

ACTIVITY PROJECT REPORT- AP POLICE - DEEP CLINIC

YEAR 2017 AND 2018

LOCATION
VIJAYWADA

CONTACT DETAILS

Dr Rakesh Kalapala MD (Int. Med), DNB (Gastroenterology)
Dr Madhu Vasepalli MDS
Mr.Anne Jagadish (Project Director)

OVERVIEW OF THE ORGANIZATION

DEEP is a registered trust and is an acronym for DISEASE ERADICATION THROUGH EDUCATION AND PREVENTION. The trust was incorporated in the year 2014 by its two founder trustees Dr Rakesh Kalapala M.D,D.N.B (Gastroenterology) and Dr Madhu Vasepalli M.D.S with the noble idea to help eradicate the disease by instituting measures as a primary stage of prevention. The trust has been active in the fields of Rural Healthcare through it's Mother and Child initiative called MAITREE that bridges the gap between the frontline health worker and the beneficiary who in this case is an expecting mother. The initiative helps to increase institutional deliveries and thereby reduce maternal mortality and infant mortality.

Through the conducting of marathons and other forms of physical activity Deep trust aims to inculcate a very healthy life style in the society. These large scale runs brings to the forefront the message for the need to adopt a healthy lifestyle. This mass participation promotes a change that can affect the life style diseases and reduce the burden of cost of medical care on the families .

Water and Sanitation-Absence of clean Water and poor sanitation can affect the health of the society at large. DEEP trust aims to work with the community through it outreach programs involving the volunteers and members of the society and the government to spread the knowledge about water and sanitation. These time bound programs have a visible impact on the society when it involves school children etc. Deep Trust works with school children and schools to bring about a positive change in the habits and increase their social responsibility.

DEEP Clinics- Lack of doctors in the rural areas affects the health of the people in the hinterland. It also has an impact on the health outcomes of the various programs by the government. Accessibility, affordability and accountability are the factors that drive the health sector. Unfortunately the poor functioning of the facilities are evident by the poor numbers of the health indicators like MMR, IMR, U5MR etc. Deep Trust works along side the government health sector by actively engaging the informal

health workers like the RMP,s etc, who dot the rural landscape as they are the first point of contact for many a rural health care needs.

OVERVIEW OF THE COMMUNITY

Andhra Pradesh Police which plays an active role in the maintenance of law and order, traffic and prevents crime has a strength of around 2000 stationed in Vjayawada which is a part of the upcoming metropolis called Amaravati, the new state capital of Andhra Pradesh. These Police men face the brunt of stress and illness in their day to day call of duty. The health of the policemen and their families gets neglected due to their official engagements that keeps them busy all through the day. All of these and many more conditions subjugate them to poor health. The Deep trust as a part of its responsibility to promote a healthy life style for the policemen and their families designed a program as an primary health intervention where we undertake the process of screening the policemen for various health concerns and also digitize the content for their use. This sheds light on those men or women in the force who require more attention to avoid further complications . A stitch in time saves nine is the dictum we follow and address the concerns of the force.

HEALTH PROBLEMS THAT AFFECT THE POLICE FORCE

-Dental

Ophthalmology

Traffic police are exposed to pollution

Policemen are separated from their families for a long duration in the call of duty

Odd work hours subject them to change in their lifestyle that affects their health

Stress

Mental stress and duress due to the nature of the job

Obesity

Diabetes and Hypertension

Often to beat the stress and duress hey pick up habits that are detrimental to their health like smoking and alcoholism

Kidney stones are Rental calculi due to retention for longer periods the lack of poor infrastructure

Long hours of standing results in postural related issues like orthopedic and also Varicosities.

Cardiac issues

OUR INTERVENTION

To screen the policemen and the police women, once the screening is done, the records are stored electronically.

Since their jobs are transferrable they can access their records wherever they are on their phones or through web logins.

The continuity of the health records can be tracked by their easy retrieval when required wherever they seek care.

NEED FOR THE PROJECT

An early diagnosis could result in

- a) better prognosis
- b) lesser burden of cost
- c) better health outcomes.
- d) timely intervention -to save lives

These benefits when multiplied over the entire force will invariably be manifested by a reduction on the spend, on the health of the force by the government.

This unique exercise has thrown light on the need for a stress on preventive approach rather than on a reactive mode. As early interventions can be planned with

PROJECT OBJECTIVES

A healthy force which is active, devoid of any stress and thereby resulting in a better readiness to address any situation.

Early Diagnosis

Decrease the spend on the health

Reduce the burden of cost on health care spend by the department

Institute healthy measures, which when carried out across the force will have far reaching benefits to the policemen and women

Preventive measures can be put in place

ELECTRONIC HEALTH RECORDS / ELECTRONIC MEDICAL RECORDS

PROJECT DESCRIPTION

The following parameters which stand as the basic indicators for health were determined.

1. HEIGHT , WEIGHT and the BMI
2. Cardiac status with ECG
3. Ophthalmology
4. Audiometry
5. Pulmonary Function Test
6. Blood Tests
7. Dental

8. Ultra sonography if warranted after the physical examination and based on the chief complaint
9. X- Ray if warranted after the physical examination and based on the chief complaint

The results were analyzed and the conditions like diabetes and hypertension were identified apart from severe conditions like hepatic failure, renal calculi etc which if ignored would have been fatal. The immediate referral of the severe conditions was instrumental in saving the lives of the men in force. Cardiac conditions that were diagnosed were referred to Ramesh hospital ,a local super speciality hospital for further observation.

BENEFICIARIES OF THE PROJECT

Police men
Families and the dependents of the policemen.
AP Police

EXPECTED BENEFITS OF THE PROJECT

Early diagnosis of the diseases
Better health outcomes
Focussed care for the affected
Early interventions can be planned.
Planned expenditure can be reduced-there by reducing the burden on the expenditure

PROJECT COST

The strength of the project, the need and necessity of instituting preventive health checks can be envisioned in the results that were recorded.

The significant reduction in the expenditure and a reduction in the burden of cost can be reduced dramatically through preventive health check ups at the right time.

RESULTS AND ANALYSIS

OVERALL REGISTRATIONS

NUMBER OF POLICE MEN REGISTERED AND MALE TO FEMALE RATIO



GENDER

2263 (90.8%)

MALES

229 (9.2%)

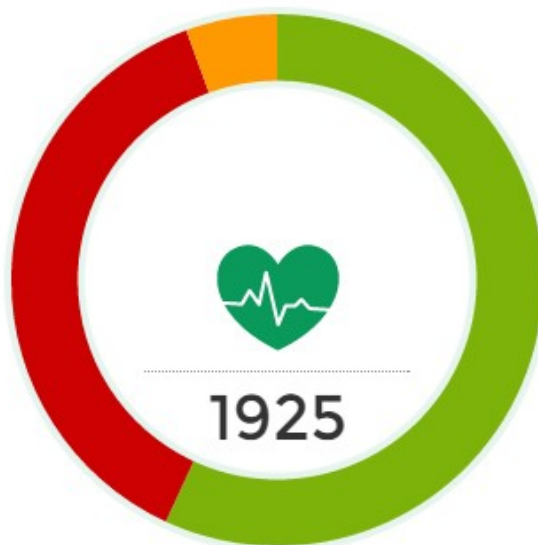
FEMALES

OVERALL STATUS



OVERALL TEST STATUS

1925 (77.2%) **COMPLETED** 381 (15.3%) **IN PROGRESS** 186 (7.5%) **NOT DONE**



OVERALL HEALTH STATUS

1095 (56.9%) **GOOD** 107 (5.6%) **AVERAGE** 723 (37.6%) **ATTN. REQ.**

BASED ON TESTS CONDUCTED

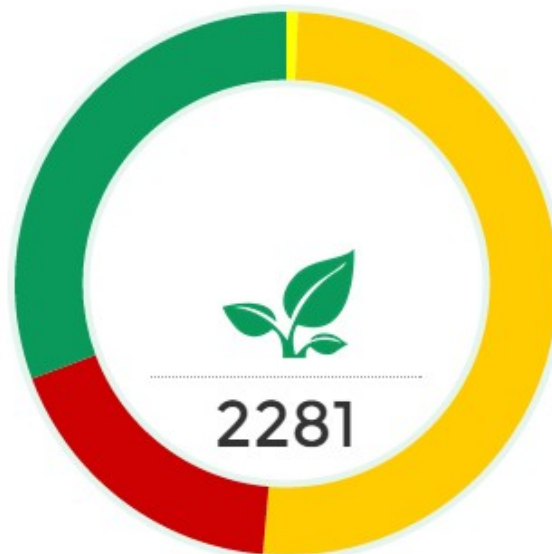
HEIGHT, WEIGHT & BMI



HEIGHT, WEIGHT & BMI

2281 (99%) **COMPLETED** 25 (1%) **NOT DONE**

BMI



BMI TEST STATUS

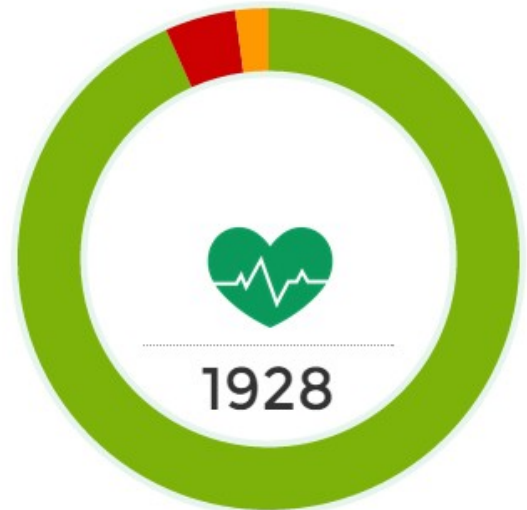
700 (30.7%) **HEALTHY** 16 (0.7%) **UNDER WEIGHT** 1156 (50.7%) **OVER WEIGHT** 409 (17.9%) **OBESE**

CARDIAC



BASIC STATUS

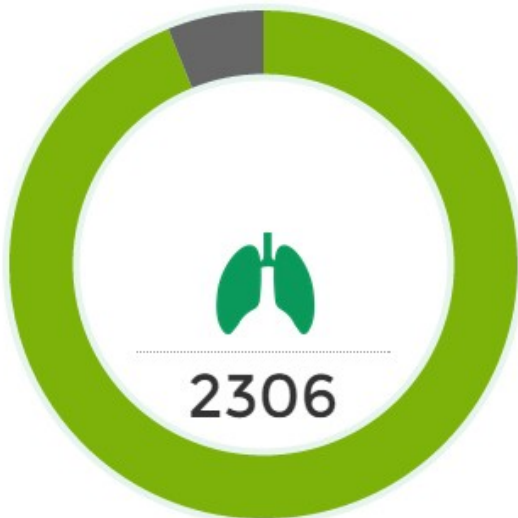
2224 (96%) **COMPLETED** 82 (4%) **NOT DONE**



BASIC TEST STATUS

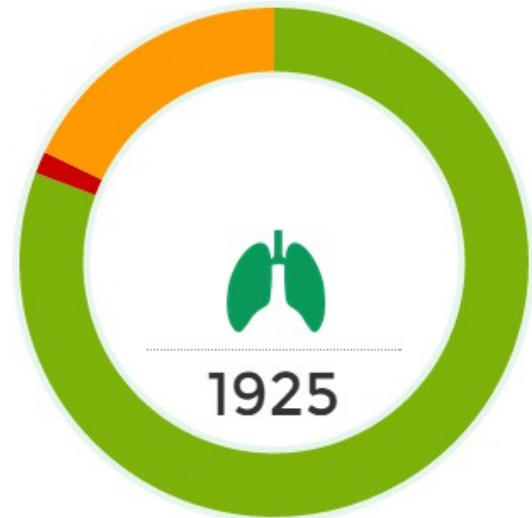
1799 (93.3%) **GOOD** 41 (2.1%) **AVERAGE** 88 (4.6%) **ATTN. REQ.**

PULMONARY FUNCTION TEST



PFT STATUS

2165 (94%) **COMPLETED** 141 (6%) **NOT DONE**



PFT TEST STATUS

1554 (80.7%) **GOOD** 344 (17.9%) **AVERAGE** 27 (1.4%) **ATTN. REQ.**

HEARING



HEARING STATUS

2252 (98%)
COMPLETED

54 (2%)
NOT DONE



HEARING TEST STATUS

1560 (80.9%)
GOOD

293 (15.2%)
AVERAGE

75 (3.9%)
ATTN. REQ.

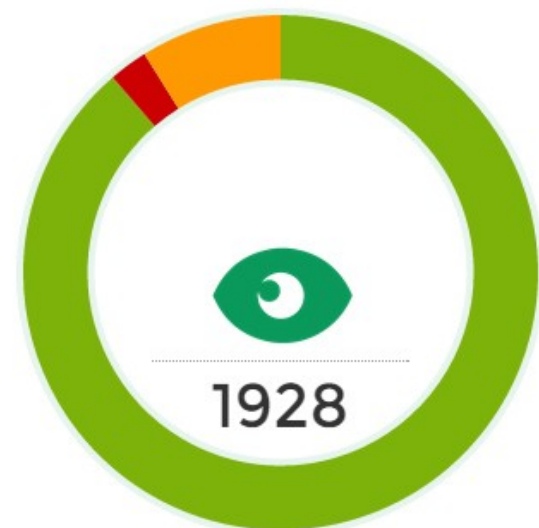
OPHTHALMOLOGY



VISION STATUS

2157 (94%)
COMPLETED

149 (6%)
NOT DONE



VISION TEST STATUS

1710 (88.7%)
GOOD

171 (8.9%)
AVERAGE

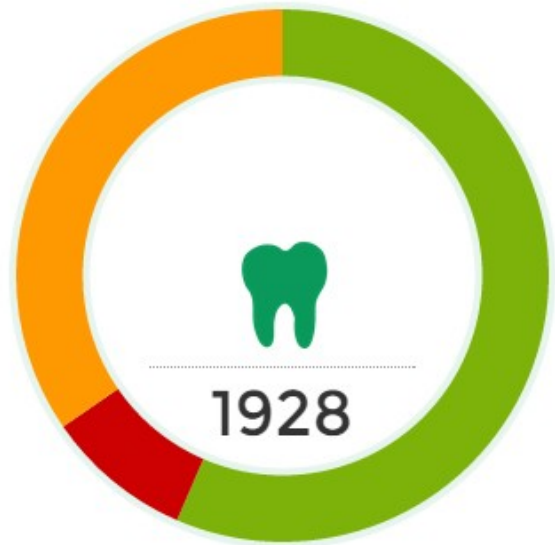
47 (2.4%)
ATTN. REQ.

DENTAL



DENTAL STATUS

2174 (94%) **COMPLETED** 132 (6%) **NOT DONE**



DENTAL TEST STATUS

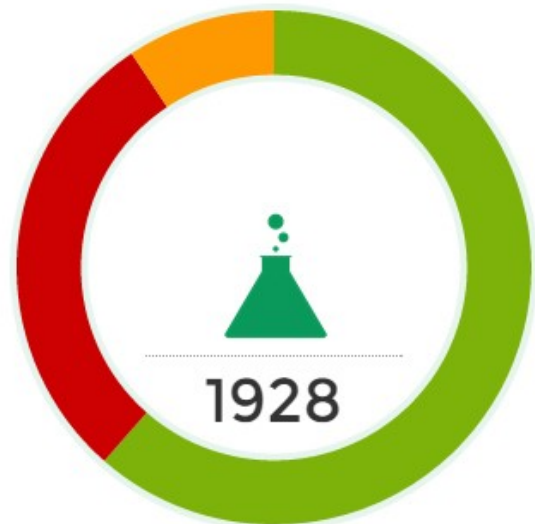
1089 (56.5%) **GOOD** 667 (34.6%) **AVERAGE** 172 (8.9%) **ATTN. REQ.**

BLOOD



BLOOD STATUS

2291 (99%) **COMPLETED** 15 (1%) **NOT DONE**



BLOOD TEST STATUS

1185 (61.5%) **GOOD** 180 (9.3%) **AVERAGE** 563 (29.2%) **ATTN. REQ.**

PREVALENCE OF OBESITY



OBESE

409 (17.9%)

OBESE

1872 (82.1%)

OTHERS

PREVALENCE OF DIABETES



DIABETES

455 (20.1%)

DIABETIC

1707 (79%)

NO

PREVALENCE OF HYPERTENSION



HYPERTENSION

471 (21.8%)
HYPERTENSION

1691 (78.2%)
NO

PREVALENCE OF HEARING DIFFICULTIES



HEARING

293 (15.2%)
AVERAGE

1635 (84.8%)
OTHER

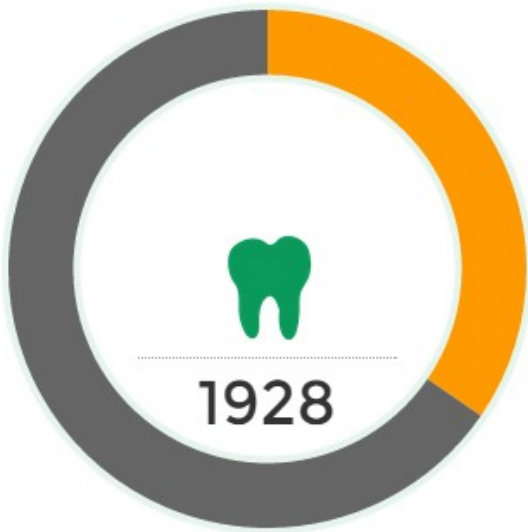


HEARING

75 (3.9%)
ATTN. REQ.

1853 (96.1%)
OTHER

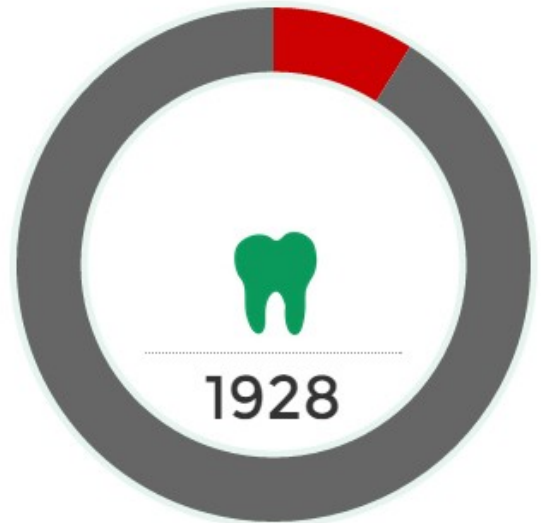
PREVALENCE OF DENTAL PROBLEMS



DENTAL

667 (34.6%)
AVERAGE

1261 (65.4%)
OTHER



DENTAL

172 (8.9%)
ATTN. REQ.

1756 (91.1%)
OTHER

PREVALENCE OF VISION RELATED DEFECTS



VISION

171 (8.9%)
AVERAGE

1757 (91.1%)
OTHER

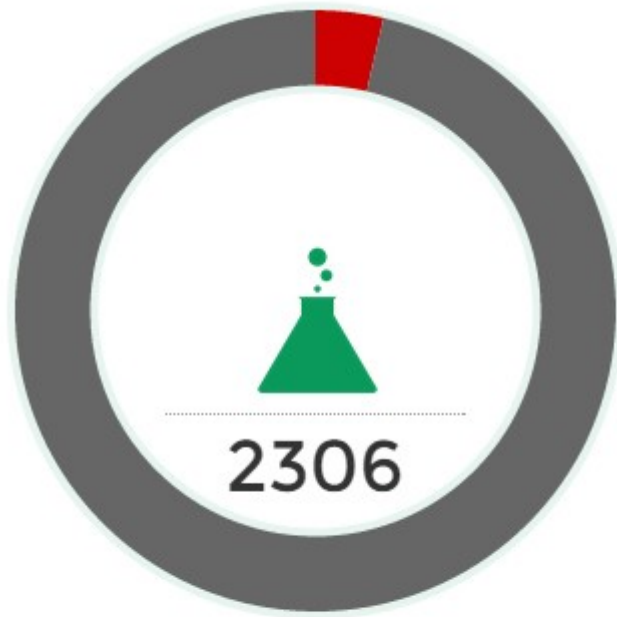


VISION

47 (2.4%)
ATTN. REQ.

1881 (97.6%)
OTHER

Anaemia



ANAEMIA (HAEMOGLOBIN < 11%)

84 (3.6%)
ANAEMIA

2222 (96.6%)
- NO -



HYPERLIPIDEMIA

314 (13.6%)
HYPERLIPIDEMIA

1992 (86.6%)
- NO -

Hyperlipidemia

DM/ diabetes mellitus



DM/ DIABETES MELLITUS

373 (16.2%)

DIABETES MELLITUS

1933 (83.8%)

- NO -

Transaminitis



TRANSAMINITIS

345 (14.9%)
TRANSAMINITIS

1961 (85.1%)
- NO -

Renal Calculi



RENAL STONES / RENAL CALCULUS

61 (2.6%)

RENAL STONES / CALCULUS

2245 (97.4%)

- NO -

Cholelithiasis/Gallstones



CHOLELITHIASIS / GALLSTONES

6 (0.3%)	2300 (99.7%)
CHOLELITHIASIS / GALLSTONES	- NO -