Clinico-Psycho-Social Case Study Template (Community Medicine PGs)

# 1. Identification Data

|  |  |
| --- | --- |
| Name of the individual |  |
| Age / Date of Birth |  |
| Sex |  |
| Marital Status |  |
| Education |  |
| Occupation |  |
| Religion / Caste |  |
| Address |  |
| Contact Number |  |
| Date of visit / Interview |  |

# 2. Family Composition & Pedigree

Type of family (nuclear / joint / three-generation etc.)

Pedigree Chart (attach/draw separately)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Age/Sex | Education | Occupation | Health Status | Addictions/Remarks |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

# 3. Socio-Economic Status

|  |  |
| --- | --- |
| Total Family Income |  |
| Per Capita Income |  |
| Socio-Economic Classification (Kuppuswamy/BG Prasad) |  |
| Assets / Property |  |

# 4. Housing & Environmental Conditions

|  |  |
| --- | --- |
| Type of House |  |
| Ownership |  |
| Ventilation/Lighting/Overcrowding |  |
| Drinking Water Source & Treatment |  |
| Sanitation (Toilet, Waste Disposal, Drainage) |  |
| Kitchen Facilities |  |
| Surroundings (vector breeding, animals) |  |

# 5. Personal History

|  |  |
| --- | --- |
| Dietary Habits |  |
| Nutritional Adequacy |  |
| Personal Hygiene |  |
| Sleep/Recreation/Addictions |  |
| Other Remarks |  |

# 6. Medical History

|  |  |
| --- | --- |
| Past History |  |
| Present Complaints |  |
| Family History of Diseases |  |

# 7. Obstetric & Gynecological History (if applicable)

|  |  |
| --- | --- |
| Menstrual History |  |
| Obstetric Score (G-P-L-A) |  |
| Antenatal/Intranatal/Postnatal History |  |
| Family Planning Practices |  |

# 8. Immunization History

For children <5 years and adults as per National Immunization Schedule.

Verification with records if available.

# 9. Developmental History of Children

|  |  |
| --- | --- |
| Birth Weight & Feeding Practices |  |
| Growth Monitoring |  |
| Developmental Milestones |  |
| Morbidity Pattern |  |

# 10. Mental & Psycho-Social Aspects

|  |  |
| --- | --- |
| Personality Traits / Temperament |  |
| Stress & Coping Mechanisms |  |
| Family Relationships |  |
| Social Support System |  |
| Recreational/Cultural Activities |  |

# 11. Health Behaviors & Practices

|  |  |
| --- | --- |
| Health Seeking Behavior |  |
| Knowledge/Attitude/Practice |  |
| Awareness of Govt Schemes/Insurance |  |

# 12. Clinical Examination

|  |  |
| --- | --- |
| General Examination |  |
| Vital Signs |  |
| Systemic Examination |  |
| Nutritional Assessment |  |

# 13. Investigations (if available)

Basic labs (Hb, RBS, Urine, Sputum etc.), Radiology if indicated.

# 14. Provisional / Final Diagnosis

|  |  |
| --- | --- |
| Clinical Diagnosis |  |
| Public Health Diagnosis |  |

# 15. Impact on Family & Community

Effect on earning, schooling, social life, stigma, community perception.

# 16. Management Plan

Clinical care, preventive care, psycho-social interventions, rehabilitation, linkage with health programs.

# 17. Health Education & Counseling

Topics covered, method used (individual, demonstration, IEC material).

# 18. Follow-Up Plan

Schedule for next visit, monitoring compliance, long-term support.

# 19. Summary

Concise presentation of key findings, interventions, outcomes.

# 20. Learning Points (for PGs)

Holistic approach, integration of clinical-psycho-social aspects, application of community medicine principles.

Add-On Modules for Specific Clinico-Psycho-Social Case Studies

This section can be appended to the core CPS template depending on the specific condition of the proband.

# 🫁 Tuberculosis (Pulmonary / Extra-Pulmonary)

|  |  |
| --- | --- |
| History of Present Illness (cough, sputum, fever, weight loss) |  |
| Risk Factors (contact, overcrowding, malnutrition, HIV, addictions) |  |
| Investigations (sputum smear/CBNAAT, X-ray, Mantoux, HIV test) |  |
| Treatment History (previous TB, drug resistance, adherence) |  |
| Program Linkage (NTEP, DOT, Nikshay) |  |
| Psycho-Social Issues (stigma, employment, support) |  |

# 🩸 Diabetes Mellitus

|  |  |
| --- | --- |
| Symptoms (polyuria, polydipsia, polyphagia, weight changes) |  |
| Complications (neuropathy, retinopathy, nephropathy) |  |
| Family History (DM, obesity, HTN) |  |
| Lifestyle (diet, physical activity, addictions) |  |
| Investigations (RBS, FBS, HbA1c, urine sugar, lipids) |  |
| Treatment & Program Linkage (OHA/insulin, NPCDCS, adherence) |  |

# ❤️ Hypertension

|  |  |
| --- | --- |
| Symptoms (headache, dizziness, chest pain, dyspnea) |  |
| Risk Factors (diet, obesity, stress, smoking, alcohol) |  |
| Examination (BP readings, BMI, waist-hip ratio) |  |
| Investigations (urine albumin, ECG, creatinine) |  |
| Treatment & Compliance |  |
| Program Linkage & Psycho-Social Issues |  |

# 🤰 Antenatal / Maternal Case

|  |  |
| --- | --- |
| Obstetric History (G-P-L-A, outcomes) |  |
| Antenatal Visits (registration, supplements, TT) |  |
| Examination (fundal height, FHS, BP, pallor, edema) |  |
| Investigations (Hb, urine, USG) |  |
| Risk Factors & High-Risk Indicators |  |
| Program Linkage (JSY, JSSK, PMSMA) & Psycho-Social Issues |  |

# 👶 Under-Five Child Case

|  |  |
| --- | --- |
| Birth & Feeding History |  |
| Immunization Status (card verification) |  |
| Growth & Development (anthropometry, milestones) |  |
| Morbidity Pattern (diarrhea, ARI, malnutrition) |  |
| Program Linkage (ICDS, immunization) |  |
| Psycho-Social Aspects (caregiver education, practices) |  |

# 👴 Elderly Case

|  |  |
| --- | --- |
| Common Complaints (vision, hearing, mobility, urinary, memory) |  |
| Co-morbidities (HTN, DM, COPD, arthritis) |  |
| Functional Status (ADLs) |  |
| Psycho-Social Issues (loneliness, neglect, dependence) |  |
| Program Linkage (NPHCE, pensions, social schemes) |  |

# 🧠 Mental Illness / Epilepsy / Alcohol Dependence

|  |  |
| --- | --- |
| Symptoms (nature, duration, precipitating factors) |  |
| Treatment History & Compliance |  |
| Family Burden (caregiver stress, stigma) |  |
| Program Linkage (NMHP, DMHP, rehabilitation) |  |
| Psycho-Social Issues (employment, marriage, education disruption) |  |