

CARDIAC AWARENESS & HEALTH CAMP
FOR DISPLACED PERSONS FROM AFGHANISTAN AND SOMALIA
Organized by BOSCO-UNHCR & HIMSR, on 10/07/2013

The Hamdard Institute of Medical Sciences & Research (HIMSR), Jamia Hamdard, and The United Nations High Commission for Refugees (UNHCR) along with NGO BOSCO, organized a day long Health Education and Health Check up camp in the precincts of HIMSR on 10th July 2013 from 10am to 5pm. The health check up was comprehensive.

58 foreign along with 5 – 6 officials of BOSCO – UNHCR arrived around at 11.00 AM. The program for the day started with a welcome speech & an educative talk on Cardiovascular Diseases (CVD) by Prof. Shridhar Dwivedi, Dean of HIMSR. Two volunteers from the guests acted as translators into Pashto for the Afghan Nationals and Arabic for the Somali Nationals. This was followed by a crisp and informative presentation on the preventive aspects of CVD by Dr. Sumeet Singla, Assistant Professor of Internal Medicine at HIMSR.

After recess of about 30 minutes, the guest's respective weights, heights and blood pressure were recorded. Then a staff nurse estimated their random blood sugar level with a portable glucometer & noted it on their respective out-patient slips. After this the subjects were sent for an ECG recording by either a male or a female technician. With the noted vitals, Blood sugar and ECG reports the patients reached the physician Dr. Shamim's desk. The good doctor did a thorough physical examination of each patient, heard their complaints, and wrote out the pertinent prescriptions with further investigations advice. Whenever it was felt necessary, the subjects were instructed to visit the H.A.H.C. hospital's OPD in due course of time. The last station was for collecting urine samples for routine examination by the Pathology Dept. of HIMSR.

After lunch, all the remaining patients were investigated and examined by the health team. The officials of the NGO also used this opportunity to get themselves medically evaluated. Ultimately at the stroke of five in the evening, the last of the patients was seen departing the health camp with a smile that said it all.

A total of 56 displaced persons came of which 44 were females. 52% were above the age of 40 years and Afghans were more than Somalis.