

SOCIAL PAEDIATRICS

NILOUFER HOSPITAL

HYDERABAD

Department of Social Pediatrics

OSMANIA MEDICAL COLLEGE &
INSTITUTE OF CHILD HEALTH NILOUFER HOSPITAL,
HYDERABAD.

Social (community) Pediatrics is the study of the child in his own environment. Based on the working and utility of such departments in few parts of the world, this department was created for the first time in the country-Hyderabad A.P. in February 1970. Following this several departments have come up in the country and A.P. Government has created 7 more departments in all the remaining medical colleges in Andhra Pradesh. Since several decades the community medicine was entrusted to Social & Preventive Departments in the Medical Colleges but viewing the impact of such departments, who provide service to the community and who are more acceptable to the community, pediatricians are now taking over this lead in the field. Pediatrician are tending to come out of the hospital and taking services for the people in the Urban, Rural and Tribal area. This is being done in view of the fact that more than 50% of the deaths are in the under fives. In order to bring down the infant & Toddler morbidity and mortality rates these departments may provide an answer to 'reach the unreached'. In the twelve years of experience of this department at Hyderabad, it has been a glaring fact that the community is more acceptable to pediatricians than to the existing other departments.

The team : Prof. of Social Pediatrics - Dr. Y. C. Mathur, MD.,
DCH., FICA, FICP.,

1. Asst. Prof. Social Pediatrics-Dr. Ajit Kumar
MD, DCH.,
2. Asst. Prof. Social Obst/Gynec - Dr. Satyavathi,
MD, DGO.,
3. Asst. Prof. of Social & Preventive Medicine
— Dr. Mrs. Gupta.

- Staff :-**
1. A.N.M. — 1
 2. Public Health Nurse — 1
 3. Driver — 1.

Functions :

1. Teaching of Community Pediatric to:-

- i) Undergraduates
- ii) Internees
- iii) Postgraduates doing M.D. (Ped) DCH., M.D (Obst/ Gynec) D.P.H., M.D. (SPM).
- iv) Orientation to Medical Officers of PHCs.
- v) Health Visitors, A.N Ms.
- vi) Dais - Traditional Birth attendants.
- vii) Village Health Workers :- Anganwadi Workers Gram Swastikas Community Health Workers.
- viii) Multipurpose workers.
- ix) Mother teachers - Balwadi teachers, creche mothers.
- x) Pediatricians like UNICEF/WHO sponsored course for Senior Teachers of Child Health and WHO Course for M.C.H.
- xi) Orientation to District Medical Officers.

2. Service :

Rural & Tribal areas and Urban slums :

1. Conducting under 5 clinics in sub-centres of different blocks.
2. Neonatal clinics
3. Well Woman's Clinics
4. Nutrition Clinics
5. Immunization Clinics
6. Health checkup
7. Health & Nutrition Education
8. Pediatric Health camps
9. Health surveys
10. Mobile clinics to remote areas.

3. Hospital :

1. Immunization Clinic
2. Nutrition Clinic
3. School Health Clinics
4. Child Psychiatry
5. Growth Clinics
6. Clinico-social conferences.
7. Nutrition Rehabilitation Clinics
8. Creches and Balwadis - Sishu Vihar.

4. Research :

Field Research is designed as, applied research relevant to the needs of the country on common problems depending upon epidemiological data. Some aspects of this field research done by the team are as follows :-

HYDERABAD MIX : Protein packets consisting of cerealpulse mixture are being given as a method of nutrition supplementation and education. These packets contain the following ingredients.

Wheat / Jowar	--	35.0 G
Bengal Gram	--	17.5 G
Ground Nuts	--	6.0 G
Sugar / Jaggary	--	11.5 G
Calories	--	280
Proteins	--	10 Gms.

This is not a rigid formulae but it can be exchanged according to existing crop pattern in the villages. The idea is to bridge up the calorie gap in the preschool children and pregnant and lactating mothers. The latter group is given double the quantity in the last trimester of pregnancy. These packets are given for 3-6 weeks during which time the mother is given health education regarding the importance of cerealpulse mixture as a weaning food. This has been found to be of value in overcoming the existing beliefs and taboos about these local foods

Feed back technique-The convinced mother is then asked to spread the message to the members of the community of the improvement in her child after using these foods. It has been found that if a local mother talks to the community, they are more convinced about the utility of cereal-pulse mixtures and calorie needs of the child.

These packets can be used as it is, or in the form of laddoos, or chapathi. If the mother can afford a little oil will be of value.

Method of preparation - 5 stages :

1. Weighing
2. Frying & Roasting
3. Powdered
4. Filling in Polythene bags
5. Sealing by candle flame.

These packets are being prepared by the Women's Club, Mahila Mandali in the villages and given to I & II degree malnourished children. These packets are being demonstrated in the Wellcome Museum in London and also described in the Pediatric books by Prof. David Morley and G.J. Ebrahim-London.

Identification of malnutrition is done by using arm bands, weighing the children and plotting on weight chart quackstick and other anthropometric measurements.

Immunization

Crash programme of Immunization is being done against the following :

1. B.C.G.
2. D.P.T.
3. T.T.
4. Polio.
5. Measles.

1. Prevention of Blindness

1. Oral Vit. A in Arachis Oil 200,000 units is being administered as a crash programme to children between 6 months to 5 years, every 6 months.

2. Oral Rehydration

Simple message of salt sugar solution in clean water is being advised for all children who suffer from diarrhoea.

3. Periodical Deworming

Piperazine Citrate is being administered to children living in endemic areas where there is high parasitic load and the effect of such programme is seen clearly on weight charts.

Papers Published

1. ✓ Social Pediatrics and interdisciplinary approach towards community at Hyderabad - By Dr. Y. C. Mathur. Published in India Journal of preventive and Social Medicines Vol. No: 3, March 1972.
2. ✓ Role of Social Pediatrics in the Interdisciplinary approach to community health care - by Dr. Ajit Kumar Published in Indian Journal of Preventive and Social Medicine - Vol No : 3 March 1972.
3. ✓ Role of Social Obstetrics in the Interdisciplinary approach towards rural health care - by Dr. Saleha Qureshi - Published in Indian Journal of Preventive and Social Medicine : Vol. 3 March, 1972.
4. ✓ Role of Social and Preventive Medicine in an Integrated teaching of Social Pediatrics - By Dr. N. Pralhad Rao. Published in Indian Journal of Preventive and Social Medicine, Vol : No : 3 March, 1972.
5. Social Pediatrics in Hyderabad - by Dr. Y. C. Mathur and Dr. Y. R. Reddi - Published in "Bombay Hospital Journal" Vol : No : 15, No : 1, January, 1973 pp. 55-57
6. Social Obstetric programme in rural Hyderabad by Dr. Saleha Qureshi.
7. ✓ "Under Five Clinic" Institute of Child Health Hyderabad by Dr. Y. C. Mathur - Published in "Indian Pediatrics" Vol No: XII, No. 1.
8. Interdisciplinary approach towards the health care of the community, experiment at Shankerpally (Rural Hyderabad)

India-by Dr. Youraj Chandra Mathur, Dr. Saleha Qureshi and Dr. Y. Ramachandra Reddi),

9. Health needs of the community (A comparative study of Tadlapalli & Shankerapally-by Dr. Y. C. Mathur & Dr. Y. R. Reddi.
10. Indo-Dutch Project for Child Welfare (story of the Health team) by Dr. Y. C. Mathur.
11. A method of age assessment by local-event-calendar (LEC) and its pitfalls by Dr. Prahlad Rao and Dr. Y. C. Mathur, Published in "Environmental Child Health" April, 1976
12. Nutrition services through primary health centres by Dr. Ajit Kumar - Published in Journal of Research in Indian Medicine Vol : No : 3 september, 1973.
13. Study of growth pattern in per-school children or low socio-economic status in a rural area near Hyderabad by Dr. Y. C. Mathur, Dr. K. Bhaktavatsala Gupta and Dr. N. Pralhad Rao - Published in Indian Pediatrics, Vol. No : IX, No. 7, July, 1972.
14. Quack-stick "field measure for quick assessment of nutritional status" - by Dr. Y. C. Mathur, Dr. P. Srinivas Rao Dr. Fakruddin Khan, Dr. Ajit Kumar and Dr. Y. R. Reddi.
15. Vegetable protein mixture in protein calorie malnutrition by Dr. Y. C. Mathur, Dr. Y. R. Sachdev, Dr. Harish Chandra, Dr. Narsing Kishore and Dr. V. Madhavi. Published in Indian Pediatrics, May, 71 Vol. No. : 8, No : 5.
16. Experience with weight charts at Primary Health Centre by Dr. Y.C. Mathur - Published in India Ped. Vol : XII, No. 1.
17. A study of the effect of massive vitamin A oral suppliment in rural preschool children - by Dr. Y. C. Mathur, Dr. Prasad Choudry and Dr. Y. R. Reddi.
18. "Effect of maternal nutrition supplementation on the birth weight of the new born" - by Dr. Saleha Qureshi, Dr. N. Pralhad Rao, Miss. V. Madhavi, Dr. Y-C. Mathur and Dr. Y. R. Reddi, published in Indian Pediatrics. September 1973 Vol : 10, No : 9. Page. 541.

Brief Communication : Processed soya flour as substitute for dry skim milk in the "protein packet" in the treatment of protein calorie malnutrition. By Miss. V. Madhavi, Dr. N. Pralhad Rao, Dr. Y. C. Mathur and Dr. Y. R. Reddi, Published in Indian Pediatrics Vol. X. No : 3.

Management of P. C. H. in urban and rural nutrition clinics by Dr. Y. C. Mathur. Published in Indian Pediatrics. V : XII, No; 1.

Child rearing and weaning practices in a rural area of Hyderabad - by Dr. Ajit Kumar, Published in Journal of Indian Medicine April 1973.

Study of Vit. A deficiency in rural area of Hyderabad - By Dr. Ajit Kumar and Dr. Y. C. Mathur.

A survey of infant feeding and weaning practices in the village Fathepur - Hyderabad by Miss V. Madhavi N. Pralhad, and Dr. Y. C. Mathur. Published in Indian Pediatrics.

Leprosy in childhood in rural and urban areas of Hyderabad by Dr. Ajit Kumar, Dr. Y. C. Mathur, and Dr. Pralhad Rao. Published in Indian Pediatrics. Vol : IX, June, 1972. No: 6.

A Semilongitudinal clinical study of the effect of Liv. 52 on the growth pattern of normal and malnourished children in a rural area - by Dr. K. S. Sulochana, Dr. Y. C. Mathur & Dr. Y. R. Reddy.

Symptomatic management of cough in preschool age-group of children-by Dr. G. S. Gilda, Dr. Y. C. Mathur, Dr. M. Nagaraj Rao and Dr. Y. R. Reddi.

"A study of the morbidity pattern amongst pre-school children in a rural area" by Dr. Ajit Kumar, Dr. Y. C. Mathur and Dr. Harish Chandra. Published in "Indian Pediatrics" June 1972. Vol: IX, No: 6.

Effect of K-mix-2 on protein calorie malnutrition - by Dr. Y. R. Reddi Dr. Y. C. Mathur, Miss V. Madhavi, Dr. A. Venkatesh and Dr. Sarada.

Village level production of supplementary food (Indo Dutch Project for Child Welfare, Hyderabad - By Dr. Youraj

Chandra Mathur and Miss V. Madhavi).

30. Study of morbidity in preschool children of rural Hyderabad in relation to family size and birth interval-By Dr. Ajit Kumar, Dr. Saleha Qureshi and Dr. Y. C. Mathur (This paper was awarded Dr. James Flett Award, First Prize gold medal to Dr. Ajit Kumar in Social Pediatrics at the All India Pediatric Conference at Kanpur 1974)

Papers Read from Department of Social Pediatrics:

1. At many All India Pediatric Conferences held in various places.
2. International Conf. of Pediatrics at New Delhi
3. British Pediatric Association Meeting at York - Dr. Y. C. Mathur.
4. Pediatric Association of New Castle Upon Tyne Dr. Ajit Kumar.
5. College of General Practitioners.
6. Indian Medical Association Meeting
7. Invited as Visiting Professor to University of Sandiego.

1) Dissertations :

1. Periodic Deworming in Pre-School Children in Rural areas and its effect on the growth of the child.
- DR. ANASUYA
2. Study of Anthropometry in rural children,
- DR. B. GUPTA
3. VIT 'A' Prophylaxis in Rural India.
4. Effect of protein packet-Hyderabad MIX for the control and management of PCM children.
5. Study of B. C. G. in Rural India:
6. Feasibility study of Measles Immunization in Pre-School Children
7. Quack stick Method as a Measure of early detection of Malnutrition in Rural Children.
8. A study of Knowledge, Attitude and Practise in Adolescence in Rural India.
9. Effect of Birth Interval and Family size on the Morbidity and Mortality in Rural India.
10. Methods of Neonatal and Perinatal care in Rural India.

2) Awards and Foreign Assignments :

- 1972 - Dr Y. C. Mathur at All India Pediatric Conference at Agra "James Flett Gold Medal in Social Pediatrics".
- 1974 - Dr. Ajit Kumar at All India Pediatric Conference at Kanpur "James Flett Gold Medal In Social Pediatrics".
- 1979 - Dr. Goud-at All India Pediatric Conference at Calcutta "James Flett Gold Medal in Social Pediatrics",
- 1979 - Heinz Award - Dr. Y. C. Mathur.
- 1968 - W.H.O. Fellowship - Dr. Y. C. Mathur Unicef/Who Course.
- 1974 - Who Fellowship to U. K. & Europe - Dr. Ajit Kumar.
- 1972 - Short term Who consultancy-Nairobi-Dr. Y.C. Mathur.
- 1976 - Ford Foundation-Anand-India - Dr. Y.C. Mathur.

Visit of the Team of Social Pediatrics to Korea, Thailand & Phillipines in 1973 - For Inter Country course for Population Dynamics and Human Reproduction. Social Pediatric Team visit to Bangla Desh for Study on Human Reproduction and Population Dynamics.

Social Obstetrician - Dr. Saleha Qureshi-Commonwealth Fellowship to United Kingdom.

Contribution in Books

1. CHAPTER IN 26.
MCH - Around the World by Wallace,
G. J. IBRAHIM-Day Care Services.
2. CHAPTER IN
Text Book of Social Pediatrics.
SATYA GUPTA,
International Year of Child Commemorative Volume-Indian Academy of Pediatrics-Morbidity & Mortality in Children.
3. CHAPTER IN
Commemorative Volume-Silver Jubilee
J. J. Group of Hospital - Bombay
"Deprivation Syndrome".
4. CHAPTER IN
Commemorative Volume - Silver Jubilee
Niloufer Hospital - Hyderabad;
Social Pediatrics:

Workshops Participated

1. Re-Union Meeting Who/Unicef Course
2. Inter-Country Course in MCH
3. U. G. C. Seminar - Varanasi
4. Workshop on Neonatology
5. I. C. M. R.
6. Workshop for 'Under Five Clinic'
7. Postgraduate Teaching Programme
8. Internship Programme - Study Designed By W.H.O.

Field Practice Areas

1. Indo Dutch project for child welfare - rural Chevella block - urban slum - Yadgar Hussaini kunta.
2. Urban centre Puranapul in collaboration with Municipal Corporation of Hyderabad.
3. Rural health centre - Pattancheru - Interst Training Programme.
4. Primary health centre attached to Osmania Medical College.
5. I.C.D.S. - Tribal area - Utnoor - Adilabad.
6. Pediatric camps in rural areas.



Curriculum Vitae of Dr. Y.C. Mathur,

MD., DCH., FICA., FICP.

- Name** : Dr. Y.C. Mathur
- Designation** : Professor of Social Pediatrics, Niloufer Hospital, Osmania University, Hyderabad, India.
- Age** : 47 years
- Qualifications** : Passed MBBS from Osmania Medical College in 1957. Passed D.C.H. from Bombay in October, 1958. Stood 1st Bombay D. C. H. Passed M. D. from Osmania University in 1962.
- Job Experience** : Worked as Assistant Professor of Pediatrics at Niloufer Hospital and also in the capacity of Resident Pediatric Research Officer, Promoted to Professor of Social Pediatrics in 1970.
- Working for the Indo-Dutch, Project for Welfare and Consultant to Integrated Child Development Scheme, Govt. of India, at Uttoor Project Adilabad.
- Teacher to undergraduates and Post-graduates at the Osmania Medical College for 20 years.
- Tutor to WHO/UNICEF Course in Hyderabad since 1970.
- Total Service Experience** : 22 years
- Awards** : Awarded the following Gold Medals :
1. The Shockress Gold Medal for the Best Student of Hyderabad Public School in 1950.

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India

2. Awarded the James Flett Gold Medal for Social Pediatrics in 1972 by Indian Academy of Pediatric
3. Awarded the Gold Medal at Golden Jubilee Celebration of O.M.C. for outstanding work done by old students.

Took International Certificate Course in Nutrition at Hyderabad.

Awarded Fellowship of the International College of Angiology.

Awarded Fellowship of International College of Pediatrics.

Membership : Member of the Advisory Committee of Health on several occasions for Govt of India.

Indian Council of Medical Research and WHO Expert Committees (SEARO)

Member of Indian Medical Association

Member of the College of General practitioners

Member of Indian Academy of pediatrics

Member of Nutrition Society of India

Member of the Dietetics Society of India

Member of Indian Academy of Infectious Diseases

Member of the Nutrition Sub-committee of Indian Academy of pediatrics

Advisor to Mother & Child Welfare Society, AP Govt.

Advisor to Child to Child Programme and Member of National Committee

Foreign Assignments : 1968-69 UNICEF / WHO sponsored course for Senior Teachers of Child Health.

1972 WHO Temporary Advisor in Nairobi Kenya at the Kenyatta National Hospital. (3 months)

- Adviser to the Glender Ford Foundation (India) for development of health co-operatives. Worked with the National Dairy Development Corporation Anand.
- 1976 U.K. for 3 months on Senior Heinz fellowship. Visited various centres in U.K.
- 1978 W.H.O. Fellowship to Indonesia. Visited Bangkok and Singapore.

Publications : Published about fifty articles in national and international journals.

Other Information : — Tutor to WHO/UNICEF sponsored course for senior teachers child health for 10 years.

— Member of M.C.H. Committee of Government of India and W.H.O.

— Contributed a chapter in 'M. C. H. around the World' by G.J. Ebrahim and Helen Wallace and to several other books.

— Edited commemorative Volume of the Silver Jubilee of Niloufer Hospital.

— Contributed chapter in the Commemorative Volume in J.J. Hospital Silver Jubilee.

— Published article in "der Kinderarzt".

— Chairman of Scientific Committee of All India pediatric Conference.

— Chairman of a session at International Conference of Pediatrics.

— Read a paper at the British Pediatric Association Conference in York, U.K.

— Has been an examiner for M.D. and D.C.H. examinations of various universities in India.

Bio - Data of Dr. Ajit Kumar,

MD., DCH , FICA., FICP.

- Name** : Dr AJIT KUMAR.
- Date of Birth** : 29th January 1937.
- Disignation** : Dy. Civil Surgeon, Niloufer Hospital,
Asst. Prof. Social Pediatrics, Osmania
Medical College.
- Qualification** : M.B B S. 1960.
DBH 1964. Stood 1st.
M.D. 1969.
Applied Nutrition - 1973.
F.I.C A. 1978.
F.I.C.P. 1979.
- Total Service** : 20 Years
- Job Experience** : Worked as Asst. Prof. of Pediatrics, at
Niloufer Hospital, Fever Hospital, T.B.
Hospital, ESI. Hospital worked as Resi-
dent Medical Officer, Niloufer Hospital.
Now working as Dy. Civil Surgeon and
Asst. Prof. of Social Paediatrics, Niloufer
Hospital.

Working in Indo-Dutch Project at Shan-
karpalli Primary Health Centre since
1970.

Regular Teacher for Undergraduate and
Post graduate
- Teaching programme** : Participated in the training of medical
and paramedical staff in I.C.D.S.
Training of Gram Swastikas, Community
Health workers, Primary Health Centre
medical officers' Multipurpose workers
at Regional Family Planning Centre.

Participated actively in the training of UNICEF/WHO Senior Teachers in Pediatrics since 10 years and now UNICEF/WHO MCH course.

Academic

- Achievements :**
1. Recipient of James Flett Endowment Gold Medal in Social Pediatrics at All India Pediatric Conference at Kanpur 1974.
 2. Recipient of WHO Fellowship to study the working in the field of Social Pediatrics in UK, France, Netherlands, Poland and Sweden in 1973-74.
 3. Stood 1st in DCH Examination.
 4. Awarded Fellowship of the International College of Angiology.
 5. Awarded Fellowship of International College of Pediatrics.
 6. Took Certificate for the International Course in Nutrition.

- Membership :**
1. Life member Nutrition Society of India.
 2. Member Indian Academy of Paediatrics.
 3. Member Comford.
 4. Member Indian Medical Association.
 5. Member Indian Diabetic Association.
 6. Member Indian Association of Communicable diseases.
 7. Member of Association of Preventive & Social Medicine.
 8. Member under Five Clinic Workshop.
 9. Organiser training of the I.C.D.S. for health officials of South India.
 10. Took part in UGC Seminar at Varanasi.

11. Member child to child Programme Workshop.

Publication : 45 papers in National and International Journals.

Archives of Diseases of Childhood.
Journal Der Kinderart.

**Contribution in
Text Books**

- : 1. A chapter in MCH around the world
Hellen Wallace and G. J. Ibrahim.
2. A chapter in Text Book of Social
Paediatrics - Satya Gupta.
3. A chapter in Commomoration volume,
Silver Jubilee - J.J. Group of
Hospitals.
4. Chapter in Commomoration volume -
Silver Jubilee, Niloufer Hospital.