

## STUDENTS CORNER

Editor

From this issue of the JCMCTA a new section has been introduced styled 'Students Corner'. The purpose of this section is to encourage students to write and publish so that from the very beginning they become interested in keen observation, documentation, scientific writing skill, reference searching, summarization and research. This will augment the molding of them in to future researchers and authors. Any article of academic, scientific and tuned extra academic issues by the students will be welcome. The Editorial Staffs of the JCMCTA will not only extend all out helps but also provide the much needed steering. Teachers of Chittagong Medical College are here by requested to encourage and guide the students in this behalf. To begin with this section in this issue included some

summaries of Residential Field Site Training (RFST) projects that were conducted by the students under the guidance of respective teachers.

Residential Field Site Training (RFST) is an integral component of MBBS curriculum. Through this program MBBS students are exposed to the real life situation in the community and the program is conducted by the Community Medicine. The aim of this program is to shape the future doctors more community oriented. The RFST projects generate many interesting data from the community that can be evident from the abstracts included in this section this time. Proper customization of this program may able to provide much needed operational evidence to cover up the prevailing gaps. Let us think over this.

## RESIDENTIAL FIELD SITE TRAINING PROJECT ABSTRACTS

45 Batch 2002-2003 Session MBBS Students

### 1. A Study on Reproductive Health Care Status of women in a selected village of rural community

**Students:** 173 Jannatul Mawa, 174 Noor-E-Zannat, 175 Abu Bakar Md.Nizamul Hoque Sikder, 176 Md. Humayun Kabir, 177 Sharmin Nigad Sharna, 303 Nirzharini Zoarder

**Teacher Guide:** Dr. Saroj Kumar Mazumder, Associate professor, Community Medicine Department, Chittagong Medical College, Chittagong.

#### Abstract

This was a descriptive study conducted in June 2006 at Mirshwarai upazila of Chittagong district to assess the reproductive health status of women of rural community. A total of 111 women who were at their reproductive age were included in the study. Data were collected by face to face interview using pre-tested questionnaires. The age range of the respondents was in-between 18-45 years with mean age of  $27.6 \pm 2.16$  years. Most (32.43%) of the respondents were in the age group of 25-29 years and their husbands were in the age group of 35 years & above. The respondents were mostly (96.39%) housewives with their husbands (26.12%) occupation of service. Major proportion (72.96%) of women got married at the age of 15-19 years. They became pregnant (51.35%) for the 1st time in the same age group. The results of the study revealed that majority of women with secondary and above level of schooling and who belonged to upper middle & upper socio-economic class received Antenatal Care (ANC) for 3 (40%) or 4 (50%) times. Major proportion (66.32%) received ANC from UH-FWC and it was (74.48%) provided by doctors (65.76%). On the contrary, the place of delivery for majority (69.9%) of respondents was at home which was conducted by trained dais (38.7%) & mostly (85.60%) were uncomplicated. Additional food during pregnancy was taken by 71.2% women. Most (83.78%) of the women practice contraceptive among them 75.27% used oral pill. TT vaccination was completed (78.80%) mostly by women having secondary level of education. Most (91.90%) of the mothers feed colostrums which was independent on their levels of education.

### 2. An epidemiological study on disease pattern of under five children in a selected rural community

**Students:** 140 Md.Mahmudul Alam, 141 Ahsan Ullah, 142 Md. Hasan Iqbal Majumder, 143 Md. Ataul Karim, 146 Redowana Hossain, 147 Syeda Nazmun Nahar, 302 Md.Jahangir Alam

**Teacher Guide:** Dr. Zahura Khanam, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### Abstract

This cross-sectional study was conducted with a view to assess disease pattern among under 5 children of South Jorargonj village of Mirshari upazila under Chittagong district in August 2006. Majority of the under 5 children were suffering from pneumonia (67.31%) & diarrhea (24.04%). Male & female both were affected equally (50%) but male children were more suffered from pneumonia (71.15%) and female from diarrhea (28.84%). Pneumonia affects mostly infant (82.76%) whereas diarrhea affects (28%) older children. Results also indicated that socio-economic status of lower-middle and below was a common risk factor for diarrhea, pneumonia and skin diseases. Father's occupation of diarrhea and pneumonia affected children was farmer, and small trader for skin disease. The elevated risk of pneumonia was independent on parental education but maternal education of primary and below was associated with diarrhea. Major proportion (62.52%) of family comprised of 4-6 members. Suffering of infectious disease was independent on family size. Most of the diarrhea (56.00%) and skin diseases (80.00%) inflicted children were found in kancha house. 71.15% of children had been treated by MBBS doctor and the treatment facility for 55.77% was Upazila Health and Family Welfare Complex (UH-FWC). More than 44.00% of children had recurrence history of diseases. Mcst (89.42%) of the family practice sanitary way of excreta disposal for their children. 55.78% of respondents had moderate knowledge about disease prevention. This revealed the disease scenario of under-5 children which is more or less alike our national picture.

### **3. A survey on health problems ( disease patterns) among the aged people in a rural community at Mirsharai, Chittagong**

**Students:** 227 Md. Aminul Islam, 228 Khadija Akter, 229 Shaila Sharmin, 230 Md. Abu Yousuf, 231 Munshi Akid Mostofa, 232 Abdullah-Al-Noman, 314 Syed Abdullah Al Maruf

**Teacher Guide:** Dr. Md. Moktel Hossain, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### **Abstract**

We Conducted the survey on health problems (disease patterns) among the elderly people in a rural community at Mirsharai , Chittagong under the supervision of the department of Community medicine, Chittagong Medical College. The study was carried out from 02 Sept. 2006 to 24 Jan. 2007. The sample size was 102 selected purposively. The elderly people were interviewed and noted their answer in a pre-structured form. Among the respondents, it was evident that the diseases commonly affects this group of people were; Joint pain (33.34%), Hypertension (25.49%), GI disorder (13.70%), Chronic cough (8.82%), and Diabetes Mellitus (5.88%). Other important ailments were cataract (6.86%) and dermatological manifestation (05.88%). Both male & female were affected equally but the frequency was lower in female. These diseases were chronic in nature. Majority (72.11%) were suffering for = 1(one) year. Regarding different group distribution major proportion of elderly belonged in the age group of 60 -64 years (42.15%), in normal BMI range of 18.5 -25 (64.44%) and in lower-middle class of family (58.67%). Most of the elderly related diseases except DM were found in these groups. Lower BMI of <18.5 appeared as risk factor for DM (66.67%). Majority (73.07%) had no previous history of morbidity. More than 60.00% were conscious about their personal hygiene.

### **4. Study on patients satisfaction on service delivery in the Upazila Health Complex**

**Student:** 156 Palash Kumar Das, 157 Sharmin Afroz Khan, 160 Mustaree Arzu, 307 Md. Rashedul Hasan, 308 Prosenjit Deb

**Teacher Guide:** Dr. Fateha Akhter, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### **Abstract**

A descriptive types of cross-sectional study was conducted among 97 patients attending the inpatient and outpatient department of Upazila Health Complex, Mirsharai under Chittagong district. The results of the study revealed that among the total respondents more than half (56.8%) were in the age group of 20-29 years. The female (58.8%) outnumbered the male and they were housewife (49.5%) by occupation. Lower middle socio-economic class gripped the major proportion (70.00%) of respondents. The study also revealed that the irrespective of sex and socio-economic class difference majority of respondents opined the good dealings of the doctor . It was documented that 62.89% of the respondents were satisfied with the service delivery. Among them majorities were female (63.93%), illiterate (50.8%) & housewives (32.00%) and belonged to lower middle class group (43.00%). In case of waiting time, majority (54.63%) of respondents had to wait for 15-30 minutes. The age group of 20-29 years (39.62%), illiterate group (41.50%) and lower middle class group (66.03%) showed predominance in this regard. In respect of investigation, the respondents of income group of Tk>10,000 (50%), having the occupation of small trade (55.55%) & service (100.00%) had to do the investigation from outside in majority cases.

### **5. Study on knowledge and practice of personal hygiene of the children in a selected orphanage of Chittagong**

**Student:** 148 Umme Tanjila, 152 Sumi Datta, 153 Urmila Majumder, 158 Md. Abdul Momen 243 Umme Habiba Alam, 306 Md. Eyasin.

**Teacher Guide:** Dr. Fateha Akhter, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### **Abstract**

A descriptive type of study was carried out in an orphanage at chaitannarhat of Mastannagar, Mirsari under Chittagong district. 80 respondents were selected purposively among them majority (65.00%) were in the 10-14 years age group. Major proportion (80.00%) of the children had the knowledge of personal hygiene. Most (98.75%) respondents had the habit of regular tooth brushing. More than 73.00% brush their teeth both in the morning and night and majority (72.5%) preferred teeth paste to brush their teeth. It was revealed that 86.25% were

habituated to cut their nails, 100.00% used to take bath regularly, 55% used to bath in pond water and 95% were accustomed to use soap during bath. It was also found that majorities (70.00%) of the total children were habituated to use foot wears / sandals during walking. More than 98% of children maintain their food hygiene by covering their food and 100.00% wash their hands before taking meals. It was focused that 100% children used sanitary latrine. Among the total respondents 100% were concerned about using sandal during entry into the latrine and 91% wash their hands with soap after defecation. The orphanage as an institute plays an important role in maintaining personal hygiene and this point may be emboldened in this study.

#### 6. Birthing practices among women of reproductive age having under 5 children

**Student:** 233 Ayesha Sarfaraz, 234 Sagira Batool, 235 Farhana Khanan, 268 Alam Shah, 269 Abdul Rehman, 270 Saima Hamid Shawl, Faema Nasreen.

**Teacher Guide:** Dr. Md. Moktel Hossain, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### Abstract

To determine the pattern of birthing practice of rural women this descriptive type of cross-sectional study was conducted in a selected village of Mirsharai Upazila under Chittagong district of Bangladesh in September 2006. A total of 104 women of reproductive age were selected in the study. Data were collected by face to face interview using pre-tested questionnaires following purposive type of sampling technique. It was observed in the survey that great proportion (41.66%) of the respondents were in the age group of 25-29 years and majority (47.6%) were educated up to secondary level. Major population (50.00%) belonged to lower middle class. Regarding birthing practices, most (80.77%) of the respondents made Ante-natal Care (ANC) visits of which 84.77% went to the Upazila Health Complex (UHC) for ANC. Majority (58.3%) made their first ANC visits during 4-7th month of pregnancy. 36.9% had 2 number of gravids and among them 35.77% made 2 ANC visits. Most (96.15%) of the respondents were immunized against tetanus. Majority (33.65%) did not have any warning sign during pregnancy. The husbands of the majority respondents (38.46%) were educated up to the secondary level and among them major proportion (36.5%) made arrangement for TBA before delivery

69.23% of the deliveries were performed at homes and among them maximum respondents (29.8%) had 2 number of children and 84.6% had normal delivery. Most of the study population (53.84%) preferred delivery at home. This survey indicates the need for more community awareness and participation for the upliftment of the health of the women of reproductive age group in the community.

#### 7. Study on knowledge about HIV/AIDS among the rural community of Mirsharai

**Student:** 186 A.F.M.Obaidul Islam, 188 Md. Abdullah Al Imran, 189 Camelia Sharmin, 191 Farzana Azim, 195 Roksana Akter, 311 Fahmida Yousuf, 255 Israt Jahan, 257 Md. Omar Farooq, 258 A.S.M. Sayem

**Teacher Guide:** Dr. Meah Monjur Ahmed, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### Abstract

This descriptive study was designed to determine the knowledge of the rural people about HIV/AIDS. A total of 110 respondents were interviewed by using a pre-tested structured questionnaire in west khaiyachora village Mirsharai upazilla of Chittagong district in November, 2006. Among the respondents, 63.70% were in the 20-40 years age group while only 7.28% were in the group 60 & above. With male predominance it was found that 89.18% were muslim and majority of the respondents (68.18%) were farmer. It was also reported that 79.17% were illiterate and maximum belonged to lower class family. The study revealed that among respondents who (70.90%) had knowledge about HIV / AIDS, 85.89% heard about it from TV. They reported that the sexual intercourse (100.00%), blood transfusion (85.9%), use of contaminated needle (85.9%), transplacental (79.48%), breast feeding (79.48%), sharing of clothing (79.48%), handshake & hugging (79.48%), coughing & sneezing (76.92%) and sharing of bed (65.38%) were the major route of the transmission. The risk persons for HIV /AIDS were prostitute (56.32%), repeated blood recipients (25.6%), polygamous person (21.76%) and injectable drug users (14.08%). Majority (65.28%) mentioned that HIV /AIDS was preventable disease and most of them suggested that avoiding heterosexuality including prostitution may prevent the transmission of disease. 25.64% answered that HIV /AIDS was curable while vast majority (84.46%) thought that death was the ultimate fate of

HIV/AIDS. Most (89.6%) of the respondents preferred inclusion of HIV/ AIDS related information in educational curriculum. This study revealed that there was a relationship between the knowledge of HIV/ AIDS with the educational status of respondents. So emphasis should be given to provide health information to the rural people through educational curriculum and mass media.

#### **8. Study on Antenatal Care among the women of reproductive age in a rural community of Hathazari Upazila of Chittagong**

**Student:** 205 Rifah Aklima, 206 Salma Akter, 259 Shafiqul Islam Sumon, 260 Tamanna Jahan, 312 Nusrat Summya, 261 Ashotosh Nath.

**Teacher Guide:** Dr. Md. Zahid Hossain Sharif, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### **Abstract**

A study was undertaken to determine the Ante-natal Care (ANC) status of women of reproductive age in a selected village of Hathazari Upazilla under Chittagong district. This was a descriptive type of study in which 90 women were included conveniently. The data was collected by a questionnaire using interview method. The mean age of respondent's was 24±5 years. Majority of the respondents who completed ANC were in the age group of 20-25 years with education level of (50.00%) and belonged in lower-socioeconomic class of family. Major proportion (50.00%) of the respondents had taken advice about antenatal visit from the neighbors and relatives. Majority (71.1%) of the respondents preferred home delivery whereas only 13.33% preferred hospital delivery. 70.00% of the deliveries were conducted by trained birth attendant. Most (91.11%) of respondents had completed TT vaccination. Among the respondents 31.11% were free from any complication during pregnancy. Majority (76.7%) of the respondents had taken additional food during pregnancy and majority (54.4%) had done laboratory diagnosis. Knowledge should be developed among the women about antenatal check up for the better health of mother and also for baby.

#### **9. A Survey on the Health Seeking Behaviour of the family members in a rural community of Mirsharai Upazila of Chittagong**

**Student:** 162 Sharmin Akhter, 163 Feruja Afroj Tuli, 164 Taslima Akter, 245 Sadia Mehjabeen, 248 Simple Dey, 166 Shakila Akhter.

**Teacher Guide:** Dr. Syeed Mahmud, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

To investigate the health seeking behaviour of rural people this study was carried out in three villages of Mirsharai Upazila under Chittagong district under purposive sampling technique. The research instrument for data collection was a pre-tested questionnaire. As regard to the main features of head of the households, majority were male (84.0%), belonged in the age group of >=50 years (38.0%), illiterate (40.0%), and farmer (23.0%) by occupation. Majority of the families comprised of 4-6 members (58.0%), lived in tin-shed house (90.0%) and had safe access to sanitary facilities (95.0%). Husbands were the decision maker in most cases both in family affairs (64.0%) and treatment (61.0%). Regarding the etiology of disease, 37.0% thought that disease was god gifted. For health care provider selection, at the initial stage of disease 53.0% patients had undergone self-medication, in the middle stage majority (67.0%) went to village doctor. In the late stage most (91.0%) patients had undergone treatment by MBBS doctor. Majority (74.0%) of the respondents sought Ante-natal Care (ANC). 90.0% preferred home delivery. In 60.0% cases the previous delivery was conducted by TBA and only 10.0% by doctors. The 70.0% of the respondents had shown their interest on family planning.

#### **10. A study on socio-demographic characteristics and selected health related behaviors of diabetics patient in a selected village of rural community**

**Student:** 263 Md. Farhadur Reza, 264 Jasmin Akhter, 265 Md. Shafiullah Chowdhury, 266 Md. Yousuf Ali, 267 Lahiru Chamath Silva, 313 Farhana Bente Matin

**Teacher Guide:** Dr. Dewan Md. Harunur Rashid, Assistant professor, Community Medicine Department, Chittagong Medical College, Chittagong

#### **Abstract**

Though previously Diabetes Mellitus was thought to be a disease of the developed countries. But now a days Diabetes mellitus has become a major health hazard of developing countries including Bangladesh in comparison to the past few decades. The primary prevention of complications of diabetes

needs the control of the risk factors, awareness about the disease and some measures to be taken to avoid those complications. In this context a descriptive study was carried out on "A study on socio-demographic characteristics and selected health related behaviors of diabetics" patients in a selected village of rural community among the respondents a rural community of Mirsharai. The study population comprised of all the people living in the village of pathachot. Purposive sampling method was adopted to select the respondents. 105 respondents were interviewed through pre-tested / programmed questionnaire. Among the study population, the sample are male (55%) and the rest are female (45%). According to age group most are within 41-50 years (43.64%), 31-40 years (10.92%) 21-30 years (7.27%). According to age group in case of diabetic patients most are above 45 years (71.43%) from the study it was found that greater part were from lower class (66.67%) in case of diabetic patients most of them were from lower middle class (50%). The level of education among the respondents are : upto primary (42.86%), up to SSC (21.43%), up to HSC (28.57%) and rest are illiterate and. Most of the patients are sedentary workers (35.71%), followed by moderate workers (37.15%) and heavy workers (7.1%). In most of the cases prevalence of risk factors in developing diabetes includes obesity (22.90%), followed by cardiovascular disease (15.40%) and family history (10.80%). Major complications of Diabetes that the patients experienced includes hypertension (29.1%) -- eye disease (6.9%) diabetic foot (5.4%). Among the patients some are regular in checking their blood glucose (71.43%) while some check it irregularly (28.57%), the greater part of the preventive measure against the complications adapted by the respondents includes having oral hypoglycaemic agent (60.69%), taking insulin injection (24.90%), diet and exercise (7.70%) and no measure (6.8%). From the study it is crystal clear that lack of proper preventive measure, physical inactivity and sedentary lifestyle are major factors in developing diabetes and its associated complications. In this context proper education and motivation works on creating awareness against the odds will be proven worthy in limiting both the disease and its complications.

**11. A survey on knowledge attitude and practices on norplant as a contraceptive method among the clients attending Marie Stopes Clinic, Chittagong**

**Student:** 15 Sharzia Asma-Ul-Hosna

**Teacher Guide:** Dr. Fateha Akhter, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong

**Abstract**

The survey on knowledge, attitude and practices on Norplant as a contraceptive method among the clients attending Marie Stopes Clinic, Chittagong, was carried out in Marie Stopes Clinic, from 01-01-06 to 01-04-06. The study population were 60 clients of Marie Stopes Clinic, Chittagong. The general objective was to assess the knowledge and attitude of the clients about Norplant and its practices as a suitable contraceptive method among the clients attending at Marie Stopes Clinic, Chittagong. About 80% of clients were within 20-34 years age group 15(25%) were educated up to S.S.C. level and majority 32(53.33%) belong to the middle class socio-economic condition. They 18(30%) had one to two children in their family. Age at menarche of majority of clients 37(61.67%) were in (12-14) years of age. Most of them 51(85%) had regular menstrual cycle and 30(50%) had dysmenorrhoea during menstrual period. Majority 63.33% passed their married life for (5-19) years and 19(31.67%) had two para and majority 75% of their last child were within (0-5) years ago group 57(95%) of them had previous history of contraceptive use and 28(46.67%) used pills and 9(15%) used IUD. 8(13.33%) had irregular menstruation, 38(63.33%) had no complication and 01(1.67%) had unwanted pregnancy. Majority 40(66.66%) knew about procedure of Norplants and opinion of majority 29(48.33%) were good about Norplant. But only 04(6.66%) wanted to get Norplant. The study helps to reveal the clients knowledge and attitude to practice Norplant as a contraceptive method.

**12. A survey on morbidity pattern among non-pregnant women of child bearing age in a rural community in Mirsharai Upazilla, Chittagong**

**Student:** 218 Md. Tosdikur Rahman Khan

**Teacher Guide:** Dr. Dewan Md. Harunur Rashid, Assistant professor, Community Medicine Department, Chittagong Medical College, Chittagong.

**Abstract**

This survey on non-pregnant women of child bearing age was conducted in Baishkhali village in Mirsharai upazilla under Chittagong district during

the period of 15th September to 15th December 2006 . It was observed in the survey that 31.10% cases have been suffering from skin disease. Again 20% cases presented with UTI. Another 16.60% had suffered from Malaria and PUD was responsible for 13.30% & 11.10% cases suffered from Enteric fever and 7.7% cases with Pulmonary Tuberculosis. This might be due to result of low socio-economic condition and lack of awareness & maintaining personal hygiene, food habits, poor housing condition. It was also observed that number of patient in between age of 31-40 yrs were 50% 31.10% in between 21-30 yrs ,11.10% in between 15-20 yrs and 7.8% in between 41-49 yrs. In this survey, 76.6% respondents were married and 23.3% were unmarried. It was also observed that 83.33% respondents were illiterate and 16.67% had completed primary educated and 100% respondents were house wife. For high illiteracy rate they are not conscious about their health and disease condition. Beside monthly income of their husbands were 45.83% in Taka 2001-4000, 33.34% income between Taka 4001-6000 and 20.83% in between Taka 0-2000 .So low socio economic condition is another important cause of their departure from health. Thus this survey indicates the need for more community awareness and participation for the uplift of the health of the women of reproductive age group in the community.

### **13. Epidemiological study on nutritional status of women of childbearing age (15-49 yrs) in a selected village of rural community**

**Student:** 117 Mohammad Emran Alam

**Teacher Guide:** Dr. Syeed Mahmud, Lecturer, Community Medicine Department, Chittagong Medical College, Chittagong.

#### **Abstract**

A descriptive type of cross sectional study was conducted Mirsari , Chittagong during the period of 20th January, 2007 on 12.00 PM -4.00 PM . A Protested mixed type of questionnaires were used for data collection . A total of 64 respondent women of reproductive age group were selected . They were interviewed and examined to assess their nutritional status. Sociodemographic conditions , reproductive health and status of TT vaccination. Among them 57 (89.06%) were married and 94.7% respondent age at marriage was (15.19) years . Among them, examine the common age group was (25-29) years-19(29.68%) most of them is housewife 52(81.25%)

About 14 (21.87%) were under weight 41(64.06%) were found arsenic . Among them 24(37.50%) respondent women didn't have any idea of nutritional diet , in reproductive age group.

This study suggest that poverty and literacy have an great impact on reproductive age group it gives over all picture of health status in our country . It can be prevented by health education and legal action against early marriage and early pregnancy results were discussed & relevant literatures.