

REPORT OF COMMUNITY/ OUTREACH ACTIVITIES OF JSS COLLEGE OF PHYSIOTHERAPY, MYSORE

The JSS College of Physiotherapy strictly adheres to the syllabus prescribed by the Rajiv Gandhi University of Health Sciences, Bangalore for its curriculum delivery. As part of the UG and PG curriculum, it is mandatory to expose the students for community postings. Hence, the college has designed the out reach postings in the following areas-

1. Fitness evaluation in school children.
2. Evaluation and problem identification in children with developmental delay- at district early intervention centre.
3. Evaluation of physical fitness and risk of falls in the elderly, at senior fitness centre.
4. Symptom survey and ergonomic evaluation in industries/ establishments in Mysore.

Permission from concerned persons of the organizations is obtained prior to commencement of postings. The students are posted to each area on rotation basis batch wise in such a way that each batch gets 3 weeks of postings. The objectives of each posting is clearly defined and explained to the students during induction to clinical postings.

FITNESS EVALAUTION IN SCHOOL CHILDREN

Physical fitness is defined as the ability of an individual to competently and capably perform everyday tasks without excessive fatigue, and with enough energy remaining to enjoy spending free time, as well as to resolve unusual situations of sudden and unforeseen emergency .Physical activity is a main component in order to maintain and improve health, including physical, mental, and emotional health. The fitness programme is mainly focus to improve musculoskeletal health, improve cardiovascular fitness, and improve body composition and overall physical fitness. Development of motor function is important for skill acquisition, and enabling children to participate fully in school and leisure activities. It is also important for establishing lifelong, physical activity patterns for healthy development into adulthood.

Objectives

1. To identify which all students are physically health or not
2. To identify students have flexibility, endurance.
3. To identify motor performance of children between10 to 13 years of age.
4. Categorize the students into athletes or non athletes based and which students needs more training based on the evaluation.

The procedure is explained to the children as well as the teachers and consent is obtained.

The evaluation is divided into three steps:

- Flexibility and endurance
- MABC
- ABC

The DCDQ (Developmental Coordination Disorder Questionnaire) is distributed to the staff of the school. The performed students are divided into excellent, average and poor groups based on results. MABC test is done and the students are classified into green and amber zone based on the results obtained.

DISTRICT EARLY INTERVENTION CENTRE

Introduction

District early intervention center is a government rehabilitation center where the speech therapist, clinical psychologist, physiotherapist, physician and the pediatrician will work together for the improvement of the children with various disabilities due to certain disorders and deformities like cerebral palsy, developmental delay, genu valgum, genu varum, CTEV.

The referral to DEIC will be from either government schools, houses or from government hospital. Initially, the medical representative of the village will survey the houses for children and person with various disabilities and deformities. The people found to have disability will be referred to PHC. There they will be examined by the physician and will be referred to the government hospital. From the government hospital, they will be referred to DEIC, if required.

Objectives at DEIC:

- Detailed evaluation of all children referred to the DEIC, and referral for appropriate intervention, and problem identification.
- Early detection among the growing children in order to minimize the extent of disabilities.
- If any types of impairments are noticed, the identified children are planned short term and long term intervention programs to reduce the functional disabilities.

SENIOR FITNESS CENTRE (OLD AGE HOME)

Introduction

There is reduction in strength of muscles, balance and co ordination in the elderly, which contributes to risk of falls, and its detrimental consequences. The quality of life also is affected. Hence, it is important to identify the problems seen in the elderly and suggest measures so that they too can lead an as independent life as possible.

Objectives:

- Detailed evaluation of range, strength, balance and identification of problems lists.
- Planning appropriate interventions- short term and long term goals.
- Evaluation of physical fitness as per guidelines.
- Evaluation for risk of falls, and appropriate intervention strategies.

ERGONOMIC EVALUATION

Introduction

Work related musculoskeletal disorders are very common among the small scale company workers due their poor postures and less safety measures. There are several types of musculoskeletal disorders are common in workers like pain in the back, neck, shoulder, hand/wrist, arm or anterior knee, Visual strain, Numbness or weakness of the hand, tingling and numbness.

The main aim of this evaluation is to find out any work related musculoskeletal disorder or any other health hazards during the time of exposure of the manufacturing substances and the evaluation is performed by using Rapid Upper Limb Assessment (RULA), Rapid Office Strain Assessment (ROSA) and Rapid Entire Body Assessment (REBA) employee assessment worksheet. The report given at the end of the evaluation discusses about work related health hazards, risk factor and there modifications.

Objectives

The purpose of this evaluation is to assess and identify employee's risk of ergonomic injury in areas of the material handler activities and to make (if any) recommendations towards preventing injuries or incidences like Musculoskeletal Disorders (MSD's) and other health hazards.

Procedure

The evaluation is divided into 3 sessions: -

- Job analysis
- Work place analysis
- Task analysis.

Based on the results obtained at the end of the evaluation, risk factors are identified and modifications and recommendations are given.