



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU DEPARTMENT OF COMMUNITY HEALTH NURSING

Health Screening Report: Mess Workers, Sree Gokulam Medical College

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

Sree Gokulam Nursing College

Introduction

This report is about a health check-up we did for the mess workers 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 mess workers.
- * 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 mess workers 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.



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences

- * **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.

Findings

- * **Total Workers Screened: 72**
- * **Gender: 5 Males, 67 Female**
- * **Blood Pressure:**
 - 54 workers had normal blood pressure.
 - 18 workers had high blood pressure
- * **Blood Sugar:**
 - 38 workers had normal blood sugar.
 - 34 workers had high blood sugar
- * **Weight (BMI)**
 - Healthy weight : 14
 - Overweight : 34
 - Obese class 1 : 23
 - Moderate thinning : 1
- * **Common Complaints:** Many workers mentioned body aches, tiredness, digestive issues.
- * **Referrals:** We advised 52 workers to see a doctor for specific health concerns.



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences

Summary

Our screening showed that many mess workers 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 mess workers 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.
- * 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 program was conducted by 2 days (30/4/25 and 1/5/25) . On 30/4/25 with guidance of Mrs. Saranya & Mrs. Akshaya S B and selected students from each group started the screening at 9.00 am. 48 beneficiaries were taken part of this day.

On the second day 1/5/25 with the guidance of Mrs. Nivya S R & Mrs. Akshaya S B and selected students of each group conducted the screening. 24 beneficiaries were taken part of this.

Through the screening we gave recommendations to the mess workers about their health conditions.



SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences



Check in Venjarammoodu, Kerala, India
Mwr7+592, Aalamthara - Bhoothamadakki Rd,
Venjarammoodu, Kerala 695607, India
Lat 8.690534° Long 76.913217°
01/05/2025 09:09 AM GMT +05:30



Check in Venjarammoodu, Kerala,
Mwr7+592, Aalamthara - Bhoothamada
Venjarammoodu, Kerala 695607, India
Lat 8.690534° Long 76.913217°



Check in Venjarammoodu, Kerala, India
Mwr7+592, Aalamthara - Bhoothamadakki Rd,
Venjarammoodu, Kerala 695607, India
Lat 8.690418° Long 76.913422°
01/05/2025 09:10 AM GMT +05:30



Check



Venjarammoodu, Kerala, India



Check in Venjarammoodu, Kerala,
Mwr7+637, Venjarammoodu, Kerala 695607, India
Lat 8.690756° Long 76.913422°
01/05/2025 09:08 AM GMT +05:30



Check in Venjarammoodu, Kerala, India
Mwr7+592, Aalamthara - Bhoothamadakki Rd,
Venjarammoodu, Kerala 695607, India
Lat 8.690534° Long 76.913217°





SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences





SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences





SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences





SREE GOKULAM NURSING COLLEGE, VENJARAMOODU

Recognised by Indian Nursing Council, Kerala Nurses and Midwives Council and
Affiliated to Kerala University of Health Sciences

IQAC Coordinator

Principal

