



FAMILY HEALTH CENTRE

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PROACTIVE
DATA SYSTEMS
Converged Network Specialists

QUARTERLY PROGRESS REPORT

April 2023 – June 2023

(HARKESH NAGAR, JAIPUR CENTRE AND GURUGRAM)

PROGRAM OVERVIEW:

Program Name:	Family Health Centre
Activity Start Date and End Date: (from the first allocation of funds)	1 st April 2023 - 30 th June 2023
Areas Covered in Delhi	<ul style="list-style-type: none">● Harkesh Nagar● Sanjay Colony● Govindpurl● Kalkaji● Okhla I, II & III● Tughlakabad● Sangam Vihar● Madangir● Dakshin Puri● Madanpur Khadar● Badarpur
Areas Covered in Gurugram	<ul style="list-style-type: none">● Gurugram● Gwal Pahari● New Gwal Pahari● Wazirabad● Ghata● Bandari● Shanti Colony● Bapu Colony● Mandi● Jonapur● Tigra Village● Badshah Pur● Kanhai Gaon Slum, Sector-45● Kadar Pur
Reporting Period:	April 2023 to June 2023

PROGRAM INTRODUCTION/DESCRIPTION:

The Objective of the Proposed Project:

Adharshila Family Health Center aims to improve overall health outcomes through a comprehensive health delivery program in the slums, urban and semi-urban villages of Delhi NCR and Gurugram to reach the economically weaker sections.

The project aims to achieve the following:

1. To provide doctor consultations to low-income families in urban and semi-urban villages in Delhi NCR and Gurugram
2. To expand outreach of healthcare services through mobile support services.
3. To promote preventive health care by increasing awareness of Osteoporosis, Hypertension, Diabetes, Cancer, Anemia, counseling for family planning and birth spacing, sexual and reproductive health, and menstruation.

Project Locations:

1. I – 75A, Harkesh Nagar Okhla Phase – III, New Delhi – 110020
2. 81, Molarband Village, Badarpur, New Delhi-110044
3. Gwal Pahari, Gurugram- 122003

Target group:

The target group is formed by migrant and economically disadvantaged groups predominantly from Uttar Pradesh, Bihar, Haryana, Rajasthan, West Bengal, Assam, Odisha, Nepal, Delhi-NCR, and Gurugram. The program is implemented in the informal settlements, urban and semi-urban villages of Delhi NCR including Harkesh Nagar, Tughlakabad village, Sanjay Colony, Okhla, Tigri, Sangam Vihar, Madangir (Delhi), Madan Pur Khadar, Noida (Uttar Pradesh), Gwal Pahari (Gurugram), Wazirabad, Ghata, Bandwadi, Mandi, Jonapur, Tigra Village, Badshah Pur, Kanhai Gaon Slum, Sector-45.

PROGRAM IMPLEMENTATION PROCESS

Introduction:

During this quarter, with your co-support, a total of 4734 beneficiaries were reached. This quarter, we have truly made unprecedented progress, accomplishing beyond what we intended to deliver. With staggering allopathic registration of 3149 and homeopathic being 1209, we have expanded our horizons of outreach manifold. Awareness, something that has no finish line, given the changing scenario, is a word that we have heard over and over again. We try to modulate our sessions in such a way that they are consolidated and far-fetching. The direct beneficiaries reached out were 217 and 1085 indirect beneficiaries (Indirect beneficiaries are people whom we aim to impact indirectly through our awareness sessions. It is assumed that for one -an individual who attends the session, there are 5 people who are indirectly impacted-which may include friends/family/peer group). Team Adharshila has been proactive in providing various healthcare initiatives as well as enhancing health awareness among the vulnerable population. We Focussed on conducting camps this quartered and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 211.

Major activities that were conducted during the reporting period:

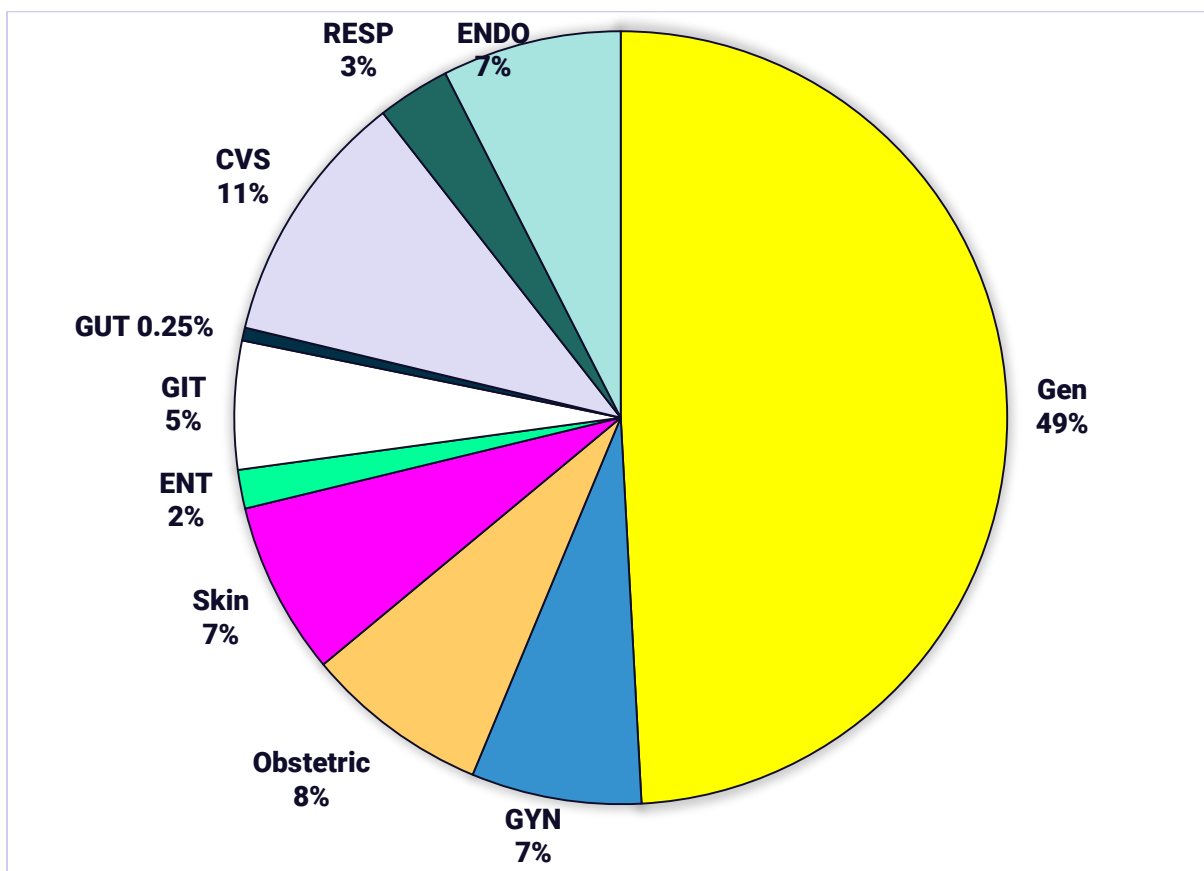
S. No.	Name of the Activity	No. of beneficiaries
1	OPD - Stationery & Outreach (Harkesh Nagar, Jaitpur, and Gurugram)	3149
2	OPDs - Homeopathy	1209
3	Awareness session on Nutrition and Hygiene	40
4	Awareness Session on Cancer	45
5	Awareness session on anemia and malaria dengue	40
6	Awareness Session on Personal Hygiene	52
7	Awareness session on Anaemia	40
8	Health Checkup Camp	211
	Total	4734

1. OPDs

1.1) OPDs – Stationery & Outreach

- OPDs were conducted at Harkesh Nagar, Jaitpur Centers, Gwal Pahari, and Gurugram Outreach Areas by the health team.
- 3149 doctors consultations were availed by the patients.
- Pathology tests were conducted for 189 patients.
- USG was conducted for 26 patients.
- Albendazole tablets were given to 141 patients for deworming.
- OCP (Mala D/Femilon) tablets were given to 13 patients for contraception.
- Immunization (Tetanus vaccine) was provided to 27 ANC patients.
- Diet counseling was given to obese, hypertensive, and diabetic patients.
- Counseling was also provided to patients regarding the right posture to avoid physical pains and aches.

Table showing various ailments reported during April '23 - June '23



ENT	- Ear Nose Throat
GIT	- Gastrointestinal Tract
GU	- Genitourinary
CVS	- Cardiovascular system
RESP	- Respiratory system
ENDO	- Endocrine system

Doctor Consultation OPDs Report (Delhi)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
April 2023	115	44	60	20	09	11	02	69	36	56	422
May 2023	181	48	51	33	13	10	02	70	29	65	502
June 2023	146	32	71	26	09	03	01	41	14	59	402
TOTAL	442	124	182	79	31	24	05	180	79	180	1326

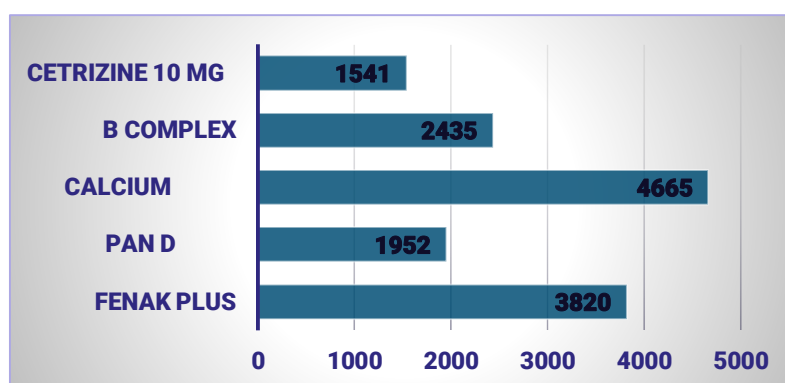
Doctor Consultation OPDs Report (Gurugram)

DATE	GEN	GYN	OBS	SKIN	ENT	GIT	GUT	CVS	RESP	ENDO	TOTAL
April 2023	374	27	07	54	08	40	03	49	04	21	587
May 2023	335	41	26	46	04	40	05	46	06	14	563
June 2023	396	32	28	49	08	65	04	62	07	21	672
TOTAL	1105	100	61	149	20	145	12	157	17	56	1822

1.2) Most Frequently Prescribed Drugs

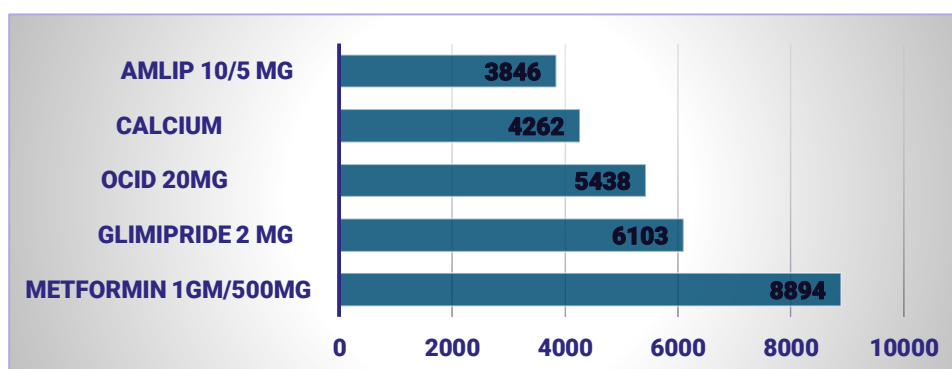
Following is the list of medications that were most commonly prescribed medications were for general pain, gastritis, infection prevention, and allergy relief. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

Gurugram



Following is the list of medications that were most commonly prescribed medications for general Pain, gastritis, hypertension, and diabetes relief. These ailments and conditions were the most frequently reported complaints, and corresponding medications were prescribed accordingly.

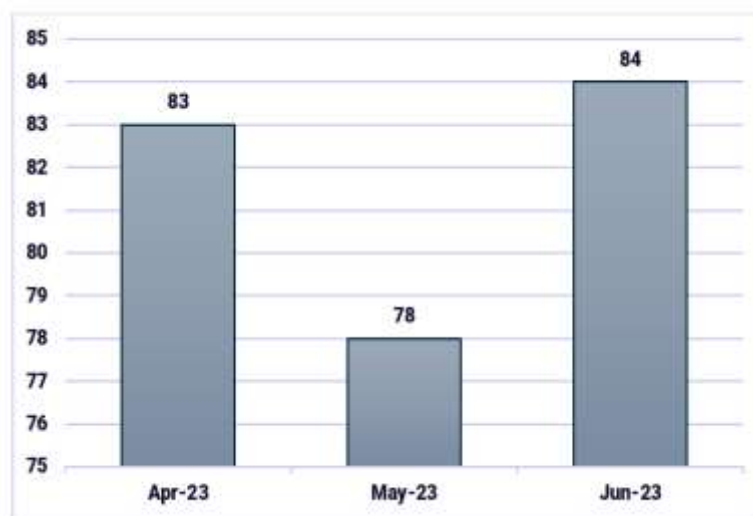
Delhi



1.3) Antenatal care

Adharshila started with women’s healthcare clinics which extended to family healthcare services. Since the Maternal Mortality Ratio in India is on the higher side, we pledge to provide the best care to women, especially during pregnancy. A snapshot of the increased number of women coming to our center for ANC checkups from April to June is as below:

No. of Pregnant women registered with Adharshila for Antenatal Care



S. No.	Months	Balance of last month	New ANC patients	Deliveries	Ongoing
1	April 2023	78	12	07	83
2	May 2023	83	03	08	78
3	June 2023	78	14	08	84

S. No.	Months	Home Delivery	Institutional delivery		Female	Male	Remarks
			Caesarian Delivery	Normal delivery			
1	April 2023	00	02	05	05	02	Our record does not show any Neonatal Mortality, stillbirths, or deaths after birth.
2	May 2023	00	03	05	06	02	
3	June 2023	00	02	06	05	03	

ANC patients registered with us in the last quarter were 78. 29 new ANC patients were registered in this quarter. Out of these 23 successful institutional deliveries were ensured (16 female and 07 male babies), of which 08 were cesareans and 16 were normal deliveries. Currently, the health center is providing antenatal care to 78 ongoing patients and 23 lactating mothers.

2. HOMEOPATHY OPD

1209 beneficiaries reached out to Homeopathy OPDs this quarter at Tigri, Kalkaji, Jaitpur, and Harkesh Nagar centers. The following table shows the number and type of patients that were provided consultations during the months of April, May and June 2023.

S. NO	MONTH	GEN	GYN	GIT	RES	N. D.	SKIN	ENT	TOTAL
1.	April 2023	167	51	45	35	04	71	07	380
2.	May 2023	156	50	57	27	02	95	14	401
3.	June 2023	166	36	72	54	08	84	08	428
	Total	489	137	174	116	14	250	29	1209

3. Other Highlights Of This Quarter

3.1 Awareness Session on Personal Hygiene

Date: - April 2023

Place: - Kalkaji Centre

Number of Participants: - 52 students benefited

The awareness session on personal hygiene conducted by Dr. Zeenat Fatema for the remedial students of Kalkaji Centre was aimed at emphasizing the significance of maintaining cleanliness and good health. Dr. Fatema highlighted several essential practices that contribute to personal hygiene.

First and foremost, she stressed the importance of regular brushing of teeth. Proper dental hygiene not only ensures fresh breath but also prevents tooth decay and gum diseases. Dr. Fatema recommended brushing teeth at least twice a day for two minutes each time. Furthermore, the doctor emphasized the need for frequent hand washing. Washing hands for at least 20 seconds with soap and water is crucial for preventing the spread of germs and diseases. By practicing proper hand hygiene, students can minimize the risk of infections and maintain their well-being. Trimming nails regularly was another aspect highlighted during the session. Short and clean nails are important for personal hygiene as they prevent the accumulation of dirt and bacteria. Dr. Fatema advised the students to keep their nails neatly trimmed and clean to avoid potential health issues. Taking a proper bath every day was also emphasized as an essential hygiene practice. Bathing helps to cleanse the body, remove sweat, and prevent body odor. It is important to use clean water, soap, and shampoo to ensure thorough cleaning and maintain overall hygiene. Overall, the session aimed to educate the students about the significance of personal hygiene and provide them with practical tips for maintaining cleanliness. By incorporating these habits into their daily routines, the students can promote their own well-being and reduce the risk of various infections and illnesses.

3.2 Awareness session on Anaemia

Date: - June 2023

Place: - ADF students of Harkesh Nagar Centre

Number of Participants: - 40

Dr. Zeenat Fatima conducted an awareness session on anemia for the ADF students of Harkesh Nagar Centre. The session aimed to educate the students about the causes, prevalence, signs, and symptoms of anemia, as well as provide dietary advice to prevent and manage the condition during the session, Dr. Zeenat Fatema discussed the causes of anemia, which can include iron deficiency, vitamin B12 deficiency, and chronic diseases. She emphasized that anemia is a common health issue in India and affects a significant portion of the population. The doctor also explained the various signs and symptoms of anemia, such as fatigue, weakness, shortness of breath, pale skin, and dizziness. To address anemia, Dr. Zeenat Fatema provided dietary advice to the students. She recommended incorporating iron-rich foods into their meals, such as green leafy vegetables, lentils, beans, fortified cereals, and lean meats. Additionally, she advised including vitamin C-rich foods, like citrus fruits, tomatoes, and bell peppers, as vitamin C aids in iron absorption. The doctor also suggested avoiding tea and coffee during meals, as they can hinder iron absorption.

Overall, the awareness session conducted by Dr. Zeenat Fatema helped educate the ADF students about anaemia, its causes, its prevalence in India, and its signs and symptoms. The students also received valuable dietary advice to prevent and manage anemia. It is expected that this session will contribute to the student's overall health and well-being by promoting awareness and healthy practices to combat anemia.

3.3 Health Checkup Camp: A Collaborative Effort for Community Wellbeing

Date: - 15th April 2023

Place: - Transit Camp, Govind Puri, New Delhi

No. of beneficiaries: - 211

Introduction:

On the 15th of April 2023, Adharshila, in partnership with the Fena Foundation and with the invaluable support of Ms. Atishi Singh (MLA & Minister, Delhi govt.), organized a health screening checkup camp at Govind Puri, Transit Camp, New Delhi. The camp aimed to raise awareness, identify health issues, and provide counseling to enhance the health and well-being of the vulnerable individuals residing in the area and nearby locations. The event witnessed a significant turnout, with 211 beneficiaries registering and benefiting from doctor's consultations and medication.

Objective:

The primary objective of this health camp was to conduct a limited health intervention among the underprivileged community, aiming to identify and address underlying illnesses.

By offering free check-ups and treatment, the camp provided an invaluable opportunity for vulnerable communities to take charge of their health and receive follow-up care at Adharshila health center, enabling regular monitoring of their health parameters.

Health Conditions Identified:

During the camp, several serious health issues affecting the inhabitants of the target area were identified. The most common conditions observed were hypertension, respiratory tract infections, and gynecological problems. It was noted that despite the presence of nearby Mohalla clinics, many residents remained unaware of their health issues and were hesitant to seek medical attention.

Promoting Collaboration:

To bridge the gap in specialized health issues for which treatment and counseling may not be readily available, Adharshila advocates for collaboration with Mohalla clinics. By working together, both organizations can optimize resources and provide comprehensive healthcare services to the community.

Encouraging Regular Check-ups:

For individuals diagnosed with high blood pressure and diabetes, the health camp emphasized the importance of regular check-ups. Attendees were advised to visit Adharshila's clinic in Harkesh Nagar on a regular basis, allowing for improved management and care of these chronic conditions.

3.4 Awareness session on Nutrition and Hygiene.

Date - June 2023

Place - PHC, Gwal Pahari

Number of Participants - 40

Awareness sessions conducted by Dr Archana. The doctor spoke about the significance of good nutrition and hygiene in maintaining a healthy lifestyle. The topic of nutrition. Eating a balanced diet is essential for providing our bodies with the necessary nutrients, vitamins, and minerals it needs to function optimally. A balanced diet consists of a variety of foods

Discuss the significance of hygiene practices. Good hygiene is vital for preventing the spread of diseases and maintaining overall health. Here are some essential hygiene habits to keep in mind: Handwashing: Regularly washing your hands with soap and water for at least 20 seconds helps prevent the transmission of germs. Make sure to wash your hands before eating, after using the restroom, and after coughing or sneezing.

- Oral Hygiene: Brush your teeth at least twice a day and floss regularly. Good oral hygiene prevents tooth decay, gum diseases, and bad breath.
- Personal Hygiene: Maintaining the cleanliness of the body by taking regular baths or showers helps to keep skin healthy and prevents body odor.

- Menstrual Hygiene: For women, proper menstrual hygiene is crucial. Use sanitary napkins during periods, and remember to change them regularly to avoid infections.
- Food Hygiene: Always ensure that you handle and prepare food safely. Wash fruits and vegetables thoroughly, cook meat and poultry thoroughly, and avoid cross-contamination between raw and cooked foods.

3.5 Awareness Session on Cancer

Date - June 2023

Place - Kadar Pur Village

Number of Participants - 45

An awareness session on cancer with the help of the Tanisha Foundation. Cancer is an important topic that requires awareness and education in order to promote early detection and prevention. During the session, you provided information about different types of cancer, such as breast cancer, cervical cancer, and bone cancer. This is crucial because different types of cancer have varying risk factors, symptoms, and treatment approaches. You also mentioned that you discussed the treatment of cancer through chemotherapy. Chemotherapy is one of the common treatment options for cancer, which involves the use of medications to kill cancer cells or prevent their growth. It's essential to inform participants about different treatment methods to provide a comprehensive understanding of available options. Furthermore, you highlighted the various risk factors associated with cancer, including the consumption of tobacco, smoking cigarettes, and drinking alcohol. These habits have been linked to an increased risk of developing certain types of cancer. Raising awareness about the harmful effects of these habits can help individuals make informed choices and reduce their risk of cancer. Additionally, The distribution of Dabur Vita with the nutrient packets to all participants. Providing nutrition packets can be beneficial for cancer prevention and overall health.

A balanced diet rich in fruits, vegetables, whole grains, and lean proteins can help maintain a healthy weight, boost the immune system, and reduce the risk of certain types of cancer. Overall, your awareness session on cancer seems to have covered important aspects, including types of cancer, treatment options, risk factors, and the importance of nutrition. Such sessions play a crucial role in educating communities and promoting preventive measures for cancer.

3.6 Awareness Session on Anemia and Malaria Dengue

Date - June 2023

Place - Gwal Pahari, Pandit Market Ram Meher Jhuggi.

Number of Participants - 40

Awareness session on anemia - Awareness sessions on anemia, malaria, and dengue. We will be discussing important information about these health conditions and how to prevent

them. Anemia is a condition characterized by a decrease in the number of red blood cells or a low level of hemoglobin in the blood. It can lead to fatigue, weakness, and other complications. To prevent anemia, it is important to focus on a healthy diet. Include green vegetables and fruits in your meals as they are rich in iron, which is essential for the production of red blood cells. Additionally, taking supplements such as iron, calcium, and multivitamins can help maintain adequate levels of these nutrients in your body.

Awareness session on Malaria & Dengue - Now let's move on to discussing malaria and dengue. These are mosquito-borne diseases that are more prevalent during the rainy season. Mosquitoes breed in stagnant water, so it is crucial to prevent water accumulation around your homes. Here are some preventive measures:

- **Mosquito Control:** Mosquitoes breed in stagnant water, so make sure to remove any standing water around your homes, including coolers, flower pots, and old containers.
- **Use Mosquito Nets:** When sleeping, use mosquito nets to protect yourself from mosquito bites, especially during the night when these insects are most active.
- **Protective Clothing:** If you're spending time outdoors, wear long-sleeved clothing and use mosquito repellents to reduce your chances of getting bitten.
- **Safe Drinking Water:** Ensure that you and your family consume only safe drinking water. Contaminated water can lead to various illnesses, so it's essential to boil or filter water before use.
- **Awareness and Education:** Spread the word about the importance of preventing Malaria and Dengue in your community. Encourage your neighbors, friends, and family members to follow these preventive measures.

4. SUCCESS STORIES

4.1 Registration number: 11009

Age: 32 years

Occupation: Stitching master

Family: Wife, Mother, and two daughters

Residence: Fatehpur, Delhi

Background: The patient has been visiting our Adharshila Primary Health Centre regularly for the past year. As the primary breadwinner, he carries the responsibility for his family's well-being. Upon diagnosis, the Patient was found to be suffering from severe hypertension, dyslipidemia, hypothyroidism, acid peptic disease, and low levels of Vitamin D3.

Treatment: To address his various health issues, the Patient was prescribed a combination of medications and supplements. His treatment plan included Tab Amlo AT and Losar 50 for his hypertension, Lasix for edema, Atorvastatin 10 mg for dyslipidemia, Calcium supplements for low levels of calcium, Eltroxin 25 mcg for hypothyroidism, and injection of Vitamin D3 to combat the deficiency, and Calcirol with D3 sachet for maintaining Vitamin D3 levels.

Progress: Thanks to the comprehensive treatment approach, the Patient's health has significantly improved. His condition is now well-controlled, and all his vital parameters are within normal ranges. This positive outcome is a testament to the Patient's dedication to following the prescribed regimen.

Lifestyle Modification and Diet: Recognizing the importance of sustainable well-being, the Patient has been advised on the significance of lifestyle modification and a balanced diet. By incorporating healthy habits into his daily routine and making mindful choices regarding nutrition, he has the opportunity to further enhance his overall health.

Conclusion: The patient's case exemplifies the positive impact that a personalized treatment approach can have on an individual's health. With diligent adherence to prescribed medications, regular visits to the Adharshila Primary Health Centre, and a commitment to a healthy lifestyle, the Patient has paved the way towards a brighter and healthier future for himself and his family.

4.2 Registration Number: 15431

Age: 5 years

Address: Gwal Pahari

Introduction: A 5-year-old patient, was presented with a distressing case of severe dermatitis and fungal infection on his feet. The condition was causing significant discomfort and required immediate attention and appropriate treatment.

Treatment Approach: Upon careful evaluation, a comprehensive treatment plan was devised for his condition. The medical team opted for a combination therapy to address both the fungal infection and the dermatitis. The following treatment approach was employed:

Medication: Fluconazole 75 mg biweekly: An antifungal medication known for effectively combating fungal infections.

Levocetirizine: An antihistamine used to alleviate symptoms associated with dermatitis, such as itching and inflammation. Miconazole ointment: A topical antifungal agent applied directly to the affected areas to target the fungal infection locally.

Treatment Progress: Throughout the treatment period, his response to the prescribed regimen was closely monitored. Under the diligent care of the medical team, significant improvements were observed in his condition. The combined effects of fluconazole, levocetirizine, and miconazole ointment contributed to a notable reduction in the severity of both the fungal infection and dermatitis.

Recovery: With the implementation of the tailored treatment plan, his health showed remarkable progress. Gradually, the discomfort and pain associated with the infection and dermatitis subsided, and he began to regain his playful demeanour. The medical team's continuous support and regular follow-ups played a vital role in ensuring his swift recovery.

Conclusion: His success story stands as a testament to the power of timely and effective medical intervention. Through a well-coordinated treatment approach, involving fluconazole, levocetirizine, and miconazole ointment, this young patient made a complete recovery from his fungal infection and severe dermatitis.

4.3 Registration Number: 14987

Age: 60 years

Address: Bandwadi, Gurugram

The Patient's journey toward health and well-being is an inspiring success story. Upon his initial presentation, he was diagnosed with severe hypertension, with a blood pressure reading of 141/102. However, with determination and proper medical care, he managed to turn his health around.

Following a comprehensive treatment plan, which included medications such as Amlodipine, Losartan 50, Pan D, and Clonazepam, he diligently followed his doctor's instructions. It is essential to highlight that he was not diabetic and had a normal thyroid function, but he was struggling with obesity.

Despite the challenges, he remained committed to his health goals. With the right combination of medications and lifestyle changes, he achieved a significant milestone. His blood pressure is now under control, measuring an impressive 114/82.

During his treatment, he received thorough counseling about the risk factors associated with hypertension. By understanding these potential risks, he empowered himself to make informed choices for his health. Embracing a healthier lifestyle, including a balanced diet and regular exercise, has been pivotal in his remarkable progress.

His success story serves as a shining example of how perseverance, combined with medical expertise and patient education, can lead to positive health outcomes. His dedication to taking charge of his well-being has not only improved his quality of life but also set an example for others facing similar health challenges.

As he continues his journey towards better health, his success serves as a reminder of that with determination and the right guidance.

4.4 Registration No: 19728

Age: 51 years

Gender: Female

Address: Hakesh Nagar, Delhi

Medical History: Known case of bronchial asthma Using inhaler for the past 24 years.

Clinical Presentation: She visited the Harkesh Nagar health center on 13/06/2023, complaining of difficulty in breathing while walking. On examination, her vital signs were stable. Wheezing was noted during the chest examination.

Treatment and Management: She was started on bronchodilator medication to relieve her symptoms of bronchial asthma. Additionally, she received counseling on the proper use of the inhaler and the importance of regular medication intake.

Follow-up: She has been coming for regular follow-up visits to our Health Centre, and her asthma is under control. She has shown significant improvement and reports feeling much better now.

4.5 Registration No: 17311

Age: 38 years

Gender: Male

Address: Harkesh Nagar

Medical History: The patient was known to have diabetes (uncontrolled) and was taking Ayurvedic medicine for the past 5 to 6 years.

Medical Visits and Treatment: On 18/04/2023, he visited the Harkesh Nagar Health Center with blood investigation reports showing a random blood sugar (RBS) level of 367 mg/dl. He was advised to undergo further blood tests, including fasting and postprandial (PP) sugar. On the second visit, dated 02/05/2023, his fasting blood sugar was 166 mg/dl, and his PP blood sugar was 209 mg/dl. As a result, he was started on oral hypoglycemic medicines and received counseling on the importance of medication adherence and following a diabetic diet.

Follow-up and Progress: It has been coming for regular follow-up visits to the health Centre. During his latest visit on 20/06/2023, his blood test results showed a fasting blood sugar level of 86 mg/dl and a PP sugar level of 136 mg/dl. These readings indicate that his diabetes is now under control, and he has shown significant improvement. It is important for him to continue his prescribed medications and adhere to the diabetic diet to maintain good control over his diabetes. Regular follow-up visits with the healthcare provider will help monitor his progress and make any necessary adjustments to his treatment plan.

4.6 Registration No: 1304

Age: 50 years

Gender: Female

Address: Harkesh Nagar

Medical History: On 30/05/2023, the patient visited the Harkesh Nagar Health Center with complaints of tingling and burning sensation in both feet. The following actions were taken during her visits:

First Visit (30/05/2023):

- Complaint: Tingling and burning sensation on both feet
- Advised blood sugar tests (fasting and postprandial)

Second Visit (01/06/2023):

- Fasting blood sugar: 222 mg/dL
- PP (postprandial) blood sugar: 340 mg/dL
- Started on oral Hypoglycemic medicines
- Counseled regarding medication adherence and diabetic diet

Follow-up: She has been visiting the health centre regularly for follow-up appointments. Her most recent blood test readings are as follows: Latest Blood Test Results (13/06/2023):

- Fasting blood sugar: 95 mg/dL
- PP (postprandial) blood sugar: 96 mg/dL

Current Status: Based on the latest blood test results, her diabetes is under control, and she is feeling much better now. It indicates that her blood sugar levels have improved significantly. However, it is important for her to continue taking her prescribed medications and following a diabetic diet to maintain good control over her diabetes. Regular follow-up appointments and monitoring are also advised to ensure her continued progress and well-being.

4.7 Registration No: 18952

Age: 25 years

Address- Harkesh Nagar

Medical History: First visit to the center: 23/2/23

Presenting complaints: Irregular menstrual cycle and secondary infertility

Previous history: LSCS (Lower Segment Cesarean Section) in November 2020, delivered a female baby who passed away 3 days post-birth due to fetal distress.

Attempts to conceive: She had been trying to conceive for the past year and a half without success.

Investigations and Treatment:

- CBC (Complete Blood Count): Within normal limits.
- Serum TSH (Thyroid-Stimulating Hormone): TSH level was 4.02.

Medication: She was already taking Tab Thyronorm 25 micrograms, and she was advised to continue with the same dose.

Additional medication: She was prescribed hematinic (iron supplements) and folic acid.

Counselling: She was explained about the fertile period and given general instructions regarding conception.

Conception: She is a regular visitor to the centre, and was conceived in the month of April. Her last menstrual period was on 3/4/23.

Follow-up: She visits the centre on a regular basis for check-ups and medications.

4.7 Registration No: 13477

Age: 25 years

Address: Harkesh Nagar

File No. 13477, her journey towards a successful pregnancy and childbirth is truly inspiring. When she initially visited Adharshila – Family Health Centre, she was in the early stages of pregnancy. Her last menstrual period was on August 25th, 2022. She shared with us her history of experiencing two spontaneous abortions at around 6 weeks of pregnancy in the past. Given this background, it was crucial to take extra precautions to ensure the successful progression of her current pregnancy.

To assess the viability of the fetus, we performed an ultrasound examination. Additionally, she was prescribed oral and injectable hormone supplements to support the pregnancy. She diligently followed our recommendations and made regular visits to Adharshila-Family Health Centre for antenatal check-ups and to receive the prescribed medications.

During the third trimester of her pregnancy, she decided to return to her hometown. Despite being away, she remained committed to her prenatal care and continued to prioritize her well-being and that of her unborn child. This demonstrated her strong determination and responsible approach towards her pregnancy.

On April 6th, 2023, she successfully delivered a healthy baby girl through normal delivery. Both mother and her daughter are in good health, and this joyful outcome is a testament to her perseverance and the comprehensive care provided by Adharshila.

Her success story serves as an inspiration to others facing similar challenges. It highlights the importance of early detection, regular check-ups, and adherence to prescribed treatments during pregnancy.

Management of Respiratory Failure with Nebulization and Oxygen Concentrator

Abstract: This case study presents the management of a patient who presented with respiratory failure, including the administration of necessary nebulization therapy and the provision of an oxygen concentrator to maintain oxygen levels. The purpose of this case study is to highlight the interventions implemented to manage the patient's respiratory failure and the positive outcomes achieved.

Introduction:

Respiratory failure is a critical condition characterized by the inability of the respiratory system to maintain adequate gas exchange, resulting in insufficient oxygenation and elimination of carbon dioxide. Prompt and effective management is crucial to prevent further deterioration and potential fatalities. In this case, the patient's presentation of respiratory failure prompted immediate intervention.

4.8 Registration No: 19733

Age: 62 years

Address: Harkesh Nagar Delhi

Medical history: Chronic obstructive pulmonary disease (COPD), hypertension, and diabetes mellitus.

Chief Complaint: The patient presented to Adharshila Primary Health Centre with severe shortness of breath, productive cough with yellow sputum, and generalized weakness for the past two days. The clinical examination revealed increased respiratory rate (26 breaths per minute), decreased oxygen saturation (SpO₂%, 85%), and decreased breath sounds upon auscultation.

Initial Assessment: Initial assessment included a complete blood count, arterial blood gas analysis, and a chest X-ray. Results revealed elevated white blood cell count (15,000/mm³), arterial blood gas analysis consistent with respiratory acidosis (pH: 7.32, PaCO₂: 65 mmHg, HCO₃⁻: 30 mEq/L), and a chest X-ray showing bilateral bronchopneumonia.

Management: The patient was promptly started on nebulization therapy with bronchodilators and mucolytics (salbutamol and hypertonic saline) to improve bronchial patency, reduce sputum viscosity, and facilitate breathing. The nebulization was administered every 4 hours. Oxygen Therapy: Due to the patient's low oxygen saturation levels (SpO₂%, 85%), it was crucial to provide supplemental oxygen therapy. An oxygen concentrator was provided to the patients

by Adharshila to deliver a higher concentration of oxygen via a nasal cannula. Nebulizer and Oximeter were also provided by Adharshila which helped monitor and maintain oxygen saturation levels at an acceptable range.

Monitoring and Follow-Up: The patient's vital signs, including heart rate, respiratory rate, blood pressure, oxygen saturation, and level of consciousness, were closely monitored. Regular arterial blood gas analysis was also performed to assess the patient's ventilation status.

Outcome: Within 48 hours of starting nebulization therapy and oxygen supplementation, the patient's respiratory distress significantly improved. The cough became less productive, breath sounds were clearer, and oxygen saturation levels consistently remained within the desired range (93-95%). The patient stabilized in seven days and was continued with oral antibiotics and advised to continue nebulization therapy and oxygen support on need basis.

Conclusion: This case study demonstrates the successful management of respiratory failure through the administration of nebulization therapy and the utilization of an oxygen concentrator to maintain proper oxygen levels. Prompt initiation of treatment and close monitoring resulted in a significant improvement in the patient's condition and a favorable overall outcome. Effective management by Adharshila Health care team facilitated the provision of comprehensive care for the patient with respiratory failure.

5. MAJOR OUTCOMES OF THIS QUARTER

In this quarter alone, our health project has successfully reached out to 4734 beneficiaries. Through the provision of regular opds, antenatal care, Homeopathic opd, and specialized treatment for old age, hypertension, and diabetes, we have gained valuable insights into the unmet needs of our community. As a result, we have recognized the urgent requirement to establish a dedicated Physiotherapy and eye care centre. Our diligent team is actively working towards bringing these essential services to fruition, and we are optimistic about launching them in the near future.

6. ADHARSHILA - A MULTIFACETED TRUST

Adharshila works in a variety of fields besides health, including computer training, remedial education, and apparel design and fabrication. This quarter, Adharshila reached out to 4734 beneficiaries in health, 187 (computer training), 325 in Education and 119 (Apparel design and fabrication) beneficiaries in skill, 217 beneficiaries in education and 1085 indirect beneficiaries. We Focussed on conducting camps this quarter and were able to conduct a Health Check-up camp successfully with beneficiary coverage as 211.

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