

## AMDA INSTITUTE OF HEALTH SCIENCE

### DAMAK-2 JHAPA

#### A Report on Health Post (Community Field Practicum) Posting 2081/82

#### GENERAL MEDICINE 2<sup>nd</sup> YEAR

As per the curriculum of General Medicine 2nd year, Health Post Posting (Community Field Practicum) was conducted from 2081/01/11 to 2082/01/12. Thirty six 36 students of AMDA INSTITUTE OF HEALTH SCIENCE GM 2nd year were participated. The Posting was conducted at Lakhanpur Health Post and Gauradaha nagar aspatal.

#### **Objectives of Posting:**

- To observe and learn community based treatment policy.
- To learn to identify the common cases and manage accordingly.
- To learn about MCH and Family planning services.
- To observe and provide immunization in infants.
- To observe and learn about HMIS and LMIS.
- To learn about proper waste management and sterilization process.
- To learn about referral process of Patient in need.
- To learn to provide proper counseling and education to client.

#### **Activities:**

The Community Field Practicum (Health Post Posting) commenced on **11th Falgun 2082** and concluded on **12th Baisakh 2082**. Students attended the posting on a daily basis and were guided to follow the pre-defined objectives throughout the practicum period. During their placement, students conducted health teaching sessions on various important public health topics, including **Dengue Fever, Tuberculosis, and Menstrual Hygiene**. Students actively participated in all the programs organized by the Health Post and demonstrated enthusiasm and professionalism. Each student was provided with equal and meaningful opportunities to engage in hands-on practice during the posting. All teachers (including me), Health Post staff were responsible for supervising and monitoring the students as they were sent for the Practical. Staff were so cooperative and helpful to accomplish the practical session.

### **Summary of Activities:**

- Provided outpatient care to patients.
- Administered routine immunizations to children under 5 years.
- Conducted antenatal checkups for pregnant women.
- Monitored nutritional status of children under 5; identified cases of malnutrition.
- Provided family planning services to clients.
- Provided needed counselling to clients (i.e family planning, nutrition, wound care, TB ,leprosy )

### **Common Health Issues Encountered:**

- Respiratory infections
- Diarrheal diseases
- Skin infections
- Malnutrition
- Hypertension and diabetes (among adults)

### **Health Promotion and Education:**

- Conducted group health education sessions on hygiene, sanitation, and nutrition.
- Provided counselling service to antenatal mothers regarding different topics.

### **Challenges Faced:**

- Shortage of essential medicines and supplies.
- Shortage of lab technician in particular health post.

### **Recommendations:**

- Ensure timely supply of essential drugs and vaccines as well as enhance lab facility

**Conclusion:** Overall, the reporting period was productive with continued efforts to provide essential primary health care services. Continued community engagement and support are critical for sustaining health improvements. The posting was completed successfully as per objectives.

## PHOTO GALARY



**Fig:-withdrawing blood sample for lab test**



**Fig: students performing dressing**



**Fig:-taking vital signs**



**Fig:-with health post staffs (lakhampur)**

**Thank you!**

**AIHS**

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