



SUMMER TRAINING PRESENTATION

**LOCKDOWN IMPACT
ON HEALTH
SEEKING BEHAVIOR
OF INDIVIDUALS IN
INDIA AGED 15-75
YEARS**



RESEARCH QUESTION – What is the effect of lockdown on the health-related behaviors of individuals in India of age group 15-75 years?

GENERAL OBJECTIVE – To study the change in lifestyle related health parameter among people during lockdown.

HEALTH



SPECIFIC OBJECTIVE -

- To study the change in smoking, alcohol consumption, physical activity and eating habits of people.
- To evaluate the difference in the health-related behaviors of men and women.

METHODOLOGY

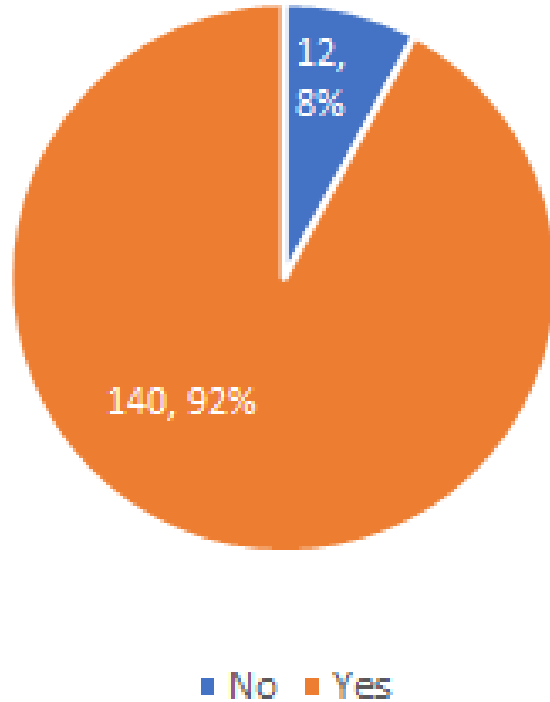
Study Design –

- Descriptive Case Report (Cross-sectional Survey)
- Qualitative Study

Sample Size - 152 responses were collected. 88 (58%) were females, and 64 (42%) were males.

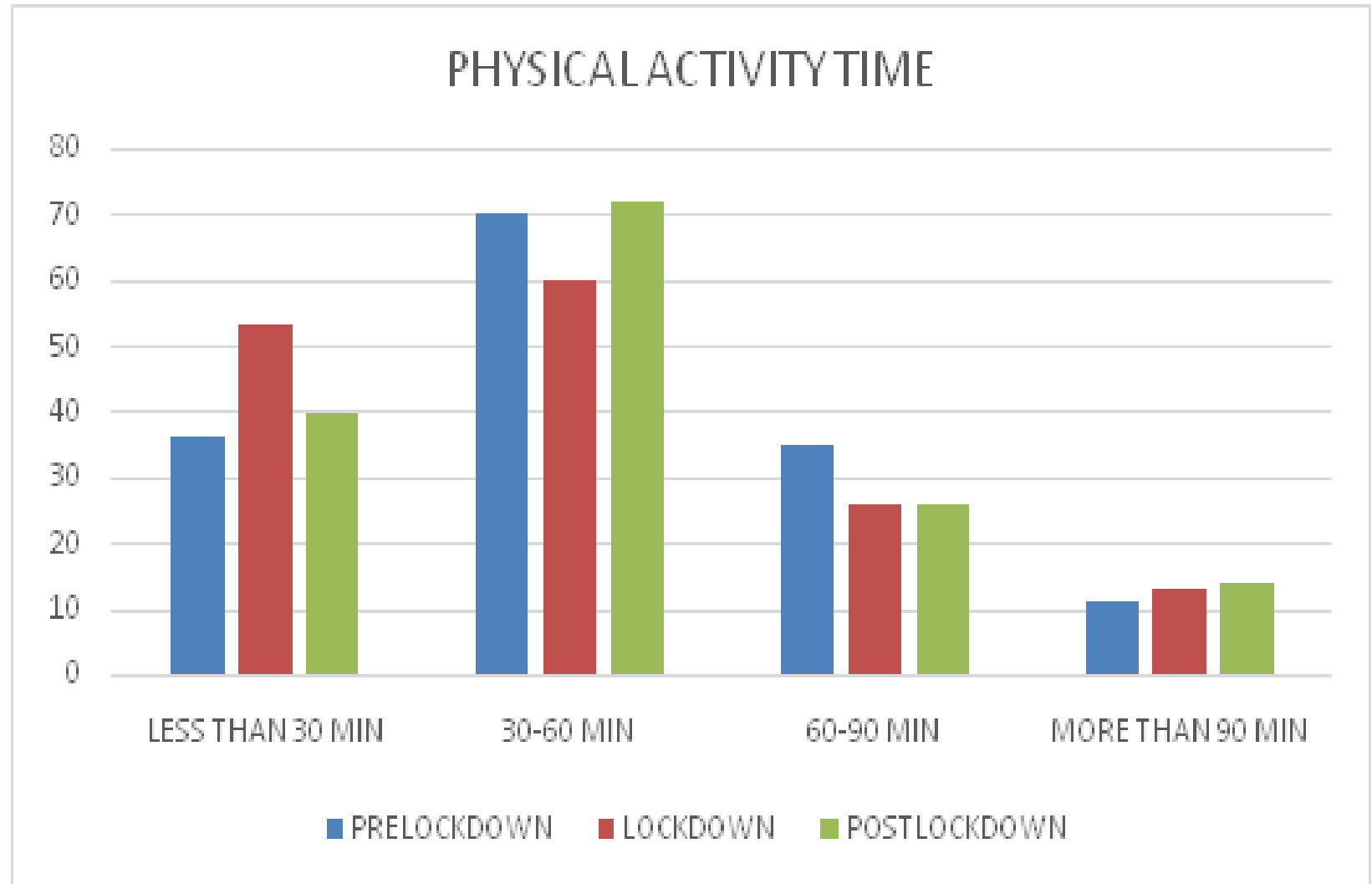
Primary data was collected in the form of a questionnaire survey, by the creation of Google form.

PHYSICAL ACTIVITY



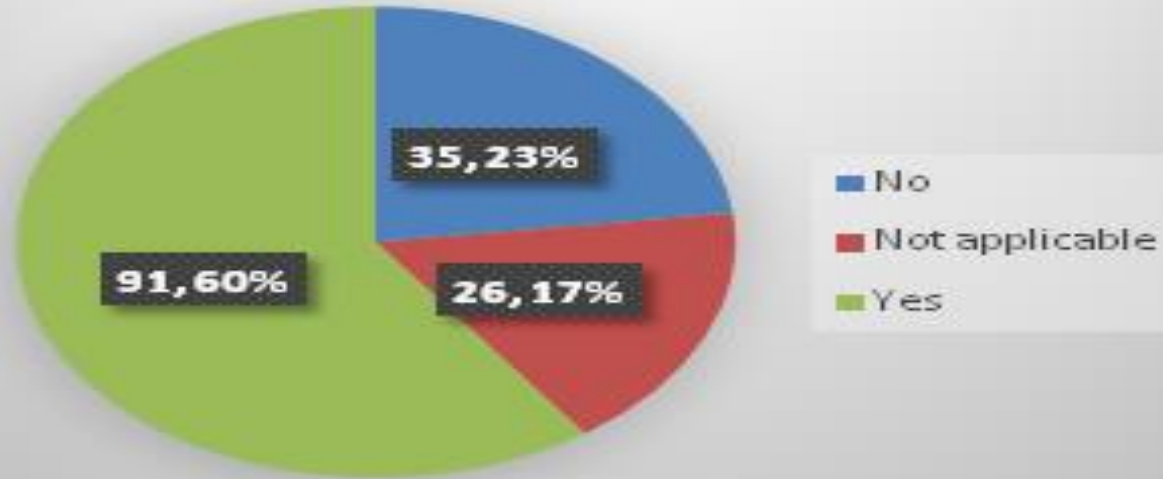
**Lockdown imposed a change
on physical activity**





Duration of physical activity performed by people per day Pre, During and Post lockdown

IMPACT ON PHYSICAL ACTIVITY

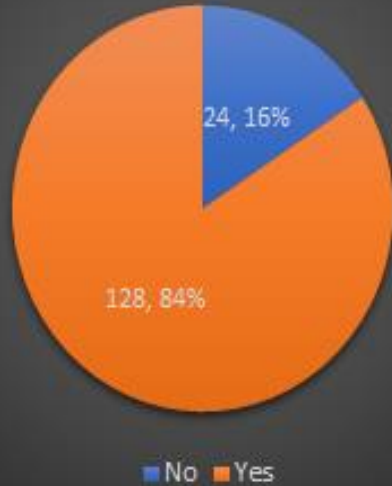


Whether people would like to continue with their improved physical activity in future also

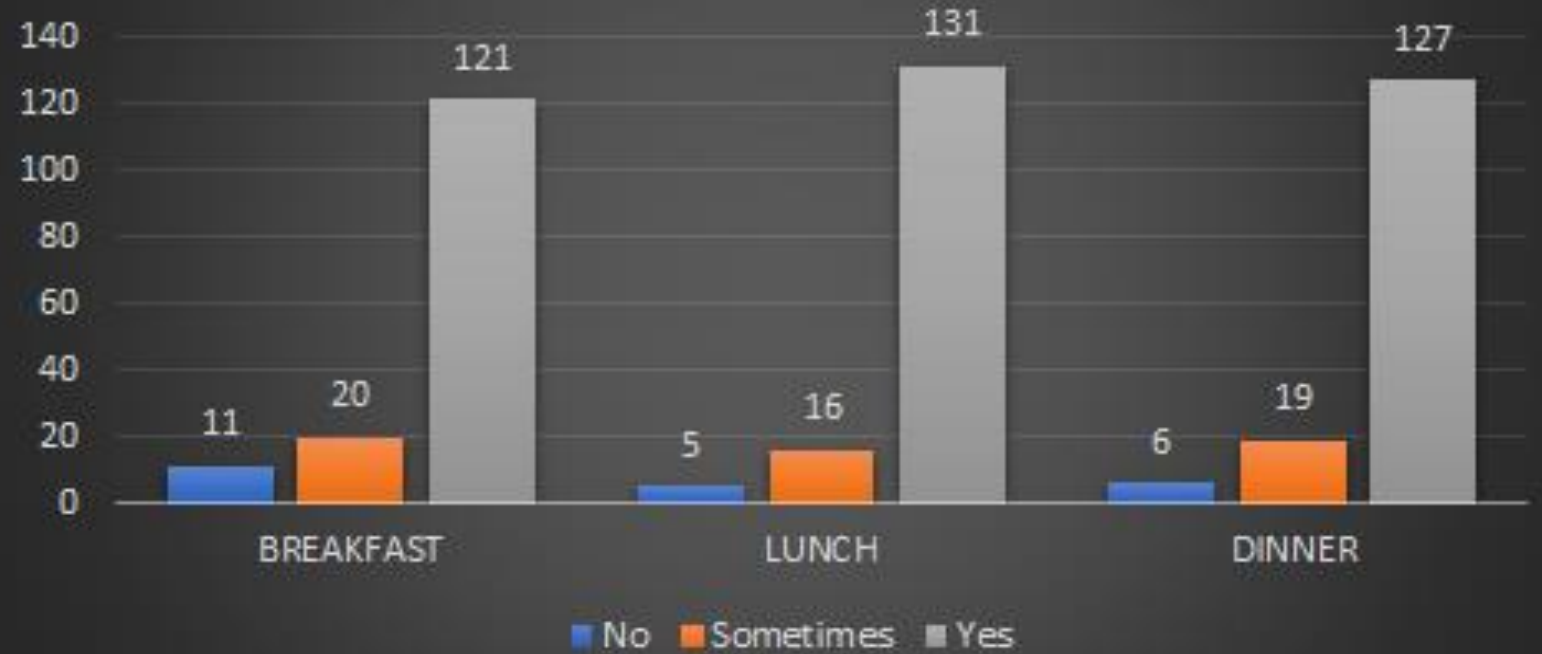
This indicates that majority of the respondents are willing to improve their physical activity health related behavior in future, as compared to pre lockdown conditions.

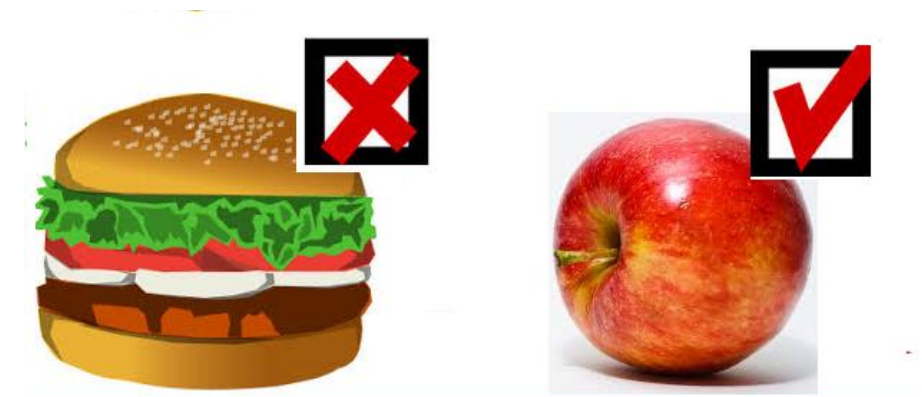
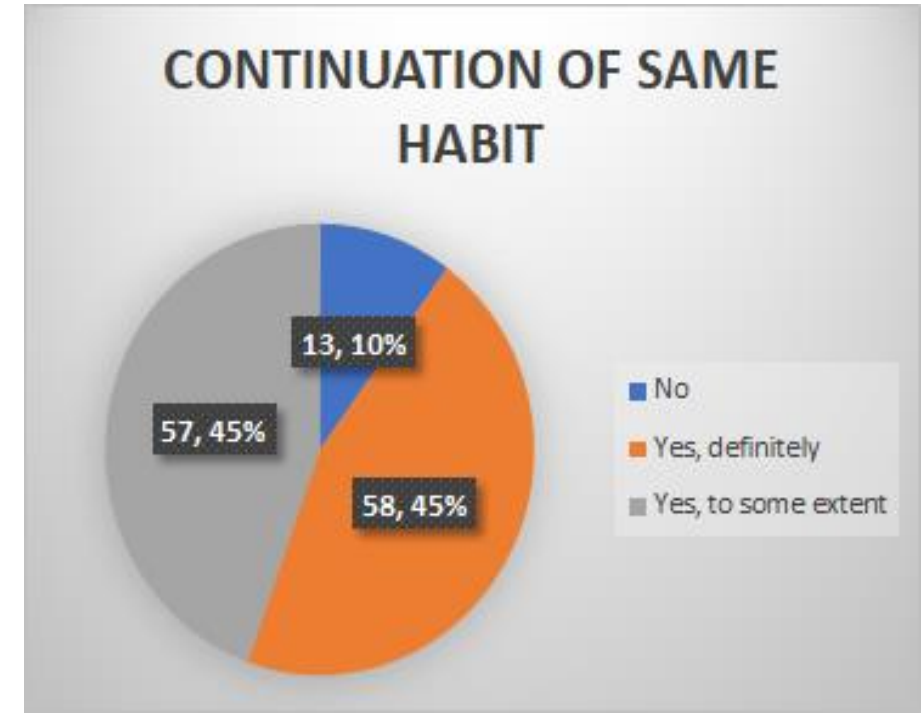
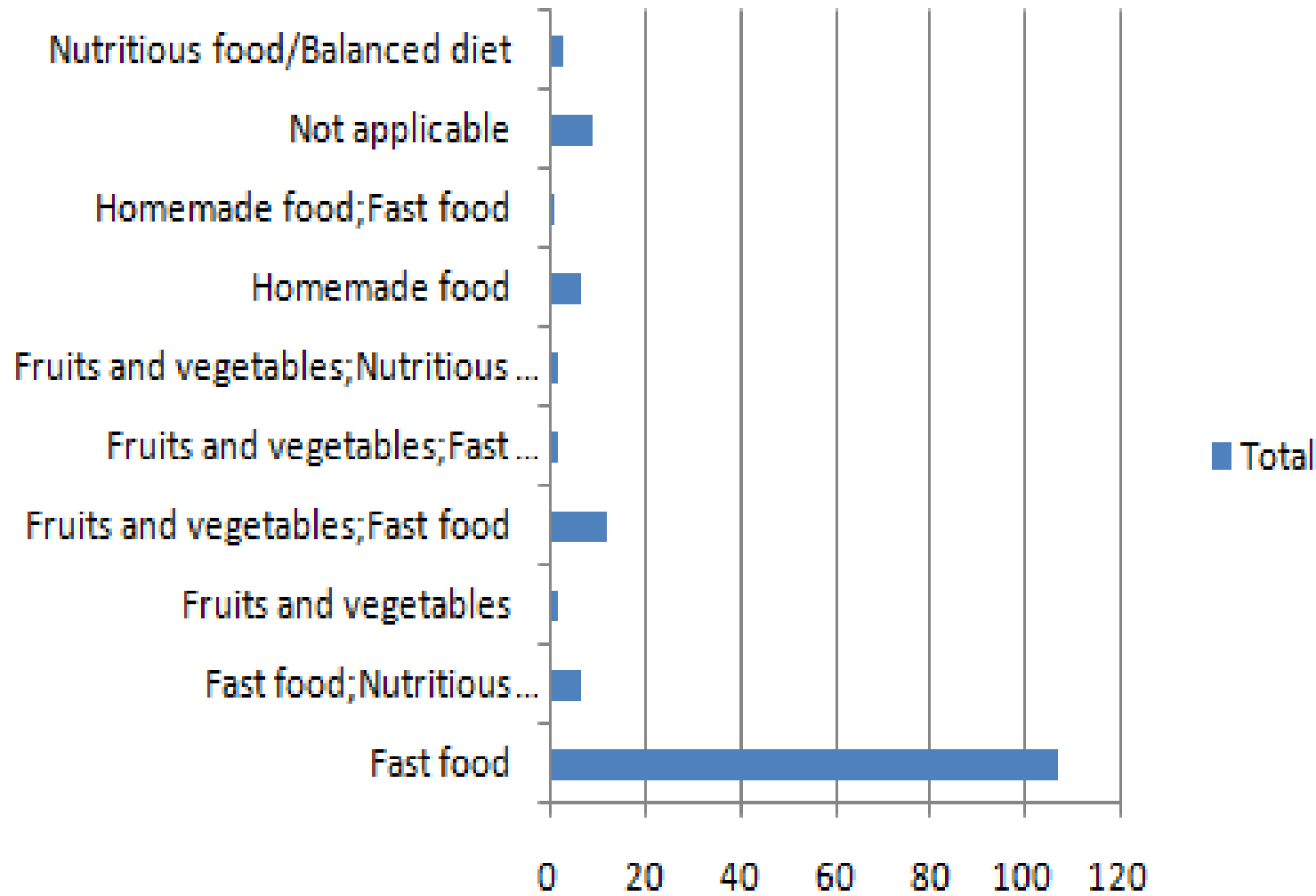
EATING HABITS

LOCKDOWN IMPOSED CHANGE IN EATING HABIT



MEALS DURING LOCKDOWN

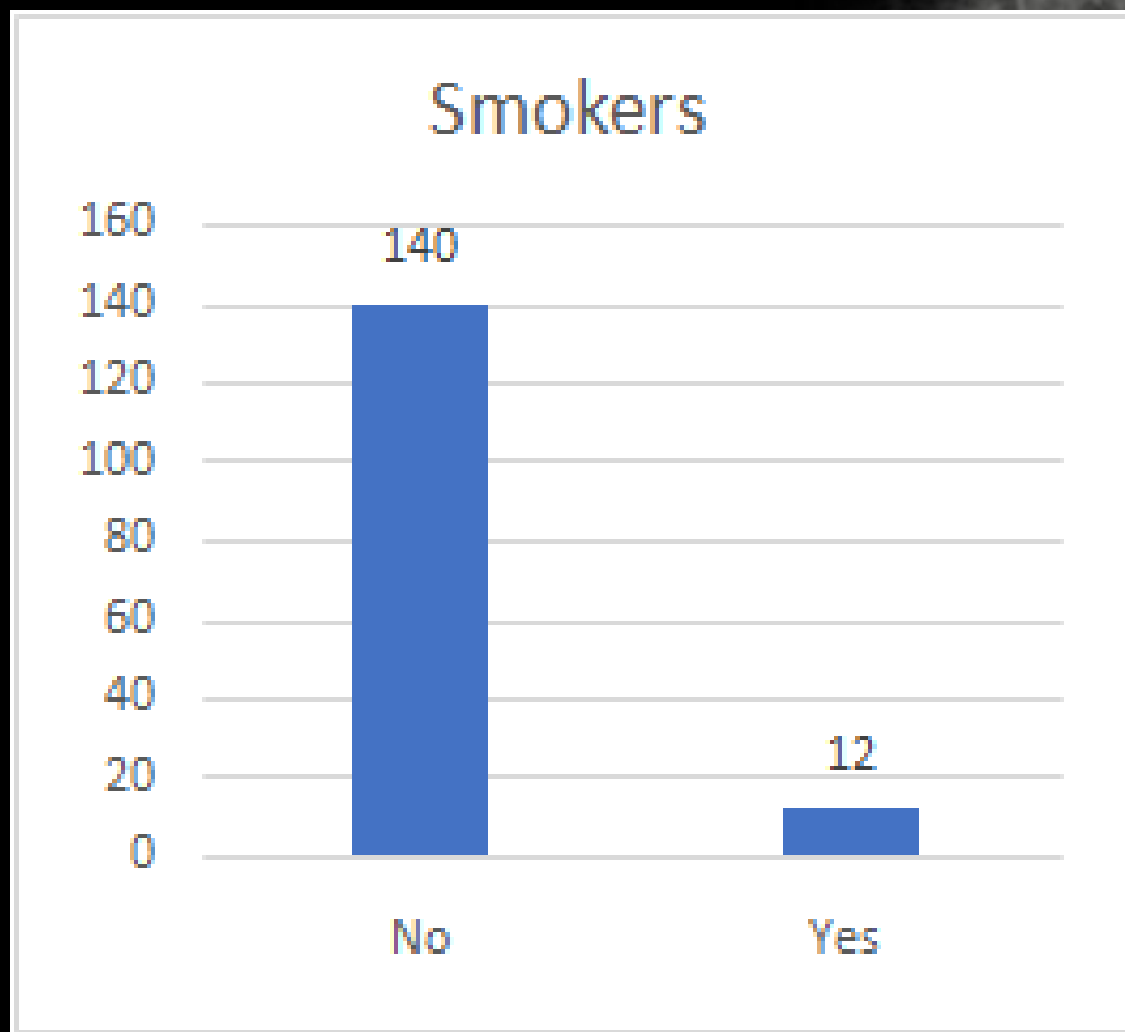




Say NO to JUNK Food

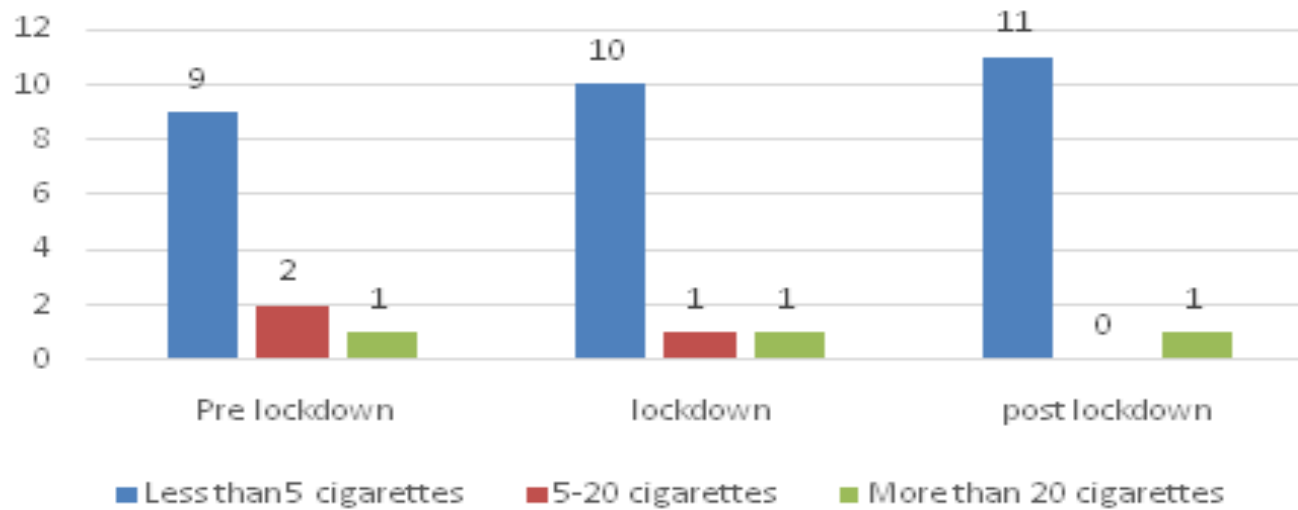
Majority of the respondents reported that their fast food consumption has been reduced during the lockdown

SMOKING



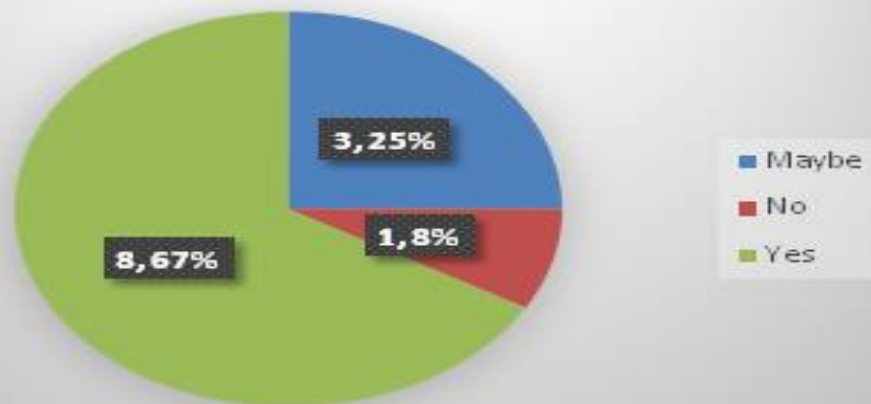
Out of the 12 smokers, 10 are male and 2 are female.

Smokers Pattern



Cigarette/bidi
consumption Pre,
During and Post
Lockdown

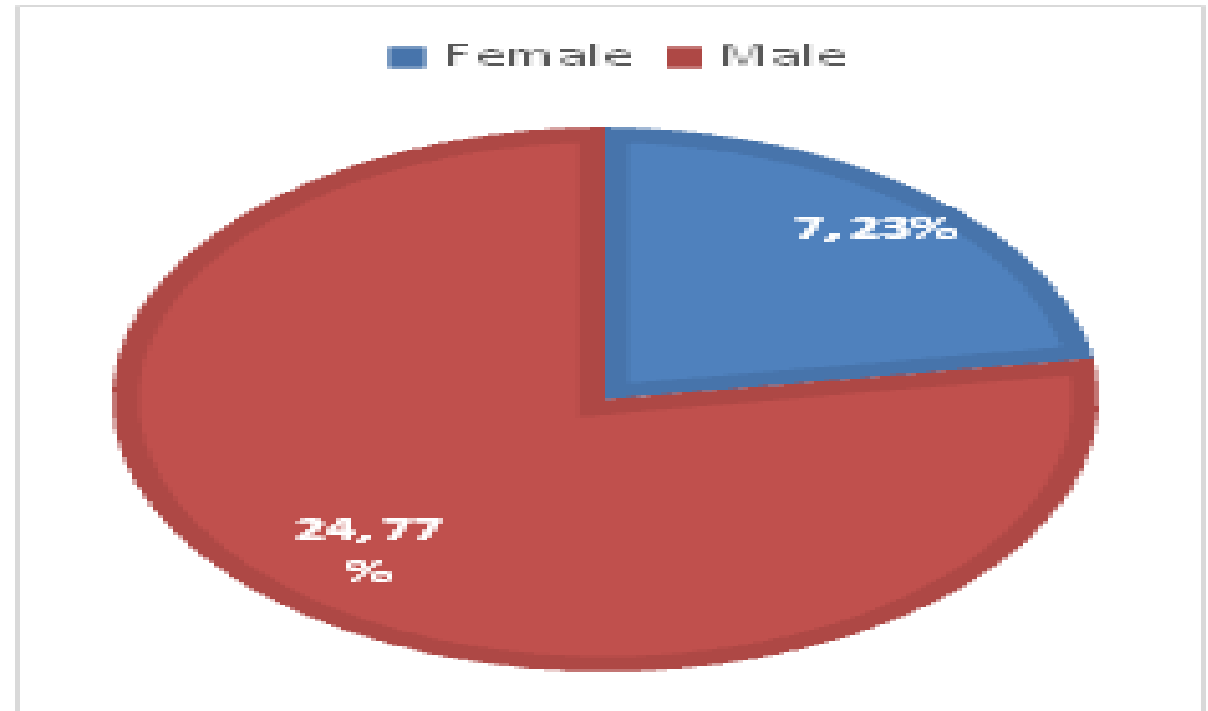
Willing to change behavior



This indicates that majority
of people are willing to
change their smoking
pattern health related
behavior and inclined
towards less smoking.



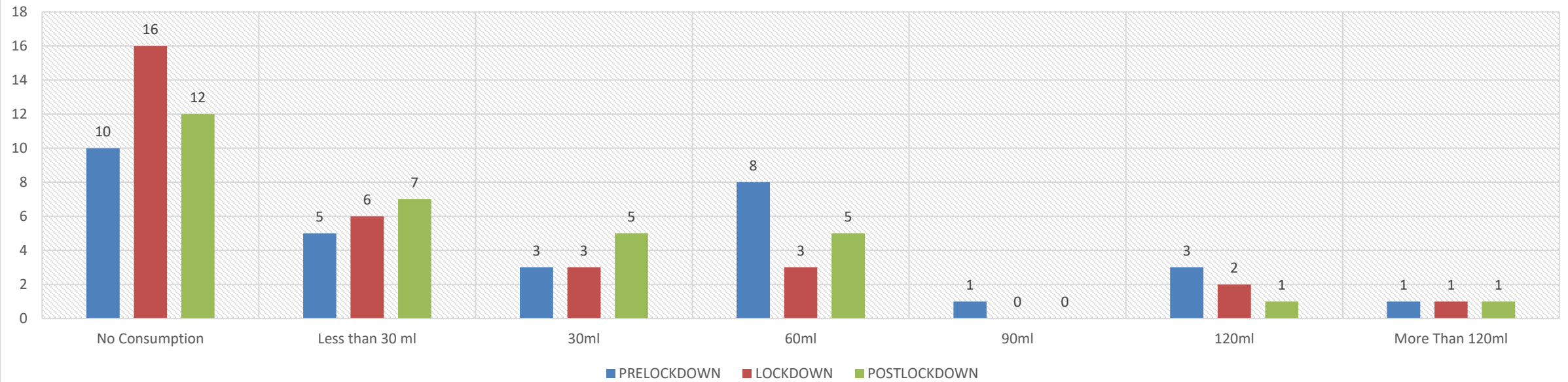
Of the total 152 responses, only 31 respondents are alcohol consumers



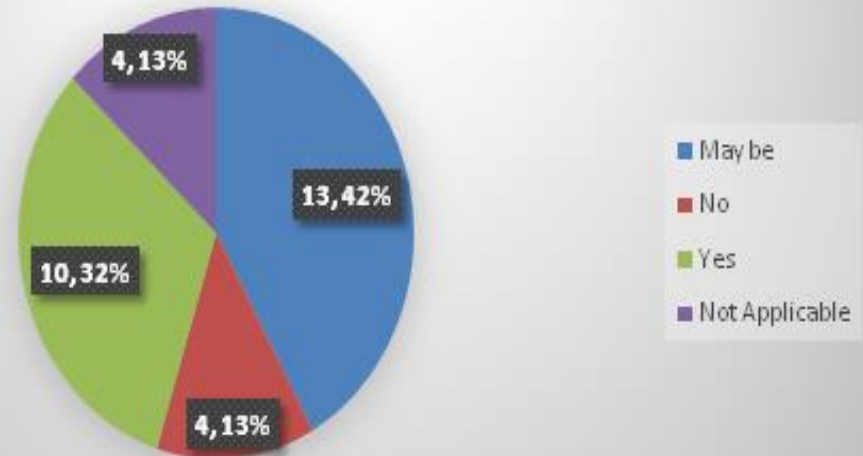
Proportion of male and female alcohol consumers

ALCOHOL CONSUMPTION

Alcohol Consumption Pattern



Drinker willing to Consume less alcohol



COURSE REPORT

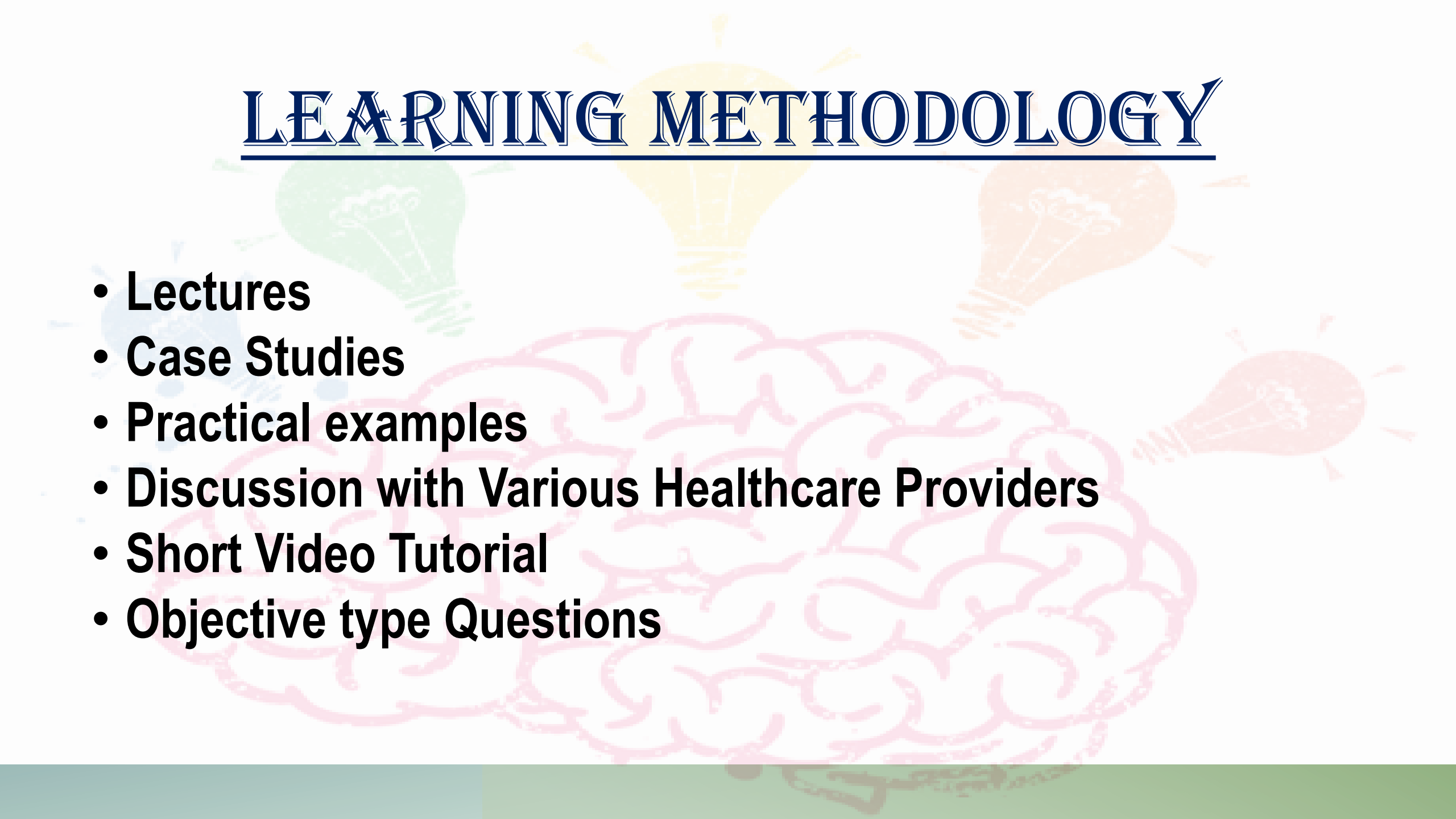
**Improving Global Health: Focusing on
Quality and Safety**

OBJECTIVE OF THE COURSE

LESSON 1	BURDEN
LESSON 2	MEASUREMENT
LESSON 3	STANDARDS
LESSON 4	IMPROVEMENT
LESSON 5	IT&DATA
LESSON 6	MANAGEMENT
LESSON 7	PATIENTS
LESSON 8	PUBLIC SYSTEMS



LEARNING METHODOLOGY



- **Lectures**
- **Case Studies**
- **Practical examples**
- **Discussion with Various Healthcare Providers**
- **Short Video Tutorial**
- **Objective type Questions**

KEY LEARNINGS

- Quality has six aims according to Institute of Medicine i.e. Safety, Timely, Effective, Equitable, Efficient and Patient Centered.
- In Ambulatory care, the big issues are Adverse drug events (seven times as many as record itself), Diagnosis related error, Laboratory follow-up (especially cancer), surgery, referrals.
- In India, to reduce Medication error and Adverse drug effect referential material available by web, concentrated drugs, electronic information should be sorted.
- Know-to-do-gap is pertaining in doctors in India.
- Three globally applicable reducible metrics for quality of care are Consultation time, number of questions asked about Health, number of physical exams that he or she did.
- In quality, data should be captured through prescription, payment, research, admission rate and should be overviewed time to time.

- The four major steps within PDSA cycle are Plan, Do, Study, Act.
- Electronic Health Record(EHR) is an important tool in recording health data.
- Critical steps for improving organizational effectiveness which are self-evaluation, benchmarking against peers, addressing weakness.
- A key opportunity to improve healthcare quality in many countries is by increasing skills and motivation of staff.
- Three pillars of reform for giving services safely, effectively and patient-centered were the financial protection, the insurance and innovation in the delivery.



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