

**PATIENT-REPORTED INSIGHTS INTO ABDOMINAL PAIN AND SPASMS:  
PATTERNS, TRIGGERS, AND MANAGEMENT APPROACHES IN A DIGITALLY  
ENGAGED POPULATION**

Internship Report Submitted to



**The IIHMR University, Jaipur**

for the partial fulfillment for the award of the degree of

Master of Business Administration (MBA) in  
Pharmaceutical Management  
by

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**MBA PM-15**

Under the Supervision and Guidance of

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University, Jaipur

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# Internship Report

**Intern Name:** Dhruvika Sharma

**Institution:** IIHMR University

**Department:** MBA Pharmaceutical Management

**Internship Supervisor:** Dr. Saurabh Kumar Banerjee

**Project Title:** Patient-Reported Insights into Abdominal Pain and Spasms: Patterns, Triggers, and Management Approaches in a Digitally Engaged Population

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## 1. Introduction

This report outlines the experience and learnings from my internship at IIHMR University under the mentorship of Dr. Saurabh Kumar Banerjee, Dean at the university. The internship was focused on conducting a digital survey designed to gather patient-reported data on abdominal pain and spasms. The core objective of this project was to explore the prevalence, triggers, and self-management strategies of abdominal pain among a digitally active population.

The study aimed to bridge gaps in understanding real-world patient experiences using digital tools, aligning with the evolving focus on patient-centered care and digital health integration. The internship provided a platform to apply theoretical knowledge to practical research, enhance analytical skills, and contribute to a meaningful health project.

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## 2. Organization Profile

IIHMR University, Jaipur is a premier institution in India, dedicated to research and education in health management, hospital administration, public health, and pharmaceutical management. Established with a vision to contribute to the development of healthcare systems through cutting-edge education, research, and training, IIHMR has made a significant mark in the public health and health policy sectors.

The university is known for its multidisciplinary approach, high-quality research outputs, and collaboration with national and international organizations. It provides a rich learning environment that encourages innovation and leadership in healthcare.

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### 3. University Overview

Founded in 1984, IIHMR University has evolved into a leading institution offering postgraduate and doctoral programs in public health and health management. The university has academic collaborations with globally reputed organizations such as the World Health Organization (WHO), United Nations Children's Fund (UNICEF), and ministries of health across different countries.

IIHMR's campus features a modern infrastructure, experienced faculty, and a robust research ecosystem. Through its integration of academic excellence with hands-on exposure to real-world challenges, the university equips students to meet the growing demands of the healthcare sector.

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### 4. Strengths and Accreditations

IIHMR University is accredited by the National Assessment and Accreditation Council (NAAC) and recognized by the University Grants Commission (UGC) of India. It consistently ranks among India's top institutes for healthcare and hospital management education.

Key strengths of IIHMR include:

- Strong faculty with expertise in healthcare, research, and management
- Active research projects funded by national and international bodies
- High-quality education programs with a focus on practical application
- Emphasis on digital health and technological innovations
- Strong alumni network and industry partnerships

These elements collectively contribute to the university's leadership in health management education and research.

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### 5. Key Learnings

During my internship, I was actively involved in various aspects of the digital health survey project. This hands-on involvement allowed me to learn and understand different stages of research, from ideation to execution.

Key learnings from the internship include:

- Understanding the design of health surveys focused on patient-reported outcomes (PROs)
- Recognizing common triggers and patterns related to abdominal pain through self-reported data
- Learning to use digital platforms such as Google Forms for data collection
- Gaining knowledge about ethical guidelines for conducting human-subject research

- Exposure to real-world challenges in reaching diverse populations through digital means
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## 6. Skills Developed

The internship helped me develop several technical and soft skills relevant to public health research and digital engagement:

- **Research and Analytical Skills:** Interpreting survey responses, identifying trends, and analyzing patient-reported data.
- **Digital Literacy:** Using tools such as Google Forms, Excel, and SPSS for data collection and analysis.
- **Communication:** Writing clear, unbiased survey questions and maintaining contact with respondents.
- **Time Management:** Meeting project deadlines and organizing daily tasks efficiently.
- **Team Collaboration:** Coordinating with faculty, supervisors, and peers during research meetings.

These skills are transferable and will support my career in healthcare and public health.

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## 7. Conclusion

This internship has been an enriching experience that allowed me to contribute to a meaningful research project under the guidance of a respected academic leader. The digital health survey provided important insights into how individuals experience and manage abdominal pain in real-world settings. Working at the intersection of digital health and public engagement was both educational and inspiring.

The knowledge, skills, and exposure I have gained during this internship will prove invaluable in my future academic and professional endeavors. I am grateful to IIHMR University and Dr. Saurabh Kumar Banerjee for this opportunity and look forward to applying these experiences to contribute further to the field of healthcare management.

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