

DAY 2 : ORAL PRESENTATIONS

Session 10 : Theme : Environmental & Occupational Health

Chairs :

Prof. Dr. SA Mansur Ahmed

Prof. Dr. Sardar Mahmud Hossain



Health staffs' job satisfaction in tertiary level hospitals

Abdullah SAHM¹, Alam MT², Tamanna N³, Ishrat J⁴

¹Lt Col (Dr.) Syed Abul Hassan Md Abdullah, MBBS, MPH(Epidemiology), DTM&H (Thailand), Assistant Director General, DGMS Office, Bangladesh Armed Forces

²Major General (Dr.) Md Toufiqul Alam (Retd), MBBS, MPH, MBA, Ex DGMS, Bangladesh Armed Forces.

³Dr. Nushrat Tamanna, MBBS, MPH (Epidemiology), Associate Prof. Community Medicine Dept, International Medical College, Gazipur, Bangladesh

⁴Lt Col (Dr.) Ishrat Jahan, MBBS, MPH, Armed Forces Medical Institute. Bangladesh Army

Presenting author: Lt Col Dr. Syed Abul Hassan Md Abdullah; Email: hassan_ama@yahoo.com

Abstract

Background: The efficiency of service organizations like Hospital is related with its employees' performance.' Health staffs' job satisfaction contributes in patient care.

Objective: The objective of this study is to evaluate and analyze the health staffs' job satisfaction in tertiary level hospitals and identify the important determinant related with job satisfaction.

Methodology: This descriptive study done in two leading specialized private owned hospitals of Bangladesh during Jan-Apr 2011. A group of 200 employees were selected from both clinical (60%) and non-clinical (40%) through systematic sampling method. Self-administered structured questionnaire was used keeping focused on organizational supportive activities, management-employee relationship, gender discrimination and overall job satisfaction. Data analysis was done by SPSS version 19.

Results: Around 75% female respondents were satisfied or highly satisfied on their job which was higher than male (55%, $p < 0.005$). Married and employees aged 31-40 years showed higher level of job satisfaction ($p < 0.005$). Forty four percent respondent considered that salary was not at expected level. Forty seven percent opined that they could participate very often in decision making process. Two third respondents considered that they enjoyed freedom in job and 55% admitted that they received praise for good work. Univariate analysis was done to see the association between job satisfaction and other variables. Authority valued respondent's contribution ($p < 0.005$), satisfaction with salary and other benefits ($p < 0.005$), encouragement about carrier development ($p < 0.005$), make feeling about importance of job ($p < 0.005$), receive praise for good work ($p < 0.05$), superior looks after the personal welfare ($p < 0.05$) and organization helps employee in their problem ($P < 0.005$) were found significantly associated with Job satisfaction.

Conclusion: To provide quality health service by a health centre-staffs, at all level, should be valued as an asset of the organization and their salary, participation and welfare should be properly looked after.

Keywords: Health staffs, job satisfaction, authority's support, authority-employee relationship



Knowledge regarding prevention and control; of hepatitis among the garment workers of Dhaka

DR. Kazi Sefayet Enam
MBBS, MPH, FCPS part II (Medicine) trainee.

Presenting Author: DR. Kazi Sefayet Enami1; Email: shakher@gmail.com

ABSTRACT

Background: Hepatitis is serious health condition that affects the liver. Though there are various reasons of hepatitis, the most common and serious is viral hepatitis. Viral hepatitis is highly prevalent in the third world country and one of the emerging problem in Bangladesh with a prevalence of 5.7% (HBV) and 0.6% (HCV), which is more than the prevalence of HIV in Bangladesh. And garment workers are one of the major risk groups of viral hepatitis.

Objective: This study was conducted to assess knowledge regarding prevention and control of hepatitis among the garment workers of Dhaka.

Method: Descriptive Cross-sectional study was conducted among garment workers of a selected garment factory located in Savar. Total 134 garment workers were interviewed in between May-September 2017 through preformed structured questionnaire. Sampling technique was simple random sampling. Knowledge score was generated on the basis of correct answer to the preformed questions. A score of 5 to 7 out of 10 was regarded average and any score ≥ 8 was considered good knowledge or clear concept. IBM SPSS version 25 was used for frequency analysis and Microsoft word 2013 was used for final compilation.

Results: Majority (88.8%) of the respondents had an average knowledge score of 5-8 out of 10 regarding general concept of hepatitis. About 59.7% of the respondents had an average knowledge regarding the mode of transmission of hepatitis in contrast to 38.1% of the respondents who had clear concept. About 75.4% respondents recognized hepatitis as a preventable disease but 94.0% respondents didn't know about any hepatitis vaccine as preventive measure of hepatitis.

Conclusion: The respondents didn't have sufficient knowledge regarding prevention and control of different types of hepatitis and there was a scarcity of accurate concept which is needed to be addressed on priority basis. Advocacy and awareness creation is mandatory regarding communicable and non-communicable diseases, vector-borne, water-borne and food-borne diseases among the garment workers.

Keywords: Hepatitis, Knowledge, Garment workers, Prevention, Control.



Hydraulic horn: A major public health and legal concern

Dr. Mamun Murshed

Associate Professor, Department of ENT & Head-Neck Surgery,
Shaheed Suhrawardy Medical College Hospital

Presenting Author: Dr. Mamun Murshed1; Email: murshedmamun@yahoo.com

Abstract

Hydraulic horn is one of the immeasurable medium of traffic noise as well as sound pollution that causes serious problems in all ages including children. The hydraulic horn used by buses, trucks and taxis in the crowded metropolitan city streets contributes to the emission of noises up to 125 dB. The noise of any busy street in Dhaka has been estimated to be at 60 to 80 dB, with the sound of a vehicle being 95 dB, scooter or motorbike 87 to 92 dB, and trucks and buses 92 to 94 dB. All these levels are beyond the expected limit permitted by law and standard civilized society. Exposure of sound more than 85 dB causes discomfort and more than 100 dB causes pain in the ear.

A noise of 85 dB (A) SPL, 8 hours a day for 5 days per week is the maximum safe limit as recommended by law. According to which silence zone with less than 50 dB noise level should persist within 100 meter around the premises of hospitals, nursing homes, educational institutions and courts. A temporary exposure to noise causes immediate hearing impairment due to temporary threshold shift which recovers after an interval of few minutes to a few hours even up to 2 weeks. But continuous exposure causes permanent threshold shift and permanent hearing loss. Apart from hearing loss, noise can affect other systems of the body including interference with rest and sleep causing chronic fatigue and stress. Through activation of autonomic nervous system and pituitary-adrenal axis, it causes annoyance, irritability, hypertension and peptic ulcer and adversely affects intellectual performance.

Hydraulic horns used by the major vehicles in the cities are one of the major contributors of the emitted noise which is responsible for so many health and social issues in the urban life. In Bangladesh, Noise control rules 2004 has been passed by the parliament and in this connection, honorable High Court had already banned use of Hydraulic horns in any place of the country.

All though urbanization and industrialization are essential for economic development, urban people always intend for calm and quiet life. Noise emitted by the hydraulic horns of the vehicles, mills and factories are preventable by implementation of the traffic laws, proper planning and raising people's consciousness in this issue. For the physical and mental health of the urban people, particularly of the children, it is imperative for the decision makers, leaders, planners and concerned persons including NGOs and Medias to keep the noise level within the acceptable limits.



Study on Low Back Pain and Disability in Auto Rickshaw Drivers

Islam KR¹, Hossain SM², Huq S³, Ara U⁴

¹Lecturer & Program Coordinator, Department of Public Health,
Northern University Bangladesh.

²Professor and Head Department of Public Health, Northern University Bangladesh.

³Senior Lecturer, Department of Public Health, Northern University Bangladesh.

⁴Lecturer, Department of Public Health, Northern University Bangladesh

Presenting Author: Dr. Kazi Rakibul Islam; E-mail: rakibselective@gmail.com

Abstract

Background: Work-related musculoskeletal disorders, especially low back pain, cause substantial economic losses to individuals as well as to the community. Professional drivers have been found to be at high risk for developing LBP due to prolonged sitting and vehicle vibration.

Objective: This study was carried out to determine the level of low back pain & disability among 220 auto rickshaw drivers in Dhaka city.

Method: This descriptive cross sectional study was done on 220 auto rickshaw drivers in Dhaka city. Samples were taken by purposive sampling technique and data were collected by face to face interview among the auto rickshaw drivers from four CNG stands & two garages around Dhaka city with a pretested, modified and semi-structured questionnaire. The level of disability was determined by Oswestry Disability Index. Data processing and analyses were done using SPSS version 19.

Results: It was found that the age range of the respondents was 25 to 60 years. Among them 45.5% respondents were in 31-40 years of age group with a mean of 34.95 ± 7.732 years. About 36.4% of the respondents' working period was more than 10 years. The study demonstrated that maximum (62.7%) auto rickshaw drivers reported low back pain and 75.4% had minimal disability and remaining 24.6% had moderate disability. The study found significant association of low back pain with age and working days in a week ($p < 0.05$). Another association between sitting posture and low back pain was found highly significant ($p < 0.001$).

Conclusion: Low back pain is a frequent phenomenon in Bangladesh as well as all over the world. So, occupational health and safety management programs should be implemented to prevent adverse health effect among auto rickshaw drivers.

Keywords: Low Back Pain, Disability, Auto rickshaw, Drivers, Posture



Public Health Foundation Day 2017

Advantage and Disadvantage of Improved cook stove use to prevent indoor air pollution and health hazards: experience from a rural community

Al-Jami SA¹, Islam MZ³, Sadeque MZ³, Hasan SMMMA⁴

1. Assistant Professor Head, Dept. of Dental Public Health, Delta Medical College & Hospital (Dental Unit),
Mirpur, Dhaka

Presenting Author: Dr. Shaikh Abdullah Al-Jami; Email: jami_3005@yahoo.com

Abstract

Background: Rural people suffer from different health hazards due to indoor air pollution. Improved Cook Stove (ICS) reduces indoor air pollution and its health hazards.

Objective: This study was carried out to find out the opinion regarding the advantage and disadvantages on Improved Cook Stove among the 103 users in a rural community of Savar upazilla under Dhaka district.

Methods: This cross-sectional study was done during the period from January to June 2012. Total 103 respondents included in the study and data were collected by face to face interview using a semi-structured questionnaire. Samples were selected by non-probability purposive type of sampling. Results were expressed in descriptive frequency. Data were analysed by statistical package for SPSS version 15.

Results: All the ICS users were female and 48.5% were in age group 31-40 years with mean age 34.32 (± 7.04) years. Out of 103 respondents, majority 59.2% had primary level education. Of the respondents (96 out of 103) 93.2% were housewives. The mean monthly income of the respondents was taka 13281.55 \pm 8168. Wood was used as fuel by 59.2% in Improved Cook Stove and 67.0% of the respondents bought fuel from market. Users' view regarding the use of improved cook stoves attributed to "Less fuel consumption" (95.1%), "Less cooking time" (89.3%), "Less smoke emission" (91.3%), "No impact on health" (95.1%), "Less cost" (89.3%), "No environmental pollution" (91.3%). Constraints of the ICS use included Operational (41.0%), Maintenance (25.6%), Parts replacement (12.8%) and associated costs Constraints" (20.6%).

Conclusions: The data suggest that besides its few constraints Improved Cook Stove seem to be useful and accepted by users owing to its environment friendly proposition and cost effectiveness. Considering the present finding attempts might be taken to circumvent technical issue to make it more user friendly and increase awareness of rural people to increase its use and thus improving the people's health and reduce environmental pollution.

Keywords: Improved Cook stove, Merits and Demerits, Opinion, Rural Community

DAY 2 : ORAL PRESENTATIONS

Session 11 : Theme : Child Health & Public Health Nutrition

Chairs :

Prof. Dr. Arunodaya Barman

Prof. Dr. Sayeda Afroza



Nutritional status of street-dwelling children: A cross-sectional study in capital city of Bangladesh

Muhammad Enamul Karim¹, Sumon Chandra Debnath²

¹Medical Officer, BRAC, TB/HIV Control Program, BRAC Centre, 75, Mohakhali, Dhaka-1212, Bangladesh.

²Assistant Research Officer, Bangladesh Breastfeeding Foundation, Mohakhali, Dhaka-1212, Bangladesh.

Presenting Author: Muhammad Enamul Karim; Email: mekarim99@gmail.com

Abstract

Background: Millions of children throughout the world live on the street. Lack of information about the nutritional status of street children compared to urban slum dwellers and rural population.

Objective: The study was done to assess the nutritional status of street children and identify the relationship of socio-economic variables with their nutritional status.

Methods: This cross-sectional study was carried out among 260 street children aged between 2 to 5 years from Kamalapur, Mohakhali and Mirpur areas in Dhaka city. A semi-structured questionnaire was used to collect data during the period from January to December 2015. Their nutritional status was determined by collecting height and weight using standard technique and analyzed according to World Health Organization (WHO) guidelines.

Results: More than one-third (35.4%) of the children aged between 3 to 4 years. Most (65.4%) of the families used to live in a shack, for that it could be easily folded and only 10.8% had the tin on their roof or wall only when there was less chance of evacuation. The average monthly family income was 5278.8 taka. Among 260 street children, the prevalence of severe wasting (WHZ), severe stunting (HAZ) and severe underweight (WAZ) was 6.5%, 17.7%, and 12.7%, respectively. On the contrary, 26.9% children were moderately wasted, 33.8% were moderately stunted and 36.9% were moderately underweight. Wasting and stunting were significantly associated ($p=0.006$ and $p<0.001$, respectively) with age of the children.

Conclusion: The present study generates information which indicates that the nutritional status of the street children should not be overlooked and suitable approaches designed to improve their nutrition should be considered and studies elaborately in the future.

Key words: Nutritional status; Street children; Malnutrition



Public Health Foundation Day 2017

Prevalence of underweight and associated factors among preschool children of Dhaka city

Sadia Nahar

Student of Master in Public Health, American International University-Bangladesh (AIUB)

Presenting Author: Sadia Nahar; Email: sadia52nahar@gmail.com

Abstract

Background: Underweight is a major public health problem among children in developing countries can affect physical and intellectual growth and is also considered as a main cause of child morbidity and mortality. For children less than 5 years, underweight is a condition where child's weight is lower that a normal person of the same age.

Method: Descriptive type of Cross-sectional study was conducted among preschool children of Dhaka city. Data was collected from July-August using structured questionnaire and anthropometric measurement among randomly selected 130 students. SPSS and MS-EXCEL was used for the data analysis. Along with descriptive analyses, chi-square was done to test the association between underweight and factors to determine the relationship.

Results: Among the total respondents, 33 (25.4%) were underweight where 24 (72.73%) were female children and 9 (27.27%) were male children. Out of 33 underweight children 23 (70%) children were mild underweight, 7 (21%) were moderate underweight and 3 (9%) were severe underweight. Teen and less educated mother were more likely to have underweight children. On the other hand, LBW children and those who were breastfed for less than 6 months started their weaning food too early and too late were more likely to be underweight. This study also found that there is a significant association between underweight and age, sex, mother's educational level, mother's age at 1st pregnancy, child's birth weight, birth space between two children, duration of breastfeeding and starting time of weaning food.

Conclusion: The prevalence of underweight among preschool children in Dhaka city is higher than many other developing countries where many associated factors are influencing for children for becoming underweight. It is necessary to take steps in reducing underweight pre-school children in the city area through strengthening women education and empowerment including prevention of teenage pregnancy.

Keywords: Preschool Children, Prevalence, Underweight, Dhaka City.



Maternal Nutrition in Pregnancy and Impact on Autism

Mohammad Arifur Rahman

Masters of Biological Science (JU), Dhaka. Research Fellow, INSAR, USA
Consultant, Researcher and Chairman-NAARC

Presenting Author: Mohammad Arifur Rahman; Email: rponarahman@gmail.com

Abstract

Introduction: Nutrition is the process of consumption and utilization of food for growth, repair and maintenance of the body. Nutrients are stored in the body in various forms and are replenished when needed. The nutritional or dietary intervention plays an important role in management of health problems, diseases and special conditions like pregnancy & its outcome, children with autism and so on. Nutritional interventions generally have much lower rate of adverse effects than psychiatric medications, according to the ARI Survey of Parent Ratings.

Autism spectrum disorder is a developmental disorder characterized by deficits in social interaction and communication by a limited range of activities and interests and often by the presence of repetitive, stereotyped behaviors. Behavioral interventions, such as Applied Behavior Analysis (ABA), can also be very helpful to children with autism and are recommended to use in conjunction with dietary and medical treatments. Similarly, speech therapy, sensory integration, physical therapy, occupational therapy and a good educational program can be very important. Dietary, nutritional, and medical therapy may help improve the efficacy of these other interventions, by improving brain and body health and making it easier for the child to learn.

Objectives: To find out the impact of nutritional intake of women during pregnancy on developing autism among their children in later life.

Methodology: This retrospective cross sectional study was done on 350 mothers of children with autism both in rural and urban area. Mothers were selected by nonprobability & purposive type of sampling. Data were collected by face to face interview with a semi structured questionnaire. Data on type of food intake with quantity were collected. Data were presented by tables and diagram.

Result: Fifty two percent of mothers with autism were having nutritional deficiency during their pregnancy period. Planned pregnancy is most important to give birth a physically and mentally healthy and it was found that 62% of the children with autism were born from unplanned pregnancy.

Conclusion: Nutrients in adequate quantity and quality are remained ignored during pregnancy period of women and their adolescent period as well. ASD children has relation with nutritional intake of food in regards to various manifestations. So maternal food intake during pregnancy and its relationship with ASD in their children needs to be explored in further study.

Conclusion: Maternal Nutrition, Pregnancy, Autism



Public Health Foundation Day 2017

Prevalence of anemia among adolescent girls in urban Dhaka and their awareness level regarding anemia along with the food intake pattern

Samia Alam

Department of Public Health, American International University- Bangladesh.

Presenting Author: Samia Alam; Email: samia8630@gmail.com

Abstract

Introduction: Anemia is one of the most common public health problems worldwide. Based on the WHO criteria, more than two billion people globally are estimated to be anemic. Adolescence is considered as a nutritionally critical period of life and adolescent girls are also at increased risk of anemia.

Objectives: The objective of the study was to determine the prevalence of anemia among adolescent girls and their awareness level regarding anemia and food intake pattern.

Methods: A cross-sectional study was conducted from January 2015 to January 2016 in urban areas of Dhaka city. A total of 80 school going adolescent girls (10-19 years age) were included in the study by analyzing blood samples to measure the concentration of hemoglobin and to evaluate the body mass index (BMI), dietary habits, and the status of awareness regarding their food intake. The data were analyzed by using SPSS version 21.

Results: The total 80 adolescent girls were divided into two groups. The 14 years of age group contributing 52.88% and the 15 years of age group contributing 47.12%. Among the first group, 42% belonged to non-anemic, 7% mildly anemic, 5% moderately anemic and 1% severely anemic. Among the second group, 43% belonged to non-anemic and 6% mildly anemic. The BMI of the girls showed 40.38% underweight, 50.96% normal and 8.65% overweight. 18.27% anemic and 81.73% non-anemic according to the Hb level in blood serum. Result showed 73.33% took vitamin A daily and among them 63% were nonanemic, 9% mildly anemic, and 5% moderately anemic. On the other hand 25.71% didn't take vitamin A daily and among them 22% were non-anemic, 4% mildly anemic and 1% severe anemic. Daily vitamin C intake showed, 46% were non anemic, 7% mildly anemic, 3% moderately anemic and among the girls who didn't take daily vitamin C, 39% were nonanemic, 6% mildly anemic, 2% moderately anemic and 1% severely anemic.

Conclusion: Iron supplementation program specially meant for adolescent girls need to be introduced both for school going and non-school going girls.

Key words: Adolescence, Anemia, Awareness, Nutritional status



Status of under nutrition among children with exclusive breast feeding: A scenario from the northern part of Bangladesh

Sumon Chandra Debnath¹, Muhammad Enamul Karim², Ropak Chandra Roy³

¹Assistant Research Officer, Bangladesh Breastfeeding Foundation, Mohakhali, Dhaka-1212, Bangladesh.

²Medical Officer, BRAC, TB/HIV Control Program, BRAC Centre, 75, Mohakhali, Dhaka-1212, Bangladesh.

³Lecturer, Gono Bishwabidyalay, Savar, Dhaka, Bangladesh.

Presenting Author: Sumon Chandra Debnath; Email: sumonphysio@gmail.com

Abstract

Background: Under nutrition continues to be a major public health problem in developing countries. Several studies have shown that exclusive breastfeeding for the first six months plays a great role in preventing under nutrition.

Objective: The study was done with an objective to assess the prevalence of under nutrition among 6-12 months children who have completed exclusive breastfeeding.

Methods: This cross-sectional study was conducted among mothers/caregiver with children aged 6-12 months seeking health care at a tertiary level hospital in Rangpur district of Bangladesh. A total of 251 children were selected through convenient sampling during January to December 2015. Lengths and weights of all children were measured and z scores were calculated. The World Health Organization guidelines and cut off points were used to assess the degree of wasting, stunting and underweight, determined respectively by WHZ, HAZ and WAZ minus two standard deviations or below (≤ -2 SD).

Results: One hundred and forty-three (57.0%) were boys while one hundred and eight (43.0%) were girls. The overall prevalence of under nutrition (Z score ≤ -2) was observed in 29.9%, 45.4% and 14.4% based on stunting, underweight and wasting. Moderate stunting (≥ -3 SD to < -2 SD) was found in 11.2% of the children, moderate underweight (≥ -3 SD to < -2 SD) in 16.3%, and moderate wasting (≥ -3 SD to < -2 SD) in 12.0%.

Conclusion: From the findings of this study, it is concluded that malnutrition is still an important problem among exclusive breastfeeding children. Therefore, the introduction of timely complementary feeding and standard case management would be beneficial to combat the problem of under nutrition.

Key words: Under nutrition, Exclusive breastfeeding, Under 5 children

DAY 2 : ORAL PRESENTATIONS

Session 12 : Theme : NCD-II

Chairs :

Prof. Dr. Md. Abdul Jalil Chowdhury

Dr. Kapil Ahmed



Changes in burn mortality in Bangladesh: Findings from Bangladesh Health and Injury Survey (BHIS) 2003 and 2016

Saidur Rahman Mashreky¹, Riffat Ara Shawon², Animesh Biswas³, Junnatul Ferdoush⁴, Afrida Unjum⁵

¹Director, Centre for Injury Prevention and Research Bangladesh, Dhaka, Bangladesh and Associate Professor, Dept. of Non-Communicable Diseases, Bangladesh University of Health Sciences.

²Research Associate, Centre for Injury Prevention and Research Bangladesh, Dhaka, Bangladesh

³Associate Director, Centre for Injury Prevention and Research Bangladesh, Dhaka, Bangladesh

⁴Research Associate, Centre for Injury Prevention and Research Bangladesh, Dhaka, Bangladesh

⁵Statistician, Centre for Injury Prevention and Research Bangladesh, Dhaka, Bangladesh

⁶Executive Director, Centre for Injury Prevention and Research Bangladesh, Dhaka, Bangladesh and Professor, Dept. of Epidemiology, Bangladesh University of Health Sciences.

Presenting Author: Riffat Ara Shawon; Email: riasha47@gmail.com

Abstract

Background: Annually about 265,000 burn-related deaths occur worldwide. In Bangladesh, nearly 3000 people die from burn injuries. This paper is focused to reflect the changes in burn mortality and events leading to fatal burn injuries.

Methods: Two national community-based cross-sectional health and injury surveys were done in Bangladesh during 2003 and 2016. Similar methodology had been followed in both the surveys. Multistage cluster sampling method considering probability-proportional-to-size strategy was used in both the surveys to obtain the desired sample. A pretested semi-structured questionnaire was deployed to identify causes of mortality and morbidity among the population. Verbal autopsy method was used to ascertain the cause of death.

Results: Among the 819429 survey sample in 2002, the majority (51.5%) were from the age group 18 to 59-years and 50.9% were males. In 2015, 58.7% were from the age group 18 to 59 years and 50.1% were male respondents where the total sample was 149221. An estimated 5000 deaths occurred during 2002 due to burn, whereas, around 9000 deaths were caused by burn in 2015 reflected by the death rates 3.5 and 5.7 per 100,000 population in respective years. This study found an increase in death rates in all age groups from 2002 to 2015. Electrocutation caused the highest burn deaths in this country, especially among males and in rural areas. The death toll by this particular mechanism has increased by more than two folds within a decade. The place of occurrence of fatal burn injuries has also shifted from home to the outside of the home especially in the agricultural fields.

Conclusion: Burn death is an emerging cause of injury deaths in Bangladesh. Further researches are required to explore the epidemiology of electrocution deaths in Bangladesh and design effective interventions.

Keywords: Burn, epidemiology, Electrical injury, Burn mortality



Status of Noncommunicable disease risk factors among medical and nonmedical undergraduate students of Dhaka city

Rajib Mondal¹, Rajib Chandra Sarker¹, Palash Chandra Banik¹

¹Department of Noncommunicable Diseases, Bangladesh University of Health Sciences (BUHS), Dhaka, Bangladesh.

Presenting Author: Rajib Mondal; E-mail: rajibmondaluday@gmail.com

Abstract

Background: Unhealthy behaviors as noncommunicable disease (NCD) risk factors are established during school and young age and continued into adulthood in general. In Bangladesh, the scenario of NCD risk factors among the students of these ages is inadequately identified.

Objective: The objective of this study was to find out the status of NCD risk factors among the undergraduate level medical and nonmedical students (NS) and also to compare among them.

Methods: A cross-sectional comparative study was conducted in Dhaka city among 140 medical (male= 90; female=50) and 140 nonmedical students (male= 83; female= 57). Medical students (MS) were from MBBS and Physiotherapy background and NS from faculties of business, law, engineering and pharmacy. Students were recruited from Dhanmondi and Mohammadpur areas following purposive sampling technique. Face-to-face interviews were conducted to collect data into a pretested questionnaire. Showcard of STEPS instruments were used to evaluate vegetable and fruits intake behavior. Both descriptive and comparative statistical analyses have been done according to the objectives using SPSS version 21.

Results: The mean age was 22.0 ± 2.0 years (MS, 22.1 ± 2.0 ; NS, 21.8 ± 1.9), MS and NS groups were dominated by 4th and 3rd academic year respectively. Overall tobacco users were 18.9% (MS=15.7%; NS=22.1%; $p=0.222$), same proportions were not involved in performing regular physical exercise (71.4% in each group). Overall inadequate vegetables and fruits intake (<5 servings/day) was among 95.7% (MS=97.9%; NS=93.6%; $p=0.077$), alcohol users were 10.7% (MS= 8.6%; NS=12.9%; $p= 0.246$) and extra salt users were 64.6% (MS= 57.1%; NS= 72.1%; $p= 0.012^*$).

Conclusion: Mixed scenario has been found in terms of presence of NCD risk factors among the MS and NS, whereas NS were used to use tobacco, alcohol and extra salt more than MS. Again, MS were used to take less vegetables and fruits than NS though the proportions of involvement in irregular physical exercise were equal for both groups.

Key Words: Noncommunicable diseases, Noncommunicable disease risk factors, STEPS instruments, Servings.



Knowledge, attitude, and practice on cervical cancer screening among the female outdoor patients in a selected private clinic of dhaka city

Susoma Ferdous¹, Prof. Dr. Nawzia Yasmin², Nuhad Raisa Seoty³

¹Program Director, Research Evaluation Associates For Development Ltd. (READ),
House # 52, Road # 15/A, Dhanmondi R/A, Dhaka-1209.

²Professor & Head, Department of Public Health, State University of Bangladesh.

³Assistant Professor, Department of Public Health, State University of Bangladesh.

Presenting author: Susoma Ferdous¹; E-mail: susoma_ferdous@yahoo.com

Abstract

Background: Cervical cancer in women is a major health burden both in developed and developing countries and an important cause of mortality and morbidity.

Objective: A cross-sectional study was conducted in February 2017 to assess the level of knowledge, attitude, and practice on cervical cancer (CC) screening among the female outdoor patients in a selected private clinic of Dhaka city.

Methods: This cross sectional study was conducted among the female outdoor patients in a selected private clinic of Dhaka city. The respondents were selected following convenience sampling technique. Data were collected by interviewer administered semi structured questionnaire. Data analysis was done in soft ware SPSS.

Results: Among 162 female outdoor patients mean age was 37.6.39 years. About 71.6% of the respondents ever heard and 34.6% heard about cervical cancer screening. Those who heard about CC screening, of them 42.9% knew about Visual Inspection of Cervix with Acetic Acid (VIA) as test for screening; 17.8% knew the appropriate age of performing screening, only 12.5% had correct knowledge on the recommended frequency of performing screening, and 46.33% knew about the availability of CC screening facility as free of cost in govt. hospitals. Only 9.5% had good knowledge, 57.4% had positive attitude and 21% ever practiced CC screening. Surprisingly those who were screened, all of them experienced complication in cervix and only 23.5% of them did so as a routine checkup. In general, the knowledge was found poor, attitude was positive to majority of the respondents but practice was found to be very poor. Level of knowledge was significantly associated ($p < 0.05$) with attitude but not with practice ($p > 0.05$).

Conclusion: Lack of information about cervical cancer and its screening was the most reported reason for not performing screening. Emphasis should be given on awareness raising program on cervical cancer and its screening among the community so that early detection and prevention is possible.

Key words: Cervical Cancer, VIA, Screening, Knowledge, Attitude, and Practice



Exploration of gaps and challenges in managing burn injury at district and sub-district govt. health facilities in Bangladesh

Dr Animesh Biswas^{1,2} PhD, Abu Sayeed Md. Abdullah¹ MS, Dr Rehnuma Tabassum¹ MPH,
Dr Saidur Rahman Mashreky^{1,3} PhD

¹Centre for Injury Prevention and Research, Bangladesh (CIPRB), Dhaka, Bangladesh.

²School of Public Health, Independent University, Bangladesh

³Department of Non communicable Disease, Bangladesh University of Health sciences (BUHS),
Dhaka, Bangladesh.

Presenting author: Dr Rehnuma Tabassum; Email: dr.rehnuma87@gmail.com

Abstract

Background: Burns injury is one of the leading cause of mortality and morbidity worldwide. In developing countries like Bangladesh, burn is one of the leading causes of illness, disabilities and deaths. Emergency management of burn at the health facility can reduce the severity of burn injuries and improve overall survival and quality of life.

Objective: The study was done to explore the health care providers' views on gaps and challenges in management of burn injury at the health facilities at district and below.

Methodology: A qualitative study was conducted during January to March 2015 on doctors and nurses of districts hospitals and upazila health complex. In-depth interviews (n=19) were performed with the doctors and nurses working in the three district hospitals and seven upazila health complexes. Thematic analysis was performed on different pertinent factors related to burn management.

Results: Health care providers mentioned that the people coming to the health facility usually after hours. At first they mostly seek treatment from the traditional healers or from village doctors or from the local pharmacy. Family waited until they felt that the patient might not survive. Delaying in decision making and transferring the patient to the health facility are the key challenges identified by the doctors and nurses when they attend any burn patients in their facility. Moreover, use of different homemade traditional infectious materials over the burnt areas cause more damage to the burn surface. Deficiency of adequate supplies, logistics and trainings for the health workers create much more difficulties to manage or treat a burn patient at primary or secondary health care centers.

Conclusion: Burn patients are maltreated in the community and community has misperception on burn management which delay the proper management in health facility. Readiness of the facility on the other hand is a big challenge. In Bangladesh, it's equally important to build knowledge and create awareness among the community people on burn management and prevention.

Keywords: Burn injury, Gaps and Challenges, Management, Health facility, Bangladesh



An Overview of Obesity (Samane-e- Mufrat/Farbahi) & its management with Unani system of Medicine

Md. Shahjalal Chowdhury

BUMS (DU), MPH (Epidemiology), Lecturer, Hygiene & Community Medicine,
Hakim Said Eastern Medical College & Hospital, 37, Nimtoly, Dhaka-1000, Bangladesh

Presenting Author: Md. Shahjalal Chowdhury; Email address: dr.jalalshorna.bd@gmail.com

Abstract

Background: Obesity (Samane-e- Mufrat/Farbahi) has become a serious public health problem now a days. Despite tremendous development in the medical science, several diseases are still challenging to human being & efforts are continued to conquer them. Obesity is one of them. Although certain level of weight gain is a good sign of health but if it exceeds normal limit it becomes dangerous. It affects 32.2% of the global population. The available synthetic pharmacological therapies have their own side effects and limitations.

Objective: The objective of this study was to explore the obesity & its management with Unani System of Medicine.

Methods: Review of literature was done from Unani Pharmacopeia of India, Bangladesh National Formularies of Unani Medicine, ND Health facts & PubMed, internet data from inception to 01 November, 2017, observational data relating to Unani Medicine and Obesity & its treatment, prevention & control.

Results: Unani herbal Medicine plays an important role in the management of obesity. Number of herbs is documented in Unani classics to reduce weight and studies have also been carried out for its anti-obesity activity. This paper gives information on herbs and its mechanism of action for weight reduction. Evidence suggests that dietary modification, foods & vitamins, lifestyle modification also play good role to prevention & control of Obesity.

Conclusions: In light of the results of the present review study, it can be concluded that these information can help our knowledge to enrich us regarding how & which Foods & Vitamins/Ilaj-bit-Taghzia, Lifestyle Modification/Ilaj-bit-tadbeer various listed Unani Medicinal Plants & formulated Unani Medicine/ Ilaj-bid Dawa (Pharmacotherapy) are to use to prevent & control & treatment of Obesity & also promoting our health but above those approaches Unani System of Medicine should be tested with RCT for authenticity again.

Keywords: Unani Medicine, RCT (Randomized Control Trial), Anti-obesity herbs, Life style disorder, Morbidity and Weight



Effects of Progressive Physiotherapy along with or without active rest at hospital for the patients with chronic nonspecific Low Back Pain (LBP) in Bangladesh

Dr. Sonjit Kumar Chakrovorty

Bachelor of Physiotherapy, Masters of Physiotherapy (Dhaka University)
MPH DIU, Bangladesh. C C : MDT, TMS UCL(UK), DIPOM (Belgium)

Presenting Author: Dr. Sonjit Kumar Chakrovorty; Email: sphddhaka@gmail.com

Abstract

Background: Low Back pain is commonly suffered by the middle and older aged population and has significant impact on work disability, absenteeism and health care costs. Physiotherapy is considered a potential effective intervention for patients with chronic low back pain. Specific level induced spinal mobilization has greater impact to correct the faulty biomechanics of spinal column if considered active rest at early stage whereas generalized spinal physiotherapy without rest is also effective for the management of mechanical spinal pain.

Objectives: To find out the effects of Progressive physiotherapy (Manual Therapy & Electrotherapy) with active bed rest (3 Weeks) and without active bed rest at hospital for Prolapsed Inter-vertebral Disc (PLID) with radiculopathy.

Methods: This experimental study was done to find out the effectiveness of region specific and non-region specific spinal manual therapy of 20-55 years of aged peoples with pre and post-test basis. The results of this study are pursuing the effects of physiotherapy with or without active rest for 10 days with 20 sessions' intervention.

Results: The study showed as within group analysis that both physiotherapy with or without active rest is effective to reduce pain and back disability for low back pain patient. Results showed that physiotherapy with active rest is significantly effective rather than physiotherapy without active rest for back pain patients. Within group and between group the outcome was also found as significant ($p < 0.05$).

Conclusion: Physiotherapy with active rest is highly effective than physiotherapy without active rest for LBP patients. Individual treatment was also found significantly effective.

Keywords: Progressive physiotherapy, Active rest at hospital, Chronic low back pain



Informal supply chain and debacle of tobacco control program: Bangladesh perspective

Syed Ejaz Ahsan
Assistant Professor, Fareast International University

Presenting Author: Syed Ejaz Ahsan; Email:

Abstract

Background: Tobacco control is a global concern. As a part of that Bangladesh Government has taken number of steps like other countries in reducing the consumption of tobacco products of different categories. Normally Government approaches are concerned with demand and supply side policies to reduce consumption. So far Demand side policies are proved to be effective in the country especially by imposing higher tax and gradually it is increasing every year but one obstacle in tobacco control policy is quite visible, that is the inflow of huge amount of foreign branded cigarettes in the country. The main focus of this study is how the influx of foreign tobacco products is posing a threat to tobacco control policy of Bangladesh.

Objective: The objective of this study is to identify the magnitude of cross border trade and its impact on tobacco control policies of Bangladesh.

Method & Procedure: The study covered the Border ports stretching from Southern part of both the countries such as Benapole Petrpole to Tamabil Douki and adjacent areas. Both primary and secondary sources of information have been considered to collect data. Descriptive analyses was done for this study and content analyses through qualitative information was supplemented the key outcomes of the study.

Results: According to the study the inflow of huge amount of cigarettes i,e out of four packets one packet is a foreign branded that means on an average twenty five to thirty percent cigarettes are being smuggled in the country posing a direct threat to national tobacco control program. Due to avoidance of tax the prices of foreign branded cigarettes are comparatively low and as they are widely available and freely traded in the markets resulting more consumption of tobacco products.

Conclusion: Inadequate monitoring and surveillance allowing smuggled cigarettes to enter the country freely and posing a threat to national tobacco control program. Unless a strong policy guideline along with proper and active monitoring and surveillance system to reduce cross border trade is implemented, tobacco control policies will be a far cry.

Key Words: Smuggling, Global concern, Tobacco control, Policy implications

Poster Presentations



Public Health Foundation Day 2017

Detection of Thermoduric bacteria and their Spores in Commercial packed Milk Powder manufactured in Bangladesh

Amena Akter

MS Student, Public Health & Informatics dept. Jahangirnagar University

Presenting Author: Amena Akter; Email: amenaju@gmail.com

ABSTRACT

Background: Thermoduric bacteria (TDB), including spore formers and their spores, can be present in milk and dairy products even after pasteurization. They have the potential to adversely affect the quality and shelf life of products.

Objective: The present study was carried out to detect the mesophilic and thermophilic spores in commercial repacked milk powder.

Methods: Briefly, 11g of each finished powder sample was rehydrated in 99 mL of sodium citrate solution under aseptic conditions. The sample was divided into three portions and evaluated for the presence of spores, thermoduric bacteria and total bacterial count. Each test comprising a heat treatment to inactivate vegetative bacterial cells followed by pour plating and incubation to recover viable spores. The experiment was done with three sources of the same brand milk produced in Bangladesh.

Results: The count for TBC was 5.77 log CFU/ml. Bacterial isolation showed that it had the gram positive cocci bacteria. The number of mesophilic TDB was 3.57 CFU/ml and the number of thermophilic TDB was 3.57 CFU/ml. TDB isolation showed that it had the gram negative bacillus bacteria. But there was no growth of spores. This milk powder contained no spore of bacteria but there was the presence of thermoduric bacteria with a permissible limit.

Conclusion: Random and sporadic detection of Thermoduric bacteria and their Spores in Commercial packed Milk Powder is to be done for quality control and prevention of its adverse effect on health.

Keywords: TDB, TBC, CFU, Mesophilic, Spores, Sodium citrate, Pasteurization.



Public Health Foundation Day 2017

Rohingya crisis in Bangladesh and its impact on health and society

Dr. Jahir Raihan Asif

Intern Doctor: Bangladesh Dental College & Hospital

Presenting Author: Dr. Jahir Raihan Asif; Email: raihanasif1992@gmail.com

ABSTRACT

Background: Rohingya muslims are minority ethnic group in Myanmar. They have been persecuting for their religion and still have no rights or citizenship. Being denied citizenship thousands of Rohingya have crossed into neighboring Bangladesh and are creating crisis.

Methods: Literature review was done from many scientific studies, review articles published in journals. Also different articles on Rohingya refugees published in daily newspapers were important sources of information.

Results: In a densely populated county like Bangladesh the ongoing influx of refugees causing unbalanced pressure on resources. About 90% of the lower skilled laborers and staff employed in local hotels, motels, ports and small business are all of Rohingya origin. They also work as rickshaw pullers and day laborers. They make up a significant portion of the local workforce in several industries, including construction, agriculture and salt production, deep sea fishing. As a result, Bangladeshi workers are losing out on their jobs. There is also concern about environmental degradation. The Rohingyas refugees are adding extra pressure on the existing crisis of the land and forests in the Cox's Bazar region. They are regularly cutting off valuable trees and destroying woods for providing land to the refugees for construction of their shelter and firewood for cooking in the reserve forests in the Bandarban and Cox's Bazar. Unlisted and unregistered Rohingyas are posing a potential threat to national security, stability and prosperity. They are involved in serious crimes including drugs and human trafficking, smuggling, robbery and militancy. There is rise of risk of disease outbreak due to their poor sanitation and hygiene. They are suffering from various health problems like mental illnesses, sexually transmitted diseases, HIV/ AIDS, malaria and anemia, intestinal parasites, hepatitis B, tuberculosis, Diarrhea. Infants and young children are most frequent victims of violence, disease, and malnutrition.

Conclusion: It has become an imperative responsibility of the global community to take necessary measures to improve the situation. Also Government of Bangladesh should enact a strong domestic legislation on the refugees and the immigration law, find out all the unregistered and unlisted refugees and creating pressure on Myanmar Govt. to solve this problem.

Keywords: The Rohingya refugee, Local job market, Environmental degradation, Disease outbreak.



Public Health Foundation Day 2017

Assessment of Knowledge and Behaviors of Female Adolescent Health Issues in a Selected Girl's High School of Faridpur District

Tanjina Farhana Upoma
MS Student, Dept. of Public Health & Informatics
Jahangirnagar University, Savar, Dhaka.

Presenting Author: Tanjina Farhana Upoma; E-mail: upoma.sou@gmail.com

ABSTRACT

Background: Adolescent girls in our society face many troubles due to lack of right kind of information and knowledge regarding their own physical, mental and sexual development. Giving focus to adolescent health issues is very necessary as any health behaviors in adolescent stage may influence future life.

Objective: The objective of this study was to determine knowledge and behaviors among female adolescents about their health.

Methodology: This cross-sectional study was conducted from 10th May to 10th August 2016 among 120 adolescent girls who were selected by purposive sampling from class 9 and 10 of a selected Govt. Girls' High School in Faridpur district. Data were collected by a self-administered semi-structured questionnaire. Data were analyzed by Statistical Package for Social Science (SPSS) software, Version 20.0 and excel spread sheet.

Results: In this study most of the students knew about the importance of adolescent health and their main source of information was mother (73%). Forty two percent watched adolescent health programs on TV. Seventy three percent had suffered from depression and among them 20% never got any mental support for its remedy. All (100%) of them had knowledge about HIV/AIDS as their school had arranged an awareness program on AIDS. Twelve percent said they became victim of sexual violence. Their first source of information about menstruation was mother (86%); 110(91.7%) girls experienced a regular menstruation cycle. About 92% used sanitary napkin and 24% suffered from menstruation associated depression. Other perceived it as an expectant process. Among menstrual associated physical problems, abdominal pain (37%), headache (11%) and back pain (8%) were common. School absenteeism rate during menstruation was only 12%.

Conclusion: This study showed increasing awareness about menstrual hygiene and safe practices. It can be recommended to maintain good relationship with family members as they are the main source of information. Besides a friendly environment can ensure sound adolescent health.

Keywords: Adolescent health, Female adolescents, Knowledge, Behaviors.



Public Health Foundation Day 2017

Cannabis smoking and its social impact in a village of Bangladesh: A qualitative study

Md. Ashraful Haque¹, Sahadat Hossain¹, Zahirul Islam², Md. Ruhul Furkan Siddique¹
¹Department of Public Health and Informatics, Jahangirnagar University, Savar, Dhaka-1342
² Department of Anthropology, Jahangirnagar University, Savar, Dhaka-1342

Presenting Author: Md. Ashraful Haque; Email: ashrafphiju41@gmail.com

ABSTRACT

Introduction: The prevalence of cannabis use among rural people in Bangladesh has been rising rapidly in recent years. It causes adverse impact on society. While recent studies have concluded the effect of cannabis use on different social outcomes, there are a very few study about the impact of cannabis in village society.

Objective: The objective of this study was to assess the social impact of cannabis smoking in a selective village of Bangladesh.

Methods: This qualitative study was done on 23 participants in Chandly village under Godagari upazilla in Rajshahi, Bangladesh. By snowball sampling technique, in-depth interviews were performed for data collection. Data were collected and recorded in a semi-structured questionnaire. Thematic analysis was performed and MS Excel was used for descriptive statistics.

Results: The mean age of the interviewees was 39 years and their mean age of cannabis smoking was 17.30 years. Majority of them were involved in agriculture (43.48%). This study found that the most prevalent adverse outcomes of cannabis use were – negative social perception (78.26%), bad familial relationship (56.5%), suffering from different types of health problems (43%), occupational problems (21.74%), loss of education (17.39%) and involvement with crimes (9%). It was also found that cannabis use leads to take other illegal substances, i.e. alcohol (43.78%), heroine (13.04%), phencidil (4.35%) and yaba (4.35%).

Conclusion: This study highlights the need of advance research and multi-approach strategies to mitigate and prevent cannabis production, use, and its social consequences in Bangladesh.

Keywords: Cannabis smoking, Social impact, Village, Bangladesh.



Factors for resulting Suicide among men and women at Maheshpur, Jhenaidah

Mst. Sharmin Sultana

Ms Student, Public health & informatics dept, Jahangirnagar University

Presenting Author: Mst. Sharmin Sultana; Email: sharminsultanajuphi51@gmail.com

ABSTRACT

Background: Suicide is a very common phenomenon and a silent killer in the modern society of ours. The WHO noted that over one million people commit suicide every year. Of all the people reported dead due to suicide worldwide every year, 2.06% are Bangladeshi. To combat suicide, it must be prioritized as a public health issue. Suicide trend is much sharper in Jhenaidah district of Bangladesh.

Objective: This study was done to find out the factors behind suicide and also to find out social and economic impact on the families of the victims.

Methods: This qualitative study was done by collecting data by in-depth interview based on a pre-designed questionnaire. Sampling technique was non-probability & purposive type. A total of 15 informants who were suicidal attempt survivors and family members of the suicidal committed persons, were interviewed on the relevant factors of suicide. Thematic analysis was done with the information obtained.

Results: Majority (87%) of the respondents said that the age of the victims were below 25 years and suicide rate is higher in female (60%). Economic vulnerability, uncontrolled emotions & socio economic factor are the main causes of suicide. During the survey an interesting aspect was found that the soundness of the health could not protect the victim for committing suicide. Suicide occurred mostly in single families. Highest numbers (33.33%) of committing suicides were due to family complexity and second one is heavy debt pressure (26.67%).

Conclusion: Suicide is socially discriminated, religiously prohibited and economically fatal for a family. To minimize suicide socio-economic variable like prevention of child marriage, economic solvency, family bondage etc. have to be addressed for creating awareness increases & to motivate people about valuation of life.

Key words: Suicide, Socio- Economic, Vulnerability.



Post Traumatic Stress Disorder among Female Garment Worker Victims of the event of Rana Plaza Collapse

Kashfia Hasan

Presenting Author: Kashfia Hasan; Email: hprianka41@gmail.com

ABSTRACT

Background: Now a days, the economy of our country mostly depends on ready-made garments (RMG) industry. But we see that in the last five years most deadly incidents occurred in garments industry, among them Rana Plaza tragedy was the most horrible incident. After occurring this type of incident people usually suffer from post traumatic stress disorder (PTSD).

Objective: The objective of this study was to find out the effects of PTSD among the female garment worker victims of Rana Plaza and impact on their life style.

Methodology: In this qualitative study mix method approach such as case study, in-depth interview (IDI), key informant interview (KII) questionnaires were used. The study area was Savar Upazila and my study populations are female garments workers who were victimized in Rana Plaza collapse. Samples were selected by snow ball sampling method. Twenty IDI, 1 KII and 10 case studies were done. Data analysis was done by coding system and data matrix.

Results: The findings of my research shows that 95% of the victims had limited knowledge about physical and mental health problems. So they searched only for financial help after this incident and only 5 victims got mental treatment that time but they did not continue their treatment because they found that this treatment is unnecessary for them. All the respondents thought that only financial problem was the main problem in their life as revealed by IDI. As a result they are now suffering from stress (16 victims), anxiety (20 victims), headache (11 victims), chest pain (8 victims), depression (15 victims), sleeping problem (18 victims), problem of memory loss (14 victims) and so on. All the participants stated that they have no joys and happiness in their life and their life is filled with misery and distress.

Conclusion: The study participants lost hope to survive day by day. Actually these victims do not know the importance of mental health treatment yet. But this problem may be cured by counseling, therapy and anti-depressants as detected by KII. So government, NGOs, international organization, psychiatrist, psychologist, and public health specialist should come forward to reduce the effects of PTSD.

Keywords: Post traumatic stress disorder, Mental health problems, Female garment worker victims, Rana Plaza Collapse.



Assessment of Knowledge about Gestational Diabetic Mellitus: An Experience of 40 GDM cases.

Nowshin Monir¹, Zebunessa Zeba²

1. Student, Department of Public Health and Informatics, Jahangirnagar University, Savar, Dhaka. Email: nowshinmonir@yahoo.com
2. Lecturer, Department of Public Health and Informatics, Jahangirnagar University, Savar, Dhaka.

Presenting Author: Nowshin Monir; Email: zeba5533@gmail.com

ABSTRACT

Background: The increase of Gestational Diabetes Mellitus (GDM) among mothers in the recent decades has become a growing public health concern. The prevalence of GDM differs depending on the regions and the country. Outcome of pregnancy of GDM women very often become critical for lack of awareness and motivation.

Objective: The objective of the study was to assess knowledge about GDM among GDM cases who attended a diabetic hospital in Comilla city.

Method: A cross-sectional study was conducted on 40 women with GDM who attended outpatient department of a diabetic hospital in Comilla city from June to July 2016. Women in third trimester of pregnancy were selected by using nonprobability and purposive sampling. Data were collected with a structured questionnaire by face to face interview. Knowledge was assessed on the variables including previous knowledge on GDM, source of knowledge, impact of GDM on the baby and nutritional management. Data were presented by descriptive statistics.

Results: The result of the 40 participants showed that about 40% had GDM in their third pregnancy. About 32.5% had previous history of GDM and of them 22.5% had one miscarriage and 25% had complications in previous pregnancy. About 42.5% had previous knowledge on GDM and 41.18% stated that family was their main source of knowledge. Almost 62.5% participants were aware about the impact of GDM on the baby. Majority (67.5%) knew about the meal plan for GDM but only 32.5% followed the meal plan. Those who had previous history of GDM stated that most of their babies (80%) were born full term and 17.5% were preterm; 75% of them had no other complication during their pregnancy period, but 12.5% had pre-eclampsia.

Conclusion: GDM increases the risk of fetal and neonatal complications. It affects both the baby and mother health by raising the risk of developing type 2 diabetes in later life. To reduce high rates of GDM we must disseminate knowledge to create awareness among population.

Key words: Gestational Diabetes Mellitus (GDM), Knowledge.



Public Health Foundation Day 2017

Modelling of multi-morbidity, chronic disease and disability of older adults in Bangladesh: an approach to mitigate future burden

Sahadat Hossain¹, Afifa Anjum¹, Md. Forhad Hossain²

¹Department of Public Health and Informatics, Jahangirnagar University, Savar, Dhaka-1342, Bangladesh.

E-mails: sahadathossain.phi.ju@gmail.com (S.H); afifaanjum21@gmail.com (A.A)

²Professor, Department of Statistics, Jahangirnagar University, Savar, Dhaka-1342, Bangladesh. E-mail:

forhad.ju88@yahoo.com (M.F.H.)

Presenting Author: Sahadat Hossain; Email: sahadathossain.phi.ju@gmail.com

ABSTRACT

Background: With the change of demographic characteristics, the number of older adults is increasing day by day around the world. According to the UN projection, the population in Bangladesh over 60 will reach 25.1% by 2050. With the increase of life expectancy, the prevalence of multi-morbidity, which consists of several chronic diseases—one of the main causes of elderly disability and is an emerging public health concern.

Objective: The objective of this study was to draw a model of multi-morbidity, chronic disease and disability of older adults in Bangladesh.

Methods: This was a cross-sectional study, performed in rural, urban and old age home settings in Bangladesh between June and August, 2016. A total of 101 elderly people age above 60 years were selected by purposive sampling. Data were collected from them by using face-to-face interviews with semi-structured questionnaires. Statistical Package for Social Sciences (SPSS) software, version 22.0 was used for data analysis.

Results: The most prevalent chronic disease and functional disability were hypertension (62.4%) and vision problem (71.3%). About two in five respondents (38.6%) reported that their health was either very bad or bad. Self-rated health was deteriorated significantly with the increase of the number of chronic diseases ($\chi^2=13.07$, $p=0.020$). Odds of chronic diseases worsened with multi-morbidity (Hypertension: Model I (OR=2.41; CI=0.79–7.29) versus Model III (OR=7.11; CI=2.60–19.42)).

Conclusion: The chronic diseases and disabilities are just increasing the disability adjusted life years, hence making the society unhealthy. The study has found significant association between multi-morbidity and health outcomes. And, the model has showed worsening condition of the health. So, specific health programs of the older adults has become a crying need to overcome the future burden in Bangladesh.

Key words: Older adults, Multi-morbidity, Chronic disease, Disability, Bangladesh



Public Health Foundation Day 2017

Knowledge and practices on hygiene among the food handlers of hotels in a selected university campus in Dhaka

A H M Shamim Al Mamun¹, Sahadat Hossain¹, Md. Ruhul Furkan Siddeque¹

¹Department of Public Health and Informatics, Jahangirnagar University, Savar, Dhaka-1342.

Presenting Author: Sahadat Hossain; Email: sahadathossain.phi.ju@gmail.com

ABSTRACT

Background: Millions of people are suffering from foodborne diseases, a growing global public health concern. Food hygiene, in its widest sense, implies hygiene in the production, handling, distribution and serving of all types of food. To reduce food poisoning, food handlers need accurate knowledge of food safety.

Objective: The objective of this study was to assess the knowledge and practice on personal hygiene among the food handlers of hotels in a selected University of Bangladesh.

Methods: This was a cross sectional study was done among the food handlers of hotels in Jahangirnagar University between May 2016 and August 2016. Data were collected from 119 food handlers by using face to face interview followed by a pre-tested questionnaire and a checklist. Statistical package for social sciences (SPSS), version 22.0 was used for data analysis.

Results: Mean age of the respondents was 25.9 (± 9.5) years, where 88.2% were male. It was found that 66.8% of the food handlers had no knowledge about food and water borne diseases and its prevention. Besides, 69.9% of the respondents had no knowledge about the consequences of the diseases if hands are not washed properly after defecation as well as before the food preparation and consumption of meals. The study revealed that 72.2% of the food handlers had poor hygiene practice. Age and educational qualification were significantly associated with the level of hygiene practice.

Conclusion: This study shows that knowledge about hygiene and its practice among the food handlers is very poor. Awareness on personal hygiene among the food handlers is necessary for promotion of health and prevention of diseases among them and food consumers as well.

Keywords: Personal Hygiene, Knowledge, Practice, Food handlers.



Awareness regarding proper tooth brushing technique and its effect on oral hygiene

Dr. Taseef Hasan Farook
Bangladesh dental college, Dhanmondi, Dhaka

Presenting Author: Dr. Taseef Hasan Farook; Email: taseefhasan@gmail.com

ABSTRACT

Majority of our population suffer from oral health diseases. It is understandable to think that illiteracy and poverty is the cause of poor oral hygiene. If that were true, there should be decreasing prevalence of oral pathology amongst the educated and financially well-off percentage of our population. Like any other developed country, an educated and financially solvent fraction of our population regularly maintain oral hygiene using the right tools i.e. toothbrush. Yet the prevalence of etiology of oral diseases is high in our population.

Objective: To assess awareness regarding proper brushing techniques in regard to oral hygiene.

Methods: A cross sectional study was carried out in urban area of Dhaka in 2015 by the (then) second year students of BDCH. A total of 435 subjects were interviewed using a semi-structured questionnaire. Data were collected on status of oral hygiene, source of brushing techniques knowledge through dental professional along with the demographic findings. Clinical examination was done following the Greene-Vermilion's Debris/Calculus index.

Results: Among the subjects, 92.18% were students, rest were homemakers, service holders and self-employed. A majority of 62.5% of the subjects got their brushing knowledge from their parents. Only 33.6% and 27.6% of the subjects showed no debris and calculus respectively even though a total of 99% of the subjects regularly use toothbrush along with other cleaning aids. Out of the 15.4% subjects who regularly visited their dentists, 82.53% of the subjects were not made aware of proper brushing techniques by their dental professional.

Conclusion: Presence of debris and calculus even after the regular use of toothbrush were found among the subjects. This indicates a gap in the knowledge of brushing techniques practiced by the subjects. Furthermore, they failed to seek proper advice. There should be health education programs to aware the general population regarding proper brushing techniques. Dentists should also advise their patients about the proper brushing habits.

Key words: Oral hygiene, brushing techniques, health education, debris, calculus.



Public Health Foundation Day 2017

A Study on Dietary Pattern among Female Students Living in Dormitory of a Public University in Dhaka

Konok Akter

MS student, Dept. of public health and informatics'
Jahangirnagar University, Savar, Dhaka.

Presenting Author: Konok Akter, E-mail: konokju@gmail.com

ABSTRACT

Background: Maintaining a well-balanced eating habits is indispensable for everyone, especially for those who live in the university dormitory. As their quality of food consumption get influenced by their way of detrimental lifestyles, it may affect their later life.

Objective: This study was conducted to assess the university female students' dietary pattern living in residential hall of university regarding pertinent issues.

Methods: A cross-sectional study was carried out in a sample of 200 residential female students of Jahangirnagar University on 15th May to 12th August. Students were selected by purposive sampling and self-administered questionnaire was used for data collection. Weekly consumption of food, knowledge on balanced diet, food choices and BMI were among the pertinent variables. Data were analyzed by using the Statistical Package for Social Science (SPSS) software version 16.

Results: Seventy one percent took 3 meals, 20.50% took 2 meals and the rest 8.50% took 4 meals per day. Among them 60% skipped meal; of them 46% skipped their breakfast. Majority of them 43.33% stated that there was lacking of quality and taste of food. About 81% students' had knowledge about balanced diet but majority (57.50%) didn't practice. Of the 200 respondents 168 reported their height and weight. About 34.56% of the students' were underweight (<18.5) and 32.09 % were within normal weight (self-reported data). Weekly consumption of pattern of food was not good and balanced, as students used to take very less quantity of fruits, vegetables and fresh milk.

Conclusion: According to the findings, it was revealed that dietary pattern of these educated sample was not healthy. Moreover, University catering consultant should ensure supplying variety of foods for avoiding monotony in supplied food items. An advance level of study with necessary initiative is required to address this issue.

Keywords: Dietary pattern, university residents, Female students, BMI, Balanced diet.



Public Health Foundation Day 2017

Climate change and its impacts on human health

Dr. Sumaya Marzan
Intern doctor, Bangladesh Dental College.

Presenting Author: Dr. Sumaya Marzan; Email: marzansumaya@gmail.com

ABSTRACT

Background: Climate is rapidly changing. These changes are mainly driven by dramatic increase of greenhouse gas emission from any anthropogenic activities, have potential effect on human health in several ways.

Objectives: The primary objective is to focus on the effects of climate change on human health

Methods: Literature review was done from many scientific studies, review articles published in journals both national and international. Also different articles on this issue published in daily newspapers were important sources of information.

Results: In recent years there has been large scientific and public debate on climate change and its direct as well as indirect effects on human health. Climate changes result rising temperature and increasing sea level and carbon dioxide causing heat related disease, cardiovascular disease, asthma, respiratory disease, diarrheal disease, cholera, malnutrition, vector borne disease (dengue, malaria, chikungunya), mental health impacts. From many studies there is evidence that these effects are increasing morbidity & mortality rate in many region of the world.

Conclusion: By creating awareness to manage the climate change can reduce these diseases.

Keywords: Climate change, Impact on health.



Public Health Foundation Day 2017

Good Dental Health for a Better Systemic Health!

Dr. Mehreen Zakir

Intern Doctor, Bangladesh Medical and Dental College and Hospital

Presenting Author: Dr. Mehreen Zakir; Email: mehreengina@gmail.com

ABSTRACT

Background: Poor oral health is significantly associated with some major chronic diseases such as Diabetes Mellitus, Stroke, and Hypertension etc. These diseases are highly prevalent in Bangladesh.

Objective: The objective of this poster is to highlight the links between oral health and systemic health and hence create awareness among the individuals to maintain a good oral hygiene.

Methods: Literature review was done from many scientific studies, review articles published in journals, textbooks, PubMed, Medline searches. Information on the pertinent variables were collected and later on compiled to highlight the relation of oral health with other systemic diseases.

Results: Finding and observations from different studies in different countries showed that both oral health and systemic health share some common risk factors. Poor oral hygiene may cause inflammation of the gums, and slowly progress to involve the other supporting tissues of the teeth like the periodontium and ultimately enter the bloodstream to involve the whole system. **Conclusion:** Since good dental health can be maintained by a preventable approach, this can help reduce the risk factors and thus prevent systemic diseases. Preventive measures may be undertaken by the community, the dental professionals and by the individuals themselves in different stages.

Keywords: Oral health, Systemic health, Prevention.



Public Health Foundation Day 2017

Association of Socio-demographic Issues with Level of Knowledge of HIV/AIDS among Injecting Drug Users in Dhaka City in Bangladesh

Nasreen Nahar¹, Jesmin Akter², Md. Shahriar Mahbub³, Rabeya Sultana⁴, Farzana Islam Khan⁵, Mithila Faruque⁶, Begum Rowshan Ara⁷

1. MBBS, MPH, Assistant Professor, Department of Reproductive and Child Health Bangladesh University of Health Sciences (BUHS), E-mail: drnasreennahar@yahoo.com
2. MSc, MPH, Lecturer, Department of Reproductive and Child Health, BUHS
3. MBBS Student, Masters in Public Health, Department of Non-communicable Diseases, BUHS
4. MBBS, MPH, Assistant Professor (cc), Department of Reproductive and Child Health, BUHS
5. MBBS, MPH, Lecturer, Department of Reproductive and Child Health, BUHS
6. MBBS, MPH, Assistant Professor and Head, Department of Non-communicable Diseases (BUHS)
7. MBBS, MS, MPH, Professor and Head, Department of Reproductive and Child Health (BUHS)

Presenting author: Nasreen Nahar; Email: drnasreennahar@yahoo.com

ABSTRACT

Introduction: Human Immune Deficiency Virus (HIV) and Acquired immune Deficiency Syndromes (AIDS) continues to be a major burden of morbidity and mortality among the population. Injecting drug users (IDUs) are at high risk of contracting the disease. Bangladesh is turning into one with concentrated epidemic due to the high HIV prevalence rate among IDUs. IDUs are vulnerable to acquiring HIV/AIDS due to their injecting practices and high risk behaviors. The study was conducted to assess the level of knowledge of HIV/AIDS and the influence of different socio-demographic factors among IDUs in Dhaka city, Bangladesh.

Method: A descriptive type of cross-sectional study was conducted. A total of 200 injecting drug users were selected purposively. A semi-structured questionnaire was used for collecting socio-demographic information of the respondents and their knowledge regarding HIV/AIDS. The WHO Modified AIDS Questionnaire was adopted for this study. The questionnaire included 18 questions relating to knowledge of HIV/AIDS with 54 probable answers. Each correct answer scored 1, and the wrong or unknown answer scored 0. The level of knowledge was categorized into two – poor ($< \text{Mean} - 1 \text{ SD}$) and good ($\geq \text{Mean} + 1 \text{ SD}$).

Results: Forty-eight percent of the respondents were aged 18-26 years, and 33% were educated up to secondary level. About 47% had an income of Taka 4500-5500. Of the respondents, 41% and 47% were aware of HIV/AIDS and their preventive measures respectively. Age and education of the respondents were significantly associated with level of knowledge of HIV/AIDS among IDUs ($p < 0.05$).

Conclusion: Functional and productive educational campaigns to educate people regarding the health consequences of HIV/AIDS are strongly suggested for creating awareness through disseminating knowledge among IDUs in Bangladesh particularly for the age group with a low level of knowledge and limited access to HIV/AIDS educational intervention programs.

Keywords: Socio-demographic Issues, Knowledge, HIV/AIDS, Injecting Drug Users.



Public Health Foundation Day 2017

Characterization of tannery effluent and its health impact to the workers and inhabitants of Hazaribagh tannery industry

Md. Rashedur Rahman¹, Fowzia Ahmed²

1. Department of Pharmacy, Jahangirnagar University, Savar, Dhaka-1342

2. Department of Environmental Sciences, Jahangirnagar University, Savar, Dhaka-1342

Presenting Author: Md. Rashedur Rahman; E-mail: rashib.ju@gmail.com

ABSTRACT

Background: Though Tannery industry is one of the profitable industries of Bangladesh, it is source of dreadful environmental pollution. Tannery industry wastes poses serious environmental impact on water, with its high oxygen demand, discoloration and toxic chemical constituents, terrestrial and atmospheric systems. Tannery industry is not only hazardous for environmental pollution, but also it is hazardous for health of workers and neighborhood. The toxic tanneries breach health and safety of both employees and residents nearby the factory as the morbidity rate is also high for both tannery workers and the neighborhoods.

Objective: The present study was conducted to determine some physico-chemical parameters and chemical concentrations of chromium from effluent of Hazaribagh tannery industry and determine health status of tannery workers and inhabitants and safety measures taken by different tannery industry.

Methods: This cross-sectional study was done in Hazaribagh tannery industry. Health impacts were determined by interview and Focus group discussion (FGD) and safety measures were determined by the chemical concentration levels using a checklist.

Results: The pH values in the analyzed samples were in the range of 4.35 to 9.74. In this study the Total Dissolved Solids (TDS) value was within the range of 290 to 9200 mg/L. The Dissolved Oxygen (DO) values were in the range of 1.5 to 4.9 mg/L. The Electric Conductivity (EC) values were in the range of 587 to 19000 $\mu\text{s}/\text{cm}$. The average concentration of total chromium (Cr) in the effluent samples was 743.646 ± 1.17 mg/L. The concentration of chromium (Cr) was higher than the standard set by DoE (Department of Environment). Tannery workers suffer from gastrointestinal disease (40%), dermatological disease (21%), hypertension (12%), and jaundice (19%) that could be related to the pollution.

Conclusion: Frequency of disease is higher in tannery workers than the people of other occupation. Therefore, tannery industries should be focus to the health of their workers and lessened environmental pollution by taking necessary steps.

Keywords: Tannery industry, tannery effluent, chromium, health effects



Public Health Foundation Day 2017

Child Marriage in Bangladesh

Dr. Samiya Huda Antora
Lecturer, Dept. of Forensic Medicine, Bangladesh Medical College

Presenting Author : Dr. Samiya Huda Antora, Email: huda.samiya@gmail.com

ABSTRACT

Child Marriage is the topic of utmost importance in respect of SRHR (Sexual & Reproductive Health Rights) in Bangladesh.

According to Bangladesh Child Marriage Restrain Act of 2017, it is stated that in a marriage where the man or woman engaging in marriage is underage (21 for men and 18 for women), may be deemed as a child marriage and will be considered a punishable offence tried in criminal court (Government of the People's Republic Of Bangladesh, 2017).

Over the past decades, Bangladesh has been successful in reducing maternal mortality and neonatal mortality by a great percentage. However, this change would not be sustainable if we cannot concentrate our efforts on child marriage. An adolescent/ child bride has more chances of becoming a malnourished mother and ultimately giving birth to a malnourished child, thus increasing the number of maternal and neonatal mortality. Causes of child marriage include poverty, lack of education and social norm of marrying girls at an early age. As a child bride, they are neither mentally nor physically ready for sexual relationship. It also affects their ability to continue education and employment. As a whole, it has severe detrimental effect on society, as it starts this vicious cycle of poverty and malnourishment in women and girls. We need to ensure girls are able to blossom into a young lady, so that she can care for her child. A girl mother is a child herself.

Many organisations are already working on Child Marriage and developing effective tools for mass awareness about this subject matter. Education has been proven as an effective method to reduce child marriage.

Keywords: Child Marriage, Sexual & Reproductive Health Rights, Education, Maternal mortality.



Public Health Foundation Day 2017

The Rohingya Refugees: A stateless peoples public health crisis

Dr. Shehreen Zakir
MPH, BDS

Presenting Author: Dr. Shehreen Zakir; Email: shehreenzakir7@gmail.com

ABSTRACT

Background: Despite of living in Myanmar for decades, the Rohingya were stripped of legal citizenship in 1982 and have been living under the status of illegal immigrants. Many have fled to its neighboring countries since, including Bangladesh. The beginning of one of the biggest influxes in the country was witnessed in 25th August 2017. The bulk of Rohingya population is now concentrated in 10-11 locations. The two predominant sites are Kutupalong and Balukhali which have collapsed into one large site with an approximate population of 400 000.

Objective: To highlight the disease burden being faced by this vulnerable and affected population at the refugee camps and to highlight the implementation of the several health programs being provided by the Government of Bangladesh and the International Humanitarian Agencies as well.

Methods: Meta-analysis of several scientific studies was done to highlight the health problems being faced at the refugee camps. Qualitative approach such as in-depth interviews of key informants and participant observation was done to highlight the actions being taken to combat the health crisis by the Government of Bangladesh and International Humanitarian Agencies.

Results: Disease burden communicable diseases such as Acute Diarrheal Diseases, Measles, Dengue & Chikunguniya, Scrub Typhus, ARI's and HIV AIDS lies within the refugee camps. 24000 pregnant and lactating women are in need of maternal care support, while children are suffering from severe malnutrition and are at a risk of dying from preventable and treatable diseases. Implementations from the government of Bangladesh include biometric registration 482,877 people, completion of 82% of 10 access roads in different camps areas. A massive Oral Cholera Vaccination program supported by WHO. Acutely malnourished children are being treated by UNICEF and partners in 15 treatment centers. UNICEF and partners is also set to conduct a mass vaccination and nutrition screening.

Conclusion: The Rohingya refugees in Bangladesh are highly vulnerable, having fled conflict and experienced severe trauma, and now living in extremely difficult conditions. They are packed in extremely high densities at the refugee camps, raising the risk of an outbreak of disease. Even though several programs are being implemented by the government as well as international agencies, this vulnerable population is going through one of the worst humanitarian crisis so far.

Keywords: Humanitarian crisis, public health crisis, implantation programs, disease burden



Public Health Foundation Day 2017

Status of Physical Environment of Urban and Rural Government Primary Schools of Sadar upazilla, Faridpur.

Tasnim Islam
Faridpur Medical College

Presenting Author: Tasnim Islam, Email: tasnim.islam.seeme@gmail.com

ABSTRACT

Background: The physical school environment in Bangladesh is not up to the mark. The school building, equipments, surroundings role important part in growth and development of a student.

Objective: The objective of this study was to assess and determine the physical environment of

Methods: A cross sectional descriptive study was conducted on 45 government primary schools of Sadar Upazilla of Faridpur District in April, 2017. Schools were selected by non-probability purposive type of sampling. Data were collected in a semi-structured questionnaire by face to face interview and in an observation checklist. Data were analyzed in SPSS version 21.

Results: Out of 145 schools, 45 were selected for the study from both urban and rural areas. The study shows that only half of the schools (53.3%) were free from environmental hazards. About 42.2% schools were situated in the busy areas. Majority (73.3%) schools did not have boundary wall. Most of the schools (53.3%) didn't have proper drainage system which is detrimental to students' health. However, most of the schools (46.7%) didn't take any measure to prevent spread of diseases and 71.1% didn't have immunization facilities for students.

Conclusions: A school is next to home, as the students spend a considerable amount of time in school. Friendly environment encourages students to achieve knowledge and help practicing good health, habits and personal hygiene. On the basis of findings of the study, it can be concluded that existing physical school environment is not satisfying. It should be improved to help in promoting growth and development of our future generations.

Keywords: Physical environment, Primary school, Urban, Rural



Public Health Foundation Day 2017

Clients' Satisfaction Regarding Health Service Delivery of Tertiary Level Hospital

Mst Mostary Zannath¹, Sk Akhtar Ahmad², Mef-Ta-UI Jannat³,
Maslima Jannat⁴, Masuma Akter⁵

¹Associated Professor & Consultant Maxillofacial Dental Unit, Care medical college and hospital

²Treasurers and Professor of Occupational and Environmental Health, Faculty of Public Health, BUHS

³Student of Diploma in Ultrasonography, Institute of Management and Medical Technology (IMMT)

⁴Oral & Dental Surgeon, Oral Health And Nutrition Aid

⁵Professor, MS in Cardiology & Stroke, University of Hertfordshire, London, UK

Presenting Author: Mst Mostary Zannath; Email: zmostary@yahoo.com

ABSTRACT

Aim or purpose: The study was to assess the user expectations and degree of client satisfaction and quality of health care provided in tertiary level hospital in Bangladesh.

Materials and methods: Total of 200 respondents were chosen by systematic random sampling were successfully interviewed immediately after receiving health care from government health facilities, specifically from the tertiary hospitals; it also examines their links to patient satisfaction in the context of Bangladesh. Evaluations were obtained from patients on several dimensions of perceived service quality including responsiveness, assurance, communication and discipline. Data analyzed by SPSS 16.0. The research protocol was approved by The Research Committee (Local Ethical Committee).

Results: A reduction in waiting time (on average to 30 min) was more important to clients than a prolongation of the quite short (from a medical standpoint) consultation time (on average 2 min, 22 sec), with 75% of clients being satisfied. 29.8% respondents treated over load of patients at the hospital facility as the responsible factors, whereas lack of skilled manpower and lack of doctors were marked as the reasons by 22.5% and 19.7% consecutively. As a way, 25.2% respondents believed that, increasing the resources may be solution for service quality improvement 10% respondents mentioned that proper supervision and monitoring can be an effective tool for service quality improvement.

Conclusions: The study also reveals useful information that will help physicians in Bangladesh as well as in the region, to be more patient friendly.

Keywords: Health service delivery, tertiary level hospital, clients' satisfaction.



Public Health Foundation Day 2017

Motion Sickness and its Precipitating factors on Passengers of a Bus Journey along two districts of Bangladesh

Dr. Emiko Sultana

Intern doctor of Faridpur Medical College Hospital

Presenting Author: Dr. Emiko Sultana; Email: emiko.sultana.8@gmail.com

ABSTRACT

Background: Motion sickness is a common phenomenon during traveling. The incidence is quite high in a journey lasting more than 3 hours. The aim was to collect data from those on a bus journey. The objective was to assess the precipitating factors and identify risk factors which lead to motion sickness.

Methods: This cross sectional study was carried out in September 2017 where 80 individuals on an inter-district bus journey between Faridpur and Dhaka. Convenient sampling was done and data were collected by face to face interview with a semi-structured questionnaire. The inquiries were about the respondents' experience with motion sickness, if any at present or in the past, and any precipitating factors or preventive methods they used to avoid it. SPSS software was used to analyze the data.

Results: Total 30% of the respondents have mentioned to have at least one episode of motion sickness in the specific journey route and amongst them, 72% were female. 82% of the episodes occurred in the day time. 54% of the respondents said that they had experienced motion sickness when they have eaten within one hour before getting on the bus. The study showed that there was no correlation between the incidence of motion sickness and age of the traveler. The seat position did not have any considerable impact either. 10% of the travelers took anti-emetic medication before the journey, which have been said to be effective in all of the respondents.

Conclusion: The greatest precipitating factor was seen to be consuming food within 1 hour before the journey and predisposing factor seemed to be gender and time of day travelling. It was seen that anti-emetics were highly effective while seating position or age of the respondent had no influence on the incidence of motion sickness.

Keywords: Motion sickness, Journey, Food

Phfbd Activities

Highlights of the activities of Public Health Foundation of Bangladesh (phfbd) in 2017

- **Exploring New Horizons with a Global Public Health Leader: Season-3:**
Public Health Foundation of Bangladesh (phfbd) in association with IFMSA Bangladesh arranged an interactive event “Exploring New Horizons with a Global Public Health Leader: Season-3” on 1-1-2017 at Shaheed Suhrawardy Medical College, Dhaka. Dr. Hasan Mehedi, visiting Global Health Fellow, Johns Hopkins Bloomberg School of Public Health and MedStar Franklin Medical Center Baltimore, USA was present as the keynote speaker. .
- **Orientation of Basic Counselling:**
phfbd arranged a workshop on “Orientation of Basic Counselling” on 6-1-2017 at Shaheed Suhrawardy Medical College, Dhaka. Bushra Mahmuda, MSS Psychology, EMDR Therapist (Switzerland) was the coordinator of the workshop.
- **Health Camp in Palashbari, Gaibandha and Boragari Nilphamari:**
phfbd in collaboration with NARC (Nutrition and Autism Research Center), Bangladesh arranged Health Camp in Palashbari, Gaibandha and Boragari Nilphamari on 17-18 February, 2017. Tamanna Sharmin, Executive Member, phfbd, arranged this health camp.
- **Awareness Campaign on cervical cancer with screening (VIA) test:**
phfbd in association with BDSCCP, DSCC & KMSS arranged an “Awareness Campaign on cervical cancer with screening (VIA) test” in Dhaka City Corporation Primary Care Center on 24th February, 2017. Total 32 women were screened & given cards with advice as per their status of screening after this successful campaign.
- **Campaigning hand wash and health awareness program:**
 - 1) phfbd arranged a hand washing and health awareness program in the most renowned primary school of Jahangirnagar University, Kolotan Biddhya Niketon on March 29, 2017. It was coordinated by the Executive Member of phfbd Naym Uddin Roby.
 - 2) Another hand washing and health awareness program was organized at Autism Welfare Foundation, Dhaka. A total of 160 children with autism and 70 teachers and staffs participated in this event.
- **Celebration of World Health day, 7th April, 2017:**
The World Health Day 2017 was celebrated by phfbd by organizing a seminar on “Depression: Let's Talk” at National Press Club, Dhaka on 7th April, 2017. The Keynote speaker was Dr. Helal Uddin Ahmed, Associate Professor, National Institute of Mental Health.
- **Discussion meeting on National Health Budget 2017-2018:**
phfbd organized a discussion meeting on National Health Budget 2017-2018 at National Press Club, Dhaka on 7th May, 2017. The Keynote speaker was Dr. A Mohiuddin Osmani, Joint Chief, Ministry of Health and Family Welfare and Professor Dr. Muzaherul Huq was the moderator of the program.
- **Training on Basic Research Methodology:**
A 2 days training on “Basic Research Methodology” was held on 8-9 July, 2017 at Shaheed Suhrawardy Medical College. It was coordinated by Naym Uddin Roby, EC Member of phfbd.

- **Relief Camp for Flood Affected People in Palashbari, Gaibandha:**
phfbd and NARC jointly delivered reliefs of food, clothes and health care to the flood affected people of Palashbari, Gaibandha on August 21-22, 2017. Tamanna Sharmin was the coordinator of the relief camp and went to the flood affected area to help the poor families of that locality.
- **Seminar on Breast Cancer Awareness Day:**
Breast Cancer Awareness Day was observed by Public Health Foundation Bangladesh by an interactive seminar on 23rd September, 2017 at Bangladesh YWCA, Dhaka. Professor Dr. Fatema Ashraf, Chairman of PHFBD was the keynote speaker in the program.
- **Joint organizer of 5th AYUNS International Conference:**
phfbd in association with AYUNS Bangladesh arranged the 5th AYUNS International Conference on 19th November 2017 at Senate Bhaban, University of Dhaka. Dr. Samir Saha, CEO, phfbd was the convener of this event.
- **Emergency Health Checkup in AFID conference, 2017:**
Phfbd team led by Nutritionist Tamanna Sharmin, EC member, phfbd participated in the 23rd Conference of Asian Federation of Intellectual Disabilities 2017 held from 18-23 November 2017. Emergency health checkup was conducted by the health team of phfbd.
- **Phfbd officials at Rohingya Camps in Cox's Bazar**
A team of Public Health Foundation led by Prof. Muzaherul Huq with Dr. Samir Saha & Dr. Shah Emran Khan visited Rohingya camps at Kutupalong, Ukhia and Balukhali on a fact finding mission to assess a short, mid & long term sustainable health needs of Rohingyas.

Upcoming Events:

- **Celebration of 5th Public Health Foundation Day and 2 days International Conference and Health Fair:**
The 5th Public Health Foundation Day is going to be celebrated on 8 December, 2017. On this occasion two days International Conference and Health Fair will be held on 8-9 December, 2017 at BCPS auditorium, Mohakhali, Dhaka.
- **Observation of World Universal Health Coverage Day, 2017:**
Phfbd will observe World Universal Health Coverage day by organizing an interactive seminar on 12 December, 2017 at 10.00 am at VIP Lounge, National Press Club, and Dhaka. Professor Dr. Sharmeen Yasmeen, Vice-Chair of phfbd & Head of the dept. of Community Medicine, Bangladesh Medical College will be the Keynote Speaker. Registration is going on.



In the Inaugural session of 4th Public Health Foundation day, December 8, 2016, officials of phfbd with the Chief Guest, Honorable Deputy Speaker of Bangladesh Parliament, Mr.Fazle Rabbi Miah, MP and with other honorable guests



Observing Universal Health Coverage Day on 12.12.2016 at National Press Club,Dhaka. Keynote speaker was Dr.Aftab Uddin



Orientation on Basic Counselling Workshop By Mahmuda Muhsina Bushra (Psychotherapist) Organized By PHFBD in January 2017



Prof Muzaherul Huq, Prof Fatema Ashraf and Tamanna Sharmin with Deputy Speaker of Bangladesh Parliament, Mr.Fazle Rabbi Miah, MP in Free autism health campaign in Dhaka international trade Fair, Organized by NAARC, January 2017



Workshop on cancer awareness and hands on training on Ultrasonogram Co-organizer PHFBD hosted by Mymensingh Medical College in January, 2017



Prof.Sharmeen Yasmeen is Co-chairing in a session of 8th SEAPHEN Meeting in Jaipur, India



phfbd in association with BDSCCP, DSCC & KMSS arranged an “Awareness campaign on cervical cancer with screening (VIA) test” in Dhaka City Corporation Primary Care Center on 24th February, 2017



Prof. M. Muzaherul Huq as resource person in Ethics Teacher's Training Course organized by Institute For Research and Development, hosted by Sri Lanka Foundation, Colombo in February 2017



Prof. Muzaherul Huq as Trainer of Inter-regional TOT on Ethics teacher's Training Mascut, Oman; March, 2017



Awareness program on Hand Wash held in a primary school of Jahangirnagar University, Kolotan Biddhya Niketon on March 29, 2017.



Seminar on Depression organized by PHFBD on the occasion of World Health Day; April 2017



Health awareness on hand wash practice for children with autism at Autism Welfare Foundation in April, 2017



Prof.Sharmeen Yasmeen, Vice-Chair of phfd with Mrs Saima Wazed Hossain, US Ambassador to Bangladesh Marcia Stephens Bernicat & Dr.Rownak Hafiz in international Conference on Neurodevelopmental disorder & Autism held in Bhutan in April, 2017



Dr. Md. M. Islam Bulbul in Seventeenth World Health Assembly Geneva, Switzerland, May 2017



Dr. M Tasdik Hasan & Naymuiddin Roby in International Epidemiological Association- Southeast Asia Workshop cum training on NCD in Nepal; April 2017



Discussion Meeting on National Health Budget 2017-2018, held on 7th May 2017 at National Press Club, Dhaka



Training on Basic Research Methodology & Data Collection by Public Health Foundation; July 2017



Dr. M Tasdik Hasan As a Panelist in The Next Generation Global Health Forum in July 2017; Barcelona Spain



Naymuddin Roby in World Congress of Epidemiology 2017, August 2017, Japan



Distribution of Food and Medicines among the flood affected people in Gaibandha



Dr. M. Tasdik Hasan in receiving GLOBAL HEALTH AWARD in World Health Summit October 2017; Berlin, Germany



Prof. Sharmeen Yasmeen presenting scientific paper in World NCD Congress 2017 in Chandigarh, India, in November 2017



A click during Monthly Meeting of PHFBD, November, 2017



Phfbd team in Rohingya Camp in November 2017