

REPORT OF HEALTH EDUCATION CLASS AT UHTC KUNDUPARAMBA

22/09/2022

A health education class was taken at UHTC Kunduparamba by PG resident and house surgeon of Dept. of Community Medicine, Malabar Medical College under the guidance of Dr. Pratibha Dabas (Prof. & HoD, Dept of Community Medicine, Malabar Medical College) and Dr. Remya Ramachandran (Faculty in-charge and Asst Professor, Dept. of Community Medicine, Malabar Medical College).

- The details are as follows:

Date : 22/09/2022

Day : Thursday

Venue : UHTC, Kunduparamba

Topic : **NCD- CVA**

Medical Officer : Dr Ayisha Thasneem (FHC,Kunduparamba)

Classes taken by : Dr Raseena P.A. (PG Resident)

Dr Helana (Intern)

- A detailed health education class was taken on the above topic at UFHC Kunduparamba for the patients attending the NCD clinic. The class was mainly focused on the symptoms and signs, diagnosis, and immediate response required during the event.
- Health interventions to avoid stroke in hypertensive and diabetic patients were explained in detail.
- Enquiries from the audience were appropriately clarified.



REPORT OF HEALTH EDUCATION CLASS AT UHTC KUNDUPARAMBA

15/09/2022

A health education class was taken at UHTC Kunduparamba by the PG resident and house surgeons of Dept of Community Medicine, Malabar Medical College under the guidance of Dr. Pratibha Dabas (Prof. & HoD, Dept of Community Medicine, Malabar Medical College) and Dr. Remya Ramachandran (Faculty in charge and Asst Professor, Dept of Community Medicine, Malabar Medical College).

- The details are as follows:

Date :15/09/2022

Day :Thursday

Venue :UHTC, Kunduparamba

Topics:**NCD- Hypertension and Diabetes mellitus**

Medical Officer :Dr Ayisha Thasneem (FHC,Kunduparamba)

Classes taken by :Dr. Rakesh Ramachandran (First year PG student)

Dr. Anjali(Intern)

Dr. Sudarshan (Intern)

- A detailed health education class was taken on the above topics at UFHC Knuduparamba for the patients attending the NCD clinic. The class was mainly focused on the clinical features, diagnosis, and management of hypertension and diabetes mellitus.
- A diet plan that can be followed by a diabetic patient was explained in detail. Exercises, stress management techniques, foot care, etc. were explained to the audience.
- Enquiries from the audience were appropriately clarified.

