

Model Program Book



SHORT-TERM INTERNSHIP (On-Site/Virtual)

Designed & Developed by



**ANDHRA PRADESH
STATE COUNCIL OF HIGHER EDUCATION**

[A STATUTORY BODY OF GOVERNMENT OF ANDHRA PRADESH]

PROGRAM BOOK FOR

SHORT-TERM INTERNSHIP

(Onsite / Virtual)

Name of the Student:

Ms. Gayathri sai

Name of the College:

S.A.S Govt Degree college

Registration Number:

203557110032

Period of Internship:

From: 16-09-22 To: 15-11-2022

Name & Address of the Intern Organization

Primary Health center
chebrolu

Adikavi Wannayana University

YEAR

An Internship Report on

primary Health center Care

(Title of the Internship)

Submitted in accordance with the requirement for the degree of

IIIrd BSc [B.Z.C.]

Under the Faculty Guideship of

Gr. Hephzibah

(Name of the Faculty Guide)

Department of

S.A.S Govt Degree college

(Name of the College)

Submitted by:

Manthina Gayatri Sai

(Name of the Student)

Reg.No: 203557110032

Department of

S.A.S Govt Degree college

(Name of the College)

Student's Declaration

I, M. Gayathri Sai a student of IIIrd B. Z. C
Program, Reg. No. 203557110032 of the Department of chemistry
College do hereby declare that I have completed the mandatory internship
from 16-09-2022 to 15-11-2022 in psimox Health center (Name of
the intern organization) under the Faculty Guideship of
Gr. Hephzibah (Name of the Faculty Guide), Department of
S. A. S Govt Degree college
(Name of the College)

M. Gayathri Sai
(Signature and Date)

Certificate from Intern Organization

This is to certify that M. Gayathri Sai (Name of the intern)
Reg. No 203557110032 of S.A.S Grant Degree (Name of the
College) underwent internship in primary Health Center (Name of the
Intern Organization) from 16-09-2022 to 15-11-2022

The overall performance of the intern during his/her internship is found to be
Satisfactory (Satisfactory/Not Satisfactory).

K.S. Va 12/11/2022

Authorized Signatory with Date and Seal
Dr. K. Subhrajit Varma MBBS
Regd. No: APMC/FMR/96712
Civil Assistant Surgeon
Primary Health Center
Chebrolu, W.G. Dist.

Official Certification

This is to certify that Mr. Gayathri sai (Name of the student) Reg. No. 203557110032 has completed his/her Internship in P.H.C (Name of the Intern Organization) on Primary Health Center (Title of the Internship) under my supervision as a part of partial fulfillment of the requirement for the Degree of IIIrd BSc [BZC] in the Department of S.A.S Govt Degree (Name of the College).

This is accepted for evaluation.

K.S.V.

(Signatory with Date and Seal)

Medical Officer
PRIMARY HEALTH CENTRE
CHEBROLU-534406, Eluru Dist.

Endorsements

[Signature]
Faculty Guide

[Signature]
Head of the Department

[Signature]
Principal

PRINCIPAL
S.A.S. Government Degree College
NARAYANAPURAM, Eluru Dist.

Acknowledgement

I am very happy, by God's grace, to have successfully gone through this Short-Term Internship Programme on Primary Healthcare and Nursing and gain experience in the field of health and hygiene. The PMC is a world where I found the suffering people being consoled and comforted, helped and made happy by the competent and committed Doctors and Nurses.

Therefore, I am extremely glad to have been an eye-witness to taking care of the sick, the suffering and the dying. For this, I owe so much to many goodhearted people and guides who have taken utmost care to make this possible for me while I am still a student.

I sincerely acknowledge the help given to me by the eminent personalities like Dr. T. K. Visweswara Rao, the Principal of the College and Smt. SK Aaisha, the Head of Botany Department and my mentor. They deserve my honest appreciation for their skilful guidance and meaningful support. They are brilliant in making this happen.

Further, I am grateful to Dr. K. S. Varma and Dr. Sravan Reddy, the Nurses and CHOs at the Primary Healthcare Centre (PHC), Chebrole, who made us aware of several aspects related to health and hygiene.

I offer my special thanks to Dr. K. Ravi, the Internship Coordinator and to my co-students who cooperated in many ways and made the work easy and happy. I thank them.

I unreservedly admire my parents, who are always inspiring and encouraging me in all my endeavours. I express my heartfelt thanks and gratitude to them for all that they are to me.

16. Weekly Report - Week 4: From	To	29
17. Activity Log for the Fifth Week		30
18. Weekly Report - Week 5: From	To	31
19. Medicines and Their Usefulness		32
20. Activity Log for the Sixth Week		38
21. Weekly Report - Week 6: From	To	39
22. Chapter 5: Outcomes Description		40
23. Chapter 6: Conclusions and Recommendations of the Mini Project (at PHC)		48

CHAPTER 1: EXECUTIVE SUMMARY

I am extremely happy to say that the Internship has been a very enriching and enduring experience for my life. To start with, I was delighted to see how responsibly the Doctors and the nurses and the related staff members, who are taking care of the sick and the suffering, are working hard. They themselves are a great symbol of inspiration in serving others.

As far as I am concerned, I was given access to make blood tests and BP tests. Certain tablets which are regularly used for the day-to-day treatment for the common ailments such as fever, diarrhoea, indigestion, gastritis and giving first aid to the wounded people are made known to me. Thus, I became acquainted with BP test machine, blood testing tubes, and a number of medicines like Wikoryl, cetirizine, cefixime anti-biotic, metrogyl, paracetamol etc. and spirit for cleaning the wounds and the creams such as Tess and clotrimazole and neo-mycin Sulphate cream to be used in the first aid treatment.

As a result of all this, I became aware of the necessity and the importance of hygiene for maintaining good health. Secondly, I understood that it is a basic human need to take care of the sick and the suffering. Thirdly, I became mindful of how today's world is coping up with reducing suffering in the lives of the people by medication and nursing care. Fourthly, I am grown in confidence to help others to find the correct medicine when they are sick. Fifthly, I am filled with hope that the life span of the Indians would increase due to health care in India.

Values of PHC:

- *Workplace Culture:* to strive to work in a positive atmosphere with a positive attitude.
- *Caring and Compassion:* to treat those we serve and one another with concern, kindness and respect.
- *Honest and Integrity:* to act openly and truthfully in everything one does.
- *Team Work:* to work together cooperatively, recognizing the power of our combined efforts exceeds what one can accomplish individually.
- *Community:* to acknowledge one's vital role in local communities and seek to understand and serve their needs.
- *Excellence and Quality:* to be committed to quality and to adding value in every aspect of one's work and strive to exceed the expectations of our customers.
- *Education, Teaching and Training:* to strive to create an educational environment for the patients, employees and for the training of medical professionals dedicated to serving the disadvantaged.

Organizational Structure of PHC

The way Primary Healthcare is structured, establishes important conditions for both the process of care and its outcomes. The structure of the primary care is done according to three dimensions: **governance, economic conditions and workforce development.**

Governance refers to the vision and direction of the health policy, which exerts influence through regulation and advocacy as well as through collecting and using information.

Economic conditions of a Primary Healthcare system are dominated by the total amount spent on it and how caring for the patients is organized financially. The mode of remuneration for care providers is also a relevant economic condition.

Workforce development refers to the professional profile of Primary Healthcare workers and the role they play in the healthcare system. If the

Government wishes these can be involved in quality assurance, research and continual medical education.

Policy of the Organization in relation to the intern role

(i) The Intern will work as a Doctor undergoing training and is expected to work for the well being of the patients under his care. (ii) The Intern shall be entrusted with clinical responsibilities under supervision of a Medical Office. He/she shall not work independently.

Roles and responsibilities of the employees of PHC

in which the intern is placed

An intern is a trainee who has signed on with an organization for a brief period. An intern's goal is to **gain work experience, occasionally for some university credit, and always an overall feel for the industry they're interning in.** Hence the roles and responsibilities of the employees in PHC are to:

- Set clear objectives and expectations for the intern.
- Assign meaningful tasks and duties that help intern to learn more.
- Evaluate the intern and provide regular feedback.
- Schedule regular meetings between the intern and the employees to allow open discussion of expectations, upcoming projects and progress the intern is making. This also allows the intern to ask questions and express concerns.
- Provide adequate training and supervision to make the internship a real learning experience.
- Provide the tools, materials and equipment needed for the intern to be able to complete required assignments.
- Select and train appropriate supervisors and mentors who will guide the intern, assist in skill development and answer questions.
- Include the student intern in relevant meetings when possible so he/she can gain experience attending and participating in business meetings.
- Include the intern in company social events to provide networking opportunities.
- Provide a professional environment that fosters a safe and productive work atmosphere.
- Conduct business in an ethical manner.
- Provide a final evaluation at the conclusion of the internship to discuss the intern's performance and accomplishments, and also to identify strengths and opportunities for continued development.

- Meet any educational requirements set forth by the student's home institution if the internship is being taken for academic credit, including providing enough hours, assignments, etc.

Future plans of the Primary Healthcare Centre (PHC)

To strengthen PHC, **realization of health care as primary objective is necessary**. There is a need to build financial viable and sustainable PHC based on rational principles to fulfill the goals of providing quality health services on an affordable and equitable basis and also ensuring fiscal prudence.

In the future of health, we expect six key areas—**data sharing, interoperability, equitable access, empowered consumers, behavior change, and scientific breakthrough**—to collectively transform the existing health system from treatment-based care to prevention and well-being.

and examination with sufficient privacy. Adequate measures are taken to enlist the name, age, identity and complaint of each patient and to call patients one by one with the help of a volunteer to visit the Doctor. There is also a room for counselling and immunization.

- e) Wards: There is one ward with 4 to 6 beds separate for men and women. There is a separate nursing staff in the ward and also in OPD during OPD hours. There are separate clean toilets for men and women. Drinking water is also made available. There is a dirty utility room for dirty lines and used items. Cooking is not permitted in the wards. The cleaning of the wards is carried out at regular intervals. Cleaning of the wards, Labour Room, Operation Theatre and toilets is regularly monitored.
- f) Operation Theatre: There is an operation theatre to facilitate conducting selected surgical procedures like vasectomy, tubectomy, hydrocelectomy. The Theatre is well equipped with all the necessary accessories and equipment. The Theatre is fumigated at regular hours. It has a power back up generator. Entry into the OT is restricted. Separate foot wear is used.
- g) Labour Room: This labour room has clear flooring. A radiant warmer is also available in the new born corner. Oxygen machine and suction machine are kept ready in the room to be used for mother and the child. All the essential drugs and equipment are also provided in the room. Cleanliness is well maintained. Entrance is restricted and the footwear is different.
- h) Besides the above, there is an emergency area for Dressing, Injection, and minor Surgeries. There is a Computer with internet connection and a Lecture Hall too.
- i) Man Power: The staff at the PHC is known as the man power. They essential staff members are: 1) 1 Medical Officer - MBBS; 2) 1 Physician; 3) 1 Accountant cum Data entry operator; 4) 1 Pharmacist; 5) 3 Staff-nurses; 6) 1 Health worker (Female); 7) 1 Health assistant (Male); 8) 1 Laboratory technician; 9) 2 Multi-skilled Group D worker ; 10) 1 Sanitary worker cum watchman. The total number is 13.
- j) Drugs: The essential drugs in adequate quantity are available in PHC.

Even the drugs required for the National Health Programmes are also made available here.

Thus the PHC at Chebrole is well equipped and properly maintained and patients are well treated and often healed.

4. Weekly Work Schedule

The weekly work schedule is three days in a week - from 9 a.m. to 4 p.m. on each day. Thus the Short-term Internship lasted for two months i.e., for 168 hrs. During this period, I was introduced to the right orientation in the internship. Further, I was given opportunity to make Blood Sugar tests, Blood Pressure tests, Urine tests and Malaria, Typhoid, Dengue Tests. Hemoglobin and HIV Tests were also explained to us.

I was given a chance to learn how to handle and organize the Outpatients and how to prepare the outpatient slips with the necessary details and send them one by one to the Doctor for a medical check up. At the same time I learned to communicate with the patients and calm them from getting too anxious about their illness.

At times, I was introduced to the drugs in the pharmacy and I was asked to serve different medicines to the patients as for the prescription of the Doctors. The Doctors, on the other hand, gave us instructions and orientation classes regarding cleanliness, healthy environment and hygiene. I was made to understand the classification of the medicines and the purpose for which they are used. Thus I became aware of many practical aspects involved in the medication of the patients.

I received an opportunity to handle the different machines like centrifuge, ECG machine, blood strips, slides, RBC machine, Glucometer etc. I was given to understand that there is constant cleaning aspect is involved in the hospital to prevent any infection within the area and while the patience of the staff members is daily put to test by the patients.

In conclusion, I must say that I learned to certain extent to do some blood test and also to organize the patients and serve medicines for the patients.

The value system in this PHC is quite impressive. The primary value which is at heart of PHC is : "to provide comprehensive health care to the rural population." PHCs are the corner stone of rural health services for curative , preventive and and promotive health care. This is carried out through **OPD services, 24 hours emergency services and referral services and in-patient services.**

The second value is the effort made "to achieve and maintain quality care".

The third value is: "to make the services more responsive and sensitive to the real need of the people in the villages. The PHC at Chebrole. caters for four villages: Unguturu, Narayanpuram, Chebrole and Kothagudem.

Truly, these values are very impressive and essential. I am happy to know about them and accordingly I am ready to do whatever I can to help the people of our area to benefit from PHC which cares for the life of the people with respect and concern.

The service in PHC is Skillful Work. Those who work here have to be very skillfully service-minded in attending to the suffering humanity. They have to deal with all sorts of diseases and vaccinations. During this Internship, I understand that skill is a must in every walk of life in every service we take up.

I leaned that the Modern Technology is assisting the services in PHC. Hence, the quality health care is possible and for rapid healing, modern medication is available. These aspects at PHC are quite encouraging and give hope to the villagers living in unhygienic conditions.

ACTIVITY LOG FOR THE FIRST WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	Hospital introduction	The primary health care (PHC) is local government's activity to take care of the sick people from villages. Primary medical can be given to in the	G. Subbarao
Day -2	O.P	OP is an abbreviation for out patients. These are sick people but do not require hospitalization. Doctors and medicate at home	G. Subbarao
Day -3	National programmes * NVBDCR * NACP * RNTCP * NPCB * NLEP	The first is Revised National Tuberculosis control programme RNTCP - and the other is AIDS control programme run by the nation	G. Subbarao
Day -4	* National mental health * Health care of Elders * NPCBCS * IQSP * Prevention control Deafness	Integrated disease surveillance programme (IDSP) the objective of NPCBCS is to care for the chronic diseases	G. Subbarao
Day -5	* National school health * VIP * Iodine deficiency * Tobacco control	This is a national programme for prevention and control of Deafness (UPCD) and Iodine deficiency Disorders control programme	G. Subbarao
Day -6	Health and Hygiene ICH	Health refers to person's physical, emotional and psychological well-being. Hygiene refers to good practices like clean water	G. Subbarao

WEEKLY REPORT

WEEK - 1 (From Dt. 22/9/22 to Dt. 10/10/22)

Objective of the Activity Done:

To know the Hospital and the Infrastructure, Hierarchy and Medicine

Detailed Report:

The Primary Health Care (PMC), at Chebrole, is a village hospital established by the State Government of Andhra Pradesh. It is meant to give immediate medical assistance to the surrounding villagers who are often exposed to unhealthy and unhygienic conditions in the remote areas.

This hospital has two Doctors, one an M.B.B.S and the other is an M.D. (Physician) and three nurses. It has one Pharmacist. It has a lab for blood tests. The other members and helpers are four. There is a small operation theatre and a small hall to accommodate the patients admitted for treatment. However, it is not for treating any serious diseases but for treating the usual common diseases.

The PMC is small in size and is limited in its medical activities. However, the hospital is able to take care of the common diseases. Many pregnant ladies come to the hospital and the children too are well treated.

The Doctors gave us the information regarding the following medicines used in the hospital to treat the patients:

Amoxicillin Capsules, Bisacodyl tab., Vitamin A and D Capsules. Out of these Amoxicillin is an antibiotic to control the bacterial infection.

B. A and D Vitamins are used for improving calcium to strengthen the bones. B-Complex is to supplement the physical strength of the body.

Rantidine, Cefixime Complex: Rantidine is used for digestion. Cefixime is an antibiotic. Paracetamol is used for controlling the fever. Cyprofloxacin eye drops: Cypro - is used to control the eye infection. Ascorbic Acid Tablet: Ascorbic is used for increasing immunity in the body. CPM syrup is used for cough and cold.

ACTIVITY LOG FOR THE SECOND WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	Sugar test explanation	This is a test to detect the amount of glucose present in blood	P. Justine
Day - 2	Sugar test practice	It is done through the sample taken after fasting six hours and test is done test tube by heating with fire	P. Justine
Day - 3	Hemoglobin test explanation	This is a test made by using hemoglobin meter	P. Justine
Day - 4	Hemoglobin test practice	This carries oxygen this test is done know the oxygen carrying of blood	P. Justine
Day - 5	Red Blood cells explanation	RBC contains Hemoglobin. It is biconcave in shape	P. Justine
Day - 6	White Blood cells explanation	White blood cells are that part of the blood that useful of the harmful bacteria from outside	P. Justine

WEEKLY REPORT

WEEK - 2 (From Dt. 31/01/22... to Dt. 06/02/22...)

Objective of the Activity Done:

To have better knowledge of the medicine used in PHC

Detailed Report:

In the second phase of our activity, we concentrated more on the medicines that are used to address the problems of sicknesses. The Doctors have given a list of the medicines used here and their effects. They are as follows:

Nefidipine capsules are for controlling the hypertension such as BP.

Perimenthine is cream used to heal scabies.

Metformin, Glimepiride is to control blood sugar in excess to improve calcium in blood and maintain the bone strength

IFA - to improve hemoglobin in blood Chloroquine - to treat malarial fever infected from the mosquitoes Chloroquine - to treat malarial fever infected from the mosquitoes. Diclofenac - is to reduce pain and inflammation.

Atenolol - is to treat Hyper-tension

Pantoprazole for addressing gas formation in the stomach.

ACTIVITY LOG FOR THE THIRD WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day - 1	Blood group test explanation	This is to identify the different blood groups A x B x AB x O group	P. Just in
Day - 2	Blood group test practice	We use anti sera A and B and detect the blood group against which it clots.	P. Just in
Day - 3	<u>Bp</u> Blood pressure introduction	It is a pressure exerted by the blood against the vessel walls.	P. Just in
Day - 4	Blood pressure practice	We use instrument called sphygmomanometer	P. Just in
Day - 5	Bleeding time test	The time till which a vessel bleeds is called bleeding time test	P. Just in
Day - 6	Bleeding clotting test	This is a test to find out the time that blood takes to clot.	P. Just in

WEEKLY REPORT

WEEK - 3 (From Dt. 12/10/22 to Dt. 20/10/22)

Objective of the Activity Done:

To know the various Tests in the Medical Field

Detailed Report:

Unlike earlier days, the medical sciences have developed various Tests to Diagnose different diseases by means of scientific Technology. Hence in our Third Phase we have concentrated on the Various Tests that are greatly used to treat the patients, in particular even serious diseases.

The following are the Tests that we inquired into and found out what they are employed for: The details are as follows:

The first Test is: HIV Test. This test is used for investigating the sexually transmitted infections.

The second is: the Hepatitis Test (HBSAG): This test is used for knowing the liver infection.

Third Test is the Pregnancy Test: It consists in testing urine of a female to know whether she is pregnant or not.

Urine Test: it is a test to detect the presence of any urinary infection.

Typhoid fever test: This a blood test for diagnosing typhoid fever.

Malaria fever Test: blood test for malaria fever.

Thus, we realize that there are many more tests that support the correct diagnosis of a disease.

ACTIVITY LOG FOR THE FORTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	HIV Test	HIV test is for investigating the sexually transmitted infection test	P. Jadhav
Day -2	Hepatitis- test [HBS AG]	Hepatitis test is for knowing the liver infection	P. Jadhav
Day -3	pregnancy test	It is a urine test to know whether a woman is pregnant or not	P. Jadhav
Day -4	Urine test	urine test - to detect any urinary infection	P. Jadhav
Day -5	Typhoid fever test	This is a blood test for diagnosing the typhoid fever.	P. Jadhav
Day -6	Malaria fever test	Blood test for malaria fever	P. Jadhav

WEEKLY REPORT

WEEK - 4 (From Dt. 21/10/22... to Dt. 30/10/22...)

Objective of the Activity Done:

To know the Test Related to Haematology

Detailed Report:

In the fourth week we concentrated on the blood tests that are playing a greater role in the diagnosis of a disease. These tests are as follows:

First comes, Blood Group Test. This is to identify the different blood groups found in human beings. They are: A or B or AB or O group.

Then comes Blood Test Practice: The technicians use anti serums A and B and detect the blood group against which it clots.

Blood Pressure Introduction: it is a pressure exerted by the blood against the vessel walls.

The Blood Pressure Practice: here the instrument called sphygmomanometer is used.

Bleeding Time Test: The test that establishes time duration till which a vessel bleeds. Hence it is called bleeding time test.

This is followed by Blood Clotting Test: This is a test to find out the time that blood takes to clot.

ACTIVITY LOG FOR THE FIFTH WEEK

Day & Date	Brief description of the daily activity	Learning Outcome	Person In-Charge Signature
Day -1	<ul style="list-style-type: none"> • Paracetamol, • Rifed pine, 5mg • PERMETHIN cream. 	use corticosteroids for controlling the hypertension such as B.P. permethrin cream used to heal scabies.	G. Subbarao
Day -2	<ul style="list-style-type: none"> • Metformin HCl - 500mg • Telmisartan 40 mg • Glimepiride 	Metformin, Glimepiride control blood sugar in excess. Telmisartan to control excess.	G. Subbarao
Day -3	<ul style="list-style-type: none"> • Calcium citrate vitamin D₃ • Iron and folic acid • Erythrosulfate 	To improve calcium in blood and maintain the bone strength. IFA - to improve hemoglobin in blood.	G. Subbarao
Day -4	<ul style="list-style-type: none"> • Chloroquine phosphate • Levofloxacin 500mg • Ciprofloxacin 	Chloroquine - to treat malarial fever infected from the mosquitoes.	G. Subbarao
Day -5	<ul style="list-style-type: none"> • Diclofenac sodium • Citragen tablet - 10mg • Dolo - 650 mg 	Diclofenac is to reduce pain and inflammation. Citragen is for allergy like cold and cough, fever and body pains.	G. Subbarao
Day -6	<ul style="list-style-type: none"> • Atenolol • Pantoprazole • Miconazole cream 	Atenolol - is to treat hypertension. Pantoprazole for eliminating gas formation in the stomach.	G. Subbarao

WEEKLY REPORT

WEEK - 5 (From Dt. 21/10/21 to Dt. 27/10/21)

Objective of the Activity Done:

To know the matters related to Blood and Sugar

Detailed Report:

Our activity in the fifth phase was related to Blood and Sugar in the blood.

The Sugar Test: is used to detect the amount of glucose present in the blood.

Sugar Test Practice: It is done through blood sample taken after fasting six hours and test is done through test tube by heating it up to get the results.

Hemoglobin Test Practice: This is a test made by using haemoglobin meter.

Haemoglobin Test Explanation: This is about the availability or carrying of Oxygen in the blood. This test is done to know how much oxygen is being carried in the blood.

Red Blood Cells (RBC) Test: RBC contains hemoglobin. It is Biconcave in shape.

White Blood Cells Explanation: White blood cells are that part of the blood that are useful for the body and they fight against harmful bacteria which enters the body from outside.



MEDICINES AND THEIR FUNCTIONS

Having theoretically elaborated about different Tests and the various Medicines prescribed to treat diseases, I now visualize them concretely through the images which are self-explanatory:

Here is the Amoxicilline capsule, an antibiotic



Vitamin B

Any of a group of substances (the *vitamin B complex*) which are essential for the working of certain enzymes in the body and, although not chemically related, are generally found together in the same foods. They include thiamine (*vitamin B₁*), riboflavin (*vitamin B₂*), pyridoxine (*vitamin B₆*), and cyanocobalamin (*vitamin B₁₂*).



B Complex Forte Tabs

Complex B Forte Tablet is a Tablet manufactured by GLAXO SMITHKLINE PHARMA. It is commonly used for the **diagnosis or treatment of anemia, anemia due to folic acid deficiency, Alzheimer's disease**. It has some side effects such as Allergic reactions, Bitter taste in the mouth, Allergic sensitization, Allergic rejection.



Paracetamol Syrups

For the treatment of mild to moderate pain, including headache, migraine, neuralgia, toothache, sore throat, period pains, aches and pains. For the reduction of fever and to be used as an adjunctive treatment to relieve symptoms of cold and flu.



Cefixime Tabs

Cefixime (Suprax) can be used to **treat uncomplicated urinary tract infections (UTI)**, since it works against some of the bacteria that commonly cause these infections.

It is an antibiotic tablet.



Nifedipine Tablets (Nifotab -10)

Nifedipine is used alone or together with other medicines to **treat severe chest pain (angina) or high blood pressure (hypertension)**. High blood pressure adds to the workload of the heart and arteries. If it continues for a long time, the heart and arteries may not function properly.



This Metformin Hydrochloride Tabs

Metformin is used to **treat high blood sugar levels that are caused by a type of diabetes mellitus or sugar diabetes called type 2 diabetes**. With this type of diabetes, insulin produced by the pancreas is not able to get sugar into the cells of the body where it can work properly.



Calcium with Vitamin D3 Tabs

Calcium and vitamin D combination is a supplement that helps promote bone health, treat a calcium deficiency, and protect against osteoporosis. Calcium is a natural mineral that plays a role in the body's bone formation process. Vitamin D helps your body absorb calcium.



...
 ...
 ...
 ...
 ...
 ...



...
 ...
 ...
 ...
 ...
 ...



...
 ...
 ...
 ...
 ...
 ...



Levofloxacin Tablets (LIVO -500)

Levofloxacin is used to treat bacterial infections in many different parts of the body. Levofloxacin may be used in the treatment of **Acute Bacterial Sinusitis and Acute Exacerbation of Chronic Bronchitis** when these infections have been adequately diagnosed.



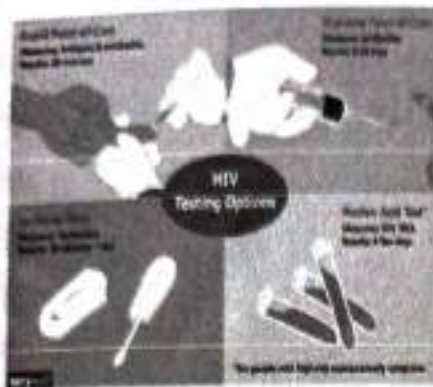
Diclofenac Sodium Tablet

Diclofenac is a medicine that **reduces swelling (inflammation) and pain**. It's used to treat aches and pains, as well as problems with joints, muscles and bones. These include: rheumatoid arthritis and osteoarthritis.



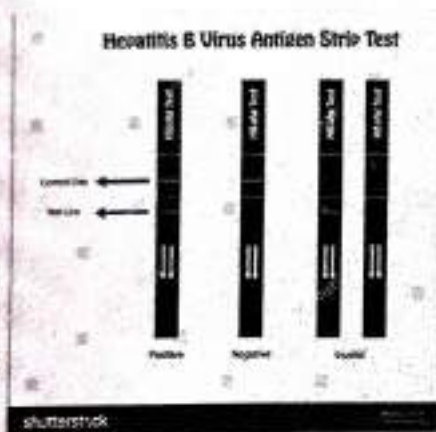
Pantoprazole Tablet (Panop 40 mg)

Pantoprazole reduces the amount of acid your stomach makes. It's used for **heartburn, acid reflux and gastro-oesophageal reflux disease (GORD)** - GORD is when you keep getting acid reflux. It's also taken to prevent and treat stomach ulcers.



HIV Test

An HIV test checks a sample of your blood to see whether you are infected with HIV (human immunodeficiency virus). HIV is a virus that destroys certain cells in your immune system. These cells protect your body against diseases from germs, such as bacteria and viruses, and fungi.



Hepatitis B Virus Test

One Step Strip Style HBsAg Test is a rapid, direct binding test for the visual detection of Hepatitis B Virus Surface Antigen(HBsAg) in serum, plasma. It is used as an aid in the diagnosis of hepatitis B infection.



Pregnancy Test

A pregnancy test is a way to determine if you're pregnant by looking at the amount of human chorionic gonadotropin (hCG) in your body. The two primary methods are testing for the female pregnancy hormone in blood or urine using a pregnancy test kit, and scanning with ultrasonography. Testing blood for hCG results in the earliest detection of pregnancy.



Urine Test

A urinalysis is a test of your urine. It's used to **detect and manage a wide range of disorders, such as urinary tract infections, kidney disease and diabetes.** A urinalysis involves checking the appearance, concentration and content of urine.



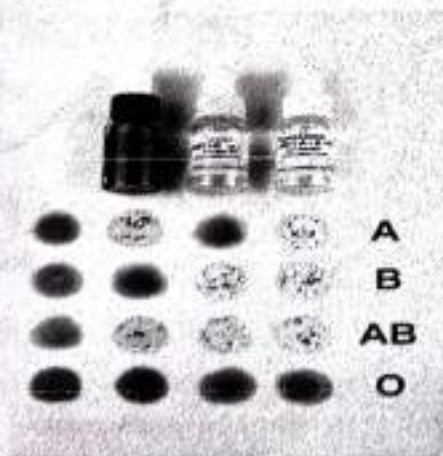
Malaria Test

Malaria parasites can be identified by **examining under the microscope a drop of the patient's blood, spread out as a "blood smear" on a microscope slide.** Prior to examination, the specimen is stained (most often with the Giemsa stain) to give the parasites a distinctive appearance.



Malaria Antigen Test

Malaria RDTs detect **specific antigens (proteins) produced by malaria parasites in the blood of infected individuals.** Some RDTs can detect only one species



Blood Group Test

Blood typing is a **method to tell what type of blood you have.** Blood typing is done so you can safely donate your blood or receive a blood transfusion. It is also done to see if you have a substance called Rh factor on the surface of your red blood cells.



Blood Pressure Test

This is an Instrument for testing BP.

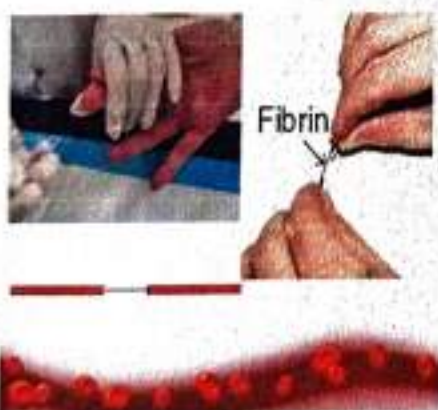
A Blood pressure test measures the pressure in the arteries as the heart pumps. A blood pressure test checks if your blood pressure is healthy, or if it's high or low. Blood pressure is the term used to describe the strength with which the heart pumps.



Blood Clotting Test

Blood clotting tests are the tests used for diagnostics of the hemostasis system.

Coagulometer is the medical laboratory analyzer used for testing of the hemostasis system. Modern coagulometers realize different methods of activation and observation of development of blood clots in blood or in blood plasma



Fibrin Products

Fibrin degradation products,
also known as fibrin split products,

substances that remain in your bloodstream after your body dissolves a blood clot.

Clotting, also called coagulation, at the wound site produces
a mass of fibrin threads called

a net that remains in place until the cut is healed.

As a cut heals, the clotting slows down.

Thus, all these Tests and Medicines are available for the patients in India. The Government of India supplies these medicines to every Primary Healthcare Centre (PMC) and the General Hospitals run by the Government and helps its citizens enjoy good health.

But for the proper functioning of the PHC, protocols, procedures and processes are duly followed and if any mistake is made by anyone, he or she, is immediately admonished and the matter is resolved immediately. So the job holders are paying attention to this and are attending to their duties on time.

1.6: I observed that Discipline is occupying the first place in the PHC. Otherwise, there would be a lot of confusion in the system and damage to life too. That is why every employee in PHC is asked to carry on his/her responsibilities with attention and seriousness without playing fool in the hospital. I came to know that there are times when lives were lost due to negligence and indifference to the patients in the past. I think, but fortunately now, it is getting gradually rectified.

1.7: Time Management is always a problem in India as a whole. In the past, I was told it was worse due to lack of proper transportation and so on. But today, generally activities are taking place in due time. Most of it managed in the proper time. Even the patients are very conscious of time and I have seen them complaining when they re attended in time.

1.8: To my understanding, no doubt, the Relationships are Harmonious among the hospital staff. The work is being carried out by relating and consulting among themselves. In spite of certain serious concerns in the hospital, the staff has manifested patience and willingness to serve the patients with serenity and peace of mind.

1.9: No man is an island and nothing in the PHC is can be done all alone. Therefore, Good Relationships and Mutual Support and Team Spirit is a must and I believe that it is practiced in the PHC at Chebrole. Patients themselves speak of it openly. I am happy for my villagers.

1.10: Lack of Proper Motivation could do a lot of damage to fulfillment of one's duties. That is why, I have heard the Medical Officer (MO) constantly reminding each one of the workers daily to fulfill their duties with commitment and dedication.

He is constantly prompt them of right mind and right spirit in their work. They follow his instructions, generally, when he is present.

making as an essential goal in my life. 2.8: On the whole, the Performance of PHC is good and useful and I made myself a part of it in my own way.

3. Communication Skills

3.1: I shall now move on to Communication Skills. Communication primarily takes place in three different ways: first, Oral communication i.e, through speaking; second, Written Communication i.e., by written document; third, Conversational Communication i.e., by personal conversation. Through communication we understand each other and many other aspects in life.

All these are used in PHC at different levels. Communication is one of the specific qualities of human beings. Without communication life would be deaf and dumb. It would end up in meaninglessness, hopelessness and selfishness.

3.2: Now the specific question is: how good am I at communication? Whether, I have improved my ability to communicate in any way better or not?.

I must say that I have no problems in communicating. But, generally, I communicate well with my friends and family members. But with other than these, I have my own reservations. Having seen how at PHC communication is carried out at all levels and with both the educated and the uneducated, the poor and the sick, with known persons and the unknown strangers, as well as with those who do not understand what we say, I am enlightened to broaden my vision of communication. Hence, I have become aware that I should not draw lines but broaden my mind and communicate for the sake of doing good to others and strangers too. So I, without any inhibition, communicated and transacted with patients freely.

3.3: In the company of those who are good to me, my Confidence Level in Communication is quite high and I am the happiest one to communicate in such circumstances. But when somebody who is not acceptable to me is present, I refuse to talk. I become so nervous with dislike and that hurts me so much.

3.4: When it comes to Management of Anxiety, I always rely on experienced, honest and mature objective spiritual guide known as spiritual director. I have an open conversation with him and evaluate my emotions and psychological disturbances and burdens with him.

Even I am not far from them in being grateful to every good done to me and also respect each other by greeting and wishing all the best in their life. I have a natural tendency to wish well for all.

4. Group Activities and Participation

4.1: During the Internship, I am able to put into practice what I learned in the College. To work as a team and plan as a team and discuss certain study programmes together. Therefore, Group Work in the PHC has Enhanced my Ability to work as a team, discuss together and perform certain activities under the site supervisor.

4.2. Participation in the Activities isn't a problem at all for me. I have a positive attitude to work and I willingly do take active part in the our education programmes that enhance our abilities and knowledge.

5. Digital Technological Development in PHC

5.1: Digital Technological Development in the modern world is quite high and the use of computer, latest cellular gadgets, Blood Testing Digital Technologies and internet used in the PHC is one aspect of it. This is quite useful also in our studies to collect information and increase knowledge. There are so many factors that we can clarify with the help of these modern digital technologies. But hard work is needed to make such research and to accurately select the right information without wasting too much of time and energy without any wrong diversion and false communication.

5.2: The use of all the Digital Technological Developments, in my observation, are quite relevant to today's world. The Doctors are able to diagnose the disease quite quickly and treat the people with right medicine. For instance, it is because of such developments that the world managed to take control of COVID -19 in the fastest way possible. Today we are most relieved because of such digital technologies that offer accurate results and effective guidelines for our health and knowledge.

5.3: When I observe that the environment around the hospital is filled with greenery, ventilation and cleanliness, I feel so happy. This is in accordance with

the Indian Public Health Standards and the Guidelines for the Primary Health Centres (PHCs).

Many people come and sit under the trees and relax and are quite happy to breathe in oxygen. Sometimes they lie down and relax until they are called in for treatment. Thus the mother nature with its trees is a source of good health.

The compound wall around it assures the safety of the patients and good environment. It prevents the outside interference and disturbances. These are essential for the sick and the poor, who seek and need peaceful atmosphere.

Hence, this Short-Term Internship is quite an idea for widening the mind, vision and mission and to enhance the enthusiasm of the students. It makes them exposed to different concrete realities in life like poverty, suffering, illness and the implications of threatening diseases to human life. They grow in experience, without false imaginations about life. I am convinced of it.

CHAPTER 6: CONCLUSIONS AND RECOMMENDATIONS OF THE MINI PROJECT (AT PHC)

This Short-Term Internship in PHC at Chebrole is an eye-opener for me in many ways. I became aware of many aspects of health and hygiene at the village level. From what I saw and experienced during the Internship, I am able to draw the following conclusions and make recommendations:

1. CONCLUSIONS

1.1. The very concept of Establishing and Organizing the Primary Healthcare Centre (PHCs) in the villages for promotion of health at the grass root level among the poor and the needy is a noble cause.

1.2. The PHCs constantly strive and contribute for **providing continuous and comprehensive care** to the sick and suffering poor people in the villages. This is a big boon for a healthier society.

1.3. Since the PHC plays a vital role in taking **preventive measures** in controlling common diseases, **promotion of health and well-being** is ensured.

1.4. Primary Healthcare Centre (PHC), located in the villages, definitely **serves the human development as a non-profit organization** in giving medicines free of charge to the villagers.

1.5. PHC is doing a good job in offering **quality health and social services** to the underprivileged sections of the society is a star of hope.

1.6. It **provides whole-person care for health needs throughout the lifespan, not just for a set of specific diseases**. Primary health care ensures people receive comprehensive care - ranging from promotion and prevention to treatment, rehabilitation and palliative care - as close as feasible to people's everyday environment. This is a great blessing.

2. RECOMMENDATIONS

2.1. Primary Healthcare Centre's renewal demands major investments in **system transformation and infrastructure** such as appropriate premises and staffing, information management systems and tools and facilitation to support the coordination of care improvement of quality.

2.2. Emphasizing Primary Healthcare Centre's focus on the individual is important, because people with seemingly identical health problems may have distinctly different needs which may become increasingly complex if a patient has multiple chronic health problems.

2.3. Weak infrastructure should be replaced with effective health care facilities, man power, equipment and essential drugs supply in rural areas to deliver quality care.

2.4. There should be continuous drive for improvements in quality both in treating the sick and implementing all the health programmes approved and supported by the Government.

2.5. Community participation in the very organization of the PHC is desirable and meaningful.

2.6. The rich in the locality should be encouraged to participate in the organization of PHC and give financial contribution towards the improving health conditions in the area.

2.7. Lack of accountability to the public must be rectified.

2.8. The Government should find a way to make at least one Doctor feel comfortable and happy to stay at the PHC Head Quarters. Sometimes, lack of availability of the Doctor in the hospital, makes the situation dangerous to the patients when sudden attention is needed to the old and the chronic diseases.

2.9. Every PHC has to organize meetings in the villages at certain intervals among the people to make them aware of health problems as well as the facilities at the PHC.

2.10. I recommend that posters should be displayed with the name of the PHC in public places in every village providing information regarding the services available, fee and timings of the Centre. Citizen charter including patient rights and responsibilities also could be displayed in the villages.

Student Self Evaluation of the Short-Term Internship

Student Name: M. Gayatri Sai

Registration No: 203557110032

Term of Internship: From: 16-09-22 To: 15-11-2022

Date of Evaluation:

Organization Name & Address:

Please rate your performance in the following areas:

Rating Scale: Letter grade of CGPA calculation to be provided

1	Oral communication	1	2	3	4	5
2	Written communication	1	2	3	4	5
3	Proactiveness	1	2	3	4	5
4	Interaction ability with community	1	2	3	4	5
5	Positive Attitude	1	2	3	4	5
6	Self-confidence	1	2	3	4	5
7	Ability to learn	1	2	3	4	5
8	Work Plan and organization	1	2	3	4	5
9	Professionalism	1	2	3	4	5
10	Creativity	1	2	3	4	5
11	Quality of work done	1	2	3	4	5
12	Time Management	1	2	3	4	5
13	Understanding the Community	1	2	3	4	5
14	Achievement of Desired Outcomes	1	2	3	4	5
15	OVERALL PERFORMANCE	1	2	3	4	5

Date:

M. Gayatri Sai
Signature of the Student

Evaluation by the Supervisor of the Intern Organization

Student Name:	Registration No:
Term of Internship: From:	To :
Date of Evaluation:	
Organization Name & Address:	
Name & Address of the Supervisor with Mobile Number	

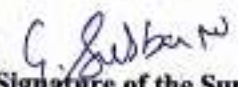
Please rate the student's performance in the following areas:

Please note that your evaluation shall be done independent of the Student's self-evaluation

Rating Scale: 1 is lowest and 5 is highest rank

1	Oral communication	1	2	3	4	5 ✓
2	Written communication	1	2	3	4	5 ✓
3	Proactiveness	1	2	3	4	5 ✓
4	Interaction ability with community	1	2	3	4	5 ✓
5	Positive Attitude	1	2	3	4 ✓	5
6	Self-confidence	1	2	3	4	5 ✓
7	Ability to learn	1	2	3	4	5 ✓
8	Work Plan and organization	1	2	3	4	5 ✓
9	Professionalism	1	2	3	4 ✓	5
10	Creativity	1	2	3	4	5 ✓
11	Quality of work done	1	2	3	4	5 ✓
12	Time Management	1	2	3	4	5 ✓
13	Understanding the Community	1	2	3	4	5 ✓
14	Achievement of Desired Outcomes	1	2	3	4 ✓	5
15	OVERALL PERFORMANCE	1	2	3	4	5 (5)

Date:


 Signature of the Supervisor
 PHE, Chennai.

Page No:

PHOTOS AND VIDEO LINKS



Chebrolu, Andhra Pradesh, India
R9CW+XQ6, Chebrolu, Andhra Pradesh 534411, India
Lat 16.821944°
Long 81.396804°
23/09/22 02:41 PM

<https://photos.app.goo.gl/kPHdnAAgc9WtWrDP7>

<https://photos.app.goo.gl/muSLBzW15x1Xk59G8>

<https://photos.app.goo.gl/agyUa2p9tJmN7n779>

<https://photos.app.goo.gl/zsCC3Cr6vjPwCgW59>


<https://photos.app.goo.gl/daARAwypuoQnvJU47>

INTERNAL ASSESSMENT STATEMENT

Name Of the Student: M. Gayathri Sai
Programme of Study:
Year of Study: IIIrd
Group: BSC [B2C]
Register No/H.T. No:
Name of the College: S.A.S Govt Degree
University: Adikavi Nannaya

SLNo	Evaluation Criterion	Maximum Marks	Marks Awarded
1.	Activity Log	25	21
2.	Internship Evaluation	50	41
3.	Oral Presentation	25	20
	GRAND TOTAL	100	82


Date: 16.11.20


Signature of the Faculty Guide

Certified by

Date: 16.11.20

Seal:


Signature of the Head of the Department/Principal
PRINCIPAL
S.A.S. Government Degree College
NARAYANAPURAM, Eluru Dist.