

Basic Family Health Survey Report Analysis Conducted by Pharm D Students of Talla Padmavathi Pharmacy College and Medical Students of Chalmeda Rao Institute of Medical Sciences

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Abstract: A Health survey is a basic research must and should be done in every family once in a while to know the health status of an individual, family, and society. Generally, every year Government also conducts various health surveys to know the well-being of the people in their respective state. Here, we as medical students took an initiative to take a basic health survey that involved various groups of families belonging to different customs, regions, and occupations. Our survey primarily focused on the minimum basic tests like blood pressure and monitoring blood glucose levels. We as students gathered and collected various reports of various families like above 50 families age groups falling under 40 - 45 and 50 - 55. We have gathered reports of their blood pressure and blood glucose levels. We analyzed every report and drew few conclusions from their reports which will be definitely a useful information to society. In our survey, we want to know particular few points like what is the condition of blood pressure and blood glucose levels in the people who have crossed the age of 40 years and also we have focused on the reports of their parents, like what is their status whether they had blood pressure or do they have diabetes mellitus? Through our survey, we also wanted to know at what point of age mostly generally blood pressure and diabetes is affected? If the parent is diabetic are their children affected? If affected what is the general age of showing the symptoms of blood pressure and diabetes. In our survey we got a good result, we compared data of age group of 50 - 55 years who are known to be as parent and also analyzed data of age group 40 - 45 years who are known to be their children. We got very few samples that showed that father had diabetes, son/daughter has also shown diabetes same as with the report of blood pressure.

Keywords: Healthy Survey, Family, Blood Pressure, Diabetes Mellitus, Blood Glucose levels, Symptoms, Analysis, Gathered, Information, Diagnosis

Procedure of conducting the survey

We have conducted survey in three steps

In the first step we have focused on the reports of age group under 38 - 45 years who are considered as children's generation in our survey.

In the second step we gathered and collected reports of their parents whose age group is falling under 50 - 55 years who are known to be as Parents in our survey.

In the third step, we collected the data and compared, analyzed the report of both the age groups who are present in step 1 and step 2 and we have drawn few conclusions.

Step 1:

In the first step we as a survey team Studying pharm D first year students of Talla padmavathi pharmacy college Informed about the concept of survey to the people who are taking part in the survey.

Mostly we have concentrated on our families only so that the information has been given before their concern only, gathering reports have become easy.

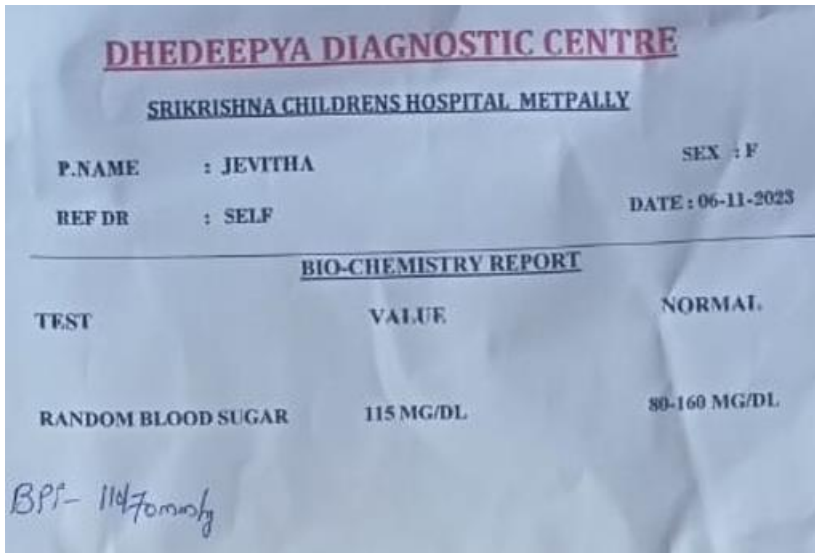
The reports include their blood pressure status, blood glucose levels in their body

The reports clearly showed their age, their status of blood pressure value and blood glucose level values.

All the reports of them were collected from the reputed, recognized hospital only

Some of the reports have come from primary health centers in their city

The reports of the people who belonging to the age group 40 - 45 years are as follows



1) FIGURE 1

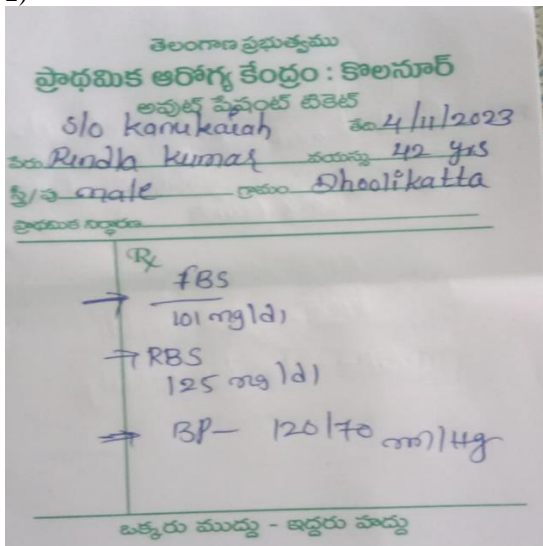
Name: Pathireddy Jeevitha

Age: 38

Sex: female

Figure 1: Report showing Normal Blood Glucose level and Normal Blood Pressure Values

2)



2) FIGURE 2

Name: Rendla Kumar

Age: 42 Years

Sex: male

Figure 2: Shows No Blood Pressure and No Blood Glucose Levels

3)

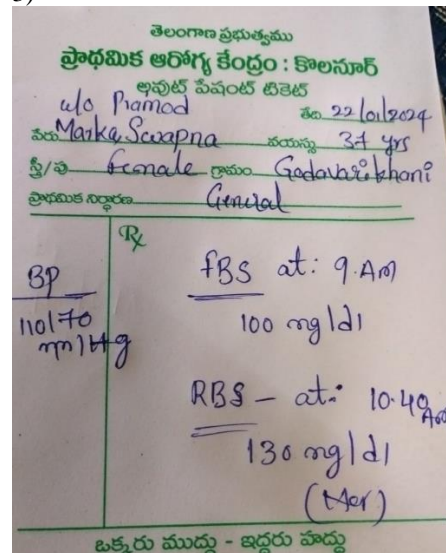


Figure 3

Name: Marka Swapna

Age: 37 Years

Sex: female

Figure 3: Report shows Normal Blood Pressure and Normal Blood Glucose levels

4)

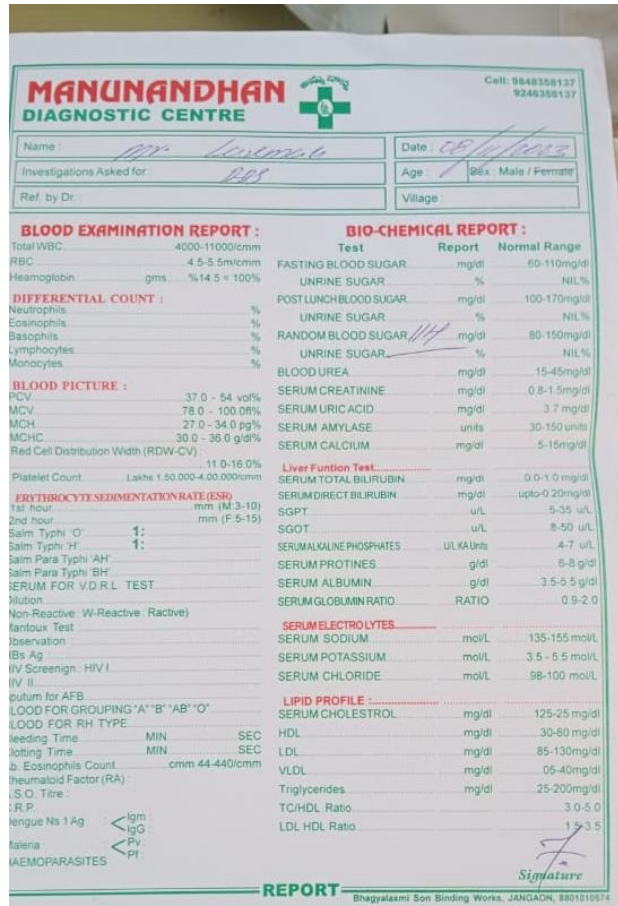


Figure 4
 Name: Bandari Laxman
 Age: 40 Years
 Sex: Male

Figure 4: Shows a report of normal blood glucose levels.

5)

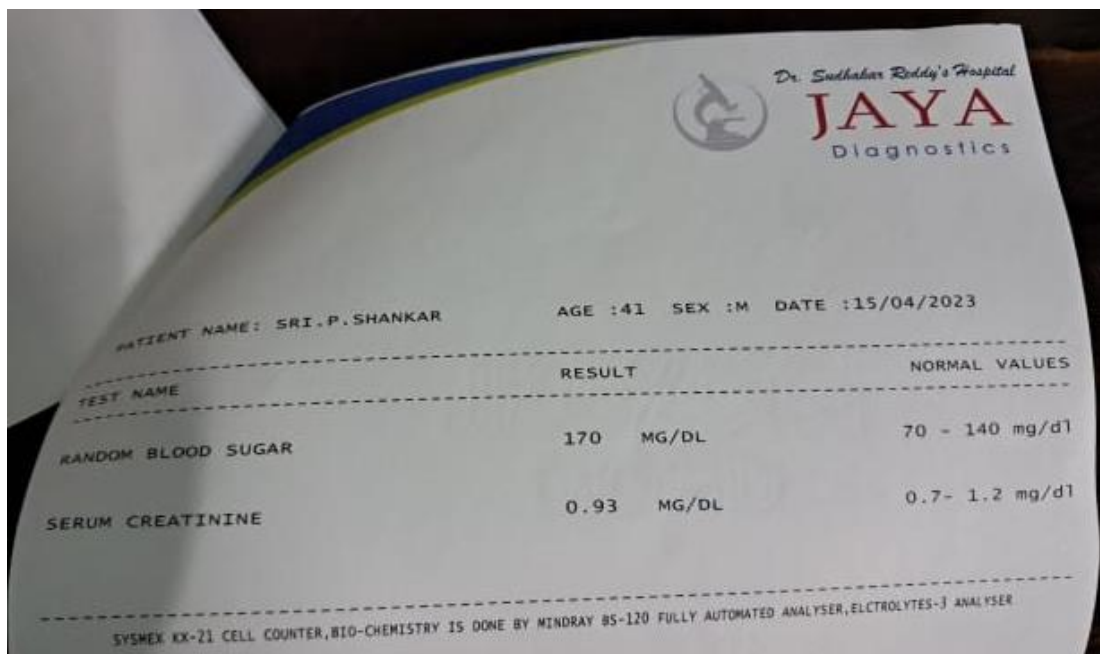


Figure 5
 Name: Padala Shankar
 Age: 41
 Sex: Male

Figure 5: Showing Abnormal Blood Glucose levels.

By analyzing the reports, we concluded that most of the participants who are under the age group between 40 - 45 have no blood pressure and having no improper blood glucose levels.

Step: 2

In this step we have collected and gathered reports of the participants who are known to be parents of the participants who are involved in the step 1 of the above procedure.

The people who have participated in the step 2 of this survey are mostly family relatives, age group is between 55 - 60.

We have seen that all most 90 percent of the people who are involved in the step 2, their reports of blood pressure, blood glucose levels are abnormal, they are suffering from either blood pressure or having abnormal normal blood glucose levels.

1)

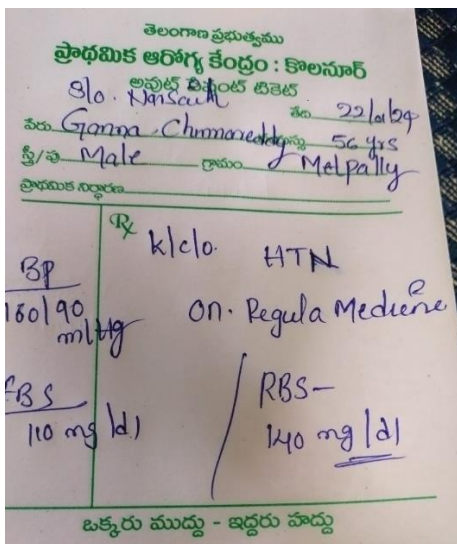


Figure 1
Name: Ganna Chinna Reddy F/o Jeevitha fig 1 of procedure step 1
Age: 56 years
Sex: Male
Figure 1 shows the Abnormal Blood Pressure value

2)

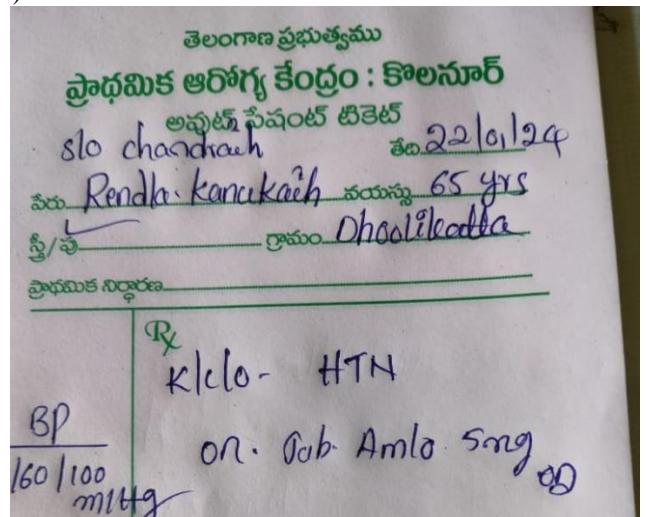


Figure 2: Shows abnormal blood pressure report.
Name: Rendla kanakaiah (F/O Rendla kumar fig 2 of procedure step 1)
Age: 65 years
Sex: Male

3)

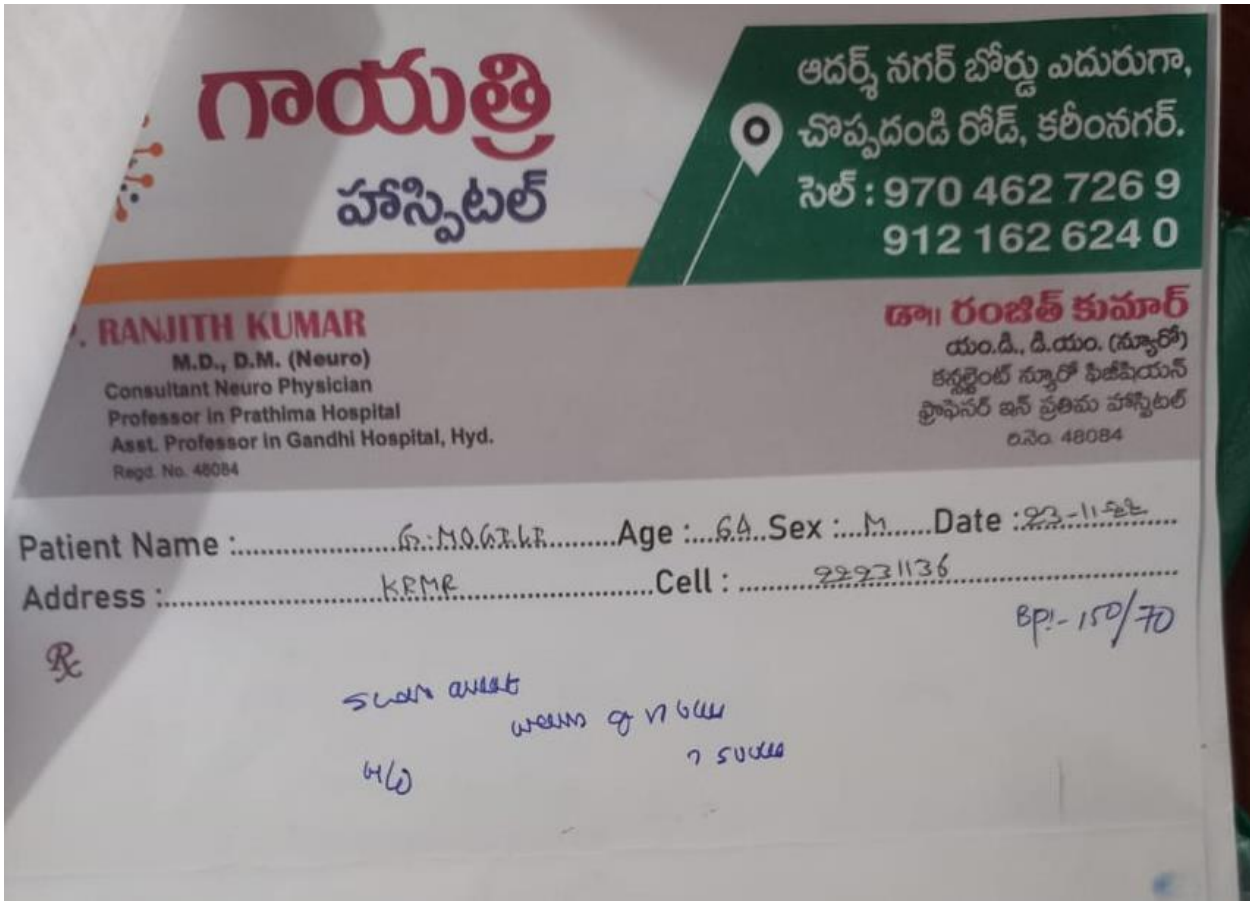


Figure 3
 Name: Gadarla Mogili (F/O swapna figure3 of procedure step 1)
 Age: 64 years
 Sex: Male
Figure 3: Shows abnormal blood pressure report.

4)

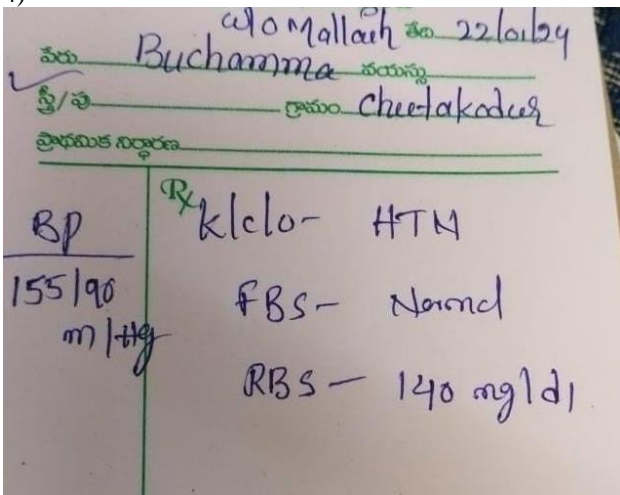


Figure 4
 Name: Bandari buchamma (M/O Laxman bandari figure 4 of procedure step 1)
 Age: 57 years
 Sex: Female
Figure 4: Shows abnormal blood pressure report.

5)

| TEST | RESULT | NORMAL VALUES |
|--------------------|--------------------|-----------------|
| RANDOM BLOOD SUGAR | 390 MG/DL | 70 - 140 mg/dl |
| URINE SUGAR | 1.3% ORANGE COLOUR | |
| SERUM CREATININE | 1.92 MG/DL | 0.7 - 1.2 mg/dl |

SYSMEX KX-21 CELL COUNTER, PLU-CHEMISTRY IS DONE BY MINDRAY BS-12M FULLY AUTOMATED ANALYSER, ELECTROLYTES-3 ANALYSER

LAB JAYA DIAGNOSTICS

Figure 5

Name: P LAXMI (M/O Shankar figure 5 of procedure step 1)

Age: 57 years

Sex: female

Figure 5: Showing abnormal blood glucose level report.

Step: 3

Analyzing the above reports

When we analyzed both the reports that is step 1 and step 2, when we compared both the reports. We have got to know few facts like the people who are in the age group under 40 - 45 most of them have shown no blood pressure and no abnormal blood glucose values.

But it was very interesting to note that when we have seen the status of the reports of their parents, that is people who have been involved in the procedure step - 2, people having age of 50 - 55 have shown abnormal blood pressure values and as well as abnormal blood glucose level values.

It was very interesting to note that even though the parent at the age of 50 - 55 who has been diagnosed with abnormal blood pressure and abnormal blood glucose levels, their children who have been involved in the step 1 of the above procedure having the age about 40 - 45 have been not diagnosed with abnormal blood pressure and abnormal blood glucose levels.

They are all good healthy having normal blood pressure and normal blood glucose levels.

From the above observations we have drawn few conclusions irrespective of their age

Conclusions

- 1) There is no hard core rule or 100 percent compulsory that when parent has been diagnosed with abnormal blood pressure or abnormal blood glucose level that their children should also get abnormal values irrespective of their age, sex, lifestyle. Here in our survey we have seen clearly that most of the children age group 35 - 45 have been not diagnosed with

abnormal blood pressure or abnormal blood glucose level.

- 2) We can draw another conclusion by analyzing the above reports that, children may be diagnosed with abnormal blood pressure, abnormal blood glucose levels but may be later age that is who cross above 45 may be diagnosed with abnormal values.
- 3) We have also predicted the exact age that is above 45 - 46 in general where abnormal blood pressure and abnormal blood glucose levels might attack to the people.
- 4) We never give a wrong analysis statement that no children will get abnormal blood pressure values nor abnormal blood glucose levels when parent has been diagnosed positive. We just confirm that in our survey most of them I mean above 90 percent have been not diagnosed same as the parent.
- 5) We as a survey team always suggest to the people and society to live, lead a healthy lifestyle that includes a balanced diet, walking for at least 30 - 45 minutes daily and stress less life that will help you to maintain normal Blood glucose levels and Normal blood pressure value.

References

- [1] <https://www.sciencedirect.com>