



4th Karnataka State Conference
IAPSM - KARCON
2024

SOUVENIR



Pre Conference : 19th Sep 2024



20th & 21st Sep 2024

Department of Community Medicine
S S Institute of Medical Sciences & Research Centre
Davanagere, Karnataka.

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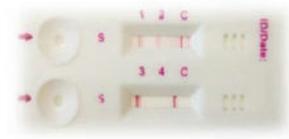
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Product Catalog



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MLA, Davangere (South), Govt. of Karnataka,
Honorary Secretary , BEA.



Sri. S.S. Mallikarjun
Cabinet Minister, Mines & Geology, Horticulture,
MLA, Davangere (North), Govt. of Karnataka
Joint Secretary, BEA. Chairman SSIMS & RC



Smt. Dr. Prabha Mallikarjun
Member of Parliament, Davangere,
Governing Council Member, B.E.A.
Council Member SSIMS & RC, Life trustee SS CARE TRUST

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Dr. B.S. Prasad
Principal
SSIMS & RC, Davangere.



Dr. Arunkumar Ajjappa
Medical Director
SSIMS & RC, Davangere.



Dr. Shashikala P Krishnamurthy
Vice Principal
SSIMS & RC, Davangere.

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Dr. Ashok K Bharadwaj
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Dr. Purushottam Giri
Secretary General, IAPSM



Dr. Poonam Naik
President, IAPSM - Karnataka



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Secretary, IAPSM - Karnataka

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ORGANISING TEAM

DEPARTMENT OF COMMUNITY MEDICINE



Message



Dr. Shamanur Shivashankarappa

MLA, Davangere (South), Govt. of Karnataka,
Honorary Secretary, BEA.

Community Medicine is one of the most significant component of human health development spectrum. It has a great potential for adding value to mankind and services for improving the quality of life and for contributing to the human health. The medical colleges are playing important role in this aspect.

I am glad to learn that S.S. Institute of Medical Sciences & Research Centre is hosting State Conference of Indian Association of Preventive & Social Medicine Karnataka State Chapter, Such conference will provide an opportunity to all professionals and post graduate students to project their thoughts and aspirations to meet the emerging challenges and beneficial to the relevant field.

I convey my best wishes for every success in the endeavours.

Dr. Shamanur Shivashankarappa

Message



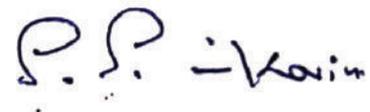
Sri. S.S. Mallikarjun

Cabinet Minister, Mines & Geology, Horticulture,
MLA, Davangere (North), Govt. of Karnataka
Joint Secretary, BEA. Chairman SSIMS & RC

I take pleasure in congratulating Department of Community Medicine, S.S. Institute of Medical Sciences & Research Centre for their efforts in conducting 4th State Conference of Indian Association of Preventive & Social Medicine Karnataka State Chapter. Medical college is not merely gaining knowledge in medical field but also provideing services in community health care,

Since this is the first state level conference hosted by Department of Community Medicine, of our institution, I hope it is unique and a model for all future such conferences to come in the department of Community Medicine. The opportunity to faculties and students to express themselves to unlock their immense talent and potential will surely contribute to the strength of their personality and character.

I wish the conference a grand success.



S.S. Mallikarjun

Message



Dr. Prabha Mallikarjun

Member of Parliament, Davangere,
Governing Council Member, B.E.A.
Council Member SSIMS & RC
Life trustee SS CARE TRUST

I am happy to know that with the efforts of Department of Community Medicine of S.S. Institute of Medical Sciences & Research Centre, Davangere, a State Conference on the Theme: One Planet, One Health is being organized during 20th & 21st September 2024.

This conference can have a profound transformative effect on doctors, and provide a unique opportunity to exchange their views and ideas, and get an exposure to the new advancements made in this very important frontier health.

I hope that this conference will not only strengthen the academic ties across institutions within and outside the country but also promote research and development in the field of Community Medicine. I extend my warm greetings and felicitations to the experts, participants and organisers and wish the conference all success.

Prabha Mallikarjun

Dr. Prabha Mallikarjun

Message



Dr. Sharanprakash R Patil M.D

Minister for Medical Education &
Skill Development, Entrepreneurship & Livelihood and
Raichur District In Charge Minister

I felt extremely happy to know that S.S. Institute of Medical Sciences and Research Centre, Davanagere is organizing its 4th State Conference on the theme "ONE PLANET, ONE HEALTH" which is scheduled to be held on 20th September 2024.

The “One Planet One Health” phrase highlights the importance of considering the health of the entire planet including eco-system and bio-diversity in our efforts to promote human health and well-being.

It is well known fact that 'One Planet and One Health' has gained its significant attention globally with the active participation of world health organization (WHO), United Nations Environment Programme (UNEP) and World Animal Health Organization etc.

It is essential to protect and control diseases which affect humans, animals and eco-systems with which we can promote sustainable development and environmental stewardship

I further hope that conference will prove to be a milestone in the journey of medical science providing a platform for learning collaboration and exchange of knowledge through engaging discussion insightful presentation and fostering professional connections. There will be an opportunity to explore new horizons and expand your understanding about One Planet and One Health.

I am wishing the organizers all success for a memorable and spectacular conference that may exceeds all expectations and lead to significant changes.

A handwritten signature in black ink, appearing to read 'Sharanprakash R Patil'.

Dr. Sharanprakash R Patil M.D

Message



Mr. Dinesh Gundurao

Minister for Health and Family Welfare
Dakshina Kannada District In Charge Minister

I am very happy to note that S.S. Institute of Medical Sciences and Research Centre, Davanagere is organising a conference on "One Planet, One Health" theme.

The efforts of S.S. Institute of Medical Sciences in bringing together all the stakeholders of medical facilities is highly appreciable. I wish, this approach would go a long way to find solutions for many problems in this field.

Useful information may come to highlight for all the medical personals during this conference. I wish the programme a grand success.



Mr. Dinesh Gundurao

Message



Dr. B.S. Prasad
Principal
SSIMS & RC, Davanagere.

It is with great pleasure that I write a few words for the 4th State Level Conference, IAPSM KARCON-2024, being held at our college from 19th to 21st September 2024. The conference's theme, “One Planet, One Health,” resonates deeply, emphasizing the intricate connections between human, animal, and environmental well-being. This event will set a benchmark for academic excellence, foster interdisciplinary collaboration, and significantly contribute to the “One Health” discourse.

The dedication, perseverance, and teamwork involved will culminate in a resounding success, further elevating our college's reputation and reinforcing its commitment to academic excellence. May this success inspire future endeavours and strengthen our college's position as a beacon of excellence in medical education and research.

I congratulate the entire team for their hard work and wish them great success in the successful conduct of the conference, which I am sure will be beneficial to all the delegates to enhance their knowledge further.

Thank you all,

A handwritten signature in black ink, appearing to read 'B.S. Prasad', written in a cursive style.

Dr. B.S. Prasad

Message



Dr. Arunkumar Ajjappa

Medical Director,
SSIMS & RC, Davangere.

I am delighted to extend my warmest congratulations to the Department of Community Medicine for successfully hosting the State Conference on the Theme “One Planet One Health”. Your tireless efforts have showcased our college's excellence in academic and professional endeavours.

Your dedication to promoting public health awareness and fostering knowledge sharing among professional and students is truly commendable. The Conference's resounding success is a testament to your hard work, meticulous planning and collaborative spirit. My heartfelt appreciation for showcasing our college's capabilities, providing platform for knowledge exchange, enhancing our reputation in the academic community and demonstrating exceptional teamwork and leadership.

Your contributions have made our institution proud. Keep up the outstanding work.



Dr. Arunkumar Ajjappa

Message



Dr. Shashikala P Krishnamurthy

Vice Principal,
SSIMS & RC, Davangere.

I extend my heartfelt congratulations and best wishes to the Department of Community Medicine for organizing this prestigious Karnataka State-Level Conference.

Community Medicine plays an indispensable role in shaping public health and enhancing the well-being of our society. This conference provides a unique platform for experts, educators, and students to come together, exchange knowledge, and explore innovative solutions to address the health challenges faced by our communities. The discussions and research shared here will undoubtedly contribute to shaping effective public health policies and practices.

Thanks to our patrons, management, and administration for their support and encouragement in making this event happen in Davangere.

I wish all the organizers, delegates, and participants a successful and fruitful conference!

Dr. Shashikala P Krishnamurthy

Message



Dr. Annarao Kulkarni
National President IAPSM.

Dear friends,

It gives me immense pleasure to write this message for the 4th Karnataka State Conference, KARCON2024, Organized by Department of Community Medicine, S.S. Institute of Medical Sciences & Research Center Davanagere on 20th and 21st September 2024.

The Theme of the Conference "One Planet One Health – Connecting Humans Animals and Environment for Global Harmony" is thoughtfully chosen.

One Health is an integrated, unifying approach to balance and optimize the health of people, animals and ecosystems. It uses the close, interdependent links among these fields to create new surveillance and disease control methods.

The health of humans, animals, and ecosystems are closely interlinked. Changes in these relationships can increase the risk of new human and animal diseases developing and spreading. The close links between human, animal and environmental health demand close collaboration, communication and coordination between the relevant sectors.

One Health is an approach to optimize the health of humans, animals and ecosystems by integrating these fields, rather than keeping them separate.

The renowned speakers in this conference will make this conference a grand Scientific extravaganza. The Conference will provide a platform to public health experts to share their experiences in the academic and research domains.

I wish the conference a grand success.

A handwritten signature in blue ink, appearing to be 'A. Kulkarni', written in a cursive style.

Dr. Annarao Kulkarni

Message



Dr. Purushottam Giri

Secretary General
National IAPSM

It gives me immense pleasure to pen this message for the souvenir to be released on the occasion of the 04th Annual Karnataka State Conference of Indian Association of Preventive & Social Medicine (IAPSM - KACON) – 2024 is going to be organized by Department of Community Medicine of S. S. Institute of Medical Sciences & Research Centre (SSIMS & RC), Davanagere, Karnataka during 20th and 21st September 2024 with Pre-conference workshops on 19th September 2024

It is noteworthy that the conference will focus on thoughtfully chosen theme - "**One Planet, One Health – Connecting Humans, Animals and Environment for Global Harmony**", with many sub-themes of public health importance.

I am confident that the conference is meticulously planned with enriched plenary sessions, and scientific paper presentations are being delivered by renowned speakers in the field of community medicine.

I am sure that the deliberations in this conference will ignite the minds of community medicine specialists, public health experts, medical students and academicians to chart out the intricacies involved in the theme.

I whole heartedly congratulate and extend my best wishes to **Prof. (Dr.) Aswin Kumar**, Organizing Chairperson and **Prof. (Dr.) Asha Bullappa**, Organizing Secretary of this conference and their whole team for organizing this grand conference with appropriate theme in the present times.

I wish this conference will be an academic feast for all the speakers and delegates. Let us look forward to gain meaningful practical insights in shaping '**One Health**' policies for India.

Last but not the least; I wish the organizers of the conference and the participants a grand success.

Long Live IAPSM.....!!!


Dr. Purushottam Giri

Message



Dr. Poonam R Naik

President

IAPSM, Karnataka state chapter

Dear delegates,

It is with great pleasure that I pen this message for the 4th Karnataka State Conference of the Indian Association of Preventive and Social Medicine - Karnataka State Chapter, which is being planned out by the Department of Community Medicine at SS Institute of Medical Sciences and Research Centre, Davanagere scheduled to take place from the 20th to the 21st of September 2024, with Pre-conference CME workshops on the 19th of September 2024.

The overarching theme of the conference is "ONE PLANET, ONE HEALTH". One Health acknowledges the interconnections among human, animal, and environmental health. It underscores the significance of interdisciplinary collaboration in attaining the most favourable health results for individuals, animals, and the ecosystem. Through addressing the interrelationships among these spheres, One Health endeavours to confront intricate health issues like zoonotic diseases, antimicrobial resistance, and environmental deterioration, promoting a comprehensive approach to health and wellness.

The selection of various sub-themes addressing critical public health issues has been done with careful consideration. It is my firm belief that the discussions held during this gathering will serve as a scholarly banquet for both undergraduate and postgraduate students of Community Medicine, as well as for Public Health Specialists and Academicians. Distinguished speakers are poised to elevate this conference into a grand scientific spectacle.

I congratulate the organizing team and extend my best wishes for the resounding success of the conference.

A handwritten signature in black ink, appearing to be 'P. Naik', written in a cursive style.

Dr. Poonam R Naik

Message



Dr. Sunil Kumar D.R
Secretary,
IAPSM- Karnataka State Chapter

I extend my heartfelt congratulations to the organizing committee of the 4th Karnataka State Conference of the Indian Association of Preventive and Social Medicine for successfully hosting the conference on the theme 'ONE PLANET, ONE HEALTH'. I deeply appreciate the sincere efforts and initiative taken by the management and faculty of SSIMS & RC, Davanagere.

One Health" is a collaborative, multisectoral, and transdisciplinary approach that recognizes the interconnectedness of human, animal, and environmental health. By fostering cooperation among these sectors, One Health aims to address health challenges more effectively, such as zoonotic diseases, antimicrobial resistance, and food safety. Its impact on public health is profound, as it promotes comprehensive strategies for disease prevention, enhances surveillance systems, and supports sustainable practices. Emphasizing the importance of One Health ensures a holistic perspective in tackling global health issues, ultimately leading to healthier communities and ecosystems.

The Indian Association of Preventive and Social Medicine (IAPSM) is a scholarly organization dedicated to mentoring aspiring individuals in the field of Community Medicine, guiding them towards becoming exceptional and well-rounded professionals through a variety of academic endeavors, workshops, and conferences. These events serve as an excellent platform to broaden one's understanding and enthusiasm for Community Medicine while engaging with individuals who share similar interests from different regions of the nation.

I extend my felicitations to all participants for their involvement in this enlightening process. I extend my best wishes to all attendees for a rewarding learning experience and trust that this conference will inspire them to strive for distinction and gain a valuable insight during their time at the 4th IAPSM - Karnataka conference.

With hope, anticipation and responsibility.

A handwritten signature in blue ink, appearing to read 'Sunil', written in a cursive style.

Dr. Sunil Kumar D.R

Message



Dr. Aswin Kumar
Organizing Chairperson

Greetings from Department of Community Medicine, SSIMSRC, Davanagere.

Esteemed Participants and Colleagues, I am delighted to offer a warm welcome to all of you as we convene for the 4th Karnataka State Conference of IAPSM (IAPSM - KARCON 2024), meticulously arranged by the Department of Community Medicine at SS Institute of Medical Sciences and Research Centre, Davanagere.

The theme for this year, "ONE Planet, One Health," embodies our unwavering commitment to creating a healthier world. Through this theme, we emphasize the necessity of holistic approaches and collaborative action to address the complex challenges we face, striving to build a future where both our environment and our communities thrive in harmony. The Department of Community Medicine takes great pride in organizing this gathering, which explores the crucial connection between humans, animals and the environment. Our discussions range from climate change and environmental sustainability to public health and policy-making, highlighting the urgent need for integrated solutions.

This conference offers a dynamic platform for fostering collaborations, instigating transformative changes, and creating enduring impacts. Together, we can explore actionable strategies to safeguard our planet while enhancing global health outcomes. I am proud of what we can achieve and optimistic about the positive impact our collective efforts will have in shaping a healthier, more sustainable future.

I express my appreciation to the dedicated team, the esteemed speakers, the dedicated researchers, and every participant. I extend my heartfelt thanks to everyone who contributed to the success of this event.

With excitement and eagerness,

A handwritten signature in black ink, appearing to read "Aswin Kumar".

Dr. Aswin Kumar

Message



Dr. Asha B
Organizing Secretary

लोकाःसमस्ताःसुखनिभवन्तु" (lokāḥsamastāḥsukhinobhavantu)

It is with great pleasure and enthusiasm that I extend a warm welcome to you all at the 4th Karnataka State Conference of IAPSM (IAPSM – KARCON 2024), an event of profound significance in the field of public health. It was a tremendous privilege to serve as the Organizing Secretary for the conference with the theme "ONE PLANET, ONE HEALTH." This conference will bring together some of the brightest minds from across the globe, united by a shared vision of a healthier, more sustainable future.

Our varied agenda displays cutting-edge research, inventive resolutions, and stimulating dialogues that delve into the interrelated nature of human, animal, and environmental well-being. The triumph of this event underscores the commitment and diligence of our team, speakers, and attendees. The conference addresses intricate issues such as global warming, loss of biodiversity, and public health dilemmas with enthusiasm and ingenuity. The mutual dedication to a comprehensive health approach, acknowledging the crucial connections between our surroundings and welfare, will be apparent in every session.

I express my sincere gratitude to all those who played a role in ensuring the triumph of this occasion. Together, we have laid the groundwork for sustained teamwork and efforts towards realizing the objective of "ONE PLANET, ONE HEALTH." Let us persevere in leveraging this momentum and strive towards a healthier, more sustainable future for all.

With hope, anticipation and responsibility.


Dr. Asha B

Message



Dr. Rakesh J

Convenor - Souvenir Committee

It is my honour to bring out the souvenir for 4th IAPSM state conference Karnataka Chapter-2024. The Conference under the theme “One Planet, One Health - Connecting Human, Animals and Environment for Global Harmony” will bring public health issues to forefront and force the stake holders to initiate and reform health policies. I am very thankful to our management and the unstinted support extended by Principal, Medical Director, Vice principal and the Manager. I express my heartfelt gratitude to the organising chairman and organizing secretary for the opportunity and encouragement in bringing out this souvenir. The souvenir would not have been possible without the enthusiasm, hard work and commitment from my souvenir committee members Dr VidyaPatil, Mrs Sridevi, Dr Anshul and Mr Shivakumar. I acknowledge Mr Vishnu for his editing and printing the souvenir on time. I thank all my colleagues, post graduates and non-teaching staff for their support. I hope all delegates will have an excellent academic experience and a best time in Davanagere.

A handwritten signature in blue ink, appearing to read 'Rakesh J', written in a cursive style.

Dr. Rakesh J

ABOUT

Davangere

DAVANAGERE, the “Heart of Karnataka” is surrounded by Chikkamagalur, Shivamogga, Chitradurga, Vijayanagara, and Haveri districts. It has traditionally been a centre of commerce and education and has been categorized as the 6th biggest city in the state of Karnataka. It is also a much sought after tourist destination due to its good connectivity, animal sanctuaries and historical places. The history of this city is closely linked to that of the state of Karnataka and dates back to the 4th century.

Bapuji Education Association (BEA)

Founded in July 1958, the Bapuji Education Association was established for the advancement of education in the fields of Medicine, Dental Sciences, Nursing, Pharmacy, Engineering, Arts, Fine arts, Commerce, Education, Humanities, Law, Science, Management Studies & other allied educational facilities. Since 56 years on, the BEA manages as many as 43 educational institutions ranging from kindergartens to professional colleges offering post-graduate courses.

S. S. Institute of Medical Sciences & Research Centre (SSIMS & RC)

S. S. Institute of Medical Sciences & Research Centre (SSIMS & RC) is a medical institution located in Davanagere, Karnataka, India; affiliated to the Rajiv Gandhi University of Health Sciences, Bengaluru. It started functioning from 2002 (Hospital) and College started in the year 2006 to provide based health care needs to all the sections of the population, offering the best education to mould students into competent & responsible professionals. The SSIMS & RC has one of the largest campuses (130 acres) in India. SSIMSRC is committed to becoming a trusted voice in healthcare education and promote an exchange of information and ideas on the science, practice and organisation of medicine.

While bringing the whole of central Karnataka under one medical umbrella, the institute directs at nurturing the future doctors and medical scientists of the world with the latest medical facilities to the doorstep of the needy. The SSIMSRC has embodied the dedication of countless individuals passion about shaping brighter futures through education.

Department of Community Medicine, SSIMSRC

At SSIMS&RC, the Department of Community Medicine is tailored to inculcate a Research culture and prepare medical graduates for the 'World Class Competence' in Public Health. The Institution has adopted 3 Rural Health Centres and one Urban Health Centre for delivering comprehensive health care and specialist facilities in all disciplines. Regular medical camps are being conducted to provide preventive, promotive and curative services to the people of Davanagere from the department of Community Medicine under the aegis of S S Care Trust.

THE CONFERENCE

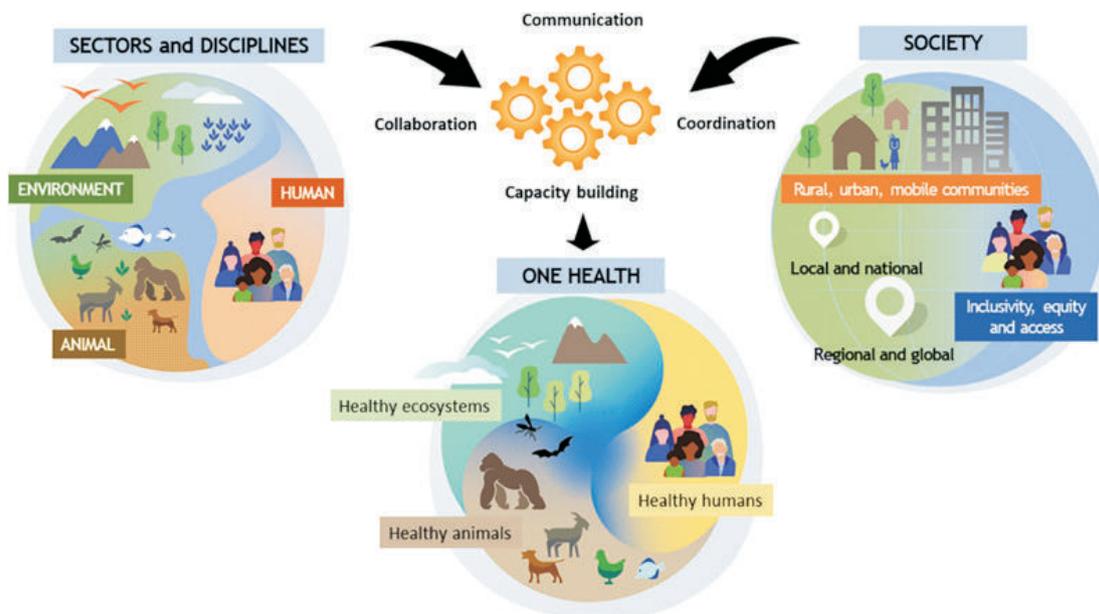
Theme - “ONE PLANET, ONE HEALTH”

Connecting Humans, Animals and Environment for Global Harmony

One Health is an approach in designing and implementing programmes, policies, legislation and research in which multiple sectors communicate and work together to achieve better public health outcomes. One health approach is critical to promote risk-reducing habits and attitudes, and to support early detection and containment of disease threats in the animal-human-environment interface. There is a requirement of Government officials, researchers and workers across sectors at the local, national, regional and global levels to implement joint responses to these health threats.

The areas of work in which One Health approach is particularly relevant include: Food and water safety, veterinary, public health, environmental sectors, nutrition, control of zoonoses, pollution management and combatting antimicrobial resistance. Even the fields of chronic disease, mental health, injury, occupational health, and non-communicable diseases can benefit from a One Health approach involving collaboration across disciplines and sectors.

Our conference will provide public health specialists from across the country a platform to share their ideas and experiences and collaborate towards a global harmony.



PRE CONFERENCE WORKSHOP - 1

Mastering Routine immunization: From supply chain to service delivery

PRE-CONFERENCE WORKSHOPS

Workshop 1:
Mastering Routine Immunization:
From supply chain to service delivery

4th KARNATAKA STATE CONFERENCE
IAPSM - KARCON
2024

One Planet, One Health

Connecting Humans, Animals and Environment for Global Harmony

Target Audience:

- Post graduates and Faculty of Community Medicine
- Public health consultants
- Immunization program officers and consultants.

Key Highlights:

An Exclusive hands-on workshop with interactive case studies from field will enable the participants to have a comprehensive understanding of universal immunization program including supply chain, service delivery, monitoring and evaluation of immunization coverage

Topics Covered:

- Vaccine estimation and preparation of immunization micro plan
- Immunization service delivery: fixed facility and outreach
- Newer initiatives in routine immunization and catch up campaigns
- Vaccine stock management
- Surveillance for vaccine preventable diseases and AEFI investigation
- Monitoring and evaluation of program including immunization coverage

19th September, 2024

9 A.M. to 5 P.M.

Resource Person:


Dr. Sudhir Prabhu H
Professor and HOD
Department of Community Medicine
Father Muller Medical College

PROGRAMME SCHEDULE

Workshop 1

Mastering Routine immunization: From supply chain to service delivery

Date: 19/09/2024

Time: 8:30 am to 5:00 pm

Time	Topic	T-L method
8:30 - 9:00 am	Breakfast and Registration	
9:00 - 9:30 am	Inauguration	
9:30 - 10:00 am	Routine immunization program in India: Innovations	Interactive lecture
10:00 - 11:00 am	Vaccine estimation, supply chain space calculation and micro plan exercises	Lecture followed by group activity
11:00 - 11:15 am	Tea Break	
11:15 - 11:45 am	Vaccine safety: cold chain temperature and stock management	Lecture followed by Demonstration (videos, handouts)
11:45 - 12:15pm	Immunization service delivery (fixed facility and outreach): planning and coverage evaluation	Lecture
12:15 - 1:15 pm	Vaccine preventable disease surveillance and Adverse Event Following Immunization	Group activity
1:15 - 2:15 pm	Lunch break	
2:15 - 2:45 pm	Micro plan, filling up of case reporting form	Group presentation
2:45 - 3:15 pm	Supportive supervision in immunization	Role play
3:15 - 3:30 pm	Q &A	
3:30 - 4:30 pm	Implementation of Prorad Atlas Ultra-Portable X Ray System and Truenat Real Time PCR in TB Diagnosis Mr. Sharanabasava, Molbio Diagnostics Pvt Ltd	
4:30 - 5:00 pm	Valedictory & Tea	

PRE CONFERENCE WORKSHOP - 2

PRIME-AI: Precision Research with Innovative Methods in AI

PRE-CONFERENCE WORKSHOPS



Workshop 2 :

PRIME-AI:

Precision Research with Innovative Methods in AI

4th KARNATAKA STATE CONFERENCE
IAPSM - KARCON
2024



Connecting Humans, Animals and
Environment for Global Harmony



Target Audience:

- Post graduates and Faculty of Community Medicine
- Public health consultants
- Professionals interested in leveraging AI technologies



19th September, 2024



9 A.M. to 5 P.M.



Key Highlights:

The workshop enables the participants to develop advanced skills in practical application of AI tools for research drafting, literature review, and data analysis.



Topics Covered:

- Introduction to Prompt Engineering with AI
- Brainstorming Research Questions with AI
- Discovering AI-Powered Search Engines for Academics
- Conducting Literature Review with AI
- Reading and Summarizing Papers with AI
- Hands on training in understanding precision research using AI

Resource Person:



Dr. Rohit A

Associate Professor
Department of community Medicine
JJMMC Davanagere

PROGRAMME SCHEDULE

Workshop 2

PRIME-AI: Precision Research with Innovative Methods in AI

Date: 19/09/2024

Time: 8:30 am to 5:00 pm

Time	Topic	T-L method
8:30 - 9:00 am	Breakfast and Registration	
9:00 - 9:30 am	Inauguration	
9:30 - 10:30 am	Introduction to Prompt Engineering with AI	Hands-on Exercise
10:30 - 11:30 am	Brainstorming Research Questions with AI	Interactive Session
11:30 - 11:45 am	Tea Break	
11:45 - 12:15 pm	Discovering AI-Powered Search Engines for Academics	Hands-on Exercise
12:15 - 1:15 pm	Conducting Literature Review with AI	Hands-on Exercise
1:15 - 2:15 pm	Lunch break	
2:15 - 3:00 pm	Reading and Summarizing Papers with AI	Interactive Session
3:00 - 3:30 pm	Newer AI tools and their application	Hands-on Exercise
3:30 - 4:30 pm	Implementation of Prorad Atlas Ultra-Portable X Ray System and Truenat Real Time PCR in TB Diagnosis Mr. Sharanabasava, Molbio Diagnostics Pvt Ltd	
4:30 - 5:00 pm	Valedictory & Tea	

PROGRAMME SCHEDULE

Day 1 (20.9.24)				
Time	Topic	Speakers	Chairpersons	
8:30 -9 am	Registration and Breakfast			
9:00 -9:45 am	Point of care and Digital Tools for supporting TB Program	Mr. K Suresh Kumar Zonal Manager - South, Molbio Diagnostics Pvt Ltd	Dr. Raveendra Reddy Professor, Department of Community Medicine, Vydehi Institute Of Medical Sciences And Research Centre, Bengaluru.	Dr. Sharath B.N Faculty, Department of Community Medicine, ESI Medical College and PGIMSR, Bengaluru. Chairman, NTEP ZTF OR Committee, South zone-1.
9:45 - 10:15 am	Enhancing Secondary Healthcare: Strategies for Robust and Resilient Health Systems	Dr. K. Madan Gopal Advisor, PHA, NHSRC	Dr. A. G. Kulkarni IAPSM – National President, Professor and Head, Department of Community Medicine Sri Madhusudan Sai Institute of Medical Sciences and Research, Bengaluru	Dr Poonam R Naik, President - IAPSM, Karnataka state Chapter, Professor Department of Community Medicine, Yenepoya Medical College, Mangaluru
10:15 – 11:15	Inauguration and High tea			
11:15 – 11:45	Key note address: One Planet, One Health: A Unified Approach to Global Health Challenges	Maj Gen (Prof.) Atul Kotwal SM, VSM, FIAPSM, FIPHA, Executive Director, National Health Systems Resource Centre (NHSRC), MoHFW, GoI		

11:45-12:45 pm	Symposium - Emerging animal anthrax hotspots in and around Karnataka - need to strengthen human health preparedness.	Dr. Shaikh Shah Hossain Regional Coordinator, One Health Approach for Molecular Epidemiology and Risk Assessment, The Pennsylvania State University, USA CisGEN Biotech Discoveries Private Limited Chennai, Tamil Nadu.	Dr. Sudhir Prabhu Professor and Head, Department of Community Medicine Father Muller Medical College, Mangaluru	Dr. Aswin Kumar Professor and Head, Department of Community Medicine SS Institute of Medical Sciences and Research Centre, Davanagere
		Dr.D.Rani Prameela Professor and Head, State Level Disease Diagnostic Laboratory, Sri Venkateswara Veterinary University, Tirupati, Andhra Pradesh.		
		Dr. K.P.Suresh Principal Scientist (Biostatistics), ICAR-National Institute of Veterinary Epidemiology and Disease Informatics(NIVEDI), Yelahanka, Bengaluru		
		Dr. Niranjana Sahoo Professor and Head, Medicine, Institute of Veterinary Science and Animal Husbandry, Siksha 'O' Anusandhan (Deemed to be University), Bhubaneshwar.		
		Dr. Shivaraj Associate Professor, DBM Section, Southern Regional Disease Diagnostic Laboratory, Institute of Animal Health and Veterinary Biologicals, Karnataka Veterinary, Animal and Fisheries Sciences University, Bangalore.		
12:45 - 1:15 pm	Empowering Communities: Progress and Innovations in Community Health Programs	Dr. Gurinder Bir Singh Advisor, CP-CPHC, NHRSC	Dr Asma Rahim Professor and Head, Dept of Community Medicine, Government Medical College, Kozhikode.	Dr. Rekha Udgiri, Professor, Department of Community Medicine, Shri BM Patil Medical College and Research Centre, Vijayapura
1:15-2:00 pm	Lunch Break			

2:00 - 3:00 pm	Innovations in One Health: A Cross-sectoral collaboration	Dr. Krupal Joshi Associate Professor, Community Medicine, Associate Dean Research and Deputy Nodal for Centre of Excellence for One Health.	Moderator: Dr Animesh Jain Professor of Community Medicine, Dy. Coordinator, Medical Education Unit, Kasturba Medical College, Mangalore	
		Dr Darshan. N Project Manager- National One Health Mission PMU, Office of the Principal Scientific Adviser to the Government of India.		
		Dr. A. S. Valan Public Health Specialist, International Infection Control Branch (IICB), Division of Health Care Quality Promotion, Centres for Disease Control and Prevention (CDC) – India.		
		Dr. Sunil Kumar D. R Former RC- Care , Support and Treatment, National AIDS Control Organisation, Ministry of Health and Family Welfare Govt of India		
3:00 – 3:30 pm	The challenges and success story of State level Rabies Control in Goa	Dr. Murugan Appupillai Director of Education (India), Mission Rabies, Worldwide Veterinary Service	Dr. Sheethal.M.P Professor and Head, Department of Community Medicine, Sri Chamundeshwari Medical College, Hospital & Research Institute, Channapatna	Dr. Malatesh Undi, Assistant Professor Department of Community Medicine Karwar Institute of Medical Sciences Karwar, Uttara Kannada, Karnataka
3:30 to 3:45 pm	Tea Break			
3:45 – 5:15 pm	Scientific paper presentation - Full paper/Oral/Poster			
5:15 - 6:00 pm	General Body Meeting (Auditorium)			
7 onwards	Banquet (Behind LT 3)			

Day 2 (21.9.24)

Time	Topic	Speakers	Chairpersons	
8:30 – 9 am	Breakfast			
9 - 9:45 am	Nipah Virus: From the Field to the Lab, Uniting Forces for Health	Dr Asma Rahim Professor and Head, Dept of Community Medicine, Government Medical College, Kozhikode.	Dr. Sheela P Haveri Professor, Department of Community Medicine, SS Institute of Medical Sciences and Research Centre, Davanagere	Dr. Padmaja Walvekar Professor, Department of Community Medicine, JNMC Medical College, Belagavi
9: 45 - 10: 30 am	Navigating the mysteries of KFD: Challenges and future directions	Dr Darshan. N Project Manager- National One Health Mission PMU, Office of the Principal Scientific Adviser to the Government of India.	DR. Dinesh P V Professor and Head, Department of Community Medicine, KVG Medical College & Hospital, Sullia	Dr. Kannan Anjur Tupil Ex Professor UCMS & GTB Hospital Delhi, University of Delhi
10:30 - 11:15 am	Guardians against the rising tide: Exploring strategies in the battle of AMR	Dr. A. S. Valan Public Health Specialist, International Infection Control Branch (IICB), Division of Health Care Quality Promotion, Centres for Disease Control and Prevention (CDC) – India.	Dr. Chythra Rao Additional Professor, Department of Community Medicine, Kasturba Medical College, Manipal	Dr. Chandra Metgud, Professor Department of Community Medicine, JNMC Medical College, Belagavi.
11:15 - 11: 30 am	Tea Break			
11: 30 - 12:15 pm	Nexus of climatic shifts and resurgence of infectious diseases	Dr. Krupal Joshi Associate Professor, Community and Family Medicine, Associate Dean Research and Deputy Nodal for Centre of Excellence for One Health.	Dr Animesh Jain Professor of Community Medicine, Kasturba Medical College, Mangalore	Dr Umesh Ramadurg Professor Department of Community Medicine, S Nijlingappa Medical College Bagalkot
12: 15 - 1 pm	From Data to Action: The Role of Disease Surveillance in Policy Development	Dr. Vikas Kokare Sub Regional Team Leader , WHO - National Public Health Support Network, Gujarat	Dr. Sunil Kumar D. R Secretary - IAPSM – Karnataka State Chapter, Professor and Head, Akash Institute of Medical Science & Research Centre, Bangalore.	Dr. Asha B Joint Secretary – IAPSM – Karnataka State Chapter , Associate Professor, SS Institute of Medical Sciences and Research Centre, Davanagere

1 - 2 pm	Lunch Break			
2 - 2: 45 pm	Mitigating impact of air pollution on health - Cues for action for public health professionals	Dr Harshal Ramesh Salve Additional Professor, Centre for Community Medicine, AIIMS, New Delhi	Dr. Pracheth R Associate Professor, Department of Epidemiology, NIMHANS, Bengaluru..	Dr. Aravind K Faculty, Department of Community Medicine, Gadag Institute of Medical Sciences, Gadag
2: 45 - 3: 30 pm	Adivasi Health Research: moving away from descriptive to transformative work	Dr. Tanya Seshadri Senior Fellow & Assistant Director, Education at Institute of Public Health Bengaluru & Director, Tribal Health resource centre at Vivekananda Girijana Kalyana Kendra	Dr. Sumanth M M Faculty, Department of Community Medicine, Mysore Medical College and Research Institute, Mysuru.	Dr. Basanagouda K Patil, Professor, Department of Community Medicine, Prakash Institute of medical sciences and research, Urun-Islampur, Maharashtra
3:30 - 3:45 pm	Tea Break			
3: 45 - 4:30 pm	Rooted in Sustainability: Cultivating a Green Campus for a Greener Tomorrow	Dr. H.B. Suresh Prof and Head, Electrical and Electronics, JNNCE, Shimoga	Dr. Imran M Associate Professor, Department of Community Medicine, SS Institute of Medical Sciences and Research Centre, Davanagere	Dr. Saurabh Kumar Professor & Head, Department of Community Medicine, KAHER's JGMM Medical College, Hubballi
4: 30 - 5: 00 pm	Emerging and Re-emerging Diseases in South India: A Growing Health Concern	Dr. Sunil Kumar D. R Professor and Head, Akash Institute of Medical Science & Research Centre, Bangalore	Dr. Anurupa M.S Professor and Head, Department of Community Medicine JJM Medical College, Davanagere	Dr. Vidya G.S Professor, Department of Community Medicine JJM Medical College, Davanagere
5:00 - 5:30 pm	Valedictory and Prize distribution			

REVIEWERS LIST

REVIEWERS LIST

SL No	NAME	DESIGNATION	COLLEGE
1	Dr Balu P S	Professor & HOD	Subbaiah Institute of Medical Sciences, Shivamogga
2	Dr Mane Kusum Shrirang	Professor	BharatiVidyaPeeth (Deemed to be University),
3	Dr. Basanagouda K Patil	Professor	Prakash institute of medical sciences and research, Urun-Islampur
4	Dr Sheela P Haveri	Professor	S S Institute of Medical Sciences and Research Centre
5	Dr Sheethal M P	Professor	Sri Chamundeshwari Medical college, Hospital & Research Institute
6	Dr Vidya G S	Professor	JJM Medical College, Davanagere
7	Dr Santosh Achappa	Professor	Dr Chandramma Dayananda Sagar Institute of Medical Education and Research Centre, Kanakapura
8	Dr Leena Rahul Salunkhe	Professor	D Y Patil Medical College Kolhapur
9	Dr Padmaja R Walvekar	Professor	Jawarharlal Nehru Medical College, Belagavi
10	Dr Mohammed Imran	Associate Professor	S S Institute of Medical Sciences and Research Centre
11	Dr Asha B	Associate Professor	S S Institute of Medical Sciences and Research Centre
12	Dr Shubha D B	Associate Professor	JJM Medical College, Davanagere
13	Dr Rohit A	Associate Professor	JJM Medical College, Davanagere
14	Dr Vinay M	Associate Professor	Mandya Institute of Medical Sciences, Mandya
15	Dr Sharankumar Holyachi	Assistant Professor	Koppal Institute of Medical Sciences, Koppal



SCIENTIFIC PRESENTATIONS INDEX



Full Paper Presentations

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Auditorium, 2nd floor, Hospital block

Sl No	Reg No	Title of The Presentation
1	P-465	OCCUPATIONAL HAND DERMATITIS AMONG SEAFOOD INDUSTRY WORKERS- A CROSS-SECTIONAL STUDY FROM COASTAL KARNATAKA
2	F-086	ASSESSMENT OF SERVICES PROVIDED BY ASHA WORKER IN GADAG DISTRICT A COMMUNITY BASED CROSS-SECTIONAL STUDY
3	F-097	MICROBIOME BASED STRATEGIES TO MITIGATE ANTIMICROBIAL RESISTANCE IN TUBERCULOSIS: A SYSTEMATIC REVIES
4	P-467	SILENT STRUGGLES: UNVEILING THE BARRIERS TO REPORTING WORKPLACE HARASSMENT AMONG FEMALE PHYSICIANS

Oral Paper Presentations – Faculty category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Robert Kock Hall (MEU, 1st Floor, Pathology dept)

SI No	Reg No	Title of The Presentation
1	F-102	A CROSS-SECTIONAL STUDY OF HYPERTENSION AMONG 20–40 YEARS OLD RESIDING IN AN URBAN FIELD PRACTICE AREA RAJAPUR KALABURAGI -KARNATAKA.
2	F-030	KNOWLEDGE ATTITUDES AND PRACTICES RELATING TO ANTIBIOTIC USE AMONG RURAL ADULT POPULATION OF CENTRAL KARNATAKA
3	F-042	PREVALENCE OF CONSANGUINEOUS MARRIAGE AND THEIR EFFECT ON PREGNANCY OUTCOME –A COMMUNITY BASED STUDY
4	F-045	PERCEIVED STRESS AND ITS EPIDEMIOLOGICAL CORRELATES AMONG MEDICAL INTERNS – AN OBSERVATIONAL STUDY
5	F-002	KNOWLEDGE AND PRACTICES OF HEALTH CARE PERSONNEL REGARDING BIOMEDICAL WASTE MANAGEMENT IN A TERTIARY CARE TEACHING HOSPITAL
6	F-050	DESIGNING AND IMPLEMENTATION OF ELECTIVES IN COMMUNITY MEDICINE FOR MEDICAL STUDENTS – AN LEARNING EXPERIENCE.
7	F-054	UNINTENTIONAL DOMESTIC INJURIES AMONG ELDERLY IN RURAL AREAS OF SHIVAMOGGA: A COMMUNITY-BASED CROSS-SECTIONAL STUDY
8	F-079	INTEGRATED CHILD DEVELOPMENT SERVICES: AN ASSESSMENT OF UTILIZATION, ITS BARRIERS AND LEVELS OF SATISFACTION AMONG ITS BENEFICIARIES
9	F-097	COMPREHENSIVE ASSESSMENT OF MENTAL HEALTH DISORDERS AND STRESS AMONG ADOLESCENTS IN URBAN SCHOOL SETTINGS: A CROSS-SECTIONAL STUDY WITH MULTIVARIATE ANALYSIS REVIEW
10	F-035	UNLOCKING POTENTIAL: A COMPREHENSIVE STUDY ON ANGANWADI SERVICE UTILIZATION
11	F-067	PATERNAL DEPRESSION AND ITS DETERMENTS DURING THE FIRST YEAR AFTER CHILD BIRTH: A CROS-SSECTIONAL STUDY IN SOUTH INDIA
12	F - 028	PREVALANCE OF ANEMIA AMONG AGANAWADI CHILDREN RURAL FIELD PRACTICING AREA DAVANGERE
13	F- 011	SMART PHONE ADDICTION ITS DETEMINENTS AND CONSEQUENCES AMONG MEDICAL STUDENTS OF CENTRAL KARNATAKA
14	F - 007	MID-ARM CIRCUMFERENCE AS A RELIABLE INDICATOR OF OBESITY IN ADOLESCENTS: A COMPARATIVE STUDY WITH WAIST CIRCUMFERENCE

Oral Paper Presentations – Faculty category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: James Lind Hall (Skill Lab, 1st floor, Microbiology dept)

Sl No	Reg No	Title of The Presentation
1	F-005	STRESS LEVELS AMONG MARRIED WOMEN IN RURAL FIELD PRACTICE AREA OF A MEDICAL COLLEGE: A CROSS-SECTIONAL STUDY
2	F-061	DETERMINANTS SUCCESS RATE AND IMPACT OF BIRTH ORDER 3 AND ABOVE AMONG MOTHERS VISITING TERTIARY CARE CENTER
3	F-047	ASSESSMENT OF AWARENESS & PRACTICE REGARDING BREAST CANCER AMONG REPRODUCTIVE AGE GROUP WOMEN: A CROSS-SECTIONAL STUDY
4	F-083	A STUDY ON THE UTILIZATION PATTERN OF MONITORY BENEFITS IN RELATION TO NUTRITION AND TREATMENT OUTCOME AMONG THE NEWLY DIAGNOSED DRUG SENSITIVE TB PATIENTS OF GADAG DISTRICT KARNATAKA: A MIXED METHOD STUDY
5	F-059	EFFECTIVENESS OF A SMARTPHONE APPLICATION FOR IMPROVING MENTAL HEALTH AND WELL-BEING AMONG URBAN AND RURAL ADOLESCENTS IN MYSURU DISTRICT, KARNATAKA
6	F-088	ASSESSMENT OF DIETARY HABITS AND PHYSICAL ACTIVITY AMONG DEGREE STUDENTS IN BANGALORE -A CROSS SECTIONAL STUDY
7	F-064	A CROSS-SECTIONAL STUDY ON KNOWLEDGE AMONG ASHA WORKERS ON HOME-BASED NEW BORN CARE (HBNC) IN SOUTH KARNATAKA
8	F-052	ROLE OF PHYSICAL ACTIVITY IN PREDICTING MYOCARDIAL INFARCTION AND STROKE RISK IN ADULTS OF NORTH KARNATAKA: COMMUNITY BASED CROSS-SECTIONAL STUDY
9	F-020	IMPACT OF A SCHOOL-BASED NUTRITION EDUCATIONAL INTERVENTION ON KNOWLEDGE RELATED TO IRON DEFICIENCY ANAEMIA IN RURAL KARNATAKA, INDIA: A MIXED METHODS PRE-POST INTERVENTIONAL STUDY
10	F-080	LEVERAGING AI-ENABLED ECG SCREENING FOR EARLY DETECTION OF CARDIOVASCULAR DISEASE IN RURAL INDIA
11	F-081	CLINICAL PROFILE AND OUTCOMES OF PEDIATRIC DENGUE CASES
12	F-003	KNOWLEDGE AND PRACTICES TOWARDS DIABETICES AMONG SCHOOL TEACHERS IN RURAL AREA OF KARNATAKA: A FOCUS GROUP DISCUSSION
13	F-004	PREVALENCE OF EXAM ANXIETY AND ITS DETERMINANTS AMONG MEDICAL STUDENTS
14	F-010	EVALUATING NECK CIRCUMFERENCE AS A RELIABLE INDICATOR OF CENTRAL OBESITY: A COMPARATIVE ANALYSIS WITH WAIST CIRCUMFERENCE
15	F-027	PERCEPTION AND PATTERN OF TECHNOLOGY USAGE FOR HEALTH PURPOSES BY ADOLESCENTS IN A CITY OF KARNATAKA

Poster Presentations – Faculty category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Alexander Fleming Hall (LT-3, College building block)

SI No	Reg No	Title of The Presentation
1	F-009	COMMUNITY PERCEPTION REGARDING FAMILY ADOPTION PROGRAMME – A MIXED METHOD STUDY.
2	F-048	DETERMINANTS OF HIGH PREVALENCE OF HIV INFECTIONS IN VIJAYAPURA, BAGALKOT AND BELAGAVI DISTRICTS OF KARNATAKA, INDIA.
3	F-044	DEVELOPMENT AND VALIDATION OF AN INTERPROFESSIONAL COMMUNITY BASED TEACHING-LEARNING MODULE FOR FAMILY ADOPTION PROGRAMME FOR MEDICAL UNDERGRADUATES.
4	F-077	EVALUATING MATERNAL AWARENESS AND ATTITUDES TOWARDS HUMAN MILK BANKING IN FIELD PRACTICE AREA OF KAHER JGMM MEDICAL COLLEGE, HUBBALLI, KARNATAKA: A COMMUNITY BASED CROSS-SECTIONAL STUDY.
5	F-102	A CROSS-SECTIONAL STUDY OF OVERWEIGHT AND OBESITY AMONG ADULT WOMEN AGED 20–40 YEARS OLD RESIDING IN AN URBAN FIELD PRACTICE AREA RAJAPUR KALABURAGI - KARNATAKA
6	F-073	AWARENESS AND PERCEPTION ABOUT MENSTRUAL CUPS AMONG FEMALE HEALTH PRACTITIONERS IN A TERTIARY CARE HOSPITAL IN SOUTH INDIA
7	F – 089	PREVALENCE OF DEPENDENCE AND PRECANCEROUS ORAL LESIONS AMONG SMOKELESS TOBACCO USERS IN THE FIELD PRACTICE AREA OF A MEDICAL COLLEGE IN KARNATAKA
8	F-070	A CROSS-SECTIONAL STUDY TO ASSESS THE QUALITY OF LIFE AMONG POSTMENOPAUSAL WOMEN IN THE FIELD PRACTICE AREA OF THE DEPARTMENT OF COMMUNITY MEDICINE OF A MEDICAL COLLEGE IN KARNATAKA

Oral Paper Presentations – PG category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Edwin Chadwick Hall (Teaching Room 1, dept of Community Medicine)

SI No	Reg No	Title of The Presentation
1	P-415	CO-CONSTRUCTING AN ISHIKAWA DIAGRAM TO EVALUATE RISK OF OSTEOPOROSIS IN FEMALE INDOOR WORKERS: A QUALITATIVE STUDY IN BELAGAVI, KARNATAKA.
2	P-451	FROM PLATE TO PLANET: UNDERSTANDING THE DIETARY WATER FOOTPRINT - A CROSS-SECTIONAL STUDY
3	P-437	PREVALENCE AND PATTERNS OF SELF-MEDICATION WITH ANTIBIOTICS IN URBAN AREAS OF BELAGAVI, KARNATAKA: A COMMUNITY-BASED STUDY
4	P-458	AWARENESS OF NIPAH VIRUS IN COASTAL KARNATAKA BORDERS AMONG ASHA WORKERS: A CROSS-SECTIONAL STUDY
5	P-424	ASSESSMENT OF DEPRESSION, ANXIETY AND STRESS AMONG ADOLESCENTS IN 14-19 YEARS IN RURAL HEALTH TRAINING CENTER OF A MEDICAL COLLEGE
6	P-428	AWARENESS, ATTITUDE AND PRACTICE OF JUNK FOODS AND THEIR FOOD LABELLING AMONG MEDICAL STUDENTS IN MANGALURU
7	P-474	A CROSS-SECTIONAL STUDY TO ASSESS PERCEPTION AND PRACTICES OF RESEARCH AMONG UNDER GRADUATE MEDICAL STUDENTS OF A GOVERNMENT MEICAL COLLEGE, KARNATAKA.
8	P-473	A CROSS-SECTIONAL STUDY TO ASSESS THE SCREEN TIME AND ITS EFFECT ON QUALITY OF SLEEP AMONG UNDERGRADUATE MEDICAL STUDENTS IN BANGALORE
9	P-475	ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICES OF BLOOD DONATIONS AMONG THE RESIDENTS IN THE URBAN FIELD PRACTICE AREA OF GOVERNMENT MEDICAL COLLEGE, KARNATAKA. A COMMUNITY-BASED CROSS-SECTIONAL STUDY
10	P-430	ASSESSMENT OF RESPECTFUL MATERNITY CARE IN HEALTHCARE FACILITIES OF CENTRAL KARNATAKA
11	P-449	CHRONIC FATIGUE IN TYPE-2 DIABETES MELLITUS AND HYPERTENSION PATIENTS AT A RURAL CLINIC IN CHIKKABALLAPUR, KARNATAKA - A CROSS-SECTIONAL STUDY

Oral Paper Presentations – PG category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Edward Jenner Hall (Teaching Room 2, dept of Community Medicine)

Sl No	Reg No	Title of The Presentation
1	P-422	EFFECT OF HEALTH EDUCATION ON KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING POSTNATAL CARE AMONG RURAL PREGNANT WOMEN - AN INTERVENTIONAL STUDY
2	P-403	A COMPREHENSIVE STUDY ON EFFECTIVE PRACTICES FOR PREVENTING DIARRHEAL DISEASES AND DEWORMING BY MOTHER FOR CHILDREN UNDER 5 YEARS AGE
3	P-456	RISK GRADING OF TOBACCO AND ALCOHOL USE AMONG ADULT OPD PATIENTS BY ASSIST SCALE IN PRIMARY HEALTH CENTERS OF BANGALORE
4	P-463	EXPLORING AWARENESS AND BARRIERS TO HUMAN PAPILLOMAVIRUS VACCINATION AMONG FEMALE STUDENTS OF A HEALTH SCIENCE UNIVERSITY IN COASTAL KARNATAKA
5	P-420	COMPARATIVE STUDY OF RISK ASSESSMENT FOR NON- COMMUNICABLE DISEASES AMONG PATIENTS ATTENDING URBAN AND RURAL HEALTH TRAINING CENTRES OF KARNATAKA
6	P-443	BREAKING SILENCE: UNVEILING PHYSICAL VIOLENCE AMONG EVER MARRIED INDIAN WOMEN - EVIDENCE FROM NATIONALLY REPRESENTATIVE SURVEY.
7	P-453	ASSESSING THE UNMET NEED FOR FAMILY PLANNING AMONG MIGRANT WOMEN OF REPRODUCTIVE AGE IN RURAL BENGALURU; A CROSS-SECTIONAL STUDY
8	P-419	A CROSS-SECTIONAL STUDY ON TUBERCULOSIS PREVENTIVE TREATMENT OUTCOMES, FOLLOWUP AND BARRIERS IN THE IMPLEMENTATION IN THE DISTRICT OF SHOMOGA
9	P-434	UNVEILING AWARENESS OF CERVICAL CANCER AND BARRIERS OF HUMAN PAPILLOMA VIRUS [HPV] VACCINATION IN CENTRAL KARNATAKA
10	P-414	FROM TRAINING TO PRACTICE: QUALITATIVE INSIGHTS INTO ASHAS' EXPERIENCES WITH DEVELOPMENTAL DELAY ASSESSMENT
11	P-464	EARLY POST-PARTUM DEPRESSION DETECTION USING EDINBURGH POSTNATAL DEPRESSION SCALE AT A TERTIARY HOSPITAL, BENGALURU- CROSS SECTIONAL STUDY
12	P-466	HEALTH-RELATED QUALITY OF LIFE AND PSYCHOLOGICAL WELL-BEING IN ADVANCE PATIENTS

Oral Paper Presentations – PG category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Hippocrates Hall (Seminar Room, dept of Community Medicine)

Sl No	Reg No	Title of The Presentation
1	P-407	EXPLORING BARRIERS TO SUN EXPOSURE AND EFFECTIVE STRATEGIES FOR IMPROVING VITAMIN D LEVELS AMONG FEMALE INDOOR WORKERS IN BELAGAVI, KARNATAKA: A QUALITATIVE ANALYSIS
2	P-402	PREVALENCE OF ANAEMIA AMONG ADOLESCENTS OF SIRIGERE VILLAGE: A CROSS-SECTIONAL STUDY
3	P-412	A CROSS-SECTIONAL STUDY TO ASSESS THE ASSOCIATION BETWEEN JUNK FOOD CONSUMPTION AND MENTAL HEALTH STATUS AMONG THE MEDICAL STUDENTS OF GADAG INSTITUTE OF MEDICAL SCIENCES, GADAG
4	P-411	KNOWLEDGE AND PERCEPTION OF ARTIFICIAL INTELLIGENCE AND ITS USES IN HEALTHCARE AMONG POSTGRADUATE STUDENTS AND INTERNS OF GAGAD INSTITUTE OF MEDICAL SCIENCES, GADAG - A CROSS-SECTIONAL STUDY
5	P-461	TO EVALUATE THE CARDIOVASCULAR RISK FACTORS AMONG TEENAGERS RESIDING IN RURAL AREAS OF VIJAYAPURA DISTRICT, KARNATAKA: A COSS-SECTIONAL STUDY
6	P-432	INFANT AND YOUNG CHILD FEEDING PRACTICES AMONG MOTHERS PRESENTING AT PRIMARY HEALTH CENTERS (PHC) IN BENGALURU – A CROSS-SECTIONAL STUDY
7	P-436	ASSESSMENT OF BLOOD LEAD LEVELS IN INDUSTRY WORKERS: A CROSS-SECTIONAL STUDY
8	P-435	PREVELANCE AND PREDICTORS OF MUSCULOSKELETAL PROBLEMS AMONG FACTORY WORKERS IN COASTAL KARNATAKA: A CROSS-SECTIONAL STUDY
9	P-450	PERCEPTIONS AND PRACTICE AMONG FARMERS REGARDING THE USAGE OF PESTICIDES IN KAGGALIPURA, RURAL KARNATAKA: A CROSS-SECTIONAL STUDY
10	P-423	THERMALYTIX: ADVANCING BREAST HEALTH WITH AI-DRIVEN THERMAL TECHNOLOGY-A DESCRIPTIVE STUDY IN CENTRAL KARNATAKA.
11	P-479	HEAT WAVES AND HEALTH: KNOWLEDGE, ATTITUDE, AND PRACTICE ON HEAT-RELATED ILLNESS AMONG MEDICAL STUDENTS IN NORTH KARNATAKA: A CROSS-SECTIONAL STUDY

Poster Presentations – PG category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Sushruta Hall (LT-1, Anatomy department, College building block)

SI No	Reg No	Title of The Presentation
1	P-410	DISABILITY AND USE OF ASSISTIVE TECHNOLOGY AMONG RURAL ADULTS: A COMMUNITY BASED CROSS-SECTIONAL STUDY
2	P-428	CONSUMPTION PATTERN OF TOBACCO AND RELATED PRODUCTS AMONG ADULT POPULATION IN A VILLAGE OF COASTAL KARNATAKA: A CROSS-SECTIONAL STUDY
3	P-416	STUDY ON AWARENESS REGARDING ZONOTIC DISEASES IN A RURAL FIELD PRACTICE AREA OF SHIMOGA INSTITUTE OF MEDICAL SCIENCES
4	P-445	PREVALENCE OF POOR SLEEP QUALITY & ITS ASSOCIATED DETERMINANTS AMONG MEDICAL STUDENTS OF SHIMOGA INSTITUTE OF MEDICAL SCIENCES – A CROSS-SECTIONAL STUDY
5	P-452	PERCEPTIONS AND CHALLENGES ABOUT DISTRICT RESIDENCY PROGRAMME AMONG POSTGRADUATE MEDICAL STUDENTS: A CROSS-SECTIONAL STUDY.
6	P-426	STATUS OF IMMUNIZATION COVERAGE OF UNDER FIVE CHILDREN AND ITS DETERMINANTS IN RURAL KARNATAKA
7	P-438	ASSESSMENT OF SOCIOECONOMIC IMPACT OF COVID-19 IN HOUSEHOLDS OF RURAL FIELD PRACTICE AREA OF BELAGAVI - A COMMUNITY BASED CROSS SECTIONAL STUDY
8	P-421	IMPACT OF CLIMATIC CHANGES ON DENGUE INCIDENCE: A RETROSPECTIVE ANALYSIS
9	P-460	DISPOSAL METHODS OF REJECT WATER FROM COMMUNITY REVERSE-OSMOSIS PLANTS AND ITS FLUORIDE LEVELS IN URBAN AND RURAL AREAS: A SITUATION ANALYSIS.
10	P-477	AN INSIGHT INTO HEALTH RISKS FACED BY CEMENT INDUSTRY WORKERS

Poster Presentations – PG category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: Acharya Charaka Hall (LT-2, Anatomy dept, College building block)

Sl No	Reg No	Title of The Presentation
1	P-446	COMPREHENSIVE GERIATRIC ASSESSMENT AMONG ELDERLY PEOPLE RESIDING IN RURAL AREA OF BELAGAVI DISTRICT: A CROSS - SECTIONAL STUDY
2	P-406	PREVALANCE OF PREMENSTRUAL SYNDROME AMONG UNDERGRADUATE FEMALE MEDICAL STUDENTS - A CROSS-SECTIONAL STUDY.
3	P-405	ASSESSMENT OF KNOWLEDGE AND ATTITUDE TOWARDS ORGAN DONATION AND TRANSPLANTATION AMONG MEDICAL UNDERGRADUATES- A CROSS-SECTIONAL STUDY.
4	P-439	BARRIERS TO SELF-CARE BEHAVIORS AMONG TYPE 2 DIABETES PATIENTS RESIDING IN RURAL AND URBAN FIELD PRACTICE AREAS OF BELAGAVI
5	P-457	BEYOND THE ITCH: FACTORS ASSOCIATED AND QUALITY OF LIFE OF TINEA INFECTED PATIENTS ATTENDING A SPECIALTY HOSPITAL IN ANDHRA PRADESH
6	P-427	PREVALENCE OF NON-COMMUNICABLE DISEASES AMONG AUTOMOBILE SHOWROOM WORKERS IN AN URBAN AREA OF DAKSHINA KANNADA DISTRICT
7	P-462	DEPRESSION AND ANXIETY AMONG TUBERCULOSIS PATIENTS AT A TUBERCULOSIS UNIT IN BANGALORE
9	P-413	A CROSS-SECTIONAL STUDY ON IMPACT OF SELF-HELPGROUPS IN WOMEN EMPOWERMENT AND HEALTH IN RURAL KARNATAKA

Oral Paper Presentations – UG category

Date: 20/Sept/2024

Time: 3:45 to 5:15 Pm

Venue: LT-4, Hospital Block

Sl No	Reg No	Title of The Presentation
1	U-717	ATTITUDE OF RECENTLY GRADUATED NURSES TOWARDS DEPRESSION: A CROSS-SECTIONAL STUDY IN MANDYA KARNATAKA
2	U-710	SECOND HAND SMOKE EXPOSURE AMONG PREGNANT WOMEN IN A COASTAL TOWN: A COMBINED QUESTIONNAIRE AND URINE COTININE TEST ANALYSIS
3	U-711	COMPLIANCE TO TUBERCULOSIS PREVENTIVE TREATMENT AND FACTORS INFLUENCING COMPLIANCE AMONG PLHIV IN AN ART CENTRE ATTACHED TO GOVERNMENT MEDICAL COLLEGE
4	U-716	IMPACT OF SCREEN TIME ON SLEEP, PHYSICAL ACTIVITY AND ACADEMICS AMONG YOUTH (18 TO 24 YEARS)
5	U-715	A COMMUNITY BASED CROSS SECTIONAL STUDY ON HEALTH INSURANCE COVERAGE AND ITS BARRIERS IN URBAN SLUMS OF BANGALORE
6	U-719	COMPARING MACHINE LEARNING METHODS TO PREDICT HYPERTENSION IN ADULTS BY UTILIZING RISK FACTORS AND BIOMETRIC DATA
7	U-718	PREVALENCE OF HYPERTENSION AMONG ADULTS RESIDING IN ASHOK NAGAR URBAN HEALTH CENTRE BELAGAVI.
8	U-706	CAN NECK CIRCUMFERENCE MEASUREMENT EFFECTIVELY SCREEN FOR OBESITY IN ADOLESCENTS
9	U-714	EVALUATING MID UPPER ARM CIRCUMFERENCE AS AN INDICATOR OF ADOLESCENT OBESITY
10	U-701	COPING STRATEGIES FOR ANXIETY: A CROSS-SECTIONAL STUDY AMONG UNDERGRADUATE MEDICAL STUDENTS
11	U-721	STUDY OF ANTHROPOMETRIC AND NUTRITIONAL RISK FACTORS FOR HYPERTENSION AMONG ADULTS RESIDING IN ASHOK NAGAR URBAN HEALTH CENTRE BELAGAVI.
12	U-722	STUDY ON PREVALENCE OF HYPERTENSION IN A RURAL FIELD PRACTICE AREA, BEHTUR VILLAGE DAVANAGERE
13	U-705	QUALITY OF LIFE AMONG MEDICAL STUDENTS IN A SOUTH INDIAN MEDICAL COLLEGE
14	U-720	ASSESSMENT OF THE PREVALENCE OF FASTING DURING RAMADAN AMONG PREGNANT AND LACTATING WOMEN



ABSTRACTS - FULL PAPER





Title: Microbiome-Based Strategies to Mitigate Antimicrobial Resistance in Tuberculosis: A Systematic Review

Authors: Dr Ravikumar

Institution name: MRMC, Kalaburagi

Registration Id: IAPSM/KARCON24/F- 097

Abstract

Background: Antimicrobial resistance (AMR) is becoming a serious challenge in treating tuberculosis (TB). Recent studies suggest that our microbiome—the collection of microbes living in and on our bodies—might play a role in how resistant TB strains develop. This systematic review looks at whether interventions targeting the microbiome can help address AMR in TB patients.

Methods: We reviewed studies published between 2020 and 2024, focusing on those that explored how modifying the microbiome might affect AMR in TB. We pulled data from sources like PubMed and Google Scholar and assessed the quality of each study using standard tools.

Results: Out of the studies we analyzed, 25 involving 1,800 TB patients showed promising results. Microbiome-based treatments seemed to reduce the prevalence of AMR strains by 30% and improved cure rates by 25%. These treatments also cut down treatment failures by 40%. Importantly, side effects were rare and not notably different from those seen with standard treatments.

Conclusion: These results suggest that tweaking the microbiome could be a helpful addition to TB treatment, potentially making it more effective and reducing resistance. More large-scale



Title: Assessment of services provided by ASHA worker in Gadag district—A Community based Cross sectional study.

Authors: Dr Shilpa K, Dr Rudramma J, Dr Rekha Sonawane.

Institution name: GIMS, Gadag.

Registration Id: IAPSM/KARCON24/F- 086

Introduction: National Rural Health Mission (NRHM) was launched on 12th April 2005 to provide effective health care to the rural population with focus on poor women & children¹. One ASHA worker is recruited for a population of 1000 people³ and she is expected to provide primary medical care.

Objectives:

1. To assess the services provided by ASHA worker in Gadag district.
2. To motivate the people through health education to utilize health services provided by the government.

Materials and methods: This community based cross sectional study was done in Gadag district which included 5 taluks and for data collection one panchayat from each taluk was included. From one panchayat 50 households who fulfilled selection criteria were randomly selected and interviewed personally by pre-designed, pre-tested and semi-structured questionnaire.

Data analysis: data was coded and then entered in an excel sheet and later data was analyzed using SPSS software version 20.

Results: 89.6% of the respondents are female and 18.4% are male. Majority of respondents (28.8%) belongs to the age group of 18-27. 49.6% of the respondents are educated up to SSLC and less, plus two 13.6%, graduation (10.4%), post graduation 8% and uneducated respondents constituted to 25.6%. Overall majority of respondents (91.6%) were aware about ASHA workers. 86% of the respondent's homes are visited by ASHA workers. 60% of the people opined that no group discussions were conducted in the community by the ASHA workers. 71% opined that ASHA is good in work. 49.6% of respondents opined that Dedication of ASHA workers towards their work is —good—56.4% of respondents opined that publicity measures taken up by ASHA workers is —good—54.4 % of respondents opined that health development by ASHA is —good—

Conclusion: majority of the people know about ASHA worker and satisfied with their work



Title: Silent Struggles: Unveiling the Barriers to Reporting Workplace Harassment among Female Physicians

Authors: Dr. Poojitha, Dr. Shubha DB, Dr. Rohit A

Institution name: JJMMC , Davanagere

Registration Id: IAPSM/KARCON24/P-467

Background: Workplace harassment significantly affects female physicians, with nearly 50% experiencing gender- and sex-based harassment. Alarmingly, only about 5% report these incidents, often due to various barriers, including fear of retaliation and lack of trust in reporting mechanisms.

Objectives: This study aims to qualitatively explore the reasons and barriers preventing female doctors from reporting workplace harassment and identify modifiable factors within healthcare organizations that contribute to underreporting.

Methods: A cross-sectional qualitative design was employed, utilizing semi-structured interviews with 345 female doctors across various healthcare settings in India. Data were analyzed using thematic analysis to identify key themes related to harassment experiences and reporting barriers.

Results: Findings revealed that 90% (310/ 345) of participants experienced harassment, primarily verbal abuse, with many citing fear of retaliation and lack of trust in management as significant deterrents to reporting. Cultural factors also played a role in discouraging disclosure. Recommendations for improvement included establishing anonymous reporting systems, enhancing training on harassment policies, and fostering a supportive organizational culture.

Conclusion: Addressing the barriers to reporting workplace harassment is essential for fostering a safer and more equitable medical environment. Implementing evidence-based interventions can empower female physicians to report harassment without fear, ultimately contributing to a healthier workplace culture.

Keywords: Workplace harassment, female physicians, underreporting, barriers.



Title: Occupational hand dermatitis among seafood industry workers- a cross-sectional study from Coastal Karnataka

Authors: Dr. GunjanBatra, Dr. Raghvendra Hucchuchunaver
Institution name: K S Hegde Medical Academy, Mangalore
Registration Id: IAPSM/KARCON24/P-465

Background: The fishing community of the Sasihithlu village is located near the western coast of Karnataka state. The major occupation of the area is fishing and there is a fish processing factory in the same area. People migrate from different regions of the state to find work in the factory which is seasonal. The workers of the fish processing factory are exposed to water and fish for long hours which can lead to a lot of dermatological issues mainly on the exposed areas like the hand and forearm. Hence, this study was undertaken to find out the extent of the problem and its associated factors.

Aims and objectives: To find out the prevalence of occupational hand dermatitis among sea-food industry workers and the factors associated with it and to explore and identify the association between various occupational factors and the development of dermatitis through Focus Group Discussions (FGDs)

Materials and methods: A cross-sectional study was undertaken in the fish-processing factory located in the field practice area of the Rural Health Centre, Sasihithlu, Mangaluru. All the factory workers who consented to participate in the study were included. The Nordic Occupational Skin Questionnaire – NOSQ-2002 was used as a data collection tool to collect data from the factory workers. Followed by the quantitative data collection 2 FGDs with 6-8 members were conducted to corroborate the quantitative findings. Data saturation was reached after 2 FGDs.

Results: The study found that 40% of workers, especially those peeling fish, developed hand dermatitis, with symptoms worsening at work and improving during time off. Key factors like the type of work and time spent on the job were significantly associated whereas age and gender were not associated with the risk of developing dermatitis.

Discussion: Various other studies have shown similar results in terms of length of stay at the job with >8 h/day spent at work found to be significantly associated with the risk of developing dermatitis. Also, the type of work (peeling of fish) was associated with the increased risk of developing dermatitis because of more exposure to fish protein similar to another study where chefs cooking fish were more likely to develop dermatitis compared to the fishermen. Also, very few participants used PPE which was also like other studies indicating poor awareness among the participants.

Conclusion: Overall, the study concludes that there are various factors involved in the development of hand dermatitis among the workers of fish factories and measures should be taken to minimize those factors. Also, steps aimed at increasing awareness of to use of PPE must be taken.

Keywords: hand dermatitis, fish-factory, NOSQ-2002, PPE



ABSTRACTS

FACULTY ORAL PAPER



Title: Stress Levels Among Married Women In Rural Field Practice Area Of A Medical College: A Creoo-sectional Study

Authors: **Muhammed Muntazeem G¹**, Dr. Arshiya Taranum²

Institution name: SSIMSRC, Davanagere

Registration Id :IAPSM KARCON 2024/F-005

Background :Stress can threaten the way person mundanely perceives authenticity, solves quandaries, his sense of belongingness, his relationships etc. Gender has been known to influence people's power over their health determinants which include their socioeconomic status and access to essential resources in society.**Objective:** To assess the stress level among married women residing in rural field practice area of a medical college.**Methods** :A cross Sectional study was conducted among 100 married women of Singanodi Village, which is the Rural Field Practice Area of Navodaya Medical College , Raichur for the period of 4 months. . For the evaluation of the stress level Perceived stress Scale (PSS-10) was used. Chi square test was used to find out the association between type of stress and socio-demographic features.**Results** : In this study majority (75%) of the married women had moderate Stress Level and 25% had low stress level. Significant association was found between level of stress with age, education, Socio-economic status, family members and type of family.**Conclusion:** This study reinforces the importance of screening for common mental disorders among women in primary care settings, especially in rural areas so that early diagnoses happen and thus reduce the impact due to mental disability.

Key words: Stress, Married women, Rural area

Title: Knowledge, Attitudes And Practices Relating To Antibiotic Use Among Rural Adult Population Of Central Karnataka

Authors: **Rakesh J, Vijay S**

Institution name: SSIMSRC, Davanagere

Registration Id :IAPSM KARCON 2024/F-030

Introduction: Inappropriate use of antimicrobial agents and the consequences of spread of antimicrobial resistance is an increasing public health problem. Among many other factors, behaviours of community members and their limited knowledge associated with inappropriate antibiotics use is contributing to antibiotic resistance.**Objectives:**To assess the knowledge, attitudes and practices relating to antibiotic use among rural adult population residing at rural field practice area of SSIMS&RC.**Methodology:** A cross sectional study was carried out at rural field practice area of SSIMS&RC in Davanagere from Jan-March 2020. Convenience sampling was used to study 200adults residing in a selected village. An interview schedule consisting of socio-demographic details and questions on assessment of knowledge, attitudes and practices relating to antibiotic use was used. Data collected was analysed using SPSS software.**Results:** The sample comprised more males (71.9%) than females. The average age of respondents was 32.8 ± 10.3 years and 30% of respondents were educated till high school. Among 200 participants only 24% could identify the antibiotic drug, 50% knew that misuse of antibiotics can lead to antibiotic resistance and overall knowledge seem to be poor regarding antibiotics role and its side effects. Participant's attitude to doctor's prescribing of antibiotics was good since only 25% would go to another doctor if antibiotic wasn't prescribed to them. Practice of antibiotic usage was very poor since 77% of the adults rarely consulted doctor before starting an antibiotic.**Conclusion:** Inappropriate use of antibiotics by the people would contribute to the emergence and spread of antibiotic resistance.In order to minimize these, there is a need for coordinated actions at the national and regional levels, which include a judicious use of antibiotics and proper patient education and counselling.

Keywords: antibiotics, bacterial resistance, knowledge, attitude, practices

Title: Perceived Stress And Its Epidemiological Correlates Among Medical Interns –
An Observational Study

Authors: **Dr. Mahesh B. Tondare**

Institution name : Bidar Institute of Medical Sciences, Bidar – Karnataka

Registration Id :IAPSM KARCON 2024/F- 045

Introduction - Stress is defined as a process in which environmental demands strain an organism's adaptive capacity resulting in both psychological demands as well as biological changes that could place at risk for illness. Excessive amount of stress in medical training predisposes difficulties in Economic status, sociocultural factors, course pattern; self-rated depression, loss of concentration, temptation n to cheat in exams, improper behavior such as negligence and consumption of drug and alcohol. **Objectives** - To assess the level of perceived stress and its correlation with epidemiological features among medical interns. **Method** - an observational study conducted in tertiary care teaching hospital among the Interns willing to participate by using the structured proforma consists of scoio-demographic details, regarding life style, habits and exercise, which is followed by the perceived stress scale designed to help measure individual stress levels. **Results** - Total 83 interns enrolled in to the study (Females 52% > Males 48%), with majority having sedentary lifestyles 67% and 18% having one or other habits like alcohol consumption/smoking. Analysis of PSS found that 7% were having sever stress, 82% were having moderate stress and 11% mild stress. **Conclusion** - The chances of developing the stress among interns is quite common due to various reasons & finding the stress in its early phase will definitely help to find a way to reduce or control it and thus avoid the development of side effects of stress on the physical and mental health of interns.

Keywords: Interns, PSS, Stress, Perceived

Title: Knowledge And Practices Of Health Care Personnel Regarding Biomedical Waste Management
In A Tertiary Care Teaching Hospital

Authors: **Dr.Preeti Pereira**¹, Dr. Hemagiri k², M N Manjula³

Institution name: Karwar Institute of Medical Sciences, Karwar

Registration Id :IAPSM KARCON 2024/F- 002

Background:Major objective of the healthcare services is to protect and restore health but in the due process, large amount of biomedical waste is generated which acts as a reservoir of infections. Improper management of this waste generated in health care facilities not only affects the healthcare workers but also the community. Hence, this study was carried out to assess the level of knowledge and practices of health care workers (HCWs) regarding Biomedical waste management in a tertiary care teaching hospital, Karwar.**Materials and Methods:** Across-sectional study was carried out on 241 HCWs of a tertiary care teaching hospital, Karwar after obtaining ethical clearance and informed consent. A Pre designed questionnaire consisting of 36 questions was used to assess the knowledge and practices of HCWs. Assessment was done by giving 1 mark for each of the correct response. Data obtained was analyzed using SPSS-27.**Results:** Out of 241 study participants, majority were nurses (34.9%) followed by doctors (26.1%), paramedical staff (14.1%), group D (14.9%) and interns (10%). Majority of participants were female (69.7%) and mean age of the participants was 31.7 Years. 39.4% of the HCWs had work experience of about 1-5 years. 57.7% of HCWs had received training for bio medical waste management. 85.9% of the HCWs had a proper knowledge and their profession was significantly associated with knowledge (p=0.039). About 80.12% of HCW's practiced proper BMW management.**Conclusion:** Overall, the knowledge and practices of the study respondents was good. Knowledge and practices were better among nurses and paramedical staff as compared to other health care workers, the reason being they are the regular handlers of the biomedical waste in hospitals Though good level of knowledge and practice was observed among HCW's but then too regular education programs on BMW management was the need of the hour.

Keywords: Bio-medical waste, Health care workers, Knowledge, Practice

Title: Designing And Implementation Of Electives In Community Medicine For Medical Students – An Learning Experience.

Authors: **Dr Chandra S Metgud**

Institution name:, J N Medical College. KAHER, Belagavi

Registration Id :IAPSM KARCON 2024/F- 050

Introduction: Electives are multidimensional learning experiences, which are student-centric and created to provide an opportunity for the learner to explore area of interest (specific / specialized) in the medical profession. They are group of short courses; students get to select the electives as per their career preferences. These self-directed learning activities will lead to transformative learning and acquisition of skills in the student. **Objective:** The present study aims to design and implement electives in Community Medicine for the 3rd professional part I medical students. **Methodology:** The study was conducted among 3rd year MBBS students and faculty. The first step in elective designing was identifying learning experiences which were specific to Community Medicine from the module. The decision to finalize Student initiated Research as our learning experience was based on certain facts. Statistical analysis used: The data was expressed as percentages and mean values. **Results:** Majority (95.0%) of them thought that the elective was well planned and the academic activities systematically organized. The active learning was noted in 35 (87.5%) of students. Most (80.0%) of the students felt that the faculty members were helpful and meet their learning needs. About 62.5% of students said that they were motivated for future research work. **Conclusion:** Electives in the department of Community Medicine was successfully implemented and students had a very good learning experience.

Key-words: Electives, MBBS Students, Competency Based Medical Education, Community Medicine, Student initiated Research

Title: Unintentional Domestic Injuries Among Elderly In Rural Areas Of Shivamogga: A Community-based Cross-sectional Study

Authors: **Shashikantha S K,**

Institution name: Shivamogga Institute of Medical Sciences, Shivamogga

Registration Id :IAPSM KARCON 2024/F-054

Background: As the proportion of elderly in the population increases, they also become vulnerable to various types of intentional or unintentional injuries. Domestic accidents including falls among the elderly have been identified as a leading cause of injury-related morbidity and mortality in India and elsewhere. **Aim:** This study aims to assess the burden and pattern of domestic accidents (unintentional injuries) in a rural part of Southern India. **Materials and Methodology:** A community-based cross-sectional study among the elderly (=60 years) was carried out in rural areas of Southern Karnataka. A semi-structured interview schedule was used to get the information on domestic accidents. Inferential statistical tests like the Chi-square test and logistic regression analysis were used. **Results:** A total of 500 persons aged =60 years with a mean age of 66.08 ± 5.42 years (Range 60–92 years) were included. One-third of the subjects have had an incidence of domestic accidents in the past 1 year contributing to a 33% prevalence of domestic accidents. A higher prevalence of domestic accidents was seen in those subjects who were ill (44.9%). Overall prevalence of falls was 20.4% ($P = 0.005$). One-fifth of the subjects with domestic accidents had a residual illness. **Conclusion:** One-third of our subjects gave a history of one or the other form of domestic accidents. Our study highlights the problem of unintentional domestic injuries among the most vulnerable group of the elderly and calls for a continuous assessment of the burden and nature of injuries

Keywords: Domestic injuries, falls among elderly, unintentional injuries

Title: Integrated Child Development Services: An Assessment Of Utilization, Its Barriers And Levels Of Satisfaction Among Its Beneficiaries

Authors: **Dr Amrutha AM**

Institution name: Basaveshwara Medical College and Hospital, Chitradurga

Registration Id :IAPSM KARCON 2024/F- 079

Objective: To assess awareness, utilization, barriers to utilization, and satisfaction levels regarding Integrated Child Development Services (ICDS) among beneficiaries in Central Karnataka. **Methods:** A community-based cross-sectional study was conducted among 150 ICDS beneficiaries in urban and rural areas of Central Karnataka using systematic random sampling. Data was collected through structured interviews and analyzed using descriptive statistics and chi-square tests. **Results:** Most beneficiaries (96%) had good awareness of ICDS. Utilization was highest for immunization (100%) and supplementary nutrition (93.75%), but low for referral services (23.75%). Satisfaction levels were generally high, with over 60% extremely satisfied with health checkups, referral services, and immunization. The main barrier to utilization was preference for private health services (38.5%). Significant associations were found between age and utilization of supplementary nutrition ($p=0.002$), and between socioeconomic status and utilization of preschool education ($p=0.034$). **Conclusion:** While awareness and utilization of core ICDS services were high, referral services and nutrition/health education were underutilized. Improving service quality and addressing barriers like preference for private care could enhance ICDS utilization and effectiveness in addressing maternal and child health needs in Central Karnataka.

Title: Comprehensive Assessment Of Mental Health Disorders And Stress Among Adolescents In Urban School Settings: A Cross-Sectional Study With Multivariate Analysis

Authors: **Dr Ravikumar**

Institution name: MRMC Kalburgi

Registration Id :IAPSM KARCON 2024/F- 097

Background: Adolescent mental health is increasingly recognized as a critical public health issue, with growing concerns about stress, anxiety, and depression impacting students' academic performance and well-being. This study aims to assess the prevalence of mental health disorders and stress among adolescents in urban school settings in Kalaburagi, Karnataka. **Objectives:**

1. To determine the prevalence of mental health disorders among adolescents in urban schools.
2. To evaluate stress levels and their severity among these adolescents.
3. To identify socio-demographic and lifestyle factors associated with mental health disorders and stress.
4. To examine the impact of academic pressure and extracurricular commitments on stress levels.

Methods: This cross-sectional study surveyed 800 students aged 12 to 18 years from 20 randomly selected urban schools. Data were collected using structured questionnaires, including the General Health Questionnaire (GHQ-12) for mental health issues and the Perceived Stress Scale (PSS-10) for stress levels. Socio-demographic factors such as age, gender, academic performance, and family background were recorded. Stratified random sampling was used for representation across grades and genders. Statistical analysis was performed with SPSS Version 16.0, using descriptive and bivariate analyses. **Results:** The study found that 30% of adolescents had mental health disorders, and 25% experienced moderate to severe stress. Adolescents aged 15-17 years reported higher mental health issues (35%) compared to those aged 12-14 years (20%). Girls had higher stress levels (32%) than boys (20%). Significant risk factors for elevated stress included high academic pressure ($OR=2.5$), poor sleep quality ($OR=2.3$), and low physical activity ($OR=1.8$). A family history of mental health issues was associated with increased stress levels ($OR=2.0$). **Conclusion:** The study reveals a substantial prevalence of mental health disorders and stress among adolescents in urban schools. Key risk factors include academic pressure, poor sleep quality, and lack of physical activity. These findings emphasize the need for comprehensive mental health programs in schools.

Keywords: Adolescent Mental Health, Stress Assessment, Academic Pressure, Multivariate Analysis, Urban Schools

Title: Unlocking Potential: A Comprehensive Study On Anganwadi Service Utilization

Authors: **Shalini H¹**Shubha DB²

Institution name: JJM Medical College, Davangere

Registration Id: IAPSM KARCON 2024/F- 035

Introduction: In the year 1975 India launched a scheme called as Integrated child development scheme with a view to provide an integrated package of services to aid the holistic development of the child. The beneficiaries of this scheme are children below six years of age, pregnant and lactating women in the age group of 15–45 years. The aim of the scheme is to improve the nutritional and health status of vulnerable groups by providing a package of services which includes preschool education, immunization, supplementary nutrition, health checkup, referral services and health education.

- Objectives-**
1. To assess the utilisation of the Anganwadi services
 2. To determine the barriers for non-utilisation of services
 3. To know the satisfaction levels among the population who have utilised anganwadi services

Material and Methods- A cross sectional study was done in the urban field practice area of a tertiary care teaching hospital among general population aged 18-45 years who have utilised anganwadi services atleast once (Antenatal mothers, lactating mothers, mothers who had atleast one child aged <5years) or any of his family members have utilised these services and who gave consent for the study were included. Data was collected regarding accessibility to aganwadi, sevices provided, services utilised, reasons for not using services and their satisfaction levels towards the services provided.**Results-** Majority of the participants 65.3% were female who participated in the study. Majority 28% had a larger family size.50.5% were Muslim by religion.69.6% had the anganwadi centre located with in ½ a kilometre. 86% responded that anganwadi workers visit their house atleast once a week. 83.3% participants knew about the services provided by the anganwadi centre. 61% participants responded that only immunisation services are provided from anganwadi centre.52.5% participants responded that anganwadi workers keep them updated regarding services which are provided. 52.9% utilised health check up services provided by Anganwadi. 54.9% were satisfied with the services provide by anganwadi. 32.8% responded that they were not able to spare time for utilising these services from anganwadi.**Conclusion:** It can be inferred from the study that people lack the knowledge regarding all the services which are provided through anganwadi centre. Half of the population utilised these services and rest were not utilising because of time constraints.

Key words- Anganwadi, Utilisation, Satisfaction

Title: Paternal Depression And Its Determents During The First Year After Child Birth: A Cros-Ssectional Study In India

Authors: **Dr.Deepika Reddy S, Dr.PrachethRaghuv eer,Dr.SundarnagGanjekar, Dr.Akashanand, Dr.Girikematha S Ravi**

Institution name: National Institute of Mental Health and Neurosciences, Bengaluru

Registration Id :IAPSM KARCON 2024/F- 067

Introduction:Depression is the fourth leading cause of global disease burden. Fathers may concurrently experience postpartum depression typically emerges within 2-8 weeks after childbirth but can occur up to a year later.

Objectives:To estimate the prevalence and identify the determinants of depression among fathers during the first year after childbirth residing in a community of Kolar, Karnataka.

Methods:A community-based cross-sectional study was conducted involving 275 fathers. Depression was assessed using the Patient Health Questionnaire-9 (PHQ-9). Dyadic adjustment and social support were evaluated with the Revised Dyadic Adjustment Scale (RDAS) and Multidimensional Scale for Perceived Social Support (MSPSS). Regression analyses identified factors associated with depression in fathers.**Results:**A total of 275 fathers were screened for depression. The prevalence of depression among fathers was found to be 12.4%. Factors associated with fathers' depression included adverse life events (AOR=6.28; 95% CI=1.79-22.08), sleep < 7 hours/day (AOR=13.51; 95% CI=3.56-51.27) marital dissatisfaction (AOR=0.91; 95% CI=0.86-0.97) and spouse's depression (AOR=15.73; 95% CI=5.68-43.57).**Conclusions:**This study reveals that nearly more than a tenth of fathers experience depression within a year of childbirth, emphasizing the need for longitudinal research and targeted interventions to support paternal mental health in India.

KEYWORDS:Depression, Postpartum depression, Postnatal depression, Paternal depression, Determinants

Title: Prevalence Of Consanguineous Marriage And Their Effect On Pregnancy Outcome –A Community Based Study

Authors: **Dr. RekhaUdgiri.** Dr.Arun .P.Sasi

Institution name: BLDE (DU) Shri.B.M.Patil Medical College.

Registration Id :IAPSM KARCON 2024/F- 042

Introduction: Consanguineous marriages is defined as unions between closely related individuals, and are influenced by a complex interplay of cultural, social, economic, religious, and demographic factors. These marriages are prevalent among communities such as Hindus, Jews, Buddhists, Christians, and Parsis in southern and Western Asia, with significant regional variations within India. The health implications due to consanguineous marriage include risks of genetic disorders, congenital malformations, and adverse reproductive outcomes. The National Family Health Survey indicates that Tamil Nadu and Karnataka have the highest prevalence of consanguinity in India. In Northern Karnataka, there is less literature related to community based research, this study fills a critical gap in the literature and raises awareness about the consequences of consanguinity among rural communities. **Objectives:** 1. To assess the prevalence of consanguineous marriage in rural areas. 2. To identify the impact of consanguineous marriage among them. **Materials and methods:** A cross-sectional study was conducted in Unnat Bharath Abhiyan villages focusing on ever married females aged 15-49 yrs. within the reproductive age group. Data were collected using an interview technique with a pretested, semi-structured questionnaire. **Results:** A total of 108 consanguineous marriages were enlisted after screening. The prevalence of consanguineous marriage observed was 2.7%. Overall, we found 17% of them had consequences of consanguinity either related to pregnancy or child in our study. **Conclusion:** In the present study multiple factors like education, socioeconomic status and cultural practices play a critical role related to consanguineous marriage. Even the education status is very poor, indicating the first barrier to providing awareness for the community regarding the consequences of consanguineous marriage.

Key words: Prevalence, consanguineous marriage, pregnancy outcome, Community- based study

Title: Determinants Success Rate And Impact Of Birth Order 3 And Above Among Mothers Visiting Tertiary Care Center

Authors: **Dr.AravindKarinagannanavar**

Institution name: Gadag Institute Of Medical Sciences, Gadag.

Registration Id :IAPSM KARCON 2024/F- 061

Introduction: India is the most populated country in the world. Govt of India is promoting the families to have two child norm. Due many reasons some families will have 3 or more children. Which will affect the health of the mother and baby. **Objectives:** 1) To find the determinants of Birth order 3 and above. 2) To estimate the success rate of Birth order 3 and above. 3) To find the impact of birth order 3 & above on the health of the mother and baby. **Methodology:** A cross sectional study was conducted among 83 mothers with birth order 3 and above in GIMS, Gadag from January 2024 to March 2024. Using a nonprobability purposive sampling method the data was collected using a pre-tested semi-structured questionnaire. The questionnaire includes socio demographic profile of the study subjects, determinants, success rate and impact of Birth order 3 and above. Statistical tests like frequencies, percentages, mean, SD and Chi-square test were calculated, p value less than or equal 0.05 was considered statistically significant. **Results:** In our study the top 3 reasons for birth order 3 & above were male child preference (48.2%) followed by contraceptive failure (16.9%) and female child preference (12%). The success rate for male child preference was 62.5% and for female child preference was 50%. As the birth order increases mode of delivery was changed from Vaginal delivery to C section. C section rate was 38.55%, 50.60% & 68.7% in 1st, 2nd & 3rd pregnancy respectively. Low birth weight babies increased from 8.4% (first Birth order) to 24% (Third Birth Order). **Conclusion:** The main reason for birth order 3 and above is gender preference and more number pregnancies will lead to complications during pregnancy and delivery.

Key words: Birth order, Determinants, Impact

Title: Assessment Of Awareness & Practice Regarding Breast Cancer Among Reproductive Age Group Women: A Cross-Sectional Study

Authors: **Dr Santosh D Patil**, Dr Praveen Ganganahalli
Institution name: Shri B M Patil Medical College BLDE (DU), Vijayapura
Registration Id : IAPSM KARCON 2024/F- 047

Background: Breasts are one of the most common sites of malignancy in women. Breast cancer is the most commonly diagnosed cancer among American women. Breast cancer is the second leading cause of cancer death in women. Breast cancer is a malignant tumor that has developed from cells of the breast. A malignant tumor is a group cancer cells that may invade surrounding tissues or spread (metastasize) to distal areas of the body. **Objectives:** 1. Identify the level of awareness & practice regarding the breast cancer among the reproductive age group. 2. Identify deficiency which could be addressed by education and training that might be useful to grow awareness among people. **Materials and Methods:** It was a cross-sectional study conducted from January to June 2024. Study population of 100 females of reproductive age group residing under urban health training centre Vijayapura. Each participant was asked a set of validated questionnaires to answer. Data was collected using an interview technique using structured questionnaire, which was composed of socio-demographic section, knowledge section, attitude section, preventive measures and screening. **Results:** data analysis is going on communicated during conference presentation.

Key words: Breast cancer, malignant tumor, awareness, practices, Reproductive age group

Title: A Study On The Utilization Pattern of Monetary Benefits In Relation To Nutrition And Treatment Outcome Among The Newly Diagnosed Drug Sensitive Tb Patients Of Gadag District Karnataka: A Mixed Method Study

Authors: **Dr.Sneha.K**
Institution name: Gadag institute of medical sciences(GIMS). GADAG.
Registration Id : IAPSM KARCON 2024/F- 083

BACKGROUND: Tuberculosis remains one of the top 10 causes of death worldwide, with the highest burden of disease in low- and middle-income countries¹ India alone shoulders a quarter of this global TB burden, with 28 lakh active infections and 423,000 deaths occurring annually². India's tuberculosis incident for the year 2021 is 210 per 1,00,000 population compared to the baseline year of 2015 there has been 18% decline³. These figures also place India at the 36th position in terms of incidence rates⁴. **OBJECTIVES:** To assess number and proportion received Direct Benefit Transfer.(DBT) To measure utilization pattern of monetary benefits with respect to nutrition, To determine the enabling and hindering factors in nutritional support under NPY as perceived by patients and health care providers, To study the treatment outcome with respect to NIKSHAY POSHAN YOJANA, among the newly diagnosed drug sensitive study subjects. **METHODOLOGY:** Mixed method study(QUALITATIVE & QUANTITATIVE). Which includes cross sectional study as quantitative method and In depth interviews with patients and health care providers as qualitative method. Period based (six months) all eligible newly diagnosed TB patients notified during June to Dec 2023. **RESULTS:** Majority of study subjects were in the age group of 30-50yrs (60%) males, residing in urban areas(53%), belonging to SES middle(40%) and lower mid class(35%). Out of which 390 patients had completed the treatment, 128 patients are ongoing treatment, , it was found that 70.3% patients used it for nutrition purpose saying they purchased milk.egg/meat/pulses, protein powder. To fulfil their protein rich diet. **CONCLUSION:** Tuberculosis is still persistent prevailing health problem in middle and lower income groups. There was increased compliance to the treatment there by improving the treatment outcome when nutrition component was involved.

KEYWORDS: tuberculosis, nikshaya Poshan Yojana, direct Benefit Transfer.(dbt)

Title: Effectiveness Of A Smartphone Application For Improving Mental Health And Well-Being Among Urban And Rural Adolescents In Mysuru District, Karnataka

Authors: **Dr Sunil kumar D**

Institution name: JSS Medical college, Mysuru

Registration Id :IAPSM KARCON 2024/F- 059

Background: Mental health issues are rising among Indian adolescents but remain unaddressed due to barriers like stigma, lack of awareness and shortage of services. Innovative mobile health solutions can promote youth mental health.**Objectives:** To evaluate adolescents' acceptance and perceived benefits of a mental health smartphone app in urban and rural areas of Mysuru, India.**Methods:** Quasi-experimental pre-post interventional study among 200 adolescents aged 15-19. A multi-component mental health app was used for one month. Questionnaires assessed mental health knowledge, attitudes, and satisfaction pre- and post-intervention.**Results:** High acceptance post-intervention - 76% of urban and 69% of rural users expressed satisfaction. The majority reported better understanding (69% urban, 87% rural) and management of mental health (86.8% rural, 68.8% urban) after using the app. Rural users showed more significant improvements.**Conclusion:** The mental health app was positively received and improved self-reported outcomes among adolescents, especially rural youth. Mobile apps can effectively promote youth mental health.

Key Words: mHealth, mental health app, adolescents, Acceptability, Effectiveness.

Title: Assessment Of Dietary Habits And Physical Activity Among Degree Students In Bangalore -A Cross Sectional Study

Authors: **Dr.Netra G¹**, Dr.Deepa LN², Dr.Veeraraja B Sathenahalli³, Mr. Ravikiran⁴

Institution name: PES University Institute of Medical Sciences and Research, Bangalore.

Registration Id :IAPSM KARCON 2024/F- 088

Introduction: Having a healthy eating habits and sufficient physical activity is the key to a healthy life. Globalization of fast food has provided the flexibility having many consumption alternatives. It has generated changes in societies and culture and also forced people to consume fancy and high calorie fast foods, popularly known as junk foods. Lack of physical activity and unhealthy eating habits during early years of life leads to non-communicable diseases such as obesity, diabetes, hypertension, coronary heart disease later on in life.**Methods:** A cross sectional study was done among medical students of East Point College of medical sciences, Bangalore to assess dietary habits and physical activity. 248 medical students participated in the study after informed consent. **Results:** In our study it was found 79.4% of the participants ate unhealthy foods/junk foods though 82.3% of total subjects were aware about Balanced diet. It was found that 27.1% of the participants did vigorous physical activity and 31.4% did moderate activities. **Conclusion:** Interventions and educational programs that aim to promote healthy eating habits and provide strategies for making nutritious food choices, eating habits among the adolescents could be beneficial. Majority of the participants were making an effort to incorporate some level of physical activity into their lives. While the findings are positive, there is room for improvement. Encouraging more participants to engage in physical activity, especially those who are not engaging in vigorous or moderate activities could have a positive impact on their overall health and fitness.

Keywords: Adolescents, Diet, Fast foods, Physical activity, Body Mass Index.

Title: A Cross-Sectional Study On Knowledge Among Asha Workers On Home-Based New Born Care (Hbnc) In South Karnataka

Authors: **Dr.Sowjanya D***, Dr Kusuma, Dr Raveesh P M , Mr Ningana gouda
Institution name: Shridevi Institute of Medical Sciences and Research Hospital, Tumkur
Registration Id :IAPSM KARCON 2024/F- 064

Introduction: Over 2.3 million new-borns died globally in 2022. India's neonatal mortality rate is 25.7 per 1000 live births. ASHAs play a crucial role in improving nutritional status and reducing infant and maternal mortality rates. Even though some studies are done on knowledge on new born care among ASHA workers, there is a lack of studies on HBNC among ASHA facilitators. Hence the present study has been taken. **Objectives:** 1. To describe the demographic characteristics of ASHAs & ASHA facilitators. 2. To assess and estimate the knowledge regarding HBNC among ASHAs & ASHA facilitators. **Methodology** A Descriptive cross-sectional study was conducted from November 2022 to March 2023 among ASHAs and ASHA facilitators in Tumkur district who have undergone training under HBNC. Multi-Stage Simple Random Sampling Technique (25% of PHC-SC-ASHAs in the district of Tumkur was randomly selected). The minimum required sample size was 584. Data collected using semi-structured, pretested and, self-administered questionnaire and analyzed using SPSS Version 21. **Results:** Out of 584 ASHA's, 510 were ASHA's and 74 were ASHA facilitators. Out of 510 ASHA's majority (46.4%) were in the age group of 30-40 years, 75.29% were educated up to 8th Standard and 59.8% having work experience of >10 years. Among 74 ASHA facilitators majority (67.5%) were in the age group of 30-40 years, 97.3% were educated up to SSLC and above and 88% having work experience of >10 years. The study reported that 71.37% had average, 25.88% had good and 2.75% had a poor level of knowledge score respectively among ASHAs and 54% had average, 45.9% had good level of knowledge score among ASHA facilitators respectively. **Conclusion:** The study concluded that most of the ASHAs had average knowledge regarding HBNC and recommends that there is a need for competency-based training to improve their skills

Keywords: ASHA, ASHA facilitator, HBNC, Knowledge, neonatal mortality rate

Title: Role Of Physical Activity In Predicting Myocardial Infarction And Stroke Risk In Adults Of North Karnataka: Community Based Cross-Sectional Study

Authors: **Jannatbi L Iti¹**, Roshan Mudaraddi², Rekha Sonavane³
Institution name: Gadag Institute of Medical Sciences, Gadag
Registration Id :IAPSM KARCON 2024/F- 052

Introduction: Cardiovascular disease affects majority of the population globally and more people die annually from it than any other cause.¹The growing burden of these conditions underscores the importance of identifying modifiable risk factors and effective preventive strategies. Physical activity has been recognized as a crucial component in the prevention of cardiovascular events, owing to its beneficial effects on various physiological parameters.²This study aims to examine the association between physical activity levels and the risk prediction of myocardial infarction and stroke among adults. **Objective: 1.** To determine the association between physical activity with risk prediction of Myocardial Infarction and Stroke among adults aged 40 to 70 years in North Karnataka. **Methodology:** A community based cross sectional study was conducted among adults aged 40 to 70 years from rural & urban areas of Gadag Taluk, North Karnataka for 4 months. Sample size of 200 was calculated using the formula $n = 4pq/l^2$ where $p=50\%$, $l=15\%$ with non-responsive rate=10%. The study subjects were randomly selected and who gave informed consent were included in the study. People with life threatening conditions and bedridden patients were excluded from the study. The Institutional Ethics Committee approval and informed consent was obtained. The study subjects were interviewed using predesigned and pretested questionnaire including WHO/ISH risk assessment chart for Risk prediction of Myocardial Infarction and Stroke. **Statistical Analysis:** Descriptive statistics was analyzed for frequency etc and association by chi-square test etc using SPSS statistical software (version 16). **Results:** In the study the mean age of study subjects was 52.51 ± 8.093 . Majority of the study participants were males (62.5%) and 81.5% of study participants had risk prediction of myocardial infarction and stroke of was less than 10% according to WHO/ISH Risk prediction chart SEAR D.

Keywords: Risk prediction; Physical activity; Myocardial Infarction; Stroke

Title: Impact Of A School-Based Nutrition Educational Intervention On Knowledge Related To Iron Deficiency Anaemia In Rural Karnataka, India: A Mixed Methods Pre–Post Interventional Study

Authors: **Dr UmeshRamadurg**

Institution name: S Nijalingappa Medical College Bagalkote

Registration Id :IAPSM KARCON 2024/F- 020

Objective: To understand the extent to which adolescent awareness about anaemia and anaemia prevention can be changed by nutrition messages received at school. Design: Mixed-methods pre–post intervention study. **Setting:** Three government schools in Bagalkot, Belagavi and Raichur districts of Karnataka, India. Population: Students of grade six and seven and teachers involved in implementing the intervention. Methods: An educational intervention was co-developed by school teachers and nutrition experts using locally adapted resource materials that consisted of lectures, role play and practical demonstrations. Seven half-hour educational sessions were delivered by school teachers over 7 weeks to 455 students. Pre- and post-intervention tests measured changes in adolescents' knowledge about anaemia. Semi-structured in-depth interviews with teachers and focus groups with students explored their reactions to the intervention. Main outcome measures: Knowledge score related to anaemia. **Results:** The percentage of children with correct scores increased by 7.3–49.0 percentage points for the tested questions after implementation of the intervention. The mean knowledge score increased by 3.67 ± 0.17 ($p < 0.01$). During interviews, teachers and students highlighted high acceptance of the intervention and materials, an increase in the demand for iron and folic acid supplements and improved sharing of messages learned with the peers and families. Challenges expressed included need for further training, time limitations and hesitancy in teaching about menstruation and pregnancy.

Conclusion: Educational interventions carried out for adolescents by teachers in schools are effective in improving awareness and attitude related to anaemia and its prevention.

Title: Leveraging Ai-Enabled Ecg Screening For Early Detection Of Cardiovascular Disease In Rural India

Authors: **Dr BhagyalaxmiSidenur**

Institution name: Basaveshwara medical college, Chitradurga

Registration Id :IAPSM KARCON 2024/F- 080

Background: Cardiovascular diseases (CVDs) are estimated to be the commonest cause of death as well as disability in India by 2030 by the World Health Report 2017. Studies show that in India CVDs affect comparatively younger generation who are in the most productive years of their life compared to developed countries resulting also in catastrophic consequences both economic & social to the community and the country itself. **Objective:** To study the prevalence of cardiovascular diseases using AI tool in rural area. **Methodology:** In consultation with District Health administration, the study was done in Chitradurga Taluk with focus on rural areas. 10 Community Health Officers (CHOs) were identified to implement this pilot. Each CHOs conducted 2 ECG camps in identified Health & Wellness centres and preferably in non PHC Villages. As the ECG machine used in the field Captured ECG readings in digital format mainly PDF & Artificial Intelligence enabled for reporting. The data is digitally transferred to the cloud within 30 Sec using a communication device attached to the ECG. The communication happens through a WiFi or Cellular network. Over the next 10 sec the data is processed by an advanced artificial intelligence algorithm and pushed to a in-house team of doctors for final verification. The Pdf was sent directly by CHOs to the WhatsApp Group created where Faculty and PGs from Dept of General Medicine interpreted these ECGs and suggested whether patients needed referral or not. **Results:** A total of 20 outreach ECG Screening camps were conducted over 2 months, 541 screenings were done from the identified villages. Approximately 49% patients had abnormal ECG status & 1.7% had critical ECG status. Maximum Abnormal ECGs were found in the age group of 60-80 years and 140 Patients were referred to District Hospital by a doctor for further evaluation. **Conclusion:** Ai ECG tool is a portable, cost-effective, and convenient tool for diagnosis and monitoring of cardiac conditions is an excellent option for resource poor settings. It can be used to improve quality and accessibility, especially in rural and/or urban slum areas.

Title: Clinical Profile And Outcomes Of Pediatric Dengue Cases
Authors: **Dr VijayalaxmiMangasuli**
Institution name: Basaveshwara Medical College and Hospital, Chitradurga
Registration Id :IAPSM KARCON 2024/F- 081

BACKGROUND: Dengue fever remains a significant public health concern in tropical and subtropical regions, with India bearing a substantial burden of the disease. Pediatric populations are particularly vulnerable to severe manifestations of dengue, making it crucial to understand the clinical spectrum and outcomes in this age group. **OBJECTIVE:** To Evaluate Clinical Features And Outcome In Dengue Fever **METHODOLOGY:** This cross-sectional study was conducted over a period of 6 months at Basaveshwara Medical College and Hospital in Chitradurga. All pediatric patients (age =18 years) admitted with clinically suspected dengue fever were included in the study after obtaining informed consent from their parents or guardians. Dengue was confirmed using NS1 antigen and/or IgM antibody tests. Demographic data, clinical features, laboratory findings, and outcomes were recorded using a structured proforma. Patients were classified according to the WHO 2009 dengue classification as dengue without warning signs, dengue with warning signs, or severe dengue. Treatment details, complications, and outcomes were documented. Data were analyzed using chi-square test. **RESULTS:** The study included 100 children, with a slight male predominance (60%). Patients were categorized based on dengue severity: 30% had dengue without warning signs, 66% had dengue with warning signs, and 4% had severe dengue. The majority of cases (35%) were in the 6-10 years age group. Clinical symptoms varied across severity groups, with fever being universal. Joint pain was significantly associated with severe dengue ($p < 0.05$). Vomiting and abdominal pain were the most common warning signs ($p < 0.001$). Platelet counts showed significant differences across severity groups ($p < 0.01$), with severe cases having lower counts. Liver function tests revealed elevated SGOT and SGPT levels in most patients, particularly in severe cases. Coagulation profiles showed significant differences in APTT ($p < 0.05$) and INR ($p < 0.05$) across severity groups. Treatment primarily involved crystalloid administration, with severe cases requiring colloids and inotropes. Blood product transfusions were more frequent in severe cases. The majority of patients (99%) were discharged home, with one case of discharge against medical advice and no mortality. **CONCLUSION:** This study provides valuable insights into the clinical spectrum, serotype distribution, and outcomes of pediatric dengue cases emphasizing the need for early recognition and management of severe cases. Further research with larger sample sizes is recommended to confirm these findings.

Key Words: Clinical features, Outcome, Dengue, Severity.

Title: A Cross-Sectional Study Of Hypertension Among 20–40 Years Old Residing In An Urban Field Practice Area Rajapur Kalaburagi -Karnataka

Authors: Dr Shivanand
Institution name: MRMC Kalaburagi
Registration Id :IAPSM KARCON 2024/F- 102

Background: Hypertension is a significant public health challenge, especially in urban areas due to lifestyle changes, stress, and other socio-environmental factors. The prevalence of hypertension in younger age groups is increasing, warranting early identification and intervention. This study aims to assess the prevalence of hypertension and associated risk factors among adults aged 20-40 years in the urban field practice area of Rajapur, Kalaburagi.

Objectives:

1. To determine the prevalence of hypertension among individuals aged 20-40 years residing in the urban field practice area of Rajapur, Kalaburagi.
2. To identify socio-demographic factors associated with hypertension in the study population.
3. To assess lifestyle factors such as diet, physical activity, alcohol consumption, and smoking in relation to hypertension.

Methodology: This cross-sectional study was conducted in the urban field practice area of Rajapur, Kalaburagi, targeting individuals aged 20-40 years. A total of 300 participants were selected using systematic random sampling. Data were collected through structured questionnaires covering socio-demographic details, lifestyle habits, and medical history. Blood pressure measurements were taken using standardized techniques. Data were analyzed using descriptive and inferential statistics to identify significant associations.

Results: Out of the 300 participants, 22% (66 individuals) were found to be hypertensive. The prevalence was higher among males (28%) compared to females (16%). Key associated factors included high BMI ($p < 0.01$), a sedentary lifestyle ($p < 0.05$), and a family history of hypertension ($p < 0.01$). **Conclusion:** Lifestyle factors, including diet and physical inactivity, play a significant role in the development of hypertension. Early screening and targeted interventions focusing on lifestyle modifications are essential in preventing and managing hypertension in this population.

Keywords: Hypertension, Cross-sectional study, Urban population, Young adults, Risk factors

Perception and pattern of technology usage for health purposes by adolescents in a city in Karnataka

Authors: **Dr Aswin Kumar** Dr. Ratnaprabha
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Registration Id : IAPSM KARCON 2024/F- 027

Introduction: Adolescents are ardent users of new technologies, with a quarter of adolescents online almost constantly and almost all (92%) online daily. However in India, the usage of internet among 12 – 19 years age group was found to be 31%. Study by Australian Bureau of statistics in showed most teens in the age group of 15 – 17 years use internet for social networking (91%), entertainment (73%), and formal education purposes (73%). Due to adolescents' frequent use and openness to trying out new technology tools, the trend for technologies directed at health improvement may have an important influence on adolescent health.

Objectives: 1) To assess the magnitude of technology usage for health purposes by adolescents of Davanagere City in Karnataka. 2) To assess the perception and pattern of these adolescents on technology usage for health purposes.

Methodology: A cross sectional study was done among 400 adolescents studying in 8th std to 2nd PUC in schools and colleges of Davanagere during Jan 2024 to March 2024. Sample was purposively selected from 6 Govt. and 6 private schools and colleges situated in Davanagere. Selection of students in the classes was done by simple random method. A pretested semi structured self-administered questionnaire consisting demographic details, internet usage and technology usage for health purposes will be administered. Data was analysed using Microsoft excel.

Results: Of the 400 study participants, 49.75% were females and 50.25% males. Mean age of the participants was 15.88 ± 1.54 years and 93% students had access to internet at home or outside the house or both. Average usage was 4.18 ± 2.38 days in a week and the average number of hours in a day was 109.38 ± 99.66 minutes. Totally 43.3% of the students used devices for communication, 50.8% for entertainment, 72.6% for education, and 80.9% said they used internet or social media for health purposes. Most common type of tool used was online health information followed by mobile health apps. Common health topics searched were information about some particular disease (mostly pimples), exercise or yoga and nutrition.

Conclusions: Great number of adolescents have access to internet and nearly three fourth of them admit having used it for health purpose. This opens the door for adolescent health programmes and policies to use this mode

Key words: Adolescents, Health, Technology, Internet

Assessing Mid Upper Arm Circumference as a Reliable Indicator of Obesity in Adolescents: A Comparative Study with Waist Circumference

Authors: **Dr. Ranganatha S C**

Institution name: SSIMSRC, Davanagere

Registration Id : IAPSM KARCON 2024/F- 007

Introduction: Central obesity increases the risk of several serious health conditions. The methods used like waist circumference to assess central obesity are less acceptable in the community settings. Mid upper arm circumference (MUAC) measurement appears to offer an alternative for assessing overweight and obesity. **Objectives:** To demonstrate Mid upper arm circumference's reliability as an indicator for central obesity compared to waist circumference and to determine the optimal cut-off values for central obesity in young adults using Mid upper arm circumference. **Methodology:** This is a cross-sectional study conducted from Feb to Aug 2024 among medical students aged over 18 years from all batches (1st, 2nd, 3rd, and final MBBS) at a tertiary care teaching hospital in Central Karnataka, South India. Anthropometric measurements like waist circumference and Mid upper arm circumference were done following standard guidelines. Data was analysed using Statistical Package for the Social Sciences (SPSS) Version 10.0. Sex stratified receiver operating curves (ROC) were plotted for MUAC to identify the best cut-offs for central obesity with respect to WHO classification for waist circumference. The area under the curves (AUC) with 95% confidence intervals along with cut-offs points with sensitivity and specificity were determined.

Results: The mean waist circumference for males and females was 76.17 ± 13.34 and 83.12 ± 11.46 cm. The mean Mid upper arm circumference was 26.10 ± 3.53 and 29.22 ± 3.58 cm for males and females respectively. The Area under the curve for males and females was 0.842 and 0.875 indicating a high predictive value of mid upper arm circumference for identifying central obesity. The MUAC cut-off was 29.25 cm (sensitivity: 87%; specificity: 66%) and 25.45 cm for females (sensitivity: 90%; specificity: 70%) to detect central obesity.

Conclusion: Mid upper arm circumference could be considered as one of the anthropometric measurement for screening central obesity with good sensitivity and specificity.

Keywords: Mid upper arm circumference, Central Obesity, Cut off, Sensitivity, Specificity

Evaluating Neck Circumference as a Reliable Indicator of central Obesity: A Comparative Analysis with Waist Circumference

Authors: **Dr. ASHA B**

Institution name: SSIMSRC, Davanagere

Registration Id : IAPSM KARCON 2024/F- 010

Introduction: Central obesity increases the risk of several serious health conditions and the methods to assess central obesity like waist circumference are less acceptable in the community settings. Neck circumference measurement appears to offer a more consistent alternative for assessing central obesity. **Objectives:** To demonstrate neck circumference's reliability as an indicator for measuring central obesity compared to waist circumference and to determine the optimal cut-off values for central obesity in young adults using neck circumference. **Methodology:** This is a cross-sectional study conducted from Feb to Aug 2024 among medical students aged over 18 years from all batches (1st, 2nd, 3rd, and final MBBS) at a tertiary care teaching hospital in Central Karnataka, South India. Anthropometric measurements like waist circumference and neck circumference (NC) were done following standard guidelines. Data was analysed using Statistical Package for the Social Sciences (SPSS) Version 10.0. Sex stratified receiver operating curves (ROC) were plotted for NC to identify the best cut-offs for central obesity with respect to WHO classification for waist circumference. The area under the curves (AUC) with 95% confidence intervals along with cut-offs points with sensitivity and specificity were determined. **Results:** The mean waist circumference for males and females was 76.17 ± 13.34 and 83.12 ± 11.46 cm. The mean neck circumference was 31.85 ± 4.7 and 36.17 ± 2.34 cm for males and females respectively. The Area Under the Curve for males and females was 0.786 and 0.818 indicating a high predictive value of neck circumference for identifying central obesity. The NC cut-off was 36.25 cm (sensitivity: 76.2%; specificity: 73.7%) and 31.4 cm for females (sensitivity: 77.8%; specificity: 69.1%) to detect central obesity. **Conclusion:** Neck circumference could be considered as the most preferred anthropometric measurement for screening central obesity with good sensitivity and specificity.

Keywords: Neck circumference, Central Obesity, Cut off, Sensitivity, Specificity

Prevalence of Anaemia among Anganwadi Children, Rural Field Practicing Area ,Davangere.

Authors: **Dr. Sheela P Haveri**

Institution name: SSIMSRC, Davanagere

Registration Id : IAPSM KARCON 2024/F- 007

BACKGROUND

Anaemia is a major global burden, affecting almost 2 billion people worldwide, particularly infants and young children. Population approaches are being employed to treat dietary anaemia .Anaemia detection and treatment goes a long way in improving the health status of the children.

Go to: Visual Abstract

OBJECTIVES To assess prevalence of Anaemia among Anganwadi children in rural field practicing area, SSIMS AND RC. **METHODOLOGY** Cross-sectional study was conducted, Under the agies of “ SS Care Trust “ in association with SSIMS and RC at Bethur. All the Anganwadis at Bethur (5 in Number) were covered. The demographic details were collected using predesigned questionarie. Total 66 children were screened for anaemia using digital Haemoglobin meter, using standard guidelines under aseptic precautions. Informed written consent was taken from the parents, Anganwadi teachers, CDPO and from panchayath as they were stake holders. **RESULT** Total 66 children were screened and out of these 18 (27.7 %)were having haemoglobin less than 10 %. The anemic children were examined and now getting treatment with Iron and Vitamin B12 syrup (Given Free from SS care Trust).The mothers/Care givers and respective Anganwadi workers were educated about diet ,meal plan and prevention of anaemia and malnutrition among children. Follow up will be (27.7%done weekly by Voluntary health worker for getting information about compliance.

CONCLUSION: The prevalence of anaemia was 27.7% among Anaganwadi children.

Keywords: Anaemia, Anganwadi children.

← Title : Smart phone addiction its determinants and consequences among medical students of Central Karnataka →

Authors: **Dr. Manu A.S**

Institution name: SSIMSRC, Davanagere

Registration Id : IAPSM KARCON 2024/F- 010

Abstract:Introduction: Globally there is wide range of prevalence of mobile phone addiction which ranges from 2.4% to 60.3%. It has become a concern to all.It is rightly said that smart phone addiction poses a negative impact on our ability to think, remember and pay attention to regulate emotion. It can also have a negative impact on biological systems, leading to increased stress, sleep disturbances and depression. **Objectives:**1. To determine the prevalence and determinants of smartphone addiction among medical students.2. To assess the consequences of smartphone addiction among medical students.**Methodology:** A cross sectional questionnaire based study was conducted among medical students during February to April 2023. Medical students who were present on the day of filling the questionnaire and gave written consent were included in the study.A pretested questionnaire and a standardized toolSmartphone Addiction Scale-Short version is used. **Statistical analysis:** The data was entered in excel sheet and represented in frequencies, percentages and graphs. Chi square test was applied. **Results:** A total of 521 students were included in the study. The prevalence of smart phone addiction was seen among 75% of the participants. Female students, and those staying in the hostels showed a higher prevalence. 98% of the participants agreed that they constantly check the smart phone, 68 % of the students mentioned that other people complain about their increased use of smart phone. There was a significant association was seen with decreased sleep duration, sleep latency and subjective academic procrastination.

Keywords: Smart phone addiction, Prevalence, Consequence, Sleep latency, Sleep quality.

Title: Prevalence Of Exam Anxiety And Its Determinants Among Medical Students

Authors: **Dr. Vidya V Patil**

Institution name: SSIMSRC, Davanagere

Registration Id : IAPSM KARCON 2024/F- 004

Abstract: Introduction: Exam anxiety also called as test anxiety is a psychological condition in which people experience extreme distress. Anxiety level among medical students is of rising concern in the present days. **Objectives:** 1. To determine the prevalence of exam anxiety and general anxiety among medical students 2. To assess the Socio-demographic determinants of exam anxiety among medical students. **Material and methods:** This cross-sectional study was conducted during December 2023 to January 2024 after the Institutional Ethical committee approval. The study proforma was distributed to second, third, and final-year undergraduates through an online Google forms link one month prior to the start of their university theory examinations. A proforma is created with the following sections: (a) Participant consent and General Information, (b) Examination Anxiety Scale (EAS). **Assessment tool:** The STAI-5 scales, derived from the Spiel Berger State-Trait Anxiety Inventory, gauge present and overall anxiety levels with 5-item versions for state and trait anxiety, evaluating immediate and general feelings. Individuals use a 4-point scale to rate their emotions. **Results:** The prevalence of exam anxiety among students is around 77% and the prevalence of general anxiety among students is 28%. Female students, year of study, staying at hostel, frequency of communication with the parents and engaging in physical activity are the determinants of exam anxiety and it is statistically significant. **Conclusion:** The prevalence of exam anxiety is very high among students, which is slightly more among female students compared to male students. Less physical activity and place of residence also showed higher prevalence of exam anxiety. There is a need for anxiety reduction programme for the benefit of the students as greater anxiety can give unsatisfactory results in both academics and non-academic activities.

Keywords: Exam Anxiety, General Anxiety, Prevalence, Medical students, Determinants

Title: Knowledge And Practices Towards Diabetes Among School Teachers In Rural Area Of Karnataka: A Focus Group Discussion

Authors: **Dr. Mohammed Imran** Dr. Asha B, Dr. Muhammed Muntazeem G

Institution name: SSIMSRC, Davanagere

Registration Id : IAPSM KARCON 2024/F- 010

Background: Diabetes is a global epidemic of the 21st century and it is increasing rapidly. Rapid urbanization and industrialization leads to enormous rise in the prevalence of the disease. Modernization and adoption of western culture particularly in the dietary practices are more among the youth and the student population. **Materials and Methods:** Focus group discussion was conducted among school Teachers in rural field practice area of a tertiary care hospital and medical college. The schools with teacher's strength 6 or more were included in the study. Ethical clearance was obtained from Institutional Ethical Review Board. Informed consent was obtained from each respondent prior to the interview. FGD guide included questions regarding demographic details such as age, sex, religion, socioeconomic status, type of family and duration of work. Knowledge of these subjects about the diabetes in terms of causes, symptoms, preventive measures for diabetes, complication and screening about the diabetes were assessed. Practices related to consumption of fruits and vegetables, practicing regular exercises, annual checkup were assessed. During discussion the answer given by each teacher was hand written by note taker and audio-video recording was done which was later translated verbatim by the researcher. **Results:** 6 Focus group discussion's in each homogenous group were conducted. In this majority of the school teachers have the good knowledge about the diabetes and lacking in few teachers. Practices related to prevention of diabetes in terms of diet, regular activities and routine screening was poor among majority of the teachers. **Conclusion:** This study emphasizes the importance of group opinion prevailing among teachers regarding knowledge of diabetes and its prevention which is essential for instituting health education.



ABSTRACTS

FACULTY POSTER



Title: Determinants Of High Prevalence Of Hiv Infections In Vijayapura, Bagalkot And Belagavi Districts Of Karnataka, India

Authors: **Dr Sandeep G Yankanchi**¹, Dr. Tanuja P. Pattankar²

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Introduction:India is the second-largest country with People Living with Human immunodeficiency virus (PLHIV). Despite the National declines in prevalence of Human immunodeficiency virus (HIV) from 2000 to 2021, regional variations persist, particularly in the northeastern and southern states. High-risk populations, including female sex workers (FSW), men who have sex with men (MSM), and injecting drug users (IDU), significantly contribute to these dynamics. This study focuses on high-prevalence districts of Karnataka.**Objectives:**To identify socio-economic and behavioral factors associated with high HIV prevalence in the high burden districts of South Indian State.**Methodology:**A cross-sectional study was conducted using data from Integrated Counseling and Testing Centers (ICTCs) and Designated STI/RTI Clinics (DSRCs) across 24 centers in the three districts. The centers were chosen using a Simple random sampling . Data from 2501 HIV-positive individuals were analyzed, focusing on demographics & risk behaviors.**Results:**The majority of HIV cases were males accounting to 448 (56.0%) in vijayapura, 334 (51.4%) in Bagalkot and 644 (61.1%) in Belagavi districts, with a significant portion referred by government hospitals. High HIV prevalence was linked to adults aged 25-49 yrs of age, the number of people with HIV was high among daily wage workers, and individuals with multiple sexual partners compared to married and educated people. Newly diagnosed discordant couples ranged from 129 (12.2%) in Belagavi to 133 (18.4%) in Vijayapura districts. **Conclusion:**Key determinants of high HIV prevalence include gender, age, marital status, socio-economic status, and Sexual behavior. Effective interventions require targeted education, improved healthcare services, robust surveillance, and strengthened collaboration among stakeholders.

Keywords: socio-demographic, high burden districts, Hiv Infection

Title: Development And Validation Of An Interprofessional Community Based Teaching-Learning Module For Family Adoption Programme For Medical Undergraduates

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Introduction - The goal of medical education is to prepare graduates to effectively address society's health requirements. The majority of assessments are summative and provide minimal chance for feedback. The evaluation techniques and teaching-learning activities place a greater emphasis on knowledge than on attitude and abilities. They could also be lacking in soft skills including professionalism, ethics, doctor-patient relationships, and communication. Learning activities that take place in a specific setting—the community setting—are referred to as community-based education. **Objectives -** To develop & validate the Interprofessional community-based TL Module for Family adoption programme for medical undergraduates. **Method** – an educational observational study to develop module for family adoption program for MBBS students, which began from first professional year and extend to second and third professional year. Experts from different health professions were identified and a preliminary meeting was called to discuss the purpose of the module and role and responsibilities of each. Institutional Ethic committee clearance was obtained after submission of the synopsis. **Results:** Interprofessional team was formed and communicated regarding the purpose of the module and initial draft was prepared with their contribution. The module was validated by the panel of experts for relevancy and content validity index was derived, which was 0.92 considered as good and relevant. **Conclusion:** Interprofessional Teaching-Learning Module for Family adoption program is comprehensive & collaborative approach for equipping students' necessary knowledge & skills to facilitate successful adoption & support families effectively.

Keywords: Module, Family adoption, Community, Content validity, Relevant,

Title: Community Perception Regarding Family Adoption Programme – A Mixed Method Study.

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Registration Id : IAPSM KARCON 2024/F- 009

Introduction: The Family Adoption Programme, newly mandated by National Medical Commission for all medical undergraduate students, brings its own set of challenges and opportunities. It is necessary at this stage to understand perception of community who act as stakeholders in the process of Family adoption. **Objective-** To understand perception of community regarding family adoption programme. **Methodology-** After completion of six visits to the allotted families in selected villages under family adoption programme by the medical undergraduates community response was recorded using quantitative and qualitative methods. A representative sample of 181 was derived by using a formula $4PQ/L^2$ (where P is 52% and L is 15% relative error and 10% non response rate). Families were included in our study by using systematic sampling technique by selecting every 20th house. After obtaining informed consent, one adult (>18 yrs) family member from each family available at the time of visit was included for recording the response using a pre tested semi-structured questionnaire. Further potential participants who are likely to contribute to the study objectives were identified for Focused group discussion. Each group consisted of 6-8 study subjects with a moderator and an observer. Each session was recorded using digital Voice recorder and observer noted comments made by each participant. FGD was conducted among study participants till the data saturation. **Results-** Overall feedback from the community was favorable (>90%) towards family adoption programme. Focus group discussions were conducted among the willing residents of the village and the codes and themes were derived like benefits obtained and additional requirements and further thematic analysis was done using Atlas ti software. **Conclusion-** Community perceived family adoption programmed to be useful for their health.

Key words- Family adoption, medical undergraduates, community, perception, National Medical Commission

Title: Evaluating Maternal Awareness And Attitudes Towards Human Milk Banking In Field Practice Area Of Kaher Jgmm Medical College, Hubballi, Karnataka: A Community Based Cross-Sectional Study

Authors: **Saurabh kumar**¹, Abhinandan wali², Namratha kulkarni³

Institution name: Jagadgurugangadharamahaswamigalumoorusaviramath medical college, KAHER, Hubballi

Registration Id : IAPSM KARCON 2024/F- 077

Introduction: Breastfeeding is crucial for infant health, especially for preterm babies, offering protection against infections and conditions like necrotizing enterocolitis. When direct breastfeeding is not possible, expressing milk or using pasteurized donor human milk (PDHM) is essential. The WHO and American Academy of Paediatrics recommend donor milk when the mother's milk is unavailable, as it's the best alternative. In India, with high rates of low birth weight and related complications, human milk banks can significantly improve outcomes. Assessing Indian mothers' knowledge and willingness to donate milk is vital before establishing these banks to ensure effective implementation and utilization. **Objective:** To assess the knowledge and attitude of lactating mothers towards human milk banking in field practice area of KAHER JGMM medical college, Hubballi, Karnataka. **Methodology:** A community-based Cross-Sectional Study, the study population will consist of all lactating women coming to the immunization sessions of the catchment areas of the two PHCs and one UHTC by Stratified random sampling, the sample size was 170. **Results:** The study surveyed 197 lactating women and most participants were Hindu (76.6%) and lived in Noolvi or Adargunchi (35.5% each). Education levels varied, with 45.2% having secondary education. Only 6.6% had heard of human milk banks. Most preferred direct breast milk over banked milk (99% vs. 1%), and 74.4% were open to accepting milk from such banks. However, 93.4% had not heard of human milk banks. The majority of women (70.4%) were willing to donate milk, with 85.3% indicating good health status. **Conclusion:** The study reveals limited awareness of human milk banks among lactating mothers, despite high willingness to donate milk. Most mothers prefer direct breastfeeding and are open to accepting donor milk. Enhancing education about human milk banks is essential for improving their utilization and establishing effective milk banking systems in India.

Keywords: Breastfeeding, Human Milk Banking, Donor Milk, Maternal Awareness, Lactating Mothers.

Title: A Cross-Sectional Study Of Overweight And Obesity Among Adult Women Aged 20–40 Years Old Residing In An Urban Field Practice Area Rajapur Kalaburagi -Karnataka

Authors: **Dr Shivanand**¹, Dr Sunil Deshmukh², DrRavikumarKurle³, DrShreeshailGhooli⁴

Institution name: MRMC Kalaburagi

Registration Id : IAPSM KARCON 2024/F- 102

Background:Background: The prevalence of overweight and obesity is rising worldwide, but it is more common among women in India. To put a stop to this epidemic, we need to pinpoint the causes of obesity in young women. With this background, the present study was carried out to elicit the prevalence of obesity and overweight and associated risk factors among adultwomen populationaged 20-40 years in the urban field practice area of Rajapur, Kalaburagi.**Objectives:**1. To determine prevalence ofoverweight and Obesity among women aged 20-40 years residing in the urban field practice area of Rajapur, Kalaburagi.2. To identify socio-demographic factors associated with overweight and Obesity in the study population.**Methodology:**\This cross-sectional study was conducted in the urban field practice area of Rajapur, Kalaburagi, targeting individuals aged 20–40 years. A total of 300 participants were selected using systematic random sampling. Data were collected through structured questionnaires covering socio-demographic details, lifestyle habits, and medical history. Height, weight and Blood pressure measurements were taken using standardized techniques. Data were analyzed using descriptive and inferential statistics to identify significant associations.**Results:Waiting Conclusion: Waiting**

Keywords:UrbanWomen, Overweight and Obesity, Risk factors

Title: Awareness And Perception About Menstrual Cups Among Female Health Practitioners In A Tertiary Care Hospital In South India

Authors: **Divya Arvind Prabhu**

Institution name: KMC,Manipal

Registration Id : IAPSM KARCON 2024/F- 073

Background: Though the safety and feasibility ofmenstrual cupshas been established its use in India is limited because of lack of promotion and popularity of sanitary pads. In addition to this there is very little evidence as to whether health care professionals consider and promote menstrual cups as a safe and feasible alternative to these sanitary pads So this study has been undertaken to study the awareness and perception about menstrual cups among female health practitioners.**Methodology:** A hospital based cross-sectional study was conducted among 100 female health care practitioners working in a Tertiary care hospital for a period of three months. A predesigned semi-structured questionnaire was circulated to all the female practitioners working in the hospital through survey link shared via their emails.It was used to capture the socio-demographic details, their awareness and perception about menstrual cups. Data was expressed as percentages and proportions**Results:** The mean age of the study participants was 26.3 ± 5.8 years.. Around 96% of participants were aware of menstrual cups and acknowledged their economic and environmental benefits. Only 9% had used them. Common concerns among them included the risk of toxic shock syndrome (63%), difficulty in maintenance (45%), pain during use (40%), and potential leakage. Additionally, 53% lacked knowledge on proper usage, and only 26% felt it comfortable recommending menstrual cups to others.**Conclusion:**Despite the high level of awareness among the study participants, apprehensions and knowledge gaps still persist among them regarding menstrual cup usage. These concerns need to be addressed through targeted education and training that could enhance the acceptance and advocacy for menstrual cups.

Keywords: menstrual cups, menstrual hygiene, female, health practitioner



ABSTRACTS

POST GRADUATE ORAL PAPER



Title: Co-Constructing An Ishikawa Diagram To Evaluate Risk Of Osteoporosis In Female Indoor Workers: A Qualitative Study In Belagavi, Karnataka.

Authors: **Dr. Rajesh R Kulkarni¹**, **Dr. Sabhya²**, **Dr. Manjari Sutradhar³**

Institution name:

Registration Id :IAPSM KARCON 2024/P - 415

Introduction: Osteoporosis is a disorder of decreased bone mass, microarchitectural deterioration, and fragility fractures. Clinical assessment of osteoporotic risk factors and objective measures of bone mineral density can help to identify who are at risk and intervention and, thus, can potentially reduce the morbidity and mortality associated with osteoporosis-associated fractures. This study aimed **to evaluate risk of osteoporosis among female indoor workers and co-creation of Ishikawa diagram illustrating barriers.** **Methodology:** Bone mineral density using DEXA machine was measured in 30 female indoor workers. Focused group discussions (FGDs) were conducted with these participants. Data was analyzed following the Consolidated Criteria for Reporting Qualitative Research (COREQ) framework, with thematic analysis of transcribed audio recordings. **Results:** Several barriers were identified, which leads to osteoporosis, including limited exposure to sunlight, indoor work environment, limited knowledge about vitamin D and Calcium intake, adverse weather conditions and religious customs. Strategies to remove barriers includes sunlight exposure, calcium and vitamin D intake and lifestyle adjustments. **Conclusion:** Many risk factors for osteoporosis exist among indoor workers. Education to overcome the barriers is needed.

Keywords: Osteoporosis, Bone Mineral Density, Female indoor workers, Focused Group discussion, barriers

Title: From Plate To Planet: Understanding The Dietary Water Footprint - A Cross-Sectional Study

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Registration Id :IAPSM KARCON 2024/P - 451

Background: The Water Footprint (WF) is an environmental indicator that measures the volume of fresh water (l or cu.mm) used throughout the entire production chain of a consumer item or service. India is the world's largest user of fresh water due to its rapid development and massive population; the major contributor to these being the food system. Per capita Water Footprint of India is approximately 1,089 cubic meters per year, agriculture being the major contributor accounts to ~90% of the resource. **Objectives:** To analyze the dietary pattern of the participants and to quantify the Water Footprints associated with the production of different food groups. **Methods:** A cross-sectional study, done among 130 employees of a tertiary care centre in Vijayapura district from May to July 2024. Data was collected by 116-item semi-quantitative FFQ to assess the food intake, which were later segregated into 36 food groups based on similarity in nutritional content. Water footprint for each food group was calculated using India-specific WF data. **Results:** The mean blue WF of diets in the study population was 640 l/capita/day, and the mean green WF of diets was 2531 l/capita/day. Rice and poultry were the highest contributors to total WF, consistent with their high proportion in the diet.

Keywords: Water footprint, Food Frequency Questionnaire (FFQ), Nutrition, Food groups.

Title: Prevalence And Patterns Of Self-Medication With Antibiotics In Urban Areas Of Belagavi, Karnataka: A Community-Based Study

Authors: **Dr. Gibin George**, Dr. Asha A Bellad

Institution name: KAHER's Jawaharlal Nehru Medical College, Belagavi.

Registration Id :IAPSM KARCON 2024/P - 437

BACKGROUNDSelf-medication, defined as the use of pharmaceuticals to treat self-diagnosed conditions without professional guidance, is a common practice worldwide. In India, the prevalence of self-medication is notably high due to factors such as the easy accessibility of over-the-counter (OTC) medications, financial constraints, and limited access to healthcare services. Self-medication with antibiotics significantly contributes to serious public health risk of antimicrobial resistance.**OBJECTIVES**To assess the prevalence and patterns of self-medication with antibiotics in an urban population of Belagavi, Karnataka.**MATERIALS and METHODS**A community-driven cross-sectional study was conducted over one year, from October 2022 to September 2023, involving 400 systematically selected participants from the urban areas served by Rukmini Nagar UHC and Ashok Nagar UHC. Data were collected through face-to-face interviews using a validated, self-designed questionnaire after obtaining consent. The data were entered in excel and analyzed using SPSS version 25.0.**RESULT**The study revealed that 36% of participants had self-medicated with antibiotics in the past three months, primarily for sore throat (80.7%) and cough (29.7%). Azithromycin (63.4%) and Amoxicillin (41.4%) were the most commonly used antibiotics. The main reasons for self-medication were time-saving (54.5%) and using old prescriptions (24.3%).**CONCLUSION**The high prevalence of self-medication in urban Belagavi, Karnataka, underscores the urgent need for targeted public health interventions. Improving healthcare access, regulating over-the-counter drug sales, and promoting informed health-seeking behaviors are essential. Public health efforts must prioritize educating the community on the dangers of antibiotic self-medication, especially with the growing threat of antibiotic resistance.

KEYWORDS: Self-medication, Antibiotics, Antimicrobial Resistance, Urban population, Public health interventions

Title: Awareness Of Nipah Virus In Coastal Karnataka Borders Among Asha Workers: A Cross-Sectional Study

Authors: **Dr Jayasankar JB¹**, **Dr Prathvimraj BU²**

Institution name: AJ institute of medical science, Mangaluru, Karnataka.

Registration Id :IAPSM KARCON 2024/P - 458

BACKGROUND: Nipah virus, a zoonotic disease transmitted from bats to humans via infected animals or contaminated food, can cause severe respiratory and neurological symptoms, with case-fatality rates ranging from 40% to 100%. The recent outbreak in Kozhikode, Kerala, marks the third in the district and sixth in India.**OBJECTIVES:**To assess the level of knowledge and attitude regarding Nipah virus infection among ASHA workers, To describe the clinical signs and symptoms of the case-patients and determine the possible route of transmission for these clusters.**METHODS:** A cross-sectional study was conducted among ASHA workers in the Coastal Karnataka. Data were collected using a semi structured questionnaire that included questions on the transmission, symptoms, prevention, and control of the Nipah virus. The sample size consisted of 80. ASHA workers are selected through simple random sampling.**RESULTS:** Results are awaited.**CONCLUSION:** Conclusion will be submitted with the results.

KEYWORDS: Nipah virus, ASHA workers, Awareness, Coastal Karnataka

Title: Assessment Of Depression, Anxiety And Stress Among Adolescents In 14-19 Years In Rural Health Training Center Of A Medical College

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Registration Id :IAPSM KARCON 2024/P - 424

Background: Adolescents experience rapid physical, cognitive and psychosocial growth wherein the symptoms of common mental illness largely emerge during adolescence and young adulthood. There is a need for early identification of depression, anxiety, and stress (DAS) and thereby prevention. **Aims and Objective:** This Study was to assess the level of Depression, Anxiety and Stress among adolescents in the age group of 14-19 years. Furthermore, to see if there's any association between demographic profile and the DASS-21. **Materials and methods:** A cross-sectional study was conducted among the adolescents from 14-19 years of age using DASS-21 which included a conventional DASS questionnaire along with demographic characteristics. Data was collected by interviewing and analysed using excel and IBM SPSS to examine the levels of depression, anxiety, and stress among the adolescents. **Results:** The study enrolled a total of 480 adolescents. The prevalence of moderate depression, anxiety, and stress was found to be 16%, 19.4% and 6.7% respectively. Males were represented up to 53.8% while females accounted for 46.3% of the study population. Adolescents in younger age Female responders were more likely than their male counterparts to experience stress whereas depression and anxiety levels were found to be comparable in both genders. **Conclusion:** Depression, anxiety, and stress are associated with a variety of factors. Students develop depression and anxiety as a result of a lack of academic and social life. There is a need for early and effective identification of DAS that can prevent many psychiatric disorders at their nascent stage. Adequate interventions should be integrated at primary care level to address the mental health concerns of adolescents

Keywords: Adolescents, DASS-21, Mental health

Title: Awareness, Attitude And Practice Of Junk Foods And Their Food Labelling Among Medical Students In Mangaluru

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Registration Id :IAPSM KARCON 2024/P - 428

BACKGROUND: Junk foods are rich in calories, salt and fats. Excess consumption of junk foods would lead rise to wide variety of health disorders. The aim of the present study was to know about junk food eating habits of students, their ingredients, nutritive value and their impact on human health. **OBJECTIVE:** To assess the awareness of junk food consumption and food labelling among MBBS students, To assess the attitude of junk food consumption and food labelling among MBBS students, To assess the practice of junk food consumption among MBBS students, To correlate between awareness, attitude and practice among them, To determine the predictors of consumers usage of junk food and utility food labelling among them. **METHODS:** A cross-sectional study was conducted at a medical college in Mangalore, targeting MBBS students as the study population. The sample size was calculated to be 295 based on a previous study, with an assumed P of 24.1% and d of 5%, using the formula $N = Z^2P(1-P)/d^2$. Convenience sampling was employed to select the participants. A pre-formed, semi-structured questionnaire was used to gather data from consenting students, focusing on their awareness, attitude, and practices related to junk food consumption and current food labelling. Qualitative data were assessed using frequencies and percentages, while quantitative data were evaluated using mean and standard deviation. Spearman's correlation was utilized to assess the relationships between variables. **RESULTS:** Results are awaited. **CONCLUSION:** Conclusion will be submitted with the results.

KEYWORDS: Junk Food, Medical Students, Attitude, Practice, Awareness

Title: A Cross-Sectional Study To Assess Perception And Practices Of Research Among Undergraduate Medical Students Of A Government Medical College, Karnataka.

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Need for study: Research among medical students is vital for fostering culture of inquiry, innovation, and evidence-based practice within the medical profession. By understanding the current research landscape among medical students, this study seeks to identify potential areas for improvement and inform future initiatives to enhance research engagement and skills. **Objectives:** This study aimed to assess the perception and practices of research and to assess the factors associated with the perception and practices of research among undergraduate students in a medical college. **Methodology:** A cross-sectional study was conducted among medical students of a medical college in Karnataka. A total of 360 students participated from first year to final year (90 students from each year) through stratified random sampling. A pre-tested, pre-validated and semi structured questionnaire was used for data collection. **Results:** Among participants, 233(65.00%) were males and 127(35.00%) were females. Mean age was 20.19±1.325. 164(46.00%) students had adequate knowledge about research while only 7(1.90%) had good attitude about research and only 19(5.00%) had good practice of research. Among the factors influencing research, the primary reason students pursued research was to advance their careers (62.20%), with personal interest (58.30%) and curricular requirements (39.40%) also playing significant roles. The main barriers that hindered students' research efforts were the selection of a topic (62.50%), time constraints (48.10%), and challenges in data collection (39.70%). There was significant association between knowledge and type of native area (p=0.024), knowledge and type of stay (p=0.04) as well as knowledge and year of study (p=0.00). Association between practice and year of study also found to be significant (p=0.000). **Conclusion:** Even though a good amount of students had knowledge regarding research only few students had good attitude and practice. providing tailored support, mentorship, and opportunities for hands-on experience can enhance research skills and contributing to the advancement of medical knowledge.

Key words: Medical students, Perception, Undergraduate students, Research

Title: A Cross-Sectional Study To Assess The Screen Time And Its Effect On Quality Of Sleep Among Undergraduate Medical Students In Bangalore

Authors: **Dr. Shasin Keppen**¹, Dr. Saraswathi S², Dr. Anupriya Mathew³, Dr. Selvi Thangaraj⁴,
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Registration Id :IAPSM KARCON 2024/P - 473

Background: Screen time has surged across all age groups, with medical students particularly engaged in prolonged screen use for academic and recreational purposes. The short-wavelength light emitted by screens disrupts circadian rhythms, which can significantly affect sleep patterns. Adequate sleep is vital for maintaining overall health and well-being, and poor sleep quality is associated with various health issues. **Objectives:** To assess screen time and its effect on the quality of sleep among undergraduate medical students at Bangalore Medical College and Research Institute, Bangalore (BMCRI). **Methods:** This cross-sectional study was conducted at BMCRI, involving undergraduate medical students. Using a stratified random sampling method, 400 study participants were selected. Data collection utilized a pre-tested, semi-structured questionnaire focusing on sociodemographic details, screen time on mobile phones and tablets was cross-checked, and sleep quality assessed using the Pittsburgh Sleep Quality Index (PSQI). **Results:** The proportion of participants with increased screen time was 69.75%, averaging 5.24 ± 1.89 hours per day. 65.25% of participants experience poor quality of sleep, with a mean PSQI score of 5.85 ± 2.89. Gender was significantly associated with the quality of sleep (p = 0.018). Quality of sleep showed a significant association with screen time (p = 0.023). Bedtime gadget use within 30 minutes was prevalent (84.75%) and significantly associated with quality of sleep and sleep latency (p < 0.01). **Conclusion:** The study highlights a significant association between screen time and sleep quality among medical students. A substantial proportion of participants reported excessive screen time and poor quality of sleep. Bedtime gadget use was found to have a detrimental impact on sleep.

Keywords: Medical students, Pittsburgh Sleep Quality Index, Quality of Sleep, Screen Time, and Sleep Latency.

Title: Assessment Of Knowledge, Attitude And Practices Of Blood Donations Among The Residents In The Urban Field Practice Area Of Government Medical College, Karnataka. A Community-Based Cross-Sectional Study

Authors: **Dr JAYARAJ P¹** Dr HANSA L² Dr SELVI THANGARAJ³
Institution name: Bangalore Medical College and Research Institute, Bengaluru
Registration Id :IAPSM KARCON 2024/P – 475

INTRODUCTION:The act of donating blood is crucial for healthcare systems worldwide. This study aims to assess the level of knowledge, attitudes, and practices related to blood donation among urban residents in Bengaluru. By identifying common misconceptions, knowledge and attitudes, this research seeks to provide valuable insights for public health strategies to promote blood donation.**METHODOLOGY:** A community-based cross-sectional study was conducted in the Urban field practice area of the government medical college, Karnataka from May 2024 to July 2024. The sample size was calculated considering the favourable attitude towards blood donation is 57% (Sana Samreen et.al) was calculated as 148. A simple random sampling method was used, followed by a random number generator method. A Pre-tested pre-validated semi-structured questionnaire was used to interview the study subjects. **RESULTS:** Among 148 participants. The findings showed only 10 (6%) had good knowledge, 135(92%) had moderate knowledge, and 3(1.3%) had poor knowledge about blood donation. 105(70.9%)had a favourable attitude, while 43 (29.1%) had an unfavourable attitude. Only 21 (14.2%) of the participants had donated blood despite a high level of favourable attitude. Barriers identified were fear of infections32 (21%), fear of needles24 (15%), and laziness along with lack of information 38(27.2%)**CONCLUSIONS:** This study indicates that while the population has fair knowledge and a favourable attitude towards blood donation, a very less proportion have actually donated blood. Targeted measures are required to improve blood donation practices

KEYWORDS: Blood donation, Knowledge, Attitude, Practices

Title: Assessment Of Respectful Maternity Care In Healthcare Facilities Of Central Karnataka

Authors: **Dr Nayana Saka,Dr SandhyaRani J**
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Registration Id :IAPSM KARCON 2024/P - 430

Background- The standard of intra-partum and early postpartum care for birthing mothers has not received much attention, despite the fact that India has significantly increased the number of hospital deliveries and decreased the maternal death ratio. The present study was conducted to assess the current status of respectful maternity care in a tertiary care center in central Karnataka.**Objective-**To assess Respectful Maternity Care practices and factors influencing them in Healthcare Facilities of Central Karnataka.**Methods-** A hospital-based descriptive cross-sectional study was conducted among 270 participants aged 18 years and above who delivered in the postnatal wards of Department of Obstetrics and Gynecology of Bapuji and CG hospital of central Karnataka . Data was collected using a predesigned and pretested questionnaire based on seven major categories per the Respectful Maternity Care (RMC) Charter.**Results-**All the 270 women in the present study, i.e., 27%, experienced at least one form of disrespect during their labor, childbirth, or postnatal period at the hospital. The mean scores for domains of non-dignified care (1.05), non-consented care (1.85), abandonment or denial of care (2.07), and physical abuse (2.09) are low.**Conclusion-**The findings of the present study shed important light on the current state of respectful maternity care in the study area. Though mothers are noticing and reporting positive changes in maternity care practices, respectful maternity care still has a long way to go.

Keywords-tertiary care centre, cross sectional, women, quantitative, abuse, disrespect, respectful maternity care.

Title: Chronic Fatigue In Type-2 Diabetes Mellitus And Hypertension Patients At A Rural Clinic In Chikkaballapur, Karnataka - A Cross-Sectional Study

Authors: **Dr Joe Amalan**¹, Dr. Rashmi Rodrigues²
Institution name: St. John's Medical College, Bangalore, Karnataka.
Registration Id :IAPSM KARCON 2024/P - 449

Introduction: Fatigue is a common clinical complaint of chronic conditions like diabetes and hypertension and it has been linked to poor self-reported health. Hence the study was conducted to assess the prevalence and severity of chronic fatigue in patients with DM and/or HTN and the factors associated with it. **Methodology:** A cross-sectional study was conducted among 342 subjects with diabetes and hypertension chosen by convenient sampling. All subjects were an interviewer-administered questionnaire to gather information on fatigue and its associated factors. **Results:** The mean total fatigue score (SD) among the subjects was 87.64 (\pm 22.6). The mean physical activity (SD) was 12.43 (\pm 4.76) and mean subjective fatigue score (SD) was 32.72 (\pm 11.19). The study found that the METs score was associated with the fatigue score with a statistical significance of $p < 0.003$. This study also shows that there is a significant association between age, gender, formal education, marital status and religion with the total fatigue score. ($p < 0.05$) **Conclusion:** The significant factors which are associated with chronic fatigue in diabetic and hypertensive patients, which were the age group of 40-60 years, female gender, Hindu religion, married persons, and also minimally active individuals based on METs scores were more prone for developing chronic fatigue in comparison with the other groups. Hence health care providers should use complaints of fatigue as a starting point for further evaluation of comorbid conditions, including diabetes and hypertension complications and clinical or subclinical psychological illness.

Key words: Chronic fatigue, Type-2 diabetes mellitus, hypertension, physical activity, cross-sectional study.

Title: Effect Of Health Education On Knowledge, Attitude And Practices Regarding Postnatal Care Among Rural Pregnant Women - An Interventional Study

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Institution name: Jawaharlal Nehru Medical College, Belagavi, Karnataka
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Introduction: Postnatal period is a critical time for both mother and newborn health, particularly in developing countries. High incidence of maternal mortality, not only endangers mother but also affects the survival and well-being of the newborn. Efforts to enhance postnatal care should include comprehensive healthcare services, education, and community support to ensure the well-being of both mother and newborn. This approach will effectively reduce maternal and neonatal mortality and morbidity rates and improves overall health outcomes. **Objective:** To assess the effect of health education on knowledge, attitude & practices regarding postnatal care among rural pregnant woman. **Methodology:** An intervention study was conducted with 312 participants, divided into 156 control and 156 intervention groups, spanning from April 2023 to March 2024. A predesigned, structured questionnaire was utilized to gather data on the participants' sociodemographic characteristics. At immunization clinic, control group (Postnatal Mothers) was surveyed with the questionnaire to assess their knowledge, attitudes & practices (KAP) concerning postnatal care. Meanwhile, the intervention group received health education on postnatal care during their antenatal period (\geq 34 POG), delivered through PowerPoint presentations & videos. Data regarding KAP in postnatal care was collected post-intervention using the same structured questionnaire for the intervention group after 42 days of delivery. **Results:** The median age among the participants was 23 years. Mann-Whitney U test was employed to examine KAP levels between the intervention and control groups. In the control group, the median scores for knowledge, attitude, and practice were 22, 10, and 9 respectively, whereas in the intervention group, scores were 38, 19, and 17 indicating a distinguished improvement in KAP scores following health education among intervention group. **Conclusion:** Implementation of educational programs for pregnant women during antenatal period will enhance the postnatal care thus helps in reducing the mortality and morbidity in mother and child dyad.

Keywords: Postnatal period, Antenatal period, Mortality

Title: Risk Grading Of Tobacco And Alcohol Use Among Adult Opd Patients By Assist Scale In Primary Health Centers Of Bangalore

Authors: **Dr. Balakrishnan R¹**, Dr. Anil N S², Dr. Deepthi R³, Dr. Sharath B N⁴, Dr. Gayathri N⁵
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Registration Id :IAPSM KARCON 2024/P - 456

Introduction: Alcohol and tobacco are amongst the most commonly abused substances, especially in India. Easy availability and conditioning influences promote the use of alcohol and various forms of tobacco. Both these substances pose a risk for dependence, ultimately leading to a range of physical, mental, financial, and social consequences for the users. As per NFHS-5, Karnataka ranked first among the South Indian states in tobacco use. However, the pattern of use of these substances in the population and the risk level for complications need to be explored further. This will help customize the management to the individual, including referral to tertiary care facilities. **Aims & Objectives:** To estimate tobacco and alcohol use per 1000 males and females attending five PHCs of Bengaluru urban district and to grade the severity. **Materials and methods:** A cross-sectional study was conducted among 413 adults using systematic random sampling between November 2023 and January 2024. After obtaining informed consent, the WHO-developed ASSIST questionnaire was used to grade separately the risk of tobacco and alcohol use as mild/moderate/severe. The data were analyzed and expressed in mean and proportions, as appropriate. **Results:** Mean age of the participants was 43.5 years. 70.5% participants were males. Per 1000 males, 564 and 619 used tobacco and alcohol respectively. Per 1000 females, the corresponding numbers were 230 and 82, respectively. 5.2% & 76.6% participants had high and moderate-risk tobacco use respectively. 7.4% & 46.8% participants had high and moderate-risk alcohol use respectively. **Conclusions:** More than half the male participants used alcohol and tobacco, implying the huge burden of these substances in the community. Increased tobacco use among females highlights the potential risk of associated cancers among them. The proportion of high-risk users was more than 5% for both tobacco and alcohol, underscoring the urgent need for routine adoption of screening tools.

Keywords: Tobacco; Alcohol; ASSIST; substance use; risk-grading

Title: Exporing Awareness And Barriers To Human Papillomavirus Vaccination Among Female Students Of A Health Science University In Coastal Karnataka

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Background: Cervical cancer is the fourth most common cancer in woman worldwide with India accounting for one-fifth of the global burden. The primary contributing factor in the development, Human Papillomavirus, when left untreated causes 95% of cervical cancers. Despite vaccine availability, perception about vaccine safety and efficacy, high cost of the vaccine and its' preventive outcome is still inferior among the health professionals and vaccine providers. With the Government of India set to roll out free vaccines in the near future, it becomes all the more important that these young and future health care providers promote informed decision making about vaccination, thereby contributing towards public health efforts to reduce the disease burden. **Objectives:** To assess the awareness regarding Human papillomavirus vaccination among female medical and nursing students, To identify and compare the barriers in utilisation of the vaccine among the medical and nursing students. **Methods:** After obtaining written informed consent, data was collected among the female medical and nursing students by face to face interviews as well as a semi-structured, validated, online questionnaire for a period of six months. Purposive sampling method was used. **Results:** Knowledge about the efficacy of vaccine was greater in medical students (69.8%) as compared to that in nursing students (30.2%). Only 51.1% were aware of it being distributed freely by the Government of India in the near future. Lack of awareness, fear about the side effects and high cost of the vaccine were the most common barriers reported. **Conclusion:** Though majority of the students were aware about the beneficial effects of the vaccine against cervical cancer, only a few were actually vaccinated. Therefore it is essential to initiate educational and training programs regarding the same for better awareness and success of the vaccine delivery programs nationwide.

Keywords: Human Papillomavirus, Vaccine, Knowledge, Students

Title: Comparative Study Of Risk Assessment For Non- Communicable Diseases Among Patients Attending Urban And Rural Health Training Centres Of Karnataka

Authors: **Dr VINAYAK P**, Dr CHETANA K.V
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Registration Id :IAPSM KARCON 2024/P - 420

INTRODUCTION :Non-communicable diseases (NCDs) are the leading cause for morbidity and mortality worldwide and accounting for 60% of all deaths in India. Most of these NCDs can be diagnosed and managed at primary health care levels. Use of tobacco, harmful use of alcohol, physical inactivity and unhealthy diet are the modifiable risk factors of NCDs, progressing to NCDs.**OBJECTIVES** :To compare the risk factors for non-communicable diseases among out-patients attending urban and rural health training centres.**MATERIALS AND METHODS** :This cross-sectional study was carried out among out patients attending urban and rural health training centres of Koppal for a duration of 3 months. A total of 400 samples, 200 each from urban and rural areas were selected respectively using convenient sampling. Data was collected using a semi structured questionnaire and community-based assessment checklist for risk assessment of NCDs. Collected data was entered into Microsoft Excel, statistical analysis was done using SPSS v.25.**RESULTS** :Females(56.5%) were more common in urban area, males(52.5%) were common in rural area. Smoking(38.5%) and alcohol consumption(16%) were more among rural participants compared to urban. Lack of physical activity(64%) were significantly higher in the rural population. Participants in rural area had higher waist circumference(28.5%) than those in urban area(15%). In Urban area, 43.5 % participants were at risk of NCDs, whereas 47.5 % were at risk in rural area.**CONCLUSIONS** :Emphasize must be to control the risk factors of NCDs by regular screening, early detection and providing early access to treatment. Awareness regarding ill effects of risk factors of NCDs to be provided at individual, family and community levels through health education and behavioural change communication to limit the progression as disease in the future.

KEYWORDS :Non-communicable diseases; Risk factors; Urban; Rural

Title: Breaking Silence: Unveiling Physical Violence Among Ever Married Indian Women - Evidence From Nationally Representative Survey

Authors: **Dr Mohammed Shoyaib Khazi**¹, Dr Deepthi R², Dr Suthanthira Kannan³, Dr. Ashwini Lonimath⁴, Dr Vidya Sundar⁵

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Registration Id :IAPSM KARCON 2024/P - 443

Background: Violence on women is a pervasive concern globally, with profound implications for health and human rights. In India despite progress social indicators, the prevalence of violence on woman persists. Study aims to appraise the frequency and factors behind less severe and severe physical violence in India with reference to National Family Health Survey-5 (NFHS-5) data among ever married women. **Methods**: Using a multi-level ecological model of analysis, NFHS-5 survey, 63,851 ever-married women were analysed. Variables were grouped into individual, husband, community, belief, children and empowerment factors. Two stage stratified sampling was used with Stata MP v18 for data management and analysis; multivariate binomial logistic regression was done to establish factors. **Results**: Totally 27.7% of respondents reported less severe violence whereas 8.7 % suffered severe violence against them by their partners during life time. The leading factors contributing to physical violence included those women being uneducated, lower educational status of husband, woman seen father beating wife, women justifying beating wife, lower socioeconomic status, having more than 4 children, less than 18 years before first birth and women not having a say in decision making. **Conclusion**: Though there has been slight reduction from previous rounds conducted under NFHS, this still shows that much needs to be done in order eliminate gender-based violence as indicated by these findings from India. A comprehensive approach should therefore be adopted which involves education, economic empowerment; provision for support services as well community interventions targeting patriarchal norms transformation and promotion of gender equality.

Key words: domestic violence, NFHS-5, women, empowerment

Title: Assessing The Unmet Need For Family Planning Among Migrant Women Of Reproductive Age In Rural Bengaluru; A Cross-Sectional Study

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Institution name: **ESIC medical college, Bengaluru.**

Registration Id : IAPSM KARCON 2024/P - 453

Need for the study: For decades, reducing the unmet demand for family planning has been at the forefront of reproductive health research, policy, and programs. Between 2015 and 2019, there were almost 121 million unwanted pregnancies worldwide; 61% of these pregnancies resulted in an abortion. According to National Family Health Survey (NFHS-5) Survey 2019-2020, unmet need for family planning was 6.5% for Karnataka state. **Objectives:** To assess the unmet need of family planning, To identify the factors/determinants associated with unmet need of family planning. **Methodology:** An on-going community based cross sectional study was conducted among migrant women of the reproductive age group, between 15 and 49 years in migratory sites in rural Bengaluru. The data was collected from 30 study participants out of 107 calculated sample size. A pre-tested , DHS questionnaire was used. **Result:** The majority were in the age group of 21-25 years. About 22(73.33%) are living in kachha house. Twenty women had previously conceived, and eight of them have had at least one undesired pregnancy(40%). A 26.66% women had history of abortion, the reason for abortion being unwanted pregnancy (50%), spontaneous abortion(37.5%), and failure of contraception(12.5%). Of 17 women who do not desire to have children further, only 29.4% are using at least one family planning method. The major reason for not using contraceptives was found to be poor knowledge on contraceptives and communication barrier with health workers(52%), difficult access(21%), disapproval by husband(10.5%). The factors such as poor living condition, overcrowding and poor male participation were found to be associated with high unmet need for FP. **Conclusion:** As migrant group particularly vulnerable to having unmet contraceptive needs, it is important to assess the unmet demand for family planning, as well as its causes and determinants.

Title: A Cross-Sectional Study On Tuberculosis Preventive Treatment Outcomes, Followup And Barriers In The Implementation In The District Of Shomoga

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Registration Id : IAPSM KARCON 2024/P - 419

Introduction India has the highest estimated burden of tuberculosis infection (TBI) globally. 26 lakhs people (18-36 lakh) are estimated to develop tuberculosis (TB) disease annually. 5–10% of those infected will develop TB disease over the course of their lives, usually within the first 2 years after initial infection. This risk is increased >25 times among contacts of bacteriologically confirmed TB patients compared to general populations. The risk of developing TB disease after Tuberculosis Preventive Treatment (TPT) decreases by approximately 60% and the reduction can be up to 90% among people living with HIV (PLHIV). Prevention of TB disease by treatment of TBI is a critical component of the National Strategic Plan 2017-25 for Ending TB (NSP) in India by 2025. Scaling up TPT would be key to hasten the rate of decline in TB incidence from 2.5% at present to 10% required annually. Research studies from all over the world show that among those estimated to be eligible for PMTPT, less than 20% completed the entire cascade of care. Efficacy of TPT is greatest if at least 80% of the doses are taken within 133% of the duration of the regimen. **Objectives:** To assess the outcomes of TB preventive treatment in Shimoga district ,Compare the post treatment follow up among those who received with those who did not receive TPT, Barriers in implementation of TPT **Methodology:** Study design: Cross-sectional, Study area: Shimoga District, Study period: 3 months, Source of information: Data from District Tuberculosis Office, house hold contact interview, staff interview, Sample Size: house hold contacts eligible for TPT in Shimoga district, Inclusion criteria- All house hold contacts of pulmonary TB patients diagnosed in the year 2022 in the district of Shimoga, Exclusion criteria- contacts who did not consent, whose outcome information was not available, Institutional Ethical Clearance was taken. **Results:** Awaited

Keywords: TB infection, household contacts, TB preventive therapy, barriers

Title: Unveiling Awareness Of Cervical Cancer And Barriers Of Human Papilloma Virus [Hpv] Vaccination In Central Karnataka

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Background-Cervical cancer is preventable and curable in early stages & is the only cancer that can be prevented by vaccination, despite this it remains a significant public health concern in India, accounting for 16.5% of all cancers in women. The awareness regarding cervical cancer and HPV Vaccination remains suboptimal, leading to increased mortality and morbidity. In Karnataka, limited research exists on cervical cancer and HPV vaccination awareness.

Objective-To assess the knowledge and practices towards Cervical Cancer & HPV vaccination, To assess the perceived barriers in HPV vaccination**Methods-**A cross-sectional study was conducted among 351 participants [students & staff] from professional colleges in Davangere, Karnataka. A structured questionnaire with 30 items was administered to collect data on socio-demographic characteristics, knowledge, attitude & practice towards cervical cancer & HPV vaccination. Data analysed using SPSS using relevant statistical tests.**Results-** Majority of the study participants were in age group of 20-30yrs [73%].56% had poor knowledge on cervical cancer & HPV Vaccination. 23% of women knew that HPV infection was a risk factor. 90% had never undergone screening, 98% of women were not vaccinated from HPV vaccine,among them 80% refused for HPV vaccination &lack of awareness about the need for HPV vaccine [83%] was the major reason.Only 8% of women had ever received information from any doctors/healthcare workers on cervical cancer. **Conclusion-**Inthe studyit was found that more than half of the participants had poor knowledge on cervical cancer and HPV vaccination. Majority were neither screened nor vaccinated for cervical cancer and lack of awareness was found to be the major perceived barrier.

Recommendations- Educational Intervention &Awareness campaigns in Schools, Colleges & workplaces to improve awareness and screening of cervical cancer. Introducing HPV vaccine in the universal immunisation schedule for children and Woman.

Keywords – Awareness, Cervical cancer, Human papilloma Virus [HPV], HPV Vaccine, Screening

From Training To Practice: Qualitative Insights Into Ashas' Experiences With Developmental Delay Assessment

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Registration Id :IAPSM KARCON 2024/P - 414

Background: Accredited Social Health Activists(ASHAs) are community health workers who promote child health through comprehensive care, thus reducing child mortality. Early identification and intervention of developmental delay positively impact the health and well-being of the child. This study aims to explore the ASHAs' insights on persons with disabilities and their post-training experiences with developmental delay assessment and its applications in the community. **Methodology:** A community-based qualitative study was done among ASHAs of a rural health training center of a Government medical college in Bengaluru. A structured training program was conducted for 25 ASHAs to equip them with the skills necessary to identify development delays using a newly developed training module. Among the trained ASHAs, three focus group discussions(FGD) with 6-7 ASHAs in each group and six in-depth interviews(IDI) were conducted by trained moderators. The data obtained through FGDs and IDIs were analyzed through Atlas.ti for thematic analysis. **Results:** Twenty-five ASHAs with work experience varying between 0-15 years with mean years of experience of 7 were recruited. Five key themes were identified: opinions about people with disability, effectiveness of developmental delay assessment training, advantages, challenges, and suggestions for improvement. As opined by the ASHA workers, the advantages included increased confidence, and better health outcomes whereas convincing the parents, work overload, and difficulty in follow-up of the migrant population were the challenges faced by ASHAs. Despite the heavy workload and challenges faced, they found that the training aided in identifying developmental delays at an early stage, and they also opined that further addition of this into the existing national program would enhance its effectiveness. **Conclusion:** Training ASHAs in developmental delay assessment have significantly improved their skills, enabling earlier diagnoses and fostering a more inclusive approach to care.

Keywords: ASHA, developmental delay, qualitative

Title: Early Post-Partum Depression Detection Using Edinburgh Postnatal Depression Scale At A Tertiary Hospital, Bengaluru- Cross Sectional Study

Authors: **Dr. SONAM P**, Dr. SHARATH B N
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Registration Id :IAPSM KARCON 2024/P - 464

Introduction: Mental health is a state of mental well-being. Worldwide, more than 10% of pregnant women and women who have just given birth experience depression. In India, the overall prevalence of Postpartum depression is 22%. Postpartum women do not acknowledge the seriousness of their condition, and many depressed mothers go untreated. So Early identification of postnatal women will help to provide the most timely and effective evidence-based care. **Objectives:** Among the postnatal women delivered in the past 48 hours in a tertiary care hospital- Bengaluru, To estimate the proportion of postnatal women at risk for developing postpartum depression. **Materials and Methods:** This is a cross-sectional study among Postnatal mothers within 48 hours of delivery admitted in a tertiary care hospital, in urban Bengaluru. The study period is from May 2024 to October 2024. Postnatal mothers who gave consent were included. We have included 70 mothers in the study. The items in Part 1 collected the demographic details. Part 2 about EPDS (Edinburgh postnatal depression scale. **Results:** A total of 70 sample sizes were analyzed out of which 41% belong to the age group of 26-30 years. Around 60% of them were homemakers and the majority of them had an education status above high school (32%). Around 68 % of the family were nuclear type. Around 25.7% of the mothers were found to be at risk of developing Postnatal Depression. **Conclusion:** The study found that a significant proportion of postnatal women are at risk of developing postpartum depression. The study highlights the need for early screening and timely intervention to ensure the well-being of mothers and their families. Given the high prevalence, especially among homemakers, younger age groups and those from nuclear families, it is crucial to integrate mental health support into postnatal care to provide evidence-based care for at-risk women.

Keywords: Postpartum Depression, Postnatal Women, Edinburgh Postnatal Depression Scale (EPDS), Mental Health, Maternal Health

Title: Health-Related Quality Of Life And Psychological Well- Being In Advance Patients

Authors: **Dr Madhu Malar**, Animesh Jain², Mithun³, Rajath Rao³
Institution name: Kasturba Medical College, Mangalore
Registration Id :IAPSM KARCON 2024/P - 466

Background: Advanced cancer presents significant challenges, not only in disease management but also in its impact on patients' health-related quality of life (HRQoL) and psychological well-being. In India, these challenges are further compounded by socio-economic factors and limited access to comprehensive palliative care, leading to potentially lower HRQoL and higher levels of psychological distress compared to global averages. This study aimed to assess the HRQoL and psychological well-being of patients with advanced cancer in a tertiary care hospital in India. **Methods:** A cross-sectional study was conducted in the Oncology Department of KMCH Attavar. A total of 205 patients aged 18 years or older with Stage 3 or 4 cancer receiving palliative intent therapy were included. Patients unwilling to consent and those with haematological malignancies were excluded. Participants were selected through non-probability convenience sampling. Data was collected using a proforma, the Functional Assessment of Cancer Therapy-General (FACT-G) questionnaire for HRQoL, and the Hospital Anxiety and Depression Scale (HADS) for psychological well-being. Descriptive statistics were used for data analysis, and all responses were self-reported. **Results:** The mean overall HRQoL score was 57.1 (SD = 17.9), with sub-scale means of 12.9 (SD = 6.2) for physical well-being, 18.6 (SD = 6.2) for social/family well-being, 12.7 (SD = 5.9) for emotional well-being, and 12.9 (SD = 5.8) for functional well-being. The median HADS total score was 15, with 70.2% of participants experiencing clinical psychological distress (HADS = 11). Of these, 45.1% reported severe psychological distress. **Conclusion:** Patients with advanced cancer in this study exhibited low HRQoL and high levels of anxiety and depression, highlighting the urgent need for comprehensive palliative care that includes robust psychological support. These findings suggest that Indian cancer patients may experience greater physical and emotional challenges compared to their global counterparts, underscoring the importance of tailored interventions to improve patient outcomes.

Keywords: Neoplasms, Quality of Life, Psychological Well-Being, Psychological Distress

Title: Exploring Barriers To Sun Exposure And Effective Strategies For Improving Vitamin D Levels Among Female Indoor Workers In Belagavi, Karnataka: A Qualitative Analysis

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Registration Id :IAPSM KARCON 2024/P - 407

Introduction: Vitamin D deficiency is prevalent among indoor workers in tropical regions like India, where sun exposure is the primary source of this essential nutrient. This study aimed to explore the obstacles to sun exposure perceived by female indoor workers in Belagavi, Karnataka, and propose strategies to overcome them. **Methodology:** Serum 25 Hydroxyvitamin D levels were measured in 30 female indoor workers, all of whom exhibited insufficient vitamin D status. Five focused group discussions (FGDs) were conducted with these participants. Data were analysed following the Consolidated Criteria for Reporting Qualitative Research (COREQ) framework, with thematic analysis of transcribed audio recordings. **Results:** Several barriers to sunlight exposure were identified, including limited understanding of vitamin D, concerns about sun exposure's health effects, time constraints, societal pressure for fair skin, sedentary lifestyle, indoor work environments, adverse weather conditions, lack of social support, and religious/cultural customs. Strategies to improve sun exposure included lifestyle adjustments and creating opportunities for solar exposure at the workplace. **Conclusion:** Educating the public on safe sunlight exposure practices is crucial to address vitamin D deficiency effectively. Additionally, occupational sunshine exposure programs tailored to high-risk populations, such as female indoor workers should be explored further to assess their efficacy in mitigating vitamin D insufficiency. Implementing such interventions could significantly improve the vitamin D status and overall health of indoor workers in tropical regions. **Keywords:** Vitamin D, Sun exposure, Female indoor workers, Focused group discussion

Keywords: Osteoporosis, Bone Mineral Density, Female indoor workers, Focused Group discussion, barriers

Title: A Cross-Sectional Study To Assess The Association Between Junk Food Consumption And Mental Health Status Among The Medical Students Of Gadag Institute Of Medical Sciences, Gadag

Authors: **Dr Thammanna Pravin Abou**

Institution name: GIMS, Gadag

Registration Id :IAPSM KARCON 2024/P - 412

Background: "Junk food" is a term used to describe food that is high in calories from macronutrients such as sugar and/or fat, and possibly sodium, making it hyperpalatable, but with insufficient dietary fibre, protein, or micronutrients such as vitamins and minerals. Common junk foods include fast foods, carbonated drinks, chips, desserts, and chocolates. Medical students undergo a lot of stress, because of the medical curriculum where both the academic and clinical demands are challenging. Hence, the consumption of snacks and junk foods are more common among the medical students because it is more convenient. With such a trend being watched all around the world, it is of significance to look at the influence that mental health and junk food have on each other and the medical students as a whole, as they are the individuals who are almost always stressed and are at a higher risk of burnout. The aim of this study is to assess the proportion of junk food consumption and its association with mental health status among the medical students of the Gadag Institute of Medical Sciences, Gadag. **Methodology:** A cross-sectional study will be conducted in the Gadag Institute of Medical Sciences, Gadag during the month of July 2024 to September 2024. All the second and third year MBBS students who are willing to participate in the study will be the study participants. A semi-structured questionnaire will be used to estimate the proportion of junk food consumption among medical students and DASS-21 scale will be used to assess the mental health status of the medical students. All the data obtained will be analysed by using SPSS software version 22. **Results:** Results of the study will be discussed during the time of presentation. **Implications of the study:** By assessing the relationship between junk food consumption and mental health status, a lot of mental health problems among the medical students can be prevented by reducing the proportion of junk food consumption among them.

Keywords: Junk foods, Mental health status, Medical students.

Title: Knowledge And Perception Of Artificial Intelligence And Its Uses In Healthcare Among Post Graduate Students And Interns Of Gadag Institute Of Medical Sciences, Gadag

Authors: **Dr Prathibha R.K**

Institution name: Gadag Institute of Medical Sciences, Gadag

Registration Id : IAPSM KARCON 2024/P - 411

INTRODUCTION: Artificial intelligence is a branch of computer Science focused on creating systems capable of performing tasks that typically require human. AI algorithms help in improved diagnostics & imaging, predictive analytics & improved patient outcomes, rehabilitation, telemedicine, Clinical trials and research. It aids in delivery of a better, cost effective and efficient healthcare services to the patients. **NEED FOR STUDY:** There are limited number of studies that have assessed the knowledge, perception and practices of AI tools and their uses in healthcare by the post graduates and interns who are the future specialist doctors and medical officers, they will be commonly using AI tools, hence this study has been undertaken. **AIMS AND OBJECTIVES OF THE STUDY:** To assess the knowledge, perception and practices of use of AI tools in healthcare among Post Graduate students and Interns of GIMS, Gadag. **METHODOLOGY:** Cross sectional study will be conducted in Gadag Institute of Medical Sciences from July 2024 to September 2024. All Post-Graduate students and Interns who consent for the study will be interviewed using semi-structured, pretested questionnaire to assess their knowledge, perception and practices of Artificial Intelligence in healthcare. Data will be collected after obtaining the Institutional Ethical Committee Clearance and informed consent from the participants. Confidentiality of the information will be assured. **STATISTICAL ANALYSIS:** Data collected will be entered into Microsoft Excel sheet and analysed using SPSS software version 25. **RESULTS:** Are awaited and will be discussed during the time of presentation. **IMPLICATIONS OF THE STUDY:** Integration of AI related content into medical and healthcare curricula, Policy-makers can use the study's findings to develop or refine regulations governing AI in healthcare.

Key words: Artificial Intelligence, AI tools, Health Care.

Title: Prevalence Of Anaemia Among Adolescents Of Sirigere Village: A Cross-Sectional Study

Authors: **Dr. Anshul Singh¹**, Muhammed Muntazeem. G²

Institution name: SSIMS & RC, Davanagere

Registration Id : IAPSM KARCON 2024/P - 402

Background : Anemia is a major health problem creating an extreme burden on public health, especially in developing countries. It is a serious concern for children because it can impair cognitive development, stunt growth, and increase morbidity from infectious diseases. **Objective :** To assess the prevalence of anemia among school going children and PU students residing in Sirigere village. **Methods :** A cross Sectional study was conducted among 919 school going children and PU students of Sirigere village for the period of 4 months. A clinical examination for symptoms and signs of anemia was assessed and assessment of hemoglobin level in blood was done by using digital haemoglobinometer. **Results :** The prevalence of anemia among school going children and PU students was found to be 44.8%. A total of 412 students were diagnosed with the anemia. Most of the students were found to have mild anemia (33.1%) and anemia was more prevalent amongst female students. **Conclusion :** This study reinforces the importance of school-based interventions which targets nutritional consultation, dietary modification and health education that are needed to be implemented in order to reduce the burden of anemia.

Key words: Anemia, Adolescence, Rural area

Title: To Evaluate The Cardiovascular Risk Factors Among Teenagers Residing In Rural Areas Of Vijayapura District, Karnataka: A Ross-Sectional Study

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Registration Id :IAPSM KARCON 2024/P - 461

Background: The teenage years (ages 13 to 19) are crucial for development. In India, 253 million teenagers play a key role in the nation's future, but rising cardiovascular disease (CVD) is a concern. Risk factors like poor diet, inactivity, and obesity begin in adolescence, leading to future heart issues. Although CVD manifests in adulthood, its roots often start young. In India, CVD causes over 28% of annual deaths, with a DALY rate 1.3 times the global average. Addressing these risk factors in adolescents is vital for effective CVD prevention and control.**Objectives:** Identify the prevalent cardiovascular risk factors & Investigate socio-economic, environmental, and lifestyle factors influencing it among teenagers in rural setting. **Methods:** A cross-sectional study was conducted in rural areas involving 106 teenagers aged 13 to 19. Data were collected through interviews using structured questionnaires to gather socio-demographic profiles and assess cardiovascular risk factors such as physical activity, dietary habits, and family history. The Diet Diversity Score (DDS) evaluated the variety in food consumption, while the Standardized Physical Activity Questionnaire (PAQ) assessed physical activity levels among participants. **Results:** The mean age of study population was 15.41±1.98 (51.9% boys, 48.1% girls). Half of the participants were in Class IV or V of the modified BG Prasad socio-economic scale. The mean cardiovascular knowledge score, was poor (6.6%) to fair (91.5%). The mean IDDS was 5.53±1.25, with 1.9% showing low, 54.7% medium dietary diversity. Physical activity was found inadequate with minimum hours spent in sports and other fitness activities. **Conclusion:** Majority of the teenagers are having poor to fair knowledge of CVD risk factors. Inadequate physical activity, high salt intake, high animal food consumption, and moderate intake of legumes, fruits, and vegetables can independently increase CVD risk factors in teenage, regardless of BMI. Effective interventions are needed to improve cardiovascular health knowledge and promote diverse, healthy diets among rural adolescents.

Keywords: Cardiovascular Risk Factors, Teenagers, Physical Activity Questionnaire, Diet Diversity Score, Lifestyle Factors

Title: Infant And Young Child Feeding Practices Among Mothers Presenting At Primary Health Centers (Phc) In Bengaluru – A Cross-Sectional Study

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Institution name: ESIC Medical College & PGIMSR, Rajajinagar, Bengaluru

Registration Id :IAPSM KARCON 2024/P - 432

Background: Breastfeeding and appropriate feeding practices play a crucial role in ensuring the optimal growth and development of infants and young children. Identifying prevalent feeding patterns would allow healthcare professionals to tailor interventions to address gaps and promote optimal nutrition. This study aims to assess infant and young child feeding practices and their impact on the growth and nutritional status of the child. **Materials & Methods:** This is an ongoing cross-sectional study, being conducted at urban and rural primary health centers in Bengaluru. Mothers of children aged 6-23 months were interviewed using a pretested and validated questionnaire, based on the World Health Organization's (WHO) Infant and Young Child Feeding indicators. **Interim Results:** Among the participants, 26.4% were identified as having poor feeding practices, 54.7% had fair/moderate feeding practices and 18.6% demonstrated good feeding practices. The majority of the mothers (56.6%) initiated breastfeeding within 1 hour of delivery, and 84.9% did not give any pre-lacteal feeds. Exclusive breastfeeding was practiced by 62.3% of the mothers. Additionally, 69.8% of mothers appropriately introduced complementary feeding at the recommended age. However, only 13.2% of children received food from four or more food groups, and just 58.5% were fed with adequate frequency according to their age and breastfeeding status. No significant association was found between feeding practices and nutritional status of the children. **Conclusions:** Though there has been improvement in breastfeeding practices, this shows that we still have work to do in ensuring consistent education and support for all mothers, particularly in areas where cultural, social, or economic barriers may hinder optimal breastfeeding practices. Additionally, it is important to focus on educating mothers about complementary feeding, promoting food diversity, and ensuring appropriate meal frequency to support the overall nutritional needs of their children.

Keywords: Infant, Young child, Breastfeeding, Complementary feeding

Title: Assessment Of Blood Lead Levels In Industry Workers: A Cross-Sectional Study

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Institution name: AJ institute of medical science, Mangaluru, Karnataka.

Registration Id :IAPSM KARCON 2024/P - 436

BACKGROUND: WHO has identified lead as one of 10 chemicals of major public health concern needing action by Member States to protect the health of workers, children and women of reproductive age. Lead exposure is estimated to account for 21.7 million years lost to disability and death (disability-adjusted life years, or DALYs) worldwide due to long-term effects on health. long-term harm in adults, including increased risk of high blood pressure, cardiovascular problems and kidney damage. **OBJECTIVE:** To evaluate blood lead levels elevated levels among industry workers exposed to lead, To identify risk factors for elevated levels among industry workers exposed to lead. **METHODS:** A cross-sectional study was conducted among 300 workers in a lead industry in Dakshina Kannada district. Using a preformed questionnaire, data regarding socio-demography characteristics, type of work, duration of work, and use of protective equipment was noted. Blood lead level was calculated by standard operating procedure. **RESULTS:** Result is awaited. The participants will be classified as Normal, borderline, elevated. The severity between their work place will be compared. **CONCLUSION:** Elevated lead level was higher among _____ compared to _____. There is a need for activity to improve safety level among the population. Will be updated following the results.

KEYWORDS: Lead toxicity, Blood lead level, Industrial workers, Workplace

Title: Prevalence And Predictors Of Musculoskeletal Problems Among Factory Workers In Coastal Karnataka: A Cross-Sectional Study

Authors: **Dr Sai Keerthi D¹, Dr Prathvimraj BU²**

Institution name: AJ institute of medical science, Mangaluru, Karnataka

Registration Id :IAPSM KARCON 2024/P - 435

BACKGROUND: Musculoskeletal disorders (MSDs) are a common health problem throughout the world and a major cause of disability among the work force. **OBJECTIVE:** To determine the prevalence of musculoskeletal symptoms in different body regions of factory workers, To identify major factors associated with MSD symptoms in factory workers, Comparison of severity of musculoskeletal disorder between blue and white – collar jobs. **METHODS:** It is a cross-sectional observational study conducted among factory workers in Coastal Karnataka. Based on the previous study, assuming prevalence of 64.7% and precision of 10% of P, 225 participants were selected from 2 large scale industries by simple random sampling technique. The participants were selected from Blue Collar and White Collar job in the ratio of 1:2 (75:150). Using a preformed semi structured questionnaire, data regarding Sociodemographic details were collected and Nordic Musculoskeletal disorders Questionnaire (NMQ) was used to evaluate musculoskeletal problems. Data was analysed using IBM SPSS software. Difference in severity of disease (Nordic Score) between blue- and white-collar jobs were assessed using Chi-square test and difference in quantitative variable were assessed using student t test. P value <0.05 is taken as statistically significant. **RESULTS:** Results are awaited. **CONCLUSION:** Conclusion will be submitted with the results.

KEYWORDS: Musculoskeletal problems, Factory workers, Coastal Karnataka, Blue- and White-Collar jobs.

Title: Perceptions And Practice Among Farmers Regarding The Usage Of Pesticides In Kaggalipura, Karnataka: A Cross-Sectional Study

Authors: **Dr. Rubeena Rajan**¹, Dr. Twinkle Agrawal², Abin Chacko Joy³, Adam Joseph³, Dr. Naveen Ramesh⁴
Institution name: St. John's Medical College, Bengaluru, Karnataka
Registration Id :IAPSM KARCON 2024/P - 450

Introduction: Globally, an estimated 44% of farmers suffer from pesticide poisoning each year, with the highest non-fatal cases occurring in southern Asia. In Karnataka, pesticide use remains significantly higher and accidental exposure leading to adverse health outcomes. This study aims to assess the perceptions and practices among farmers regarding pesticide use in rural South Bengaluru. **Methodology:** Community based cross-sectional study was conducted among 103 farmers from nine villages under Kaggalipura subcentre, South Bengaluru Rural district. Systematic random sampling was done and interview schedule administered consisting of socio-demographic details, perceptions and practice on pesticide use. The baseline characteristics of the participants was expressed in frequency, percentage, mean, standard deviation, median and inter quartile range. Independent T-test, One-Way-ANOVA, Pearson's Chi-square test was done to find associations between perception and practices. **Results:** Mean age of the participants was 48.32± 10.02 years. Median years of experience in agriculture was found to be 20 (IQR 15-30). Mean knowledge among participants regarding pesticide use was 6.12 ± 1.3 out of a maximum score of 9. The knowledge was significantly higher among participants who visited health centre on pesticide exposure (p=0.007). Significantly, higher knowledge was also found among participants disposing pesticide containers with other waste (p=0.003) and spraying pesticides in no specific direction (p=0.006). **Conclusion** The study found that while farmers have a moderate level of knowledge about pesticide use, there are critical gaps regarding safe practice. Notably, higher knowledge levels were found among farmers who sought medical attention after pesticide exposure but negatively affected the way in which they disposed pesticide containers and did not give importance to the direction of the wind. These findings suggest that while some farmers are aware of certain safety measures but the practice was poor. Targeted education and training will help address misconceptions and promote safer pesticide use practices.

Keywords: Perception, Farmers, Pesticides, Knowledge, Cross-Sectional studies

Title: Thermalytix: Advancing Breast Health With Ai-Driven Thermal Technology-A Descriptive Study In Central Karnataka.

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Institution name: J.J.M. MEDICAL COLLEGE, Karnataka
Registration Id :IAPSM KARCON 2024/P - 423

Introduction: Breast cancer is one of the most prevalent forms of cancer among women worldwide. Early detection plays a crucial role in improving survival rates, and advancements in screening technologies have the potential to enhance the accuracy and efficiency of breast cancer diagnosis. Thermalytix is an emerging technology that uses thermal imaging and artificial intelligence to detect abnormalities in breast tissue. **Objectives:** To identify the symptoms of breast disease among women undergoing thermal scan, To assess the breast health in women undergoing thermal scan **Methodology:** A cross-sectional study was conducted among women who underwent thermal scan at a tertiary care hospital from October 2022 to August 2023. During this period 873 women underwent Thermalytix screenings and their breast health was assessed using this thermal scan. The results of the Thermalytix scans were analyzed using a machine learning algorithm to identify patterns associated with breast cancer. **Results:** The study showed that majority of women who underwent the screening belonged to the age group of 31-40 yrs (43.6%) with a red score of 1.73%. 76.9% of women did not have any breast related complaints whereas 23.1% of women had one or the other breast related symptoms. Among the 23.1% women the common symptoms were breast pain, lump in the breast, skin changes and nipple discharge. Women with red score and asymptomatic is higher at 4.17% whereas with red score and symptomatic was comparatively low at 1.15%. **Conclusion:** The study was able to detect breast related changes even in asymptomatic women, proving to be a promising tool to detect any variation in the breast tissue at the earliest.

Keywords: Thermalytix, breast health, women

Title: Heat Waves And Health: Knowledge, Attitude, And Practice On Heat-Related Illness Among Medical Students In North Karnataka: A Cross-Sectional Study

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Background: Heat-related illnesses (HRIs) are a critical public health issue in India, particularly as rising temperatures and frequent heat waves due to climate change exacerbate the situation. In recent years, Karnataka has experienced an increase in the frequency and intensity of heatwaves. This necessitates a thorough understanding of the epidemiology, health impacts, and preventive measures related to HRIs. Medical students, as future healthcare providers, play a crucial role in preventing and managing HRIs. This study aims to assess the Knowledge, Attitudes, and Practices (KAP) regarding HRIs among Medical students in Karnataka.**Methods:** A Cross-sectional study, done among 325 Medical Students of Vijayapura District from April to May 2024. The participants were selected using Random sampling technique.**Data was collected using a structured questionnaire, that assessed the Knowledge, Attitude, and Practice on HRIs, which was distributed as Google form.****Results:** The mean knowledge score was 14.12 (range = 4-18, SD = 2.652), the mean attitude score was 1.81(range = 0-4, SD = 1.194). and practice score was 3.50 (range = 0-6, SD = 1.535). Most participants correctly identified symptoms (n=200; 61.5%). Correlation analyses suggested a significant positive correlation between K- and A-scores ($p=0.001$), and A- and P-scores ($p=0.001$)

Keywords: Heat-related illnesses (HRIs), Heat waves, Climate change, Knowledge, Attitudes, and Practices (KAP)



ABSTRACTS

POST GRADUATE POSTER



Title: Disability And Use Of Assistive Technology Among Rural Adults: A Community Based Cross-Sectional Study

Authors: **Dr. Katta Viswanadh**¹, Dr. Deepti M. Kadeangadi², Dr. Shivaswamy M.S³
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Registration Id : IAPSM KARCON 2024/P - 410

INTRODUCTION: At some point in their life, almost everyone will experience disability temporarily or permanently. Currently an estimated 16% of the global population experience significant disability. Person with disabilities die early because of poor health and experiencing of more limitations in functioning than persons without disabilities. The quality data collected at population level is useful to know the rehabilitation needs of person with disabilities and to improve their living standards and this can be done by estimating the burden in the community. Hence, it becomes important to estimate the prevalence of disability and use of assistive technology in rural areas of Belagavi district in Karnataka. **METHODOLOGY:** A community based, cross-sectional study was conducted among 400 rural adults by using population proportionate sampling from 1st January 2023 to 31st December, using a predesigned and structured questionnaire by using WHO Brief MDS survey. Collected data was entered in Microsoft Excel sheet and analyzed by SPSS version 20 using frequency, percentages, mean and standard deviation. Association between outcome variables like types of disability level and sociodemographic factors were analyzed by using Chi-square and regression analysis. **RESULTS:** Out of 400 study participants, **69.5% participants were females, 30.8% participants were in the age group 30-40 years.** 21% participants had no disability, 34.8% participants had mild disability, 29.4% participants had moderate disability and 14.8% participants had severe disability. Prevalence of use of assistive technology was 9.75%. Prevalence of partial unmet need and complete unmet need of assistive technology was 17.94% and 7.76% respectively. **CONCLUSION:** Eight out of ten participants had one or other type of disability. More than one third of them had mild and moderate type of disability and less than one fifth of them had severe disability. One in ten participants were using assistive devices.

KEYWORDS: Adults, Assistive Technology, Disability, Rural

Title: Consumption Pattern Of Tobacco And Related Products Among Adult Population In A Village Of Coastal Karnataka: A Cross-Sectional Study

Authors: **Dr Budhala Gireesh**¹, Dr Preetham Shenoy², Dr Arjun Sanora³, Dr Nanjesh Kumar S⁴
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Registration Id : IAPSM KARCON 2024/P - 428

INTRODUCTION: Globally 19% adults currently smoke (men 33%, women 6%). More than 80% of the world's smokers are in low- and middle-income countries. Smokers make up 22% of adults in high-income countries, 19.5% in middle-income countries, and 11% in low-income ones. India has about 267 million tobacco smokers. In Karnataka, 12 million people (22.8% of the population) used tobacco in 2016. Almost one in three men and one in ten women used tobacco. **OBJECTIVES:** To find the proportion of tobacco and related products consumption among adults in Ira village, To analyse the Systolic blood pressure and Diastolic blood pressure among consumers and non-consumers of tobacco and related products. **MATERIALS AND METHODS:** A Questionnaire based survey for socio demographic factors was conducted. A pre validated, pretested structured questionnaire tool to assess the tobacco and related products consumption was used. Systolic blood pressure and Diastolic blood pressure of all study participants was taken using sphygmomanometer. Data was expressed using frequency along with mean and standard deviation, median and interquartile range. Statistical tests like Chi-Square tests will be performed to find the association. **RESULTS:** Out of 200 participants, mean age was 43.13 years. 46.3% Males of the study population consumed tobacco products. Mean systolic blood pressure was 129.70mmhg, and diastolic blood pressure was 85.06mmhg among tobacco consumers. **CONCLUSION:** Research revealed that men had a higher consumption of tobacco products compared to women making gender a highly significant factor in our study. Hence health education regarding ill effects of tobacco consumption, life style modifications & substitutes available to aid tobacco cessation is of prime importance.

KEY WORDS: Tobacco consumption, Cross sectional, Tobacco cessation.

Title: Study On Awareness Regarding Zoonotic Diseases In A Rural Field Practice Area Of Shimoga Institute Of Medical Sciences

Authors: **Dr.Megha. K**, Dr. Prashanth. H.L

Institution name: Shimoga institute of medical sciences, Shivamogga.

Registration Id : IAPSM KARCON 2024/P - 416

BACKGROUND: Livestock handlers are prone to many zoonotic diseases. Zoonotic diseases often start with mild symptoms that are neglected, but they can later lead to serious health issues or even death. Preventive measures like vaccinating the livestock and personal protective measures need to be taken to avoid such outcomes. **OBJECTIVES:** To assess the awareness level regarding zoonotic diseases among livestock handlers and to assess their knowledge regarding preventive measures for these diseases. **METHODOLOGY:** A cross-sectional study was conducted among 130 livestock handlers in July-August 2024 in the rural field practice area of Shimoga institute of medical sciences, Shivamogga. Data was collected through a house-to-house survey using a pretested, pre-structured questionnaire. Data was analysed using SPSS software. Descriptive statistics, including frequency, percentage, and Chi-square tests, were used to analyse the knowledge level regarding zoonoses and hygiene practices. **RESULTS:** 85% had inadequate or limited knowledge about spread of zoonotic disease and only 45% were aware of vaccines which are available for livestock. **CONCLUSION:** Awareness regarding zoonotic diseases and their preventive measures was found to be low among livestock handlers. It is crucial to enhance awareness about available vaccines and implement health education programs focused on zoonotic disease prevention through national health initiatives

KEY WORDS: Zoonotic diseases, livestock handlers, awareness, preventive measures.

Title: Prevalence Of Poor Sleep Quality & Its Associated Determinants Among Medical Students Of Shimoga Institute Of Medical Sciences – A Cross-Sectional Study

Authors: **Dr Barsa Debbarma**, Dr Praveen Kumar N

Institution name: Shimoga Institute of Medical Sciences, Shimoga

Registration Id : IAPSM KARCON 2024/P - 445

BACKGROUND: Medical students experience high academic pressure, long study hours, and clinical responsibilities, all of which can disrupt their regular sleep patterns, which can lead to chronic sleep deprivation. A study by P Giri & Baviskar MP examining the sleep habits and problems of medical students found that 17.3% of them suffered from sleep disorders. Sufficient sleep is crucial for cognitive function and preventing health issues. As the future healthcare providers, the health and well-being of medical students is of utmost importance. Addressing sleep disorders within this group can contribute to the cultivation of healthier lifestyles that they can then role model and advocate for to their future patients. **OBJECTIVES:** To find the prevalence of poor sleep quality among medical students in Shimoga Institute of Medical Sciences, To describe the determinants associated with poor sleep quality. **METHODS:** Sleep habits and problems were investigated using a random sample of students from SIMS. The study was carried out during Jun to Aug 2024 with a population consisted of total 150 medical students which included 50 medical undergraduates, 50 interns and 50 postgraduates. A self-administered questionnaire developed based on Epworth Daytime Sleepiness Scale (ESS) and Pittsburgh Sleep Quality Index (PSQI) was used. Data was analyzed by using Statistical Package of Social Sciences (SPSS) version 22.0. **RESULTS:** Study is in progress. **CONCLUSIONS:** Study is in progress.

KEYWORDS: Sleep disorder, ESS, PSQI.

Title: Perceptions And Challenges About District Residency Programme Among Postgraduate Medical Students: A Cross-Sectional Study.

Authors: Rekha S Sonavane, Ramesh H Mayappanavar, Rudramma J, Shilpa K, Aravind Karinagannanavar, Jannatbi Iti, Roopadevi V, Sneha K, Vasundara S Gayakwad, **Amith E S**

Institution name: Gadag Institute of Medical Sciences, Gadag

Registration Id : IAPSM KARCON 2024/P - 452

Background: The National Medical Commission (NMC) regulates the medical education, medical professionals, institutions and research. The District Residency Programme (DRP) by the NMC is a mandatory 3 months residential posting for postgraduate medical students from 2021 batch onwards. The DRP was implemented to involve them in the secondary level of healthcare and to address the human resource shortage. The literature search revealed that there are limited studies and this study will fill the knowledge gap.**Objectives:**To understand the perceptions of postgraduate medical students towards the DRP,To identify the challenges postgraduate medical students face during DRP**Material and methods:** The study will be conducted from July to August 2024. Using purposive sampling, the postgraduate students of Gadag Institute of Medical Sciences who have completed at least one month of the DRP will be enrolled after obtaining written and informed consent. A semi-structured questionnaire will be used to collect sociodemographic information, details, amenities, working environment of the DRP centre, specialty focused training, support from the staff, teaching activities in the parent department. **Statistical Analysis:** The data will be entered in Google Sheets and will be analyzed using Epi Info.Ordinal data will be represented using proportion and discrete data will be represented by median, mode, and range.The significance level will be set at p-value = 0 . **OR****Results:** Awaited**Conclusion:** Awaited

Keywords: Medical education, District Residency Programme, Postgraduate training, Karnataka

Title: Status Of Immunization Coverage Of Under Five Children And Its Determinants In Rural Karnataka

Authors: **Dr Nandana Sharma**¹, Dr Neeta PN²

Institution name: Ballari Medical College And Research Centre.

Registration Id : IAPSM KARCON 2024/P - 426

Background:Aim of the study was to know the immunization coverage and its determinants among under five children residing in the rural field practice area of BMC&RC, Ballari.**Materials and methods:** This study was conducted in the rural field practice area of Ballari Medical College And Research Centre, Ballari in March 2024. According to NFHS-5, full immunization coverage in Karnataka is 88.3 %. All the Anganwadis in the area were visited and vaccination status of the under five children was assessed from immunization card, and its demographic details were collected using a pre-designed semi-structured questionnaire. Data was compiled and tabulated by using MS EXCEL and was analyzed using SPSS and results were expressed in percentages and associations found with chi square test. **Result:**A total of 148 under five children's immunization status were studied. Percentage of children fully immunized was found to be 38.51 %, partially immunized were 61.48 % and none of the children were unimmunized. 22.29% children were less than 12 months of age, 27.02% were 12-23 months and 50.67% children were 24-60 months.It was found that 34.4% were female children and 41.7% were male children who were fully immunized. Out of the 57 fully immunized children, 29.5 % were with LBW and 37.5 % were having a birth order of 1. Fathers of 41.2 % of children who were fully immunized were above 30 years and fathers of 58.3 % of them had only primary education.

Keywords : Immunisation coverage, Under 5 children

Title: Assessment Of Socioeconomic Impact Of Covid-19 In Households Of Rural Field Practice Area Of Belagavi - A Community Based Cross Sectional Study

Authors: **Soundarrajan Jayaprakash**, Shivaswamy MS
Institution name: JN Medical College, KAHER, Belagavi, Karnataka
Registration Id : IAPSM KARCON 2024/P - 438

Abstract:

Introduction: On February 11, 2020 WHO termed the disease caused by the SARS CoV-2 virus as 'Corona virus disease 2019 (Covid-19)'. WHO declared that 'Covid-19 was a pandemic' on March 11, 2020. In India, first Covid-19 case was reported in Kerala on 30th January, 2020. Impact of Covid-19 is not only restricted to health, the devastating effects are widespread ranging from health, society, politics and economy. Unvaccinated individuals were more likely to report 'Long Covid' symptoms as well as a higher mortality due to Covid-19. **Methods:** A community-based cross-sectional study was conducted in a rural field practice area among previously diagnosed Covid-19 patients from September 2022 to August 2023. Universal sampling was done. Sample size was calculated using data from National health accounts. Data were represented by frequency distribution table. Pearson chi-square test and Odds ratio was used, wherever applicable. **Results:** Among the study participants, 50% were males. 248 participants (70%) were married. 70% did not have any forms of insurance. 55% belonged to upper and upper middle class in the study. Loss of job was reported among 21% of the participants, 53% reported difficulty in getting food products, while 38% reported difficulty in getting medical supplies. Significant associations were seen between socio-economic status and other variables like insurance coverage, difficulty in getting food products and medical supplies. **Conclusion:** Findings from our study points that economically productive age group, people suffering from multiple comorbidities were significantly affected. Three-fourth of the participants were affected during second wave of COVID-19 infection. Long Covid was significantly observed among the hospitalized participants.

Key words: Covid-19, Socioeconomic impact, long Covid, Covid-19 precautions, Insurance.

Title: Impact Of Climatic Changes On Dengue Incidence: A Retrospective Analysis

Authors: **Dr. Bency Naomi E.B.**, Dr. Amrita N.S
Institution name: Sathagiri Institute of medical science and research centre, Bengaluru
Registration Id : IAPSM KARCON 2024/P - 421

Introduction Dengue affects thousands of people each year. The presence of Aedes Aegypti in urban centres is directly related to climatic conditions and public sanitation, with climatic variables playing a significant role in the distribution of the mosquito. **Objective** To study the rising trend of dengue cases in tertiary care hospital in Bengaluru **Methodology** A retrospective study was done in a tertiary care hospital situated in urban area of Bangalore. Retrospectively 3 months data from May to July was collected as there was a rise in cases of dengue. Permission was sought from the concerned authority before collecting Data. Data was collected through Integrated health information program and entered in MS excel and analysis was done using SPSS Version 21 **Results** The no. of confirmed cases of Dengue Fever in the months of May-July 2024 admitted at tertiary care centre in Bangalore urban were 583. The Sudden surge in cases were noticed with seasonal changes.

Title: Disposal Methods Of Reject Water From Community Reverse-Osmosis Plants And Its Fluoride Levels In Urban And Rural Areas: A Situation Analysis.

Authors: **Dr Rakshith Shekhar**¹, Dr Arjunan Isaac², Mr. Shivaraj N S³
Institution name: Ramaiah Medical College, Bengaluru
Registration Id : IAPSM KARCON 2024/P - 460

Introduction: Fluorine is abundant in nature, especially in groundwater, with a normal concentration range of 1-1.5 mg/L. Excess fluorine can cause dental and skeletal fluorosis. Defluoridation through Reverse Osmosis (RO) filters is a common solution, providing safe water but generating large quantities of reject water. Improper management of this reject water may lead to environmental contamination and the re-entry of fluoride into the food chain, making its proper disposal a critical concern. **Objectives:** To explore the disposal methods of RO-rejected water from community defluoridation plants in both urban and rural areas under the Department of Community Medicine, RMC, Bengaluru, To assess the fluoride concentration in both urban and rural areas under the Department of Community Medicine, RMC, Bengaluru. **Methodology:** A cross-sectional study was conducted after obtaining necessary permissions. Each defluoridation plant was visited, and the disposal methods of reject water were documented. Samples of reject water were collected from each plant for fluoride level analysis. Descriptive statistics of the disposal methods and fluoride levels were summarized using frequency and percentage. The chi-square test was applied to compare the results between urban and rural areas. **Results:** The study revealed various disposal methods for reject water. Urban plants predominantly discharged into sewerage systems, while rural plants discharged into both lakes and sewerage systems. In some cases, reject water was collected for domestic use. Fluoride analysis is ongoing, with preliminary results indicating varied fluoride levels across locations. **Conclusion:** Urban defluoridation plants favor sewer discharge, while rural plants use lakes and sewerage systems. These findings highlight the need for ongoing monitoring and evaluation of reject water disposal practices to prevent environmental contamination

Title: An Insight Into Health Risks Faced By Cement Industry Workers

Authors: **Dr B G Sree Sibi Chakravarthy**, Dr Jayashree S Seeri
Institution name: BGS Global Institute of Medical Sciences, Bengaluru
Registration Id : IAPSM KARCON 2024/P - 477

Background Occupational health and safety has become a public health priority in industrialized countries and a primary concern, especially in high risk industries. Cement manufacturing is one of those. Cement is one of the most widely used construction material on earth. Because cement has been used commonly, its health effects have become an important issue for employees. Hence this study was conducted to assess the health hazards in cement manufacturing industry workers **Objectives** To evaluate the morbidity conditions among cement industry workers **Materials and Methods** A cross sectional study was conducted among 1,902 workers in a cement industry, Perambalur. The secondary data regarding their sociodemographic profile and morbidities were collected from the out-patient registers in the industry for a period of 1 year from April 2022-2023, using a proforma. The data collected was compiled in Microsoft Excel and analysed using simple measures like proportions, percentages and graphs **Results** Out of 1,902 workers, 745(39%) belonged to the age group of 31-40 years, 1,037 (55%) were males, 817 (43%) of them had a work experience of 6-10 years. 1764 (93%) of them had reported to the out-patient department for some illness, out of which 360 (20%) were diagnosed with upper respiratory tract infections, 90 (5%) with lower respiratory tract infections, 210(12%) with generalised body ache, 63(4%) with bronchial asthma, 60 (3%) were hypertensive, 53(3%) with eye problems, 40(2%) were diabetic, 40(2%) with accidental injuries, ear problems and dermatitis respectively. **Conclusion** It was found that majority of the workers were diagnosed with occupation related diseases. Implementation of medical measures including health promotion, health education, routine check-ups, use of PPE, engineering measures like comfortable working environment plays a major role in preventing this.

Key words: Occupational health, cement industry workers, health hazards, respiratory tract infections

Title: Comprehensive Geriatric Assessment Among Elderly People Residing In Rural Area Of Belagavi District: A Cross - Sectional Study

Authors: **Arun S**, Umesh S Charantimath

Institution name: Jawaharlal Nehru Medical College, KAHER Belagavi

Registration Id : IAPSM KARCON 2024/P – 446

BACKGROUND Many undiagnosed problems are prevalent among the geriatric population due to a lack of awareness about their health conditions. By 2030, 1 in 6 people in the world will be aged 60 years or over. CGA-based care has been shown to lead to enhanced function, reduced institutionalization rates, and lower mortality among elderly hospital inpatients. Community-based CGA proves highly effective for individuals who prefer not to visit hospitals. **OBJECTIVES**To assess the health status among elderly people.**METHODOLOGY**Community based Cross-sectional study was conducted among 470 geriatric people in five subcentres of Primary Health Centre (PHC), Vantamuri, Belagavi. The participants were selected from sub-centres systematically randomized for the attainment of sample size from 1st October 2022 to 31st September 2023. A questionnaire was prepared to get information about socio-demography, Health status. Data was analyzed using SPSS software (Trial version 23). Frequency and percentage were used for describing categorical variables. **RESULT**Study participants were 241(51%) male & 229(49%) female. Mean age of study participant is 66 ± 6 years. Most of the study participants were illiterate (62%) & home makers (47.4%). Most of the participants were belongs to Joint family (61%) & the Socio- Economic class IV (53%). Among 470 participants prevalence of visual impairment, hearing impairment & cognitive impairment were 50%, 28%, 46.5% respectively. Prevalence of functional impairment was 76%. Depression & insomnia prevalence were 10% & 15.5% respectively. 36.5% of total participants were having falls risk. **CONCLUSION:** This study concludes that we can know about the health status of the elderly people in a better way by using CGA based tools.

KEYWORDS: CGA, Multimorbidity, Health status, Undiagnosed problems, Falls risk.

Title: Prevalance Of Premenstrual Syndrome Among Undergraduate Female Medical Students - A Cross-Sectional Study.

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Institution name: Ballari medical college and research centre, Ballari Karnataka

Registration Id : IAPSM KARCON 2024/P - 406

Introduction Premenstrual syndrome (PMS) is the name given to a collection of physical and psychological symptoms that most women experience during the late luteal phase of each menstrual cycle, the symptoms of which fall into three +domains: emotional, physical and behavioral. These symptoms may be of such severity that they can disrupt interpersonal relations, social activities, studies or quality of life. In developing countries like India there are many stigmas surrounding menstruation, these stigmas are big barriers for the women to seek help for their physical and mental discomfort. Hence, this study was conducted to estimate the prevalence of Premenstrual Syndrome among medical college-going girls in Ballari, Karnataka, India. **Aims and objectives** The study was conducted to know the prevalence of PMS and to study the factors associated with PMS among female medical undergraduate students. **Materials and methods** Study Design- Cross- Sectional Study, Study Setting- BMCRC Medical College, Sample Size- 233, Study Subjects- MBBS Students willing to participate in the study, Study tool- A Semi-structured questionnaire was used. The questionnaire consists of questions on socio-demographic variables, the premenstrual symptoms screening tool (psst), coping mechanisms of the study participants for premenstrual symptoms, reproductive and menstrual related characteristics of study participants, life style and behavioral characteristics of study participants. **Results** Out of 233 respondents in our study Prevalence of Premenstrual syndrome is 98%. Most common psychological symptoms were depressed mood, irritability, confusion mood swings, poor concentration, etc. Common physical symptoms were breast tenderness and swelling, weight gain, etc. Common behavioral symptoms were compulsive behavior and social withdrawal **Conclusion** PMS is associated with more impairment of daily activities and psychological distress symptoms. Therefore, health education, appropriate medical treatment and counseling services should be provided as a part of the overall health services, and should be availed and provided to affected women.

Keywords: Prevalence, Medical students, Premenstrual Syndrome.

Title: Assessment Of Knowledge And Attitude Towards Organ Donation And Transplantation Among Medical Undergraduates- A Cross-Sectional Study.

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Institution name: Ballari medical college and research centre, Ballari Karnataka
Registration Id : IAPSM KARCON 2024/P - 405

Introduction Organ transplantation is one of the great advances of modern medical science that has given many patients a renewed lease of life. WHO defines organ donation as the donation of biological materials (organs, tissues, and cells) from a donor, living or deceased, for transplantation into another person, with the aim of restoring or improving the health and well-being of the recipient. As future physicians medical students can advocate organ donation in the society and influence patients decisions and counsel the patients and their families regarding organ donation. However their knowledge, attitude, and practices regarding organ donation are understudied in India.
Aims and objectives To assess the knowledge and attitude towards organ donation and transplantation among the undergraduate medical students.
Materials and methods A cross-sectional study was conducted among second, Third and Final year undergraduate medical students of Ballari medical college and Research centre, during April 2024. Convenient sampling method was used. The data was collected using a pre designed and pre tested questionnaire. Students who were present on the day of study were included and those not willing to participate or not giving the consent were excluded.
Results Among 415 Participants 63.6% were males and rest 36.4% were females. 95.7% had heard about organ donation. Health professionals were major source of information (55%) followed by mass media (39%). 42.40% were aware of law for organ donation and transplantation and 95.20% knew that HLA compatibility is required prior to organ transplantation. 87.50% were willing to donate organ. 83.60% felt that the donated organs can be misused. 42.70% and 48% of them feared that organ donation causes complication and body disfigurement respectively.
Conclusion Medical students display a promising attitude towards organ donation. Enhancing knowledge and addressing concerns could further improve their readiness to advocate for and participate in organ donation programs.

Keywords: Knowledge, Medical students, Organ Donation

Title: Barriers To Self-Care Behaviors Among Type 2 Diabetes Patients Residing In Rural And Urban Field Practice Areas Of Belagavi

Authors: **Dr Sriram T R**¹, Dr Rajesh R Kulkarni²,
Institution name: JNMC, KAHER, Belagavi
Registration Id : IAPSM KARCON 2024/P - 439

Background: Various studies show that carrying out self-care behaviors has many barriers making overall diabetes self-management difficult. The commonly observed barriers are classified thus: diet barriers, medication barriers, blood glucose monitoring barriers, and exercise barriers. This study analyzed the barriers to self-care behaviors in rural and urban population, which can be used for planning targeted community-based interventions.
Methodology: This community based cross-sectional study was carried out between September 2022 and December 2023 among 346 diabetes patients residing in rural and urban field practice areas of Belagavi using a validated questionnaire. Collected data was entered using Microsoft Excel and analyzed in SPSS software.
Results: The mean and standard deviation of the age of the participants was 60.24 ± 12.77 and 55.76 ± 12.72 years in rural and urban area, respectively. Out of 346 participants, 69.9% were females, 84.1% were Hindu, 28.6% had completed primary school, 52.6% were homemaker, 85.5% were married, and 32.9% belonged to Class III socio-economic class. The mean and standard deviation of the total barrier score was 120.32 ± 51.143 and 125.64 ± 48.893 for rural and urban, respectively. The maximum barrier score was for the blood glucose monitoring barrier. The Spearman's correlation coefficient of (-0.386) with $p < 0.001$ *** was found out between total barrier scores and self-care behavior scores which indicates negative correlation between total barrier score and self-care levels.
Conclusion: Prevalence of barriers to self-care behaviors is high in both rural and urban areas. Target-specific counseling and follow-up are needed to remove these barriers, and to have an effective practicing of self-care behaviors, which will lead to an overall good comprehensive management of type 2 diabetes mellitus.

Keywords: diabetes, self-care, barriers, rural, urban

Title: Beyond The Itch: Factors Associated And Quality Of Life Of Tinea Infected Patients Attending A Specialty Hospital In Andhra Pradesh

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Registration Id : IAPSM KARCON 2024/P - 457

Introduction: Tinea infections, also known as dermatophytosis, are superficial infections that infect the skin, hair, and nails. Its current prevalence in India ranges from 36.6-78.4%. These infections cause severe pruritus and visible lesions that lead to cosmetic embarrassment, significantly impacting quality of life. This study aimed to examine the factors associated with tinea infection and its impact on the quality of life (QoL) of patients attending a specialty hospital in Andhra Pradesh, South India. **Methods:** A cross-sectional study was conducted over three months in the out-patient department of a specialty hospital in Andhra Pradesh and 269 participants aged 18 years and above, clinically diagnosed with tinea infection, and suffering for at least one month were included. Data was collected over three months using the Dermatology Life Quality Index (DLQI) and the 5-D Itch scale. Statistical analysis was performed using descriptive statistics, Chi-square test, and independent t-test. **Results:** Most participants were aged below 40 years (62.1%) and female (52.8%). The mean DLQI score was 10.97 (SD=4.63), with 42.4% experiencing a large effect on QoL. Significant factors associated with a large DLQI effect included infection in two or more areas (OR=2.25, 95% CI:1.22-4.14), infection duration over six months (OR=2.25, 95% CI:1.35-3.76), and recurrent infections (OR=1.73, 95% CI:1.06-2.84). Mean 5-D Itch score was significantly associated with multiple affected areas (p<0.001), longer infection duration (p<0.001), infrequent bathing (p=0.002), and sharing personal items like combs and towels (p=0.027, p=0.006). The DLQI and 5-D Itch scores had a significantly strong correlation (r=0.635, p<0.001). **Conclusion:** Tinea infections significantly impact patients' QoL, with multiple areas affected, longer infection duration, and recurrent infections being key factors. This study highlights the need for comprehensive interventions to address both medical and psychosocial aspects, improving patient care.

Keywords: Dermatophytosis, Pruritus, Quality of life

Title: Prevalence Of Non-Communicable Diseases Among Automobile Showroom Workers In An Urban Area Of Dakshina Kannada District

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Institution name: K S Hegde Medical Academy, Deralakatte
Registration Id : IAPSM KARCON 2024/P - 427

INTRODUCTION: An amalgamation of physiological, behavioural, physiological, environmental, and environmental factors results in non-communicable diseases (NCDs). As per NFHS 5, major NCDs constitute around 25% of all disease burden among young population in the state. NCDs are no longer a developed nation's issue. Due to sedentary lifestyle, workers are at a higher risk for development of various NCDs. **OBJECTIVES:** To estimate the prevalence of non-communicable diseases among automobile workers in the study population, To assess the sociodemographic factors associated with the selected non-communicable diseases in the study population. **MATERIALS AND METHODS:** A cross-sectional study was conducted at the KIA automobile showroom Kadri. Through consecutive sampling, the study subjects were selected. Data was collected by personal interviews using a pre-designed questionnaire. Anthropometry, blood pressure, random blood glucose testing was done for all subjects and hemoglobin estimation for all females. The data was presented as percentage, frequency, mean and median and appropriate statistical methods were used to analyse data. **RESULTS:** Out of 90 participants, mean age was 32.7 years. Males were more 52(57.8%). 5(5.5%) had diabetes, 7(7.7%) were hypertensive, 9(10.0%) were overweight or obese, whereas 8(8.8%) were anaemic. More than one comorbidity was present among 3(3.3%) of the study population. Three individuals were known cases of hypertension and 2 known cases of Type 2 diabetes mellitus and 2 among them were anaemic and on medication. **CONCLUSION:** Proportion of obesity, hypertension, and diabetes was found to be more among aged employees. Which was comparatively less than national average. Anemia was more prevalent among young women. This demands a significant need for appropriate preventive and health promotive interventions to address these chronic diseases.

KEY WORDS: Non-communicable diseases, Cross sectional, Chronic diseases.

Title: Depression And Anxiety Among Tuberculosis Patients At A Tuberculosis Unit In Bangalore

Authors: **Dr. Vishnu C S¹**, Dr. Pavithra Cheluvraj², Dr. Babitha Rajan³, Ms. Anjana S Nair²

Institution name: Ramaiah Medical College.

Registration Id : IAPSM KARCON 2024/P - 462

Introduction: Tuberculosis (TB) is a major global health threat, particularly in developing countries. Identifying depression and anxiety among TB patients allows for more comprehensive care and by addressing these concerns alongside TB treatment can lead to better overall health and treatment outcomes for TB patients. Hence this study aims to estimate the proportion of depression and anxiety and identify associated factors among TB patients at a Tuberculosis Unit (TU) in Bangalore. **Objectives** To estimate the proportion of depression and anxiety among tuberculosis patients at a Tuberculosis unit in Bangalore, To determine the associated factors of depression and anxiety among tuberculosis patients at a Tuberculosis unit in Bangalore. **Methods:** A cross-sectional study was conducted on 53 adult TB patients at Yeswanthpur TU. An interviewer-administered questionnaire collected data on socio-demographic profiles, TB details, HIV status, and diabetes. The Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder Assessment (GAD-7) diagnosed depression and anxiety. Descriptive statistics were expressed as percentages, and Chi-square test used to find association between factors and depression or anxiety. **Results:** A total of 53 patients participated in the study, of which 28 (52.8%) were males. The median age was 30 years (inter-quartile range 24–40 years). Depression and anxiety were found to be present in 15(28.3%) and 24(45.2%) participants. A higher proportion of patients with depression were unemployed currently, and also belonged to middle or lower class ($P < 0.05$). Depression was not found to be associated with religion, gender, marital status, HIV status, presence of diabetes, DOTS category nor with the phase of treatment. **Conclusion:** The study reveals a significant prevalence of depression and anxiety among tuberculosis patients, particularly among the unemployed and those from lower socioeconomic backgrounds. These findings underscore the need for targeted mental health interventions in this vulnerable population to improve overall treatment outcomes.

Keywords: Tuberculosis, Depression, Anxiety, Mental Health

Title: A Cross-Sectional Study On Impact Of Self-Helpgroups In Women Empowerment And Health In Rural Karnataka

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Registration Id : IAPSM KARCON 2024/P - 413

Introduction: Self-help groups are the small voluntary association of people living in same socio-economic background with a purpose of solving their common problems through mutual help. Some studies had pointed out the health and well-being of women are enhanced by self-help groups. So, this study has been taken up to evaluate the role of self-help groups in women empowerment and health among its members. **Objective:** To assess the role of self-help group in women empowerment in rural field practice area of Vydehi Institute of Medical Sciences & Research Centre, Bangalore, To evaluate the health status in study participants, To find the association between women empowerment and health status among study population. **Methodology:** A community based cross sectional study was conducted in the rural field practice area of Vydehi Institute of Medical Sciences & Research Centre, Whitefield, Bangalore during June 2024 to Aug 2024. A line list of all functional self-help groups with details of their members in the rural field practice area was made and using proportional sampling method study subjects were selected from each self-help group till the required sample size of 87 was achieved and was interviewed using pre validated questionnaire. **Results and Conclusion:** Data is being analyzed and the findings will be presented during the Conference.

Keywords: Self-help group, Women empowerment, Health



ABSTRACTS

UNDER GRADUATE ORAL PAPER



Title: Attitude Of Recently Graduated Nurses Towards Depression: A Cross-sectional Study
In Mandya Karnataka

Authors: **Keerthi B Vishwanath**, Vinay M
Institution name: MIMS, Mandya
Registration Id :IAPSM KARCON 2024/U - 717

BACKGROUND: Depression, is a common mental health condition that can happen to anyone. The increasing magnitude of depression is a pressing issue in the mental health landscape. Depression is very much amenable to treatment with early detection and prompt intervention yet many do not receive treatment. Nurses serve as the primary point of interaction with patients with mental ailments. With the growing presence of nurses in the community, it is crucial for all nurses to be aware of recognizing depression and assist patients in finding the correct treatment. The purpose of this study is to evaluate nurses' attitude towards depression. **METHODS:** This cross-sectional study was carried out among 400 nurses who had recently graduated from nursing colleges in Mandya. Their attitude towards depression was assessed using the Revised Depression Attitude Questionnaire (R-DAQ). Microsoft Excel software was used for data entry and analysis. **RESULTS:** For professional competence in depression management, it was observed that most participants were not confident in assessing depression & suicide risk, and were not very comfortable interacting with depressed patients. Regarding therapeutic optimism, nurses displayed considerable confidence in the effectiveness of therapy, though many believed that patient's drive and willpower were crucial factors. Although most had not undergone training to handle depression, they were keen on acquiring the necessary skills through training. **CONCLUSIONS:** Although the recent nursing graduates exhibit a positive stance on depression, their training in the area remains inadequate. But, they showed a strong willingness to engage in training for depression.

KEYWORDS: Nurses, Attitude, Depression

Title: Second Hand Smoke Exposure Among Pregnant Women In A Coastal Town: A Combined
Questionnaire And Urine Cotinine Test Analysis

Authors: **Ayushi Pandey**¹, Malatesh Undi², Rachana A R², Hemagiri K³, Naresh Pawaskar⁴, Amruta C⁵,
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Registration Id :IAPSM KARCON 2024/U - 710

Background: Smoke that remains in the environment by active smokers is called as second-hand smoke (SHS). Every year approximately 1.2 million people die due to SHS. In India, second-hand smoke exposure is mainly assessed by indirect method i.e., questionnaire method. In view of the adverse effects of second-hand smoke exposure on foetal development, this study was conducted to assess the current second-hand smoke exposure among pregnant women using both direct method (urine cotinine analysis) and indirect method (questionnaire). **Objectives:** To assess the prevalence of current second-hand smoke exposure and risk factors associated with it among pregnant women attending antenatal clinics in a tertiary care hospital in a coastal town in Karnataka. **Methods:** This was a cross-sectional study conducted among 85 pregnant women attending tertiary care hospital of a coastal town in Karnataka after obtaining ethical clearance and consent from study participants. Data regarding exposure to SHS and urine sample were collected from pregnant women. Urine sample was analyzed for presence of cotinine using COT Rapid Test Device. The data was analyzed using EpiInfo 7.2. **Results:** Mean age of study participants was 27.2 ± 5.2 years. 87.1% were unemployed and 40% belonged to lower middle socio-economic class. Among those tested positive for cotinine in the urine sample 43.75% had exposure of SHS at home, 31.25% at public places and neighbourhood and 6.25% at workplace. None of them knew that SHS exposure during pregnancy is harmful for both mother and foetus. **Conclusion:** 37.6% of the study participants reported exposure to Second-hand smoke (SHS), and 18.8% of them tested positive for urine cotinine in COT urine analysis. The risk factors significantly associated with it were family member smoking, place of exposure, duration of exposure, lack of awareness that smoking is injurious to health, effect of second-hand smoke on both mother and foetus.

Key words: Cotinine, Secondhand Smoking, Pregnant Women, Cigarette Smoking, Bidi

Title: Compliance To Tuberculosis Preventive Treatment And Factors Influencing Compliance Among Plhiv In An Art Centre Attached To Government Edical College

Authors: **Disha Poojari**¹, Rachana A R², Malatesh Undi², Shreenivasa A³, Hemagiri K⁴
Institution name: Karwar Institute of Medical Sciences (KRIMS), Karwar
Registration Id :IAPSM KARCON 2024/U - 711

Background: TB is the commonest opportunistic infection and accounts for 25% of deaths among PLHIV. Tuberculosis Preventive Treatment (TPT) is a proven intervention shown to reduce the risk and mortality associated with TB in PLHIV, but India has been slow in adopting the policy of TPT. There have been few published evidences from India regarding the extent of implementation of TPT among PLHIV and its challenges - which include varying rates of completion of TPT among PLHIV. It is important to monitor the six-month IPT (Isoniazid Preventive Therapy) completion since a suboptimal dose may not protect PLHIV from TB infection.**Objectives:** To assess the socio-demographic profile, compliance and factors influencing compliance to TPT among PLHIV initiated on TPT.**Methods:** A cross-sectional study was conducted among the people living with HIV enrolled for ART and put on TPT (IPT was given) between January 2021 to December 2022 in an ART centre attached to a government medical college in a coastal district of Karnataka. The Patients who were not compliant to TPT were contacted and reasons for not continuing TPT were collected using semi-structured questionnaire by interview technique at their residence.**Results:** Among the 100 PLHIV initiated on TPT between January 2021 to December 2022, 90 (90%) were compliant to TPT. Most of them (74%) completed TPT within 6 months of initiating it. The main reason for non-compliance to TPT was adverse drug reactions (ADRs) due to TPT.

Conclusion: The compliance to TPT was found to be high (90%) among the PLHIV initiated on TPT. The main reason quoted by study subjects for non-compliance to TPT was adverse drug reactions due to TPT. The study showed good post-treatment protection against TB following TPT. ADRs to TPT are the main areas of concern, which needs to be addressed.

Key words : Tuberculosis Preventive Treatment (TPT), Isoniazid Preventive Therapy (IPT), Compliance, People living with HIV (PLHIV)

Title: Impact Of Screen Time On Sleep, Physical Activity And Academics Among Youth (18 To 24 Years)

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Institution name: Akash Institute of Medical Sciences and Research Centre, Bengaluru Rural, Karnataka
Registration Id :IAPSM KARCON 2024/U - 716

Background: Youths around the world spend a significant amount of their free time using mobile devices with screens and other visual aids. This has increased exponentially since the advent of the Internet and social media. This study would provide a snapshot of how screen time influences sleep, physical activity and academics, helping to inform interventions and guidelines to balance screen use with healthy behaviours.**Aim:** The present study aims to determine the effects of screen time on sleep, physical activity and academics and to assess the awareness level regarding excessive screen time among youth.**Methods:** The study will be conducted from August to September 2024. A predesigned pretested semi-structured questionnaire is being used for the assessment. We have a total sample size of 510 students between age group of 18 to 25 and data is collected in google forms that is shared to the students via WhatsApp, e-mail. The procedure involves an online questionnaire that includes several questions related to sleep pattern, screen time physical activity, time spent on academic activities and awareness of increased use of screen time.**Results:** Descriptive statistics will be used to summarize the demographic profile. Continuous variables will be analyzed using Standard deviation. Chi-square will be used to identify association between categorized variables. The p values less than 0.05 will be considered as statistically significant. Results will be presented in the conference after the completion of the study.**Conclusions:** The study examines the impact of screen time on sleep, physical activity and academics along with assessing youths' awareness of screen time usage. The findings might indicate that young people have different degrees of awareness about the negative impacts of excessive screen time, suggesting possible gaps in their knowledge or conduct. These results can inform the development of targeted public health interventions and educational campaigns to mitigate the negative impacts of screen time.

Keywords: Screen time, youth, sleep, academics, physical activity, awareness.

Title: A Community Based Cross Sectional Study On Health Insurance Coverage And Its Barriers In Urban Slums Of Bangalore

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Institution name: Akash Institute of Medical Sciences and Research Centre, Bengaluru Rural, Karnataka

Registration Id :IAPSM KARCON 2024/U - 715

Background: India being home to largest slum in Asia, the financial burden of healthcare is a universal phenomenon, traversing different socio-economic and cultural settings but the implications are more pronounced among the urban poor who do not enjoy coverage of state sponsor program like national rural health mission (NRHM). The public health impacts of health problems in slum areas are immense. Health insurance could be a way of removing the financial barriers and improving accessibility to quality medical care by the poor and also an effective social security mechanism. **Aim:** The purpose of this study is to determine the health insurance coverage and its barriers in urban slums of Bangalore **Methods:** A Community based cross sectional study is being carried out on a sample size of 1135 residents of urban slums near urban health training center of a medical college for a duration of 3 months. A pre-tested questionnaire is being utilized to collect information on demographic details and socioeconomic profiles. Also, data on health insurance coverage and barriers to avail the health insurance is being collected and analyzed. **Results:** The results will be presented in the conference after the completion of study. Data will be analyzed using descriptive statistics and continuous variables will be analyzed using Standard deviation. Chi-square will be used to identify the association between categorized variables. The p values less than 0.05 will be considered statistically significant. **Conclusions:** This study can identify gaps in the health insurance coverage allowing the government and policymakers to formulate or improve policies leading to more targeted and effective health care policies in urban slums. It will also help in identifying disparities in health insurance coverage that will help in formulating strategies to ensure equitable access to healthcare across different socio-economic groups, particularly the underserved populations in urban slums. This can reduce out-of-pocket expenditure for slum residents, enhancing their economic stability and productivity.

Keywords: Health insurance, Urban slums, Out-of-pocket expenditure.

Title: Comparing Machine Learning Methods To Predict Hypertension In Adults By Utilizing Risk Factors And Biometric Data

Authors: **Mr. Snehal Singh**, Dr. Chandra S Metgud, Dr. Avinash Kavi, Dr. Padmaja Walvekar

Institution name: J.N. Medical College Belagavi

Registration Id :IAPSM KARCON 2024/U - 719

Introduction – In the Era of big data, machine learning has been found useful in predicting various diseases. Machine learning methods such as XGBoost, Logistic Regression, KNN, and Random Forest have been found especially useful in predicting tabular data. **Objective** -To determine the predictive accuracy of different machine learning algorithms. **Methodology** – Data was collected from adults aged 30- 60 years residents of Ashok Nagar, Belagavi. The data was collected by administering the WHO STEPS questionnaire. The collected data was then split into training, test, and validation data sets to train the different machine learning algorithms. Various risk factors and biometric measurements were used as parameters. We further took the blood pressure measurements which was used as the target to train the model. **Results** – The precision score for logistic Regression was found to be 0.92, the recall value was 0.85, and the F1 Score was 0.75. For XGBoost the recall value was 0.96, the F1 Score was 0.943 and the precision score was 0.931, for decision trees the recall value was 0.89, the F1 Score was 0.92 and the precision score was 0.96, for random forest the recall value was 0.928, the F1 Score was 0.94 and the precision score was 0.96 and finally by using K nearest neighbors the F1 value was 0.46, the precision score was 0.78 and the recall value was 0.53. **Conclusion** – We found that among all the machine learning algorithms XGBoost had the highest predictive accuracy for Hypertension

Key Words – Machine Learning, Hypertension, Risk Factors, Biometric Data

Title: Prevalence Of Hypertension Among Adults Residing In Ashok Nagar Urban Health Centre Belagavi.

Authors: **Ms. Sanjivini Patil**, Dr. Chandra .S. Metgud, Dr.AvinashKavi, Dr.PadmajaWalvekar
Institution name: KAHER J.N. Medical College Belagavi.
Registration Id :IAPSM KARCON 2024/U - 718

Introduction -Hypertension is an important risk factor for global mortality and morbidity. There has been an increase in the prevalence of hypertension globally especially in South-East Asian countries. Long-standing hypertension causes many complications including but not limited to Chronic Kidney Disease, Hypertensive Retinopathy, heart failure, and stroke. **Objectives-** 1) To know the Prevalence of hypertension among adults 2) To study the Socio demographic risk factors for hypertension. **Methodology** – Data was collected from 332 adults aged 30- 60 years who were residents of Ashok Nagar, Belagavi. The data was collected by administering the WHO STEPS questionnaire. The qualitative data was analyzed as percentages. To study the association between 2 variables Chi-square test was used. **Results**– The prevalence of hypertension among adults was found to be 132 (39.7%). Among which it was more in the age group of 50-60 years i.e 64 (48.4%), and in males which was 77 (58.3%). Most of the hypertensives were from socioeconomic class III i.e 42 (31.8%) and 66 (50%) had the occupation of homemaker. 47 (35.6%) had only completed primary education. 119 (59%) used tobacco and 120 (41%) used alcohol. History of Diabetes was present in 105 (79.5%). **Conclusion:** Prevalence of hypertension was found to be more in males and in people consuming tobacco and alcohol. Therefore it is important to educate adults about healthy lifestyle and habits.

Keywords: prevalence, hypertension, adult, urban area.

Title: Can Neck Circumference Measurement Effectively Screen For Obesity In Adolescents

Authors: **Vinay G A**
Institution name: SS Institute of Medical Sciences and Research Centre, Davanagere
Registration Id :IAPSM KARCON 2024/U - 706

Introduction: Obesity is a major risk factor for most of cardiovascular diseases. There are various methods of screening overweight – obesity like body mass index (BMI), waist circumference (WC), waist hip ratio (WHR). These may be difficult or less acceptable in community and outpatient settings. Neck circumference measurement appears to offer a more consistent alternative for assessing overweight and obesity. **Objectives:** To demonstrate neck circumference's reliability as an indicator for measuring obesity compared to BMI and to determine the optimal cut-off values for overweight and obesity in young adults using neck circumference. **Methodology:** This is a cross-sectional study conducted from Feb to Aug 2024 among medical students aged over 18 years from all batches (1st, 2nd, 3rd, and final MBBS) at a tertiary care teaching hospital in Central Karnataka, South India. Anthropometric measurements like height, weight and neck circumference (NC) were done following standard guidelines. Data was analysed using Statistical Package for the Social Sciences (SPSS) Version 10.0. Sex stratified receiver operating curves (ROC) were plotted for NC to identify the best cut-offs for overweight-obesity with respect to the Asian Pacific WHO classification for BMI. The area under the curves (AUC) with 95% confidence intervals along with cut-offs points with sensitivity and specificity were determined. **Results:** The mean BMI for males and females was 22.334 ± 4.59 and 24.24 ± 4.12 kg/ m². The mean neck circumference was 31.85 ± 4.7 and 36.17 ± 2.34 cm for males and females respectively. The Area Under the Curve for males and females was 0.775 and 0.848 indicating a high predictive value of neck circumference for identifying overweight/obesity. The NC cut-off was 36.25 cm (sensitivity: 85%; specificity: 73%) and 31.55 cm for females (sensitivity: 82.7%; specificity: 70.1%) to detect overweight/obesity. **Conclusion:** Neck circumference can be considered as the most preferred anthropometric measurement for screening overweight – obesity with good sensitivity and specificity.

Keywords: Neck circumference, Overweight, Obesity, Cut off, Sensitivity, Specificity

Title: Evaluating Mid Upper Arm Circumference As An Indicator Of Adolescent Obesity

Authors: **Shreya S Swamy**

Institution name: SS Institute of Medical Sciences and Research Centre, Davanagere

Registration Id :IAPSM KARCON 2024/U - 714

Introduction: Obesity is a major risk factor for most of cardiovascular diseases. The most widely employed anthropometric measurement which is often utilized for determining the prevalence of obesity is Body mass index (BMI). The Mid Upper Arm Circumference assessment is one of the simplest, inexpensive, rapid, and practical measure of BMI and can be used as a screening tool in epidemiological surveys or in low-resource settings. **Objectives:** To determine the optimal cut-off values for overweight and obesity in young adults using Mid Upper Arm Circumference and to assess the reliability of MUAC in determining overweight/obesity. **Methodology:** This is a cross-sectional study conducted from Feb to Aug 2024 among medical students aged over 18 years from all batches (1st, 2nd, 3rd, and final MBBS) at a tertiary care teaching hospital in Central Karnataka, South India. Anthropometric measurements like height, weight and Mid Upper Arm Circumference (MUAC) were done following standard guidelines. Data was analysed using Statistical Package for the Social Sciences (SPSS) Version 10.0. Sex stratified receiver operating curves (ROC) were plotted for MUAC to identify the best cut-offs for overweight-obesity with respect to the Asian Pacific WHO classification for BMI. The area under the curves (AUC) with 95% confidence intervals along with cut-offs points with sensitivity and specificity were determined. **Results:** The mean BMI for males and females was 22.334 ± 4.59 and 24.24 ± 4.12 kg/ m². The mean mid upper arm circumference was 26.104 ± 3.53 and 29.219 ± 3.58 cm for males and females respectively. The Area Under the Curve for males and females was 0.802 and 0.908 indicating a high predictive value of MUAC for identifying overweight/obesity. The MUAC cut-off was 29.25 cm for males (sensitivity: 78%; specificity: 71%) and 27.75 cm (sensitivity: 81%; specificity: 88%) for females to detect overweight/obesity. **Conclusion:** Mid upper arm circumference can be considered as the most preferred anthropometric measurement for screening overweight – obesity with good sensitivity and specificity.

Keywords: Mid upper arm circumference, Overweight, Obesity, Cut off, Sensitivity, Specificity

Title: Coping Strategies For Anxiety: A Cross-Sectional Study Among Undergraduate Medical Students

Authors: **Dr Rajath R**

Institution name:

Registration Id :IAPSM KARCON 2024/U - 701

Abstract:Introduction: According to the World Health Organization (WHO), “mental health” is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Coping strategies are defined as the person's constantly changing cognitive and behavioural efforts employed to manage, reduce or control stress. These strategies can be categorized as problem-focused or emotion-focused, and as adaptive or maladaptive. **Objective:** This study aimed to identify the coping strategies used by medical students and the factors influencing these strategies. **Materials and Methods:** A cross-sectional study was conducted among medical students from December 2023 to January 2024, following approval from the Institutional Ethics Committee. The Brief-COPE tool was used for assessment, with forms distributed via Google Forms to undergraduates preparing for university exams. Responses were consolidated into a Microsoft Excel spreadsheet and analysed using SPSS version 10. **Results:** A total of 455 students participated, with a higher proportion of female students. The mean score for avoidant coping strategies was 13.26 ± 2.8 , while the mean score for approach coping strategies was 15.03 ± 2.88 . The use of approach coping strategies was statistically significant among the participants. **Conclusion:** Medical students experiencing stress or anxiety tend to use approach-coping strategies more frequently than avoidant-coping mechanisms.

Key words: Coping Strategies, Anxiety, Medical Students, Cross-Sectional Study, Brief-COPE

Title: Study Of Anthropometric And Nutritional Risk Factors For Hypertension Among Adults Residing In Ashok Nagar Urban Health Centre Belagavi.

Authors: **Ms.NishaMadhyastha**, Dr. Chandra .S. Metgud, Dr.AvinashKavi, Dr.PadmajaWalvekar
Institution name: KAHER J.N. Medical College Belagavi
Registration Id :IAPSM KARCON 2024/U - 721

Introduction- Hypertension is one of the major risk factors for both cardiovascular and cerebrovascular diseases and is responsible for the increasing global health burden. Nutrition has been found to be an important component in the strategy for blood pressure control. Several predictors for hypertension include BMI and waist circumference which can help in early detection and reduction in morbidity and mortality **Objectives-** 1)To know the Prevalence of hypertension among adult 2) To study the anthropometric and nutritional risk factors for hypertension.**Methodology** – Data was collected from 332 adults aged 30- 60 years who were residents of Ashok Nagar, Belagavi. The data was collected by administering the WHO STEPS questionnaire. The qualitative data was analyzed as percentages. To study the association between 2 variables Chi-square test was used.**Results** – The prevalence of hypertension among adults was found to be 132 (39.7%), among which 140 (42.2%) reported a family history of hypertension. Excess salt intake was found in 44 (13.2%) of the individuals. Unhealthy cooking oils were found to be consumed in 41 (12.3%). Obesity was found to be 245 (74%). The waist circumference was increased in 96% women and 32% of the men of the study population. **Conclusion:** The Nutritional risk factors were found to be significant in the study population and the recommendation of a healthy balanced diet can help to prevent hypertension. Physical activity can help to reduce the incidence of obesity which can decrease the burden of hypertension in the urban population.

Keywords: prevalence, hypertension, adult, urban area.



Title: Study On Prevalence Of Hypertension In A Riral Field Practice Area, Behtur Village Davanagere

Authors: **Soumya. S.D**, Dr. Sheela. P.H
Institution name: S S Institute Of Medical Sciences, Davanagere
Registration Id :IAPSM KARCON 2024/U - 722

BACKGROUND: Systemic arterial hypertension is a multifactorial and multisystem disease. This is one of the chronic age related disorder which can lead to complications like stroke, cardiovascular diseases, renal diseases and premature death globally. But hypertension is modifiable risk factor for morbidity and mortality by inculcating some preventive measures like doing exercise, salt restricted diet, regular health check up.**OBJECTIVES:** To assess the prevalence of hypertension among all the individuals of age above 30years in Bethur village **METHODOLOGY:** A cross sectional study was conducted among 390 individuals in a rural field practice area of Bethur village, Davanagere. Data was collected through house-to-house survey using predesigned questionnaire and blood pressure was measured by digital sphygmomanometer. Data was analysed using MS Excel software, Graphs like Bar diagrams were used to analyse the prevalence of hypertension.**RESULTS:** 32.02% had hypertension among the total population of 390 individuals.**CONCLUSION:** Prevalence of hypertension was found to be high among Bethur village people. It is important to enhance awareness about risk factors of hypertension and health education programs regarding the implementation of preventive measures to avoid the occurrence of hypertension.

KEY WORDS: Prevalence, Hypertension.

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Truenat[®]

World's first point-of-care, multi-disease platform
for diagnosis of infectious and non-communicable diseases



FULLY AUTOMATIC



POINT OF CARE



RAPID



BATTERY-OPERATED



PORTABLE



4G/WI-FI ENABLED



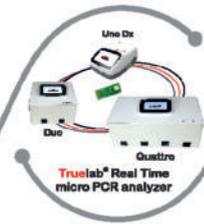
SAMPLE-TO-RESULT



5 MINUTES
PATIENT SAMPLE COLLECTION



20 MINUTES
UNIVERSAL CARTRIDGE BASED
RNA/DNA EXTRACTION



35 MINUTES
PRECISE DIAGNOSIS USING DISEASE-
SPECIFIC TRUENAT MICRO PCR CHIPS



...AND DONE!
RESULTS REPORTING TO CLINICIAN/PATIENT
FOR EVIDENCE-BASED TREATMENT



A Molbio Company

PRORAD ATLAS

Ultra Portable X-Ray System

Smart | Simple | Safe

- Smart and user-friendly exposure setting
- Quick setup — Aim and expose
- Portable, light weight & durable design



- Digital display for x-ray parameters
- Ergonomically designed x-ray control parameters
- Ultra compact x-ray generator

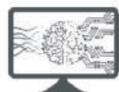
FDA approval in process



Thermalytix[®]

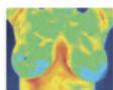
A NOVEL BREAST CANCER SCREENING SOLUTION

Non-invasive AI-based thermal imaging solution



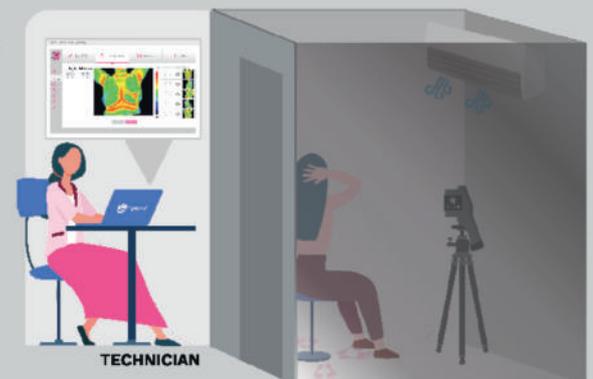
Artificial Intelligence

+



Thermal imaging

=



TECHNICIAN

SCREENING AREA

Our Screening Features

- No Touch
- No See
- No Pain
- No Radiation
- Easy & Portable



Molbio Diagnostics Private Limited

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