**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:
* Source of information & reliability:

**2. Family Composition & Pedigree**

* Type of family (nuclear / joint / three-generation etc.)
* Family tree / pedigree chart (3 generations, with age, sex, education, occupation, health status, addictions, deaths, hereditary diseases)
* Family size and structure (head of family, earning members, dependency ratio)

**3. Socio-Economic Status**

* Income of all earning members
* Per capita income
* Social class classification (Modified Kuppuswamy / BG Prasad as applicable)
* Assets and property details

**4. Housing & Environmental Conditions**

* Type of house (kutcha / semi-pucca / pucca)
* Ownership (rented / owned)
* Ventilation, lighting, overcrowding (persons per room, floor area)
* Drinking water source and treatment
* Sanitation (toilet facilities, waste disposal, drainage)
* Kitchen facilities (fuel, smoke, chimneys, ventilation)
* Surroundings (vector breeding, waste, animals)

**5. Personal History**

* Dietary habits (vegetarian / mixed; 24-hour recall, diet survey if needed)
* Nutritional adequacy (caloric and protein intake vs requirement)
* Personal hygiene practices (bathing, handwashing, oral hygiene, clothing, footwear)
* Sleep, recreation, habits, addictions (alcohol, tobacco, etc.)

**6. Medical History**

* **Past history**: significant illnesses, surgeries, hospitalizations, accidents, mental illness, addictions
* **Present complaints** (in the family or proband)
* **Treatment history** (health-care seeking behavior, use of government / private / traditional services)
* **Family history of diseases**: communicable (e.g., TB, leprosy), non-communicable (e.g., DM, HTN), hereditary

**7. Obstetric & Gynecological History (if applicable)**

* Age at menarche, menstrual history
* Obstetric score (G-P-L-A)
* Antenatal, intranatal, postnatal history
* Family planning practices / unmet need

**8. Immunization History**

* Children <5 years: as per National Immunization Schedule
* Adults: Tetanus, COVID-19, Hepatitis B, etc.
* Verify with records (if available)

**9. Developmental History of Children**

* Birth weight, feeding practices (breastfeeding, weaning)
* Growth monitoring (weight for age, height for age, MUAC)
* Developmental milestones
* Morbidity pattern

**10. Mental & Psycho-Social Aspects**

* Personality traits, temperament, mental well-being
* Stress, coping mechanisms
* Intra-family relationships (harmony, conflicts, domestic violence)
* Social support system (extended family, neighbors, community groups)
* Recreational, cultural, and spiritual activities
* School / workplace adjustment (in case of children or adults)

**11. Health Behaviors & Practices**

* Health-seeking behavior (preference for modern / traditional / self-medication)
* Knowledge, attitude, and practice (KAP) related to common illnesses, immunization, sanitation, nutrition, contraception, etc.
* Awareness about government health schemes and insurance coverage

**12. Clinical Examination**

* **General examination**: built, nutrition, pallor, icterus, cyanosis, edema, lymphadenopathy
* **Vital signs**: temperature, pulse, BP, RR
* **Systemic examination** (CVS, RS, GIT, CNS, musculoskeletal)
* **Nutritional assessment** (BMI, MUAC, clinical signs of deficiencies)

**13. Investigations (if available / feasible)**

* Basic labs: Hb, RBS, urine albumin/sugar, sputum (if TB suspected), HIV/HBsAg/VDRL (if indicated)
* Radiology (X-ray, USG, etc.) if relevant

**14. Provisional / Final Diagnosis**

* **Clinical diagnosis** (based on history & examination)
* **Public health diagnosis** (nutritional problem, poor housing, unsafe water, addictions, poor health-seeking behavior, psychosocial stressors, etc.)

**15. Impact on Family & Community**

* Effect of illness on earning, schooling, social life
* Stigma / discrimination if any (TB, leprosy, HIV, mental illness)
* Community perception and support

**16. Management Plan**

* **Clinical care**: Referral, treatment adherence, follow-up
* **Preventive care**: Immunization, health education, nutritional advice, screening for NCDs, contraceptive counseling
* **Psycho-social intervention**: Counseling, family support, stress management, linkage with social services/NGOs
* **Rehabilitation**: vocational, physical, social
* **Linkage with health programs**: e.g., RNTCP/NTEP, NCD clinics, RMNCH+A, PMJAY

**17. Health Education & Counseling Given**

* Topics covered (nutrition, hygiene, sanitation, addictions, treatment adherence, family planning, disease awareness, government schemes)
* Method used (individual counseling, demonstration, IEC material)

**18. Follow-Up Plan**

* Schedule for next visit
* Monitoring improvement / compliance
* Long-term support required

**19. Summary**

* Concise presentation of key findings (clinical + psycho-social + environmental)
* Interventions planned and implemented
* Outcome (short-term & expected long-term)

**20. Learning Points (for PGs)**

* Holistic approach in community setting
* Integration of clinical, social, psychological aspects
* Practical application of community medicine principles