

PREVENTIVE HEALTH & SCREENING OPD

Department of Community Medicine, VMMC& Safdarjung Hospital has commenced a preventive health and screening OPD in NEW OPD Building, 1st Floor, A-Wing in Room No.105. The OPD will be operational on Weekdays (Monday to Friday) from 09:00AM to 4:00PM and on Saturday from 09:00AM to 01:00PM w.e.f. 08th November, 2021.

Faculty Incharge (OPD):

Dr. Jugal Kishore, Director Professor & Head, Community Medicine

The OPD has been started to provide preventive health services, including health promotion and health education along with screening for common ailments for specific groups. The service provision will be based on the following schedule:

Days	Clinic	Beneficiaries	Faculty In-charge
Monday	Growth Monitoring & Nutrition Clinic	Under 5 Children	Dr. Pratima Gedam Dr. Shveta Lukhmana
Tuesday	NCD Screening Clinic	People above 30 years of age	Dr. Richa Kapoor Dr. Pratima Gedam
Wednesday	Maternal Wellness Clinic	Pregnant and Lactating Females	Dr. Pratima Gedam Dr. Shveta Lukhmana
Thursday	NCD Screening Clinic	People above 30 years of age	Dr. Anita Khokhar Dr. Geeta Yadav
Friday	Maternal Wellness Clinic	Pregnant and Lactating Females	Dr. Jugal Kishore Dr. Shalini Smanla
	Relationship & Marriage Counselling Clinic	Married & Unmarried Couples / victims of domestic violence	
Saturday	Occupational & Environmental Health Clinic	Factory Workers / High risk industry workers / workers in unorganized sector	Dr. Jugal Kishore Dr. Shveta Lukhmana

Services Offered:

A. Growth Monitoring & Nutrition Clinic

- Growth monitoring for under 5 children
- Nutritional counselling for children who are underweight, stunted, wasted or obese
- Preparation of personalized diet charts after assessing the needs of the child and acceptability
- Referral of severe acute malnutrition (SAM) to pediatrics OPD for further management
- Promotion of good practices in feeding and weaning, introduction of complimentary feeds, continuing and promoting exclusive breastfeeding for parents attending the clinic
- Counselling and educating parents on the importance of Immunization
- Awareness about various social welfare schemes like Aanganwadi services and other welfare schemes as per eligibility
- Early identification of growth faltering and management
- Educating the parents on the importance of birth spacing and adopting family planning measures

B. Maternal Wellness Clinic

- Screening and management of pregnant and lactating females for specific problems like low weight, high risk pregnancy, anemia, common problems in lactation, gestational hypertension and gestational diabetes mellitus
- Monitoring of weight gain during pregnancy
- Monitoring intake of macro and micronutrients by pregnant and lactating females
- Counselling for adopting proper methods of family planning and birth spacing
- Preparation of personalized diet charts as per the needs of the pregnant / lactating females
- Promotion of physical activity and Yoga during pregnancy and after child birth
- Pre-conceptional check-up and advice for maintaining healthy pregnancy

C. NCD Screening Clinic

- Opportunistic screening of patients above 30 years attending OPDs for Hypertension, Diabetes, Oral Cancer, Breast cancer etc. as per guidelines of NPCDCS
- Early diagnosis and treatment of diabetes and hypertension
- Identification of pre-hypertensives and pre-diabetics and promotion of lifestyle changes to manage them from developing clinical illness.
- Counselling for quitting tobacco and alcohol. Referral to deaddiction centre.
- Promotion of healthy diet and promoting awareness about food items containing high fat, salt and sugar.
- Personalized diet charts as per need
- Promotion of Yoga and physical activities.
- Conducting yoga session by a trained yoga instructor.

D. Relationship & Marriage Counselling Clinic

- Pre-marital counselling
- Counselling of married and unmarried couples living together
- Screening and Management of common sexual and psychological illnesses / aggressive behavior in partners
- Provide support and help to victims of domestic violence

E. Occupational & Environmental Health Clinic

- Screening of factory workers and office workers for any occupational diseases.
- Advice related to maintaining proper ergonomic and safety in workplaces
- Early identification and management of work-related problems like musculoskeletal pain, low back ache, headache etc.
- Counselling and Promotion of better workplace safety
- Do periodic health checkup of workers.
- Group counselling for managing substance use and alcohol or tobacco use in workers.
- Promotion of health lifestyle and management of stress