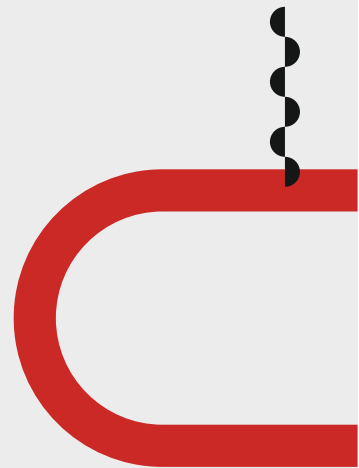




# Free Medical Health Camp

2nd of October 2021, Duration of Event : One Day

Location : Block - Smart Market Campus, Bahrerwan Bazar, Block Panchdeori,  
P.S.- Kateya, Dist- Gopalganj, Bihar - 841437





# SHINING SOULS Project Review

FREE MEDICAL HEALTH CAMP

## Project Title

FREE MEDICAL HEALTH CAMP

**Organized by:** SHINING SOULS (Trust)

**Participants:** 250

**Beneficiaries:** 200

## Overview

A free Mega Medical Health camp was organised by Shining Souls in association with Shining Medicos (OPC) Pvt. Ltd. on 2nd of October, 2021 at Village - Smart Market Campus, Bahrerwan Bazar, Block Panchdeori, P.S.- Kateya, Dist- Gopalganj, Bihar - 841437

The objective of the camp was to provide information regarding diet, exercise and weight control. Free medicines have been provided to subjects who were diagnosed with HTN and or DM and advised them to follow up with their local doctors or Public Health Centers. Follow up has been done with those subjects who have been diagnosed with HTN or DM on a regular basis by our trained local volunteers and physicians for compliance with their medications and ascertain that their blood pressure and/or blood sugar are controlled.

### Adopt a Patient Program:

"Adopt a Patient" program has been started where free medicines has been provided and follow ups to very sick patients who otherwise could not afford medical care. We are already taking care of one of the patients under this program.

## Acknowledgement:

Shining Souls sincerely acknowledges the encouragement and support provided by Dr. H.N. Prasad (Child Specialist), Dr. Beenu Gupta (Gynaecologist) & Dr. A.K. Jaiswal (Physician). We also acknowledge Lots of Locals to help us in planning of this camps. Last but not the least, we appreciate with gratitude the services and support provided by physicians, and para-medical personnel and other local volunteers & Shining Souls Volunteers.





## Report:

Patient health data was collected for 250 subjects (55.6% men, median age 50 years, 44.4% women, median age 45 years) as part of Free Health Fair for Noninfectious Chronic Diseases initially screening for Hypertension and Diabetes, and also provide counseling for smoking cessation, nutrition, and weight loss in with the support of local volunteer physicians and paramedical personnel.

About 35% of these subjects had hypertension, defined as systolic blood pressure (SBP) greater than 140mmHg and/or diastolic blood pressure (DBP) greater than 90mmHg.

Twenty two percent of the subjects exhibited systolic hypertension, 12% of the population was found to have diastolic hypertension, while 9% of the subjects had both systolic and diastolic hypertension

Hypertension was more prevalent among men (29.9%) compared to women (16.5%).

With respect to diabetes, a large proportion of the population was either prediabetic (30%) or diabetic (15%). Only 45% of the subjects were found to have fasting glucose levels in the normal range.

A higher percentage (14.3%) of men were diagnosed with diabetes (Fasting Blood Sugar >126 mg/dL) compared to women (10.6%) while similar percentage of men (27.6%) and women (25.5%) were noted to be prediabetic (Fasting Blood Sugar between 101 125.9mg/dL)

Out of those subjects diagnosed with an abnormal blood pressure, which constituted 33% of the subjects, a majority (66.3%) of these subjects were newly diagnosed as hypertensive.

Similarly, out of those subjects found to have abnormal blood glucose levels, which constituted 12% of the subject population, 74.5% of these subjects were newly diagnosed diabetics. About 17% of the subjects presented with tachycardia (>100 bpm) while 1.9% of the Subjects had bradycardia with pulse rate of <60 bpm.

A large proportion of the population was found to be either underweight (25% with BMI <18.5) or overweight (27% with BMI between 23 and 27.9) / obese (16% with BMI 28+).

Only 31% of the subjects had normal BMI between 18.5 and 22.9. 17.5% of the women were obese compared to 11.4% of men, while 29.5 % of the men were overweight compared to 24.9% of women.





A higher percentage (32.8%) of women were underweight compared to men (26.5%).

A higher percentage (32.3%) of men were diagnosed with Dental Problems Some of them having infections & lots of required dental cleanness compared to women (13.6%) while similar percentage of men (10.6%) and women (2.5%) were noted to be required Tooth Drilling & Capping are done.

Free medical camps are set up with a sacred aim to bring awareness amongst the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, medical camps provide free medical advice, medicine to the unfortunate people and refer for specialized treatment or surgery whenever it is required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

### **Thinking of Shining Souls:**

We obviously need to improve our failing healthcare system where costs are skyrocketing and the poor do not have the healthcare they need. Healthcare is a basic right of a human being which should be available for everyone and shouldn't be treated as a commodity only for those who can spend money to buy the services.

The physicians conducting the camps are obliged to act in the best interest of the patients. They inform the whole truth about the diseases and treatments of the patients. Every patient attending the camps are treated similarly and cared for evenly.

