Pattern of diseases among patients attending medical outpatient department at a Community Health Centre in Kashmir Valley

Authors

Dr Aadil Bashir Rather1, Dr Ajaz Ahmad Wani2, Dr Rouf Hussain Rather3

1Medical Officer at Health Services Kashmir posted at Emergency Hospital Qazigund
2Ex-Senior Resident, Department of Anesthesia SKIMS Soura, Srinagar
3Demonstrator, Department of Community Medicine, Government Medical College, Karanagar Srinagar

Corresponding Author
Dr Rouf Hussain Rather
Demonstrator in the Department of Community Medicine, Government Medical College, Karanagar

Srinagar, India
Phone number: 7006826153, Email: rouf.rather86@gmail.com

Abstract

Introduction: The Primary health care is essential part of health care. Nature and level of care provided depends upon the development of the country and availability of alternative health care services. The aim of this study was to describe the pattern of diseases of patients attending the Community health centre in kashmir.

Materials and Methods: A cross-sectional observational study was carried out in a rural health centre of Kashmir, India. Information on age, sex and diagnosis were noted down from the OPD patients for the period of 6 months. Only newly registered adult patients were taken into the study. A total of 2470 patients were part of study.

Results: Of the total patients 889 (36%) were males and 1581 (64%) were females. The most commonly diagnosed diseases were infectious diseases (31.7%) followed by non-communicable diseases (24.3%). As individual ailment the most common was that of respiratory tract infections (16.8%) followed by hypertension (13.6%).

Conclusion: Respiratory diseases are the most common presenting diseases in our population. The knowledge of the disease profile will help in providing effective and timely treatment to the community.

Keywords: Pattern of Diseases, Rural health, Community Health Centre.
of private sector hospitals majority of care in our setup is provided by Government-run hospitals. A thorough knowledge of the magnitude of health problems is essential for understanding the burden of various diseases. The knowledge of the burden of diseases helps in providing effective and timely treatment besides providing help in planning by public health planners for providing enhanced quality of services to the community. Considering such facts the present study was conducted so as to describe the profile of patients attending the Primary Healthcare in a rural area of Kashmir, India.

Aims and Objectives
To describe the pattern of profile of patients attending a Community health centre in Kashmir valley.

Methodology
Study design: A cross-sectional hospital based study.

Study period: 6 months, from 1st September 2018 to 28th February 2019.

Inclusion criteria
1. All the patients attending the medical OPD at health-centre during the study period after giving informed consent.
2. Patients having age more than 18 years.

This study was conducted at Community Health Centre (Emergency Hospital) Qazigund which is located in the south of Kashmir valley. The study was carried out over a period of six months starting from 1st September 2018 up to 28th February 2019 among adult patients who presented to emergency hospital Qazigund during the study period. A total of 2470 patients were included in the study after taking informed consent from them.

The data was collected from the study participants regarding age, sex and diagnosis of disease. Adult patients more than 18 yrs and presenting for the first time during this period were included in the study. Under evaluation patients were excluded from the study. Data was analysed using percentages.

Observations and Results
The total number of patients that were part of our study from medical outpatient department (OPD) was 2470. Of the total patients 889 (36%) were males and 1581 (64%) were females. Among all the disease groups Infectious diseases were the most common (31.7%) followed by Non-communicable diseases (24.3%). Among the infectious diseases respiratory tract infections were the most common (53.0). Among the Non-communicable diseases Hypertension was the most common disease (55.9%). Mental and behavioural disorders were also very frequent and constituted 13.8% of total patients. Similarly musculoskeletal complaints constituted 12.2% and GIT diseases constituted 10.0% of total patients.

Table 1: Distribution of different groups of diseases according to number and percentages:

| S No | Disease                                      | Number of patients | Percentage |
|------|----------------------------------------------|--------------------|------------|
| 1    | Infectious Diseases                          | 783                | 31.7       |
| 2    | Non-communicable diseases                    | 599                | 24.3       |
| 3    | Mental and behavioural disorders             | 341                | 13.8       |
| 4    | musculoskeletal complaints                   | 302                | 12.2       |
| 5    | GIT diseases including Acid peptic diseases* | 247                | 10.0       |
| 6    | Chronic obstructive pulmonary disease (COPD) and Asthma | 74                | 3.0       |
| 7    | Neurological disorders                       | 15                 | 0.6        |
| 8    | Others                                       | 109                | 4.4        |
| Total|                                             | 2470               | 100.0      |

*Excluding infections

Table 2: Distribution of different types of Infectious Diseases according to number and percentages:

| S No | Disease                    | Number of patients | Percentage |
|------|----------------------------|--------------------|------------|
| 1    | Respiratory tract infections | 415                | 53.0       |
| 2    | Urinary tract infections    | 228                | 29.1       |
| 3    | GIT infections              | 91                 | 11.6       |
| 4    | Skin infections             | 17                 | 2.2        |
| 5    | Others                      | 32                 | 4.1        |
| Total|                            | 783                | 100.0      |
Respiratory tract infections were the most common types of infections (53.0%) followed by urinary tract infections (29.1%).

Table 3: Distribution of different types of Non-Communicable Diseases according to number and percentages:

| S No | Disease    | Number of patients | Percentage |
|------|------------|--------------------|------------|
| 1    | Hypertension | 335                | 55.9       |
| 2    | Hypothyroidism | 145              | 24.2       |
| 3    | Diabetes    | 83                 | 13.9       |
| 4    | Malignancy  | 3                  | 0.5        |
| 5    | Others      | 33                 | 5.5        |
|      | Total       | 599                | 100.0      |

Discussion
Our study was carried out in rural population and depicted the spectrum of health related issues that presented to our health centre. The results of our study showed that the most commonly diagnosed diseases were infectious diseases (31.7%) followed by non-communicable diseases (24.3%). As individual ailment the most common was that of respiratory tract infections (16.8%) followed by hypertension (13.6%). This observation was consistent with some other studies carried in the recent past\textsuperscript{4,5,6}. High prevalence of RTIs could be related to the cold weather as the study was conducted mostly during the autumn and winter seasons.

In addition there was high prevalence of musculoskeletal disorders and GIT diseases including Acid peptic diseases consistent with the studies conducted in primary healthcare clinics of Nepal and Taiwan\textsuperscript{7,8,9} The prevalence of diabetes in our study was 3.4% which is similar to a study conducted in Malaysia\textsuperscript{10}.

Conclusion
The most commonly diagnosed diseases were infectious diseases (31.7%) followed by non-communicable diseases (24.3%). As individual ailment the most common was that of respiratory tract infections (16.8%) followed by hypertension (13.6%).

The knowledge of the disease profile will help in providing effective and timely treatment to the community. It will also help public health planners to plan and provide enhanced and high quality services to the community.

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