Conclusions

The prevalence of type II DM was 6%, with increased risk among individuals aged 50 years or more, sedentary workers and IDRS score e"50. There is a need to promote healthy lifestyle focusing on regular exercise and balanced diet.

Predictors of Early Neurological Deterioration in Patients of Acute Ischemic Stroke with Special Reference to Blood Urea Nitrogen/Creatinine Ratio and Urine Specific Gravity

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Background

Stroke is a major cause of long- term disability and has potentially enormous emotional and socioeconomic consequences for patients, their families, and health services. Early neurological deterioration (END) occurs in about 20% to 40% of patients with ischemic stroke and results in increased mortality and functional disability. In recent studies relative dehydration has been found to be associated with END in patients with acute ischemic stroke.

Aims & Objectives

To study the factors useful for predicting early neurological deterioration in ischemic stroke patients.

Materials & Methods

Various parameters comprising demographic, clinical, laboratory and radiological variables along with stroke severity (NIHSS and GCS scores) were assessed and studied as predictors of END in patients with acute ischemic stroke. BUN/creatinine >15 and urine specific gravity >1.010 were studied as markers of relative dehydration contributing to END. RESULTS: A total of 114 patients were enrolled in this study. END was observed in 21.9% of the patients. NIHSS e" 12 at admission was found to be an independent risk factor for END. Amongst markers of relative dehydration, BUN/creatinine>15 at admission was found to be an independent risk factor for END, as compared to USG>1.010. Of the various radiological parameters that were studied in this study, only cerebral edema on cranial CT and size of hypodensity>1/3rd of the middle cerebral artery territory were observed to be independent risk factors for END.

Results

Our findings suggest that a BUN/Cr ratio > 15, at admission, is an independent risk factor for END in patients with acute ischemic stroke.

Conclusions

Dehydration being a treatable condition, the use of BUN/creatinine>15 as a marker of relative dehydration, can be helpful in detecting patients with dehydration early and thus play a role in preventing END.

Assessment of Health Profile and Relationship between Health Disorders with Work- Related Abuse of Housemaids in Delhi

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Background

Housemaid is a female servant employed in domestic work like cleaning house, mopping floors, laundry and cooking. In India there are no laws to regulate the placement agencies for housemaids or even to define the rights of India's unofficially estimated 90 million domestic workers. These women belonging to low socio-economic class are subjected to heavy workloads and are thusprone to high health risks.

Aims & Objectives

To assess the health profile of housemaids in Delhi and compare the prevalence of health disorders with work-related abuse.

Material And Methods

A cross-sectional study was carried out among 315 female housemaidsfrom 9 geographical zones (35 per zone) of Delhi working full-time/ part-time since at least 1 year.Interim data using a subset of 69 housemaids (Age: 31.28 ± 8.12 years)was analysed.Data was collected using a self-designed questionnaire after obtaining a written informed consent.Chi-square test/ Fischer's exact test (p< .05) was used to associate work-related abuse and various disorders. Data was analysed using SPSS, Version 16.0.

Results

Majority of housemaids were in age group 30-39 years(47.1%), mainly immigrants from Uttar Pradesh (33.3%), working since 11.75± 7.52 years and were illiterate(76.5%).Health Profile: Chronic smokers (4.3%), tobacco abusers (20.3%) and alcoholics (2.9%). Back pain(52.2%), bursitis(36.2%) and hypotension (23.2%) were major disorders reported.23.2% reported abuse, mostly verbal. Psychiatric illness (23%) was significantly associated with abuse(p=0.001).Unintentional fallinjuries, burns and scalds were significantly related (p<0.003) to long working hours (9-12 hrs/day).

Conclusions

Housemaids in Delhi are exposed to definite physical and psychological stressors and thus suffer from various disorders, especially psychiatric illnesses and musculoskeletal disorders. Both physical and psychiatric evaluations should be performed at regular intervals along with strict regulatory measures to ensure a healthy lifespan.

Physicians' Knowledge, Attitude & Practices Regarding Fertility Issues for Young Breast Cancer Patients

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Background

Breast cancer is the most common cancer among Indian women. Approximately 6% to 7% of women diagnosed with breast cancer are younger than 40 years at the time of their diagnosis. For many young women with early breast cancer, fertility is a priority. Increasing survival rates in patients affected by oncological disease and advances in reproductive medicine have led to the development and increasing use of various fertility preservation techniques.

Aims & Objectives

To study physicians' knowledge, attitude and behaviour regarding fertility issues for young breast cancer patients.

Materials & Methods

The study was a cross sectional study carried out at a tertiary care centre in New Delhi. The sampling technique was non probability sampling and the sample size was N=300. The study tool was a self administered preformed structured Performa. It included questions on knowledge about fertility issues, practice behaviour, potential barriers for discussing fertility issues, attitude toward fertility preservation and responding physicians' socio-demographic backgrounds. The study period was March to May 2013.

Results

300 physicians responded to the performa. These included general surgeons, surgical oncologists, gynaecologists & medical oncologists. 49% were females. Physicians who had better knowledge score and positive attitudes towards fertility preservation were more likely to discuss potential fertility issues with cancer patients. Regarding knowledge, there was no significant difference with gender and religion. There was significant association with number of breast cancer surgeries performed in a week and number of breast cancer patients (<40 yrs) seen in a week. With reference to attitude, there was no significant difference with gender and between various specialties. Those with a positive attitude had a positive practice behaviour. Ladies were more likely to discuss impact of cancer treatment on future fertility with patients, consult a reproductive specialist and refer patients with questions about fertility to reproductive specialists. Frequency of General Surgeons agreeing with the above statements was maximum followed by Gynecologists. Social stigma, socioeconomic status, lack of knowledge and awareness, psychological and