

STUDY OF UTILIZATION PATTERNS OF PRIMARY HEALTH CARE SERVICES AND CLIENTS' PERCEPTION IN RURAL PUNJAB, INDIA

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ABSTRACT

Since the launch of the Community Development Programme in 1951, India has gradually developed a vast public health infrastructure but this remained grossly underfunded; hence, underutilized. Public sector, being overpowered by private health providers, has further aggravated the situation. To assess the utilization of primary health services and clients' perception and satisfaction regarding these services in rural Punjab of India, 1000 female Primary Health Centre (PHC) users were interviewed in a community-based analytical cross-sectional study which was carried out in twenty villages of Amritsar District in 2005-06 by standard cluster sampling. The study revealed that a majority of the respondents (813; 81.3%) had ever visited the government health facility in their vicinity. Out of these, 735 (90.4%) and 523 (64.3%) were aware of vaccination and Out Patient Department (OPD) services being available there. Majority (785; 96.6%) of them was found to be satisfied with the OPD hours and 744 (91.5%) reported that the doctor/staff was available routinely at the health centre. Three-fourth (610; 75.0%) of the respondents reported that the medicines were seldom or never available at the centre. About one-third (381; 38.1%) of them responded that they would never recommend the nearest health centre to someone. Nearly half (514; 51.4%) suggested the provision of more at the centre. The perception of the people was that vaccination was the most common service available followed by OPD. Presence of doctor/ health staff and OPD timings was not an issue but availability of medicines was a major issue which was reflected in their suggestions also.

Key words: Primary Health Care (PHC) services, utilization, Client's satisfaction, Client's perception, medicines, Punjab.

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**SPOUSAL COMMUNICATION ON MATERNAL HEALTH:
WOMEN'S PERSPECTIVE
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ABSTRACT

This study analyzes the husband-wife communication on maternal health. The paper looks into the socio-economic profile of women and their utilization of maternal health care services. The paper focuses on various aspects of husband-wife communication on maternal health. The paper concludes and suggests by emphasizing the importance of husband-wife communication related to maternal health. Maternal health is a crucial concept in women's health; related to pregnancy and child birth. Husband-wife or spousal communication is an essential component for providing the emotional support to women during maternity. It is also significant for the husband to understand and ensure his wife feels good physically and mentally during pregnancy and after child-birth. Cordial spousal communication ensures the importance of proper usage of maternal health care services for mother and their new-born during the ante-natal phase and post-natal phase. The study revealed that there are two levels of husband-wife communication-high and low. It was observed that educational status of women and nuclear family association to high level of husband-wife communication on maternal health. On the other hand, educational status of husband did not show any relevance to husband-wife communication on maternal health.

Key words: Husband-Wife Communication, Maternal Health, Family Planning

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PREVALENCE OF HYPERTENSION AND ITS CORRELATES IN SCHOOL GOING ADOLESCENTS OF HALDWANI BLOCK, DISTRICT NAINITAL, UTTARAKHAND

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ABSTRACT

As Non-Communicable Diseases (NCDs) continue to rise in today's world, Hypertension (HTN) becomes important not only as a disease but also posing as a risk factor for other NCDs. Due to a slow onset of HTN in adults indicating the initiation of the process at a young age; hypertension in adolescents, has attracted the attention of various public health physicians. To study the prevalence of hypertension and its correlates among school going adolescents of Haldwani block, a school-based cross-sectional study was conducted among the adolescents of 8th to 12th standard. By taking the prevalence rate of HTN to be 10% in Uttarakhand, 3% absolute error, design effect of 2 and 10% non-response rate; the sample was calculated to be 880, rounded off to 900. Samples were collected from 30 clusters/schools using simple random sampling. Data were collected using a pre-designed, semi-structured and pre-tested questionnaire; and the data were analysed by using SPSS. Findings showed that out of 900 students, more than half (57.6%) were of aged more than 15 years and majority (67.0%) were males. Prevalence of HTN was 18.4% and was found to be significantly associated with the region of school, sex, physical activity, history of HTN in family; and overweight and obesity on univariate analysis. These factors except sex and physical activity were again found to be significant on binary logistic regression. Prevalence of hypertension was found to be high and more in adolescents having modifiable risk factors.

Key words: Non-communicable diseases, hypertension, obesity, adolescent, school.

STUDY OF AILING SYMPTOMS AND COPING STRATEGIES IN MIDDLE AGE WOMEN WITH SPECIAL REFERENCE TO MENOPAUSE

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ABSTRACT

The ailing symptoms related to menopausal transition and menopause experienced by working women, and the coping strategies adopted by these women were studied. Institutional exploratory descriptive survey was conducted. 285 working women in the age bracket of 35 to 60 years were the study respondents. Semi-structured validated and reliable tool was used to assess the frequency of ailing symptoms. Mean age of the sample was 43.28 ± 6.47 (SD) years. Out of 285 women, 75 (26.31%) reported to have attained menopause. Reported menopausal mean age was 47.26 ± 3.58 (SD). Out of these 75 women, 19 were below 45 years and eight were below 40 years. Interestingly, each and every participant told that she experienced ailing symptoms. Physical symptoms were the most prevalent ailing symptoms among the respondents. Only 87 (30.5%) women had used coping strategies to get relief from ailing symptoms.

Key words: Ailing symptoms, Pre-menopause, Menopausal transition, Menopause, Coping strategy.

COMMUNITY MENTAL HEALTH INITIATIVES IN SOME ASIA-PACIFIC COUNTRIES: AN OVERVIEW

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ABSTRACT

Earlier, mental hospitals were the mainstay of psychiatric treatment in India. The vast experiences from the community mental health care models in the Asia-Pacific region can serve as valuable lessons and inspiration for future development because of cultural similarities. For bringing a positive change; innovative, culturally sensitive and economically sustainable ways of community treatment models need to be developed. This paper aims at illustrating the best practices which are culturally appropriate in mental health care in the community, through the use of current evidence and practical experience in the region. Some of the key guiding principles of developing community mental health care in the region are highlighted. Lessons from such best practices of each region will help enhance India's solutions to challenges in building capacity and structures for community-based mental health systems in the future.

Key words: Mental health, Psychiatrists, Community Mental Health Programme, Asia-Pacific Countries, District Mental Health Programme.

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RELATIONSHIP BETWEEN PHYSICAL VIOLENCE DURING PREGNANCY AND INFANT MORTALITY IN UGANDA: UGANDA DEMOGRAPHIC HEALTH SURVEY, 2006 AND 2011

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ABSTRACT

The main objective of the study was to find out the relationship between physical violence during pregnancy and infant mortality in Uganda. Secondary data used in the study were obtained from the 2006 and 2011 Uganda Demographic Surveys which were carried out using a cross-sectional study design. For the 2006 survey, one woman from each household was selected, and only 58 of the 2,169 women eligible for the violence module had to be excluded because of lack of privacy. An additional 24 women were not interviewed for other reasons. And for the 2011 survey, only one woman per household was selected for the module. This resulted in a total of 2,056 women aged 15-49 years (1,705 ever-married women); out of which 15 were not interviewed either because they declined or complete privacy could not be maintained. According to the study, 15.1% of the respondents had experienced physical violence during pregnancy according to the 2006 UDHS and 14.9% of them had experienced physical violence during pregnancy according to the 2011 UDHS. It was observed that physical violence during pregnancy had no significant relationship with Infant mortality in 2006 and 2011. The Chi-square results were, $\chi^2 (1, N=148) = 0.364, P=0.546$ for 2006 and $\chi^2 (1, N=90) = 2.277, P=0.131$ for 2011. There was no significant relationship between physical violence during pregnancy and infant mortality in Uganda according to the data obtained from the 2006 and 2011 Uganda Demographic Health Survey.

Key words: Physical violence, Infant deaths, Neonatal deaths, post-neonatal deaths.