Introducing quaternary prevention through health promotion and demedicalization approach in OPDs- experiences from PGIMER, Chandigarh

Amarjeet Singh, Ruchi Sharma, Meenakshi Sharma, Purnima Kaushal, Neha Singhal, Isha Bajaj, Rajni, L K Dhaliwal, Vanita Suri, Vanita Jain, M S Dhillon, Gurpreet Singh, Avinash Rana, Sukhpal Kaur and A K Mandal
Postgraduate Institute of Medical Education and Research, India

Introduction: Many problems of reporting to OPDs can be resolved by non-medicinal interventions. But doctors are too overworked to explain this to patients. This compromises the quality of care. Hence, a multipurpose behavior therapy (MPBT) room was established in PGIMER OPD in Dec 2012.

Objective: To share the experiences of operating MPBT room in OPDs.

Methodology: Patients from Obstetrics & Gynaecology (OBG) OPD are referred to MPBT room where women with pregnancy, infertility, prolapse, urinary incontinence, menopause, PCOD or dysmenorrhoea are advised non-medicinal interventions (dietary modifications, lifestyle changes and exercises/yoga). Patients are given related IEC material. In Orthopaedics OPD, mild to moderate knee osteoarthritis (KOA) patients are counselled on lifestyle intervention (a set of exercises, weight reduction, meditation, dietary modifications, posture correction) with the help of brochures. Patients are also trained through one to one demonstration. In surgery OPD mastectomy patients are trained on lifestyle changes/exercises to control shoulder dysfunction, lymphedema.

Results: Out of >100 menopausal patients referred to the MPBT room, 64 were followed up. Many (40; 63%) benefited from counselling while >35 patients reported partial relief. Out of ~800 patients UI and POP patients 160 (20%) reported complete and 400 (50%) had partial relief. Around 3000 ANC patients reported relief in symptoms and satisfaction with counselling. In Orthopaedics OPD>60% KOA patients reported relief in symptoms .In surgery OPD, more than 50% breast surgery patients reported relief.

Conclusion: Health promotion & demedicalization approach has a potential for enhancing patient welfare in OPDs.

Biography
Amarjeet Singh is a Professor, Community Medicine, PGIMER; Chandigarh. He has completed his MD from Medical College Jhansi. He has published more than 160 research articles, written more than 80 chapters and Co-Authored 18 books. He has completed more than 50 research projects. He was the Editor of the Indian Journal of Community Medicine (from 2004-2010). He was also the Organizing Secretary of 31st National Conference of Indian Association of Preventive and Social Medicine. His work is on mobile phone based health care (with Dr Surya Bali) was listed as an "Innovative approaches" in HSPROD database.

amarminhas56@rediffmail.com

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