

CLINICO SOCIAL CASE STUDY (Ante Natal)

Date: 08/08/2023

Name: RINKI YADAV

Age: 21 yrs Literacy: SLC

Occupation: Homemaker

Husband's Name: PANKAJ

Age: 22 yrs Literacy: SLC

Occupation: Shop owner

Religion: Hindu

Address: Near Preety Bakery,
Malvi, Udaipur.

Age at marriage: 21 yrs

Duration of married life: 10 months

Menstrual history:

Age at menarche: Myself

Menstrual cycle: Regular [every 30 days, bleeding for 5 days, 3 pads/day].

Contraceptive history:

Has knowledge of contraceptive use but does not practice.

Obstetric score:

Gravida 1

Para 0

Abortions 0

Living 0

LMP 18/04/2023 EDD 18/01/24

Presenting complaints if any:

Patient visited for regular antenatal checkup. She currently has no particular complaint or illness. Apparently healthy.

History of present pregnancy (Trimester wise, number of visits, immunization, IFA tablets & advice)

Spontaneous conception: No history of long-continued marriage. No exposure to drugs or radiation. Pregnancy confirmed by UPT at 1 month.

1st Trimester → No nausea, vomiting, hyperemesis or burning urine. Regular folic acid supplements taken. NT scan normal.

2nd Trimester → Iron supplements started 2 months ago. Calcium supplements not started. Td dose taken in July. Quickening not yet felt.

HISTORY OF PREVIOUS PREGNANCIES: NONE (1st pregnancy)

Sl. No.	Age	Duration of Pregnancy	Complications during pregnancy & delivery	Type of Delivery & who Conducted	Place of delivery	Outcome (Live birth, Abortion IUD etc.)	Sex, birth weight present state of health

Past illness:

No significant past history.

No other comorbidities

Family history:

Mother is known case of Type II DM since 2 yrs.

N/h/o complicated pregnancy.

Personal history:

Vegetarian diet (adequate appetite)

Normal sleep (7-8 hrs/day)

Normal bowel & bladder movement

N/h/o substance abuse

N/h/o allergy

DIET HISTORY: Vegetarian/Non-vegetarian/Mixed (last 24 hours dietary recall)

	Food Item	Protein (g)	Calories (kcal)	Iron (mg)	Calcium (mg)
Breakfast:	Pakoda 10 pc, chutney 1 Apple	18	448	4.17	24.3
Lunch:	1 cup rice, 1 cup dal 2 roti 1 cup sabzi	7	428	5.8	54
Tea:	1 dosa, 1 cup tea	4.6	212	1.7	40
Dinner:	2 roti, 1 cup sabzi milk 1 glass	8.9	285	3.5	142
Total:		43.8	1375	15	260
RDA		55	2480	27	1000
(Deficit/Surplus):		12 g	1105 kcal	12 mg	740 mg

GENERAL EXAMINATION:

1. Pulse: 80/min, regular
2. Blood Pressure: 110/80 mm Hg
3. Pallor: Absent
4. Edema: Absent
5. Jaundice: Absent
6. Lymphadenopathy: Absent
7. Thyroid: Normal
8. Varicose veins: Absent
9. Height (in Cms): 155 cms
10. Weight (in Kgs): 53 kgs

11. Examination of breasts: Symmetrical, no scars, no masses, no nipple retraction or discharge.

SYSTEMIC EXAMINATION:

CVS: S₁, S₂ heard, No murmurs

RS: Normal vesicular breath sounds, No adventitious sounds.

CNS: No focal neurological deficit

OBSTETRIC EXAMINATION: No findings (uterus not extended to abdomen)

Period of gestation (in weeks)	Fundal Height (in weeks)	Lie, Presentation position	Condition of presenting part	Fetal Heart sounds	Remarks

CLINICAL IMPRESSION: 21 yrs old healthy female, primigravida with period of gestation. 15 week 5 days has come for regular antenatal checkup.

INVESTIGATIONS:

Blood: -	Hb -	Blood group -	Rh typing -
Urine: -	Albumin -	Sugar -	
Serological: -			

FAMILY PARTICULARS:

Type of family: Nuclear/Joint/Extended

Name	Age	Sex	Relationship to head	Marital status	Literacy	Occupation	Income	Present state of health
PANKAJ	22	M	Son	SLC	M	Shopkeeper	20K/mo	Healthy
SURAJ	25	M	Son	SLC	M	Driver	30K/mo	Healthy
SAVITA	28	F	Daughter	PUC	M	Homemaker	-	Healthy
SANJU	62	F	Head	None	W	Homemaker	-	DM
RINKI	21	F	Daughter-In-Law	SLC	M	Homemaker	-	Healthy

PER CAPITA INCOME: Rs. 8000 per person per month.

HOUSING AND ENVIRONMENT:

Type of House: Pakka house - adequate lighting & ventilation. House of pucca.

Source of water supply: Handpump & borewell. Boiled for drinking

Method of waste disposal: Picked up by municipal trucks.
Septic tank present 50m from house.

Environmental hygiene: Washes hands before & after eating. Bath 2 times a day
well maintained hygiene.

Customs and habits as relevant - knowledge and practices related pregnancy, breast feeding, weaning, infant feeding, immunization, family planning:

No significant cultural practices

ACTION

At Individual level:

- Proper nutritional advice for deficit correction
- Proper breastfeeding techniques
- Immunization schedule & importance.
- Use of contraception & fam. planning

At Family level:

- Importance of breastfeeding & immunization care & support of pregnant lady.
- Educate on food & water intake.

At Community level:

Explain & educate about:-

1. Janani Suraksha Yojna
2. Janani Shishu Suraksha Karayakram
3. ICDS, Anemia 228 Nutrit Bhet
4. RMNCH + IT interventions.

17/6/23

CLINICO SOCIAL CASE STUDY (Post Natal)

Date: 05/08/2023

Name: Premlatha

Age: 37 yrs Literacy: SLC

Occupation: Homemaker

Husband's Name: Krishna Acharya

Age: 45 yrs Literacy: SLC

Occupation: Mechanic

Religion: Hindu

Address: Kamp

Age at marriage: 20 yrs

Duration of married life: 17 yrs

Menstrual history:

Age at menarche: 15 yrs

Menstrual cycle: Regular, once in 2 month.

Contraceptive history:

Obstetric score: 3

Para 3

Abortions 0

Living 3

Particulars of present delivery:

Date of delivery: 6 May 2023

Place of delivery: BR Shetty MCH, Kolhapur

Person who conducted the delivery: MCH doctor

Type of delivery: LSCS

Complications if any: none

Antenatal history:

Pregnancy after 12 yrs
confirmed in 5th month

No UPT

2 TD vaccine + 1 month apart.

Iron Folic Acid tablet taken since 2nd trimester
OGTT normal

Quickerng felt at 8 month.

Time at which breastfeeding started : 2 days after NICU admission
H/O Reflux feed = formula feed.

Vaccine at birth = BCG | nppv/HepB 230 given.

HISTORY OF PREVIOUS PREGNANCIES:

Sl. No.	Age	Duration of Pregnancy	Complications during pregnancy & delivery	Type of Delivery & who Conducted	Place of delivery	Outcome (Live birth, Abortion IUD etc.)	Sex, birth weight present state of health
01	22	9 month	No complication	NVD, RWCH Kurni	Kurni Sheth RWCH, Kurni	Live birth	Girl, 2.8 kg
02	25	9 month	No ..	NVD, RWCH Kurni Udupi	B.R Shethy MCH	Live birth	Boy, 3 kg.
03	37	9 month	No	NVD, MCH Udupi	B.R Shethy MCH	Live birth	Boy, 4.6 kg

Past illness:

Post delivery one month ^{on} anti hypertensive
N/H/O diabetes, hypertension, TB, thyroid -

Family history:

- No significant family history.

Personal history:

- Diet = mixed
- Appetite = Adequate
- Bowel/bladder = Normal

DIET HISTORY: Vegetarian/Non-vegetarian/Mixed (last 24 hours dietary recall)

	Food Item	Protein (g)	Calories(kcal)	Iron(mg)	Calcium(mg)
Breakfast:	1 plate Muthia 1 cup tea	12.7	626	23	5
Lunch:	1/2 cup rice /cup Dal, 1 cup Sabzi	23.2	693	10	492
Tea:	1 cup tea 5 biscuits	0.7	149	0.1	5
Dinner:	2 roti, 1 glass milk 1 plate Curry	12.5	311	11	252
Total:		49.3	1780	44	626
RDA		45.7	2130	29	1000
Deficit/Surplus:	3.4 g surplus	350 kcal deficit	15 mg Surplus	374 mg deficit	

GENERAL EXAMINATION:

Pallor: Absent

Cyanosis: Absent

Icterus: Absent

Height: 155 cm

Pulse: 64

Temperature: Afebrile

Edema: Absent

Lymphadenopathy: Absent

Varicose veins: Absent

Weight:

Blood pressure: 120/70 mm Hg

Respiratory rate: 16/min

EXAMINATION OF BREASTS:

SYSTEMIC EXAMINATION:

CVS: S₁, S₂ heard.

RS: Normal bronchial breath sound, no added sound heard.

CNS: No focal neurological deficit

PER ABDOMINAL EXAMINATION:

Lochia: Absent

CLINICAL IMPRESSION: Mrs. Premalatha, 37 yrs old ^{3rd m/o} postnatal day had undergone LSCS delivery for her 3rd child. No past illness or family history. Currently healthy with no significant complaint.

INVESTIGATIONS:

- CBC
- T₃ T₄ Level
- RBS

FAMILY PARTICULARS:

Type of family: Nuclear/Joint/Extended

Name	Age	Sex	Relationship to head	Marital status	Literacy	Occupation	Income	Present state of health
1. Seenutha	65 yrs	♀ F	Head	widow	Std. VII	-	₹ 800	Healthy
2. Krishna	45 yrs	M	Son in law	married	SLC	mechanic	₹ 11,000	Healthy
3. Premalatha	37 yrs	F	daughter	married	SLC	Housewife	-	Healthy
4. Krupa	15 yrs	F	grand daughter	-	10 th	student	-	Healthy
5. Krithak	12 yrs	M	Grand son	-	6 th	student	-	Healthy
6. Krishank	3 m/o	M	Grandson	-	-	-	-	Healthy

PER CAPITA INCOME

HOUSING AND ENVIRONMENT:

Type of House: Pukka house, roof of wooden slab.

Source of water supply: Municipality water, well water for other purpose.

Method of waste disposal: Sewage.

Environmental hygiene: Adequate, LPG used for cooking.

CUSTOMS AND HABITS AS RELEVANT:

EXAMINATION OF THE NEW BORN:

Birth Weight: 4.6 kg

Length: 74 cm

Head circumference: 43 cm

Chest circumference: 39.5 cm

Fontanelle: AF = 3.5 x 3.5 cm PF - closed

Jaundice: absent

Skin: normal

Cord: fallen

Breast Feeding: Adequate, proper attachment & suckling

Bowel & Micturition: Normal.

VITAL SIGNS:

Heart rate:

Temperature: Afebrile

Respiratory rate: 30

BIRTH INJURIES IF ANY: Nil

CONGENITAL MALFORMATION IF ANY: Nil

CLINICAL ASSESSMENT OF GESTATION (PHYSICAL MATURITY):

Skin, lanugo, plantar creases, breast nodules, ear cartilage, genitals
↓ ↓ ↓ ↓ ↓ ↓
-nt -nt -nt -nt mature mature for age.

SYSTEMIC EXAMINATION:

Respiratory System: Bronchial breath sound normally heard.

Cardiovascular System: S₁, S₂ heard.

Per Abdominal Examination: No g

No mass

No tenderness

CLINICAL IMPRESSION: 3 month old baby boy Krishnakumar birth weight 4.6 kg length 74 cm currently healthy with no complaint.

- Newborn screening
- Thyroid function test
- Bilirubin levels
- PKU & other IEM's

INVESTIGATIONS IF ANY:

Knowledge and practices related to infant feeding, family planning, Immunization, child care and diet during lactation.

knowledge & practice regarding infant feeding care is known. Immunization knowledge is known & also family planning & spacing. But no use of contraceptive device. Mother well aware of diet requirement of baby & herself.

ACTION

At Individual level:

Mother:

- Nutritional requirement
- Breast feeding
- Postnatal complication

Baby:

- Sanitation of baby
- Vaccine schedule

At Family level:

- Support & care of mother & baby.
- Hygiene & Immunization schedule.
- Avoid environmental pollution
- Safe drinking water
- Proper waste disposal.

At Community level:

- Educate & explain about:

1. Janani Suraksha Yojna
2. Anemia Mukt Bharat
3. ICDS, RBSK & RMNCH+A
4. Janani Shishu Suraksha Karyakram.

✓ 7/8/23

CLINICO SOCIAL CASE STUDY (Underfive)

Date: 12/01/2023

Name: Ahmed.

Age/Date of Birth: 5 yrs. Sex: Male

Religion: Muslim

Mother's Name: Apara Begum

Age: 28 yrs

Literacy: B. Com

Occupation: Homemaker

Father's Name: Barkat Ayeshulla

Age: 38 yrs

Literacy: PUC

Occupation: Mechanic

Address: Halla Compound,

Nedabendeshwar Temple
Malpe, Udupi.

Informant: Mother

Reliability: Good.

CHIEF COMPLAINTS:

Patient visited PUC for regular follow up. No particular complaints.
Apparently healthy.

HISTORY OF PRESENT ILLNESS:

Not significant.

EPIDEMIOLOGICAL INFORMATION (in case of infectious disease):

History of contact:

History of Immunization:

Other relevant Information:

} not significant

PAST HISTORY:

No h/o hospitalization, Diarrhoea, fever, Rept.-diseases.
child is adequately built & nourished.

BIRTH HISTORY:

Prenatal: 14/16a of hypothyroidism medication. All scans normal.

Natal: Term LSCS due to perox. LSCS. BW = 2.7 kg. Breast feeding after 2 hrs

Neonatal: 3 day NICU admission due to fast breathing. Nlh/o Jaundice.

DEVELOPMENTAL HISTORY:

1. Smile: -
2. Holds head erect: $3\frac{1}{2}$ months
3. Turning over: $\leq \frac{1}{2}$ month
4. Sits without support: 8 months
5. Stands with support: 11 months
6. Walks without support: 15 months
7. Words: 10 months.

DIET HISTORY:

Food items	Quantity	Calories (Kcal)	Proteins (g)	Vitamin A (mg)
Poha	1 cup	216	4.1	24
Milk	1 cup	65	2.5	140
Sugar	2 Tbsp	38	-	-
Biscuit	4	80	-	670
Upma	1/2 katori	82	1.9	20
Milk	1 cup	65	3.5	140
Sugar	2 Tbsp	38	-	-
Rice	200 g steamed	236	2.4	-
Rasam	1 katori	60	-	207
Sugar	1 Tbsp	38	4.8	-
Total		869 Kcal.	20.2 (g)	921.2 (mg)

RDA	1150 Kcal	12.35	450
Deficit/Surplus	26 (meal) (D)	7.85 (S)	471 (D)

IMMUNIZATION HISTORY:

BCG At birth

DPT 6th, 10th & 14th week

OPV At birth, 8th, 10th & 14th week

Measles ~~at 9 months & 16 months~~

Others Hep B at birth, JE at 9th & 16th month

Vitamin A supplement

FAMILY HISTORY:

N/h/o any complication

N/h/o complicated pregnancies

History of consanguinity: Not present

EXAMINATION:

General examination and assessment of nutritional status: **Normal**

	Observed	Expected	
Height/Length (in Cms):	94 cms	98 cm	Normal
Weight (in Kgs):	13 kg	15 kg	Normal
Head circumference (in Cms):	50 cm	50 cm	Normal
Mid arm circumference (in Cms):	15 cm	11.5 cm	Adequate
Chest circumference (in Cms):	54 cm	-	Normal

Pallor	Absent	Cyanosis	Absent	Clubbing	Absent	
Edema	Absent	Lymph nodes	Normal	Hair	Normal	Fontanelle <i>Closed</i>
Eyes	Normal	Lips	Normal	Tongue	Normal	Teeth <i>Primary</i>
Gums	Normal	Mouth and throat	Normal	Glands	Normal	Nails <i>Normal</i>
Ears	Normal	Skin	Normal	Thyroid	Normal	Genitalia <i>Normal</i>

SYSTEMIC EXAMINATION:

CVS $S_1 > S_2$ heard, No murmur -

RS Normal vesicular breath sound, No adventitious sound.

CNS No focal neurological deficit

Abdomen soft & non tender. No organomegaly, no distension.

CLINICAL IMPRESSION:

3.5 year old male child from malpe come for regular checkup.
He is the 2nd child of her mother. No complaints and no significant findings.

INVESTIGATIONS IF ANY:

FAMILY PARTICULARS

Type of family: Nuclear/Joint/Extended

Name	Age	Sex	Relationship to head	Marital status	Literacy	Occupation	Income	Present state of health
Ayatullah	38	M	Head	M	PUC	Mechanic	Govt job	Healthy
Asma	28	F	wife	M	Nil	Hairdresser	-	Healthy
Aisha	7	F	Daughter	-	1st	Student	-	Healthy
Ahmed	3.5	M	Son	-	-	-	-	Healthy

HOUSING AND ENVIRONMENT:

Type of House: Pukka house, 2 rooms, adequate ventilation, no overcrowding -

Source of water supply: Drinking → borewell, other → municipality.

Method of waste disposal: Waste picked up by truck, septic tank 10 m from house

Environmental hygiene: Bath 2 times a day, washes hands before & after eating.

Customs and Habits as relevant Knowledge and practices of the mother regarding infant feeding, child rearing,

immunization, family planning:

- No relevant customs & habits
- Visits hospital regularly for checkups
- Good knowledge on feeding & immunization
- Exclusive breastfeeding for 6 months.

DISCUSSION:

What are the factors responsible for the causation and progression of the disease/condition?

1. Malnutrition
2. Malabsorption.
3. Poverty
4. over crowding
5. pollution
6. PEM

ACTION

At Individual level:

- Encourage complete immunization.
- Proper nutritional advice
- Introducing healthy food -
- Personal hygiene

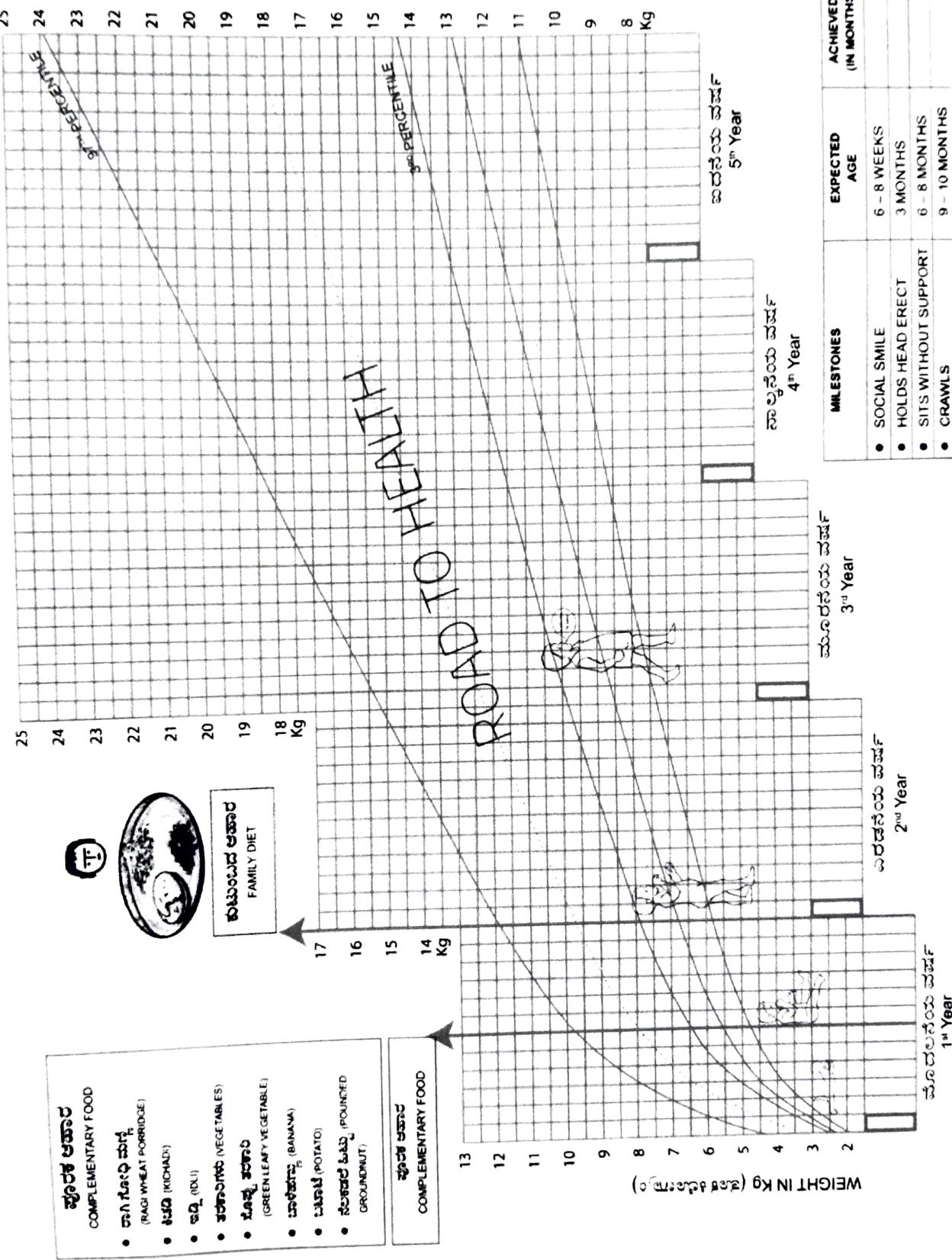
At Family level:

- Prevent indoor pollution.
- Proper indoor hygiene
- Spend adequate time with child .

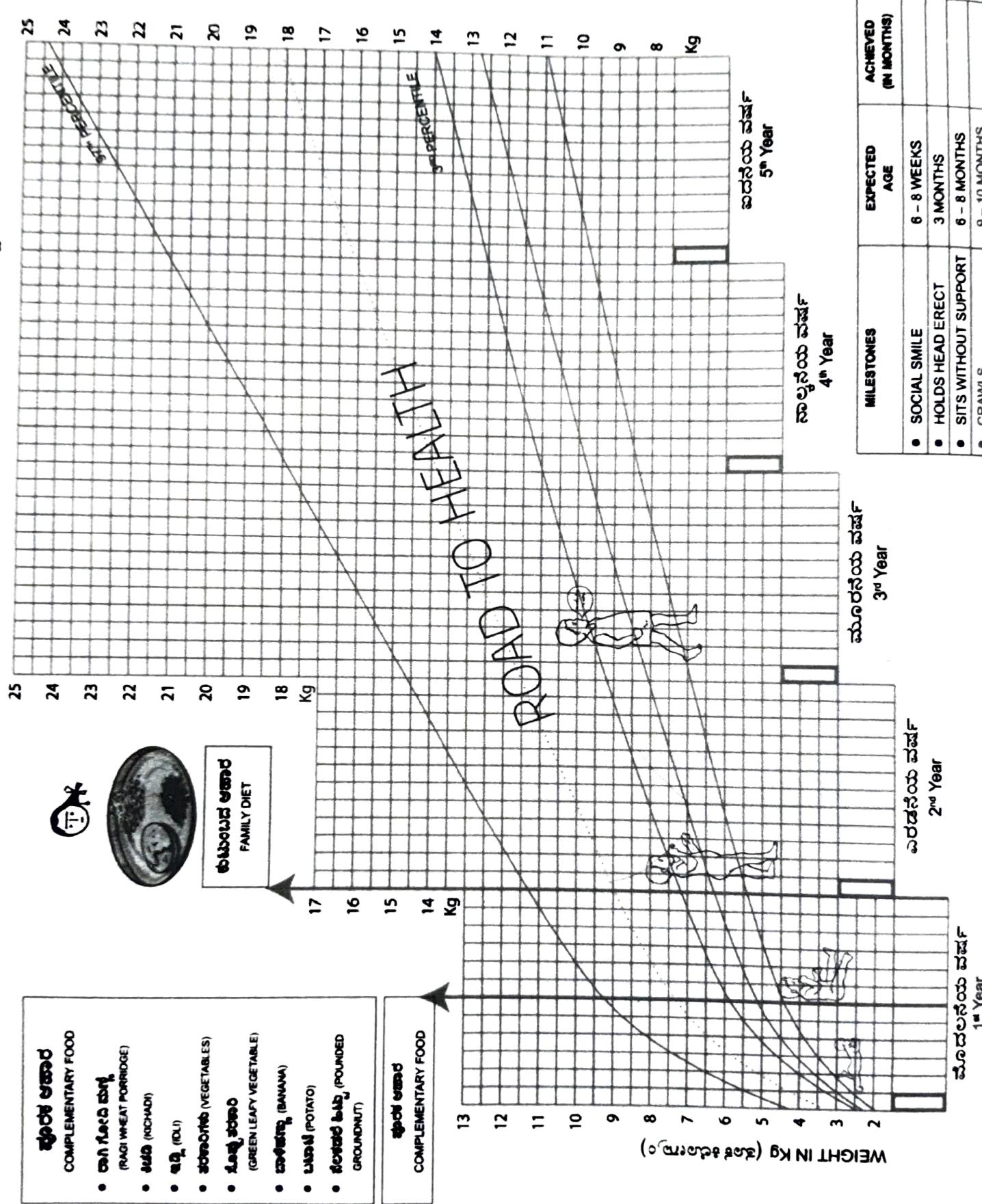
At Community level:

- Encourage & educate about :-
 1. ICDS, IMNCI, RBSK
 2. Anganwadi program
 3. Mid Day Meal Scheme
 4. Anemia Mukt Bharat
 5. Universal Immunization program .

GROWTH CARD ವಿವರಗಳು ಅನ್ತೇ



GROWTH CARD ପ୍ରକାଶନ ଏମ୍ୟ



CLINICO SOCIAL CASE STUDY
(Communicable/Non-communicable Disease)

Date: 10/08/2023

Name: Baba Subrahmanyam Age: 77 yrs Sex: Male Religion: Hindu

Address: Sri Lakshmi Nivas
Nehru Nagar
Mangalore, Udupi

Occupation: Retired (NCC) Literacy Status: Std VIII

Presenting Complaints and History of Present Illness:

Patient came for Routine follow up. He is a Known case of HTN since last 4 yrs. He is currently healthy with no particular component.

Treatment History:

He is on regular medication [AMLODIPINE 5mg] since 4 yrs.

Past History:

He is using spectacles for near vision since 12 yrs. 6 years ago he had an episode of knee pain while walking for which he ~~had~~ visited KMC. No other co-morbidities.

Personal History:

Non veg diet, adequate sleep for 6-7 hrs/day. Normal bowel bladder movement. No h/o smoking. He is an occasional alcoholic (200ml/month). Salt intake normal.

Family History:

Total members = 13

Joint family

No significant family history.

EPIDEMIOLOGICAL INFORMATION (in case of infectious disease): Non-Communicable

History of contact with a similar case in the family, neighborhood, school, workplace No

Whether anyone with similar illness visited your house No

History of immunization as relevant No

Risk factors if any (personal and family) No

Any other relevant information No

GENERAL EXAMINATION:

Pallor: Absent

Edema: Absent

Nails: Normal

Cyanosis: Absent

Jaundice: Absent

Pulse: 78/min, regular

Temperature: Afebrile

Lymphadenopathy: Absent

JVP: —

Height: 157.3 cm

Weight: 53 Kgs

Body Mass Index: 21.4 kg/m^2 (Normal)

Blood pressure: 138/90 mm Hg

Respiratory rate: 12/min

SYSTEMIC EXAMINATION:

CVS: S_1, S_2 heard. No murmur

RS: Normal vesicular breath sound heard.

Abdomen: Soft & non tender. No organomegaly. Nodistension

CNS: No focal neurological deficit.

Musculoskeletal system: Normal gait, bulk, tone, power & coordination.

Clinical Impression: \rightarrow 77 yr old male, a known case of HTN, comes for a routine follow up
regular medication. No complication.

Investigations: Done: —

Suggested: —

FAMILY PARTICULARS:

Type of family: Joint family

**KNOWLEDGE
ATTITUDE
PRACTICE**

HOUSING AND ENVIRONMENT:

Type of House: Pakka house, 7 rooms

Source of water supply: Drinking water - well, other - municipal supply.

Method of waste disposal: Solid left outside house, other burnt - septic tank 100 m from house.

Environmental hygiene: Bath 2 times a day. Washes hand regularly. No pets/animal.

Customs and habits No significant customs.

Knowledge related to the Disease Causation, Treatment and Prevention:

Has good knowledge, practice & attitude regarding his condition come for checkup every month. Actively changed diet & salt intake acc to doctor's advice.

DISCUSSION:

Patient is aware of disease & has reduced salt intake. On regular medication with good disease control.

What are the factors responsible for the disease condition?

Non-modifiable → Age, Sex, Ethnicity.

Modifiable → obesity, salt intake, sedentary lifestyle, & dietary fibre increased saturated fat.

ACTION

Individual level:

- Patient advised to take DASH diet, encouraged him for minimal physical activity like walking. Avoid any mental stress. - regular follow ups.

Family level:

- Educate about tracking of BP in high risk group.
- Encourage to support to quit drinking alcohol.

Community level:

- educate & explain about,
- 1. NPCD CS
- 2. National Pension Scheme
- 3. Sandhya Suraksha Yojna.

✓

12/10/23