

Report of World Kidney Day 2024- Screening and Health Awareness Program

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Organized by : Dept.of Pharmacy Practice & JSS Rotaract Club with the support extended by JSSAHER.

Venue : IOB, Commercial Road, Ooty, The Nilgiris.

Department of Pharmacy practice JSS College of Pharmacy, Ooty jointly with IPA Nilgiris local branch, Rotary Club Nilgiris West, Rotaract Club of JSSCP, and Govt. Medical College and hospital, Ooty organized an awareness program on Kidney at the IOB, Commercial Road, Ooty, The Nilgiris. The program was sponsored by JSSAHER, Mysuru, and aimed to raise awareness about kidney risk factors, and the importance of diagnosis, screening, treatment, and prevention of Kidneydiseases among the public & customers of IOB. A total of 7 volunteers from IV PharmD and Ph.D. Scholars were actively involved in the health screening activities of the program, 5 faculty members delivered their counseling addressing each topic related to kidney.

The event was inaugurated by Dr S.P. Dhanabal, Principal, Mr. Mishra Branch Manager, IOB, Ooty. The program began with distributing pamphlets by the bank manager and the principal. The students counseled the public on the unusual symptoms of kidney diseases when should they go to a physician for a check-up, and the importance of regular screening for the prevention of kidney diseases.

In this health screening camp, about 113 patients benefitted. Blood pressure was monitored using an electronic sphygmomanometer, Blood glucose was measured using a Glucometer, and Body mass index was calculated by measuring the patient's height and weight to determine whether the patient was underweight, healthy weight, overweight, or obese. Patient counseling was given to the participants according to the screening results and Patient information pamphlets were distributed to all the participants to develop awareness among the local people regarding kidney disease. The questionnaire was provided to participants to understand their knowledge about the disease Faculty from Govt. Medical College and Hospital collected the blood sample and did the Renal function test. Awareness videos are also projected in the screening about the kidney functions and kidney diseases,

Overall Data of the Health Screening Camp

No. of participants with elevated Blood pressure levels	No. of participants Overweight BMI >25	No. of participants Obese BMI >25	No. of participants with sugar levels >140	No. of participants with serum creatinine levels >1.3
23	30	26	8	4

Dr Deepalakshmi M, Assistant Professor JSSCP, Ooty the co-ordinator of the program highlighted the importance of Kidney awareness.

The event was a resounding success, through informative counseling, and screening, the program encouraged valuable insights on awareness of Kidney The program received positive feedback from the participants in attendance, indicating a desire for similar initiatives in the future.

