

**MANIKAKA TOPAWALA INSTITUTE OF NURSING**  
**CHARUSAT- CAMPUS, CHANGA**  
**COMMUNITY HEALTH NURSING - I**  
**Baseline survey form**

1. Name of the area Rural / Urban:.....
2. Name of the Health centre:.....
3. Name of the Head of the family:.....
4. Type of family: 4.1 Nuclear..... 4.2 Joint..... 4.3 Single.....
5. Religion: 5.1 Hindu..... (Specify the sub caste).....  
5.2 Muslim..... (Specify the sub caste).....  
5.3 Christian..... (Specify the sub caste).....  
5.4 Any other..... (Specify the sub caste).....
6. Housing condition:
  - 6.1 Type of house
    1. Pucca..... 2. Semi pucca..... 3. Kutcha.....
  - 6.2 Rooms
    - Number of rooms..... 1. Adequate..... 2. Inadequate.....
  - 6.3 Occupancy
    1. Tenant ..... 2. Owner.....
    - a. Monthly Rent.....
  - 6.4 Ventilation
    1. Adequate..... 2. Inadequate..... 3. No Ventilation.....
  - 6.5 Lighting
    1. Electricity..... 2. Gas lamp..... 3. Oil lamp.....
  - 6.6 Water supply
    1. Tap / Hand pump... 2. Well... 3. Open Tank..... 4. Others (Specify).....
  - 6.7 Kitchen
    1. Separate.....2.Corner of the room..... 3. Veranda.....
  - 6.8 Drainage
    1. Adequate..... 2. Inadequate..... 3. No Drainage.....
  - 6.9 Lavatory
    1. Own Latrine..... 2. Public Latrine..... 3. Open air defecation.....
7. Family Composition:

Sr. no	Name	Relationship With Head of the Family	Age in years	Gender	Education	Occupation	Income	General health status

Sr. no	Name	Relationship With Head of the Family	Age in years	Gender	Education	Occupation	Income	General health status

**7 A. TOTAL INCOME OF FAMILY/MONTH    7.B SOCIO-ECONOMIC CLASS**

- a. Below Rs.1000
- b. Rs. 1000 - 1500
- c. Rs. 1501 - 2000
- d. Rs. 2001 - 2500
- e. Rs. 2501 and above

- a. I.....
- b. II .....
- c. III.....
- d. IV.....
- e. V.....

**8. TRANSPORT & COMMUNICATION MEDIA**

- a. Tractor / Tempo
- b. Own Vehicle
- c. Uses GTS / GSRTC
- d. Private Bus
- e. Train

**8.1 COMMUNICATION**

- a. Telephone/Mobile
- b. Television
- c. Radio
- d. Newspaper/ Magazine
- e. Post and Telegraph / Email

**8.2 LANGUAGE:**

Mother tongue:

- a. Gujarati
- b. Hindi
- c. Others (Specify)

**8.3 LANGUAGE KNOWN:**

- a. Gujarati Read / Write
- b. Hindi Read / Write
- c. English Read / Write
- d. Others (Specify)

**9. DIETARY PATTERN:**

Food Available	Food Used	Food Preparation and Storage		
		Traditional	Ideal	Unhygienic
Rice				
Bajra				
Jowar				
Wheat				
Vegetables				
Fish				
Meat				
Egg				
Milk & Milk Products				
Pulses				
Tubers				

**10. STATEMENT OF EXPENDITURE OF FAMILY:**

Sr.no.	Items	Amount spent	% of Total expenditure
1	Food		
2	Clothing		
3	Housing		
4	Medicine		
5	Children education		
6	Recreation (movie etc)		
7	Smoking, alcohol		
8	Debt		
9	Savings		
10	Other ( specify)		
	Total		

**11. IS THERE ANY CASE OF FEVER (IF YES than write name, age, treatment with remarks)**

11.1 With rigors 11.2 with cough 11.3 with rash

Sr. no	Name	Age	Disease	Treatment	Remarks
11.1					
11.2					
11.3					

**12. DOES ANYONE HAVE ANY SKIN DISEASE (e.g. Itching, Patch, Rashes)**

Sr. no	Name	Age	Disease	Treatment	Remarks
12.1					
12.2					
12.3					

**13. DOES ANY ONE HAVE COUGH FOR MORE THAN 2 WEEKS?**

Sr. no	Name	Age	Disease	Treatment	Remarks
13.1					
13.2					
13.3					

**14. DOES ANY ONE HAVE ANY OTHER ILLNESS?**

Sr. no	Name	Age	Disease	Treatment	Remarks
14.1					
14.2					
14.3					

**15. FAMILY HEALTH ATTITUDE**

- a. Knowledge and attitude of family about health and illness.....
- b. Knowledge, attitude and beliefs of family about nutrition.....
- c. Utilization of health services:  
Private hospital/ Govt hospital/ CHC/PHC/ local doctors/other systems.
- d. Community leaders:.....

**16. ANY PREGNANT WOMEN IF– YES, write the following remarks****16.1 Specify Gravida****16.2 Has she been registered?****16.3 Is she getting iron and folic acid tablets?****16.4 Has she had Tetanus Toxoid?**

Sr.no	Name	16.1	16.2	16.3	16.4
1					
2					
3					
4					

**17. HAVE THERE BEEN ANY births & deaths {(with in one year) -Vital statistics}****17.1 Births:**

Date of birth	Gender	Parents	Remarks

**17.2 Deaths:**

Date of birth	Gender	Parents	Remarks

**17.3 Marriages:**

Name	Age	Date of Marriage	Remarks

**18. ARE THERE ANY CHILDREN BELOW 5 YEARS WHO HAVE NOT RECEIVED IMMUNIZATION (specify name, age, reason for not immunization in remarks?)**

Name of children	Date of birth	B C G	OPV						Pentavalent					Measles & Rubella
			0	1	2	2	B 1	B 2	1	2	3	B 1	B 2	

Remarks: .....

**19. IS THERE ANY ELIGIBLE COUPLE (if so list them on priority)**

Name of the couple	Age	Gender	I Priority	II Priority

Remarks.....

**19.1 Using contraceptive method? If yes, specify.....**

**19.2 Intending to undergo      18.2.1 Vasectomy .....**

**18.2.2 Tubal ligation.....**

**19.3 Not interested to adopt F. P. Method (state the reason)**

.....

**20 Is there any child 0-5 years in the family who show signs of Malnutrition**

**20.1 Kwashiorkor? 20.2 Marasmus? 20.3 Vitamin A Deficiency?**

**20.4 Anemia?      20.5 Rickets?**

Sr no	Name	Age	20.1	20.2	20.3	20.4	20.5

Remarks:.....

- 21. Is the sewage water being disposed of hygienically? Yes/No, if no, state reasons.....**
- 22. Is the waste being disposed of hygienically? If yes, tick any one/ all whichever is practiced?**  
**21.1 Composting 21.2 Burning 21.3 Burying 21.4 Dumping**  
**if no, state reasons.....**
- 23. Is the excreta being disposed of hygienically? Yes/no**  
**if no, state reasons.....**
- 24. Are the cattle and poultry if any housed hygienically ? Yes/no**  
**If yes, how are they housed?**  
**24.1 separate 24.2 within house**  
**if no, state reasons.....**
- 25. Is there a well or hand pump? Yes/ No**  
**25.1 If yes is it maintained in good order/ condition? if no state reasons**  
**.....**
- 25.2 If there is a well when was the well-chlorinated last? Date? If not chlorinated, state reasons .....**
- 26. Whether house is kept clean? Yes /No**  
**if no state reasons**  
**.....**
- 27. When was the house last sprayed? Date? If no state reasons**  
**.....**
- 28. Is there any breeding place of insects and rodents? Yes/ No**  
**.....**
- 29. Are there any stray dogs in the vicinity? Yes/No If yes, write the approximate number of dogs**  
**.....**
- 30. If any one falls ill where do they go for treatment?**  
**30.1 Hospital / Community Health Centre**  
**30.2 Primary Health Centre/ Sub Health Centre**  
**30.3 Private Nursing Home**  
**30.4 Indigenous Doctor/ Local vaidya / Homeopathy / Ayurvedic**

**31. Is official health agencies service adequate? Yes / No**

**if no state reasons.....**

**32. Health insurance : Yes/No                      Specify:- .....**

**33. Techo\* N0.....**

**35. Strength of the family.**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

**36. Weakness of the family.**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

**37. National health programme applicable to the family.**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

**38. Where do they go to purchase the prescribed drug.....**

**38.1 Compliance to medicine:**

- 1 Complete.....**
- 2 Partial/ Few dose.....**
- 3 Unfinished.....**

**39. Contact Number of head of the family.....**

**Note:** In addition to the above students are expected to obtain the following information by observation and other methods:

1. Description of the community location, topography, climate, history etc. Number of schools, No. of Health Care Agencies, Balwadi or ICDS Centers place of worship (eg. Temple) and any other relevant information related to health.
2. List the eligible couples with details on priority basis.
3. Maintain the record of “Road to Health Card” for knowing the degree of malnutrition for under fives where necessary and use nutritional assessment form promptly.
4. Use problem-solving approach & construct good nursing care plan.
5. Remarks can be written in separate sheets quoting code no (Eg. 13.2 No sensation found on the patches needs referral and follow up services)

**Date of survey**

**Name and signature of the student**

**List of problems identified**

1).....

2).....

3).....

4).....

5).....

6).....



## ANNEXURE-1

### NUTRITIONAL ASSESSMENT

- A. BODY MASS INDEX:** Ancel Keys American scientist Diet and Health Coined the term “Body mass index” in his paper Published in ‘Journal of Chronic Diseases’- July 1972.

The BMI is universally expressed in kg/m<sup>2</sup>, resulting from mass in kilograms and height in metres.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height(m)}^2}$$

#### BMI Categories:

- Underweight = <18.5
- Normal weight = 18.5–24.9
- Overweight = 25–29.9
- Obesity = BMI of 30 or greater

These ranges of BMI values are valid only as statistical categories.

Category	BMI (Kg/m <sup>2</sup> )	
	From	To
Very severely underweight	-	15.0
Severely underweight	15	16
Underweight 16	16	18.5
Normal (healthy weight)	18.5	25
Overweight	25	30
Obese Class I (Moderately obese)	30	35
Obese Class II (Severely obese)	35	40
Obese Class III (Very severely obese)	40	-

**B. Basal Metabolic Rate(BMR):** minimum amount of energy required by the body to maintain life at complete physical and mental rest in post absorptive state

Several functions within the body occurs at basal condition :

- working of heart and other organs
- conduction of nerve impulse
- reabsorption by renal tubules
- gi motility
- ion transport across membranes

### **Benedict-Roth method**

The volume of oxygen consumed by the subject for a period of 2-6 minutes under basal conditions is determined (E)

- The standard calorific value of one liter of oxygen consumed is 4.825
  - Heat produced in 6 min =  $4.825 * E$
  - Heat produced in 1 hr =  $4.825E * 10$
  - Body surface area (A) =  $H^{0.725} * W^{0.425} * 71.84$
  - H= height in centimeter square
  - W= weight in Kg

$$\text{BMR} = \frac{\text{Total heat production in kcal per hour}}{\text{Body surface area in square meters}}$$

### **Normal values of BMR :**

- Adult man: 35-38 cal/sq.m/hr or 1600cal/day
- Adult woman: 32-35 cal/sqm/hr or 1400cal/day

A BMR value between -15% and +20% is considered normal.

### C.) CLASSIFICATION OF MALNUTRITION IN CHILDREN

Sr.NO	CLASSIFICATION	DEFINITION	GRADING	CRITERIA
1.	<b>GOMEZ</b>	WEIGHT BELOW % MEDIAN OF WEIGHT FOR AGE	MILD (GRADE 1)	75%-90% WFA
			MODERATE (GRADE 2)	60%-74% WFA
			SEVERE (GRADE 3)	< 60% WFA
2.	<b>WATERLOW</b>	Z-SCORES(SD) BELOW MEDIAN WEIGHT FOR HEIGHT	MILD	80%-90% WFH
			MODERATE	70%-80% WFH
			SEVERE	< 70% WFH
3.	<b>WHO (WASTING)</b>	z-scores (SD) below median WFH	Moderate	-3% <= z-score < -2
			Severe	z-score < -3
4.	<b>WHO (STUNTING)</b>	z-scores (SD) below median HFA	Moderate Severe	-3% <= z-score < -2
			Moderate Severe	z-score < -3
5.	<b>KANAWATI</b>	MUAC divided by occipitofrontal head circumference	Mild	<0.31
			Moderate	<0.28
			Severe	<0.25
6.	<b>COLE</b>	z-scores of BMI for age	Grade 1	BMI for age z-score < -1
			Grade 2	BMI for age z-score < -2
			Grade 3	BMI for age z-score < -3

**Abbreviations:** BMI, body mass index; HFA, height for age; MUAC, mid-upper arm circumference; SD, standard deviation; WFA, weight for age; WFH, weight for height; WHO, World Health Organization.

**Gomez Classification:** The child's weight is compared to that of a normal child (50th percentile) of the same age. It is useful for population screening and public health evaluations.

Percent of reference weight for age = [(patient weight) / (weight of normal child of same age)] \* 100

**Waterlow Classification:** Chronic malnutrition results in stunting. Malnutrition also affects the child's body proportions eventually resulting in body wastage.

Percent weight for height = [(weight of patient) / (weight of a normal child of the same height)] \* 100

Percent height for age = [(height of patient) / (height of a normal child of the same age)] \* 100

**Wasting** =  $\frac{\text{Actual Body Weight}}{\text{Weight for Height}} \times 100$

**Stunting** =  $\frac{\text{Actual Height}}{\text{Height For Age}} \times 100$

Standard	Stunting	Wasting
Normal	>95%	90>%
Mild	87.5-95%	80-90%
Moderate	80-87.4%	70-79%
Severe	<80%	<70%

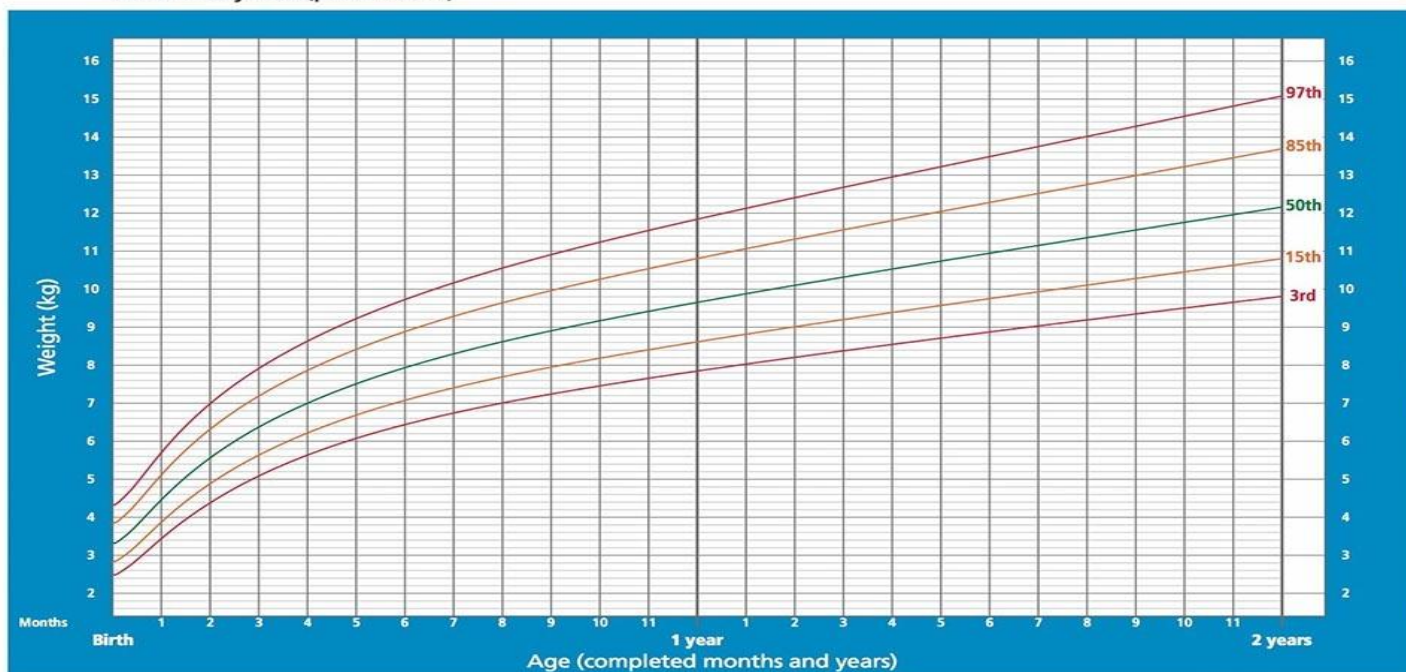
**Wellcome Classification:** evaluates the child for edema and with the Gomez classification system.

Weight for Age (Gomez)	With Edema	Without Edema
60-80%	kwashiorkor	undernutrition
< 60%	marasmic-kwashiorkor	marasmus

## GROWTH CAHRT

### Weight-for-age BOYS

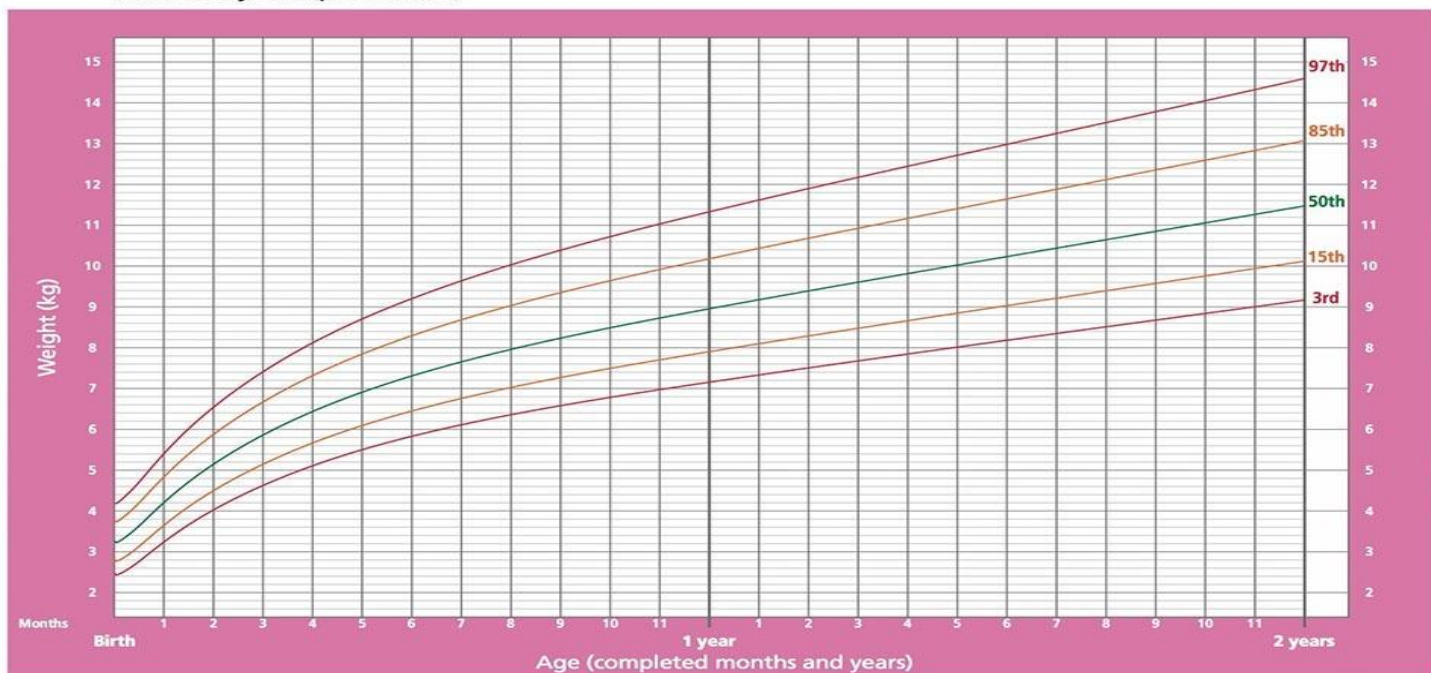
Birth to 2 years (percentiles)



WHO Child Growth Standards

### Weight-for-age GIRLS

Birth to 2 years (percentiles)



WHO Child Growth Standards

## ANNEXURE -2

### SOCIO-ECONOMICAL CLASS

#### A).Prasad classification : (1961)

Social class	Per Capita Income of family
I	100 and above
II	50-99
III	30-49
IV	15-29
V	Below 15

#### B). Modified Prasad's Classification : (1991)

$$\text{C.F. (Correction Factor)} = \frac{\text{C.P.I ( ALL India CPI)} \times 4.93}{100}$$

C.P.I.=Consumer Price Index ( 7.59% in January 2020)

#### C). Kuppuswami Classification :

No.	EDUCATION	Score	OCCUPATION	Score	INCOME (Rs.)	Score
1.	Professional Degree, Post Graduate	7	Professional	10	2000 and above	12
2.	Graduate	6	Semiprofessional	6	1000 to 1999	10
3.	Post Highschool diploma	5	Clerical, shop owner, farm owner	5	750 to 999	6
4.	High school	4	Skilled worker	4	500 to 749	4
5.	Middle school	3	Semiskilled worker	3	300 to 499	3
6.	Primary school or literate	2	Unskilled worker	2	101 to 299	2
7.	Illiterate	1	Unemployed	1	100 and below	1

Maximum total : 29.

Achieved score:

Total points	Social class
26 – 29	I
16 – 25	II
11 – 15	III
5 – 10	IV
Below 5	V

**D). Pareek's Classification :**

Components	Score	Components	Score
<b>Caste</b>		<b>Social participation</b>	
Schedule Caste	1	None	0
Lower Caste	2	Member of one organization	1
Artisan Caste	3	Member of more than one organization	2
Agriculture Caste	4	Office holder in such an organization.	3
Prestige Caste	5	Wide public leader	4
Dominant Caste	6	<b>House</b>	
<b>Occupation</b>		No house	0
None	0	Hut	1
Labourer	1	Kutch house	2
Caste occupation	2	Mixed house	3
Business	3	Pucca house	4
Independent profession	4	Mansion	5
Cultivation	5	<b>Farm power</b>	
Service	6	No draught animals	1
<b>Education</b>		1-2 draught animals	2
Illiterate	0	3-4 draught animals	4
Can read only	1	5-6 draught animals	6
Can read and write	2	<b>Material possessions</b>	
Primary	3	Bullock cart	0
Middle	4	Cycle	1
High School	5	Chairs	2
Graduate	6	Radio	3
And above	7	Mobile phone	4
<b>Land</b>		Television	5
No land	0	Refrigerators	6
<1 acre	1	<b>Family member</b>	
1-5	2	Up to 5	2
5-10	3	> 5	1
10-15	4		
15-20	5		
≥ 20	6		

**Grading:**

Grade	Category	Score on scale
I	Upper class	> 43
II	Upper middle class	33-42
III	Middle class	24-32
IV	Lower middle class	13-23

V	Lower class	<13
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### ANNEXURE -3

#### NUTRITIONAL REQUIREMENTS

##### A). Classification of consumption units according to various work professions (NIN-HYDRABAD)

LIFE STYLE	MALE	FEMALE
<b>Sedentary</b>	<b>1.0</b>	<b>0.8</b>
	Teacher, Tailor, Barber, Executives, priest, Retired personnel, Land lord, Postman etc.	Teacher, Tailor, Executives, Housewife, Nurse, etc.
<b>Moderate</b>	<b>1.2</b>	<b>0.9</b>
	Fisherman, Basket maker, Potter, Goldsmith, Agricultural worker, Carpenter, Mason, Rickshaw puller, Electrician, Fitter, Turner, Welder, Industrial Laborer, Coolly, Weaver, Driver, etc.	Servant maid, coolly, Basket maker, weaver, Agricultural worker, Bidi-maker, etc.
<b>Heavy</b>	<b>1.6</b>	<b>1.2</b>
	Stone cutter, Black smith, mine worker, wood cutter, Gang man, etc.	Stone Cutter.

For male/female below 21 yes of age.			
Age Group	C.U. required	Age Group	C.U. required
1-3 yrs.	<b>0.4</b>	7-9 yrs.	<b>0.7</b>
3-5 yrs.	<b>0.5</b>	9-12 yrs.	<b>0.8</b>
5-7 yrs.	<b>0.6</b>	12-21 yrs.	<b>1.0</b>

##### B.) Availability of Energy and Nutrients per 100 grams. (According to Text book of P&SM K Park)

No.	Food Item	Kcals	Protein	Fats	Carbohydrate
1.	Cereals	<b>350</b>	<b>12</b>	<b>2</b>	<b>70</b>
2.	Pulses	<b>350</b>	<b>20</b>	<b>3.5</b>	<b>57</b>
3.	Vegetables	<b>35</b>	<b>3</b>	<b>0.5</b>	<b>12</b>
4.	Milk	<b>117</b>	<b>6.5</b>	<b>4.3</b>	<b>5</b>
5.	Sugar and Jaggery	<b>400</b>	<b>0.2</b>	<b>---</b>	<b>85</b>
6.	Ghee and Oils	<b>900</b>	<b>---</b>	<b>100</b>	<b>---</b>
7.	Meat	<b>110</b>	<b>21.4</b>	<b>3.6</b>	<b>---</b>
8.	Eggs	<b>125</b>	<b>13.3</b>	<b>13.3</b>	<b>---</b>



### C.) CONTENT AND ENERGY OF INDIAN FOOD

No	Food Item	Gms.
1.	Roti (S/M/T)*	15/25/35
2.	Rotla (S/M/T)*	75/100/150
3.	Bhakhri (S/M/T)*	25/35/50
4.	Khichdi	200
5.	Bread	15
6.	Curd (1 cup)	100
7.	Rice (1 cup)	100
8.	Dal (liquid-1 cup)	50
9.	Dal (thick- 1cup)	100
10.	Tomato (mod. 1)	100
11.	Onion (mod. 1)	50-60
11.	Coffee 1 cup(150ml)	98 Kcals
12.	Tea 1 cup (150 ml)	79 Kcals
13.	1 tea spoon full	5 gms.
14.	1 table spoon full	15 gms.
*S=Small/ M=Medium /T=Thick		

### D.) ENERGY OUTPUT OF FOODS

Food Item	Kcals.	Prot.	Fats	Carbo.
Cereals	350	12	2	70
Pulses	350	20	3.5	57
Vegetables	35	3	0.5	12
Milk	117	6.5	4.3	5
Sugar and Jaggery	400	0.2	-	85
Ghee and Oils	900	-	100	-
Meat	110	21.4	3.6	-
Eggs	125	13.3	13.3	-

## ANNEXURE -4

### NATIONAL IMMUNIZATION SCHEDULE FOR INFANTS, CHILDREN AND PREGNANT WOMEN (VACCINE-WISE)

VACCINE	WHEN TO GIVE	DOSE	ROUTE	SITE
<b>FORE PREGNANT WOMEN</b>				
<b>Tetanus Toxoid(TT) &amp; Adult Diphtheria(Td)-1</b>	Early in pregnancy	0.5 ml	Intra-muscular	Upper Arm
<b>TT/Td-2</b>	4 weeks after TT-1	0.5 ml	Intra-muscular	Upper Arm
<b>TT/Td-Booster</b>	If received 2TT doses in a pregnancy within the last 3 years	0.5 ml	Intra-muscular	Upper Arm
<b>For Infants</b>				
<b>Bacillus Calmette Guerin (BCG)</b>	At birth or as early as possible till one year of age	0.1 ml(0.05 ml until 1 month age)	Intra-dermal	Left Upper Arm
<b>Hepatitis B- Birth dose</b>	At birth or as early as possible within 24 hours	0.5 ml	Intra-muscular	Antero-lateral side of mid thigh
<b>Oral Polio Vaccine (OPV-0)</b>	At birth or as early as possible within the first 15 days	2 Drops	Oral	Oral
<b>OPV 1,2, &amp; 3</b>	At 6 weeks, 10 weeks, &14 weeks (OPV can be given till 5 years of age)	2 Drops	Oral	Oral
<b>Pentavalent 1,2, &amp;3</b>	At 6 weeks, 10 weeks, &14 weeks (can be	0.5 ml	Intra-muscular	Antero-lateral side of mid thigh

	given till one year of age)			
<b>Pneumococcal Conjugate Vaccine(PCV)</b>	Two primary doses at 6 and 14 weeks followed by booster dose at 9-12 months.	0.5 ml	Intra-muscular	Antero-lateral side of mid thigh
<b>Rotavirus (RVV)</b>	At 6 weeks, 10 weeks, &14 weeks (can be given till one year of age)	5 drops	Oral	Oral
<b>Inactivated Polio Vaccine (IPV)</b>	Two fractional dose at 6 and 14 weeks of age	0.1 ml ID	Intra dermal two fractional dose	Right upper arm
<b>Measles Rubella (MR) 1<sup>st</sup> Dose</b>	9-12 months.(Measles can be given till 5 years of age)	0.5 ml	Sub-cutaneous	Right upper arm
<b>Japanese Encephalitis (JE-1)</b>	9-12 months.	0.5 ml	Sub-cutaneous	Left upper arm
<b>Vitamin A (1<sup>st</sup> dose)</b>	At 9 completed months with measles-rubella	1 lakh IU	Oral	Oral
<b>For Children</b>				
<b>Diphtheria, Pertussis &amp; Tetanus (DPT) booster-1</b>	16-24 months	0.5 ml	Intra-muscular	Antero-lateral side of mid thigh
<b>MR 2<sup>nd</sup> Dose</b>	16-24 months	0.5 ml	Sub cutaneous	Right upper Arm
<b>OPV Booster</b>	16-24 months	2 drops	Oral	Oral
<b>JE-2</b>	16-24 months	0.5 ml	Sub cutaneous	Left Upper Arm
<b>Vitamin A( 2<sup>nd</sup> to 9<sup>th</sup> dose)</b>	16-18 months. Then one dose every 6 months up to the age 5 years.	2 lakh IU	Oral	Oral
<b>DPT Booster-2</b>	5-6 years	0.5 ml	Intra-muscular	Upper Arm
<b>TT/Td</b>	10 years & 16 years	0.5 ml	Intra-muscular	Upper Arm