

## **Health Screening Camp Report (NCD Focus)**

### **Student Details:**

- **Name of Student:** Priya Sharma
- **Class/Semester:** B.Sc. Nursing – 3rd Year
- **ID Number:** BSCN23045
- **Date of Camp:** 12th July 2025
- **Venue (Village/Community/School):** Rampura Village, Anand District
- **Organized by:** Department of Community Health Nursing
- **In Collaboration with:** CHC Khambhat & Local Panchayat
- **Time:** From 9:00 AM to 2:00 PM
- **Type of Camp:** Non-Communicable Disease Screening Camp (Hypertension, Diabetes, Obesity, Anemia)

### **1. Introduction**

The purpose of the NCD screening camp was to identify early signs of chronic diseases such as hypertension, diabetes, obesity, and anemia among adults in the rural community of Rampura. These conditions are often silent but can lead to serious complications if not identified and managed early. This camp provided an opportunity for health education, early detection, and timely referral for further management.

### **2. Objectives of the Camp**

#### **A. General Objective:**

To screen and identify individuals at risk or affected by common non-communicable diseases in the community setting.

#### **B. Specific Objectives:**

- To measure blood pressure and detect hypertensive individuals
- To conduct random blood sugar (RBS) testing to identify hyperglycemia
- To assess BMI and screen for overweight/obesity
- To conduct anemia screening through clinical signs and hemoglobin estimation
- To refer individuals with abnormal findings for further evaluation and treatment

### **3. Planning and Preparation**

A team of 10 students and 2 faculty members planned the camp in collaboration with the local health center. Essential supplies like BP apparatus, glucometer, weighing machine, stadiometer, and hemoglobin strips were procured. IEC material on NCD prevention was prepared. Permission from the village Sarpanch and CHC was obtained prior. Camp logistics such as seating, screening counters, and waiting area were arranged.

#### 4. Services Provided During Camp

- Blood Pressure Monitoring
- Random Blood Sugar Testing
- Body Mass Index Calculation
- Clinical signs of Anemia (pallor, fatigue) and Hemoglobin Testing (Sahli's Method)
- Lifestyle Modification Counseling
- Referrals to PHC/CHC for abnormal findings

#### 5. Camp Statistics and Outcome

##### DATA SHEET: NCD Screening Records

| S<br>R<br>N<br>O | NAM<br>E                  | AG<br>E | SE<br>X | CONTA<br>CT    | COMPLAIN<br>TS   | HEIGH<br>T (cm) | WEIGH<br>T (kg) | BMI<br>(kg/m <sup>2</sup> ) | TEM<br>P<br>(°F) | PULS<br>E<br>(bpm) | BP<br>(mmHg) | ANY<br>OTHER    | PROVISION<br>AL<br>DIAGNOSIS |
|------------------|---------------------------|---------|---------|----------------|------------------|-----------------|-----------------|-----------------------------|------------------|--------------------|--------------|-----------------|------------------------------|
| 1                | Rajesh<br>Patel           | 56      | M       | 98765432<br>10 | Headache         | 165             | 75              | 27.5                        | 98.6             | 86                 | 150/95       | Overweig<br>ht  | Hypertension<br>– Stage 1    |
| 2                | Meena<br>Joshi            | 48      | F       | 98765012<br>34 | Fatigue          | 158             | 60              | 24.0                        | 98.4             | 78                 | 130/85       | Pallor          | Mild Anemia                  |
| 3                | Devan<br>g<br>Shah        | 60      | M       | 98230123<br>45 | Dizziness        | 170             | 85              | 29.4                        | 99.1             | 90                 | 165/10<br>0  | Diabetic        | Hypertension<br>& Diabetes   |
| 4                | Rekha<br>Parma<br>r       | 38      | F       | 98122345<br>67 | Weakness         | 152             | 48              | 20.7                        | 98.5             | 84                 | 110/70       | Anemic<br>signs | Moderate<br>Anemia           |
| 5                | Rames<br>h<br>Solan<br>ki | 45      | M       | 98988988<br>88 | No<br>complaints | 168             | 70              | 24.8                        | 98.2             | 80                 | 120/78       | Nil             | Normal                       |

### Frequency and Percentage of Problems Identified

| SR. NO. | CONDITION                | NUMBER IDENTIFIED | PERCENTAGE (%) |
|---------|--------------------------|-------------------|----------------|
| 1       | Hypertension (Stage 1/2) | 8                 | 26.6%          |
| 2       | Diabetes                 | 5                 | 16.6%          |
| 3       | Overweight/Obesity       | 6                 | 20%            |
| 4       | Anemia                   | 7                 | 23.3%          |
| 5       | Normal Findings          | 4                 | 13.3%          |
|         | <b>TOTAL</b>             | 30                | <b>100%</b>    |

### 6. Nursing Student's Role and Participation

#### • Specific Responsibility Assigned:

Each student was assigned a station (BP, RBS, BMI, Hemoglobin testing, data recording, health education).

#### • Activities Performed:

- Conducted general assessment and recording of vitals
- Assisted in glucose testing and hemoglobin estimation
- Provided health education on salt reduction, exercise, and healthy eating
- Maintained client confidentiality and referred at-risk cases
- Created awareness using posters and pamphlets

#### • Skills Practiced During Camp:

- BP measurement
- Glucometer usage
- BMI calculation and nutritional counseling
- Communication and health teaching
- Teamwork and time management

### 7. Conclusion

The NCD screening camp successfully identified several undiagnosed cases of hypertension, diabetes, and anemia in the community. Students gained valuable hands-on experience in assessment and client interaction. This activity emphasized the importance of early detection and health education to prevent chronic complications. Active participation of nursing students enhanced their clinical and community engagement skills.

### 8. References

- WHO Guidelines on NCDs
- Indian Public Health Standards (IPHS)
- Community Health Nursing Textbooks – IGNOU, INC
- NHM Guidelines on Anemia Mukht Bharat