

## Government Medical College, Rajouri

### OUTREACH ACTIVITIES

Government Medical College, Rajouri besides providing tertiary health care is committed to meet healthcare needs of community and provide comprehensive healthcare in the community settings. In this regard, department of Community Medicine in collaboration with other specialities conducted various health camps in various areas of district Rajouri. In these camps, patients were attended by respective specialists. In addition department community medicine gave awareness regarding hygiene, importance of healthy lifestyle and prevention of various non-communicable and communicable diseases.

The details of each camp are provided as under;

**1) Outreach camp at PHC Budhal on 12<sup>th</sup> May 2019-** An outreach camp was organised along with various specialists of GMC Rajouri at PHC Budhal which is located 55 kms from GMC Rajouri. A total of 598 beneficiaries from adjoining villages were attended by the specialists with following break-up;

| S. No. | Speciality               | Number of beneficiaries |
|--------|--------------------------|-------------------------|
| 1.     | Medicine                 | 89                      |
| 2.     | Obstetrics & Gynaecology | 134                     |
| 3.     | Orthopaedics             | 163                     |
| 4.     | ENT                      | 59                      |
| 5.     | Dermatology              | 31                      |
| 6.     | Surgery                  | 57                      |
| 7.     | Ophthalmology            | 65                      |

**2) Outreach camp at PHC Dhoke Thannamandi on 21<sup>st</sup> May 2019-** Dhoke is located 35 kms from GMC Rajouri. An Outreach camp was organised on 21<sup>st</sup> May 2019 and a total of 450 beneficiaries got benefitted.

| S. No. | Speciality               | Number of beneficiaries |
|--------|--------------------------|-------------------------|
| 1.     | Medicine                 | 79                      |
| 2.     | Obstetrics & Gynaecology | 72                      |
| 3.     | Orthopaedics             | 70                      |
| 4.     | ENT                      | 59                      |
| 5.     | Dermatology              | 42                      |
| 6.     | Surgery                  | 63                      |
| 7.     | Ophthalmology            | 65                      |

In addition department of Community Medicine devised a questionnaire to find out the prevalence of hypertension, diabetes and obesity among the beneficiaries. 10 new cases of hypertension and 12 new cases of diabetes mellitus were detected among the 450 beneficiaries. Further beneficiaries were screened for anaemia and it was found that 80% of beneficiaries were anaemic.

**3) Outreach camp at PHC Sarnoo Dalogra on 7<sup>th</sup> July 2019-** A total of 382 beneficiaries were attended by various specialist of GMC Rajouri at Sarnoo Dalogra with following break-up;

| S. No. | Speciality               | Number of beneficiaries |
|--------|--------------------------|-------------------------|
| 1.     | Medicine                 | 98                      |
| 2.     | Obstetrics & Gynaecology | 75                      |
| 3.     | Orthopaedics             | 91                      |
| 4.     | Surgery                  | 75                      |
| 5.     | Ophthalmology            | 37                      |

**4) Outreach Camp at CHC Thannamandi on 16<sup>th</sup> September 2019-** An outreach camp was organised by the department of community medicine along with department of Obstetrics and gynaecology on 16<sup>th</sup> September 2019 at CHC Thannamandi. A total of 130 patients were attended by the specialists. In addition beneficiaries were sensitized on various health issues by Medical Social workers from department of Community Medicine. Basic health profile of all beneficiaries were entered in a questionnaire devised by the department.

In addition to above mentioned health camps, department of transfusion medicine and Blood bank GMC Rajouri in collaboration with Army and BSF on various occasions organized blood donation camps. The details of these camps is given as under;

| S. No. | Location of Blood Donation Camp           | Date       | Number of Blood Units Collected |
|--------|-------------------------------------------|------------|---------------------------------|
| 1.     | <i>Narikari Bhawan, Rajouri</i>           | 19-05-2019 | 70 Units                        |
| 2.     | <i>16 Army Raising Day Kalakote 63-RR</i> | 30-06-2019 | 34 Units                        |
| 3.     | <i>BSF-59 Battalion Rajouri</i>           | 22-07-2019 | 48 Units                        |
| 4.     | <i>152-BN-BSF Nowshera</i>                | 26-07-2019 | 29 Units                        |
| 5.     | <i>60-RR (Army) Samote Budhal</i>         | 26-08-2019 | 40 Units                        |
| 6.     | <i>CHC Sunderbani</i>                     | 09-09-2019 | 30 Units                        |

*K. Reddy*

Principal  
Govt. Medical College & Associated Hospital  
Rajouri