



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

DEPARTMENT OF COMMUNITY HEALTH NURSING

Health Screening Report: Cleaning Staff, Sree Gokulam Medical College

Conducted by: 7th Semester B.Sc. Nursing Students, SGNC

Introduction

This report is about a health check-up we did for the cleaning staff at Sree Gokulam Medical College. Our 7th Semester B.Sc. Nursing students from Sree Gokulam Nursing College carried out this screening. Our main goal was to see how healthy the workers are, find any common health problems, and give them some health advice.

Objectives

- * To check the general health of the cleaning staff
- * To find any common health issues they might have.
- * To teach them about staying healthy (hygiene, good food).
- * To tell anyone who needed it to see a doctor at Sree Gokulam Medical College.
- * To give our nursing students practical experience.

Method

Our nursing students screened the cleaning staff by:

- * **History collection :** We asked about their health history and daily habits.
- * **Checking Measurements:** We measured their height, weight (to calculate BMI), and vital signs like blood pressure and pulse.
- * **Blood Sugar Test:** We did a quick test to check their random blood sugar levels.
- * **Health Advice:** We gave them tips on healthy eating, hygiene, and staying active.
- * **Doctor Referrals:** If someone had a health concern, we advised them to see a doctor at the medical college for further check-ups.



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Findings

* **Total Workers Screened: 121**

* **Gender: 5 Males, 116 Female**

* **Blood Pressure:**

- 108 workers had normal blood pressure.
- 13 workers had high blood pressure

* **Blood Sugar:**

- 75 workers had normal blood sugar.
- 46 workers had high blood sugar

* **Weight (BMI)**

- Healthy weight : 69
- Overweight : 33
- Obese class 1 : 10
- *Underweight : 9

* **Common Complaints:** Many workers mentioned body aches, tiredness, digestive issues.

* **Referrals:** We advised 59 workers to see a doctor for specific health concerns.

Summary

Our screening showed that many cleaning staff have normal health, but some have conditions like high blood pressure or sugar that need attention. It also highlighted the importance of regular health check-ups and healthy habits. For our students, it was a great way to learn by doing.

Recommendations

To help the cleaning staff stay healthy, we suggest:

- * **Regular Check-ups:** Do these health screenings every year.
- * **Health Talks:** Have more sessions on healthy eating, staying active, and personal hygiene.



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* Easy Doctor Access: Make it easy for workers to see a doctor at Sree Gokulam Medical College if they need further care.

* Support for Healthy Choices: Encourage healthy food options and opportunities for physical activity at work.

Report

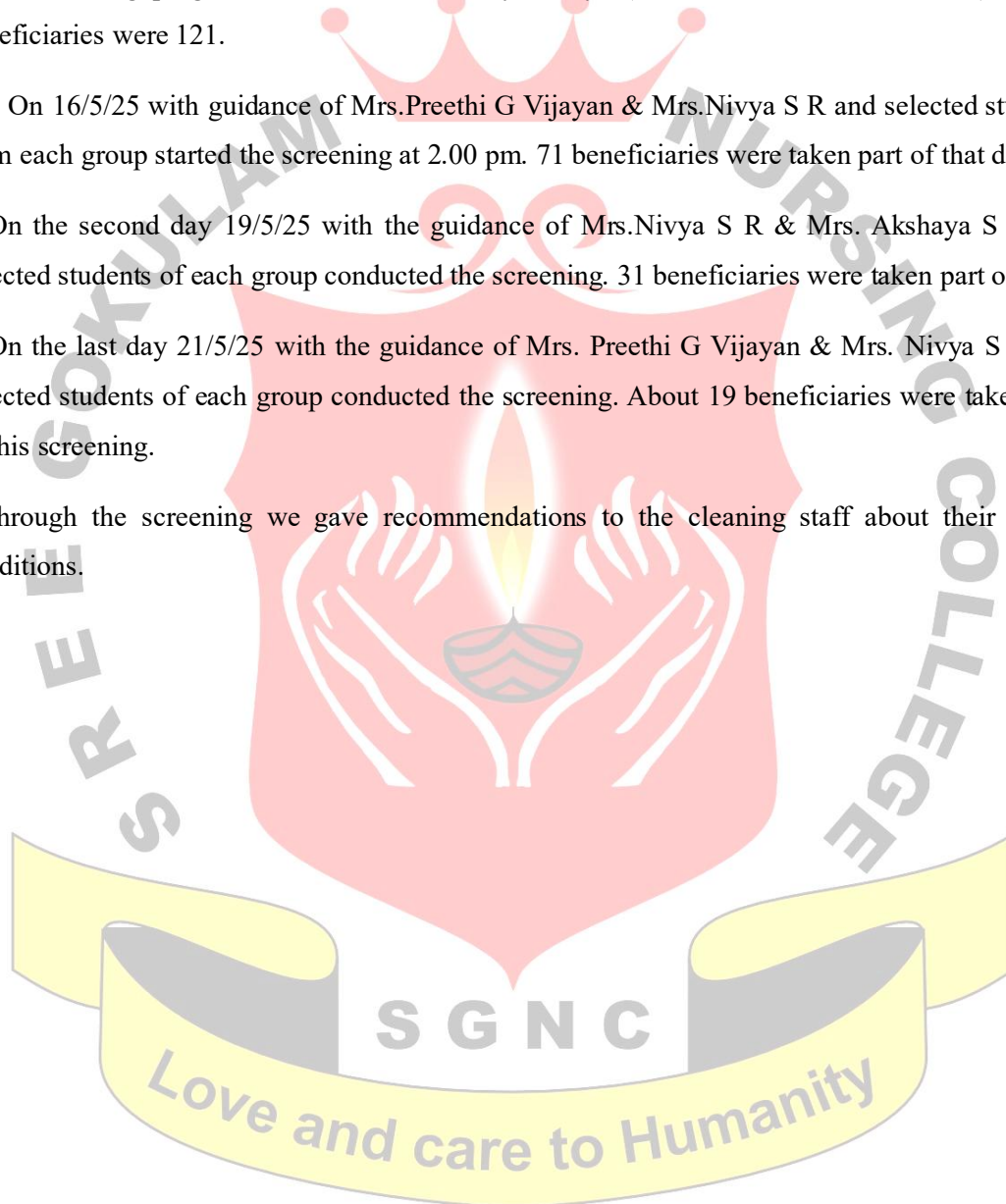
The screening programme was conducted by 3 days (16/5/25, 19/5/25 & 21/5/25) . Total beneficiaries were 121.

On 16/5/25 with guidance of Mrs. Preethi G Vijayan & Mrs. Nivya S R and selected students from each group started the screening at 2.00 pm. 71 beneficiaries were taken part of that day.

On the second day 19/5/25 with the guidance of Mrs. Nivya S R & Mrs. Akshaya S B and selected students of each group conducted the screening. 31 beneficiaries were taken part of this.

On the last day 21/5/25 with the guidance of Mrs. Preethi G Vijayan & Mrs. Nivya S R and selected students of each group conducted the screening. About 19 beneficiaries were taken part of this screening.

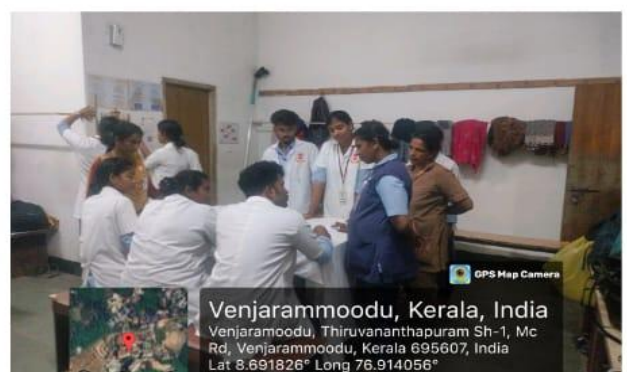
Through the screening we gave recommendations to the cleaning staff about their health conditions.





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IQAC Coordinator

Principal