

MYTHRI SPEAKS TRUST

# Report of Health Screening of Pourakarmikas

---

Ward 150 & 86

Prepared by



## Contact

Mythri Speaks Trust  
#181, Khushi, Doddanagamangala,  
Electronic City Phase 2,  
Bengaluru – 560100

[www.mythrispeaks.org](http://www.mythrispeaks.org)

Ph: +91 7899292800

## Overview

On Jan 29 - 2017, a health screening was organized for Pourakarmikas from Bellundur Ward 150 and Marthahalli Ward 86. A total of 184 Pourakarmikas were screened as part of this exercise. The attendance of the Pourakarmikas for the health screening was about 50% of the actual number from both the wards, and mainly included the street sweeping and drain cleaning workers.

Overall, 113 (61.41%) Pourakarmikas have been referred for further treatment. This includes 18 (9.78%) newly detected cases of Diabetes, 15 (8.15%) cases of Hypertension (High B.P) and 18 (9.78%) cases requiring ophthalmology intervention, among others.

The findings from the pre-screening indicate that complaints of various problems are high among Pourakarmikas – 76.63% complain of various aches & pains, 68.48% complain of dental problems, 57.07% complain of respiratory issues, 52.72% complain of gastro-intestinal issues, 52.17% complain of eye-related problems, 48.37% complain of frequent headaches and 27.17% complain of skin related problems.

According to Pourakarmikas, the main problems they face owing to their work are body aches (49.46%), inadequate water and washing facility (44.57%), odour and sight of garbage (32.61%), etc. When asked about the provision of Personal Protective Equipment (PPE), 31.52% said that they will use them if provided at frequent intervals.

The medical team that participated included 5 specialists from Pacemakers 86 Trust which included Dr. B.B. Raghunath (Dermatologist & M.O at Kodathi PHC), Dr. K.K. Girish (Geriatrician & DCMO Sanjay Gandhi Hospital), Dr. Y.R. Shashidhar (Diabetologist), , Dr. Narendra (Surgeon, ESI Hospital) AND Dr. Malathi Chandrashekar (General Physician). A separate team from Non-Communicable Diseases Cell from the State Health Department undertook B.P and R.B.S. tests. Another team of 6 technicians from Sankara Eye Hospital undertook eye screening, and also handed over spectacles on the spot to 27 Pourakarmikas. Medicines were provided on the spot for those requiring it. All female Pourakarmikas were given iron supplements. The camp also saw an active participation from 20 Intel volunteers who undertook a thorough pre-screening via a 15-point questionnaire to capture details of the health issues faced by Pourakarmikas.

The below report provides a summary of findings and current health status of the screened Pourakarmikas.

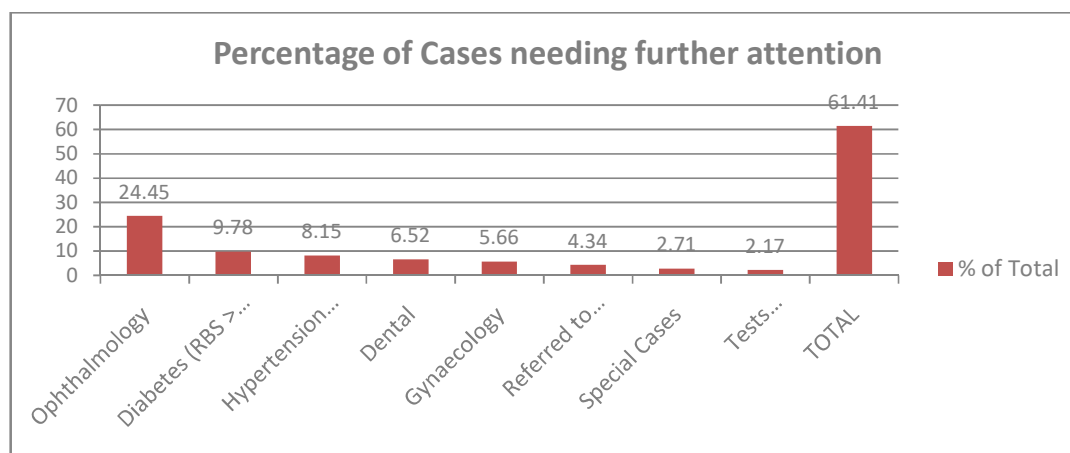
## 1. Socio-Demographic Profile

Number from Bellundur Ward	141
Number from Marthahalli Ward	43
Total Number of Pourakarmikas Screened	184

The socio demographics of the Pourakarmikas covered are as follows

Age Group	
< 30 years	97
30 – 40 years	47
➤ 40 years	40
Mother Tongue	
Telugu	95
Kannada	82
Hindi	4
Job Profile	
Street Sweeping	116
Drain Cleaner	33
Auto Helper	11
Auto Driver	10
Supervisor	9
Compactor/Tractor Helper	7
Compactor/Tractor Driver	4
Tenure of Work as a Pourakarmika	
Less than or equal to 1 year	29
2 to 5 years	83
6 to 10 years	55
More than 10 years	9

## 2. Findings from the Doctor's Screening



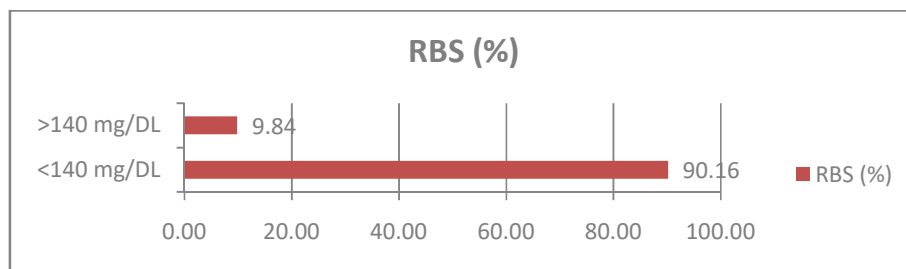
#	Problems	No. Of Cases	% OF Total
<b>1</b>	<b>Diabetes (RBS &gt; 140 mg/Dl)</b>	<b>18</b>	<b>9.78%</b>
<b>2</b>	<b>Hypertension (&gt;140 mm/Hg)</b>	<b>15</b>	<b>8.15%</b>
<b>3</b>	<b>Ophthalmology</b>	<b>45</b>	<b>24.45%</b>
	Refractive Error (Spectacles given)	27	
	Referred to base hospital	18	
<b>4</b>	<b>Tests recommended</b>	<b>4</b>	<b>2.17%</b>
	FBS/PPBS/CBC	2	
	Urine Routine	3	
	Stool Examination	1	
<b>5</b>	<b>Gynaecology (Pregnant / ANC Check-up)</b>	<b>6</b>	<b>5.66%*</b>
<b>6</b>	<b>Referred to Kodathi PHC</b>	<b>8</b>	<b>4.34%</b>
	Not seen by doctor on day of camp	4	
	Burning during urination	3	
	Frequent fainting	1	
<b>7</b>	<b>Dental</b>	<b>12</b>	<b>6.52%</b>
<b>8</b>	<b>Special Cases</b>	<b>5</b>	<b>2.71%</b>
	Cancer (suspected)	1	
	Speech & Hearing Impaired	1	
	Sciatica	1	
	Cardiac Problem	1	

	Referred to Sanjay Gandhi Hospital	1	
	<b>TOTAL</b>	<b>113</b>	
	<b>TOTAL PERCENTAGE</b>	<b>61.41%</b>	

\*Total number of women = 106

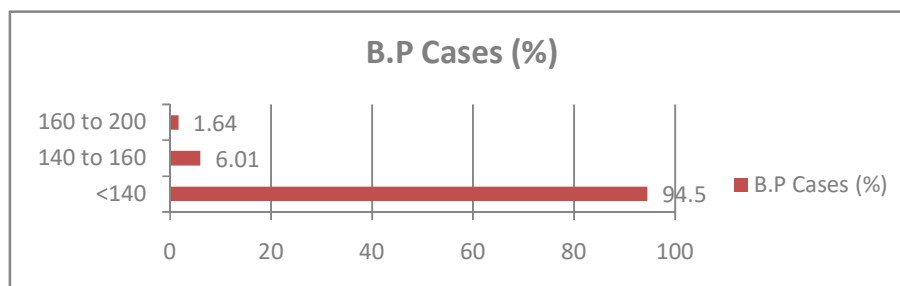
### 3. Findings from the Pre-screening

#### a. Random Blood Sugar (RBS)



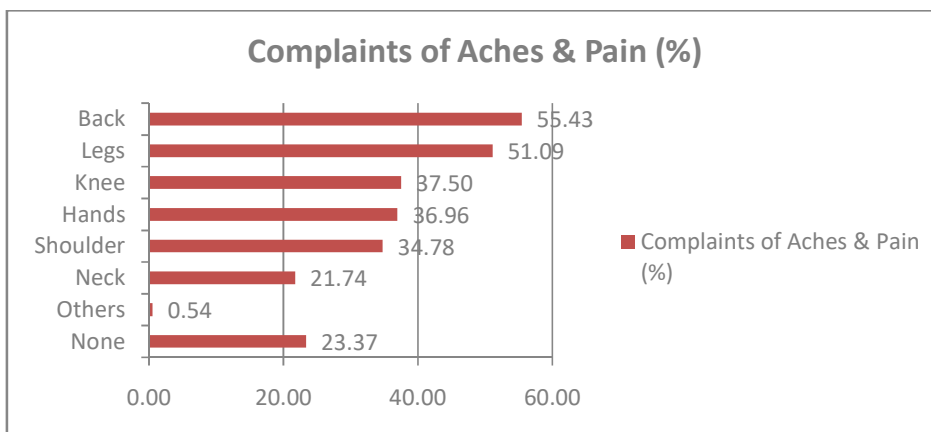
RBS (mg/Dl)	Male	Female	Total	RBS (%)
<140	67	98	165	90.16
>140	10	8	18	9.84

#### b. Hypertension (High B.P)



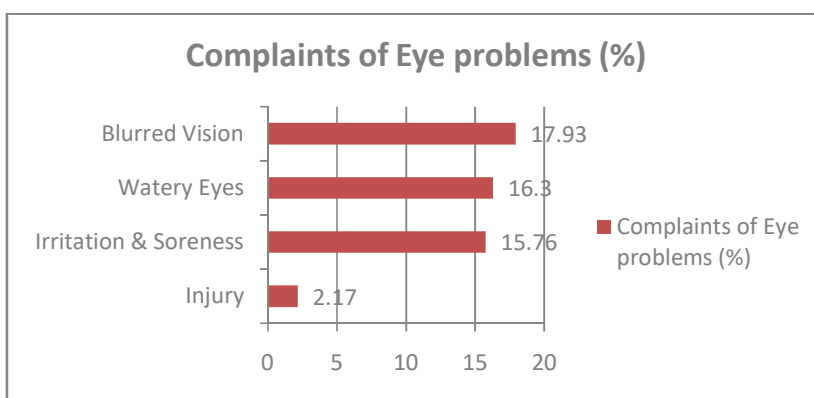
B.P (mm/Hg)	Male	Female	Total	%
<120	56	94	150	81.97
120 to 140	14	9	23	12.57
140 to 160	9	2	11	6.01
160 to 200	2	1	3	1.64
Not Done	1	0	1	0.55

### c. Musculo-skeletal Problems



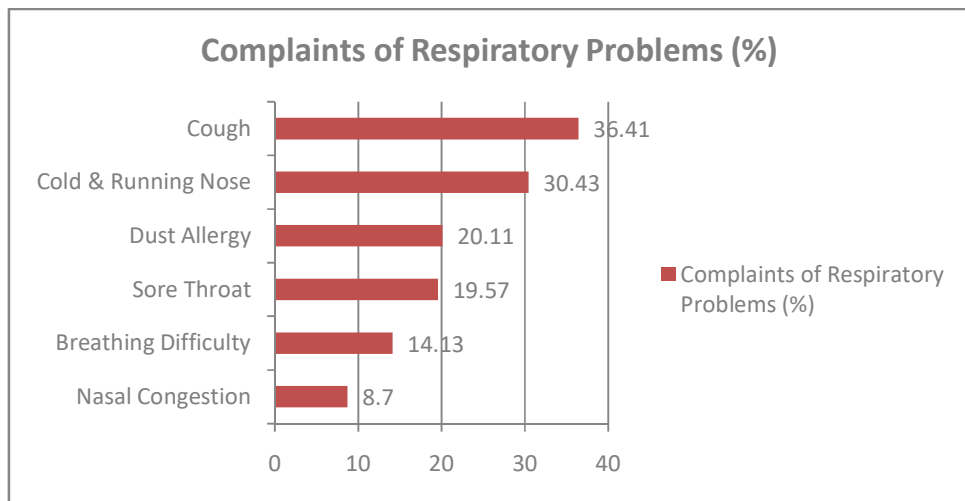
Complaints	Male	Female	Total	%
Back	36	66	102	55.43
Legs	24	70	94	51.09
Knee	28	41	69	37.50
Hands	13	55	68	36.96
Shoulder	23	41	64	34.78
Neck	8	32	40	21.74
Others	1	0	1	0.54
None	22	21	43	23.37

### d. Ophthalmological Problems



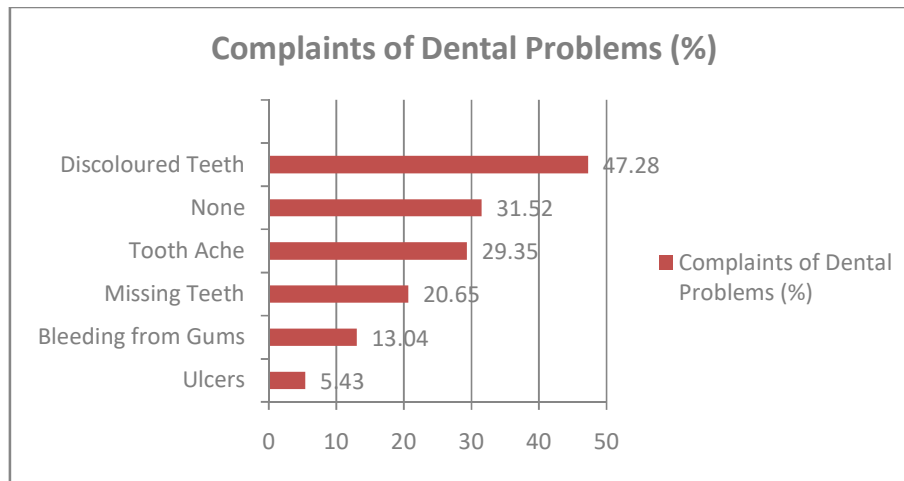
Complaints	Male	Female	Total	%
Blurred Vision	17	16	33	17.93
Watery Eyes	18	12	30	16.30
Irritation & Soreness	9	20	29	15.76
Injury	3	1	4	2.17
<b>Total</b>	<b>47</b>	<b>49</b>	<b>96</b>	<b>52.17</b>

### e. Respiratory Problems



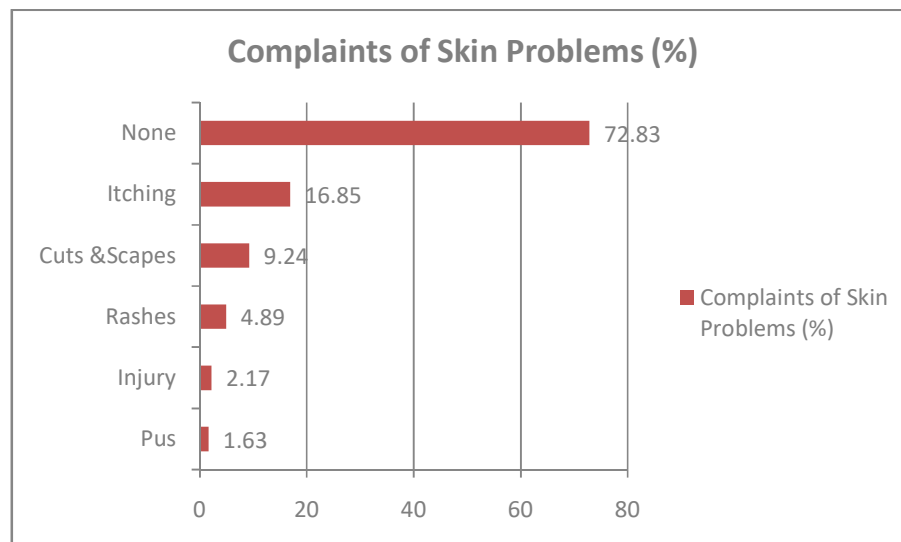
Complaints	Male	Female	Total	%
<b>Cough</b>	25	42	67	36.41
<b>Sore Throat</b>	14	24	36	19.57
<b>Breathing Difficulty</b>	11	15	26	14.13
<b>Dust Allergy</b>	11	28	37	20.11
<b>Nasal Congestion</b>	8	8	16	8.70
<b>Cold &amp; Running Nose</b>	19	37	56	30.43

## f. Dental Problems



Complaints	Male	Female	Total	%
<b>Tooth Ache</b>	29	25	54	29.35
<b>Ulcers</b>	9	1	10	5.43
<b>Bleeding from Gums</b>	10	14	24	13.04
<b>Missing Teeth</b>	24	14	38	20.65
<b>Discoloured Teeth</b>	35	52	87	47.28
<b>None</b>	18	40	58	31.52

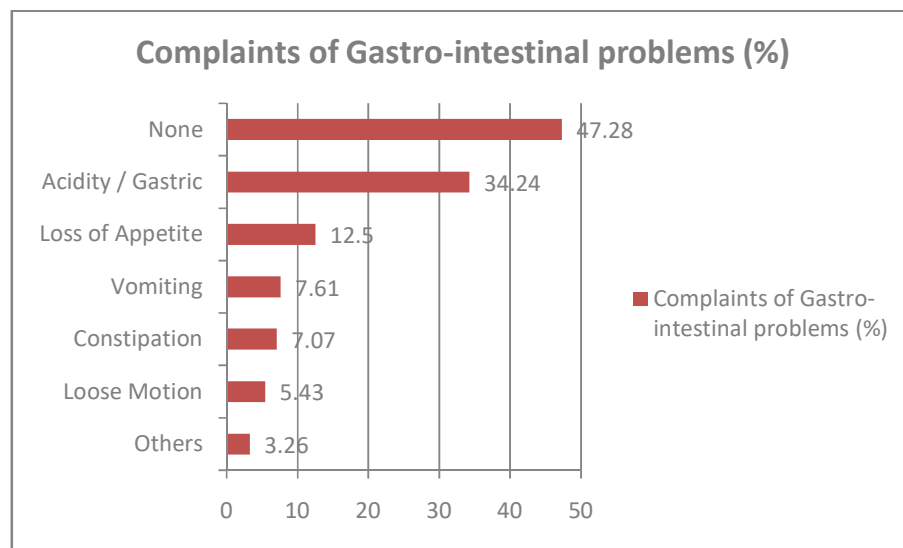
## g. Dermatological Problems





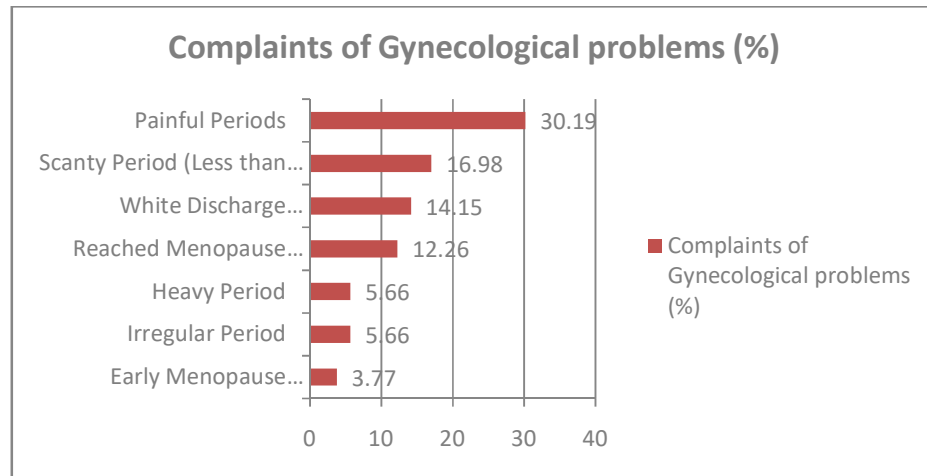
Complaints	Male	Female	Total	%
Cuts & Scapes	8	9	17	9.24
Rashes	4	5	9	4.89
Itching	13	18	31	16.85
Injury	3	1	4	2.17
Pus	2	1	3	1.63
None	55	79	134	72.83

## h. Gastro-intestinal Problems



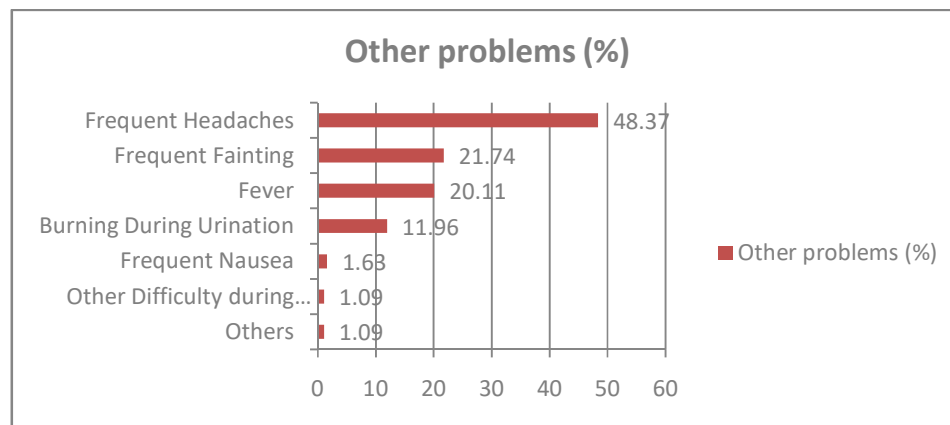
Complaints	Male	Female	Total	%
Loose Motion	5	5	10	5.43
Constipation	7	6	13	7.07
Loss of Appetite	4	19	23	12.50
Vomiting	8	6	14	7.61
Acidity / Gastric	32	31	63	34.24
Others	3	3	6	3.26
None	33	54	87	47.28

### i. Gynaecological Problems



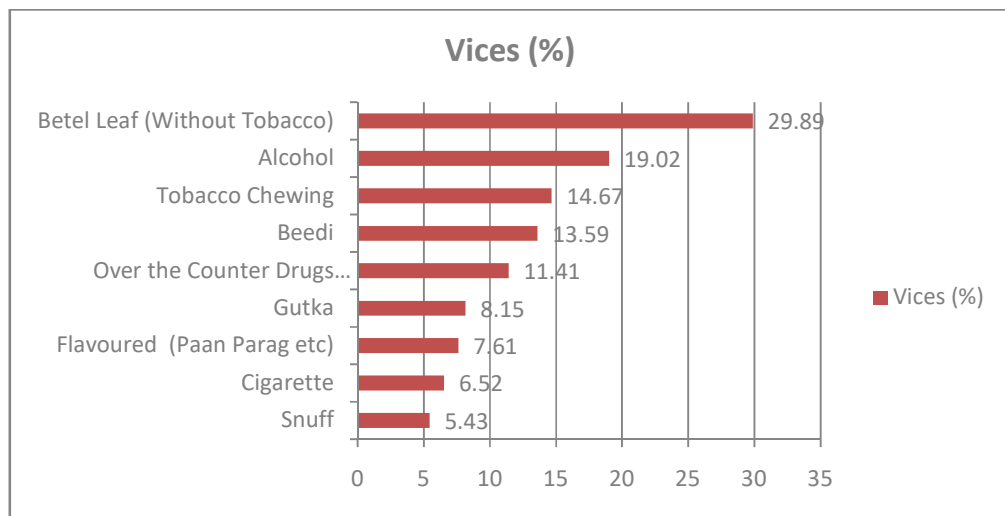
Complaints	Male	Female	Total	%
Irregular Period	0	6	6	5.66
Heavy Period	0	6	6	5.66
Scanty Period (Less than 2 days)	0	18	18	16.98
Painful Periods	0	32	32	30.19
Early Menopause (Before Age 40)	0	4	4	3.77
Reached Menopause (After Age 40)	0	13	13	12.26
White Discharge (Excessive or With Odour)	0	15	15	14.15
<b>Tot Females - 106</b>				

### j. Other Problems



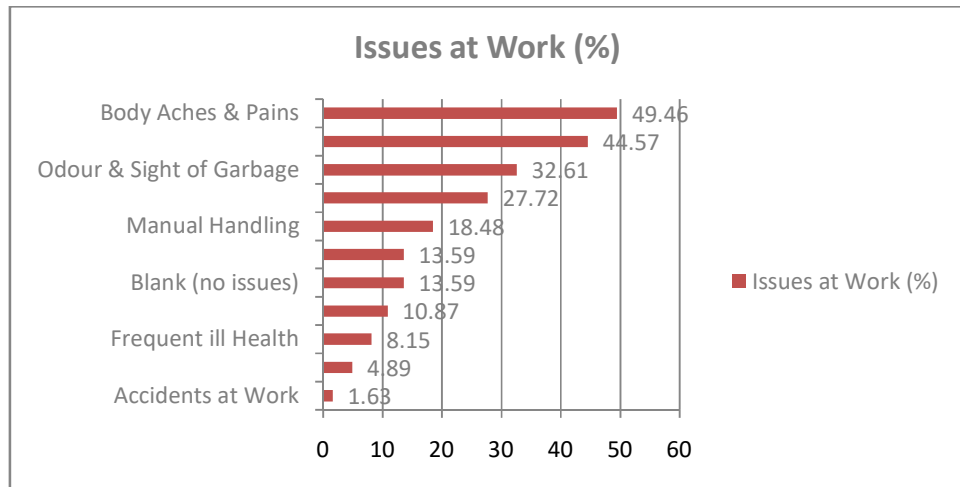
Complaints	Male	Female	Total	%
Fever	11	26	37	20.11
Frequent Fainting	7	33	40	21.74
Frequent Nausea	0	3	3	1.63
Frequent Headaches	25	64	89	48.37
Burning During Urination	14	8	22	11.96
Other Difficulty during urination	0	2	2	1.09
Others	1	1	2	1.09

### k. Vices



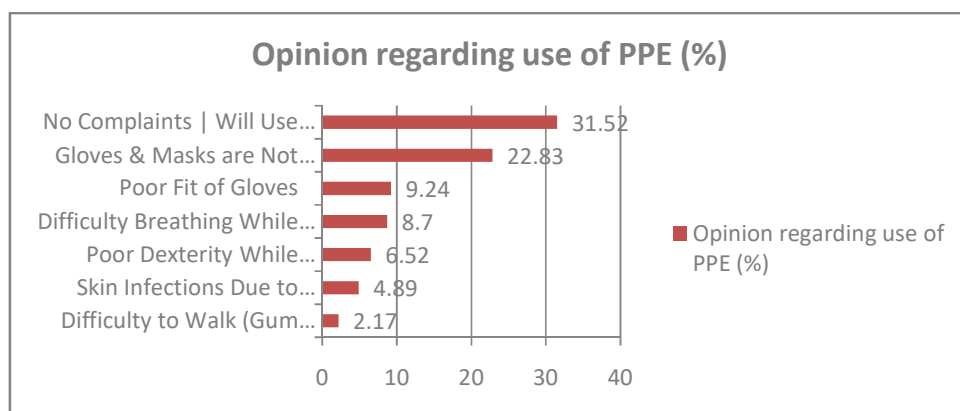
Vices	Male	Female	Total	%
Tobacco Chewing	9	18	27	14.67
Betel Leaf (Without Tobacco)	5	50	55	29.89
Flavoured (Paan Parag etc)	12	2	14	7.61
Gutka	13	2	15	8.15
Beedi	25	0	25	13.59
Cigarette	12	0	12	6.52
Snuff	0	10	10	5.43
Substances (Drugs)	0	0	0	0.00
Alcohol	34	1	35	19.02
Over the Counter Drugs (Brufen, Rantacetc)	7	14	21	11.41

## I. Issues at work



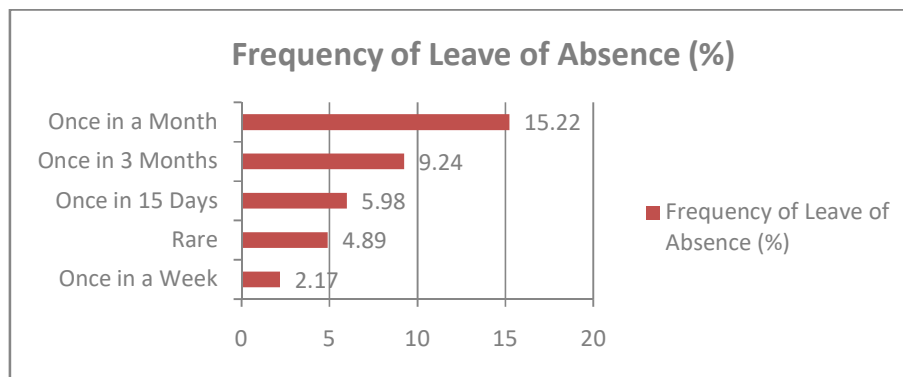
Issues at Work	Male	Female	Total	%
<b>Body Aches &amp; Pains</b>	29	62	91	49.46
<b>Inadequate Water &amp; Wash Rooms</b>	29	53	82	44.57
<b>Odour &amp; Sight of Garbage</b>	27	33	60	32.61
<b>Dust</b>	14	37	51	27.72
<b>Manual Handling</b>	19	15	34	18.48
<b>Salary</b>	20	5	25	13.59
<b>Blank (no issues)</b>	12	13	25	13.59
<b>Work Hours</b>	4	16	20	10.87
<b>Frequent ill Health</b>	9	6	15	8.15
<b>Cuts Wounds and Injuries</b>	8	1	9	4.89
<b>Accidents at Work</b>	1	2	3	1.63

## m. Opinion regarding use of Personal Protective Equipment (PPE)



Opinion regarding use of PPE	Male	Female	Total	%
No Complaints   Will Use if Provided	13	45	58	31.52
Gloves & Masks are Not Replaced at Desired Frequencies	21	21	42	22.83
Poor Fit of Gloves	13	4	17	9.24
Difficulty Breathing While Wearing Mask	11	5	16	8.70
Poor Dexterity While Using Gloves	8	4	12	6.52
Skin Infections Due to Sweat	8	1	9	4.89
Difficulty to Walk (Gum Boots)	4	0	4	2.17

**n. Frequency of Leave of Absence owing to ill health**



Frequency of Leave of Absence	Male	Female	Total	%
Once in a Month	11	17	28	15.22
Once in 3 Months	9	8	17	9.24
Once in 15 Days	10	1	11	5.98
Rare	3	6	9	4.89
Once in a Week	2	2	4	2.17