

# **CLINICO SOCIAL CASE STUDY**

**Group No : 6**

## **Prepared By**

- ❖ Swadia Tanmay -119
- ❖ Trivedi Jaimin - 120
- ❖ Vaghela Yogesh - 121
- ❖ Vakta Dhvani - 122
- ❖ Vanar Vishwas - 123
- ❖ Vyas Dhaval - 124

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## A. GENERAL FAMILY PROFILE

1. Name of Head of Family : Rameshbhai Babubhai Vaghela
2. Address : V.S. Hospital Staff Quarters
3. Religion : Hindu
4. Caste : Rajput
5. Type of Family : Nuclear

<i>Sr No.</i>	<i>Name of Family Member</i>	<i>Relation With Head of Family</i>	<i>Age</i>	<i>Sex</i>	<i>Education</i>	<i>Occupation</i>	<i>Income Rs./Month</i>
1	Rameshbhai	Self	46	M	Primary	Ward Boy	7000
2	Madhuben	Wife	44	F	Illiterate	House Wife	-
3	Ashokbhai	Son	24	M	Secondary	Ward Boy	3500
4	Kailashbhai	Son	22	M	Secondary	Ward Boy	3500
5	Minaben	Daughter in Law	23	F	High School	House Wife	-
6	Mihir	Grandson	8mth	M	-	-	-

### 6. Summary of Above Information:

The family is an independent Nuclear family with three generations. There are total 6 members of which 3 members are earning. The educational Status of the family is not satisfactory but considering the economic status of the family it is justified.

#### Age wise distribution of family members

<i>Age wise Distribution</i>	<i>M</i>	<i>F</i>	<i>Total</i>
Infant	1		1
Pre-School			
School Going			
Adolescent			
Adult	3	2	5
Aged			
<b>Total</b>			<b>6</b>

#### Educational Status

<i>Education</i>	<i>M</i>	<i>F</i>	<i>Total</i>
Illiterate		1	1
Literate			
Just Literate			
Primary	1		1
Secondary	2		2
High School		1	1
Graduate			
Other			
<b>Total</b>			<b>5</b>

**Dependency Ratio :** 1:6  
**No of Postnatal Women :** 1  
**No of Antenatal Women :** 0  
**No of Eligible Couple :** 1

#### Health Seeking Behavior:

- ❖ Where do you go for minor illness? Govt. and Pvt.
- ❖ Where do you go for major illness? Govt.
- ❖ System of medicine preferred? Modern

## **B. SOCIO-ECONOMIC & PSYCHOSOCIAL STATUS**

### **Socio-Economic Status:**

1. Salary Rs. 14,000/month
2. Income from other sources : Nil
3. Approximate Expenditure/month on

- Food : Rs. 3000
- Clothing Rs. 1000
- Housing Rs. 750
- Education : Nil
- Medical Care : Rs. 350
- Recreation : Rs. 1000
- Others : Rs. 4000

Total Expenditure Rs. 10,000/month

4. Total Income of the Family : Rs. 14,000/month
5. Summary of Above Data:
  - Saving : Satisfactory
  - Is the Budget Balanced : Yes
  - Family income per capita per month : Rs. 2333.33
  - Social Classification : Class II (acc to CPI on Nov 2003 = 480)

### **Psychosocial Environment**

1. Relationship with each other in the family : Loving and peaceful
2. Peace between the family members : Yes
3. Relationship with Relatives : Loving and Peaceful
4. Relationship with neighbors : Peaceful
5. Comments (Psychosocial environment)

The family has an average income. There is minimum extravagant expenditure. The family had good savings. The psychosocial environment is satisfactory. The family has peaceful relations with each other, relatives and their neighbors. There is peace among the family and members are living in harmony with each other. The recent birth of a child has also gone a long way in establishing warm relations among the family members.

## **C. HOUSING AND ENVIRONMENT SANITATION**

1. House : Rented
2. House : Pucca
  - a. Walls : Brick
  - b. Floors : Tiled
  - c. Roof : Concrete
3. Overcrowding : Present
4. Ventilation : Adequate
  - a. Cross Ventilation : Present
5. Lighting : Tube light & Adequate
6. Dampness : Not Present
7. Kitchen : Separate
  - a. Fuel : Gas / Primus
  - b. Separate Water Supply Pipeline : Yes
  - c. Smoke Outlet : No
  - d. Cooked or Raw Food : Covered
  - e. Fly & Cockroach Nuisance : Not Present
8. Water Supply : Private Tap
  - a. Storage of Drinking Water : Covered
  - b. Storage of Other Water : Covered
  - c. Mosquito Breeding in stored Water : Not Present
9. Bathing Facility : Separate Bathroom
10. Latrine : Separate
11. Disposal of Refuse : Sanitary
12. Disposal of Waste Water : Covered Drainage
13. Cleanliness of Rooms : Satisfactory
14. Sanitation Around The House : Satisfactory
15. Fly, Insect, Animal Breeding Place : Present
16. Domestic Animals : Not Present
17. Disposal of Animal Waste : ---

## D. IMMUNIZATION STATUS

Name of Vaccine	Child (1)
BCG at Birth	Yes
OPV – Zero dose	Yes
OPV I (6 wk)	Yes
OPV II (10 wk)	Yes
OPV III (12 wk)	Yes
DPT I (6 wk)	Yes
DPT II (10 wk)	Yes
DPT III (12 wk)	Yes

**Comments:** The Child is fully immunized For his age. The family has kept a good record of the vaccination schedule and has regularly participated in the various vaccination programs. The vaccines are administered from V.S.Hospital.

## E. FAMILY PLANNING PRACTICE

<i>Eligible Couple</i>	<i>No of Children</i>		<i>Method of Contraception</i>	<i>Reasons of Not using</i>	<i>Ever used in the past</i>
	M	F			
<b>1</b>	1		None	Still Lactating	None

**Comments:** There is only one eligible couple in the family. The couple was married in December 2002, and gave birth to a Boy in Dec 2003, At present the child is about 8 months old and the mother is still breast feeding with weaning. So there is no need of using contraceptives as Lactation naturally prevents fertilization. Also as there are no other children and the smallest child is only 8 months old, we cannot compel the couple to adopt any permanent family planning method. We just advised the couple to be cautious, use condoms and space any further pregnancy by at least an interval of 2 years.

## F. NUTRITIONAL ASSESSMENT OF THE FAMILY

### DIET SURVEY

Total Consumption Unit of Family (C.U.):

<i>Sr. No.</i>	<i>Age</i>	<i>Sex</i>	<i>Type of Activity</i>	<i>C.U.</i>
1	46	M	Moderate	1.2
2	24	M	Moderate	1.2
3	22	M	Moderate	1.2
4	44	F	Sedentary	0.8
5	23	F	Sedentary	0.8
<b>Total</b>				<b>5.2</b>

Calculation of Calories & Protein intake in Family Members

<i>Sr. No</i>	<i>Food Article</i>	<i>Consumption / Day</i>	<i>Calories</i>	<i>Protein</i>
1	Cereals	1.5 kg	5250	150
2	Pulses	250 gm	875	87.5
3	Leafy Veg	500 gm	150	20
4	Other Veg.	500 gm Potato 100 gm Onion	540	10
5	Fruits	500 gm	400	
6	Milk	1 lit	670	32
7	Fish / Meat / Egg	10 eggs	700	60
8	Fat / Oil	0.5 kg	4500	
9	Sugar / Jaggery	33 gm	120	
<b>Total</b>			<b>13205</b>	<b>359.5</b>
<b>Intake / C.U./ Day</b>			<b>2539</b>	<b>69</b>
<b>RDA</b>			<b>2379</b>	<b>60</b>
<b>Deficit / Excess</b>			<b>+160</b>	<b>+9</b>
<b>In Percentage</b>			<b>6.3%</b>	<b>15%</b>

Nutritional Status of Children

<i>St. No.</i>	<i>Name of Child</i>	<i>Nutritional Status (Gomez)</i>	<i>Nutritional Status (Wellcome)</i>	<b><i>Nutritional Status (IAP)</i></b>
1	<b>Mihir</b>	<b>N</b>	<b>N</b>	<b>N</b>

**Comments:** On surveying the overall diet and individual diet of the family members we found that the family has adequate nutrition in terms of both Calories and Protein. In fact the family has an excess of 6.3% in Calories and 15% in Protein (mainly due to the daily consumption of Eggs). Thus the nutritional picture in this family is far from adequate and satisfactory to us.

## G. HEALTH CHECK UP OF ALL FAMILY MEMBERS

<i>Sr. No</i>	<i>Name of Member</i>	<i>Ht. Cm</i>	<i>Wt. Kg.</i>	<i>MUAC Cm.</i>	<i>BMI</i>	<i>Nutritional Status</i>	<i>B.P. Mm Hg</i>	<i>Personal Hygeine</i>	<i>Gen. Exam</i>	<i>Sys. Exam.</i>	<i>Any Illness</i>
1	Ramesh bhai	169	65	32	22.8	N	130/80	Good	Ok	Ok	Nil
2	Madhu ben	150	45	25	20	N	124/80	Good	Ok	Ok	Nil
3	Ashok Bhai	167	55	27	19.7	N	120/80	Good	Ok	Ok	Nil
4	Kailash bhai	160	51	25	19.9	N	114/76	Good	Ok	Ok	Nil
5	Mina ben	157	50	22	20.3	N	120/80	Good	Ok	Ok	Nil
6	Mihir	68	9	12	19.6	N	-	Good	Ok	Ok	Nil

**Comments:** The General nutritional status of the family is good according to the BMI standards. None of the family members are suffering from any type of systemic or local diseases be it Communicable or non communicable. The members of the family maintain a good personal hygiene and are in good health.

## H. Clinico-Social Case Study

### Infant:

Name: Mihir

Age: 8months

Birth Order: 1

Present complain with complete history: Nil

Past History: Diarrhoea at the age of 3 months – hospitalized in V.S. Hospital for 3 days.

Birth History:

- Birth Weight: 2.9 kg
- Birth Height : 45 cm
- Delivered by: Doctor
- Place of Delivery: Pvt.
- Crying after Birth: Immediately
- Any Birth Related Problem: Nil

Feeding History:

- Colostrum: N/A
- Prelacteal Feed: Nil
- Breast Feeding:
  - When Started – after 2 days ( because of cultural tradition)
  - Exclusive BF for how Long? 6months
  - Weaning When Started? 6 months

Present Milk / Diet history:

- How Many Times : 10 Times BF, 10 times Cow's Milk
- What : Amul Gold – without Water, without Sugar
- Quantity : about 10 ml

Details of Milestones:

- Head Lifting: 2 months
- Sitting : 4 months
- Standing with support : 8 months
- Standing without support : N/A

Immunization Status:

- Card : Present
- Immunization status: Fully immunized acc to Age
- Side Effects observed after immunization : Nil
- IPPIP : Immunized

General Examination of the Infant:

- Height : 68 cm                      Wt: 8.5 kg
- Grade o Malnutrition : Nil
- Anterior fontanale : Open
- S/S of nutritional Deficiency : Nil
- 

### Health Education and Advice:

The family seems to know the importance of good child health care. The child is fully immunized and had a good nutritional status. But the mother did not start Exclusive BF from Day 1 due to some social customs. So we imparted to her, our knowledge about the importance of Colostrum and advised her to start BF almost immediately after delivery during her next pregnancy. We also gave her some knowledge about the healthy & Cost Effective dietary articles to be given to her child for his proper growth and Development

## Post Natal Case:

Name: Minaben Age : 23 yr

GPA: G<sub>1</sub>P<sub>1</sub>A<sub>0</sub>

Present Complains: Nil

Antenatal History:

- Pregnancy : wanted
- Registration : Yes (at Hospital)
- TT Immunization : Yes IFA : Yes – Regular
- Other Supplements : N/A
- Drug History : Nil
- ANC Checkup Details : Regular
- Lab Investigation Details :
  - USG, Urine Tests for confirmation of Pregnancy
  - Blood tests for Hb and Blood Group
- MCH card: Present
- Extra Care During Pregnancy :
  - Avoided Lifting Heavy Weights
  - Extra Caution while climbing stairs
  - Wearing loose clothes
- Knowledge About High Risk Factors: Yes

Obstetric History:

- No H/o previous Delivery and No Method of Contraception used till date

Past History: Nil

Family History: Not Significant

Personal History:

Diet History:

- Presently eating diet rich in protein
- Drinking lots of milk

Belief's regarding Pregnancy and Child Birth: Nil

Gen Examination: Good Wt: 50

Ht: 157

BP: 120/80 mm Hg

Systemic Examination: NAD

**Comments Regarding risk Factors Related to Mother and Child Health:**

The mother and child both are in good health and do not have any firm superstitions of any type, which may affect the health of the child and mother. Mother has no addiction of nay type neither do any of the family members. So there any no specific risk factors related to the mother and the child.

**Health Education and Advice:**

Once again the family has healthy practices which keep the mother and the child healthy and away from diseases. We gave some general advice about the Type of food both the mother and child should consume so as to maintain their healthy status. However this advice is not limited to the mother and child only and is applicable to all the family members.

Considering the current epidemic of Malaria, Dengue and Cholera in and around Ahmedbad, we gave them tips regarding some preventive measures like using boiled water, mosquito nets, etc. and maintaining general hygiene.

# I. CONCLUSION

It was a great pleasure to work with the community once again and we would like to thank the Community Medicine department for giving us this opportunity to gain some experience in the subject. Our sincere thanks, to the professors, who took great pain in selecting appropriate and co-operative families, for our study. We would also like to thank all the family members of our study family for being so co-operative.

Coming to the conclusion part... Here are some of the things we noticed and concluded.

1. The family has 3 male members and 2 female members and 1 infant, all are living in a peaceful and loving environment.
2. There are 3 earning members in the family, all of whom are posted as Ward boys in V.S.hospital.
3. The Family has a good monthly income and has average savings of about Rs. 4000/month which is a good sign of a stable economy in the family
4. Although not much literate, all of the family members are health conscious ( partly due to the fact that 3 family members are working in a tertiary health care centre) and prefer modern medicine over other branches.
5. The psycho-social environment of the family is good and peaceful
6. There is overcrowding present in the house with 5 adults and 1 infant sharing 2 rooms and a Kitchen. With a total floor area of about 70sq feet, there is not enough space for everyone to accommodate, forcing the family to sleep outdoors & thus exposing them to various diseases like malaria, etc.
7. The house has adequate lighting (natural & artificial) and ventilation, sanitation, hygiene, free from pests or animals and is made up of pucca materials.
8. Although there is separate kitchen, there is no smoke outlet in it (the family is using LPG as fuel), thus forcing the family to use Primus in the makeshift kitchen made in one of the other rooms. Also there is not enough lighting in the kitchen proper.
9. As mentioned earlier, the family is health conscious and thus the only infant in the family is fully immunized according to his age and as there is only one eligible (newly Wed)couple, they have not adopted any type of family planning practice
10. The general nutritional status of the family is actually exceeding the need of the family. And this is a good sign. The infant is also properly fed and is well nourished.
11. None of the family members are suffering from any type of local or systemic, communicable or non-communicable diseases.
12. The case study shows that both the infant and the mother are in good health and implement good health practices and have a satisfactory nutritional status
13. The child is properly immunized and has normal growth & development signs and is free from any type of diseases till date.
14. The mother is also in sound health and had appropriate knowledge about infant care and Antenatal care, except for the point where she did not breast feed her baby from the very first day of birth, for which we gave her health education
15. There are no particular risk factors which may affect the general health of the family.

This concludes our Clinico-Social Case Study.