-on training	
04:00 - 05:00 PM	Digital Health Innovator Showcase	



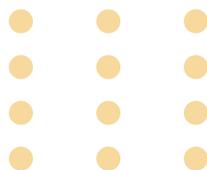
ABOUT THE CONFERENCE THEME

“Environment & Health - Equitize, Educate, Empower:
A Step towards attaining SDGs.”

Ensuring healthy lives and promoting well-being at all ages is essential to holistic development. The environment is a major determinant of health, estimated to account for almost 20% of all deaths worldwide. A clean and healthy environment is required to achieve Sustainable Development Goals. WHO, in its flagship initiative of “ONE HEALTH”, addresses health threats in the animal-human-environment interface through a multi-sectoral approach and strives to counter the triple planetary crisis of climate change, nature, and biodiversity loss, and pollution and waste in order to truly transform societies and economies for everyone, everywhere. Clean air, a stable climate, adequate water, sanitation and hygiene, safe use of chemicals, protection from radiation, healthy and safe workplaces, sound agricultural practices, health-supportive cities, and built environments, and a preserved nature are all prerequisites for health for all.

The cardinal principle is to achieve the highest possible environmental quality for everyone. Equally, to Educate the managing behavior ecosystem for sustainable living and to Empower towards achieving a healthy environment for all.

Erudite resource faculty from premier institutes like ICMR, NIOH, PHFI & UNICEF will address topical issues for achieving a paradigm shift to resilient, green sustainable development.



Day 1 Schedule

TIME	RESOURCE FACULTY	VENUE
8.15 to 9.00AM	Registration & Breakfast	
Plenary Session 1 9.00 to 9.45 AM	Dr. Saurabh Goel, Joint Director, IDSP, New Delhi	Auditorium
Moderator: Dr. Santosh Patil Chairperson: Dr. A M Kadri & Dr. Rajesh Honnutagi		
Plenary Session 2 9.45 to 10.30 AM	Dr. Rameshwar Sorokhaibam, Deputy Director, NPCCH, New Delhi	Auditorium
Moderator: Dr. Pooja Todalabagi Chairperson: Dr. Abhay Nirgude & Dr. Lakannavar		
10.30 to 10.40 AM	Networking Tea Break	
Inauguration 10.40 to 11.40 AM	Dignitaries	Auditorium
Keynote Session 11.40 to 12.25 PM	Dr. D. Prabhakaran, Executive Director, CCDC, New Delhi	Auditorium
Moderator: Dr. M C Yadavannvar Chairperson: Dr. Akram Naikwadi & Dr. Purushottam Giri		

Day 1 Schedule

TIME	RESOURCE FACULTY	VENUE
Plenary Session 4 12.25 to 01.25 PM	Dr. Vivek Singh, Health Specialist, UNICEF India Country Office Dr. Shridhar Ryavanki, Health Specialist, UNICEF Field Office for Andhra Pradesh, Karnataka, and Telangana.	Auditorium
Moderator: Dr. Shailaja S Patil Chairperson: Dr. M M Patil & DHO, Vijayapura		
1.25 to 2.15 PM	LUNCH	
2.15 to 2.45 PM	Panel Discussion - 1 Perceptions of New CBME Curriculum of Community Medicine Auditorium Moderator: Dr.Praveen Ganganahalli	General Body Meeting AC Hall Library Building 1st Floor
Session in Charge: Dr. Rashmi Hullalli		
Plenary Session 5 2.45 to 3.30 PM	Dr. Poornima P, Director, Centre for Health Analytics Research and Trends, Trivedi School of Biosciences, Ashoka University	Auditorium
Moderator: Dr. Tanuja P. Pattankar Chairperson: Dr. Annarao Kulkarni & Dr. Sunil Kumar		
Parallel Sessions 3.30 to 5.30 PM	Poster / Oral Presentations Faculty / PG	Dept. Halls
5.30 to 6.30 PM	Selection Round for PG Quiz	Dept. Halls
7.00 PM Onwards	Banquet, Venue: Hotel Shashinag, Vijayapura	

Day 2 Schedule

Walkathon from 6.00 to 7.00 AM Starts from University Gate with Pledge		
Incharge: Dr. M R Gudaddinni, Dr. Sandeep Yankanchi, Dr. Pooja Todalabagi		
TIME	RESOURCE FACULTY	VENUE
8.15 to 9.00 AM	BREAKFAST	
8.30 to 9.30 AM	PG Quiz Final round	Auditorium
Co-ordinator: Dr. Waseem Ansari Incharge: Dr. Pooja Todalabagi		
Plenary Session 6 9.30 to 10.15 AM	Dr. Dayaprasad Kulkarni, Asia Pacific Leadership Fellow, East-West Center, Johns Hopkins University, USA & Prof. Anil Kaul, Prof. & Dean School of Healthcare, Rishihood University, Haryana & Interactive Session	Auditorium
Moderator: Dr. Sandeep Yankanchi Chirperson: Dr. Anurupa M S & Dr. Chandra Metgud		
Plenary Session 7 10.15 to 10.45 AM	Dr. Girish N Rao, Prof. of Epidemiology, Centre for Public Health, NIMHANS, Bangalore	Auditorium
Moderator: Dr. Rashmi Hullalli Chairperson: Dr. B Y Yuvaraj & Dr. Ashok Dorle		
Plenary Session 8 10.45 to 11.15 AM	Zahra Kanji MPH, Harvard university, IDM, School of Engineering and Sloan School of Management, MIT, Legatum Fellow	Auditorium
Moderator: Dr. Chandrika Doddihal Chairperson: Dr. Ajaykumar G & Dr. Pushpa Patil		

Day 2 Schedule

TIME	RESOURCE FACULTY	VENUE
11.15 to 11.30 AM	Networking Tea Break	
Panel Discussion 2 11.30 to 12.30 PM	<p>Speakers: Dr. Yogesh Kumar (Prof. Dept. Of Community Medicine, JNMC, Belagavi), Dr. Avinash Kavi (Asso. Prof. Dept. Of Community Medicine, JNMC, Belagavi), Dr. M R Gudadini (Prof. Dept. Of Community Medicine, BLDE (DU) Vijayapura), Dr. Umesh Charantimath (Asso. Prof. Dept. Of Community Medicine, JNMC, Belagavi), Dr. Umesh Ramdurg (Prof. Dept. Of Community Medicine, SNMC, Bagalkot)</p> <p>Moderator: Dr Manjunath Somannavar, Prof of Biochemistry, KAHER, JNMC, Belagavi</p>	Auditorium
Session in charge: Mr. Murgesh Math		
12.30 to 1.30 PM	Lunch	
Panel Discussion 3: 1.30 to 2.30 PM	<p>Dr. Mohd. Shariff, State Nodal Officer for NPCCH Mr. M A Maniyar, Dist. Pollution Control Officer, Vijayapura</p> <p>Mr. R. Dambal, VUDA Commissioner Mr. Sajjan, Environmental Engineer, CMC, Vijayapura UNICEF representative</p> <p>Dr. Ashwathama V H, Asso. Prof., Crop & Plant Physiology, Agri University</p> <p>Moderators: Dr. Naveen Desai, Prof & Head, Dept of Civil Eng, BLDE PGHCET, Vijayapura</p>	Auditorium
Session incharge: Dr. Vijaya Sorganvi		
Poster / Oral Presentation 2.30 to 4.30 PM	Poster / Oral Presentations Faculty / PG	Dept. Halls
4.30 to 5.00 PM	Valedictory Function & Certificate Distribution	
		Auditorium

ORGANIZING CHAIRMAN'S DESK

-Dr. Shailaja S. Patil

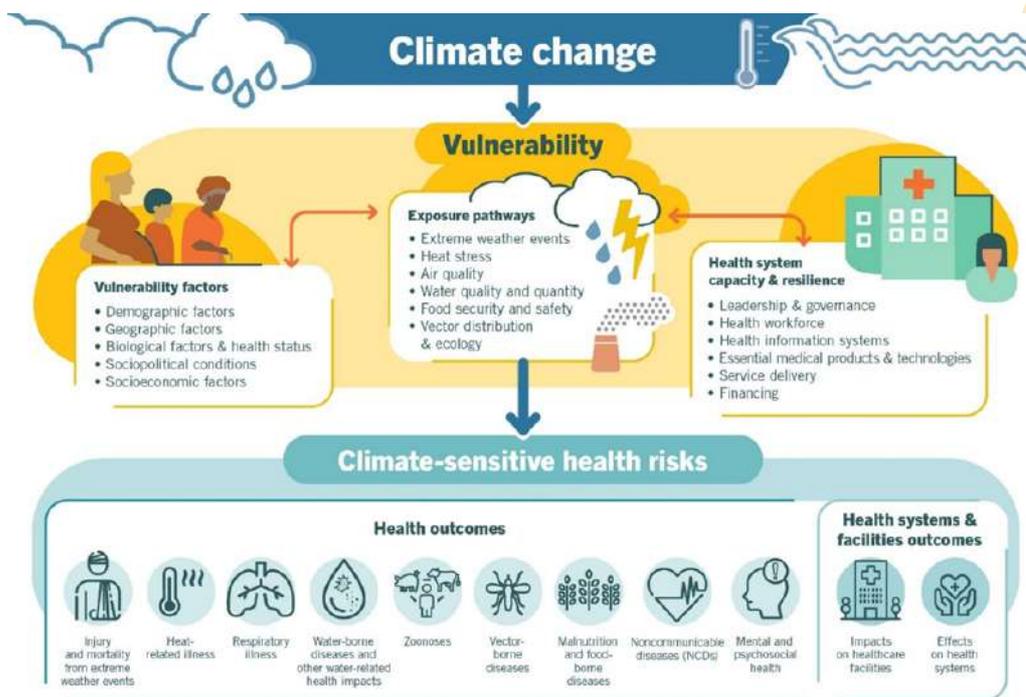
“When Nature Ails, We Suffer: Climate Change’s Impact on Human Health”

Climate change refers to significant and long-term alterations in Earth’s average weather patterns and temperatures. These changes are primarily driven by human activities, particularly the emission of greenhouse gases like carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O) into the atmosphere. Climate change affects the social and environmental determinants of health – clean air, safe drinking water, sufficient food, and secure shelter. Between 2030 and 2050, climate change is expected to cause approximately 250,000 additional deaths per year, from malnutrition, malaria, diarrhea, and heat stress. The direct damage costs to health (i.e., excluding costs in health-determining sectors such as agriculture and water and sanitation), are estimated to be between USD 2-4 billion/year by 2030.

Climate change and the increasing frequency of extreme weather events have led to a notable rise in natural disasters over the past five decades, with a disproportionate impact on economically disadvantaged countries. According to reports published by relevant agencies, between 1970 and 2019, these natural hazards accounted for 50 percent of all recorded disasters, resulting in 45 percent of reported fatalities and a staggering 74 percent of documented economic losses. Globally, there were more than 11,000 reported disasters linked to these hazards during this period, resulting in just over two million deaths and economic losses amounting to \$3.64 trillion. Alarmingly, over 91 percent of these fatalities occurred in developing nations. According to another report from the Geneva-based Internal Displacement Monitoring Centre, in 2022, approximately 2.5 million people in India were internally displaced due to natural disasters, particularly heavy floods and cyclones. This underscores the considerable impact of such events on communities and emphasizes the importance of disaster preparedness and response efforts.

ORGANIZING CHAIRMAN'S REMARKS

Climate change is one of the most pressing challenges that humanity faces in the 21st century. It is not merely an environmental issue but a complex and interconnected challenge that impacts every aspect of our lives. The consequences of unchecked climate change are far-reaching, affecting ecosystems, economies, social structures, and the well-being of both present and future generations.



While most climate scientists agree that human activities drive climate change, a minority express skepticism. It's crucial to distinguish constructive skepticism from denial, as the overwhelming scientific evidence supports human-induced climate change. This highlights the challenge of reconciling consensus with individual beliefs and ideologies.

Climate change has far-reaching consequences that extend beyond the environmental realms. One of the most insidious and often overlooked aspects of climate change is its profound impact on human health. From intensified heatwaves to the proliferation of infectious diseases, these health impacts are becoming increasingly apparent.

ORGANIZING CHAIRMAN'S REMARKS

Here are some of the impacts of climate change on Human Health.

1. Heat-Related Illnesses: The rising temperatures attributed to climate change result in more frequent and severe heat waves. This elevated heat poses a direct threat to human health, leading to heat-related illnesses such as heat exhaustion and heatstroke. During 2004–2018, an average of 702 heat-related deaths with heat as the underlying cause and 287 as a contributing cause) occurred in the United States annually. According to another study in India, in a period of 50 years (1971–2019), Extreme weather events (EWE) killed 1,41,308 people. Of this, 17,362 people were killed due to heatwave; a little over 12 percent of the total deaths recorded.

2. Zoonoses and Vector-Borne Diseases: Climate change can have a significant impact on the distribution, prevalence, and incidence of vector-borne diseases. Changes in temperature, precipitation patterns, and other climatic factors can influence the behavior of these vectors and the pathogens they carry, leading to shifts in the geographical range of these diseases and affecting their transmission dynamics. Emerging infectious diseases (EIDs), especially those with zoonotic potential, are also a growing threat to global health, economy, and safety. The influence of global warming and geoclimatic variations on zoonotic disease epidemiology is evident by alterations in the host, vector, and pathogen dynamics and their interactions.

Geographical Range Expansion: As temperature and humidity conditions change, the suitable habitats for vectors can expand into new areas. This can expose populations that were previously unaffected to new diseases. For instance, certain mosquito species might expand their range into higher altitudes or more temperate regions, increasing the risk of diseases like malaria or dengue in areas where they were previously uncommon

ORGANIZING CHAIRMAN'S REMARKS

Altered Transmission Seasons: Changes in temperature and precipitation can affect the timing and duration of transmission seasons for vector-borne diseases. Warmer winters can lead to longer transmission seasons, allowing vectors to thrive and transmit diseases for a larger part of the year.

Human Behaviour and Exposure: Climate change can influence human behavior, such as increased outdoor activities during warmer seasons. This can lead to higher exposure to vectors and an increased risk of infection.

Pathogen Development: Climate conditions can impact the development and replication rates of pathogens within vectors. Some pathogens might become more virulent or multiply faster under certain climatic conditions.

Human Migration: Climate change-induced disruptions such as extreme weather events or changes in agriculture can lead to population displacement and migration. This movement of people can introduce diseases to new regions or alter disease dynamics in existing areas.

To address the effects of climate change on vector-borne diseases and zoonoses, it's important to implement strategies that combine public health measures, vector control, climate adaptation, and community engagement. Monitoring and surveillance systems need to be updated to track changes in disease patterns, and effective public health campaigns can help educate communities about prevention and mitigation strategies.

3. Water-Borne Diseases:

Climate change can have a significant impact on waterborne diseases. Changes in temperature, precipitation patterns, sea-level rise, and extreme weather events can all influence the occurrence, distribution, and transmission of waterborne diseases. Here are some ways that climate change may impact waterborne diseases:

ORGANIZING CHAIRMAN'S REMARKS

Water Quality: Climate change can alter precipitation patterns, leading to more frequent and intense rainfall events. Heavy rainfall can overwhelm sewage systems, leading to the contamination of water sources with sewage and other pollutants. This can increase the risk of diseases like cholera, typhoid, and gastroenteritis.

Flooding and Contamination: Increased flooding due to heavy rainfall or storm surges can lead to the contamination of water sources with pollutants, pathogens, and sewage. Floodwaters can carry disease-causing microorganisms into drinking water supplies, exposing populations to waterborne diseases.

Water Scarcity and Unsafe Water Sources: Climate change can lead to droughts and reduced water availability in certain regions. During water scarcity, people might resort to using unsafe water sources or inadequate sanitation facilities, which can result in the spread of waterborne diseases.

Sea-Level Rise and Saline Intrusion: Rising sea levels can lead to the intrusion of saltwater into freshwater sources in coastal areas. This salinization can render drinking water sources undrinkable and force communities to rely on unsafe water sources, increasing the risk of waterborne diseases.

Increased Water Temperature: Warmer temperatures can promote the growth of certain waterborne pathogens. Pathogens like *Vibrio cholerae*, which causes cholera, tend to thrive in warmer waters. Higher water temperatures can also lead to decreased chlorine efficacy in water treatment processes.

Extreme Weather Events: Climate change can lead to more frequent and severe weather events, such as hurricanes and floods. These events can damage water supply and sanitation infrastructure, disrupting access to safe drinking water and sanitation facilities.

ORGANIZING CHAIRMAN'S REMARKS

To address the impact of climate change on waterborne diseases, it's important to implement a combination of strategies that focus on water quality monitoring, improving water and sanitation infrastructure, promoting hygiene education, and building climate-resilient communities. This requires collaboration between public health agencies, water management authorities, and environmental organizations to ensure safe water supply and sanitation in the face of changing climate conditions.

4. Air Quality Degradation: Climatic changes exacerbate air pollution and the formation of ground-level ozone. Poor air quality contributes to respiratory illnesses such as asthma, chronic obstructive pulmonary disease (COPD), and other lung-related ailments. According to WHO Over 90 percent of people breathe unhealthy levels of air pollution, largely resulting from burning fossil fuels driving climate change. In 2018, air pollution from fossil fuels caused \$2.9 trillion in health and economic costs, about \$8 billion daily. A global study found that more than 90% of pollution-related deaths occurred in low-income and middle-income countries, with India topping the list with 2.36 million and China at number two with 2.1 million deaths.

Here are some health aspects related to air pollution and how they are influenced by climate change:

Respiratory and Cardiovascular Effects: Air pollutants such as fine particulate matter (PM_{2.5}), ground-level ozone (O₃), and nitrogen dioxide (NO₂) are known to cause and exacerbate respiratory and cardiovascular diseases. Climate change can worsen these effects by contributing to the formation of ground-level ozone.

Pollen Allergies: Climate change can lead to longer growing seasons and changes in vegetation patterns. This can result in higher pollen counts and extended pollen seasons for allergenic plants, exacerbating allergies and respiratory problems for individuals sensitive to pollen.

ORGANIZING CHAIRMAN'S REMARKS

Wildfires and Smoke Exposure: Climate change contributes to more frequent and severe wildfires, which release large amounts of particulate matter and other air pollutants into the air. Smoke from wildfires can travel long distances, leading to poor air quality and health problems for people far from the actual fire sites.

Efforts to mitigate the health impacts of climate change and air pollution involve a combination of strategies. These include transitioning to cleaner energy sources, improving air quality regulations, promoting sustainable transportation, enhancing urban planning to reduce exposure to pollutants, and enhancing healthcare systems to address the specific health risks associated with changing climate conditions and air quality.

5. Nutritional Impacts:

Climate change has significant effects on agriculture that can subsequently lead to various health impacts. Here's how these interconnected factors play out:

Crop Yield and Food Security: Increasing temperatures, changing rainfall patterns, and extreme weather events like droughts and floods can directly impact crop yields and food production. Reduced crop yields can lead to food scarcity, which in turn can result in malnutrition and related health issues, especially in vulnerable populations.

Nutritional Quality: Elevated levels of carbon dioxide (CO₂) in the atmosphere can lead to a decrease in the nutritional quality of certain crops, such as grains. This can lead to deficiencies in essential nutrients, contributing to health problems.

Fisheries and Seafood: Ocean acidification and rising sea temperatures can disrupt marine ecosystems, affecting the availability and composition of seafood. Fish and other seafood are important sources of protein and essential fatty acids in many diets.

ORGANIZING CHAIRMAN'S REMARKS

Malnutrition and Food Insecurity: Climate-related events like droughts, floods, and storms can disrupt food production and supply chains, leading to food price spikes and reduced access to nutritious foods. This can exacerbate food insecurity and increase the risk of malnutrition, particularly among vulnerable populations.

Water Scarcity: Water scarcity, which can result from climate change, can impact agriculture and food production. Reduced water availability for irrigation can lead to decreased crop yields and affect the nutritional quality of foods.

Addressing the nutritional impacts of climate change requires a multifaceted approach that includes sustainable agricultural practices, climate-resilient food systems, improved access to diverse and nutritious foods, and policies that consider the intersection of climate change, nutrition, and health.

6. Mental Health: Climate change poses a rising threat to mental health and psychosocial well-being; from emotional distress to anxiety, depression, grief, and suicidal behavior. The mental health impacts of climate change are unequally distributed with certain groups disproportionately affected depending on factors such as socioeconomic status, gender, and age. However, it is clear that climate change affects many of the social determinants that are already leading to massive mental health burdens globally. A 2021 WHO survey of 95 countries found that only 9 have thus far included mental health and psychosocial support in their national health and climate change plans. Climate change-related events were shown to be associated with psychological distress, worsened mental health (particularly among people with pre-existing mental health conditions), increased psychiatric hospitalizations, higher mortality among people with mental illness, and heightened suicide rates.

ORGANIZING CHAIRMAN'S REMARKS

7. Natural Disasters and Injury: The intensification of extreme weather events like hurricanes, floods, and wildfires results in injuries, displacement, and damage to healthcare infrastructure. Disruptions to healthcare services during emergencies can lead to inadequate treatment and care. Climate-induced displacement, often due to sea-level rise or extreme weather events, can contribute to population movements. These migrations can strain resources, intensify competition, and potentially trigger conflicts, further hampering healthcare access.

8. Impact on Health Care Delivery System: Climate change has a significant impact on the healthcare delivery system, affecting both the demand for healthcare services and the ability of the system to provide care effectively. Healthcare facilities may need to handle a sudden surge in patients while dealing with infrastructure damage. Hospitals and clinics located in vulnerable areas may face damage from extreme weather events, leading to temporary closures or compromised services. Ensuring the resilience of healthcare infrastructure becomes crucial. Climate-related disruptions in transportation and supply chains can affect the availability of essential medical supplies, medications, and equipment, potentially hindering healthcare delivery is another issue. Increased demand for healthcare services due to climate-related health impacts can strain resources and healthcare workforce availability. This can lead to challenges in resource allocation and capacity planning.

9. Non-Communicable Diseases: Climate change is associated with the increased risk of NCDs through various pathways. It causes the earth's temperature to rise and also alters the rainfall pattern. As a result, the level of environmental air pollutants rises and this leads to increased disease burden associated with CVD. Climate change is associated with Parkinson's disease and even some cancers indirectly.

ORGANIZING CHAIRMAN'S REMARKS

10. Interactions between climate and COVID-19:

While SARS-CoV-2 has not been directly isolated from a wild animal, its genome bears a striking 96.2% similarity to a bat SARS-related coronavirus, strongly suggesting a probable origin in bats. The exact emergence story of COVID-19 may forever remain elusive. Nonetheless, we can propose several plausible factors related to environmental and climate change that could facilitate the emergence of zoonotic diseases.

Human-Induced Environmental Changes: Activities like deforestation, driven by human actions, can contribute to climate change and ecological alterations. These changes may exert selection pressure on various life forms, including viruses, potentially increasing their adaptability and transmission.

Human-Wildlife Interaction: As human settlements encroach upon wildlife habitats and wildlife exploitation escalates, the frequency of interactions between humans and animals, as well as between different animal species, rises. These interactions create opportunities for viruses to cross species barriers.

Biodiversity Decline: Climate change, among other factors, can contribute to the loss of biodiversity. This decline can lead to shifts in species distribution and density, potentially favouring conditions conducive to disease transmission among animals and potentially to humans. These factors underscore the importance of adopting comprehensive strategies that address climate change, promote sustainable land use, protect ecosystems, and regulate wildlife trade responsibly. Such measures not only mitigate the risks associated with zoonotic diseases but also contribute to the preservation of biodiversity and the overall health of our planet." Regenerate change reduces the buffer between animals for disease transmission, thereby increasing the chances for viruses to jump to humans.

ORGANIZING CHAIRMAN'S REMARKS

Climatic risks influence COVID-19 in various ways, affecting transmission, public perception, response strategies, and the everyday experience of the pandemic. Temperature, wind, and humidity influence the transmission of COVID-19 in ways not fully understood, although non-climatic factors appear more important than climatic factors in explaining disease transmission. climatic extremes coinciding with COVID-19 have affected disease exposure, increased the susceptibility of people to COVID-19, compromised emergency responses, and reduced health system resilience to multiple stresses. Long-term climate change and pre-pandemic vulnerabilities have increased COVID-19 risk for some populations (eg, marginalized communities).

Vulnerability:

The vulnerability of climate change refers to the extent to which individuals, communities, ecosystems, and societies are susceptible to the adverse impacts of climate change. This vulnerability can be influenced by factors such as geographic location, socio-economic conditions, access to resources, and adaptive capacity. Vulnerability to climate change can affect various groups and entities, including:

Low-Income Communities: People with limited financial resources often lack the means to adapt to changing conditions, such as extreme weather events or rising sea levels.

Coastal and Island Communities: Those living in low-lying coastal areas or on small islands are particularly vulnerable to sea-level rise and storm surges.

Indigenous Peoples: Indigenous communities, often closely connected to their natural surroundings, can be disproportionately affected by changes in ecosystems and weather patterns.

Children and the Elderly: These age groups are often more vulnerable to extreme heat and health-related issues caused by climate change.

ORGANIZING CHAIRMAN'S REMARKS

Agricultural and Rural Communities: Farmers and rural populations are sensitive to shifts in weather patterns, which can affect crop yields and livelihoods.

Urban Poor: People living in informal settlements or slums in cities may face increased risks due to inadequate housing and limited access to resources.

Isolated or Remote Areas: Communities in remote regions may have limited access to resources, making it harder to cope with extreme events.

Ecosystems and Biodiversity: Natural ecosystems and wildlife are vulnerable to habitat loss, altered migration patterns, and more frequent extreme events.

Small Island Nations: These nations often face threats like rising sea levels, coastal erosion, and increased storm intensity.

Developing Countries: Generally, nations with fewer resources and less developed infrastructure are more vulnerable to climate change impacts.

People with Pre-existing Health Conditions: Individuals with health conditions may face additional risks from climate change-related health issues.

Women: In many societies, women can be more vulnerable due to social and economic disparities.

It's important to note that vulnerability is not static and can change over time, influenced by factors such as policy, adaptation measures, and socio-economic development. Vulnerability assessments aim to identify these factors and help prioritize interventions to reduce vulnerability in at-risk communities and ecosystems.

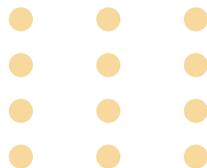
The intricate link between climate change and human health is undeniable, as rising temperatures, shifting weather patterns, and ecological transformations have increasingly clear health implications.

ORGANIZING CHAIRMAN'S REMARKS

Urgent action is imperative to mitigate climate change and its health-related consequences. This involves embracing sustainable practices, transitioning to renewable energy sources, and fostering global cooperation. It's not just an environmental issue; it's a moral and existential duty to protect human life and ensure a healthier, more resilient future.

Researchers around the world are continuously studying climate change, its impacts, and potential mitigation and adaptation strategies. However, it is also true that there is a need for increased research efforts and funding, given the urgency and complexity of the issue. Climate change is a multifaceted challenge that requires ongoing scientific inquiry and collaboration to address effectively.

Addressing climate change is not a choice but a moral and existential obligation. The evidence of its impact is already evident, and the window to prevent severe consequences is closing. Through collective action, we can mitigate these effects, adopt sustainable practices, and create a world where future generations can thrive. As individuals, communities, and nations, we must unite to combat climate change, not only for our planet but for the preservation of humanity itself.



CONFERENCE PROCEEDINGS

Dr. Rekha S Udgiri, Organizing Secretary

I extend a warm evening welcome to all of you, including our esteemed dignitaries both on and off the dais. I am Dr. Rekha Udgiri, a professor in the Department of Community Medicine, and I have the privilege of serving as the Organizing Secretary for this conference.

First and foremost, I would like to express my heartfelt gratitude to all the delegates who have participated. Your presence here is greatly appreciated, and your contributions to this conference are invaluable.

Our pre-conference workshop revolved around the theme of "Digital Health - Scaling Up Healthcare Using Digital Innovations," in collaboration with the Bridge Center of Chronic Disease Control, New Delhi. We kicked off with a Digital Health Innovator Showcase, and I am pleased to share that we had over 50 delegates registered for the pre-conference activities.

The main conference theme was "Environment and Health - Equitize, Educate, and Empower - A Step towards Attaining Sustainable Development Goals (SDGs)." We were honored to have 350 delegates registered for the conference, making it a truly remarkable gathering.

It is inspiring to note that we received a total of 125 abstract submissions for the scientific sessions, with 104 for oral presentations and 23 for e-poster displays. Additionally, we had the privilege of reviewing 10 full papers for our theme-based sessions. Throughout the conference, we recognized excellence by presenting awards for the best theme-based full paper and the best oral/poster presentations.

Our conference featured an eminent keynote address by Dr. D. Prabhakaran, the Executive Director of CCDC New Delhi on Climate Change and Non-Communicable Diseases (NCDs). We were also honored to host other resource persons from organizations like UNICEF, Aarogya Seva, and BLDE Women's and Child Health, who shared their valuable insights and expertise related to our theme.

CONFERENCE PROCEEDINGS

In the spirit of enriching discussions, we organized three panel discussions and a quiz competition centered on the conference theme. To encourage participation from our postgraduate students, we have arranged cash prizes for the winners of the quiz competition.

A highlight of our conference was the successful organization of the Walkathon event, big-heartedly sponsored by UNICEF. This event not only promoted physical activity but also raised awareness about our theme.

The Department of Community Medicine, along with other stakeholders, dedicated a substantial amount of time and effort over the past 4 to 5 months to organize various activities related to our theme. These included engaging events such as role-plays addressing heat stress, drawing competitions, clean drives, tree-planting initiatives, millet Rangoli competitions along initiatives like the installation of bird feeders. These activities served as evidence of our commitment to both environmental and public health concerns.

I am thrilled to announce that our efforts have been recognized with a KMC credit award of 6 points for this conference (2+4).

We adopted various eco-friendly initiatives like using sustainable materials like conference kits, steel water bottles, banners and displays, etc.

In closing, I would like to express my sincere appreciation once again to all of you for your participation and contributions from the various sponsors for the whole conference. Together, we have taken significant steps towards advancing the exchange of ideas on digital health, environmental health, and sustainable development.

Thank you.

REVIEW OF ABSTRACTS

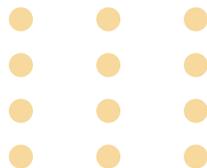
All the abstracts received by the Scientific Committee were blinded and reviewed by experts from various specialists before being approved for presentation. We acknowledge the below-mentioned Professionals for their valuable time and inputs (in alphabetical order).

Full paper

- Dr. Rashmi Kundapur, AIIMS Bibinagar
- Dr. Ashok Dorle, Prof and Head, Dept. of Community Medicine, SNMC, Bagalkot
- Dr. Akram Naikwadi, HOD, Dept of Pharmacology
- Dr. Surekha Hippargi, HOD, Pathology
- Dr. S Chaukimath, Prof, Psychiatry
- Dr. Rajashri Yaliwal, Prof, OBG
- Dr. Keertivardhan, Assoc Prof, Respiratory Medicine
- Dr. Shreelaxmi Bagali, Assoc Prof, Physiology
- Dr. Jyoti Khodnapur, Assoc Prof, Physiology

Abstract

- Dr. Anand Ambli, Prof, Medicine
- Dr. Vijaya Patil, Prof, Surgery
- Dr. Neelima Dongre, Prof, Biochemistry
- Dr. Gannur, Prof, FMT
- Dr. Shobha Shirgur, Prof, OBG
- Dr. Keshavmurty Adya, HOD, Dermatology
- Dr. Shreenivas Raiker, Prof, Pharmacology
- Dr. Shreelaxmi Bagali, Assoc Prof, Physiology
- Dr. Anand Ingale, Assoc Prof, Pharmacology
- Dr. Mamatha, Assoc Prof, Pathology



ABSTRACTS PRESENTATIONS: THEME-WISE INDEX

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FACULTY

Water, Sanitation & Hygiene (WASH)

IAPSMCON/KAR/BLDEDU/201

A Mixed Method Study on Open Air Defecation Practices in Rural Area of Narela, Delhi

Dr. S. Dilip, Dr. Somdatta Patra, ESIC Medical College and Hospital, Kalaburagi

Presenting author: Dr. S. Dilip

Background: Open air Defecation (OD) still remains an important public health challenge despite the rise in efforts for increasing latrine coverage and its use through Swachh Bharat Abhiyan mission. The unsafe disposal of excreta is the principal cause of Acute Diarrheal diseases and a leading cause of mortality among under five children. Objective: To study the prevalence of OD in adults and children and to assess the knowledge and attitudes with regard to sanitation practices and to explore various reasons for OD in rural area of Narela, Northwest Delhi. Materials and Methods: A Mixed study design consisting of community based cross-sectional study as quantitative component was conducted among 152 households in rural area of Narela from February to July 2022. Eight In Depth Interviews (IDI) were conducted among the participants who practiced OD to explore various reasons as qualitative component of the study. A modified and validated WHO questionnaire on drinking water and sanitation for household surveys and IDI guide were used for data collection. The statistical analysis was done by applying appropriate statistical tests. Thematic analysis was done to explore the various reasons for OD. Results: The practice of OD was 61% (279) among the study participants. Majority (53%) of children and 26% of elderly participants practiced OD. Most of (67%) the households had an independent toilet in their house. OD by choice was expressed as a medium for socializing, a habit among adult members, scared of enclosed spaces among children. OD by compulsion included reasons such as not having a latrine at home, hygiene issues, inadequate sanitation and water supply. Conclusion: Appropriate interventions to increase the utilization of sanitary latrines and community-based networks to raise awareness and promote education about safe sanitation practices needs to be in place to achieve the goal of OD free India.

Keywords: open Air Defecation, Sanitary Practices, Wash, In Depth Interview, Rural Area.

Environment and health

IAPSMCON/KAR/BLDEDU/262

Knowledge Attitude and Practice About Biomedical Waste Management Among Healthcare Workers in Tertiary Care Government Hospital in North Karnataka

Dr. Mahesh B. Tondare, Assistant Professor, Department of Community Medicine, Bidar Institute of Medical Sciences, Bidar Karnataka

Presenting author: Dr. Mahesh B Tondare

Bio-medical wastes produced during health care activities has a higher potential for infection and injury than any other type of waste among healthcare workers. Studies in India and other developing countries have shown lack of knowledge and poor practice of biomedical waste (BMW) management. BMW handling rules have been notified in 1998 and updated in March 2016. Health care setting is a major contributor to biomedical wastes. BMW management is an integral part of the infection control program and if mismanaged, medical wastes can contaminate the entire environment of the hospital. The aim of the study is to 1. To assess the knowledge of healthcare workers in tertiary care govt hospital about biomedical waste management 2. To assess the attitude and practice of biomedical waste management among

healthcare workers in tertiary care govt hospital. An observational survey will be conducted in Tertiary care hospital under Bidar Institute of medical Sciences, Bidar after taking Institutional Ethics Committee. Healthcare workers of hospital i.e., nursing staff, laboratory technicians, and class IV workers will be enrolled into the study after taking informed consent. Study was done by using a semi-structured questionnaire by personnel interview method or by using google form based on feasibility. The questionnaires include socio-demographic particulars, working patterns, work experience, questions about knowledge and perception about biomedical waste management. A formal sensitization session on Biomedical waste management guidelines will be organized after collection of data for the participants followed by post-test to test increase in level of awareness. The data collected will be entered in excel sheet and analyzed for percentage, proportion, and association between variables. Results: 205 Nursing staff, 51 Laboratory technicians and 70 class IV workers participated in the study. Keywords: Bio Medical waste, Knowledge, Attitude Practices.

IAPSMCON/KAR/BLDEU/328

Perception and Practices of Household waste management among residents of an urban area of Karnataka – A cross-sectional Study

Dr. Amrita. N. Shamanewadi, Saphthagiri Institute of Medical Sciences and Research centre

Presenting author: Dr. Amrita. N. Shamanewadi

Globally, solid waste management is a major environmental issue. Proper segregation and disposal of generated waste is one of the important challenges being faced globally for attaining environmental protection and improved health and well-being. Low and middle income countries (LMICs) specifically face continuous challenges in providing sustainable waste management services to their population due to the lack of organization, financial resources, and the systems' complexity. Objectives: 1) To assess the Perceptions about Household waste management among residents. 2) To know the practices of residents about household waste management. Material and methods: A cross-sectional study was conducted in the Urban area of Urban field practice area of Saphthagiri Institute of Medical sciences and research centre, Bengaluru, Karnataka. The study duration was for 4 weeks. The data was collected using a structured questionnaire. The data collected will be entered in MS excel and will be analyzed using SPSS version 21. Descriptive statistics will be used as basis of statistical analysis. Frequency and percentages will be used for categorized variables. Mean and standard deviation will be used for continuous data. Keywords: Household waste, Segregation of waste, Perception.

Empower resources for a Healthy Environment

IAPSMCON/KAR/BLDEDU/365

Impact of educational intervention on menstrual cup usage among degree college going women

Dr. Fathima Kinza, Dr. Deepa LN, Dr. Netra G, Dr. AG Kulkarni

East Point College of Medical Sciences and Research Center, Bengaluru

Presenting author: Dr. Deepa LN

Background: Menstruation associated issues are not discussed enough resulting in ignorance and inefficient menstrual management. The most widely used menstrual product, the disposable sanitary pad, is expensive, contains toxic chemicals and causes infections, clogging of drains and increase in solid waste. The menstrual cup is reusable, cheaper, non-toxic and biodegradable with minimal risk of leakage, foul odour, allergies and infections. Although developed decades ago, its awareness, commercial uptake and usage remains low. Objectives:

To assess the level of knowledge about disposable sanitary products and awareness about menstrual cup among participants, and to determine the proportion of participants that use the cup after an educational intervention. Methods: A longitudinal study was conducted in two segments. A questionnaire was used to assess the participants' knowledge about sanitary products and the menstrual cup, following which the educational session on the menstrual cup was conducted. Participants were followed up after three months to ascertain the proportion of those who start using the cup. Results: In the present study about 97.75% used sanitary pads, 1.1% cloth, 0.9% and 0.2% used menstrual cup & tampon respectively. About 42% of participants had good knowledge while 30.7% had poor knowledge about disposable sanitary products. Study also found 49.4% had good and 27.3% poor awareness about the menstrual cup. Willingness to use the cup increased after education, 18.1% started using it, eco-friendly nature of the cup was the main (73.5%) reason to use and majority (94%) claimed it is worth using in spite of the learning curve. Conclusion: This study indicates the need to increase awareness about the effects of disposable menstrual products and awareness about the menstrual cup which remains largely unknown and underused, and it illustrates the gap between knowledge of the cup and its use, that requires urgent bridging. Keywords: awareness, menstrual products, educational intervention, menstrual cup, usage.

Climate Change

IAPSMCON/KAR/BLDEU/700

Perception of medical students regarding climate change and its effects on general health

Dr. Rohith Motappa, Ms Chaitanya, Mr. Mayur, Mr. Sumanth, Mr. Heet, Mr. Aneesh K, Mr. Darshan, Mr. Sankalp Prabu Kasturba Medical College, Mangalore

Presenting author: Dr. Rohith Motappa

Introduction - Climate change has a wide range of negative impacts on human health. Here are some of the ways in which climate change affects health in general. Heat exhaustion, heat stroke, asthma, allergies, Vector-borne diseases, Waterborne Illnesses, Food Insecurity, and Mental Health. So here we bring up our study to find out the factors affecting climate change and how much negative impact has climate change brought on human health both physically and mentally. Results: Air pollution is the one that concerns most of the participants (168). 87.8% of participants think that the pattern of weather is changing. 63.6% of participants have agreed that air pollution has affected their and their friends' and family's health. 42% of the participants think that local government should take steps in tackling climate change. 39.2% of participants think that individuals are responsible for tackling climate change. 95.1% of participants think that people can work to reduce the effects of climate change. 73.7% of people also think that people are too selfish to do anything about climate change. 76.5% of participants think that pollution from industries are the main cause of climate change. Keywords: Environment, Pollution, Physical Health, Mental Health.

Communicable Diseases

IAPSMCON/KAR/BLDEDU/799

Socio-Demographic Profile, Treatment Outcome & Factors Influencing Outcome among Tuberculosis Cases Treated on Daily Regimen: A Cross-Sectional Study at District Tuberculosis Centre, Uttara Kannada

Naveenkumar G Havale, Girish HO, Megana D, Karwar Institute of Medical Sciences, Karwar, Karnataka

Presenting author – Naveen Kumar G Havale

Introduction: Tuberculosis is one of the leading causes of mortality in India. Measuring, monitoring and evaluating ending tuberculosis outcomes is central to the success of the National Programme. Methodology: Retrospective Cross-sectional Descriptive study involving all registered tuberculosis cases treated on daily regimen using Fixed Dose Combination from period of 1st Jan to 31st Dec 2018 was conducted. Questionnaire derived from patient treatment card was used to collect data from the patient records. Incomplete/missing data were excluded from analysis. Frequency, proportions, mean and chi-square test were used to present and analyze the data. Results: Of the 1243 tuberculosis cases notified, 50.2% were between 15-44years. 64.36% were males. 89.14% and; 10.86% of cases were notified from public and; private sectors respectively. 3.54% were Drug Resistant Tuberculosis cases. Overall treatment success rate was 87%. Treatment success rate among HIV reactive cases was 64.44%. Statistically significant association was observed between age, gender and the outcome of treatment success. Conclusion: A good treatment success rate of 87% was observed. Strategy to improve notification of cases from private sector and among females needs to be strengthened. Keywords: Tuberculosis, treatment outcome, Fixed Dose Combination, treatment success rate.

IAPSMCON/KAR/BLDEDU/FACULTY/092

Knowledge, Attitude, and Practice regarding COVID-19 and its Vaccine in a rural field practice area.

Dr. Rekha Udgiri. Dr. Sorganvi Vijaya. Dr. K. Priyanga
BLDE (DU) Shri.B.M. Patil Medical College, Vijayapura, Karnataka

Presenting Author: Dr. Rekha Udgiri.

Background: The coronavirus disease 2019 (COVID-19) pandemic has affected more than 200 countries causing loss of life and livelihood. The Knowledge, Attitude, and Practice (KAP) of the community will influence the dynamics of pandemic behavior. There is a necessity to understand the public's awareness of COVID-19 at this critical moment to facilitate the outbreak management of COVID-19 in field practice areas. The acceptability of the newly launched vaccine is yet another parameter to be considered, since the vaccine coverage rate among the population is essential for a successful immunization program. The acceptance of the COVID-19 vaccine depends on various socio-demographic characteristics, as well as the beliefs and barriers that may prove to be hurdles during the immunization program. Methodology: The present study was a cross-sectional study; the data was collected in the rural field practice area of the tertiary care hospital. The questionnaires related to demographic details and information related to KAP of Covid infection and vaccine were collected in google form by interview technique. Results: In our study, 94% of them were aware and heard of Covid -19 infection by media, friends and healthcare workers. 80% of them have heard about the Covid vaccine from friends and family (99%), health care workers and the media (77%). Conclusion: The finding of the present study concludes that overall people are aware of Covid infection with regards to its symptoms, route of transmission and preventive methods. Similarly, Covid vaccine and, its side effects in rural areas. Keywords: covid-19, covid vaccine, knowledge, attitude, practices.

IAPSMCON/KAR/BLDEDU/887

Malaria: Knowledge and Preventive Practices of Among Adults of Rural Area.

Rudramma J, Mahesh B, Jannatbi Iti, Gadag Institute of Medical Sciences, Gadag, Karnataka

Presenting Author: Dr. Rudramma J

Background: India contributes 1, 7 % of malaria cases globally and 82.5% malaria cases in South east Asian regions. Due to the COVID pandemic, there was a disruption of health services for various communicable diseases including malaria. With this background the

following study was conducted. Objectives: To assess the knowledge and preventive practices of malaria among adults of rural area. To give them health education about malaria. Methodology: Study design and study area: A community based cross-sectional. Area selected is Binkadkatti subcentre, under Hulkoti PHC, GIMS, Gadag. In a study conducted in rural area of Kolar, knowledge of malaria is 78%. By using the formula $4pq/l^2$, with 10% error, sample size is calculated to be 112. Subcentre Binkadkatti has a population of 3051, with 1057 households, so by systemic random sampling every 9th house will be selected. A total of 117 household will be included in the study. One adult from each of the 117 household will be selected by simple random method. The study participant has to be a member of the selected household who is a resident of that home for at least one year, be 18 years of age or older and know regional language. Informed consent was obtained from all participants. Data is collected using predesigned structural questionnaire which included Socio-demographic characteristics and environmental factors, Malaria related knowledge, Prevention practices. After data collection the people were given health education about malaria. Data was entered in Excel format and analyzed using SPSS software version 20.0. Results: Among 117 adults interviewed, only 54(46.2%) had heard about malaria. Preventive practices like sleeping in bed nets everyday was practiced by 35.9% and 38.5% used mosquito repellents every day. Keywords: Malaria, Knowledge, Practices, Rural area.

IAPSMCON/KAR/BLDEDU/315

Nutritional Status of Adult Patients with Tuberculosis Admitted in Two Hospitals of Mangaluru, Karnataka

Jeshela M, Akshaya K M, Madhavi Bhargava

Yenepoya Medical College, Yenepoya (Deemed to be University), Mangaluru, Karnataka

Presenting Author: Akshaya K

Background: As per WHO estimates in 2020, undernourishment accounts for 19 percent of annual new TB cases worldwide. Anemia in TB is a common condition that may be due to dietary deficiency. Objectives: To assess the nutritional status and to determine the association of socio-demographic/ clinical variables with nutritional status among adult TB patients admitted in two hospitals of coastal Karnataka. Materials and Methods: A hospital-based cross-sectional study was conducted among 150 newly diagnosed adult patients with tuberculosis from April 2021 to October 2022. Patients were interviewed using a pre-designed, structured questionnaire to gather data on their socio-demographic characteristics. A general physical examination, including anthropometric measurements and the Romberg test, was done after this. Blood was collected for a peripheral smear, complete blood count, and serum ferritin examination. Descriptive statistics were computed and reported as mean (SD)/ median (IQR) for continuous variables and as frequencies and proportions for categorical variables. Chi-square test, Independent t-test and Mann-Whitney's test were used to find statistical differences. Results: The median age of the study participants was 47.5 (IQR: 36, 56) years. The mean BMI of the participants was 17.48 (2.96) kg/m², and the mean mid-upper arm circumference was 21.78 (2.21) cms. The mean haemoglobin values of the males and females were 11.12 (1.75) gm/dl and 10.83 (1.52) gm/dl respectively. The most common anemia seen was normocytic normochromic anemia (62.7%). Below poverty line, current tobacco use and pulmonary TB categories were associated with thinness (P Value < 0.05). About 29.3% had risk factors suggestive of a high risk for severe illness. Conclusion: Two third patients were undernourished based on BMI cut offs and 72% were undernourished based on MUAC criteria. The overall prevalence of anemia among the study participants was 83%, of whom 55% had mild anemia and 27% had moderate anemia. Keywords: Tuberculosis, nutrition, body mass index, mid upper arm circumference, anemia.

IAPSMCON/KAR/BLDEDU/315**Knowledge Among Junior Doctors About the Collection and Transport of Samples for Tuberculosis Diagnosis in a Medical College Hospital in Coastal Karnataka, India**

Jeshela Jamal, Akshaya K M, Pavithra H

Yenepoya Medical College, Yenepoya (Deemed to be University), Mangaluru, Karnataka

Presenting Author: Akshaya K M

Background: The accuracy of the TB diagnosis depends on the quality of the collected and transported samples. Inadequate knowledge and practices regarding the collection and transport of sputum samples can lead to false-negative results and delay the diagnosis and treatment of TB. This study was conducted to assess the knowledge of residents and interns about the collection and transport of sputum and other samples for the diagnosis of tuberculosis in a medical college hospital. **Methods:** This was a cross-sectional study conducted among 120 medical interns and postgraduate residents of a medical college hospital in coastal Karnataka, India. Participants were interviewed using a pre-designed and structured questionnaire. The data was analyzed using IBM Corp. Released 2015. IBM SPSS Statistics for Windows, Version 23.0. Armonk, NY: IBM Corp. Descriptive statistics like the mean, standard deviation, and chi-square test were used. A p-value less than 0.05 was considered statistically significant. **Results:** Most of the study participants (76, 63.3%) belonged to the age group of 22 to 25 years and were interns. Nearly three-quarters of the participants (85, 70.8%) were female. Based on the mean score, 69.2% of the participants exhibited good knowledge. Among the socio-demographic characteristics, being a postgraduate resident was associated with good knowledge about the collection and transport of samples (p-value < 0.05). **Conclusion:** Seven out of ten participants had good knowledge about the collection and transport of sputum and other samples for the diagnosis of tuberculosis. Strengthening the training of this category of health workers needs to be prioritized. **Keywords:** knowledge, resident doctors, diagnosis, samples, tuberculosis.

IAPSMCON/KAR/BLDEDU/896**Knowledge, attitude and practice towards COVID 19 among the rural community: a cross-sectional study during outbreak**

Dr. Rahul C Bedre, Dr. Sudheera Sulgante, Dr. Pallavi Kesari Bidar Institute of Medical Sciences, Bidar

Presenting author: Dr. Rahul C Bedre

Background: Corona virus disease 19 (COVID-19) is an infectious disease caused by the newly discovered coronavirus. People's adherence to control measures is affected by their knowledge, attitude, and practices towards COVID-19. Hence, this study was conducted with the objective to assess the knowledge, attitude, and practice towards COVID-19 in the rural field practice area of the Community Medicine Department, BRIMS. **Methods:** This cross-sectional study was carried out among 572 households in the rural field practice area of BRIMS for a period of 3 months (January –March 2022). Personal interview of the households was done using a pretested semi-structured questionnaire after obtaining the consent. Data was entered in MS Excel and descriptive statistical measures like percentage, mean, and standard deviations were calculated. **Results:** Among 572 households, more than half (53.9%) of the interviewed subjects were less than 40 years old. The majority, 94.6% of the respondents responded correctly that the spread of the disease is by close contact with an infected person and respiratory droplets, and 96.2% knew correctly the early sign/s of COVID-19. 94.2% of them had the confidence that the world would win the battle against COVID-19. Most (98%) of the study subjects were taking proper preventive measures while leaving home. **Conclusions:** The majority of the study participants exhibited good knowledge, favorable attitudes, and sensible practices regarding COVID-19. This good knowledge of the study population towards COVID-19 was mainly due

to wide awareness created by the Government through various social media. Keywords: Attitude, COVID-19, Knowledge, Practices.

Non-communicable diseases

IAPSMCON/KAR/BLDEDU/967

Non-Specific Chronic Lower Back Pain among Adults in Selected Areas of Urban Puducherry – A community based cross-sectional study

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Presenting Author: Dr. Sudheera Sulgante

Background: The occurrence of low back pain in India is alarming with nearly 60% of the people in India having suffered from low back pain at some time during their lifespan. While most patients with acute back pain recover rapidly without any treatment, around 10% of those with the condition are at risk of developing chronic low back pain and permanent disability. Non-specific chronic lower back pain (NSCLBP) is a major health concern currently. Being non-specific and chronic in nature along with limited effective treatment options, NSCLBP adds a huge physical, psychological, and financial burden on the individuals suffering from it. **Objective:** To estimate the prevalence of NSCLBP among adults in selected areas of urban Puducherry and to find out the risk factors associated with it. **Materials and methods:** A cross-sectional study was conducted among 1100 adults residing in the urban service areas of JIPMER Urban Health Centre, Puducherry in January 2021. A Semi-structured pretested questionnaire was used to collect sociodemographic details and risk factors related to CNSLBP and JOABPEQ questionnaire was used to screen all participants for CNSLBP. Data was collected using EpiCollect5 mobile application and analyzed using Stata v 14.0. **Results:** The majority were females (59.3%) and in the age group 18-29 years. Chronic illnesses were prevalent among 55.8% of them. The prevalence of CNSLBP was found to be 18.6%. Female gender, increasing age, and increasing BMI were significantly associated with CNSLBP. While physical activity and addictive habits showed no significance. **Conclusion:** CNSLBP is the most common cause of Low back pain compared to other causes and there are very few modifiable risk factors that lead to chronic low back pain. **Keywords:** chronic back pain, Low back pain, chronic pain.

IAPSMCON/KAR/BLDEDU/FACULTY/092

Screening for non-communicable diseases and counseling for risk factors modification in health & wellbeing clinic at a tertiary care hospital.

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Presenting Author: Dr. Rekha Udgiri.

Background: Non-communicable diseases like, diabetes and hypertension are highly prevalent and make a substantive contribution to the global burden of morbidity and mortality in both developing and developed countries. Because lifestyle behaviors have been shown to be effective in preventing and treating several types of diseases that can ultimately lead to a high prevalence of morbidity and mortality, several widely accepted treatment guidelines for specific diseases include lifestyle modification strategies. In our study, we aim to identify the suspected cases of Diabetes Mellitus and Hypertension and the risk factors among screened participants. To give counseling for lifestyle modifications. **Methodology:** It was a cross-sectional study for a period of one year. The participants were patients' relatives, caretakers, and friends who were admitted to the hospital. The sample size constitutes 2247 respondents

who were screened in wellness OPD for a period of one- year. Results: In the present study by investigating random blood sugar tests during screening, we found 18% of them were found to be suspected as diabetics and recording of the blood pressure shows 5% of them were suspected to be hypertension. We observed statistically significant association with risk factors between both the known cases and suspected cases of diabetes mellitus and hypertension. Conclusion: Screening programs can strengthen healthcare system initiatives and reduce the growing burden of both diabetes and hypertension in India. Keywords: Health and wellbeing clinic, lifestyle modification, risk factors, screening, counseling.

IAPSMCON/KAR/BLDEDU/909

A school based interventional study to assess effectiveness of teaching adolescents using Stroke module

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Presenting Author: Dr. Roopa R Mendagudali

Introduction: Childhood and Adolescent are the most important age groups when most of the behaviors are formed. It is quite important to sensitize them towards health and make them health conscious at the right age. Stroke is one of the non-communicable diseases, an important cause of premature death and disability. Prevention is the most readily applicable method which can be achieved by teaching knowledge on stroke. Hence the present study is undertaken to assess the knowledge change among the adolescent age group following education using a structured module on stroke, later leading to attitude and practice change. Methodology: A school-based interventional study was conducted in 2 English medium schools over a period of 6 months from a sample of 73 students using a cluster randomization method to select the class. The required permissions were obtained from the school. A validated pre-tested pre-test was administered to check the knowledge of the adolescent about stroke (10 MCQs). A general validated and pre-tested module on stroke for adolescents was introduced with teachers in place during the session. After 3 months the knowledge will be retested with the same 10 questions. A general questionnaire which was validated and pre-tested on the acceptability and utility of the module was introduced to the students. The data was analyzed using IBM SPSS 20 version for the descriptive data was presented in terms of proportions, means and standard deviation. The paired t-test was used to assess the effectiveness. Results: A total of 73 students participated of which 84% were boys. There was a highly significant difference ($p=0.001$) between the stroke knowledge scores among all the boys and in girls in only one school.

Keyword: Stroke, adolescents, childhood, intervention.

IAPSMCON/KAR/BLDEDU/386

Low level of Physical Activity: Prevalence and factors associated among youth in Rural Shimoga, Karnataka

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Presenting Author: Shashikantha S K

Introduction: Lifestyle changes like low physical activity, unhealthy eating habits among youth have changed the non-communicable disease (NCD) demographics in a drastic way. Various reputed health organizations have advised at least 45-60 minutes of physical activity every day for a healthy today and tomorrow. But, still in the recent decade or so the burden and severity of non-communicable disease patterns among youth have multiplied, the high prevalence of low level of physical activity being the major culprit. Objective: To estimate the burden of low level of physical activity and factors associated with it among youth in the study area. Methodology: A Community based cross-sectional study, carried out among those aged between 15-24 years in the rural field practice area of a medical college in Shimoga. A total of

310 participants were included (4pq/L2). Prior ethics committee approval taken. Pretested semi-structured questionnaire was used to estimate the burden of low level of physical activity. Data analysed using epi info software. Suitable percentage and proportion expressions were given and analysed using parametric and non-parametric statistical tests for better interpretation of the results. Results: A total of 310 participants were included with a mean age of 20±34 years. Fifty six percent of them were females. Sixteen percent of them were underweight and 22 % of them were obese and overweight. Low level of physical activity was found among 12 % in our study subjects. Overweight, age, addiction to social media and gadgets were significantly associated with low level of Physical activity among them. Conclusion: Physical activity level was not enough among 12 % of our subjects. More studies with large representative sample will further enhance the evidence and need for a continuous and regular physical activity for a healthy today and better tomorrow.

Keywords: Physical activity, non-communicable diseases, youth, lifestyle changes.

IAPSM/KAR/BLDEDU/986

Perceptions of Tobacco Users regarding Tobacco Control Policies and Cessation Services in Coastal Karnataka.

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Presenting Author: Dr. Muralidhar M Kulkarni

Introduction: Quitting tobacco is associated with better physical and mental health. Various factors influence a person's decision to stop or continue tobacco use. Globally, quitting behaviour among tobacco users have been widely studied. However, in India studies are there is a dearth of research in this area. There is need for community-based studies on challenges faced by tobacco users, willing to quit the habit. Objective: To explore the barriers, facilitators and motivators pertaining to tobacco control policies and cessation services among tobacco users. Methods: In-Depth interviews (IDI) using purposive sampling was conducted among past tobacco users who have quit successfully (SQ), tobacco users who are willing to quit (WQ) and tobacco users who have failed to quit in the past (FQ). All the interviews were audio recorded, first transcribed verbatim, and subsequently translated to English. Thematic analysis was done and data was managed using ATLAS.ti Trial Version 9. Results: A total of nine IDIs were conducted. The analysis of qualitative data brought out four broad themes viz. belief regarding tobacco use, factors related to quitting behaviour and perception regarding tobacco control policies. Barriers to quit tobacco included low awareness on cessation aids and desensitization to health warnings. Many tobacco users agreed that counselling, health advice from doctors and family support facilitated the process of quitting tobacco. Conclusion: The study offers insights into the factors influencing tobacco use, along with barriers, facilitators and motivators for quitting behaviour. Recommendations include intensifying tobacco control strategies, better access to cessation aids and providing counselling services specific to tobacco users. Keywords: quitting, tobacco, barriers, facilitators, qualitative.

IAPSMCON/BLDEDU/FACULTY/244

Cardiovascular risk assessment among people with type 2 diabetes mellitus in urban slums of central Karnataka, India

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Presenting author: Dr. Shubha DB

Background: The intricate interplay between Type 2 Diabetes Mellitus (T2DM) and cardiovascular diseases (CVD) necessitates a comprehensive investigation into the cardiovascular risk landscape among individuals with T2DM. The burgeoning global burden of both conditions underscores the urgency of targeted research in this area, with the potential

to inform preventive strategies and mitigate adverse cardiovascular outcomes. By unravelling the risk of CVD among T2DM patients and identifying key risk factors, the current research could pave the way for tailored interventions that could have the potential to substantially alleviate the cardiovascular burden associated with T2DM. Aims & Objectives: To assess the cardiovascular risk and its determinants among type 2 diabetes patients. Methods: A cross-sectional study was conducted among known diabetes patients accessing urban outreach clinic serving approximately 20,000 population across 18 urban slums in central Karnataka from September 2022 to June 2023. A pre-tested semi-structured questionnaire was used to collect information on socio-demographic details and CVD risk was assessed using QRISK3 score. Data was entered in MS Excel 2019 and analyzed using IBM SPSSv25.0 and presented in tables & figures. Results: A total of 483 adults above 30 years participated in the study. Among them majority were men (67.9%). Cardiovascular risk factors were found more among males and the 10-year cardiovascular risk assessment prediction through QRISK3 score was higher among males compared to females and it was found to be statistically significant ($13.5 \pm 8.6\%$ vs. $19.5 \pm 10.1\%$, $p < 0.001$). Conclusion: According to comparison of cardiovascular risk variables by gender among diabetic patients using the QRISK3's 10-year risk assessment, males, smokers/tobacco users, obese, and known hypertensives had significantly greater risk. Keywords: Cardiovascular risk; Type 2 diabetes mellitus; urban slums; Risk assessment.

IAPSMCON/KAR/BLDEDU/885

Prevalence of Non-Communicable disease in Geriatrics population of Kalaburagi District: A Cross-sectional Study in Urban Field Practice Area.

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Presenting Author: Dr. Aditya Telkar

Background: Worldwide total population of geriatric was 703 million (9%) in year 2019 according to United Nation report. The geriatric population is estimated to increase to 198 million by 2030 in India. With advancing years, the incidence of communicable and non-communicable disease (NCD) increases. Most of the available studies on morbidity in India are disease specific and fail to provide comprehensive knowledge about NCD. Aims/Objectives: 1. Prevalence of non-communicable disease (NCD) in elderly. 2. Comparison of risk factor associated with non-communicable disease. Methodology: A community based cross-sectional study was conducted among geriatric people in urban areas of Kalaburagi district, Karnataka. Study participants consisted of age 60 years and above were comprised in the study and a sample size of 185 was calculated. Predesigned, pretested and semi-structured questionnaire was used to collect information on risk factor and morbidity status of study participants. Data was computed in excel sheets Microsoft 2013 and using SPSS version 25.0 for utilizing appropriate statistical method to calculate frequency and percentage. Results: Hypertension is the most prevalent morbidity NCD in the urban elderly population 26.49% of Kalaburagi CHC Rajapur. Then followed by diabetes 7.57% and myocardial infarction 1.62%. Chewing and Smoking tobacco found to be having significant association in disease causation in elderly population. Conclusions: Prevalence of NCD like Hypertension, Diabetes, MI etc can be prevented by reduction of the high-risk factor such as Life style changes, Diet Modification, Changing Habits of alcohol and tobacco. Keywords: Urban population, non-communicable diseases, elderly Morbidity, NCD Risk factor.

IAPSMCON/KAR/BLDEDU/458

Screening for High Grade Cervical Dysplasia in Karnataka, India

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Presenting Author: Dr. Yogesh Kumar S

Objective: Screening with visual inspection with acetic acid (VIA) and diagnosis with colposcopy to identify women with high-grade precancerous cervical lesions who were candidates for cryotherapy. **Design:** Prospective cohort study. **Setting:** Primary and urban health centers in Belagavi, Hubballi and Vijayapur, India. **Population:** Women in the age group 30-49 years, premenopausal, with no prior hysterectomy, and no known HIV infection. **Methods:** VIA was performed on eligible women following informed consent. VIA-positive women were referred for colposcopy and biopsy. Biopsies were read by two pathologists independently, with a third pathologist acting as tie-breaker if needed. Chi-square or Fisher's exact tests for categorical data and t-tests or analysis of variance for numeric data were used with all tests two-sided and performed at an alpha 0.05 level of statistical significance. **Results:** A total of 9130 women were screened with VIA. The mean age of all women screened was 37 years (standard deviation, SD = 5.6 years) with 6073 of the women (66.5%) in the 30–39 year range. A total of 501 women (5.5%) were VIA-positive; of these 401 women underwent colposcopy. Of those who had colposcopy, 17 (4.2%) had high grade lesions on biopsy; an additional 164 (40.9 %) had low grade cervical lesions on biopsy or endocervical curettage (ECC) and one woman (0.2%) was found to have invasive cancer. **Conclusion:** This study demonstrates that screening is feasible in an organized fashion and can be scaled up rapidly. However, while inexpensive and allowing for same day treatment, VIA may be too subjective and have insufficient accuracy to clearly identify lesions requiring treatment, particularly in low prevalence and low risk populations, calling into question its overall cost-effectiveness. **Keywords:** cervical cancer, VIA, screening, India, cryotherapy

IAPSMCON/KAR/BLDEDU/320

Assessment of Lung health status by analyzing cough sound using Artificial Intelligence

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Presenting author: Dr. Sindhu.B.M

Introduction: Chronic lung diseases can be Obstructive or Restrictive. Swaasa artificial intelligence platform (Swaasa® AI Platform) is a 'Software as a Medical Device' for screening and diagnostic aid in the assessment of respiratory diseases or conditions. Swaasa aims at providing respiratory healthcare unbounded by location, time, equipment, and technicians. It brings in the functionality of spirometry using audiometric analysis of cough sounds to identify the risk levels. **Objectives:** 1) To determine Lung health Index of a nursing college students 2) To determine the pattern and severity of lung health condition, 3) to correlate abnormal lung pattern with clinical examination and spirometry. **Methodology:** A cross-sectional study was conducted among students of a nursing college in Central Karnataka in June 2023. Swaasa AI app, which has a no-objection certificate from India's CDSCO, was used for the study. Based on the cough sound of participant, using AI, Swaasa analyses 1) the pattern of the respiratory condition as normal/ obstructive/ restrictive/ mixed, 2) presence or absence of lung risk, 3) severity of lung health risk. Using the parameters like underlying respiratory condition, pattern of respiratory condition, severity of pattern, cough count values, symptoms experienced) Swaasa derives 'Lung Health Index' based on a proprietary algorithm. Based on the Lung Health Index value, lungs are normal / requires reference to a doctor. The data collected in the app was downloaded as MS excel spread sheet and analysed using SPSS 20. **Results:** A Total of 122 students participated in the study. Lung health risk was present in 58.2% participants. Severity was low in 50.8%, followed by normal (48.4%) and high (0.8%). Abnormal lung pattern was seen in 21.3% (Obstructive 14.8%, restrictive 2.5% and mixed in 4.1%). Significant

association was observed between Lung health Index and risk, pattern, severity. Keywords: Respiratory conditions, Artificial intelligence, Machine learning, Deep learning, Cough sound characteristics.

IAPSMCON/KAR/BLDEDU/186

Fagerstrom Test for Nicotine Dependence – A screening tool to assess the severity of nicotine dependence in rural areas of Kolar district.

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Presenting author: Dr. Basanagouda K Patil

Introduction: Tobacco use is the single largest preventable cause of death and disability worldwide. Nicotine dependence is known to be one of the strongest addictions. There are several simple screening tools to assess the severity of nicotine dependence among tobacco users. Objectives: 1. To assess the grades of severity of the nicotine dependence among current tobacco users aged 15 years and over in rural areas of Kolar district using Fagerstrom test for nicotine dependence (FTND) scale; 2. To give suitable recommendations for the addressing nicotine dependence problem. Material & Methods: It was a cross-sectional descriptive study with a sample size of 282 subjects of 15 years and above in Chikkatirupati village. Nicotine dependence was assessed using standard Fagerstrom tobacco nicotine dependence scale (FTND). Results: The prevalence of tobacco use was 32.9%. The prevalence among rural males was 39.6% and among rural females it was 26%. More than 60% of the current tobacco users showed high or very high nicotine dependence on FTND assessment. Together high and very high nicotine dependence affected about 46% of females. Only about 15% of females and 9% of males showed very low dependence. The knowledge of health hazards of tobacco was poor, and more than half of the current users expressed a desire to quit. Conclusion: Nicotine dependence was noticed to be high among current tobacco users in Chikkatirupati village. Addressing these factors and providing tobacco cessation services should be included as key strategies in tobacco control. Keywords: Tobacco use, Nicotine Dependence, Sociodemographic factors, FTND.

Mother and Child Health

IAPSMCON/KAR/BLDEDU/180

Health Status of School Children in a Rural Field Practice Area of a Medical College in Ramanagara district: A Cross-sectional Study

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Presenting author: Dr. Brunda NK

Background: School health plays a vital role in community health. School children are susceptible to stress, tension and illnesses because all children belong to different socioeconomic and cultural background and with different immunity status. Most of the children during the developmental period are vulnerable to many non-communicable diseases such as dental caries, anemia, visual and hearing defects. Objective: 1. To assess health status of school children in a Rural Field Practice Area of a Medical College. 2. To determine the association of health status with socio-demographic factors. Methods: The present school-based descriptive cross-sectional study was conducted in the rural Field Practice area of a medical college from February to July 2023. A two-stage sampling strategy was used to select study subject among 10 schools. A total of 639 students who were present at the time of survey were included in the study after taking assent. A pre-designed, semi-structured, proforma was used to record history and information regarding anthropometric measurements, physical

examination, clinical findings. Data was analysed using Open Epi info 7.0 and expressed as frequency, percentage & chi-square test for association. Result: Out of 639 school children majority 359(56.2%) were male students and majority 629(98.4%) were Hindu by religion. About 515(80.6%) belong to nuclear family, 314(49.1%) belong to class III followed by Class IV 153(23.9%). Among the study subjects it was found that the highest education attained by mothers was high school 233(36.5%) and fathers were illiterate 252(39.4%). The most common problems observed were dental carries 224(35%), anemia 224(35%), refractive errors 194(30.4%). Conclusion: The common problems observed were dental caries, anemia and refractive errors. Regular screening, health education and ensuring implementation of school health services in the rural schools will help in reduction of preventable diseases among school children. Keywords: Health status, Dental carries, Anemia, School children.

IAPSMCON/KAR/BLDEDU/991

The Role Of ‘Iron and Folic Acid Syrup’ In Prevention of Anaemia Among Pre-School Children.

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Presenting Author: Dr. Ranganatha S C

Background: Anaemia is a major public health problem in India with prevalence of more than 50% amongst children and adolescents. National Family Health Survey - 5 data depicts the prevalence of anaemia among pre-school children in India was 67% (Karnataka – 65%). In India, efforts have been made during last 50 years to reduce the prevalence of anaemia mainly through iron supplementation. Objective:1. To determine the prevalence of anaemia among pre-school children.2. To determine the efficiency of ‘Iron and Folic acid syrup’ intervention in reducing anaemia. Material And Methods: A cross-sectional study was conducted on pre-school children (3-6 years) attending selected Anganwadi centres from June 2022 – April 2023. The ethical clearance for the study was obtained from the Institutional Ethical Committee (IEC). A total of 288 children were examined and followed up. Demographic details, anthropometric measurements, haemoglobin were recorded and were followed up for 6 months. Haemoglobin was estimated at 3rd and 6th month using digital haemoglobin meter and was classified into either normal, mild, moderate or severe anaemia. Data was analyzed using SPSS software. Repeated measures of ANOVA were used to test the significant mean difference between quantitative variables. Results: There was equal ratio of male and female. The prevalence of the anaemic children was 57.6% (Mild – 32.6%, Moderate – 22.9%, Severe – 2.1%). Of the 166 (57.6%) anaemic children on pre-intervention, 146(88%) and 166(100%) became non anaemic on first and second intervention respectively. The mean haemoglobin of the study subjects before and after intervention (3rd and 6th month) was 10.24 ± 1.179 and 11.16 ± 0.668 , 12.44 ± 0.706 gram% respectively. There was a significant mean difference among the intervals. Conclusion: There was a significant improvement in the haemoglobin after the “Iron and Folic acid syrup” intervention.

Keywords: Anaemia, Haemoglobin, Intervention, Iron and Folic acid syrup, preschool children.

IAPSMCON/KAR/BLDEDU/262

To assess the compliance of iron and folic acid supplements among pregnant mothers attending urban health Centre of a medical college: A Cross-sectional study.

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Presenting Author: Dr. Muhammed Muntazeem. G

Background: Iron and folic acid are the essential micronutrients for normal human physiological function, growth and development for maintenance of life. Maternal anemia is

associated with mortality and morbidity among the mothers and baby which also includes the risk of miscarriages, stillbirths, prematurity and low birth weight. Objectives: To assess the compliance of Iron and folic acid among pregnant women attending Urban Health Training Centre of Subbaiah Institute of Medical Sciences, Shivamogga. Materials and Methods: A cross-sectional study was conducted among the 351 pregnant women attending Urban Health Training Centre, Tunganagar from 1st June 2022 to 31ST August 2022. Data were entered in MS Excel and analyzed using SPSS v20, presented in the form of frequencies. Results: In this study the compliance to IFA tablets was found to be 76.6% among the total participants. Education, type of family, gravidity, number of antenatal care (ANC) visits and current and previous anemic status are significantly related to the compliance of IFA tablets. Conclusion: This study reinforces the improvement in the method of Iron and folic acid supplements distribution system according to existing national guidelines and training and sensitization of healthcare workers are necessary for achieving better compliance among pregnant mothers. Keywords: Compliance, Iron -Folic Acid Supplements, Shivamogga

Geriatrics and Nutrition

IAPSMCON/KAR/BLDEDU/242

Falls and Functional Status among the Elderly Population in a Rural Area of Dakshina Kannada District – A Cross-sectional study

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Presenting author: Dr. Poonam R Naik

Background: Falls are one of the most common geriatric syndromes threatening the independence of older persons and are leading cause of deaths and disabilities among elderly. Objectives:1. To assess the prevalence of falls among the elderly population and study the factors influencing falls in the study area.2. To assess the functional status following the fall among the elderly population using Katz Index of Independence in Activities of Daily Living. Methodology: A cross-sectional study was conducted among 348 elderly in a rural area of South India. Data was collected by house-to-house visit. Information was gathered using predesigned and pretested semi structured questionnaire through interview method. Information was obtained from the study subjects regarding their socio-demographic profile. Information was also obtained about falls that have occurred in one year period prior to the interview and its epidemiological factors. Information was collected using the Katz Index of Independence in Activities of Daily Living to assess the functional status following the fall. Results: Most of the study population aged between 60 to 65 years and were females. Prevalence of falls was 29.1%. Most of the individuals in the study group had one episode of fall (79.8%), tripping was the most common nature of fall (37.5%). Major type of injury following falls was concussion and fracture (18.3% each), 13.5% were treated at hospital. Following falls, 69.2% of the individuals suffered moderate dependence in their daily activities. Age and gender were statistically significant with prevalence of falls. Type of treatment after falls was statistically significant with functional status. Conclusion: Majority of the participants had moderate and high dependence in their daily activities following fall and required treatment at hospitals. This reflects significance of falls prevention programs and early management and rehabilitation to reduce dependency.

Keywords: Elderly, falls, risk factors, activities of daily living and independence.

IAPSMCON/KAR/BLDEDU/546

Malnutrition: A silent emergency. Role of 'Health Mix' in alleviating malnutrition among 3-6 year children

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Presenting Author: Dr. Asha B

Introduction: Malnutrition among under-five children is a major public health problem in India and is named the "silent emergency" by the United Nations Children's Fund. Though under ICDS, supplementary food is been provided; malnutrition still remains one of the major problems and needs to be re-considered to be tackled with innovative methods. Objective: 1. To determine the prevalence of malnutrition among preschool children. 2. To assess the impact of the 'Health mix' intervention in reducing malnutrition. Methodology: This was a cross-sectional study conducted for a period of 9 months on preschool children (3-6 years) attending Anganwadi centers from June 2022 – Feb 2023. Baseline demographic details along with anthropometric measurements were recorded. The malnourishment of the children was categorized into normal, mild, moderate, or severe based on WHO growth charts. Those who were malnourished were provided a "Health mix" and were followed up for 3 and 6 months. Anthropometric measurements were recorded again at the end of the intervention periods. Data was analyzed using SPSS software. Descriptive statistics of the explanatory and outcome variables were calculated by the mean, standard deviation for quantitative variables, frequency, and proportions for qualitative variables. Repeated measures of ANOVA were used to test the mean difference of weight at the end of intervention periods. Results: The prevalence of malnourished children was 41.3% (Mild – 8.4%, Moderate – 76.47%, Severe – 15.12%). The mean weight of the study subjects before and after the interventions (3rd and 6th month) was 13.81 ± 2.20 , 15.45 ± 2.19 , and 15.89 ± 2.01 kg respectively. There was a significant mean difference in weight gain between the two intervals (p Value; 0.005). Conclusion: There was a significant improvement in weight gain after the "Health mix" intervention.

Keywords: Anganwadi, Health mix, Malnutrition, Preschool children, Weight.

IAPSMCON/KAR/BLDEDU/939

Effectiveness Of Nutrition Education as Intervention on Complementary Feeding Practices & Growth of Children in Rural Area.

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Presenting Author: Dr. Vidya Mallesh

Objective: The nutritional education about complementary feeding was imparted & changes in Minimum-Meal-Diversity, Minimum-Meal-Frequency & growth of the children was assessed between intervention & control-group. Design: Interventional-study. Intervention-Setting: Study was conducted in 2 villages of Vijayapura-district 5 Anganwadi's from each village were selected for study Eligibility: All together 133-Mothers with the children in the age-group 6-12months who gave consent were enrolled in the study, (66-in intervention-group & 67-in control-group) Data analysis: The data obtained was analyzed using SPSS version 17. Categorical variables compared using chi-square-test, quantitative-variables were compared using independent-t-test & Mann-Whitney-U-test. The follow-up results within-groups were compared using Friedman-test, Out-come-measure: Primary-outcome: improvement in MMD, MMF Secondary-outcome: WAZ, HAZ & mid-arm-circumference. Results: Overall intervention-group showed better weight-gain than control-arm significant-difference was observed in WAZ, i.e. 1.36 v/s 1 (P Value; 0.0017*) & HAZ -3.82 v/s -4 (p Value; 0.00078*) respectively. In Intervention-arm mothers following MMF significantly-increased & was statistically-significant. There was significant-increase in the proportion of mothers using MMD in the child's-diet compared to mothers in control-group (P Value; 0.0001*).

Gender-differences in mean WAZ-scores & HAZ was observed in both groups persistently throughout the study-period and; was statistically-significant. Conclusion: Program interventions need to understand the local-practices & needs of mothers & tailor interventions to improve the child-feeding-practices including hygienic-practices with regular follow-ups, is vital to prevent the vicious-cycle of malnutrition. Article-Summary: Strength-and-limitation of this study Health-Education, educational-material & counseling-session at frequent-intervals were imparted to see the change in complementary-feeding-practice and child-growth. Not many studies have-been undertake using health-education as an intervention in Indian-Literature & our-study results showed positive-out-come. non-randomized intervention & 2-follow-ups in short-duration due-to feasibility & time-constraint to finish the study. Keywords: Educational intervention, nutritional education, complementary feeding.

IAPSMCON/KAR/BLDEDU/094

Exploring Dietary Diversity among Pregnant Women and the Factors influencing their Food Choices -A cross-sectional study

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Presenting author: Dr. Vijaya Sorganvi

Introduction: Dietary Diversity refers to the variety of food groups or individual foods that someone consumes over a specific time frame. Having a diverse range of foods in the diet is advantageous as it provides a rich supply of both essential macronutrients and micronutrients, thereby ensuring the nutritional needs are adequately met. Micronutrient deficiencies during pregnancy are of paramount concern due to their widespread occurrence and significant public health implications. One effective approach to combatting these deficiencies is through dietary diversification, which addresses both micronutrient and macronutrient gaps in nutrition, especially in Pregnancy. Objectives: 1. To assess the dietary diversity among pregnant women residing in rural and urban areas. 2. To identify the factors related to low dietary diversity. Methodology: A Cross-sectional study was conducted among pregnant women in rural and urban field practice areas of Shri BM Patil Medical College Hospital, Vijayapura. After obtaining the consent, Data was collected using the Semi-structured questionnaire which comprised the socio-demographic factors, and dietary diversity was calculated by DDS-W. Statistical analysis was done by using SPSS V26. Keywords: Dietary Diversity, Pregnant women, Micronutrient deficiency.

Occupational health

IAPSMCON/KAR/BLDEDU/513

Assessment of Noise-Induced Health Hazards among the Welders in Mysuru city: A Cross-Sectional Analytical Study

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Presenting author: Dr. Nayanabai Shabadi

Background: Occupational exposure to noise is a significant concern in the welding industry, posing potential health hazards to workers. This study aimed to assess the prevalence of noise-induced health hazards, knowledge regarding these hazards, and the practice of preventive measures among welders in Mysuru City. Methods: A cross-sectional study was conducted & data was collected from welders in Mysuru City, including noise exposure levels, perceived stress levels, insomnia prevalence, and demographic characteristics. The association between the number of years of noise exposure and auditory/non-auditory health effects was analysed. Participants' awareness of noise-induced health hazards and the use of protective equipment

were also evaluated. Result: The study included male participants, predominantly below 30 years of age, with a majority (74.3%) belonging to the Muslim community. Decreased hearing (11.5%) and sleep disorders (3%) were reported by participants. About half (53.7%) were aware of noise-induced health hazards, with a high usage of safety glasses but limited use of earplugs. Most had exposure to noise for less than 5 years. Moderate levels of perceived stress and low prevalence of insomnia were observed. Significant associations were found between the number of years of noise exposure and both auditory/non-auditory health hazards, as well as between age category and auditory health effects. Conclusion: The study reveals the prevalence of noise-induced health hazards among welders in Mysuru City and highlights the importance of promoting occupational health and safety measures. Raising awareness and encouraging the use of protective measures are crucial to mitigate the adverse effects of noise exposure in the welding industry.

Keywords: noise-induced health hazards, welders, occupational exposure, Hazard Prevention, perceived stress, insomnia.

IAPSMCON/KAR/BLDEDU/100

Health Profile of Working Fishermen in Coastal City: A Cross-Sectional Study

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Introduction: Fishing community is one of the unique, traditional and endemic community. Fishing is one the major occupation of Uttara Kannada district. Fishermen are a vulnerable group with some unfavourable life styles and vulnerable for injuries, skin and respiratory allergic manifestations and certain other diseases. Local surveys need to be conducted to understand the extent of morbidity patterns among fishermen and thereby devising a policy approach to suit the local needs. Methodology: This study was done as a population based cross – sectional study among the fishing community in Karwar which is located at coastal boundary of Uttara kannada district, Karnataka. The study was conducted for a period of 6 months from June to December 2019. All the families of Fishermen community coming under field practice area of Chittakula UHC of the Govt medical college of the district were constituted as a part of our study. A total of 472 families resided in the area constituting of 1419 population of which 724 working members in the occupation of fishing. Result: Among them Percentage of male working members 33.1% (470) and 17.9% (254) were female working members. It was seen that 79.1% of males and 23.3% of females were literates. 32.1% were below the age of 20 years, 37.6% were between 21-40 years and 30.3% constituted above 40 years. It was found that 64.08% (464) of the working people in fishing sector had one or the other morbidity. Conclusion: There is a high presence of musculoskeletal disorders, respiratory diseases, skin problems, non-communicable and communicable diseases in the fishermen community. Keywords: Health, Fishermen, Coastal city.

IAPSMCON/KAR/BLDEDU/570

Tobacco Use and Oral Premalignant Lesions among Auto Rickshaw Drivers in Belagavi, North Karnataka

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Presenting Author: Dr. Amaresh P. Patil

Background: Auto-rickshaw drivers (ARDs) are under constant physical and mental pressure due to illiteracy, poverty, lack of awareness about hazards of addictions, and other factors that lead to various habits majority being tobacco use. Studies have found that tobacco use is very prevalent among ARDs in comparison to general population. Tobacco use is commonly

associated with cancers. Oral Pre-Malignant Lesions (OPMLs) are strongest risk factor for majority of oral cancers. We studied the prevalence of OPML among ARDs of Belagavi and their association with tobacco use. Methods: It was cross-sectional study conducted among 600 regular ARDs of Belagavi City during January to December 2016. We selected two ARDs that were the last in line from 300 major auto-rickshaw stands. We adapted the questionnaire from Global Adult Tobacco Survey questionnaire. After getting informed consent, we collected the data by personal interview and performed an oral visual examination for OPML for all the study participants. Data were analyzed using SPSS software. Institutional Ethics Committee approved the study. Results: Prevalence of tobacco was 62.17%. Cigarettes (87.05%) were most commonly smoked form, while gutkha (54.93%) was most common smokeless form. The mean duration of tobacco use was 15.31 ± 10.29 years. One-third of participants (30.17%) had OPMLs. Leukoplakia (18.83%) was the most common lesion followed by Oral Submucosa fibrosis (14%) and buccal mucosa (24.33%) was the most common site. OPMLs were significantly associated with tobacco use, use of smokeless form, smoke form and with duration of tobacco use, duration of smokeless tobacco use, and smoke form of tobacco. Conclusions: About 30% of ARDs had an OPML. Chewing tobacco, gutkha, lime with tobacco, and cigarette were significantly associated with OPML. Recommendations: Establishing a workplace tobacco cessation model for this group and targeting tobacco cessation activities for young ARDs to prevent future addiction and health hazards. Keywords: Auto rickshaw drivers, Karnataka, oral cancers, oral premalignant lesions, tobacco.

Mental health

IAPSMCON/KAR/BLDEDU/141

Unpacking Suicide and Self-Harm Reporting in Kannada Print News Media during the COVID-19 Pandemic: A Language and Meaning Analysis.

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Presenting author: Sumanth M M

Introduction: suicide rates in India are higher than the global average. The studies have described the association of suicide with covid 19 in the Indian context. Suicide reporting in print news media plays a significant role in shaping public perceptions and understanding of this complex issue, particularly relevant during the pandemic. Hence it is crucial to carefully monitor suicide media coverage and ensure accurate reporting. Objectives: To explore how is suicide described, what words and expressions are used in Kannada news print media, and how appropriate are those within the cultural contexts. Methodology: This is combination of content & discourse analysis to facilitate the exploration of emotions, conceptualization, and analysis of suicide reporting structuring and interpretation. Kannada newspapers (Vijaya Karnataka & Prajavani – Mysore edition) from June 2020 -August 2021 were collected and screened for mention of suicide or self-harm and covid. A total of 868 hard copies of the dailies were screened of which 26 (2 duplicates) articles were retrieved. NVivo was used to facilitate data management and analysis. Findings: All the titles used self-harm or suicide terms but not covid. The descriptors and adjectives used in the titles attributed either blame (lack of family support) or emotions such as anxiety, fear, loss, lack of control and power, feeling depressed, anger and distress over inappropriate use of political influence and power. The framing of phrases in some titles made explicit reference to reasons for suicides. There were limited attempts in articles to present a complex set of factors influencing individuals' thoughts and decision-making processes. The notions of closeness and interdependence, along with the support derived from familial bonds, and the impact of lack of such support were apparent. Conclusion: Study

highlights potential ethical concerns & biases in reporting. A responsible approach on reporting on mental health issues is recommended. Keywords: suicide, Media, Covid19.

IAPSMCON/KAR/BLDEDU/602

Internet usage among young population and its relation with anxiety, depression, stress and self-esteem

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Presenting author: Dr. Leena Rahul Salunkhe

Background: Excessive use of internet brings change in mood, associate inability to regulate the amount of time spent with the Internet, withdrawal symptoms once not engaged, a affecting social life and adverse work or academic consequences which suggests symptoms related to depression, anxiety and stress and along with that it also affects self-esteem of the students. **Aim of this study is to identify association of internet addiction with anxiety, depression, stress and self-esteem. Materials and Methods:** A cross-sectional study of 200 students, resident of urban and rural population in the locality of Sangli district Maharashtra India were selected by simple random sampling having an access to the internet. The association of Young's Internet addiction scale was used along with DASS-21, Rosenberg self-esteem scale for comparison in both urban and rural population. **Result:** The prevalence of depression, anxiety and stress in both urban and rural area is 56%, 82% and 84% respectively. After we compared the internet addiction with psychological variables, we have found that 83.33% students in rural area exhibit signs of depression. Apart from that, 91% and 89% students from urban and rural area respectively have self-esteem within normal range. **Conclusions:** Internet usage has a robust impact on young population. Multi-sectoral approach plays an important role to promote healthy use of internet among urban and rural youth population. **Keywords:** Internet, stress, self-esteem.

IAPSMCON/KAR/BLDEDU/172

Happiness and its determinants among Adults: A Cross-sectional study

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Presenting author: Jannatbi L Iti

Introduction: Happiness help people maintain their physical health by protecting them against illness and help them to overcome their psychological difficulties, such as stress etc. The effect of happiness on longevity in healthy populations is remarkably strong.¹ Understanding the happiness of people and its determinants will have positive impacts on health and productivity and thereby improves the mental health & quality of life.⁴ Hence a need was felt to assess the happiness and its determinants among adults of Gadag. **Aims and Objectives:**1. To assess the happiness among adults of Gadag.2. To assess the socio-demographic and health related determinants of happiness. **Methodology:** A community based cross-sectional study was conducted for 6 months among adults from rural (Mallasamudra) & Urban (Gadag city) areas of Gadag, North Karnataka. Permanent residents aged above 18 years and who gave informed consent were included in the study whereas adults with mental disorders, severely ill, specially-abled and medical emergencies were excluded from the study. Sample size was calculated using formula $n = 4 pq/l^2$ where $p = 50\%$, $l = 10\%$ relative error with 95% level of confidence, $n = 400$ (200 for rural 200 for urban). After obtaining informed consent in local Kannada language the study subjects were selected by purposive sampling and interviewed using pre-designed and pretested questionnaire containing information about socio-demographic profile, and health determinants of happiness including "OXFORD HAPPINESS QUESTIONNAIRE".⁵ **Statistical Analysis:** Data was entered in excel sheet and analyzed by using SPSS statistical software trial (version 16) and proportions and the chi-square test etc was applied. **Results:** Among the study subjects 211 (%) were males and 189 (%) females and

mean (\pm SD) age of the study subjects were 35.84 (\pm 12.34). The further results will be revealed during the presentation.

Keywords: Happiness, Health related determinants, socio-demographic determinants.

IAPSMCON/KAR/BLDEDU/909

The Smartphone use and Nomophobia among Medical interns in a private medical college of North Karnataka

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Presenting Author: Dr. Roopa R M endagudali

Background: In recent years popularity of Smartphones has risen to an unimaginable extent for people to stay away from them for a minute. A feeling of discomfort or anxiety experienced whenever unable to use the smartphone termed “Nomophobia” [No Mobile Phone Phobia] has been observed following excessive usage. Thus, the study was conducted to assess Smartphone use and Nomophobia among medical interns who are using smartphones. Methods: A cross-sectional study was conducted among 122 medical interns of the 2022-23 batch over a period of 2 months. The sample was selected by universal sampling. The questionnaire consisting of 3 sections: demographic information; the usage patterns of Smartphones; and 20 questions (NMP-Q) with a 7-point Likert scale, was used to collect data. Data was analyzed using IBM SPSS Version 20. A chi-square test was used to test the association and $p < 0.05$ was considered significant. Results: The study indicates that 48.4% of people use their phones more than 5 hours a day. Over 18% tend to check their phones more than 50 times a day while 25% check as frequently as every 10-20 minutes. The prevalence of nomophobia was 100% among smartphone users. Based on the severity, 53.2% of the students had moderate nomophobia. While nearly 10% were suffering from severe nomophobia. The overall highest mean score was for the ‘worried because my family and/or friends could not reach me’ dimension of nomophobia and the lowest for ‘feel anxious because I could not check my email messages. Conclusion: Nomophobia is an emerging behavioral problem and is of serious concern that all the interns were suffering from nomophobia, with varying grades of severity. Interventions like increasing awareness regarding the harmful effects of smartphone addiction are the need of time. Keywords: Nomophobia, Smartphone, anxiety, interns.

IAPSMCON/KAR/BLDEDU/367

Assessment of Attention Deficit Hyperactivity Disorder (ADHD) Prevalence and Impact among Students

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Presenting author: Dr. Shekhar Kumbhar

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder affecting children and adults. This study aims to investigate the prevalence of ADHD symptoms among students aged 16 and above in Karad Taluka, Maharashtra, India, and assess the impact of factors such as Education, Occupation, and Addiction of Parents on these symptoms. The study used a cross-sectional design and a pre-designed validated questionnaire based on the ADHD Self Report Scoring Scale. After obtaining ethical clearance, the study was conducted at two educational institutions in Karad, Maharashtra. Results indicated a prevalence rate of 10% for self-reported ADHD symptoms based on the ASRS screener Part A. Additionally, 21.67% of students were found to be at risk of ADHD based on the ASRS screener Part B, which aids in the diagnosis. While a higher prevalence of ADHD symptoms was observed among male participants, no statistically significant association was found between ADHD symptoms and factors such as Education, Occupation, or Addiction of Parents. These findings underscore the need for early detection and management of ADHD in college students to address the social and psychological challenges they may face in their educational, occupational and familial

lives. Strategies for prevention and support, such as developing social skills through role-playing, encouraging safe online interactions, and providing positive Feedback is highlighted as potential ways to mitigate the impact of ADHD. In conclusion, despite the challenges posed by ADHD, proper support and interventions can empower students to develop essential skills and gradually take ownership of their learning, potentially leading to a reduction in the impact of adult ADHD. This study sheds light on the prevalence and effects of ADHD symptoms among students, providing insights that contribute to better understanding and management of this condition. Keywords: prevalence, ADHD, students, impact.

IAPSMCON/KAR/BLDEDU/320

A Cross-sectional Study on Internet addiction, Stress and Sleep Quality among Health Sciences Students

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Presenting author: Dr. Sindhu.B.M

Background: Problematic internet usage is on a growing trend among adolescents and adults including students. It has a negative effect on physical, mental health, sleep quality etc. Objectives: to assess the level of internet dependence, quality of sleep, stress among nursing and medical students. The association between them were also studied. Materials and Methods: Internet addiction was assessed using Young's Internet Addiction Test. Sleep quality was assessed using Pittsburg Sleep Quality Index (PSQI). Perceived Stress Scale 4 (PSS-4) was used to assess stress. Data was analysed using SPSS 20. Results: A total of 97 students participated in the study. 51.5% were nursing students. Rest were medical students. Majority of them stayed at hostel (71.1%). 67% had scored > 80% in their pre-University course exams. 52.6% were spending more than 3 hours per day on internet. Maximum internet usage was for Instagram/Facebook/WhatsApp/chatting (50.5%), followed by Web series/ movies/ entertainment related (27.8%). Majority of students used internet at night (69.1%). According to Young's Internet Addiction Test, 51.5% had normal level of internet usage, 36.1% had mild level of Internet addiction, 12.4% had moderate level of Internet addiction, none had severe dependence upon internet. PSS 4 mean score was 7.5 + 2.6. Mean PSQI score was 5.9 + 3.3. Positive correlation was seen between Internet addiction and Pittsburgh Sleep Quality Index (Spearman's rho=0.366, p 0.05), PSS-4 scores and Pittsburgh Sleep Quality Index (Spearman's rho=0.338, p< 0.001). Conclusion: Nearly half of the students were addicted to internet. Positive correlation was seen between internet addiction, sleep quality, stress levels. Keywords: Internet addiction, University students, Perceived stress, Pittsburg Sleep Quality Index, Young's Internet Addiction Test.

Health care system

IAPSMCON/KAR/BLDEDU/854

Assessment of Integrated Child Development Services in villages under field practice areas of a medical college in North Karnataka

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Presenting author: Dr. Shrinivas K Patil

Background: Integrated Child Development Services (ICDS), one of the world's largest community-based schemes is intended for Maternal and Child Care which adopts a holistic, lifecycle approach. Main focus is on health, nutrition and education. Despite the program running for four decades its impact on its beneficiaries is still slow. The Anganwadi worker and helper are the grass-root functionaries running this program through Anganwadi centres. To

promote early childhood care, frequent evaluations of the scheme have been conducted across the country. Hence this study was conducted to assess the services of the Anganwadi centres. Objective: To assess the ICDS services in villages under field practice areas of a medical college in North Karnataka. Method: A Descriptive Cross-sectional study was conducted at all the 18 Anganwadi centres (AWCs) of two villages which are under the field practice area of S. Nijalingappa Medical College, Bagalkot. The study was conducted from May to August 2023. All the AWCs visited were evaluated with respect to infrastructure facility of the centre, record keeping activity & knowledge of AWWs, availability of essential drugs & logistics. A total of 18 centers were assessed. 94% (17) centers operated from pucca buildings. All the anganwadis had their own allotted building. In 89% (16) of the AWCs, a growth chart was available and 83% (15) AWWs were using it accurately. A total of 12.5% children were underweight including 11.7% moderately and 0.8% severely malnourished children. Only 33% of the AWCs reported 100% preschool education (PSE) coverage among children and only 35% children were regularly attending the AWCs. Regular health checkup of beneficiaries was done in 60% centers. Low pay scale, poor community support, more of documentation work, untimely drug supply, increased work burden, and lack of incentives for the increased work were the main difficulties of Anganwadi workers. Keywords: Assessment, ICDS, Anganwadi centres.

IAPSMCON/KAR/BLDEDU/460

Awareness and utilization of Ayushman Bharat - Arogya Karnataka (AB-ArK) Scheme in the urban slum population of Belagavi, Karnataka

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Presenting author: Dr. Shivaswamy M.S.

Introduction: The 'Ayushman Bharat National Health Protection Scheme' was introduced in the 2018 Union Budget (National Health Policy 2017), with the primary goal of providing health assurance to BPL (Below Poverty Line) households, allowing the bottom 40% (50 crore people) of the population to avail healthcare benefits without much financial risk. This was done by providing a cover of Rs 5,00,000 to BPL families that enrolled in the scheme. Objectives: The objective of the study was to assess the awareness of residents of the urban slums in Belagavi about AB-ArK scheme as well as the utilization of the scheme. Methods: Community based Cross-sectional study was done among 200 residents of urban slum in UHC Ashok Nagar, attached to JNMC were interviewed in Belagavi city, Karnataka. Pre-designed, pre-tested questionnaire was used. Ethical approval from the medical college was obtained. Written informed consent was obtained from all participants. Results: The mean age of the interviewees was 25 years. 54% of the participants were female. 66% had monthly income below Rs. 20,000 and 83% had a BPL ration card. 82% of the participants were aware of the scheme and 83% were eligible. Of these, only 69% had applied and 97% received it. 25% of recipients used it. Only 18% of users took out loans and 81% received reimbursement after the operations while 15% hadn't received it at the time of interview. 93% had significant "Out of Pocket Expenditures" (OOPE). Overall Opinion about the scheme was generally favourable. Conclusion: The participants knew about the scheme; their knowledge was mostly superficial. A considerable number of participants that held the AB-ArK card had not used it, despite having medical expenses, due to their lack of knowledge about the scheme. Other participants that did not apply for an AB-ArK card, despite being eligible. Keywords: Awareness, utilization, Ayushman Bharat - Arogya Karnataka Scheme (AB-ArK), urban slum population.

IAPSMCON/KAR/BLDEDU/FACULTY/051

Health Seeking Behaviour Among the Farm House Residents in Vijayapura District, Karnataka.

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Presenting author: Dr. Sandeep.G. Yankanchi

Background: Health seeking behaviour as defined by Kasl and Cobb is any activity undertaken by individuals who perceive themselves to have a health problem or to be ill for the purpose of finding an appropriate remedy. More often than not, a country has a mixture of both public and private health care systems to ensure an equitable distribution of quality health care. Objectives: To identify the health seeking behaviour and distance travelled to access the health care among the farm house residents. Material And Methods: A cross-sectional study was conducted among the farm house residents in rural areas of Vijayapura district. A Sample of 450 farm house residents were interviewed by pre-structured proforma containing information regarding socio demographic profile, health seeking behaviour and distance travelled to access the health care among the farm house residents. In each Taluka, the selection of households was done by considering villages as the primary sampling unit (PSU). PSUs were selected with probability proportional to size sampling and 5 households in a selected PSU were selected by random sampling. All characteristics were summarized descriptively, Chi-square (χ^2) test was employed to determine the significance of differences between groups for categorical data. Results: The findings of the present study among farm dwellers in the rural area of Vijayapura district revealed that majority of the participants took treatment from government hospital (21.8%) followed by private practitioner (7.6%) when they are sick and majority of participants travelled between 1-5km for their present health related problems (61.3%) and for the past illness it was (33.2%). Conclusion: The present study concludes that availability of government health facility constitutes about (93.8%) compared to private (6.2%). Keywords: Health seeking behaviour, Distance travelled, Farm house, Agriculture.

Health profession education

IAPSMCON/KAR/BLDEDU/FACULTY/070

Perceptions Of Medical Educators Regarding the Integration of Standardized Teaching-Learning Modules for Training Communication Skills in Medical Undergraduate Students.

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Presenting Author: Dr. Praveen Ganganahalli

Introduction: Effective communication profoundly influences the doctor-patient relationship, leading to positive outcomes in terms of patient health and satisfaction. When medical undergraduates are trained in communication skills through a standardized module, it improves treatment adherence, decreases malpractice claims, and notable advancements in psychological and physical well-being across various health conditions. Objectives: This study aims to evaluate the perceptions of medical teachers in India concerning training medical undergraduates in communication skills using a standardized module. Methods: An observational survey was conducted to assess the views of medical college teachers regarding the training of communication skills to medical undergraduate students. The survey utilized a pre-structured proforma containing questionnaires and employed a standardized teaching-learning module delivered through an online link-sharing platform. Results: The faculty members hold a clear and robust belief in the importance of integrating communication skills training directly into the medical curriculum, with particular emphasis on community-based training. They firmly believe that such training enhances students' communication abilities and fosters empathy towards patients. Conclusion: The perceptions of medical educators highlight

the potential benefits of incorporating communication skills training modules into the medical curriculum. By doing so, it promotes better patient care and contributes to overall improved healthcare outcomes. Keywords: Perception, Communication skills, Module, Faculty.

IAPSMCON/KAR/BLDEDU/188

Family Adoption Programme – An Experience

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Presenting Author: Dr. Chandra S Metgud

One of the goals of the erstwhile Medical Council of India was to produce Indian Medical Graduates “possessing requisite knowledge, skills, attitudes, values and responsiveness, so that he or she may function appropriately and effectively as a doctor of first contact of the community while being globally relevant” Carrying forward this goal, the current National Medical Commission (NMC) was established “to ensure availability of adequate and high quality medical professionals in all parts of the country; that promotes equitable and universal health care that encourages community health perspective and makes services of medical professionals accessible to all citizens; that promotes national health goals. In India, the rural population constitutes about 66.7% of the population. In a country like India, health-related problems in the rural area differ greatly from those of the urban area: infectious, communicable and water-related diseases, snake/insect bite are more common in the rural area, whereas non-communicable diseases are more commonly seen in urban area. Though the disease trend is changing, this remains to be the condition in most rural areas; socio-cultural practices, lack of knowledge and ignorance add to the already worse conditions in the rural area. The sole burden of the health of the rural area falls on the Primary Health Centres. Keeping these in mind, NMC has started the Family Adoption Programme under the new Competency Based Medical Education for Undergraduate Course Curriculum from March 2022. NMC has identified the need to “take measures to make healthcare more accessible to the rural and needy population and impart community-based and community-oriented training to budding healthcare professionals.” So, the aim of this programme is to provide “an experiential learning opportunity to Indian Medical graduates toward community-based healthcare and thereby enhance equity in health. Keywords: National Medical Commission, Competency Based Medical Education, Family Adoption Programme.

IAPSMCON/KAR/BLDEDU/1001

Assessment of domains of learning among MBBS I phase students

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Presenting Author: Dr. Bushra Jabeen

Introduction: The teaching learning methods have been evolving as quickly as the evolution in science and technology. The recent implementation of CBME focus is on training an Indian Medical Graduate through three main domains of learning, but the capacity of student to learn in the desired pattern remains unchecked. Thus, this study will help in assessing the learning capacity of a student in the three learning domains to improve their academic performance. **Objectives:** 1. To assess the cognitive, affective and psychomotor behavior of 1st year MBBS students. 2. To determine factors influencing domains of learning among 1st year MBBS students. **Methodology:** This is a cross-sectional study conducted at end of teaching session of morning scheduled class. Link for time and response limited Google form framed semi structured questionnaire was distributed among the students for collecting data, which was further analyzed using SPSS to complete the objectives. **Results:** 38% of the participants had Poor Cognition but 55.2% of the study participants had good emotional judgement and 58% of

the study participants performed well in practicals. Positive correlation is observed between all the domains. Keywords: Cognitive, Affective, Psychomotor, MBBS.

IAPSMCON/KAR/BLDEU/250

Academic procrastination and its determinants among medical students

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Presenting author: Dr. Vidya V Patil

Introduction: “Procrastinate now and panic later”. Academic procrastination is voluntarily or needlessly delaying an academic task to an indefinite time which is needed to be completed at an assigned time. It is often seen among college students at each academic level. With this background this study was conducted mainly to determine where and why the students mostly procrastinate. **Material and Methods:** A cross-sectional questionnaire-based study was conducted among medical students during February to April 2023. The purpose of the study was explained and oral consent was obtained from the participants before enrolling them in the study. A pretested questionnaire regarding socio demographic characteristics and a standardized tool “PASS” Procrastination assessment scale was given to assess the degree and reasons for procrastination. The data was entered in excel sheet and represented in frequencies, percentages, mean and standard deviation. **Results:** A total of 242 (58% girls and 42% boys) study subjects were included in the study. 67% of them always or nearly always procrastinate. 42% procrastinate to study for exams, 40% to complete assignments, 10% on administrative tasks. 52% reported that procrastination was always or nearly a problem. The results showed a significant difference between female and male procrastinators. Majority 43% reported averseness and laziness as the reason for procrastination. **Conclusion & Recommendation:** Procrastination can lead to stress which may affect the productivity of work. Students are at risk of achieving lower grades and being dissatisfied in academic life. Mentors can be made aware of their role in reducing academic procrastination. Time management, problem solving strategies and motivation strategies can be implemented. **Keywords:** Academic Procrastination, Medical students, academic tasks.

IAPSMCON/KAR/BLDEU/349

A community-based study to determine the prevalence of infertility and associated socio demographic factors in rural area of Chamarajanagara district of Karnataka

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Presenting Author: Shashank K J

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. The objective of the study was to find out the prevalence and socio demographic factors of infertility (primary and secondary) among eligible couples in rural area of Chamarajanagara district. **Methods:** A cross-sectional study was conducted at rural field practice area of Chamarajanagara Institute of Medical sciences from the month of June 2022 to September 2022. 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%. **Conclusions:** 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. Keywords: Infertility, Eligible couples, Prevalence, Socio cultural factors.

Miscellaneous

IAPSMCON/KAR/BLDEDU/132

A study to assess gender preference and sex determination in married women attending opd and antenatal clinic in UHTC, KIMS Koppal

Dr. Mallikarjun Biradar, Dr. Smita M Nimbannavar, Koppal Institute of Medical Sciences.

Presenting Author: Dr. Mallikarjun Biradar

Introduction: A low sex ratio indicates, strong male child preference and consequent gender inequities, neglect of girl child resulting in higher mortality at young ages, and female feticide. Objectives: To assess gender preference in married women having children and to know attitude and awareness regarding the sex determination techniques among married women attending OPD and antenatal clinic in UHTC, Department of Community Medicine, KIMS, Koppal. Materials and Methods: The cross-sectional study was carried out in UHTC, department of community medicine, KIMS, Koppal from January to March 2023. All the women who were registered in antenatal clinic and those who are coming to OPD in the reproductive age group were enrolled. Result: 78.4% were in 17-27 age group. Half of the study participants (53%) belongs to lower middle and lower class. 31.4% have completed their primary education and more than half of them are having nuclear family. Awareness about sex determination 19.6% told yes, only 9.8% were opined that sex determination can be done. 96.2% not knowing any method of fetal sex determination. Only 33.4% were aware that fetal sex determination is a crime. 57.8% were not known about punishment for sex determination. 64.7% told they have no interest in gender preferring for additional child. Recommendation: Improving the literacy status of women and creating awareness about the consequences of female feticide is need of hour. Keywords: Gender bias, Sex determination, Married women, UHTC.

IAPSMCON/KAR/BLDEDU/410

Study of Socio-Demographic Factors and Stigma Among Leprosy Affected Persons In A City Of Western Maharashtra

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Presenting Author: Dr. Shubhangi Chavhan

Background: Leprosy is a chronic granulomatous disease caused by *Mycobacterium leprae*¹. Leprosy has been seen as epitome of stigmatization which adversely affects quality of life of leprosy affected persons, being marginalized in community and deprived of individual rights affecting their psychosocial wellbeing². Thus, Leprosy is a social disease as much as it is infectious one, making elimination of stigma of paramount importance for eradication of disease and rehabilitation of leprosy affected persons³. The aim of study was to study socio-demographic factors of leprosy affected persons and to assess stigma among leprosy affected persons. Materials and Methods: Descriptive cross-sectional study. All leprosy affected persons ≥ 18 years of age residing in Leprosy colony in an urban slum area in a Solapur city of Western Maharashtra will be interviewed using semi structured questionnaire after obtaining written informed consent. Stigma will be assessed by using Stigma Assessment and Reduction of Impact scale. Results: The mean age of leprosy affected persons was 63.07 years ± 11 . 65.4% of female predominance was seen. In our study 84.6% leprosy affected persons were unemployed. According to Stigma Assessment and Reduction of Impact scale mean score for

experienced stigma 16.63 ± 2.64 which was maximum followed by internalised stigma (8.46 ± 2.57). Key words: Stigma, leprosy, SARI scale.

IAPSMCON/KAR/BLDEDU/569

Human Milk Banks: The Banking Women ought to Invest and Donate for a Healthier Human Eternity.

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Presenting Author: Shruti Kardalkar

Background: For millennia, all over the world, human breast milk has been grounds for infant nutrition, survival and growth. Recent data on infant mortality (2023) estimates global infant deaths at 26 per 1000 live birth which remains a substantial global health concern, predominantly in low-income settings. Evidences suggests pasteurized donor human milk (PDHM) can provide many components and eliminate risk of infections transmission. Human milk banks have now been established in over 60 countries globally, with a small but increasing number of milk banks operating in low-income and middle-income countries. **Objectives:** To assess the knowledge and attitudes of human milk banking among postnatal women and also to relate the perspectives for the same. **Methodology:** The study employed mixed methodology (Quantitative and Qualitative). Sociodemographic details were quantified and one on one interview was conducted for qualitative aspects. Data were collected from postnatal women aged 18-45years after obtaining informed consent, assuring anonymity and confidentiality. Findings were represented as percentages, Chi-square and themes subthemes for qualitative aspects. **Results:** A total of 307 postnatal women participated in study. 48.20% were 25-31years, 45.92% were Hindus, 54.07% resided in rural areas and maximum were from middle class group of socioeconomic status. 43.32% postnatal women had poor awareness about human milk banking and 68.73% of them had negative attitude towards human milk donation. The significant factors associated were women residing in urban area, graduates and bearing low birth weight babies. (P Value < 0.05). Cultural issues, cost concerns and ill effect on self-health were the most common themes generated. **Conclusion:** Postnatal women had paucity and ignorance of human milk banking. Unlike western countries where human milk banks exists as success stories, developing nations are dawdling. Human milk banks should be made a requisite at teaching hospitals which can pave way for a better and healthier investment for future generation. **Keywords:** Human milk bank, Infant mortality, Mixed methodology, Pasteurized donor human milk (PDHM), Postnatal women.

IAPSMCON/KAR/BLDEDU/641

Awareness and involvement of husbands accompanying their spouses for delivery at a teaching hospital in South India

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Presenting author: Dr. Basma Reem Ameer

Introduction: Antenatal care (ANC) plays crucial role in serving a vital connection between women, their families, and healthcare system. Husband's involvement facilitates prompt decision-making and timely interventions. Encouraging thoughtful engagement of male partners in ANC has been shown to have positive effects on the well-being of both mothers and newborns. **Objectives:** Among the husbands accompanying their spouses for delivery at a teaching hospital in South India: 1. To assess the knowledge and the need for the involvement of spouses in ANC. 2. To determine their involvement in ANC. **Methodology:** A cross-sectional study was conducted among husbands accompanying their spouses for delivery at a teaching hospital in South India. A validated questionnaire was used to collect data. Kruskal Wallis and Mann-Whitney tests were applied for association. **Results:** The median score for

knowledge of ANC and identifying pregnancy danger signs was 8(7-9) and 4(3-5) respectively. Out of 129 participants, considering median as the cutoff, half of participants had good knowledge of both. Around 17.8% participants were accompanying their spouse for the first-time during delivery. Near 90% had identified the institution and accompanying person during delivery. Only half had identified mode of transport and arranged blood donors for emergencies. There was no association between knowledge score with the husband's education, husband's occupation, ration card, area of residence, or how often the husband accompanied his spouse. Conclusion: The results indicate a lack of knowledge about ANC and awareness of danger signs among participating husbands. The study also emphasizes addressing husbands from all backgrounds on the importance of promoting active participation in hospital visits and proactive planning for possible eventualities. Keywords: Mother and child, paternal perspective, knowledge.

IAPSMCON/KAR/BLDEDU/569

Assessment of Affirmation regarding Human Papilloma Virus Vaccination among Graduate Working Women.

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Presenting author: Shruti Kardalkar

Background: Cervical cancer, often referred to as 'silent killer' almost entirely preventable, is fourth most common cancer in women, more than 95% caused by sexually transmitted HPV, with 90% of these women living in low- and middle-income countries. Globally, uptake of the life-saving vaccine has been slow, and coverage in countries much lower than the 90% target. Consequently, in 2020 global coverage with 2 doses was only 13%. Several factors have influenced slow uptake and low coverage of HPV vaccines including supply challenges, programmatic challenges and costs particularly for middle-income countries. Objectives: To assess knowledge and acceptance regarding HPV vaccine among women who are graduates. Methodology: A cross-sectional study was done among graduate working women of an urban area for three months. Sociodemographic details were collected, THINK questionnaire used for details of vaccination. Data were collected after obtaining informed consent, assuring anonymity and confidentiality. Findings were represented as percentages, frequencies and chi-square test was applied. RESULTS: A total of 393 graduate working women aged 18years and above participated. 49.10% were 26-32 years, 73.28% worked in private sector and majority were from middle class group of socioeconomic status. Knowledge of HPV infection (kHPV) was poor, only 24.93% cited lesions of HPV. When Knowledge of vaccines (kV) was asked, only 16.03% favoured adult vaccination. Attitude to get vaccinated against HPV (aHPV) was very poor (10.04%). Significant factors were upper class socioeconomic class women and women having girl child ($p < 0.005$). Conclusion: HPV vaccine knowledge was on lower side and attitude to get vaccinated was very poor. Educating the educated women, screening for HPV infection in mass campaigns and involving women who have received vaccine to deliver message would be most effective ways to enhance vaccine acceptance. It's vital that countries strengthen their HPV vaccination programmes, expedite implementation and reverse declines in coverage. Keywords: Human papilloma virus, Graduate, THINK questionnaire, Vaccine, Women.

IAPSMCON/KAR/BLDEDU/004**Study Of Validity of Pipelle Endometrial Sampling for Identifying Endometrial Lesions in Patients with Abnormal Uterine Bleeding**

Preeti Malapure, Sangamesh Mathapati, Manjunath Savant, Girish Biradarpatil, Shailaja Bidri, Anusha Malapure, Shri B M Patil Medical College, Hospital &RC, Vijayapura

Presenting author: Preeti Malapure

This study seeks to chart the efficacy of Pipelle for sampling the endometrial lining of the uterus. It was a Cross-sectional study of 100 cases of Abnormal Uterine Bleeding attending the OPD of Obstetrics and Gynecology. The endometrial sample was obtained with Pipelle sampler in Out Patient Department followed by formal D&C and sent for histopathology assessment. Samples were labelled as A and B and sent to a histopathologist who was blinded as to the method of sampling. The histopathology reports of both samples were compared. We found that Pipelle had a sensitivity, specificity, positive predictive value, negative predictive value and diagnostic accuracy of 100% in diagnosing proliferative phase and endometrial carcinoma. Pipelle also had a high predictive value and accuracy for diagnosing Secretory phase, Hyperplasia and Hyperplasia with atypia. The Histopathology results obtained by D&C and pipelle sampling were comparable. We concluded that pipelle can be considered as a first line investigation for getting adequate endometrial sample in patients with abnormal uterine bleeding. Keywords: Abnormal Uterine Bleeding, D&C, Pipelle, Histopathology.

IAPSMCON/KAR/BLDEDU/406**“Determinants and consequences of Post-Stroke disabilities among Stroke Patients visiting Kinaye RHTC of JNMC, KAHER, Belagavi – A facility based study.”**

Dr. Deepti Mohan Kadeangadi, Dr. Saroja A.O., Dr. Poornima B. Khot & Dr. Shivaswamy M.S., J.N. Medical College, KAHER Deemed to be University, Belagavi, Karnataka

Presenting author: Dr. Deepti Mohan Kadeangadi

Introduction – Stroke is one of the important NCD for morbidity & mortality among rural population, especially above sixty years and those with hypertension and diabetes. Objectives –To assess determinants and consequences of Post-Stroke disabilities among Stroke Patients visiting Kinaye RHTC of JNMC, KAHER, Belagavi. Methods – Facility based Cross sectional study was done among 75 stroke patients visiting RHTC Kinaye, attached to JNMC, KAHER, Belagavi, Karnataka. Pre-designed, pre-tested questionnaire was used. Ethical approval was obtained; informed consent was obtained from all participants. Results – Among 75 participants with purposive sampling, half of them were above 65 years. Three fourth were men, 74% were married, 87% were Hindus, 92% were left-handed, one third were farmers, half of them were illiterate, two third had income less than Rs. 10,000/month, two third had joint family. 51 (68%) had hypertension & 16 (21%) had diabetes, 4 (53%) had IHD, 23 (31%) had tobacco consumption & 12 (16%) had alcohol consumption. Two third had sensory weakness, One third had aphasia, One fifth had weakness in one limb, one fourth had weakness in two limbs, one sixth had facial weakness, 21 (28%) had dizziness, 8 (11%) had recurrent stroke, 5 (6%) had seizures, 3 (4%) had memory impairment, MRS score after stroke: 43 (57%) =3; 33 (44%) visited private nursing home and 18 (24%) tertiary hospital for treatment, 51 (68%) patients went for follow up, only 33 (44%) went for follow up till one year. Conclusion – Hypertension, Diabetes, Tobacco & Alcohol consumption were associated with stroke, half of them preferred treatment at private hospitals. There is a need to sensitize rural population about risk factors of stroke and NP-NCDs programme. Keywords: Stroke, risk factors, post-stroke Disability, Rural population.

IAPSMCON/KAR/BLDEDU/269

Knowledge Attitude and Practice Towards Oral Health Among Adolescents of Vijayapura City.

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Presenting author: Dr Vinutha A Chiniwar

Background: Oral health is fundamental to general health and one's well-being. Oral diseases are major public health threat due to their high incidence and prevalence rate with significant social impact. Oral hygiene practices play an important role in their prevention and control. The quality of life is affected due to unmet dental treatment needs. Objective: To assess the Knowledge, Attitude and Practice of Oral health care among adolescent age group of urban field practice area of a tertiary care hospital of Vijayapura district. Materials and methods: A cross sectional study was conducted among adolescents (10-19years) residing in urban field practice area of tertiary care hospital Vijayapura. Data was collected by using closed ended questionnaire. Analysis was done with SPSS version 20 and Chi-square test and Kruskal's Walli test was applied. RESULTS: Total 122 participants were interviewed, 65 were females and 57 were males. Knowledge regarding oral health, prevention of tooth decay, proper brushing techniques was significant among female subjects at statistical significance at $P < 0.05$. In this present study participants showed positive attitude towards the oral health. There is association between knowledge and attitude, attitude and practice at $P < 0.05$. Conclusion: Majority of the study participants had high knowledge, positive attitude and good practice with respect to oral health. Association was found between knowledge and attitude, attitude and practice. Study participants were the appropriate target group, to accept intervention leading towards improving the dental and periodontal status, through their knowledge, attitude and practice. Keywords: Oral health Knowledge, Attitude, Practice.

IAPSMCON/KAR/BLDEDU/366

Prevalence of tobacco use among older adolescents in Vijayapura, India

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Presenting author: Dr Sreedevi K Chillalashetti

Background: Non communicable diseases (NCD's) are on the edge of reaching the epidemics both globally as well as in our own country. Tobacco usage is emerging as one of the risk factor for increase in non-communicable disease globally. The most susceptible population are the early adolescent age group 14-18 years where the initial usage of tobacco starts and increasing thereafter. The prevalence of tobacco use among adolescents in India is 11.3%. Objectives: To estimate the prevalence of tobacco use among older adolescents in the urban field practice area of tertiary care hospital, Vijayapura and to assess the determinants associated with tobacco use. Methods: This is community based cross-sectional study carried out in urban field practice area of a Medical College in Vijayapura. A pre-designed pre- structured, closed ended multiple choice questionnaires was used for data collection on pre-determined sample. Statistical analysis was done analyzed using SPSS version 20. Categorical variables were analyzed using Chi-square test. Results: In our study the prevalence of tobacco was found to be 8%, among them 87.5% were males and 12.5 % were females which was statistically significant at P value < 0.05 . 81% were in the age group of 15-18 years when they initially used tobacco and significant association was seen with the influence from the peer group. Conclusion: The overall prevalence of Smoking and smokeless tobacco use was higher among the school-going adolescent in the age group 15-18 years in spite of the ban on sale to minors. The peer group

influence and parental influence was the reason for the initiation of tobacco habit. Keywords: Adolescent, tobacco use.

IAPSMCON/KAR/BLDEU/FACULTY/099

Students Perception of Skills Training in MBBS Curriculum as Per NMC Criteria

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Presenting Author: Dr Ravikumar

Background: Learning skills is one of the essential aspects of undergraduate medical education. However, learning skills in Medical College is less widely considered. This study aimed to explore the Indian undergraduate medical students' perception of learning skills and its outcomes. Objectives: A) To evaluate the perception of skills training in MBBS curriculum as per NMC criteria. Methods And Materials: Study Design: Cross-sectional study. Study Setting: MRMC Medical College. Period: January 2023 to June 2023. Study Subject: Students first year to final year M.B.B.S. Sample Size: 114 students. Sampling Technique: Convenient sampling. Data Collection Procedure: With informed consent of participants, questionnaires were filled by students themselves. Questionnaire was comprised of two parts; first part comprised of demographic data; second part comprised of 18 questions to determine perception of medical students about skill lab training. The responses of 18 questions were measured on four-point Likert scale from strongly disagree to agree. Data Analysis: Data was analyzed by using SPSS version 19, frequencies and percentages were calculated. The Chi square- goodness of fit test for one sample was applied on various levels of agreement. The p value of less than 0.05 was considered as significant. Results: The mean age of 114 students was 23.4 years with minimum age of 21 years and maximum of 26 years. Male students were 45(39%) and 69(61%) were female students. Out of 114 medical students 108 (94.8%) students preferred to practice in skill lab before performing it on patient and they also had an opinion that the mentor must be friendly and helpful during teaching. Conclusion: The students believed that skill lab training is very useful for them and they preferred to practice on manikin before dealing with the patients. Keywords: Student Perception, Skill Training, MBBS Curriculum.

IAPSMCON/KAR/BLDEU/FACULTY/186

A Study of Functioning of Mobile Health Units in Tribal Areas of H.D. Kote Taluk, Karnataka.

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Presenting author: Dr. Basanagouda K Patil

Introduction: Mobile health units (MHUs) have been planned to serve the marginalized, unreached, and tribal areas of Karnataka. This concept has been imbibed in the Karnataka health system development and reform project (KHSRDP) and the NRHM, with the operational guidelines for both public and private care providers. Objectives: To assess the performance of mobile health units in H.D.Kote Taluk, Mysore district, in terms of coverage, access and utilization by the tribal community. To understand the constraints and issues in smooth functioning of MHUs and the perceptions of tribal people on utilization of health services provided by MHUs. Materials & Methods: A mixed research approach with quantitative and qualitative components was applied. Secondary data analysis of earlier year's records was conducted to assess the performance in terms of coverage, utilization, and routine functioning of MHUs. In-depth interviews and Key informant interviews were done. Results are presented in percentages. Qualitative data was analysed by transcription, verbatim, codes into themes or framework presentation. Results: All the three MHUs are effective in functioning, but they have some of the barriers of both provider and beneficiary side in smooth functioning. Among these barriers some of them can be overcome, like issues of manpower, infrastructure,

awareness, etc. Barriers like geographic inaccessibility, literacy, etc. should be engaged and properly dealt, examples like introduction of more MHUs etc. Conclusion: Public MHUs have lesser averages when compared to private MHUs, due to issues of manpower, infrastructure, coverage area and population. Keywords: Mobile health unit, tribal, Barriers, Health care.

IAPSMCON/KAR/BLDEU/FACULTY/099

Association Of Multi-Drug Resistant Tuberculosis with Diabetes-A Big Reason to Worry?

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Presenting Author: Dr Ravikumar

Background: The emergence of MDR-TB (multidrug resistant tuberculosis), caused by M. tuberculosis (MTB) that is resistant to at least isoniazid and rifampicin, is posing a great threat to global public health. Despite effective preventive and therapeutic methods that have been actively promoted worldwide, it is still estimated that 3.3% of newly diagnosed tuberculosis (TB) cases and 20% of previously treated TB cases have MDR-TB according to WHO reports. Objectives: A) To study the magnitude of MDR TB associated with diabetes mellitus. B) To know the risk factors associated with MDR TB with diabetes Mellitus Methods and Materials: We have conducted a retrospective cohort study to analyse the situation of Multidrug resistance cases and Diabetes Mellitus. The data for the study was taken obtained from the NTEP and the analysed regarding the factors influencing MDRTB and Diabetes from the last two years. Results: The mean of patient was 32 years. A total of 12.4% of MDR TB has cofounding factor as diabetes mellitus. Late diagnosis of diabetes mellitus influenced the MDRTB status. Most of the diabetes was uncontrolled in MDR TB patients. About 18% of the patients had integrated treatment for diabetes. Conclusion: Screening of the patients with diabetes with proper follow up is necessary for the desired outcome in MDR TB patients. Keywords: Multidrug resistant TB, Diabetes and risk factors.

Financial Literacy Among Postgraduate Residents of Government Medical College In A District Of Western Maharashtra

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Presenting Author: Dr. Kolekar Pravin Dhondiba

Background: Financial literacy is the ability of an individual to effectively manage financial matters, his /her own personal finance, budgeting and investing through application of various financial skills. Most doctors begin their careers without proper knowledge of finance. So, the present study to assess the financial literacy among postgraduate residents is undertaken. Objectives: 1. To evaluate financial literacy among postgraduate residents. 2. To determine association between socio-demographic factors and financial literacy. Materials AND Methods: It was an observational study, cross-sectionally designed using semi-structured Google form among 180 postgraduate residents. NCEF (National Centre for Financial Education) Financial literacy survey questionnaire of based on OECD framework was used as study tool. Results: A total of 180 residents participated in the study. Among the study participants, 40% were found to be financially literate. 46.7% percent of the participants were literate by Financial Knowledge .88.33% of the participants were literate by financial behaviour.70% of the participants were literate by Financial attitude. Financial literacy was significantly associated with age, gender, with in-service and regular quota of admission of postgraduate residents, also with clinical and Pre-Para clinical department, (p value <0.05), No significant association was found between final literacy and marital status. Conclusion: The

postgraduate residents have shown significant deficits in overall financial literacy as well as in financial knowledge, investment practices. Future longitudinal studies should be done to evaluate changes in knowledge and behaviour during and after the training. Keywords: Financial literacy, Financial Knowledge Financial behaviour, budgeting.

POSTGRADUATE

Climate Change

IAPSMCON/KAR/BLDEDU/588

Study of simple educational intervention to assess knowledge, attitude and practices regarding climate change and its impact on health among school-going adolescents in a rural area of Bangalore District, Karnataka.

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Presenting Author: Dr. V Sayvithaa Shalini

Introduction: Climate change is one of the most fundamental challenges the world is facing today and its adverse impact may intensify exponentially over time if nothing is done. The changing climate can exacerbate existing health issues and create new health challenges. India is especially vulnerable to climate change because of its location, reliance on the environment for livelihoods and pervasive health problems. In that context, schools play a crucial role in combating climate change as they have a unique opportunity to educate and empower the next generation of citizens and leaders. Objective: To assess the impact of a simple educational intervention on knowledge, attitude and practices regarding climate change and its impact on health among school-going adolescents in a rural area of Bangalore district. Methodology: A community based interventional study was conducted among high school students studying in a Government and a Private High School in Mugalur village, Anekal Taluk, Karnataka. Pretest was conducted using a validated semi structured questionnaire on knowledge, attitude and practice regarding climate change. Health education was given using child to child approach with flipcharts on climate change. The post-test was conducted after 6 weeks. Data was analysed using SPSS version 21. Results: The study showed that among 135 students, there was a significant difference (P Value < 0.05) in pretest 9.97 (± 4.771) and post test 14.27(± 5.211) scores on their knowledge about climate change. However, there was no significant difference in their attitude and practice scores. There was a significant difference in the post test scores among different class and type of school. Conclusion: Child-to-child method with flipcharts is an effective way to educate students about climate change, and school curriculum should include sessions on climate change that are reinforced to students periodically. Keywords: Climate change, Adolescents, Knowledge, Attitude, Practice, Child to Child approach, Flipcharts.

Communicable diseases

IAPSMCON/KAR/BLDEDU/410

Study Of Socio-Demographic Factors and Stigma Among Leprosy Affected Persons in A City of Western Maharashtra

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Background: Leprosy is chronic granulomatous disease caused by Mycobacterium leprae. In India elimination level set by WHO below 1/10,000 achieved in 2005 through effective

implementation of national leprosy eradication program. Leprosy has been seen as epitome of stigmatization. Leprosy is a social disease as much as it is infectious one making elimination of stigma of paramount importance for eradication of disease and rehabilitation of leprosy affected persons. So, we are conducting study to assess socio-demographic factors and stigma among leprosy affected persons. Objectives: 1. To study socio-demographic factors of leprosy affected persons. 2. To assess stigma among leprosy affected persons. Materials and Methods: Descriptive cross-sectional study. All leprosy affected persons ≥ 18 years of age residing in Leprosy colony in an urban slum area in a Solapur city of Western Maharashtra will be interviewed using semi structured questionnaire after obtaining written informed consent. Stigma will be assessed by using Stigma Assessment and Reduction of Impact scale including 4 domains of stigma; experienced stigma, internalised stigma, anticipated stigma, disclosure stigma. Inclusion criteria: 1) Persons suffering from leprosy for at least one year at the time of study. 2) Leprosy affected persons ≥ 18 years of age Exclusion criteria-1) Not willing to participate. 2) Houses locked at 3 consecutive visits. Ethical approval from institutional ethical committee is sought. Results: The mean age of leprosy affected persons was 63.07 years ± 11.65 . 65.4% of female predominance was seen. In our study 84.6% leprosy affected persons were unemployed. According to Stigma Assessment and Reduction of Impact scale mean score for experienced stigma 16.63 ± 2.64 which was maximum followed by internalised stigma (8.46 ± 2.57) next is disclosure stigma (7.48) and anticipated stigma (4.89) which is minimum. Keywords: Stigma, leprosy, SARI scale.

IAPSMCON/KAR/BLDEDU/614

A Feasibility Study of Enhanced Tuberculosis Case Detection among Inpatients in a Tertiary Care Hospital, Bengaluru

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Presenting Author: Dr. Sangeetha M D

Background: Tuberculosis (TB) remains a global health challenge, causing substantial illness and death. In India, the National Tuberculosis Elimination Programme (NTEP) has been working to combat TB, but eliminating the disease remains difficult. To improve TB case detection, a feasibility study took place at a tertiary care hospital in Bengaluru, India. The study's objective was to assess the occurrence of four TB symptom complexes among admitted patients in medicine, emergency medicine, and pediatrics wards and estimate the screening needed to identify one TB patient among these admissions. Materials & Methods: From April to June 2023, a cross-sectional study was conducted at a 750-bed tertiary care hospital in Bengaluru, which had an established NTEP cell. The study encompassed all patients admitted to the medicine, emergency medicine, and pediatrics wards, with a calculated sample size of 1473 patients. Data collection was done using a validated questionnaire, and inpatients were screened for four TB symptom complexes: cough lasting over 14 days, fever or evening rise of temperature, night sweats, and significant weight loss. Positive cases were referred to a designated microscopy center (DMC) for sputum examination and further diagnosis and treatment. Results: Among the 1497 patients screened, 272 (18%) showed symptoms related to tuberculosis (TB). Out of these, 31 (11.3%) were confirmed to have TB through sputum examination and chest X-ray. The calculated number needed to screen (NNS) to identify one TB case among inpatients was 48. PTB cases were most prevalent in the 56-65 age group, whereas diagnosed TB patients were mainly in the 36-45 age group. Conclusions: In conclusion, the daily screening of admitted patients in the Departments of Medicine, Emergency Medicine, and Pediatrics has yielded positive results and is deemed feasible for implementation within the medical college setting. Keywords: Enhanced TB case detection, inpatients, medical college, operational research, NNS.

IAPSMCON/KAR/BLDEDU/623

“Geo-spatial Information System for Transforming TB Mukta Grama Panchayat: A GIS-Driven Approach to Tuberculosis Eradication.”

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Presenting author: Anil Kumar

Introduction: Tuberculosis (TB) continues to be a major global health challenge. The concept of 'TB Mukta Gram Panchayat' was introduced, aiming to create a TB-free environment in rural communities as one of the strategies to meet this challenge. Geo-spatial Information System (GIS) has emerged as a powerful tool for improving healthcare management and achieving public health goals. This research investigates the application of GIS in the successful implementation of the TB Mukta Grama Panchayat initiative. Methodology:

TB incidence data were sourced from District TB office of Belagavi. Data included reported TB cases, patient demographics, and case locations. The locations of healthcare facilities were collected to assess the distribution of resources. Spatial clustering analysis was conducted to identify areas with high TB incidence. Kernel density estimation was employed to visualize areas with concentration of cases. Spatial analysis tools were used to assess the distribution of healthcare resources relative to TB incidence hotspots. Results:

The analysis of TB incidence data revealed distinct spatial patterns within the study area. High-density clusters of TB cases were identified. These clusters were concentrated in specific pockets of the study region, indicating areas with high TB prevalence. The mapping of health education locations revealed optimal areas for engaging the community. GIS analysis took into account population density, TB incidence, and accessibility factors to identify areas where health education efforts would likely yield the highest impact. The resulting map guided the planning and implementation of awareness campaigns. Conclusion: GIS presents a transformative opportunity to achieve the TB Mukta Gram Panchayat goal by improving disease surveillance, optimum allocation of resources, community engagement, and program monitoring. Keywords: Tuberculosis, TB Mukta Grama Panchayat, Geo-spatial Information System, and GIS

Non-communicable diseases

IAPSMCON/KAR/BLDEDU/745

Assessing Risk for Developing Non-Communicable Disease Using Various Ncd Tools: A Cross-Sectional Study in Tertiary Care Centre Kalaburagi

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Presenting author: Dr. Leela Keerthy T

Background: Globally Non-communicable Diseases (NCDs) is leading causes of mortality; in India it is 63%. It also reduces productive years of life and inflates out of pocket expenditure on health. This calls for the need of sensitive screening tools to identify asymptomatic healthy individuals with higher risk which also is congruent with the objectives of National Programme for Prevention and Control of NCDs (NPNCD). Objectives:1) To estimate risk of developing NCDs among patients attending wellness clinic.2) To counsel the at-risk patients about behaviour change for NCD.3) To assess sensitivity of various NCD tools. Methods: This cross-sectional study done for period of two months, June and July 2023 included all patients aged >30 years who attended wellness clinic which is under Department of Community Medicine at ESIC Medical college and Hospital, Kalaburagi. Data was collected by questionnaire comprising of standard NCD tools like IDRS (Indian Diabetic Risk Score), CBAC (Community

Based Assessment Checklist), WHO/ISH charts. The collected data were entered in MS excel. Results: Out of 96 study participants majority were males (n=62,64.5%) with mean age of 40.3 (± 8) years, and mean BMI was 24.4(± 4) kg/m². Nearly more than half of them had IDRS ≥ 60 (n=56, 58.3%) and CBAC >4 (n=41, 42.7%) thus having high risk for NCD and 41.6% had $>10\%$ in WHO/ISH chart reflecting moderate to high risk for Cardiovascular events. IDRS has better sensitivity and least negative predictive value when compared to other standard NCD tools. Conclusion: Nearly half of the studied population found to develop NCD when assessed using NCD tools. Thus, NCD tools has the potential to expose the hidden NCD iceberg. Keywords: Non-Communicable disease, NCD tools, screening.

IAPSMCON/KAR/BLDEDU/135

Prevalence of obesity and its determinants among undergraduate medical students of a tertiary care teaching hospital in central Karnataka, India.

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JJM Medical College, Davangere

Presenting author: Dr. S Poojitha

Background: Obesity has reached alarming proportions globally, affecting individuals of all age groups and backgrounds. The culture of fast-food consumption is replacing the traditional meal. It is an emerging trend among the younger generation. Their ready availability, taste, low cost, marketing strategies, and peer pressure make them popular. Medical students, despite their potential to advocate for healthy lifestyles, are not immune to this growing health crisis. Objectives: To assess the prevalence of obesity and its determinants among medical students. Methods: A cross-sectional study was carried out among undergraduate students of a medical college in central Karnataka in the months of July – August 2023. Students were interviewed using a pre-tested semi-structured questionnaire. Data was collected on their demography, height, weight, and information on their frequency of meals, physical activity, and fast-food intake. The data collected were subjected to descriptive statistics, and Chi-square test with statistical significance level set at P 25). Most (94.1 %) eat fast food once a week or more. In addition, (81.2 %) have three meals or more daily, and (17.7%) have two meals every day. Regarding physical activity, (48.1%) do not play sports, and (12.6%) use buses to come to the college. Conclusion: Obesity being a very important risk factor for several comorbidities, it is very important to take necessary precautions to prevent and control it. The present study concluded that 43 % of students were overweight or obese. This study could create awareness among medical students to adopt a healthy lifestyle. Keywords: Medical students, Obesity, Overweight, Prevalence.

IAPSMCON/KAR/BLDEDU/342

A cross-sectional study of anemia among adolescent girls of a school under rural health training center, Solapur.

Dr. Aditi Gupta, Dr. Sampatti Todkar , Dr. Vaishampayan Memorial Govt Medical College
Presenting Author: Dr. Aditi Gupta

Background: According to the World Health Organization, adolescence is defined as a life span between 10 and 19 years. During this phase, major psychological, behavioral, and physical developments ensue; because of marked physical activity and rapid growth spurt, adolescence needs additional nutritional requirements. The prevalence of anemia in adolescent girls is disproportionately high in developing countries like India, due to poverty, inadequate diet, certain diseases (malaria, parasitic infestation etc.), pregnancy/lactation and poor access to health services. As per the National Family Health Survey 5 (2019-21) in India, 59.1% of women of age 15–19 years were anemic (Hb < 12.0 g/dl), while comprehensive national nutrition survey (2016-18) showed that 39.6% adolescent females (10–19 years) were anemic.

Keeping this in mind a cross-sectional study to determine prevalence of anemia and risk factors among adolescent girls of a school under rural health training center, Solapur is undertaken. Objectives: To determine the prevalence of anemia among adolescent girls of a school under rural health training center, Solapur. To determine risk factors of anemia among adolescent girls of a school. Methodology: Out of 13 schools under RHTC, a girl's school was selected by lottery method and all the adolescent girls of the school were taken. Hemoglobin was estimated by Data was collected by using pretested structured questionnaire after taking the informed consent. Keywords: Anemia, Adolescent girls.

IAPSMCON/KAR/BLDEDU/781

A Cross-Sectional Study of Hypertension Among Employees Working in MSRTC and Social Welfare Office in a City of Western Maharashtra

Dr. Priyanka N. Dukre (JR), Dr. G. M. Jatti (Associate Professor), Dr. V. M. G. M. C. Solapur
Presenting author: Dr. Priyanka N. Dukre

Introduction: Hypertension is a chronic condition of concern due to its role in the causation of coronary heart disease, stroke and other vascular complications. It is the commonest cardiovascular disorder, posing a major public health challenge to population in socio-economic and epidemiological transition. It is one of the major risk factors for cardiovascular mortality, which accounts for 20-50 % of all deaths. An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries. Objectives: 1) To estimate the magnitude of hypertension among employees working in MSRTC and Social Welfare Office 2) To determine factors associated with hypertension among these employees. Methodology: Study type-A Descriptive Cross-sectional study. Study area - Maharashtra State Road Transport Corporation, Solapur and Dept of Social welfare in Solapur city. Study population: Employees working in these two government offices. Sample size - All employees in government office who were present on the day of visit to the office and willing to participate. A semi structured questionnaire was prepared. Data was collected through personal interview in a health camp at their respective offices organised by Government Medical College, Solapur. Result: In present study there were 91 participants from MSRTC and 63 participants from Social Welfare office. Therefore, there were total 154 participants. The magnitude of hypertension in MSRTC workers was 35.16% and in social welfare office workers was 34.92%. Out of total participants 69.48% were males and 30.51% were females. There is statistical association between gender and hypertension. The magnitude of hypertension was more among males than females. 38.09% tobacco users were hypertensive. 36.84% of alcohol consumers were hypertensive. The more time spent sitting was increasing the risk of hypertension. Conclusion: Magnitude of hypertension in these workers is alarming. Keywords: Government employees, sedentary lifestyle, hypertension.

IAPSMCON/KAR/BLDEDU/390

Awareness and attitudes towards risk factors and prevention of stroke among patients with hypertension consulting a teaching hospital in Dakshina Kannada, Karnataka.

Mridul M, Basma Reem Ameer, Akshaya K M, Yenepoya Medical College

Presenting author: Mridul M

Introduction: Stroke is a leading cause of death, with an annual incidence of 15 million cases worldwide. In India, 1.8 million among 1.2 billion population experience stroke yearly, often resulting in death or disability. Addressing this urgent issue demands better awareness, health education, and behavioural changes. This study gauges awareness about knowledge and attitude about risk factors and prevention of stroke among hypertensive patients in Dakshina Kannada, Karnataka. Objectives of the study: Among patients diagnosed with hypertension, attending the Medicine and Geriatric out-patient departments of a teaching hospital in Dakshina

Kannada, Karnataka:1. To assess the knowledge about the risk factors for stroke
2. To assess the knowledge and attitudes towards the preventive methods for stroke
Methodology: Cross-sectional study conducted among 385 hypertensive patients visiting medicine and geriatric outpatient department. A structured and validated questionnaire including questions regarding socio-demographic profile, knowledge assessment on risk factors and prevention, and attitude on preventive methods of stroke. Results: Among 385 participants, more than 75% of the participants were aware about risk factors of stroke and about 70% claimed they knew preventive methods of stroke. Median scores of risk factor knowledge and prevention were 7 (7-10) and 6 (4-8) and using this as cut off, more than 50% participants had poor risk factor and prevention score. Less than 10% participants had a good attitude towards preventive modalities of stroke. Conclusion: Less than half the participants had good knowledge on risk factors and prevention of stroke, and hence their attitude towards the disease prevention were also sub-minimal. Education and employment are associated with better understanding about the disease. The results stresses on the need for patient education for countering stroke's rising impact. Keywords: Stroke, Hypertension, Risk factors, Prevention, Attitude.

IAPSMCON/KAR/BLDEDU/705

Coverage Evaluation Survey (CES) of Post Mass Drug Administration of Lymphatic Filariasis, Lucknow

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Presenting Author: Dr. Akshata M. A

Introduction: Lymphatic filariasis is a vector-borne neglected tropical disease that damages the lymphatic system and leads to lymphoedema and hydrocele in infected individuals. Hundreds of millions of dollars are lost annually due to the reduced productivity of affected patients. The objective of this coverage evaluation survey is to know about the coverage and compliance of the drugs within the community so that the results might help policymakers make decisions. Methodology: A cross-sectional observational study was done in rural and urban areas of Lucknow. The study population was 1316, and a pre-structured questionnaire from the NVBDCP booklet was used for the survey. Data analysis was done using SPSS version 26. Results: The study included both rural (80.8%) and urban (19.2%) populations. It comprised a nearly equal number of male (51.4%) and female (48.6%) participants. Albendazole was offered to 74.5% of the study population. DEC was provided to 74.1% and Ivermectin to 70.5% of the total study population. But Albendazole was chewed and consumed by 66.9%, DEC was consumed by 66.4%, and Ivermectin was consumed by 63.8% of the study population. Overall consumption of MDA was 63.5% of the study population. Whereas the percentage of people who consumed at least one drug was 67.6%. Few (3.8%) also experienced adverse events. Conclusion: Lymphatic filariasis is an age-old disease, hence the control measures have been taken for a long time globally as well as in India. But the targets haven't been achieved to date. Mass drug administration is one such initiative taken by the Government of India, where the overall coverage of drugs never exceeded 85%. The situation has made the evaluation necessary to assess the gaps in coverage and compliance towards the drugs. It has also opened up the operational and non-operational difficulties faced by drug distributors. Keywords: Mass-drug administration, CES (Coverage evaluation survey), Lymphatic filariasis.

IAPSMCON/KAR/BLDEDU/959**Prevalence of Non-Communicable Disease Risk among Adults at Rural Health Field Practice Area of a Tertiary Medical College, Karnataka**

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Presenting Author: Dr. Sankiya.M

Introduction: Non-communicable diseases (NCDs), often known as chronic diseases, are conditions that last a long time and advance slowly. The majority of NCDs are non-infectious conditions brought on by a variety of genetic, physiological, behavioural, and environmental variables. The main risk factors contributing to NCDs involve unhealthy diets, physical inactivity, tobacco use, and alcohol misuse. The most of these diseases are preventable as they eventually progress in early life due to lifestyle aspects. Objectives: To estimate prevalence of NCDs risk factors among the people aged more than 18 and till 65 years. Methods: A cross-sectional study among adults aged 18 to 65 years in a rural health field of Devarayasamudra. The study aimed to evaluate Socio-demographic information and non-communicable disease risk factors using a pretested semi-structured questionnaire. Descriptive statistics were performed through SPSS, while association were analysed using Chi-square test. Results: Among 200 participants 34 exhibited high-risk score for NCDs resulting 17% prevalence. Among them all were females above 50 years, 64% were illiterate, 20% were unemployed, 79% had no physical activity for less than 150 mins a week, 41% had a positive family history of diabetes mellitus or hypertension or both. Conclusion: This cross-sectional study conducted among adults in a rural health field Devarayasamudra revealed a significant prevalence of high-risk score for NCDs is 17%. Finding highlight need for targeted intervention particularly among female's individuals who were aged above 50 years, 79% had no physical activity. Addressing these risk factors would contribute to effective preventing strategy and improved public health outcome in the community. Keywords: Non communicable Disease, risk factors, rural population.

IAPSMCON/KAR/BLDEDU/228**ADHERENCE TO ANTIHYPERTENSIVE MEDICATION AND ITS PREDICTORS IN A PRIMARY CARE SETTING OF KALABURAGI DISTRICT**

Dr. Geethanjali P, Dr. Prashant Kumar, ESIC Medical College, Kalaburagi

Presenting author: Dr. Geethanjali P

Background: Hypertension is a chronic condition of concern due to its role in the causation of Coronary heart disease, Stroke and other vascular complications and it is the commonest non communicable disorder posing a major public health challenge to population in many aspects. Adherence to prescribed medicine is a crucial issue that is directly related to the management of Hypertension. In order to control high blood pressure and to avoid associated repercussions, good antihypertensive medication adherence is the effective strategy. Objectives: i) To assess the adherence to Antihypertensive Medication among hypertensive patients in a Primary care setting of Kalaburagi district. ii) To determine the predictors of adherence and non-adherence to Antihypertensive medication among hypertensive patients. Materials and Methods: A facility based cross-sectional study is conducted among hypertensive patients receiving treatment from Urban Primary Health centre in Kalaburagi District. This study is carried out over a period of 2 months (July -August) using a pretested, semi-structured questionnaire through one-on-one interview. Information regarding Sociodemographic data, medication adherence, factors affecting adherence are collected from the study participants using a semi structured questionnaire and an 8-item Morisky Medication Adherence scale (MMAS-8) is used to assess the medication adherence status. Further analysis will be done to achieve the objectives. Results: Assessing the adherence level using the Morisky scale (MMAS-8) it was observed that 38.8% had a poor level of adherence, a high level of adherence was 33.3% and

27.7% of participants had a medium level of adherence. Conclusion: The majority of study participants have poor adherence to antihypertensives. Hence based on the results, Health education and counselling the patients regarding the importance of Adherence to medication are mandatory to avoid further complications. Keywords: Medication adherence, non-communicable diseases, Antihypertensive Drugs.

IAPSMCON/KAR/BLDEDU/638

Study to determine the barriers in the implementation of National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) in Satara District, Maharashtra - A stakeholder's perspective.

¹Dr. Amit Ankush Mane, PhD student, ²Dr. Supriya Satish Patil, Associate Professor, Dept. of Community Medicine, Dean Academics, Faculty of Medicine Krishna Vishwa Vidyapeeth, Karad, Maharashtra. Krishna Institute of Medical Sciences, Karad, Maharashtra.

Presenting author: Dr. Amit Ankush Mane - PhD

Background: Non communicable diseases (NCDs) have silently become leading cause of death in India. Government of India started National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) in 2009. Implementation of this program started in Satara district since 2014. In order to identify gaps and difficulties in implementation of this program present study was planned with the following objective.

Objectives: To determine the barriers in the implementation of NPCDCS program from stakeholder's perspective. Material & Methods: This Facility based Descriptive observational study was conducted in different health facilities scattered around Satara District. 4 Primary Health Centres and all the Sub centres under them from 3 taluka of Satara district were visited and 68 staff working for program were interviewed using pre-structured and pre-tested questionnaire. Statistical analysis was carried out using SPSS version 20. Results: While 68 responders were interviewed; with mean age of 38.18 years, 86.8% were woman among them. Majority of them were working as ASHA (55.9%) and most of them were having contractual jobs (80.9%). Availability of medicines in health facility (60.3%) was the most dominant barrier, followed by training of human resource (57.4%) and health promotional activities (14.7%). Conclusion: Implementations of NPCDCS program still have challenges of its own. For effective implementation of NPCDCS focusing on supply of good quality medicine in ample quantity is must; lack of which will definitely push the beneficiaries away. Providing repetitive essential trainings to the program health workers will improve program staff performance. Improving health promotional activities will increase the reach of program, program awareness among the beneficiaries and community participation. Keywords: NPCDCS, Health Program Evaluation, NCD, Health Program Implementation.

IAPSMCON/KAR/BLDEDU/681

A study to determine risk factors and morbidity pattern of NCD among reproductive age group women living in Banatikata-Hubballi, A cross-sectional study.

Dr. R Preeti (Postgraduate); Dr. Dattatreya. D. Bant (Head and Professor); Dr. S R Itagimath (Asst. Professor Biostatistics), Department of Community Medicine, KIMS, Hubli

Presenting author: Dr. Preeti R

Background: The morbidity and mortality rate of non-communicable diseases contributes more to low income and middle-income countries, and also among individuals with low socioeconomic status. Knowing the risk factors like anemia, overweight/obesity, hypertension, and diabetes among reproductive age group 15-49 years could lead to the development of an effective strategy for reducing the burden of non-communicable diseases. Objectives: 1. To estimate the prevalence of non-communicable disease among reproductive age group 15-49 years, Banatikatta, urban field practice area of KIMS, Hubballi. 2. To determine the risk factors

associated with non-communicable disease. Methodology: A cross-sectional study was conducted among 150 females of age group 15-49 years' residents of urban slum area Banatikatta, Old Hubballi from May 2023 to July 2023. Systematic random sampling method was used to select study participants. A pretested semi-structured questionnaire was used to collect data and was analyzed using SPSS version 25. Categorical data represented in the form of frequencies and proportions. Chi-square test was used as test of significance. Result: Among 150 women of reproductive age 40.7% belong to lower middle class. Prevalence of grade 2 Hypertension was around 23.3%, mild anemia 40.7 %, underweight 24%, obesity 23.3 %. There was significant association between age, socioeconomic, education and occupation with risk factors like body mass index, increase blood pressure, increase blood glucose level. Conclusion: The present study hints that the women in the reproductive age group are at very high risk of developing multimorbidity. Prevention and control of multimorbidity requires health promotion programmes to increase public awareness about the modifiable risk factors, particularly among women. Keywords: Non-communicable diseases, reproductive age group, obesity, hypertension.

IAPSMCON/KAR/BLDEDU/965

Assessment of 10-Year and Lifelong Cardiovascular risk using ASCVD risk calculator among health-care workers of rural field practice area - A Cross-sectional study

Rajesh K, Soundarrajan J, Sriram TR, Jawaharlal Nehru Medical College, Belagavi, Karnataka **Presenting Author: Soundarrajan J**

Background: In the current 21st century, India is facing a triple burden of disease. Though certain deadly and threatening communicable diseases are on decline, there is equal and greater share of NCD on the rise. In view of this increasing health hazard globally, WHO has included a separate goal (Goal 3.4) for Non-communicable diseases in Sustainable Development Goals. Owing to this importance, we conducted a study to find out 10-year and lifelong Cardiovascular risk using a standard risk assessment tool that incorporates several risk factors, which are individual non-communicable disease in itself. i.e., Diabetes, Hypertension, Dyslipidemia. Objectives: To assess the short time (10 years) and lifelong (30 years) Cardio-vascular risk among rural healthcare workers. Methodology: We conducted a Cross-sectional study primarily targeting grassroot healthcare workers viz., ASHA's, PHCO (ANM), AWW from one of our rural field practice area. A total 77 workers found eligible and 71 participated in the study. WHO STEPS questionnaire was used to collect socio-demographic, behavioral and biochemical data. Blood sugar was estimated using Random blood sugar analysis, Plasma lipid profile using Cobas analyzer. Results: Majority of the participants were female (93%) and were in the age group of 20-59 (98.6%). Around 67% were either overweight or obese, 13% and; 12% had history of hypertension and diabetes respectively. we used newer AHA guidelines to classify hypertension, which showed that nearly 60% have their Blood pressure elevated. History of cervical cancer screening had been done at-least once in only 13% of participants. Though 10-year risk was low in 90% of participants in 40-59 age group, lifelong risk was high in 58% of the participants. In addition, we used Framingham score to quantify risk for the participants. Conclusion: Through our study we found that lifetime cardiovascular risk increases significantly with increase in age and rise in blood pressure. Keywords: Cardiovascular risk, Health-care workers, ASCVD, Non-Communicable diseases.

IAPSMCON/KAR/BLDEDU/781

A Cross-sectional Study of Hypertension Among Employees Working in MSRTC and Social Welfare Office in a City of Western Maharashtra

Dr. Priyanka Dukre, Dr. G. M. Jatti Dr. V. M. G. M. C. Solapur

Presenting Author: Dr. Priyanka Dukre

Introduction- Hypertension is a chronic condition of concern due to its role in the causation of coronary heart disease, stroke and other vascular complications. It is the commonest cardiovascular disorder, posing a major public health challenge to population in socio-economic and epidemiological transition. It is one of the major risk factors for cardiovascular mortality, which accounts for 20-50% of all deaths. An estimated 1.28 billion adults aged 30-79 years worldwide have hypertension, most (two-thirds) living in low and middle income countries. Non-communicable diseases and sedentary lifestyle goes hand in hand. Most of the employees in selected 2 government offices have sedentary work. Objectives- 1) To estimate the magnitude of hypertension among employees working in MSRTC and Social Welfare Office. 2) To determine factors associated with hypertension among these employees. Methodology- Study type- A descriptive cross-sectional study. Study area- Maharashtra State Road Transport Corporation Solapur and Department of Social Welfare in Solapur city. Study population- Employees working in these two government offices. Sample size- All employees in these two government offices who were present on the day of visit to the office and willing to participate. A semi-structured questionnaire was prepared. Data was collected through personal interview in a health camp organized by Government Medical College, Solapur. Keywords: Government employees, Sedentary lifestyle, Hypertension.

Maternal & Child Health

IAPSMCON/KAR/BLDE/477

Exposure to Secondhand Smoking among Mothers of Low-Birth-Weight Infants in a Rural Field Practice Area in Belagavi: A Cross-Sectional Study

Dr.Asha A. Bellad, Dr. Gibin George, Jawaharlal Nehru Medical College, KAHER, Belagavi

Presenting author: Dr. Gibin George

Background: Secondhand smoking, often known as passive smoking or environmental tobacco smoke exposure, is a major public health concern worldwide. It entails non-smokers unintentionally breathing in tobacco smoke, exposing themselves to the potentially dangerous substances in tobacco smoke. The adverse effects of maternal secondhand smoke exposure (SHS) during pregnancy include impaired fetal growth, low birth weight and preterm delivery. Thus, the current study is being conducted to examine SHS exposure in the home during pregnancy together with other factors associated with low birth weight. Objective: To determine the prevalence of secondhand smoking exposure in the antenatal period among mothers of infants born with low birth weights. And to assess other factors associated with low birth weight. Methodology: A cross-sectional study was conducted among mothers of low-birth-weight babies from January to June 2023 in the rural field practice area of Belagavi. The socio-demographic profile, exposure to secondhand smoke, age at first pregnancy, parity, birth interval, and weight increase throughout pregnancy were all determined using a structured questionnaire. Results: Mothers exposed to SHS constitute 32% of the low-birth-weight infants. The other determinants associated with the mothers who delivered LBW babies were as follows: age of the mother <20years in 47%, education level less than primary school in 43%, weight gain during pregnancy <9 kg in 84%, and birth interval <33 months in 88%. Conclusion: Secondhand smoke exposure had a deleterious effect on the mother and fetus. Although it is the most preventable risk factor for low birth weight, in order to prevent and limit secondhand smoke exposure during pregnancy, a public health policy that can be

incorporated into the antenatal care program should be implemented. Additionally, it is recommended that both parents receive health education on the hazardous effects of secondhand smoke exposure and guidance on quitting smoking during antenatal checkups. Keywords: Environmental Health, Secondhand Smoking, Indoor Pollution, Low birth weight, Maternal and Child Health.

IAPSMCON/KAR/BLDEDU/709

Compliance to iron and folic acid supplements among the antenatal women of the rural field practice area of a ESIC medical college Kalaburagi, Karnataka.

¹Dr. Gourimath Sharath (Postgraduate), ²Dr. Mohammad Waseem Faraz Ansari (Associate professor), ESIC Medical College Kalaburagi

Presenting author: Dr. Gourimath Sharath

Introduction: Anemia is a global public health issue, and dietary deficiencies are its primary cause among pregnant women. Being conscious about the ground realities the Ministry of Health and Family Welfare (MoHFW) thought of a policy decision to start the National Iron+ Initiative (iron and folic acid [IFA] supplementation for: pregnant and lactating women. The objectives of the present study are to determine the compliance for IFA tablets and factors influencing it among the pregnant women (2nd and 3rd trimester) residing at Urban Health Training Centre (RHTC) of ESIC Medical College Kalaburagi, Karnataka. **Materials and Methods:** A cross-sectional study was conducted among antenatal mothers coming to RHTC. Data was collected using pre-designed, pre-structured questionnaire for a duration of 3 months. The sample size was calculated taking compliance of 77% to IFA supplements from the study conducted at a rural area of Tamil Nadu (Selvaraj et al.,) with 10% absolute precision and 95% confidence interval, the estimated sample size was 84. **Results:** In the present study among 84 participants the compliance to IFA tablets was found to be 82.85%. Education, ANC Visits, Gravid status and Spacing are significantly related to the compliance of IFA tablets. **Conclusion:** To sum up, the pregnant women in our study had a better compliance with IFA supplements. Socio-demographic factors like education, socioeconomic status, poverty line, gravid status and spacing, also other factors like Consumption of IFA as per doctors' advice, consumption of IFA along with calcium significantly determine compliance. **Keywords:** Compliance, Iron folic acid, Antenatal women.

IAPSMCON/KAR/BLDEDU/745

A Cross-Sectional Study to Assess the Compliance To Iron Folic Acid Tablets Among Women Attending Antenatal Clinic.

Dr. Siva Keerthika S, Dr. Santosh Biradar, ESIC Medical College, Kalaburagi

Presenting Author: Dr. Siva Keerthika S

Introduction: As there is high prevalence of anemia (65-75%) among antenatal women, India started the National Nutritional Anemia Prophylaxis Program (NNAPP). In this 100mg of ferrous iron and 500mcg of folic acid tablets were distributed to the antenatal women. Despite all these efforts, still anemia is more prevalent among antenatal women. Success of all these interventions depends upon the compliance to Iron-Folic acid tablets (IFA). Hence this study aims to assess the compliance to IFA tablets and factors associated it, among antenatal women attending the antenatal clinic of Urban health centre, Maktampur, Kalaburagi. **Objectives:** 1. To estimate the compliance of IFA tablets among antenatal women attending antenatal clinic. 2. To identify the various factors associated with compliance among antenatal women attending antenatal clinic. **Methods:** A Cross-sectional study was conducted among antenatal women attending the antenatal clinic of Urban health training centre, Maktampur, Kalaburagi. The duration of study was 3months and sample size was estimated as 100, based on the prevalence of anemia that is 37.3% among urban pregnant women in NFHS-5 Karnataka. **Results:** Out of

the total 100 pregnant women that took part in the present study, 41% were found to be compliant to the IFA tablets prescribed to them. The most common reason for non-compliance to IFA tablets was found to be “no harm in skipping sometimes” followed by “forgetfulness”. Conclusion: The present study observed that 41% of the pregnant women were compliant to IFA tablet supplement given to them. Awareness about the importance of IFA tablets during ANC period should be counselled. Keywords: Anemia, Antenatal women, Compliance.

IAPSMCON/KAR/BLDEDU/852

Study of proportion, socio-demographic determinants and causes of intrauterine fetal death at a tertiary care teaching hospital in Ahmednagar, Maharashtra

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Presenting author: Monica Saha

Background: Intrauterine foetal death (IUFD) is a major obstetrical complication and indicator of perinatal health in a given population. Still Birth is considered as all foetal deaths weighing 500g or more occurring both during pregnancy and during labour. According to Beclowe et al The incidence of IUFD is estimated to be 3per1000 pregnancies in developed countries and as high as 45per1000 pregnancies in developing countries. Objectives:1) To find out the proportion of IUFD at Pravara Rural Hospital.2) To study various socio-demographic factors associated with IUFD.3) To find out medical and obstetric causes of IUFD. Materials & Methods: 1. Study Type-Descriptive Observational study. Study design -Cross-sectional study. 2.Place of study-Pravara Rural Hospital, Loni., Duration of study-2 months, Sample size-All IUFDs that occurred during two months of study period were included in the study. Results: 1. The proportion of intrauterine fetal deaths at Pravara Rural Hospital is as follows •Total Stillbirth rate :39.62/thousand total births. •Antepartum still birth rate :29.55/thousand total births. •Intra-partum still birth rate :10.06/thousand total birth. 2.Women belonging to Class 3 of BG prasad scale constitutes 38% of total IUFD, women with secondary education constitutes 18% IUFD and women residing at rural areas constitutes 80% of IUFD.3. women in the age group of 20-25 years constitutes 36.17%, G2-G4 women constitutes 51% of total IUFD. Unbooked cases constitute 70.22% of IUFD, women with total duration of pregnancy of 28-34 weeks constitutes 68.08% of IUFD. Conclusion: This study shows that the incidence of IUFD in our population is lower to most of the other Indian studies, but higher than those reported from developed countries. Our hospital is located in a rural area of Maharashtra, this Multi-specialty hospital get referral of high-risk obstetric cases from neighbouring villages and townships. In our study higher number of IUFD cases were reported in Unbooked cases, illiterate women, lower socio-economic status, etc. Keywords: Intra-uterine fetal death, High risk pregnancy, Unbooked cases, Preventive Obstetrics, Preventive paediatrics.

Geriatrics And Nutrition

IAPSMCON/KAR/BLDEDU/742

A Cross-sectional Study of Morbidity Profile of Geriatric Population in Slum Areas under Urban Health Training Centre, Solapur

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Presenting author: Dr. Payel Roy

Background: Aging is considered as a natural and universal process. James Sterling Ross Commented: “You do not heal old age. You protect it; you promote it; you extend it”. United Nation agreed that the cut off age is 60 years and above for referring to elderly population. Globally, the geriatric population has increased from 8% in 2012 to 8.5% in 2015 and expected to rise by 22% in 2050. In India geriatric population has increased from 8.6% in 2011 to 10.1%

in 2021 and expected to increase in 13.1% in 2031. As geriatric group of people are a largely neglected section of society, this cross-sectional study was undertaken to study morbidity profile of geriatric population in slum areas under UHTC, Solapur. Objectives: 1. To estimate prevalence of morbidity profile among geriatric population. 2. To assess association between certain sociodemographic factors & morbidity profile of geriatric population. Materials & Methods: A community based cross-sectional study was conducted in the slum areas under UHTC, Solapur from 1st June 2023 to 31st July 2023. Geriatric age group population (age ≥ 60 years) were taken in the study. Study was conducted after taking approval from the Institutional Ethics Committee and semi-structured questionnaire was used for data collection. Result: In this study among 200 geriatric population 194 people were suffering from one or more morbidities. Among 194 geriatric population (78.35%) were suffering from hypertension, followed by musculoskeletal problem (67.53%), vision impairment (42.78%), social problem (27.84%), diabetes mellitus (27.32%). Prevalence of morbidity was significantly high among 65-69 years of age group, in Hindu religion, three generation family and lower socio-economic class. Conclusion: Majority of the geriatric population were suffering from hypertension and there were significant association between age group, religion, family size and socio-economic status with morbidity. Keywords: Geriatric, Morbidity, Urban slum areas.

IAPSMCON/KAR/BLDEDU/344

Impact of Covid-19 On Mental Health of Elderly Population: A Community Based Cross-sectional Study.

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Presenting Author: Dushyant Ameta

Introduction: As COVID-19 infection continues to grab the world by creating pandemic and disproportionately affecting the elderly age group especially those with comorbid conditions have increased risk of developing illness and death. Health worsens by fear of COVID-19, media portraying COVID-19 as elderly disease, loss of social connection and age-based discrimination. Hence there is a need to assess the impact of COVID-19 on mental health of elderly population. Objectives: 1. To assess the impact of COVID-19 on mental health of elderly population. 2. To determine the association between socio-demographic factors with the mental health of elderly population. Material And Methods: Community based Cross-sectional study. Sample size: 302. Sampling technique: Simple random sampling, after taking informed written consent from all the study participants for voluntary participation the study subjects were interviewed using predesigned, pre-structured and pretested questionnaire. Statistical Analysis: Data was entered in Microsoft excel sheet. Descriptive statistics was analyzed for frequency, proportions, chi-square test, mean and standard deviation. Categorical analysis will be calculated using SPSS (version 16). Results: Out of 302 study participants majority 147 (48.67%) belongs to 65-69 years age groups and among them majority 130 (43%) had Fear of COVID-19 scores ranging 22-28. The study subjects 266 (94.7%) had severe anxiety, 13 (4.3%) had moderate anxiety and 3 (1%) mild anxiety. The study subjects 88 (29.12%) had severe depression, 43 (14.24%) had moderate depression and 77 (25.51%) had mild depression. Conclusion: The prevalence of depression and anxiety among geriatric population were 68.81% and 78.8% respectively. 9.9% geriatric population had higher scores of fear of COVID-19. The study concluded that prevalence of depression, anxiety and fear of COVID-19 were more among geriatric population. Keywords: Covid-19, fear of COVID-19, Mental Health, Elderly Population.

IAPSMCON/KAR/BLDEDU/293

“A study on Cognitive Impairment among elderly in Urban Bengaluru – a community-based cross-sectional study”

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Presenting author: Dr. Darshan H S

Background: Cognitive impairment (CI) is a growing concern among the elderly population in India and worldwide, often overlooked and underestimated in society. Cognitive Impaired are ten times more likely to develop dementia than healthy adults. Hence, our study aims to estimate the prevalence of CI and assess the association of CI with sociodemographic variables among elderly individuals residing in Urban Bengaluru. **Materials and Methods:** A cross-sectional study was conducted among the elderly population (age ≥ 60 years) residing in the 3 wards of Rajajinagar (wards no. 99, 98, 100) for more than one year. 132 participated in the study. To assess CI, the Elderly Cognitive Assessment Questionnaire (ECAQ) was used. **Results:** The magnitude of CI among the elderly population was found to be 49(37.12%), where 31(23.5%) were in Borderline CI and 18(13.6%) were cases of CI. Among the elderly having CI, 73% belong to the age group 60-79 years, and around 67% were found to be females, reflecting that CI is more among females. CI among the elderly significantly increased with the increase of age. Significantly higher CI was seen among females, illiterate, population elderly belonging to below the poverty line, those with any chronic disease, diabetes, hypertension, and those without physical activity than compared to their counterparts. **Conclusion:** In conclusion, our study highlights a high proportion of CI among the elderly. Approximately 1 in 3 elderly individuals in our study were found to have CI. Screening for CI among the elderly at the primary care level is essential for early detection. Primary care workers and physicians should be trained to identify and manage geriatric CI early, and community-based interventions should be implemented for the effective management of older adults with chronic diseases as most factors for CI are preventable and treatable. **Keywords:** Elderly, cognitive impairment, geriatric, dementia.

IAPSMCON/KAR/BLDEDU/434

Weaning practices in urban slum area of western Maharashtra

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Background: Weaning and its time of initiation is a crucial medical event in infants' life to prevent the occurrence of allergies, diseases, intolerance, and lifelong wellbeing. Observing correct weaning pattern is important to prevent pathogen introduction and nutritional gaps resulting from biased selection and improper handling of feeds influenced by cultural, traditional, socioeconomic, and individual factors. **Objectives:** This study was conducted to explore weaning patterns practiced in the urban slums of western Maharashtra and to assess the impact of factors like socioeconomic conditions, demographic variables, and cultural practices etc., on growth of infants. **Materials & Methods:** A prospective cohort study was conducted among 60 participants in the field practice area of western Maharashtra using a self-designed pretested and pre-validated tool, after written informed consent. Data was collected with approval of the institutional ethical committee. Statistical analysis was carried out using SPSS version 20. **Results:** This study shows that Prolactal feeds were given to only half i.e., 33 (55%) of the infants. Weaning was started in 29(48.33%) infants prior to 6 months and first weaning feeds were mostly 45(75%) liquids. Ghutti was fed to 36 (60%), colostrum to 37 (61.67%), oil massage was given to 54 (90%) and kajal applied into the eyes of 40 (66.67%) infants. Additionally, adequate personal & environmental hygiene prevailed only among 31

(51.67%) of participants. Conclusion: Study showed that almost half of the infants were exposed to Prelacteal feeds like Honey, Cow milk etc. Colostrum was fed to more than half of the infants and almost half of the infants were prematurely weaned, mostly using liquid feeds. Harmful cultural practices like kaja application were prevalent in most of the households. Hence educating mothers about importance of colostrum feeding, practicing correct weaning habits and maintenance of adequate hygiene is crucial for ensuring appropriate infantile growth. Keywords: weaning, colostrum, weaning age, type of weaning feeds, weaning practices etc.

IAPSMCON/KAR/BLDEDU/680

A cross-sectional study on Infant and Young Child Feeding Practices and their determinants in an urban area

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Presenting Author: Dr. Ummu Kulsum

Introduction: Optimal Infant and young child feeding practices (IYCF) are cornerstones in preventing malnutrition and childhood morbidity, thus improving child survival. Aim and Objectives: To estimate the prevalence of various infant and young child feeding practices and to determine the associated factors of feeding practices. Methodology: A community based, cross-sectional study was conducted in the urban field practice area of Government Medical College, Anantapur among mothers of children aged less than 2 years during February 2023 to March 2023. A sample size of 110 was arrived by using the formula $4pq/l^2$ with prevalence(p) of early initiation of breastfeeding within 1 hour of birth as 51.6%, allowable error(l) as 10% ,10% non-response rate. The participants were selected by simple random sampling method and directly interviewed, through house visits, using pre-tested, validated questionnaire. Data was analyzed through proportions and percentages in MS excel 2019. Chi-square test was used to test significance, using SPSS version 26. Results: Around 59% of children were breastfed within 1 hour of birth, 26.4% were given pre-lacteal feeds, 77.2% were fed colostrum and 81.8% were exclusively breastfed. Around 53.7% mothers initiated complementary feeding at 6 months and 3% of the mothers gave minimum acceptable diet to their children. Maternal age (P Value;0.01), maternal education(p=0.045), birth order(p=0.002), socioeconomic status(p=0.004) were associated with early initiation of breastfeeding within 1 hour of birth. Conclusion: Majority of the children are facing a shortfall in the frequency, diversity and nutrient density in their diet, making them liable to infections and malnutrition. Keywords: Dietary diversity, Exclusive breastfeeding, Infant and young child feeding practices, Minimum acceptable diet.

Occupational health

IAPSMCON/KAR/BLDEDU/746

Knowledge, Attitude and Practices regarding Needle Stick Injuries among nursing students

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Presenting Author: Dr. Priyanka. R

Background: Needle stick injuries (NSIs) can lead to serious or fatal infections with bloodborne pathogens and nursing students are one of the vulnerable groups at risk, due to their lack of experience and training. This study was conducted to assess the knowledge, attitude, practices and prevalence of needle stick injuries among nursing students. Materials and Methods: A cross-sectional study was conducted between May and July 2023 among 240 B.Sc nursing

students (60 students selected in each academic year - I, II, III and IV) in a nursing college in Belagavi City. After obtaining Institutional Ethics Committee approval and informed consent, data was collected using a pre-designed questionnaire. Analysis was done with SPSS (v23) software. Categorical variables were described using frequencies and percentages, statistical analysis was done using Kruskal wallis test and Chi-square test. Results: There were 158(70%) females and 72(30%) male students. 150 (62.5%) students were aware about the diseases transmitted by NSI, 139 (57.9%) were aware about the immediate first aid measures, 196 (81.7%) were aware about newer safety devices .182(75.8%) felt that reporting a NSI will lead to others stigmatize and isolate them. 161 (67.08%) followed recapping of needles among which 51(21.25%) followed two handed recapping technique. Kruskal Wallis test showed a statistically significant difference in the mean rank of the practice scores between students of different academic years ($H(3) = 19.814$, p Value; 0.001). Prevalence of needle stick injury among nursing students was 20.4%, with a significant difference in the prevalence among the different academic years ($\text{Chi-square} = 11.77$, $p = 0.008$). Conclusion: This study showed that one in five students sustained a needlestick injury. Gaps in knowledge, attitude and practice were found, indicating that there was less than desired knowledge regarding the prevention and management of needlestick injury. Keywords: Needle Stick Injuries (NSIs), Recapping of needles, Hepatitis B vaccination, Nursing students.

Mental health

IAPSMCON/KAR/BLDEDU/868

Epidemiological Determinants and Prevalence of Depression and Anxiety Among Alcohol Use Disorder Individuals from Belagavi City, North Karnataka: A Cross-Sectional Study

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Presenting author: Dr. Ajay Sajjanar

Background: Alcohol, a longstanding cultural element, influences various factors including economic, environmental, cultural, biological, social and psychological aspects. Common mental conditions such as depression, anxiety, social anxiety and stress heighten the risk of developing alcohol use disorder (AUD). Objectives: To determine depression and anxiety prevalence among AUD individuals and explore associated epidemiological factors. Materials & Methods: A cross-sectional study was conducted among Alcohol Use Disorder (AUD) individuals attending or admitted in De-addiction Centres within Belagavi city, North Karnataka. After getting approval from Institutional ethics committee, the data was collected from 100 subjects by using pre-designed, pretested questionnaire. AUD was confirmed by CAGE questionnaire and Alcohol Use Disorder Identification Test (AUDIT). Depression and Anxiety were assessed using the Hamilton Depression Rating Scale (HAM-D) and Hamilton Anxiety Rating Scale (HAM-A) respectively. Results: The prevalence of depression was observed to be 76% among the study subjects, with 19.7% mild, 31.6% moderate, 34.2% severe and 14.5% very severe depression as per Hamilton Depression Rating scale. Mean HAM-D score was 14.93 ± 6.95 . Surprisingly, all the AUD individuals were having some or the other form of anxiety ranging from mild (42%), moderate (37%), and severe anxiety (21%). Mean HAM-A score was 19.25 ± 5.92 . Most depressed/anxious subjects were from 31-40 years of age group, unemployed graduates from urban area, belonged to joint family, married, drank alcohol for more than 10 years and were experiencing financial issues. There was statistically significant association between Depression and age, poverty, marital status, duration of alcohol use (P Value < 0.05). And Anxiety associated with age and drinking pattern (P Value < 0.05).

Conclusion: This study highlights the heightened risk of depression and anxiety among 31–40-year-old individuals with alcohol use disorder. Those with both alcoholism and psychiatric disorders face challenges in abstinence and seeking mental health services. Careful psychological assessment is essential to mitigate severity and enhance their quality of life. Keywords: Alcohol Use Disorder (AUD), Depression, Anxiety.

IAPSMCON/KAR/BLDEDU/639

Sleep patterns and depression symptoms among medical students of Chamarajanagar: A cross-sectional study

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Presenting author: Dr. Sneha Sri GR

Introduction: Sleep is an important part of life. It occupies approximately 1/3rd of our life span & is closely related to health. 90% of patients with depression have insomnia. In India 14% of 15–24-year-olds especially students were found to have symptoms of depression. Poor sleep quality has been found to affect students' learning ability, academic performances & inter personal relationships. Objectives: •To assess the sleep pattern and depression symptoms among medical students • To determine the factors associated with depression among medical students. Methodology: A cross-sectional study was carried out among all medical students of CIMS, Chamarajanagar from June-July 2022. Among 750 students including all 4 years MBBS students & interns who were present at the time of study, 340 responded to the questionnaire. Questionnaire included participant details, Patient Health Questionnaire (PHQ-9), sleep duration questionnaire. SPSS-23 was used for analysis. Chi-square test, Univariate & multivariate logistic regression analyses were used to find the association between two variables. Results: Sleeping patterns of the students were 9 hours – 8.4%. 69.2% experienced disturbed sleep. Reasons for reduced hours of sleep/disturbed sleep were academic overload (31%), screen time (23.4%), stress & anxiety (19.2%), exams (16.6%), personal problems (9.8%). Mild depression was found among 57.4%, moderate 7.2% & severe depression among 3.12%. Factors associated with depression were age, gender, class, students who sleep for <6 hours, experiences undisturbed sleep were found to have moderate to severe depression. Conclusion: Duration of sleep was hindered among medical students due to various factors which are closely related to mental health issues like depression. Optimizing sleep status may contribute to good mental health. Students who were found to have moderate to severe depression were asked to undergo a further workup with the college psychiatry department. Keywords: Sleep pattern, Mood disorders, Depression, Patient Health Questionnaire (PHQ-9), Medical students.

IAPSMCON/KAR/BLDEDU/448

Study to Assess the Effect of Increased “Screen Time” During COVID-19 Pandemic Among School Going Adolescents of North Karnataka

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Introduction: The surge in digital technology usage in recent years, particularly among adolescents, has led to a significant increase in their screen time. This trend has been exacerbated by the COVID-19 pandemic, with lockdowns and online activities causing adolescents to rely heavily on devices such as smartphones, tablets, laptops, and TVs for nearly two years. This extensive screen time has impacted various aspects of their lives, including their physical health, mental well-being, behavior, and academic performance. It is crucial to

evaluate the effects of prolonged screen time on adolescents during the ongoing COVID-19 pandemic. Objectives: To Assess the physical, psychological, behavioral, and academic performance effect of increased “Screen time” among school-going adolescents of North Karnataka. Methodology: A cross-sectional study involving school-going adolescents in North Karnataka aims to collect data from 202 participants with a 95% CL and a precision of 0.8. Schools will be randomly selected, and students will be chosen by SRS. Physical activity will be assessed using the GPAQ questionnaire, screen time with QueST, and other parameters through a semi-structured self-administered questionnaire. Data analysis will be conducted using SPSS V20. Categorical variables will be compared using the Chi-square test. Conclusion: The study's findings will offer valuable insights into the issues that adolescents face due to excessive screen time. These insights can be used to develop specific and effective interventions, such as psychoeducational programs for both parents and children. Keywords: Screen time, adolescent, digital technology.

Health care system

IAPSMCON/KAR/BLDEDU/727

Evaluation of Nikshay Poshan Yojana for people with TB treated under NTEP in a District from Western Maharashtra

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Background: India has higher burden of TB. Govt. of India has launched Nikshay Poshan Yojana – Adhar linked Direct Benefit Transfer Scheme under National Health Mission. Every TB patient gets monthly incentives of Rs. 500. We are evaluating the Nikshay Poshan Yojana by assessing the timely receipt of Direct Benefit Transfer and its effectiveness to the patients. Objectives : (a) To determine the number (proportion) of TB patients who received the benefits. (b) to explore the challenges encountered by the health care providers in delivering the NPY through DBT. (c) to explore the ways the incentives were utilised by the patients. Materials and methods: Data regarding TB patients was collected from District TB Centre. Data about details of incentives received by the patient was collected from Nikshay portal. Beneficiaries were interviewed telephonically using questionnaire. Health care providers were interviewed in DTC. Data on hurdles in implementation of Nikshay Poshan Yojana was collected. Results: Total patients interviewed: 200, No. of patients with primary education is significantly higher. No. of married patients were more than those unmarried. No. of patients from rural area is higher than those in urban area. Patients below poverty line were more than those above poverty line. HIV negative TB patients were more than HIV positive patients. Pulmonary TB patients were more than patients with extra-pulmonary TB Patients without addiction during AKT were more than those without addiction. Out of 200 patients 165 were registered for DBT and 35 were not registered. Difference between them is significant. All registered patients received incentives. (3000 INR). Most common reason for not receiving benefit is ‘not interested in availing benefit’. Most common problem faced by health care providers is incomplete information of the patients e.g., missing Adhar id. Difference between all the respective entities is statistically significant. Keywords: TB, Nikshay Poshan Yojana, linked Direct Benefit Transfer Scheme.

Health profession education

IAPSMCON/KAR/BLDEDU/379

Occupational Exposure to blood, hepatitis B vaccine Knowledge and uptake among medical students in yavatmal

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Introduction: Hepatitis B virus is the most contagious blood-borne pathogen. Hepatitis B infection is a disease of the liver caused by the hepatitis B virus (HBV), which has a partially double-stranded DNA and belongs to the family Hapidovariada. Approximately 30 % of the world population has been infected by hepatitis B virus. At least one million people die annually from HBV-related chronic liver infections. HBV is transmitted by body fluid, such as blood, and serum, and exhibits vertical transmission from mother to child, sexual transmission, vertical transmission, and unsafe injections including intravenous route drug use are the most common routes of infection for HBV. The Hepatitis B vaccine is the first anticancer vaccine that has an outstanding record of safety and effectiveness and is 95 % effective in preventing children and adults from developing chronic infection. WHO suggested in 1991 that all children should receive the vaccine and 116 countries have added this vaccine to their routine immunization. **Methods:** In August 2023, a cross-sectional survey was carried out using a pretested self-administrated questionnaire among 333 medical students. **Conclusion:** There is a high rate of accident exposure to blood and a low HBV vaccination uptake in medical students in yavatmal, leading to high occupation risk of HBV infection. HBV vaccination should be strongly recommended for medical students and the vaccine made available free of charge at the beginning of their training. **Keywords:** Hepatitis B vaccine, Accidental exposure to blood, medical students.

IAPSMCON/KAR/BLDEDU/687

A cross-sectional study on Knowledge Attitude and Practices about menstruation among female students of Chamarajanagar district.

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Introduction: Menstruation is a normal physiological process, its management is influenced by religious and culture perceptions of the community, along with inadequate facilities will result in inadequate menstrual hygiene management. Female students lose time, energy and money during their formative years of learning due to issue of menstruation management. **Objectives:** To assess Knowledge Attitude practices towards menstrual hygiene practices to assess the stigma associated with menstruation and the negative effects associated with it. **Methodology:** The present cross-sectional study was conducted from June 2023 to august 2023 in the field practice area of Chamarajanagar district. Study population includes all female students aged more than 12 years. A total of 258 samples were selected. The data was collected using pretested semi structured questionnaire by interview method. **Results:** Among 258 girls interviewed 57% had the knowledge that menstruation is a physiological process, 209 of them (81%) have attained menarche. half of them (49.6%) were embarrassed to ask questions about periods, 25.6% of them had pallor, 70% of them use sanitary pads, 23% of them attend school during periods, 74% of them are not allowed to carry out any religious practices, **Conclusion:** knowledge about menstrual hygiene practices needs to be improved through education. Improving water, sanitation and hygiene facilities and psychosocial support from the parents

during periods is required for better menstrual hygiene management. Keywords: Menstrual Hygiene Management Practices, Female students, Stigma.

Miscellaneous

IAPSMCON/KAR/BLDEDU/173

Healthcare Providers' Perspectives on Tuberculosis Control in a district of Southern India – Insights from 2022 Sub-National TB free certification

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Introduction: Tuberculosis (TB) remains a significant global health challenge, affecting millions of individuals each year. In the year 2021, it was estimated that approximately 10.6 million people worldwide were afflicted by TB. India, with a prominent share of 28%, reported a considerable 75 new smear-positive TB cases per 100,000 individuals annually. The substantial variation across states necessitates a unique approach to achieve sub-national measurement and elimination targets. In recognition of this challenge, the Indian Government launched the Sub-national Certification initiative in 2021, fostering competition among states and districts to attain TB-free status and offering recognition and incentives to the best-performing entities. To comprehensively understand the dynamics of TB notification and its perception among healthcare providers, this study proposes to delve into their perspectives. **Methods:** The study was conducted in Bengaluru Rural District, between January and March 2023, employing a qualitative exploratory design. The study targeted healthcare providers encompassing doctors and chemists employed in both public and private sectors. A non-probability sampling technique, specifically the convenient sampling method, was utilized. Data was collected through the application of the Nominal Group Technique (NGT) and Key Informant Interviews (KII). **Results:** Utilizing the nominal group technique, the following results were derived: approximately 20% of patients opt for treatment in the private sector, and pharmacies notifying TB cases comprise around 70% of the cases. The results of the KII shed light on diverse perspectives among healthcare providers regarding TB incidence, patient preferences, drug choices, and compliance. **Conclusion:** The observed reduction in TB incidence, the preference for public sector treatment and drugs, and the reported high patient compliance reflect positive developments in TB control efforts. The suggestions provided by participants contribute to the evolving landscape of TB control strategies and highlight the importance of patient-centred, community-based approaches in achieving the global goal of TB elimination. **Keywords:** Healthcare providers, Sub-national certification, Nominal group technique, Key informant interview, TB free status, TB elimination.

IAPSMCON/KAR/BLDEDU/956

A Cross-sectional Study on Physical Activity Among Undergraduate Medical Students- Motives and Barriers

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Presenting Author: Dr. K. Jeeva Radha

Introduction: Chronic non-communicable diseases like cancer, diabetes, respiratory, and cardiovascular diseases are most common current public health issue and is responsible for more than 70% mortality in adults worldwide and result in days of lost work and reduced productivity, in addition to affecting quality of life. In children and adolescents, these diseases affect several domains (e.g., social, emotional, cognitive, physical) of wellness, which in turn creates the risk of decline in academic performance. Regular physical activity is essential in

maintaining and improving physical and psychological health across the lifespan and also in the prevention of chronic non-communicable diseases. Despite the well-documented health benefits of physical activity, most young (81%) do not meet the physical activity recommendations. Objectives: •To assess the level of physical activity among undergraduate medical students. •To find the factors that are motivating and being a barrier to do regular physical activity. •To find the difference of physical activity among male and female students and across different semesters. Methodology: It is an Institution based Cross-sectional study done in Undergraduate medical students (N=600). After obtaining informed oral consent, predesigned semi-structured questionnaire will be distributed to students of the institute who are in various semesters. Statistical analysis: It will be done using SPSS software. Means and standard deviations will be calculated for various variables. Chi-square test and other appropriate statistical tests will be used to calculate the associations with physical activity and various motives and barriers. Results: Our findings indicated that 41.6% of the students were currently involved in some form of activity while 58.4% were not engaged in any such activities. the factors that motivate or hinder physical activity among these students. The commonly reported barrier was a "lack of time" (36.8%) followed by "lack of interest" (8.2%) and "lack of energy" (3.8%). Interestingly some students mentioned experiencing factors suggesting that their physical activity routines are influenced by various complex factors. Keywords: physical activity, medical students, motives, barriers.

IAPSMCON/KAR/BLDEDU/125

Compliance to Anti-Rabies Vaccination among persons with animal-bite: A Systematic Review and Meta-analysis

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Background: Rabies, a preventable viral disease, causes approximately 59,000 human deaths annually, with 95% cases occurring in Africa and Asia. This has prompted the World Health Organization's goal to eliminate dog-mediated Rabies deaths by 2030. Post-Exposure-Prophylaxis (PEP) with Anti-Rabies Vaccination (ARV) remains the most crucial among the preventive strategies, but compliance towards the same was found to be sub-optimal, as per available literature. Objectives: Among the persons with animal bite initiated on ARV-PEP between January 2005 and July 2023,1. To estimate the compliance rate in completion of ARV-PEP2. To determine reasons for non-compliance in completion of ARV-PEP Materials and Methods: Ninety-one relevant studies published between January 2005 and July 2023 were identified through PubMed; systematic review and meta-analysis were carried out among the fifteen studies that met inclusion criteria. Data were analyzed using Stata/BE and results were presented as Forest plots. Results: The review comprised 22,605 individuals across various countries who received ARV-PEP after animal bites. The pooled compliance rate for the entire ARV-PEP course was 0.36 (95% CI: 0.35, 0.36). The pooled compliance rate was 0.92 (95% CI: 0.85, 0.98) for the intradermal route and 0.78 (95% CI: 0.66, 0.90) for the intramuscular route. Compliance rates for the 2nd, 3rd, and 4th doses were 0.84 (95% CI: 0.77, 0.92), 0.77 (95% CI: 0.70, 0.85), and 0.60 (95% CI: 0.49, 0.71) respectively. Out of the countries studied, Vietnam showed the highest overall compliance of 0.82. Conclusion: This systematic review highlights the global landscape of ARV compliance rates, identifying strengths and areas for improvement in achieving Rabies. Wider adoption of the intradermal route due to better compliance is advocated. Integrating Rabies vaccination with national immunization systems could significantly improve ARV compliance. Implementing recommended strategies will bring us closer to a world free from dog-mediated Rabies deaths. Keywords: Rabies, Anti-Rabies Vaccine, compliance, Post-Exposure Prophylaxis.

IAPSMCON/KAR/BLDEDU/450

Proportion and determinants of tobacco consumption among adolescents studying in Gadag district.

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Presenting Author: Amith E S

Background: Adolescents are vulnerable to tobacco consumption in a smoking and smokeless fashion. Most of the current adult tobacco users started their consumption during adolescence. Global Youth Tobacco Survey-4 (GYTS-4), India conducted in 2019 showed 'ever use' of tobacco among adolescents to be 18.1%. This study was conducted to explore tobacco consumption among adolescents. **Objectives:** 1. To estimate the proportion of tobacco consumption among adolescents. 2. To determine the association between tobacco consumption among adolescents and sociodemographic and other factors. **Material and methods:** In Gadag district, Karnataka, 6 schools were selected using the convenience sampling method. All the students of classes 8th, 9th and 10th in the academic year 2022-2023 who were present during the survey were included. The survey was conducted using a semi-structured questionnaire to estimate the proportion of tobacco consumption and its determinants. The categorical variables were expressed as frequency and percentage. Statistical analysis was done using the Chi-square test and a p-value ≤ 0.05 was considered as statistically significant. **Results:** Out of the 525 students, 2 (0.38%) consumed tobacco. 207 (39.42%) students had a family history of tobacco usage, the predominant being father. The main reason for the initiation of tobacco consumption was curiosity. **Conclusion:** The proportion of tobacco consumption among adolescents (12-17 years) is less. The study identified that sociodemographic and other factors are not significant in the initiation of tobacco consumption among adolescents. **Keywords:** tobacco consumption, adolescents, school students.

IAPSMCON/KAR/BLDEDU/817

Assessment of Sleep Quality Among Interns in A Medical College in Belagavi City- A Cross-sectional Study"

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Presenting author: Dr. Vinod Kumar S

Background: A sound sleep of sufficient quantity and quality is vital for good health and longevity. Internship period, being the critical transition phase in medical undergraduates, this study was conducted to assess the sleep quality among interns in a medical college in Belagavi city. **Materials and Methods:** A cross-sectional study was conducted between June and July 2023 among 176 interns (adopting universal sampling method) in a medical college in Belagavi City. After obtaining the Institutional Ethics Committee approval and informed consent from participants, data was collected using a self-administered questionnaire, which included Pittsburgh Sleep Quality Index to assess sleep quality. Data was analysed using SPSS software version (23). **Results:** There were 83(47%) male and 93(53%) female interns. Majority 121(69%) were having poor sleep quality, of which 56.1% were females. The median sleep duration was 6 hrs (IQR=1 hr). The median time taken to fall asleep was 15 minutes (IQR=20 min). 19(10.6%) interns had taken medication to help them sleep when required, in the past one month. Among those who had the habit of smoking, 93.75% had poor sleep quality (Chi-square =5.120, p=0.024). Among those who had the habit of alcohol consumption, 79% had poor sleep (p =0.168), 86.6% of the interns who consumed coffee within 2 hrs before going to sleep had poor sleep (p=0.118), 75% of those with screen time more than 6 hrs had poor sleep(p=0.765). Among those who had good sleep, 71% had engaged in moderate exercise of

minimum 30 minutes a day for 5 days a week($p=0.176$). However, there was no statistical significance among the above groups($p>0.05$). Conclusion: The sleep quality among the medical interns was poor in a majority of them. Smoking habit was found to have a statistically significant association with the sleep quality. Keywords: Pittsburgh Sleep Quality Index, Interns, Sleep quality, medical college.

IAPSMCON/KAR/BLDEDU/802

Tobacco Usage, Plans and Attempts for Quitting and Problems Faced for Tobacco Cessation-A Cross-sectional Study in Ballari City

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Presenting author: Dr. Kesava Perumal S

Introduction: The tobacco epidemic continues to be a major public health concern with nearly 1.4 billion tobacco users worldwide. Tobacco consumed in any form is an important and preventable public health issue. Evidence says that 55.4% and 49.6% of smoke and smokeless tobacco users planned to or were thinking about quitting. Methodology: There are around 30 petty-shops located within 5kms of VIMS, Ballari. These petty-shops were the study sites and the tobacco users coming to these shops were the study participants. The data was collected by using semi-structured questionnaire. Results: Out of the 314 current tobacco users, majority of them were males (95.5%). Most were married (59.9%) and literates (81.5%), with an income of <2 lakhs per annum (90.1%). Additionally, 29.3% were Students. The smokable form of tobacco was used by 81.5% of the participants, and Peer pressure (65.6%) was found to be the reason behind it. When asked about their perception of health problems causing death due to tobacco usage, Lung cancer (50.6%) was the most common response we got from the participants. The study revealed that despite a desire to quit, tobacco users faced challenges due to withdrawal symptoms and stress. Among them 48.7% had the knowledge regarding help offered by health care professionals for quitting. Conclusion: Based on our findings, we conclude that tobacco use is prevalent among younger males with low income, who were driven by peer pressure. Effective policies and awareness campaigns aimed towards control of tobacco use and deaddiction schemes are much needed for a tobacco free status in future. Keywords: Tobacco, Preventable public health issue, Quitting.

IAPSMCON/KAR/BLDEDU/838

Financial Literacy Among Postgraduate Residents of Government Medical College in A District of Western Maharashtra.

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Presenting author: Dr. Kolekar Pravin Dhondiba

Background: Financial literacy is the ability of an individual to effectively manage financial matters, his /her own personal finance, budgeting and investing through application of various financial skills. Most doctors begin their careers without proper knowledge of finance. So, the present study to assess the financial literacy among postgraduate residents is undertaken. Objectives:1. To evaluate financial literacy among postgraduate residents. 2. To determine association between socio-demographic factors and financial literacy. Materials and Methods: Observational, cross-sectional study. Approval from Institutional Ethical Committee was sought. Google form (an online self-administered data collection tool by "Google LLC") used for data collection. NCEF (National Centre for Financial Education) Financial literacy survey questionnaire based on OECD framework was used as study tool. Inclusion Criteria: All postgraduate residents willing to participate in the study. Exclusion Criteria: Those postgraduate residents who will not respond to personal reminders over phone and to the personal visit, will be excluded from the study. Result: A total of 180 residents participated in the study. Among the study participants, 40% were found to be financially literate. 46.7% percent of the participants were literate by Financial Knowledge. 88.33% of the participants

were literate by financial behaviour. 70% of the participants were literate by financial attitude. Financial literacy was significantly associated with age, gender, with in-service and regular quota of admission of postgraduate residents, also with clinical and Pre-Para clinical department, (p value <0.05), No significant association was found between financial literacy and marital status. Keywords: Financial literacy, financial attitude, Financial Knowledge, Financial behaviour, Budgeting.

IAPSMCON/KAR/BLDEDU/105

Pattern of social media platform use among students from health sciences University

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Presenting Author: Dr. Nupur Goswami

Background: The growing popularity of the social media has vastly influenced the communication system of the modern era. Usage of Social Networking sites (SNSs) has been evidently increased among Indian students and it has significant impacts on the daily lives as well as academic performance of the students. **Objectives:** This study was undertaken to assess the pattern of SNSs usage, its impact on social interaction and student's own perception toward its academic impacts. **Materials and; Methods:** An observational cross-sectional study was conducted among 135 students of Krishna Vishwa Vidyapeeth, Karad. Data collection was done with the help of a pre-structured, pre-tested questionnaire. Statistical analysis was carried out using SPSS version 20. **Results:** A Total 135 students participated in the study out of which 86 (63.7%) were females and 48 (35.6%) were males. Almost half of the participants, i.e., 66 (48.9 %) spent 1-3 hours on social media whereas 14.8% (20) participants used social media for less than one hour per day. Instagram was found to be the most commonly used SNS among the students followed by YouTube. It was also found that 81 (60%) participants used SNSs primarily for entertainment purposes whereas 13 (9.62%) participants used SNSs primarily for Academic reasons. **Conclusion:** Study showed that students are excessively using SNSs and although academic application of social media exists, still majority of the students use it mainly for entertainment and other non-academic purposes. Hence, proper planning should be done to prevent its excessive use, to find preventive strategies and to reduce the detrimental effects of its use. **Keywords:** social media, students, internet surfing, smartphone use.

IAPSMCON/KAR/BLDEDU/876

The study of the Prevalence of Intimate Partner Violence and its associated factors among married women of age group 18-49 years in urban slum areas of Western Maharashtra

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Presenting Author: Dr. Kavita Hanamant Bhadake

Background: Violence against women is an emerging problem in the developed and developing countries, with the WHO declaring domestic violence as a "public health epidemic." it is important to assess the problem of domestic violence in the given geographical region for initiating supportive measures. **Objectives** were to estimate the prevalence, factors associated, patterns of IPV among married women in urban slum areas. **Materials and Methods:** A community based cross-sectional observational study was carried out in Urban slum areas under UHTC, from 1st February-31st July, 2023 following IEC approval. The study included all married women of age group 18-49yrs, required sample size was estimated to be 150, were recruited in the study by systematic random sampling method. The women were interviewed with pretested structured questionnaire after obtaining written informed consent. **Results:** Majority of participants(33%), were belonged to the age group 35-44years, 40% were from

Muslim religion, 49% had educated up-to secondary education level, majority of them were not working (76%),54% of the respondent's husbands were educated up-to higher education level, vast majority of the husbands (94%) were working, half of the women belonged to the nuclear families, majority of respondents(84%), age at marriage was ≥ 18 years, majority of them were with married duration of ≥ 10 years and having children between 1-2 in number (62%),78% were had at least one male child. Overall prevalence of IPV was 16%, among factors associated with the IPV, statistically significant association found between employment status of women($p=0.027$) and spouse ($p=0.003$), duration of marriage ($p=0.011$),Socio-economic status of the women ($p=0.035$) at 95% CI, major form of violence (14%) was of verbal violence. Conclusion: Prevalence of IPV was high among women of age ≥ 44 years, employment status of women and spouse, duration of marriage, Socio-economic status of the women these were statistically associated with IPV, major form of violence was of verbal violence. Keywords: IPV, Violence, Married women.

IAPSMCON/KAR/BLDEDU/463

Assessment of Food insecurity and its determining factors among people seeking healthcare in PHC's and its impact on their mental health

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Presenting author: Dr. Nipun Vattathode Murali

Introduction: As per Food and Agriculture Organization, India is home to 25% of world's hungry population and individuals experiencing Food insecurity demonstrate psychological distress including anxiety and depression. We conducted a study to examine if there is an independent association between food insecurity and frequent mental health problems like anxiety and depression. Objectives: 1. To assess the proportion of food insecurity and its determining factors among people seeking healthcare at PHC's. 2. To investigate the potential correlation between food insecurity and mental health conditions among them. Methods: A Cross-sectional study was done in Primary Healthcare Centers of Mangalore city during 10th June 2023 to 26th June 2023 (16 days). Study population were Respondents of ages above 18 who sought healthcare at the PHC. 96 persons responded to the study tool, which was a pre-designed, pre-tested, semi structured questionnaire. The questionnaire included General Socio-demographic details, and Questionnaire as per the Household Food Insecurity Access Scale (HFIAS) and Questionnaire to assess Mental Health Status- GAD-7 Scale and PHQ-9 and the sampling strategy was convenient Sampling. RESULTS: 72.9% of the households interviewed were food-secure and the remaining 27.1% were food-insecure, with the majority being under the mildly food-insecure category (16.7%). 8.3% of them faced moderate food-insecurity. 2.1% of the households suffered with severe levels of food-insecurity. Around three quarters (76.1%) of the population had minimal anxiety and among the remaining 23.9% of the population, 17.7% percent had mild anxiety and 6% of them had moderate anxiety. More than four-fifths of the population (86.4%) had minimal depression. 12.5% of the population had mild depression and 1% had severe depression. Food-secure households had a lower prevalence of higher anxiety levels and higher depression levels and there is a significant positive association between food insecurity and higher depression levels (with p -value < 0.05)
Keywords: Food security, mental health.

IAPSMCON/KAR/BLDEDU/365

Assessment of Self-Medication practices among Urban Population of Kalaburagi district, Karnataka

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Presenting Author: Dr. Chandrashekhar

Background: Self-medication is a global phenomenon and potential contributor to human pathogen resistance to antibiotics and adding to the woes of public health. The World Health Organization (WHO) Expert Committee on National Drug policies in 1995 stated that Self-medication is widely practiced in both developed and developing countries. This study was undertaken. **Objective:** to assess the self-medication practices and to relate factors influencing it. **Methodology:** A community based cross-sectional study was conducted among urban adult population from June 2023 to August 2023. A pre-designed and pre-tested questionnaire was developed, data were collected and distributions of responses were presented as frequencies and percentages. Chi-square was applied. **Results:** A total of 187 adults took part in the study, majority of 64.71% were aged 26-33years, 58.28% were males, 49.73% literates, joint families were predominant and maximum belonged to class III socioeconomic status as per Modified B G Prasad Classification. The prevalence of self-medication was 51.87% for the common problems of joint pains, headache and fever followed by diarrhea. The significant factors were male gender, younger age group and absence of health facility near to the residence ($p < 0.005$) **Conclusion:** Self-medication has become an alarming concept which needs to be addressed through holistic approach of adequate awareness and education and improvising on the authorized dispensing of drugs. There is a necessity for behavior changes related to self-medication practices and adhere to strict regulatory and managerial strategies to make health care easily accessible and more cost-effective. **Keywords:** Adult, Global, Health, Rural, Self-medication.

IAPSMCON/KAR/BLDEDU/313

Examining the relationship between adolescent menstrual health and BMI-A Cross Sectional study

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Presenting author: Dr. Ambika H K

Objective-To assess the correlation between Menstrual health and BMI

Materials And Methods-The research is conducted in Shri B.M Patil Medical College, Hospital and Research centre. A total of 464 college going medical and paramedical students were included in the study. The data is collected through a preformed questionnaire. The formula for calculating BMI (kg/m^2) was: $\text{BMI} (\text{kg}/\text{m}^2) = \text{Weight} (\text{kg}) / \text{Height}^2 (\text{m}^2)$.

Results-The study revealed that out of 464 students, 207 students belonged to Normal BMI, 97 Students belonged to Underweight BMI, 121 students belonged to Overweight BMI and 39 students belonged to Obese BMI category. The study also found a correlation between BMI and Menstrual disorders like menstrual irregularity, duration of menses, dysmenorrhoea, premenstrual syndrome, polymenorrhoea, oligomenorrhoea. **Conclusion-**The study shows a correlation between Menstrual disorders and BMI. In the present study, it is found Polymenorrhoea is more common than Oligomenorrhoea across all BMI categories. Students with Overweight and Obese BMI had prolonged and heavy menstrual pattern. Dysmenorrhoea although more prevalent had no association with BMI.

Keywords: menstrual health, BMI, Obesity, Oligomenorrhoea.

IAPSMCON/KAR/BLDEDU/173

“Efficacy of Yoga for chronic back pain: A comprehensive meta-analysis of clinical trials”

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Presenting Author: Dr. Sreenath Menon

Background: Chronic back pain (CBP) is a significant global health concern associated with substantial disability and economic burden. Yoga has gained attention as a potential intervention for CBP due to its holistic approach to health and well-being. This study aimed to comprehensively assess the efficacy of yoga for chronic back pain through a meta-analysis of clinical trials. **Methods:** A systematic review and meta-analysis were conducted following the PRISMA guidelines. Electronic searches were performed in PubMed from January 2013 to May 2023. Studies that investigated the effects of yoga as an intervention for chronic back pain in adults were included. The risk of bias was assessed using the RoB 2 tool. Pooled mean differences with 95% confidence intervals (CIs) were calculated for pain reduction using a random-effects model. Subgroup analyses were conducted based on geographic location, type of intervention, and type of yoga. **Results:** A total of six randomized controlled trials met the inclusion criteria and were included in the meta-analysis. The analysis demonstrated a significant reduction in pain intensity among participants practicing yoga compared to non-intervention groups (pooled mean difference = -1.24, 95% CI = -2.28 to -0.20, $p < 0.05$). Subgroup analyses revealed variations in pain reduction across different geographical locations, types of interventions, and types of yoga. **Conclusion:** The findings of this meta-analysis suggest that yoga may be effective in reducing chronic back pain in adults. However, the observed heterogeneity and potential publication bias indicate the need for cautious interpretation. **Keywords:** Chronic back pain, yoga, meta-analysis, pain reduction, complementary and alternative medicine

POSTER PRESENTATION

Environment and Health

IAPSMCON/KAR/BLDEDU/FACULTY/081

Assessment of Knowledge, Attitude and Practice regarding hygiene among meat handlers and its effect on Environment

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Presenting Author: Dr. Fyroose Eariyaden (PG)

Introduction: In India, the consumption of meat primarily centres around poultry, fish, and goat meat. The key contributors to meat contamination include unsanitary practices among workers and inadequate cleanliness of clothing and equipment within slaughterhouses. The widespread occurrence of food-borne illnesses presents a significant public health challenge, affecting both developed and developing nations. These illnesses lead to various health issues, ranging from different forms of diarrhoea to severe conditions such as cancer, and in extreme instances, even fatalities. **Objectives:** To Assess the knowledge, attitude, and practice regarding hygiene among meat handlers and its effect on Environment. **Methodology:** A descriptive, cross-sectional survey was carried out among 79 meat handlers in Vijayapura city who were selected using a random purposive sampling technique. A semi-structured questionnaire was used to collect the data concerning their knowledge, attitude, and practice of meat hygiene, and data analysis was analysed with SPSS V.26. Chi-square statistics was used to test the association between the

variables and p value <0.05 was considered statistically significant. Results: Seventy-nine participants were included, with 60.8% aged between 31 and 40. Over 50% had over a decade of meat handling experience. Participant age correlated with various knowledge aspects, while experience linked to recognizing the need for meat inspection to prevent infection. Conclusion: Elevating public health awareness, effective policies, and continuous training for meat handlers in safe practices and personal hygiene is crucial. Authorities at local, state, and national levels must actively enhance hygiene standards and slaughterhouse conditions. Infrastructure improvements are equally essential in slaughterhouses. Keywords: meat handlers, hygiene, environment, knowledge, attitude, practice.

Non-communicable diseases

IAPSMCON/KAR/BLDEDU/318

The Prevalence of Diabetes and its risk using Indian Diabetes Risk Score among Adults at Rural Health Training Centre of Tertiary Medical College, Kolar: A Cross-sectional Study

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Presenting Author: Dr. Aiswarya Lily Ray (PG)

Background: Diabetes is a chronic metabolic disease characterised by elevated levels of blood glucose leading to serious complications over time, which impact harshly on the finances of individuals, their families and economies of nations. The present study was done to estimate the Prevalence of Diabetes risk among Adults in Rural using Indian Diabetes Risk Score. Aim: To study prevalence of Diabetes Mellitus and its risk using Indian Diabetic Risk Score among adults and to correlate Diabetes with self-care practices among diabetic patients. Methods: Cross-sectional study carried out in Rural field practice areas of department of community medicine. List of all households are visited and information regarding Diabetic patient if available in the house is collected and one person available at the time of visit are enrolled into the study and required sample of 300 were recruited through Random sampling. Pretested, semi structured questionnaire is used to collect the information on sociodemographic data, Diabetes self-care practices and Indian Diabetic Risk Score. Data entered into Excel sheet and analysed using SPSS software. P value less than 0.05 considered statistically significant. Results: Present study showed that among 300 participants, 83 (27.7%), 95 (31.7%) (40.6%) were in high, moderate and low risk category as per Indian Diabetic Risk and 122 Score respectively. The Indian Diabetic Risk Score risk components such as Age of onset, Family history of Diabetes, decreased Physical activity and Increased Abdominal circumference were 149 (50% more than 50years), 10 (3.7%), 26 (8.7%) and 62 (20.7%) respectively. Conclusion: Early identification of risk factors of Diabetes play a significant role in preventing or delaying the onset of Diabetes and its complications in future and adopting self-care practices will go a long way in preventing Diabetes in the community. Keywords: Diabetes Mellitus, Non-communicable Disease, Self-care.

IAPSMCON/KAR/BLDEDU/135

Prevalence of obesity and its determinants among undergraduate medical students of a tertiary care teaching hospital in central Karnataka, India.

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JJM Medical College, Davangere

Presenting Author: Dr. S Poojitha (PG)

Background: Obesity has reached alarming proportions globally, affecting individuals of all age groups and backgrounds. The culture of fast-food consumption is replacing the traditional meal. It is an emerging trend among the younger generation. Their ready availability, taste, low cost, marketing strategies, and peer pressure make them popular. Medical students, despite their potential to advocate for healthy lifestyles, are not immune to this growing health crisis. **Objectives:** To assess the prevalence of obesity and its determinants among medical students. **Methods:** A cross-sectional study was carried out among undergraduate students of a medical college in central Karnataka in the months of July – August 2023. Students were interviewed using a pre-tested semi-structured questionnaire. Data was collected on their demography, height, weight, and information on their frequency of meals, physical activity, and fast-food intake. The data collected were subjected to descriptive statistics, and Chi-square test with statistical significance level set at $P < 0.05$. Most (94.1 %) eat fast food once a week or more. In addition, (81.2 %) have three meals or more daily, and (17.7%) have two meals every day. Regarding physical activity, (48.1%) do not play sports, and (12.6%) use buses to come to the college. **Conclusion:** Obesity being a very important risk factor for several comorbidities, it is very important to take necessary precautions to prevent and control it. The present study concluded that 43 % of students were overweight or obese. This study could create awareness among medical students to adopt a healthy lifestyle. **Keywords:** Medical students, Obesity, Overweight, Prevalence.

IAPSMCON/KAR/BLDEDU/374

Quality Of Life in Chronic Liver and Respiratory Disease Patients- A Cross-sectional Study

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Background: Health related quality of life represents an important outcome from a patient's perspective. Chronic liver and respiratory disease have a long natural history with considerable impact on day-to-day activities. These diseases have a natural progression and can become worse over time. Measuring HRQOL in liver and respiratory diseases provides details about nature and extent of its effects on physical mental and social well-being of an individual. Identifying factors contributing to HRQOL can help to make appropriate modifications in the disease management, thereby ensuring a better quality of life for the patient. **Objectives:** 1. To assess the Health-Related Quality of life among patients with chronic liver and respiratory diseases. 2. To identify the factors that affect the Quality of life. **Materials and Methodology:** A cross-sectional study was conducted; data was collected using EQ5D questionnaires for Health-related quality of life and pretested structured questionnaires as Google form to collect demographic and other information. Sample population included-1. Patients admitted in hospital, and those attending casualty and OPD, KIMS, Hubballi. 2. List of patients with chronic liver and respiratory diseases obtained from Medical Record Department (MRD) from March 2022 to August 2023. Data was collected after obtaining verbal consent, entered in excel and analyzed using SPSS version 25. **Results:** There was mild effect on the quality of life of 57.14% patients, moderate effect on 34.92% and severe effect on 7.93% patients. **Conclusion:**

Quality of life is considerable affected in patients with chronic liver and respiratory disease.
Keywords: chronic liver disease, chronic respiratory disease, quality of life

IAPSMCON/KAR/BLDEDU/121

“A Cross-Sectional Study to Assess the Health-Related Quality of Life and its Associated Factors Among the Patients Attending the NCD Clinics in the Field Practice Areas of Medical College in Chamarajanagar District, Southern Karnataka”

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Presenting Author: Dr. Aryan M G (PG)

Background: The health-related quality of life (HRQOL) is an individual's or a group's perceived physical and mental health over time. HR- QOL is lower in patients with NCD conditions in comparison with their normal peers. This study is conducted to assess the health-related quality of life and its associated factors among beneficiaries attending NCD clinics in the field practice areas attached to medical college in Chamarajanagar. **Objectives:** 1. To assess the health- related quality of life among beneficiaries visiting NCD clinics in the study settings. 2. To find the association of the health- related quality of life between the socio- demographic characteristics, the health condition and recent diagnosis among the study subjects. **Results:** After obtaining the ethical clearance, the data was collected among 200 patients using a standard CDC HR-QOL questionnaire who came for visiting NCD clinics in the field practice areas. The mean age of the subjects is 60.42 ± 12.36 years. The HR QOL scale has got 3 modules including core healthy days, activity limitations and healthy days symptoms modules. There were 12 (6%) subjects perceived themselves having very good health, with 38.5% were limited in activity and with pain in 58% subjects as reason for their limited activity. The Chi- square test is used to find association between these HR QOL modules and socio- demographic factors, health condition and recent diagnosis. **Conclusion:** This study found that the most participants with NCD conditions had a reduced core health days during past month before interview. There are similar studies suggesting association between the HR QOL and the health condition. **Keywords:** Health- Related Quality of Life, Rural, Non- communicable diseases, Southern Karnataka.

IAPSMCON/KAR/BLDEDU/FACULTY/075

A Study on Self-Care Activities Among Type II Diabetic Patients in Urban and Rural Field Practice Area

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Presenting author: Dr. Pooja Todalabagi

Introduction: Diabetes is a challenging disease that is considered to be hard to live with as it encompasses a lot of restrictive instructions. Self-care diabetes has been defined as an evolutionary process of development of knowledge or awareness by learning to survive with the complex nature of diabetes. **Objectives:** To evaluate self-care activities related to diabetes among study subjects using Diabetes Self-Management Questionnaire and to assess change in knowledge and practice of self-care activities following educational intervention. **Methodology:** A non-randomized educational interventional study (before and after comparative study without control) with 129 urban and 63 rural study participants was conducted in urban and rural field practice area of. Data was collected using pretested and predesigned proforma which included socio-demographic details, diabetic self-management questionnaire. Health education intervention was followed by post-intervention data collection. **Results:** Most of the participants were in their old age. Male predominance was seen. Most of the participants belong to Hindu religion (57% in rural and 69% in urban) were married (85.7% in rural and 82.9% in urban), unemployed (44% in rural and 35.7% in urban), illiterate (46.5%

in rural and 41.3% in urban). There was significant improvement in diabetic self-care activities when study participants were intervened with health education. Conclusion: Health education plays a vital role of resolute self-care behaviors in various domains, which includes diet, adherence to medications, physical activity, foot care and blood glucose monitoring. Health education about diabetic self-care by professionals not only help patients to halt with progression of the diseases but also reduces catastrophic expenditures associated with. Keywords: Self-care, Diabetes.

Maternal & Child Health

IAPSMCON/KAR/BLDEDU/909

Clinico Epidemiological Profile of Infant Deaths Reported in A Primary Health Centre, Kerala

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Presenting author: Dr. Neena Mary Dominic (PG)

Background: Infant mortality rates remain a significant concern, reflecting the health status of the community and effectiveness of Maternal and child health services. In the background of declining trend of Infant mortality rates in Kerala along with the notable Urban- rural difference of IMR, knowledge about the clinical and epidemiological factors that contribute to infant mortality is essential. Objective: To assess the clinical and epidemiological profile of infant deaths reported in a Primary health centre, Kerala. Methodology: A case series study of five infant deaths reported in a Primary health centre in an Urban area, Kerala from May 2022 to July 2023 was conducted. Results and Conclusion: The majority of infant mortality (60%) happened during the neonatal period in low birth weight newborns (60%). Male infant deaths surpass female. The mean birth weight was 2.06 kg with 60% of newborns born prematurely. The average age of mothers was 28.8 years and 80% of them have had multiple pregnancies. Additionally, 60% fell under the Below poverty line (BPL) category. They were all literate and have completed at least secondary school. Maternal comorbidities such APLA syndrome, hypertension, previous intrauterine death, conception through In vitro fertilization were identified. Congenital malformations (40%) were the most common cause of newborn death, followed by prematurity-related complications (20%). One infant died as a result of acute encephalitis syndrome. Overall, the causes of infant deaths are shifting away from infectious diseases towards congenital malformations and prematurity-related complications. As this study relies on records and has a limited number of cases, it is important to acknowledge the limitations of the research. Further research is needed in the diagnosis and treatment of premature neonates, as well as the management of congenital defects in utero. Early identification, counselling and treatment of high-risk mothers is required. Keywords: Infant mortality, Primary health centre, Neonatal, congenital disease.

Geriatric and Nutrition

IAPSMCON/KAR/BLDEDU/379

Assessment of Health Status of Geriatric People with special reference to musculoskeletal disorder: A cross-sectional study.

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Presenting author: Dr. Harshal Bhaurao Bagde (PG)

Introduction: The current global national demographic structure is shifting towards a higher proportion of the elderly resulting in “population aging”. India too is on aging nation since

7.7% of its population is above 60 years of age. Morbidity burden among geriatric age group is an important concern for the health authorities at global level. Both perceived health and chronic illnesses are major elements of health status in elderly and there is growing evidence that older people are at risk for manifold comorbidities. Musculoskeletal diseases are major public health problems, they cause more functional limitations in the adult and geriatric population states than any other group of disorders. Objectives: To study the prevalence of different musculoskeletal problems and their determinants among geriatric population in field practice area of Urban Training Health Centre. Methods: This cross-sectional study was conducted among geriatric population in field practice area of Urban Training Health Centre on 384 elderly people of ages of 60 years and more. Data was collected by a trained group of medical students with supervisors, from 5 randomly selected primary community healthcare centers in city. Participants were selected using a systemic random sampling procedure. Data was collected through personal interviews with the sampled elderly and filling the questionnaire, which guided us to the data, including age, sex, educational status and marital status and different musculoskeletal problems along with examining their doctors' and hospital records. Conclusion: Musculoskeletal diseases are common health problems in the geriatric population. There is an urgent need to develop geriatric health care services in the developing countries like India and provide training to health care providers to manage the commonly existing health problems in the community. Musculoskeletal diseases are significantly higher in elderly females. Health education and preventive programs are highly recommended to protect and treat those vulnerable groups. Keywords: Geriatric, Aging, Musculoskeletal disease, Morbidity.

IAPSMCON/KAR/BLDEDU/824

A community-based study on Depression among elderly in an urban area.

Dr. Bhavana R. Hiremath, SDM College of Medical Sciences and Hospital

Presenting Author: Dr. Bhavana R. Hiremath (Faculty)

Introduction: Age is an important determinant of mental health. Old age is a period of transition when one has to deal not only with the physical aging, but also with the challenges affecting the mental and social well-being. Due to normal aging of the brain, deteriorating physical health and cerebral pathology, the overall prevalence of mental and behavioural disorders tends to increase with age. Among the various mental disorders, depression accounts for the greatest burden among elderly. Depression decreases an individual's quality of life and increases dependence on others. If depression is left untreated, it can have significant clinical and social implications in the lives of the elderly. Early recognition, diagnosis, and initiation of treatment for depression in older people present opportunities for improving their quality of life, preventing suffering or premature death, and maintaining optimal levels of function and independence. Objective: To ascertain prevalence of depression and factors associated with it among elderly. Methodology: A community based cross-sectional study will be conducted among geriatric population (≥ 60 years) residing in field practice area of Urban Health Training Centre of a Tertiary care hospital. The prevalence of depression among elderly persons was reported as 31.4%. The final sample size obtained was rounded off to 250. Analysis of depression will be done using WHO Geriatric Depression Scale (GDS) which is a 30 item, self-report instrument used for measuring depression among the elderly, which has excellent validity. A total of 250 elderly people were included in the study. Nearly two third (68%) were females and more than half (56%) were in 60 – 65 year age group. Majority (79.2%) were literate while only 34% were earning members. Overall prevalence of depression among the geriatric subjects was 34%, among which mild depression accounted to 26%. Keywords: Depression, Geriatric, Self-reporting.

IAPSMCON/KAR/BLDEDEDU/472

Polypharmacy and adherence to medication among community dwelling elderly in a rural area, Dharwad

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Presenting Author: Dr. Deepthi (Faculty)

Background: India's population above 60 years is projected to climb from 8% in 2011 to 19% in 2050. Elderly persons are vulnerable to chronic diseases for which they consume multiple medications. This study aims to estimate the prevalence of polypharmacy and adherence to medication among elderly persons and factors associated with it. It will also estimate the costs associated with treatment. Methodology: A cross-sectional study was conducted in Yadwad village in the rural field practice area of Department of Community Medicine SDMCMS and; among elderly population. All subjects were administered an interview schedule to assess the presence of chronic disease, polypharmacy and level of adherence to medication. Total population of Yadwad village was 4600. Assuming 10% of the population to be geriatric; total elderly population was assumed to be 460. Total sample size was calculated as 360 assuming the prevalence of 32% from similar study with an absolute precision of 5% and at 95 % confidence. Systemic random sampling method was used to collect data. The total number of households in Yadwad was 772; with sampling interval calculated of 13. The data collected was analysed using SPSS Version 21. Results: The mean age of the study population was found to be 67 years (± 6.49 years), with 63.2% being 'young old'. The prevalence of polypharmacy was found to be 20.2%. Polypharmacy was found to be significantly associated with persons living with one or more family members and was higher among persons suffering from more than one morbidity with poor adherence to medication. Conclusion: Rational prescribing of drugs by the treating physician would help to reduce the burden of polypharmacy and potential drug interaction among the elderly. Keywords: Polypharmacy, Elderly, Adherence.

IAPSMCON/KAR/BLDEDEDU/FACULTY/073

Grains of change- Analysing consumption pattern of millets among rural population- A cross-sectional study

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BLDE (DU) Shri B M Patil medical college hospital and research centre Vijayapura

Presenting author: Dr. Rashmi Hullalli

Introduction: Millets, with their exceptional nutritional value, non-glutinous nature, and digestive ease, offer a wealth of benefits. They're rich in lecithin & known to fortify the nervous system. While millets like jowar are dietary staples in rural India, they've often been relegated to animal feed & birdseed elsewhere. Surprisingly, despite India's deep-rooted millet tradition, the consumption of pearl millet (bajra) declined by 67% in urban and 59% in rural areas between 2004-'05. Recognizing their potential, the Indian government proposed the declaration of 2023 as the International Year of Millets to the UN. We aim to assess the consumption patterns and pave the way for a millet resurgence. Objectives: To assess the consumption pattern of the rural population & to compare with the socio-demographic profiles. Methodology: Cross-sectional study was done among Rural households residing in field practice area of the Rural health center of BLDE(DU), Ukkali. By Convenience sampling, we obtained a sample size of 94. Data was collected from the individuals, using a Semi-structured Questionnaire, which encompassed both socio-demographic information & details regarding their consumption habits. And analyzed using SPSS V20. Results: In this study, a total of 94 participants were included. Out of these, 61 (64.9%) were male, & 33 (35.1%) were female. The majority of participants, 91 individuals (96.1%), reported that they consumed millets as part of their diet, while a small minority, 3 individuals (3.2%), did not include millets in their diet. Conclusion: This high consumption rate can be attributed to Karnataka's status as the

second largest producer of millets, reflecting a strong connection between local production & consumption patterns. It underscores the importance of promoting millets as a staple food source not only for their nutritional benefits but also for their potential economic & agricultural advantages. Keywords: Millets, consumption, health benefits.

Occupational health

IAPSMCON/KAR/BLDEDU/FACULTY/100

Study of lead level in serum of automobile painters in Vijayapura, Karnataka

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Presenting Author: Varshini Badagandi (UG)

Introduction: Heavy metals have extensive use in modern living standards. These metals contribute to pollution through natural and human-caused sources. While natural sources exist, it is anthropogenic activities like mining, refining, and improper waste disposal driven by industrialization and urban growth that significantly elevate human exposure. As these metals are non-biodegradable and enduring, ongoing human contact poses an enduring danger, posing a constant threat to humanity. Lead, a widely distributed highly poisonous metal in the environment, is recognized for its versatile physical and chemical characteristics, leading to its extensive utilization across various industries. In India, lead toxicity causes 4.6 million Disability-Adjusted Life Years and 165,000 fatalities/year. **Objectives:** To determine the concentrations of blood lead among automobile painters who are exposed to lead and compare these levels with those of non-exposed individuals in Vijayapura. **Methodology:** A cross-sectional study will be conducted on automobile painters in Vijayapura, Karnataka. Convenience sampling of 30 exposed groups and 20 control groups was included in the study after fulfilling the inclusion criteria. Institutional ethical clearance was obtained. Verbal Consent was obtained from study participants. Blood samples were collected from each participant, and lead content in their serum was analyzed, data was collected using a semi-structured questionnaire on Exposure duration, Practice of safety measures, and associated health concerns. **Results:** Our study revealed elevated serum lead levels in the exposed groups, and the lead level was found to be within normal limits in the unexposed group. **Conclusion:** Appropriate preventive measures should be used to encourage prevention and reduce exposure to such heavy metals, such as wearing protective clothing, gloves, masks, teaching about personal hygiene, and adopting preventive methods. To maintain worker safety, the Occupational Safety and Health Act should be required, such regulations should be strictly enforced in industrial zones. **Keywords:** Occupational health, Serum lead level, Automobile painters.

Mental health

IAPSMCON/KAR/BLDEDU/640

Internet Addiction Among government nursing college students of Mandya City: A Cross-Sectional Study

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Presenting Author: Dr. Monisha K (PG)

Background: Internet addiction is defined as excessive or poorly controlled preoccupations, urges or behaviours regarding computer use and Internet access that can lead to impairment or distress. It is a rapidly evolving behavioural addiction among the younger generation in India. **Objective:** To find out the prevalence of Internet addiction among nursing students of Mandya,

Karnataka. Materials and Methods: This cross-sectional study was carried out in Mandya Institute of medical sciences, Mandya district, south Karnataka between February to March 2023 among nursing and allied health sciences students in the institute. Young's Internet Addiction Test (IAT), a 20-item questionnaire is used to screen for the presence of various degrees of Internet addiction. Descriptive statistics like frequency, proportion, Mean and standard deviation were used. The chi-square test was used to find the association. Results: The study was conducted among 103 students at Mandya Institute of medical sciences. Of these, 18 (17.5%) were found to have internet addiction. While 12 (11.7%) of students had mild addiction, 6 (5.8%) had moderate addiction and none of them had severe addiction. Conclusions: The burden of internet addiction was high among college students. The quality of sleep was found to be affected due to their internet usage. Keywords: Internet addiction, Behavioural addiction, Young's Internet Addiction test (IAT).

IAPSMCON/KAR/BLDEDU/367

Depression Screening Among Health Care Workers of Primary Care Centre of Northern Kerala

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Background: Depression is projected to be leading psychiatric disease in India by 2030. Health care workers are one of the high-risk groups for adverse mental health outcomes worldwide. Healthcare workers are exposed to multiple stress factors within their work. Hence the present study about depression among health care workers is undertaken. Objectives: 1. To determine the prevalence of depression among healthcare workers. 2. To determine factors associated with depression among healthcare workers. Materials and Methods: Descriptive, cross-sectional study. Approval from Institutional Ethical committee sought Hospital Anxiety and Depression Scale (HADS) used for data collection. Inclusion criteria: All health care workers willing to participate in the study. Exclusion criteria: Those healthcare workers not willing for participation in the study. Results: A total of 150 participants were included in this study. Out of that 30% males and 70% female's participants. According to the age group, 14% participated in the age group between 20-30 years, 42% between 31-40 years, 25.33% between 41-50 years, 18.66% between 51-56 years. Overall, 44% found to be depressed among them 30.66% are in borderline 13.33% are found to be severely depressed. Among doctors 40% are found to be depressed in which 28% are in borderline 12% are severely depressed. 45.33% of nurses are under depression in which 34.66% are borderline 10.66% are severely depressed. Around 44% of ASHA workers are found to be depressed, in which 26% are in borderline and 18% are severely depressed. Conclusion: Prevalence of depression among health care workers is alarming. Hence behavioural therapy sessions and stress management programs are to be conducted frequently to screen as well as relieve from the mental issues. Keywords: Depression, Health care workers, mental health.

IAPSMCON/KAR/BLDEDU/581

A CROSS-SECTIONAL STUDY ON PREVALANCE OF DEPRESSION AMONG 1ST YEAR MBBS STUDENTS OF VIMS BALLARI.

All Author's Name

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Introduction: Globally, 4.4% of the population is living with depression. In a 2021 UNICEF survey, around 14% of 15 to 24-year-olds in India reported frequently feeling depressed or

disinterested. Depression among medical students has increasingly become a concern for medical educators globally. In a recent systematic review and meta-analysis, up to 27.2% of medical students had depression globally. Also 1st Year MBBS is a Phase of Transition from School to Medical College with the completely new and heavy Syllabus. For many of them it is also the first time of Hostel Stay. They go through many Stressful situations affecting their mental health. Therefore, our study is aimed to find the Prevalence of Depression among 1st year MBBS Students of VIMS Ballari. Methodology: Study Design- Cross- Sectional Study, Study Setting- VIMS Medical College, Sample Size- 185, Study Subjects- 1st year MBBS Students of VIMS. Study tool-A Semi-structured questionnaire was used. The questionnaire consists of questions on socio-demographic variables and a 6-item Kutcher Adolescent Depression Scale. Statistical Tests - Mean and Standard deviation. Results: Out of 185 respondents 64% were male, mean age was 19years. In our Study Prevalence of Depression is 21% out of which 31% were females and 69% were males. Conclusion: Globally, one in seven 10-19 years old experiences a mental disorder, accounting for 13% of the global burden of disease in this age group, our study shows that the prevalence of Depression is 21%. Therefore, it is insisted to give counseling to protect their mental health and to promote extracurricular activities in the collage to improve their coping mechanism and to give them a healthy and happy environment. Keywords: Prevalence, Depression, Cross-sectional study, KADS.

IAPSMCON/KAR/BLDEDU/365

Bullying among adolescents in Shivamogga: A cross-sectional study

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Presenting Author: Dr. Ajay Mallya (Faculty)

Background: Bullying among school children is certainly not a new phenomenon. Though bullying in schools has been known or experienced by many since a long time, it wasn't until the early 1970 that people tried to study it. However, since then many countries including but not limited to Japan, Australia, the United States, England have given public attention to bullying among school children. Studies have also demonstrated link between suicidal thoughts and being a victim of bullying or even an offender. Objective: To estimate the prevalence of bullying and study the bullying pattern among adolescents in Shivamogga. Methodology: A cross-sectional study was conducted among 350 adolescents aged 16 to 19 years each from urban and rural areas of Shivamogga. The Block Education Officer was approached and a list of all Pre-University colleges in Shivamogga taluk was collected. Then 50% of the Pre-University colleges were randomly selected using the random number table. After this sub-sampling was done in all the selected colleges using lottery method with the help of attendance register to reach the desired sample size from each college. Consent from the head of the institution and parents was taken. A pre-tested semi-structured questionnaire derived and modified from GSHS questionnaire, was used to collect data. Results: Prevalence of bullying among adolescents was 16.85% and 21.4% in urban and rural areas of Shimoga respectively. Verbal bullying was the most common type. Participants were mostly bullied during free periods and lunch breaks. Conclusion: Prevalence of bullying was found to be more in rural areas than urban areas. Among the victims in both urban and rural area males were higher in number compared to females. Keywords: Bullying, adolescents.

Health care system

IAPSMCON/KAR/BLDEDU/220

Prevalence and patterns of non-doctor prescription practices in urban field practice area of Dharwad

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Presenting Author: Arpitha VS (Faculty)

Background: The dearth of quality of care in many tribal and remote rural areas of the country has led to non-doctor prescription practices. Non-qualified personnel prescribing can result in drug resistance and wrong use of drugs. **Objective:** To estimate the prevalence and patterns of non-doctor prescription practices in Urban field practice area of SDMCMSH, Dharwad. **Methods:** A cross-sectional study was conducted among adults of urban field practice area, SDMCMSH, Dharwad. An estimated sample size of 335 was selected using systematic random sampling. All eligible subjects were interviewed through pre-tested questionnaire. **Results:** The prevalence of non-doctor prescription practices was 42 (12.5%). Herbal practitioners 16 (38.09%) and nurses 12 (28.57%) were major non-doctors prescribing in community. Faith 13 (30.95%) and easy accessibility 7 (16.66%) were the reasons for consulting non-doctor. **Conclusion:** Around one in ten adults seek non-doctor for consultation. Herbal remedies were also prescribed along with allopathic medicine. Non-accessibility and non-availability of qualified doctors can increase this practice in near future. **Keywords:** Non-doctor prescription, Prevalence, Systematic random sampling.

IAPSMCON/KAR/BLDEDU/419

A cross-sectional study on the tripartite model of attitudes regarding emergency medical services among public transport drivers in urban Mangalore

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Background: Emergency Medical Services [EMS] has become an essential component of the health-care system. Calls to '108' are routed to the Emergency Response Centre, where skilled call handlers recognize the situation and deploy the nearest ambulance to rescue the patient. The effective help provided within an hour of a traumatic injury; the 'golden hour' has enormous effect on the prognosis of the injured person. The present study focuses on public transport drivers, considering they are far more likely to encounter emergencies like road traffic accidents due to the nature of their occupation. **Objectives:** To assess the cognitive, affective, and behavioural components of attitude toward Emergency Medical Services among the study population. **Materials & Methods:** The study's tripartite model indicates the person's attitude as the latent variable and its cognitive, affective, and behavioural manifestations. Public transport refers to transit options available to the general public that require a fare and run at scheduled times, besides intermediate transport that isn't bound by an established schedule. The study subjects were approached at their respective workplace, the nature and purpose of the study was explained & an internally validated questionnaire was administered after obtaining the informed consent. **Results:** Out of 116 participants, all are literates and two-thirds are urban residents. The cognitive domain showed an adequate overall knowledge upon EMS, which is significant among public bus drivers as they were provided basic first aid training during their license process. The affective component showed 90% of the participants feels EMS coverage level is satisfactory at the study site. 40% have met the behavioural domain as they have ever

called an ambulance by dialing the '108' number. Conclusion: Raising awareness and promoting the Good Samaritan Law through focused interventions such as training sessions and workshops can be tailored to eliminate specific barriers to EMS utilization. Keywords: Emergency Medical Services, cognitive, affective, behavioural, public transport.

IAPSMCON/KAR/BLDEU/862

Factors Associated with Acceptance of COVID Vaccination among the potential beneficiaries of the Program – A Comparative Cross-sectional Study

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COVID vaccine appeared as the ray of hope to control the raging pandemic. However, vaccine delivery to the large population was a herculean task affected by several factors. Hence, this study aims to understand the factors which might have influenced the acceptance of vaccine. This knowledge can be used to plan measures to improve the vaccine acceptance. Two groups were involved in the study. Vaccine accepted group comprised of the beneficiaries visiting the COVID vaccination booth and vaccine not accepted group comprised the patients visiting the out-patient department of Urban Health Centre of Department of Community Medicine. Study participants were given a pre-tested, semi structured printed questionnaire. Descriptive statistics were represented as proportions. Associations were tested using Chi-square test and t test. The demographic characteristics of the vaccine accepted group were females (54.7%), graduates (51.3%) and professionals (45.9%). Whereas the vaccine unaccepted group were males (59.6%), educated till pre-university (21.2%) and home makers (33.6%) followed by agriculturists (18.5%). Knowledge score of the group which accepted the vaccine was significantly better than the group which did not accept (5.11 ± 1.18 v/s 4.48 ± 1.67 , P Value < 0.05). Apprehension was observed more in the vaccine not accepted group (34.2% v/s 29.8%). The knowledge score of the participants was significantly related to apprehension regarding the vaccine (P Value < 0.05). Factors such as gender, education, occupation, knowledge score and source of information were associated significantly with the vaccine acceptance (P Value < 0.05). Individuals with better knowledge had lesser apprehension and accepted the vaccine more. Hence, health educational efforts must be increased to enhance the vaccine related knowledge. And these efforts must be targeted towards men, potential beneficiaries of younger age group, individuals educated below pre-university level, housewives and agriculturists. Media and doctors must be used more to deliver vaccine information." SARS CoV-2, Covishield, Covaxin, Vaccine knowledge, Vaccine attitude.

Health profession education

IAPSMCON/KAR/BLDEDU/987

Exploring the Utilization of Digital Learning Resources by Medical Students: A cross-sectional study

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Introduction: Medical education has witnessed a significant transformation with the advent of digital learning resources. These resources, including online modules, virtual simulations, and interactive platforms, offer medical students a dynamic and flexible approach to acquiring knowledge and skills. Numerous studies have explored the role of digital resources in medical education, highlighting their potential to enhance learning efficiency and engagement. Despite the growing popularity of digital learning resources, there is limited research that specifically examines medical students' utilization patterns and experiences. Research article aims to

investigate medical students' use of digital learning resources through a mixed-methods approach. The findings from this study will contribute to the existing literature on digital learning resources in medical education and inform educational stakeholders in designing effective strategies to enhance learning experiences. Objectives of the study: 1. To assess the frequency and extent of medical students' utilization of digital learning resources. 2. To examine the perceived effectiveness and impact of digital learning resources on medical students' learning outcomes. Methodology: The source of data for this study will be medical at RIMS, Raichur. The study will utilize a cross-sectional study design to gather data on the utilization of digital learning resources by medical students. The method of data collection for this study involves administering a structured questionnaire to medical students who have provided their consent to participate. The questionnaire will be designed to gather information regarding the frequency and extent of medical students' utilization of digital learning resources, as well as their perceived effectiveness and impact on learning outcomes. The questionnaire will consist of a series of closed-ended questions, allowing participants to select responses from predefined options. Results: Our findings revealed that a significant proportion of students, 57.5%, actively engaged with digital learning resources, indicating their importance in medical education. 32.3% of students considering digital resources very effective and 64.1% indicating that they had a moderate positive impact on their academic performance. Keywords: Medical students, Digital learning, Medical Education.

Miscellaneous

IAPSMCON/KAR/BLDEDU/FACULTY/079

Immunization Awareness Among Parents

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Presenting Author: Uthkarsh M Patil (UG)

Introduction: Prevention is better than cure. Immunization is the biggest and most effective public health intervention in world in prevention. However, hesitancy, doubt its usefulness and safety were identified as top threats to global health. Many factors influence the decision to vaccinate like socio-demographic characteristics, trust in public health system, parent-doctor relationship, level of knowledge and attitude towards vaccination. Hence our aim of study is to assess all the above factors. **Methods:** Prospective study conducted in Department of Pediatrics, Shri B M Patil Medical College Hospital and Research Centre, Vijayapura from May 2023 - July 2023. Parents of children aged between 0-16 years were included. Data were collected by interviewing 200 parents using self-structured questionnaire. **Results:** A total of 200 parents were interviewed/ participated in the study out of which 43% [86 children] of children were fully immunized and 57% [114 children] of children were partially immunized, 9.4% of children were ill at the time of immunization, 7.1% of parents were unaware about the immunization schedule, 7% of parents forgot the due date, 17.3% of parents told the immunization was unavailable and 16.2% of parents were not serious about the immunization. **Conclusion:** Educating the parents about immunization, good doctor-parent relationship [communication], increasing the days of immunization and providing outreach services for home-delivered newborns improves immunization coverage. **Keywords:** Children, mother, immunization.

IAPSMCON/KAR/BLDEU/438

Awareness and knowledge of eye donation among medical students

Dr. Rahul Kumar Anil Solanke, Dr. Vijay Kishanrao Domple

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Introduction: Corneal blindness is one of the leading causes of blindness in India and globally, around 8 million population is affected worldwide. India shoulders largest burden of global blindness with 0.36 % of its population blind, corneal causes are second most common cause of blindness in India accounting for 37.5 % of blindness among Indians aged less than 50 years of age. Corneal transplantation is the only option for restoring vision in patients with corneal opacities for various reasons such as trauma, degenerations, dystrophies, infections and inflammations. There is need of around 2 lakh corneas per year for transplantation to clear backlog of corneal blindness currently we are collecting around 60000 eyes per year. An intense publicity and cooperation of government and non-governmental organisation is needed to enhance voluntary eye donations. Medical students who are cognizant and aware are expected to influence and positively mode the eye donation rates in India, keeping this in view, study was designed to assess awareness and knowledge of eye donation among medical students. Methods: A cross-sectional study was conducted using a standard predesigned and pretested structured questionnaire based on eye donation to obtain information on awareness and knowledge from Shri Vasantaro Naik Government Medical College Yavatmal Maharashtra. Keywords: Eye donation, Awareness, Knowledge, Medical, Corneal blindness.

THEME BASED PAPER

Open Air Defecation: Pain or Pleasure- A Community Based Survey

Dr. Shilpa K (Associate Professor, GIMS Gadag)

Introduction:

Open-air defecation is the practice defecating outside and not in to the designated toilet. Most people who live in India defecate in the open. INDIA accounts for 60% of the world's open-air defecation 67% of the rural households defecate in open air and 13% urban households defecate in open air.

Objectives:

To determine the prevalence of open-air defecation in rural area.

To determine the association between the knowledge & practices of open-air defecation with socio demographic profile & give health education regarding open-air defecation.

Methodology:

This Cross-sectional community-based study was conducted in GIMS rural field public area on adults who are the permanent residencies. Sample size was 200 households.

Pretested, predesigned questionnaire was used for data collection. Data Analysis was done using Chi-Square test Percentage and Proportion

Results:

Out of 200 participants 158(79%) were males and 42(21%) were females. In our study nearly more than half of the participants i.e., 128(64%) were in the age group of 21-40 years. The majority of participant's i.e., 68 (34%) were working agriculture fields. The majority of the participant's i.e., 90 (45%) were illiterate. The majority of the participants i.e., 93(46.5%) belonged to III class family,

Out of the 200 houses 118(59%) of the houses had the latrine while remaining 82(41%) of the houses were not having the latrine. Among the 200 participants 120(60%) were defecating in the open air and remaining 80(40%) were defecating in the latrine. Out of the 200 participants majority i.e., 127(63.5%) were unaware of the diseases spread by open-air defecation.

Conclusion:

Prevalence of open-air defecation is high (64%) in rural area.

Keywords: Open air, defecation.

From Convenience to Catastrophe - Unraveling Consumer Behavior, Environmental Awareness, and the Drive to Ditch Single-Use Plastics - An observational study in Northern Karnataka.

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Presenting Author: Dr. Kavimalar.T.

Introduction:

From 1.5 million tonnes in the 1950s to 390.7 million metric tonnes in 2021, the world's plastic manufacturing has soared. It is believed that around half of all plastic produced worldwide is intended for single use. Single-Use Plastics is in widespread use, due to their low cost, and ease of access. The majority of plastics are not biodegradable; instead, they progressively fragment into microplastics, which persist in the environment for many years and have negative consequences on ecosystems that are aquatic or terrestrial.

Objectives:

1. To analyze the prevailing consumer behavior patterns regarding the use of single-use plastics among urban residents
2. To assess the level of environmental awareness.

Methods:

A cross-sectional study was conducted among Residents in the Urban area of Vijayapura, from June to August 2023. The data was collected using semi-structured questionnaire, With an Anticipated Proportion of willingness to reduce consumption of single-use plastics by 90 % in reference article, the study would require a sample size of 335 participants. Data was collected from the urban residents and Statistical analysis was performed using SPSS. (V26).

Results:

The Study revealed a significant association between socio-economic class and the number of plastic bags bought per week. The utilization of single-use plastics by study participants was mainly attributed to their widespread availability 180(60%), Followed by easy accessibility 136(40%).

Conclusion:

Understanding consumer behavior is paramount in addressing the drive to reduce single-use plastics. The journey towards sustainable consumption requires a multifaceted approach, where insights into consumer behavior serve as a guiding light in paving the way for a greener and more responsible future. Despite being conscious of the detrimental impacts associated with the use of single-use plastics, a majority of the study participants continue to utilize them. Addressing this disparity is imperative to bridge the gap between awareness and behavior.

Keywords: Single-use plastics, Consumption, Awareness.

A Cross-Sectional Study Assessing Indoor Air Pollution Sources Among TB Households in Northern Karnataka.

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Presenting Author: Dr. Shanoon Sharaf Ali

Introduction:

It is estimated that about 40% of the Indian population is infected with TB bacteria, the vast majority of whom have latent TB rather than TB disease. Indoor air pollution is a recognized risk factor for TB Disease. Providing clean air was a treatment used in the pre-antibiotic era. This is now overlooked. Addressing environmental factors in TB treatment is challenging but a major determinant of the quality of life and speedy recovery of TB Patients. Our study aims to assess indoor air pollution exposure among TB Patients.

Objectives:

To assess the prevalence of indoor air pollution sources among TB households.

Methodology:

A cross-sectional study among TB patients of Vijayapura District from May 2023 to July 2023. 119 TB Patients were selected by probability proportional to size sampling method from 5 TU's which was selected by Random sampling method. Data was obtained by house-to-house visits using a semi-structured questionnaire, which was subsequently entered into Excel. Data was analysed using SPSS V.26.

Results:

More than 80% of the households belonged to BPL Category. 90% of the study households did not have cross-ventilation and it was statistically associated with level of Education. 63% of the houses did not have separate kitchens with smoke vents and it was statistically associated with Economic class. 58.8% of households had over-crowding and 86.6% had any sources of Indoor Air Pollution in the house.

Conclusion:

Indoor air pollution is common in TB households and has been identified as a risk factor for TB mortality and morbidity. As the government has attempted to address nutrition through food baskets and the Nikshay Poshan Yojana, we should endeavour to implement measures that address indoor air pollution. We should stimulate research into realistic practical remedies for indoor air pollution among TB patients.

Keywords: Indoor Air Pollution, TB Households, Environmental Factors.

Tracing Footprints for A Greener Tomorrow; A Cross-Sectional Study to Assess the Carbon Footprint of The Urban Households of Vijayapura City.

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Introduction:

The concept of carbon footprint is rooted in measuring the volume of greenhouse gases, predominantly carbon dioxide (CO₂), resulting from human activities. India has witnessed a significant surge in greenhouse gas emissions due to rapid economic growth and population expansion, making it the world's third-largest CO₂ emitter. This upsurge intensifies the natural greenhouse effect, leading to global temperature rise, ocean acidification, and heightened risks to human health. This study centers on assessing the carbon footprint attributable to households, recognizing them as the ultimate consumption units.

Objectives:

To assess the Carbon Footprint generated by urban households of Vijayapura.

Material and methods:

This study employs a cross-sectional approach targeting urban households residing within the operational area of the urban health center in BLDE(DU), Vijayapura City. The sample, comprising 150 households, was selected via systematic random sampling. Data was collected through household visits and interviews with the family heads using a semi-structured questionnaire. The carbon footprint was quantified using the online tool available at <https://www.carbonfootprint.com/calculator.aspx> and analyzed utilizing SPSS Software Version 20.

Results:

The analysis of carbon emissions highlights that primary emissions surpass secondary emissions. Notably, households categorized under the upper socioeconomic class exhibit a statistically significant carbon emission rate of approximately 39.47 tonnes per month. Conversely, households in the lower socioeconomic class emit around 11.09 tonnes of carbon per month

Conclusion:

This study's assessment of the carbon footprint emanating from urban households illuminates the pivotal connection between day-to-day choices and the broader ecological context. The findings accentuate the urgency for collective endeavors to curtail carbon emissions, thereby fostering a sustainable future and overall well-being.

Keywords: Carbon Footprint, Urban household, Greenhouse gases.

Knowledge, Attitude, and Perception regarding the Prevention of Traffic Noise Pollution among Students of North Karnataka.

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Introduction:

Noise pollution is an insidious and underestimated environmental threat, that poses diverse health risks such as sleep disturbances, cardiovascular ailments, impaired work and academic performance, hearing impairments, and mental health issues. Understanding students awareness, perspectives, and attitudes toward traffic noise pollution and its health impacts is crucial.

Objectives:

This study aimed to evaluate the awareness, attitudes, and perceptions of students towards traffic noise pollution

Methods:

The present study was conducted in Vijayapura during the period of August and September 2023, this cross-sectional study involved 304 students. A self-administered questionnaire was used to assess the existing knowledge, attitudes, and perception regarding traffic noise pollution prevention among students of North Karnataka.

Results:

Among 304 studied participants, 56.3% were females and 43.8% males. Knowledge analysis that revealed 63.5% with good understanding, while 28.9% demonstrated positive attitudes towards preventing traffic noise pollution. Chi-square analysis showed that knowledge correlated significantly with age ($p=0.010$), favoring those over 20 years. Gender did not show a significant impact on knowledge ($p=0.453$). Attitude showed no age-related significance ($p=0.107$) but gender showed significant influence on attitudes ($p=0.047$), females were more favorable. For practices, age showed a significant difference ($p=0.030$), favoring those over 20 years. However, perception was not significantly associated with gender ($p=0.408$).

Conclusion:

The study highlighted positive knowledge levels about traffic noise pollution due to its often-overlooked nature. However, only a small portion exhibited favorable attitudes and perceptions. This highlights the necessity for focused interventions, especially among the younger generation, to address traffic noise pollution effectively. Consistent education and reinforcement of traffic rules could induce positive change in the health and safety of the society.

Keywords: Knowledge, Awareness, Attitudes, Traffic Noise Pollution, Students.

Impact Of Educational Intervention on Menstrual Cup Usage Among Degree College Going Women

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Presenting Author: Dr. Deepa LN

Introduction:

Menstruation associated issues are not discussed enough resulting in ignorance and inefficient menstrual management. The most widely used menstrual product, the disposable sanitary pad, is expensive, contains toxic chemicals and causes infections, clogging of drains and increase in solid waste. The menstrual cup is reusable, cheaper, non-toxic and biodegradable with minimal risk of leakage, foul odour, allergies and infections. Although developed decades ago, its awareness, commercial uptake and usage remains low.

Objectives:

To assess the level of knowledge about disposable sanitary products and awareness about menstrual cup among participants, and to determine the proportion of participants that use the cup after an educational intervention.

Methods: A longitudinal study was conducted in two segments. A questionnaire was used to assess the participants' knowledge about sanitary products and the menstrual cup, following which the educational session on the menstrual cup was conducted. Participants were followed up after three months to ascertain the proportion of those who start using the cup.

Results:

In the present study about 97.75% used sanitary pads, 1.1% cloth, 0.9% and 0.2% used menstrual cup & tampon respectively. About 42% of participants had good knowledge while 30.7% had poor knowledge about disposable sanitary products. Study also found 49.4% had good and 27.3% poor awareness about the menstrual cup. Willingness to use the cup increased after education, 18.1% started using it, eco-friendly nature of the cup was the main (73.5%) reason to use and majority (94%) claimed it is worth using in spite of the learning curve.

Conclusion:

This study indicates the need to increase awareness about the effects of disposable menstrual products and awareness about the menstrual cup which remains largely unknown and underused, and it illustrates the gap between knowledge of the cup and its use, that requires urgent bridging.

Keywords: awareness, menstrual products, educational intervention, menstrual cup, usage.

Menstrual Cup: Can It Be a Substitute for Plastic-Free Periods? Knowledge About Menstrual Cup Among Medical Faculty.

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Introduction:

A woman uses around 15-20 pads per period accounting for use of 8000-14000 pads in her lifetime. It is estimated 5.8 lakh tons of menstrual waste is disposed every year in India.

Objectives:

To determine the prevalence of use of menstrual cup as a menstrual hygiene method and to assess the knowledge about menstrual cup among medical faculty of a medical college

Methodology:

This was a cross-sectional study conducted among all the female medical faculty of a medical college in Central Karnataka for a period of 7 months (Feb-July 2023). A pretested structured questionnaire was used to collect the data via electronic method.

Results:

104(95.4%) of the study participants were aware of the menstrual cup but menstrual cup was used by only 19 (18.27%) regularly. 30 (28.8%) used menstrual cup at least once in their life time but only 19 (63.33%) of 30 continued its use. Never thought of a substitute for sanitary pads (75%), fear of insertion (53.85%), infection (32.69%), injury (30.77%), and leak (28.85%) were the reasons listed for not switching to a menstrual cup.

Conclusion:

Even though with good level of knowledge among the medical faculty about eco-friendly substitute of sanitary pads, the proportion of women using menstrual cup was less.

Keywords: Eco-friendly, Medical faculty, Menstrual cup, Menstrual hygiene methods, Knowledge.

A Study on Indoor Air Pollution and Its Impact on Health in Urban Field Practice Area- A Community-Based Study

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Presenting Author: Dr. Arun P. Sasi

Introduction:

Indoor air pollution is the degradation of indoor air quality by harmful chemicals and other materials. World Air Quality Report 2022, India became the world's eighth most polluted country; Delhi has been ranked the fourth most polluted city and the second most polluted capital city. Indoor air pollution is a risk factor for pneumonia, stroke, diabetes, lung cancer, and premature deaths annually. In south India, Karnataka has the worst quality of air that kills 95 persons out of every 100,000 population. A very few literature is available related to indoor air pollution and its impact on health. Therefore, the present study was taken to assess the indoor air pollution and its effects on health.

Objectives:

- To assess the determinants of air pollution in urban households
- To assess the impact of health among study population

Inclusion criteria: One family member from each household is interviewed

Methodology:

The present study was a cross-sectional study in the urban field practice area of Chandabowdi, eight gallies were selected out of 16 gallies by simple random sampling method (lottery method); the households were selected by using systemic random sampling method to obtain a sample size of 128. One Participant from each family were interviewed using a semi-structured questionnaire.1

Results:

A total of 128 participants included in the study, among them 62(48.4%) were males and 66(51.6%) were females. 30(93.8%) were illiterates and 94 study participants were following unsanitary methods in the disposal of household waste which was statistically associated with educational level

Conclusion: This study has helped to create awareness with regard to indoor air pollution and its impact on health in the community

Keywords: Indoor air pollution, Urban field practice area, Impact on health, Community-based study.

Knowledge, attitude and practice of farmers about pesticide usage in Vijayapura district, northern Karnataka

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Introduction:

Majority of agricultural workers are found in Asia, with more than 20% of the world's agricultural population concentrated in India. Most of the farmers use pesticides on regular basis. Mixing and spraying are the tasks associated with the greatest intensity of pesticide exposure. During this phase farmers are exposed to concentrated products and therefore, often face high exposure events. The early detection and assessment of occupational hazards fall under the discipline of occupational hygiene. In our study we wanted to assess rural area farmer's knowledge, attitude and practice about pesticide usage.

Objectives:

To assess the farmer's knowledge, attitudes and practices about pesticide usage and its harmful effects on human health.

Methodology:

A Cross-sectional study was conducted in Vijayapura district on farmers. Random sampling method was used to recruit study participants. Data was obtained from June to August 2023 using a pre-tested semi-structured questionnaire. which was subsequently entered into Excel. Data was analysed using SPSS V.26.

Results:

In our findings more than 50% of participants are illiterates. Majority of the farmers opined that pesticide can enter inside through the skin and nose. Skin irritation, headache and burning sensation of eyes are the common symptoms mentioned by the farmers. Most of the farmers mentioned that Grapes, Toor dal, Cotton needs more usage of pesticides and on the other hand Jowar and Wheat needs less pesticide usage. More than 70% of participants are not using the PPE, but most of them are washing their hands and changing their cloths after pesticide usage.

Conclusion:

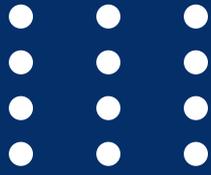
Majority of the farmers are not using the PPE while mixing or spraying, they showed good attitude and poor practices about pesticide usage. Therefore, ongoing instruction in safe mixing or spraying will broaden their understanding and aid in preventing negative health effects.

Keywords: Agricultural workers, Pesticides, Occupational health.





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