

TREHAN
IRIS
LEGACY. BUILD. FUTURE.



IMPROVING HEALTH OUTCOMES OF CONSTRUCTION LABOURERS

CAMP REPORT



सामान्य स्वास्थ्य जांच शिविर

डॉक्टरी व खून जाँच के साथ दवाईयाँ की सुविधा उपलब्ध

दिनांक :- 25 अगस्त 2023 समय :- 11.00 सुबह

स्थान:- सी-2, नजदीक -एक मूर्ति बुद्ध क्रॉसिंग, सेक्टर-इकोटेक XII,
ग्रेटर नोएडा वेस्ट, यूपी- 201306



BIM COORDINATOR

SAFETY OFFICER

VENTRA

VENTRA

NEW YORK CHAMP
W
WINNER
1987
ATHLETE DEPT

Authentic Original
ANGBO
Denim
ATHLETIC

OUR OUTREACH TEAM

- 1 Doctor**
- 2 Nurses**
- 2 Lab technicians**
- 2 Registration Incharge**
- 2 Duty assistants for Vital recording**
- 1 Pharmacist**
- 1 Project coordinator**
- 1 Data entry incharge**
- 1 Medicine indent/ consumption & other supplies incharge**
- 1 Program Officer**
- 2 Drivers**
- 1 Photographer**



WHOLE BODYCHECKUP OF CONSTRUCTION LABOURERS AT TREHAN IRIS PROJECT SITE

- General Physician Consultations
- Administer Tetanus Injections,
- Blood Group screening
- Random Blood Sugar
- Health Vitals (Height, Weight, BP)
- Hemoglobin levels and other lab investigations
- Counseling and medications





MODUS OPERANDI



- All patients are screened by the physician and given deworming medications.
- Some patients who require further investigations are referred for tertiary care and others are tested for confirmatory diagnosis.
- Data for all patients is analyzed by the project management team.
- The diagnosis is given by the doctor and medications are given.
- Lab reports are further analyzed by the Doctor and additional medications are arranged and sent to the coordinator at the site.

87
LABOURERS
SCREENED



HEALTH ISSUES SCREENED

1/3rd of India's population migrates for work. Construction workers being one of the major categories and often face a greater risk of developing health disorders due to long hours of laborious work in adverse weather conditions, poor nutrition & poor living standard lacking basic amenities

On screening the following health issues were identified

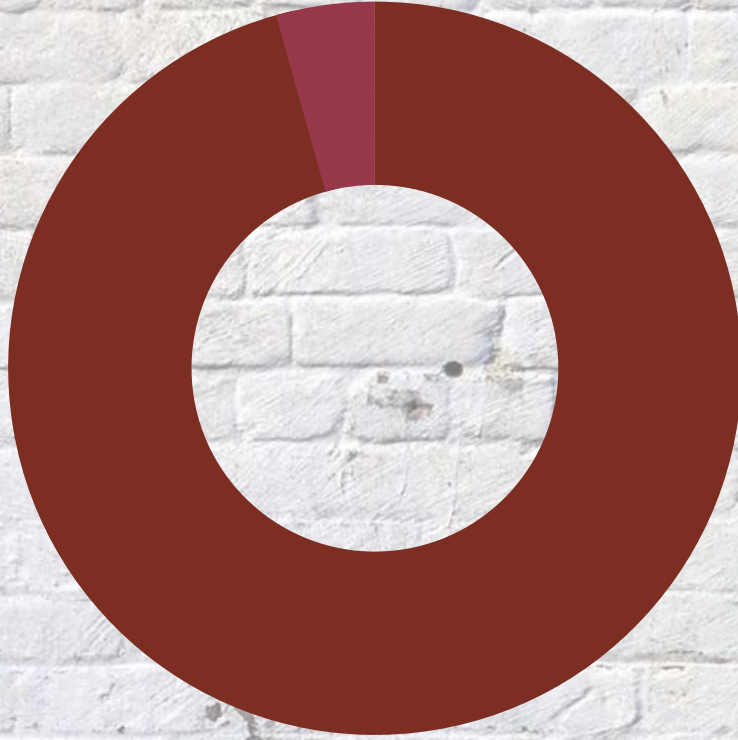
**Dermatitis, Skin infections,
Loss of appetite, Gastrointestinal issues,
Anaemia,
Cold, Cough, URI, Fever,
Injury,
Mouth Ulcers,
Allergy
Fatigue, Weakness,
Aches Pains, Knee pain,
Cataract
Hypertension, Diabetes,
Thyroidism
Typhoid,
Vertigo**



86 TETANUS VACCINATIONS ADMINISTERED

Tetanus(Not Received)

4.3%



Tetanus(given)

95.7%

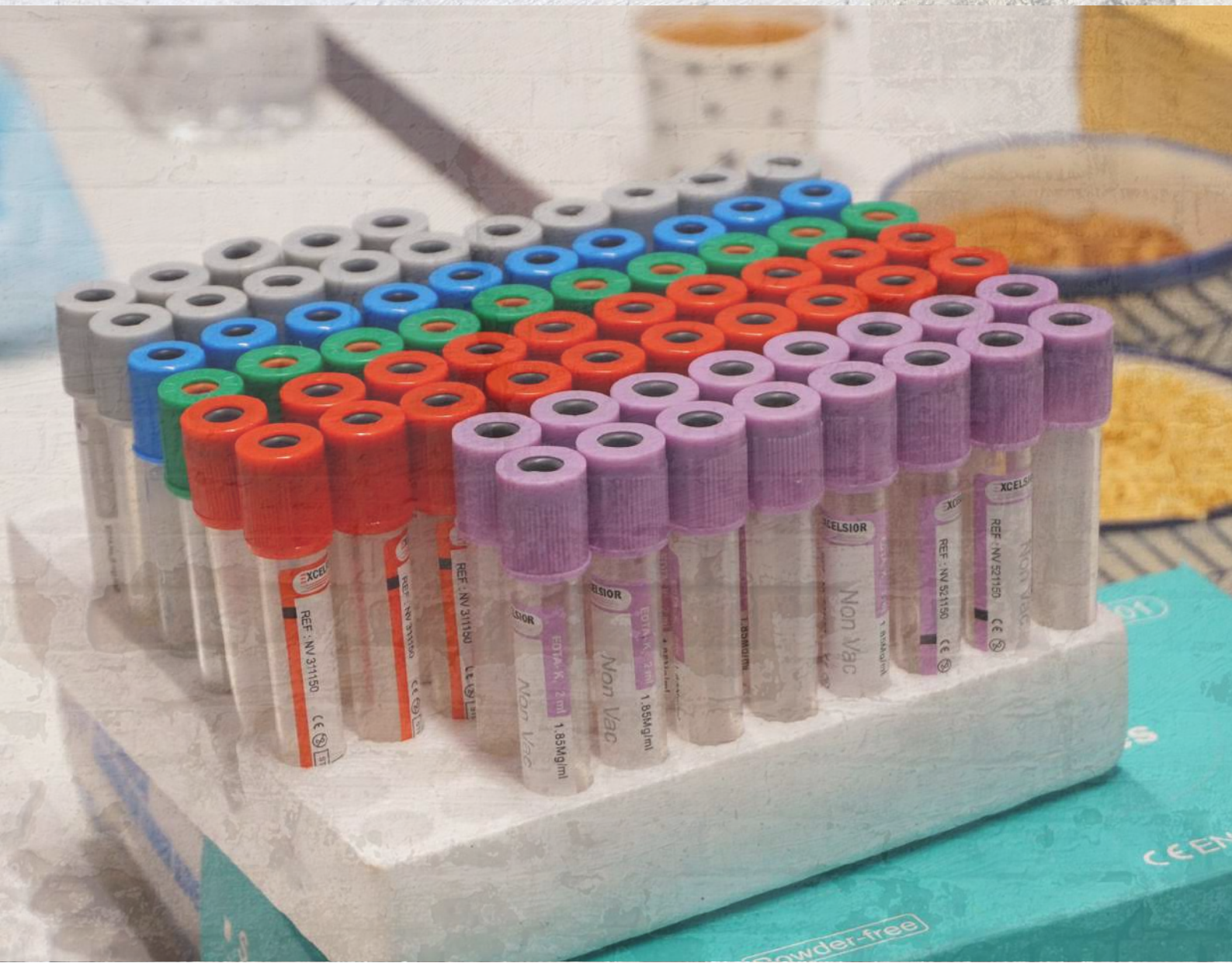




The workers were counselled and they understood the need of Tetanus Injections, which would give them a safety blanket against injuries or wounds which can happen due to the nature of their work.



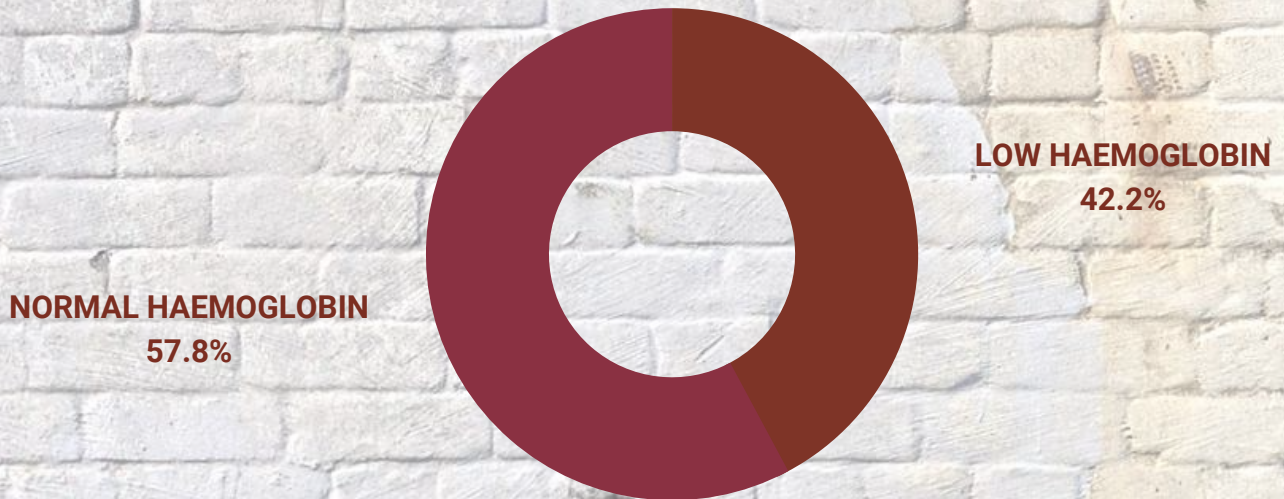
300 PATHLAB INVESTIGATIONS





HEMOGLOBIN TEST

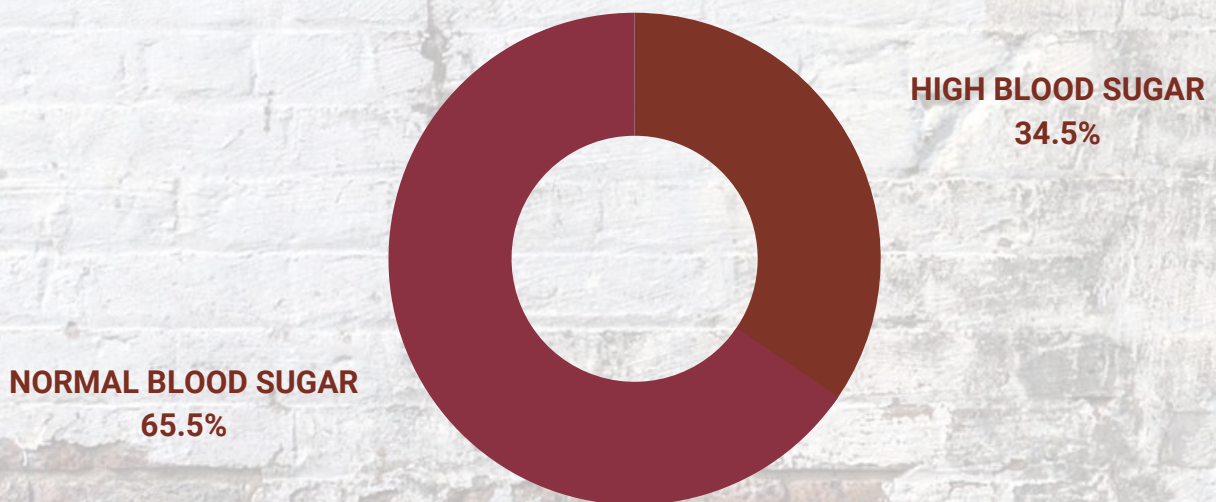
The cut off level set for low hemoglobin was below 13.5





RANDOM BLOOD SUGAR TEST

The cut off level set for high blood sugar was above 140

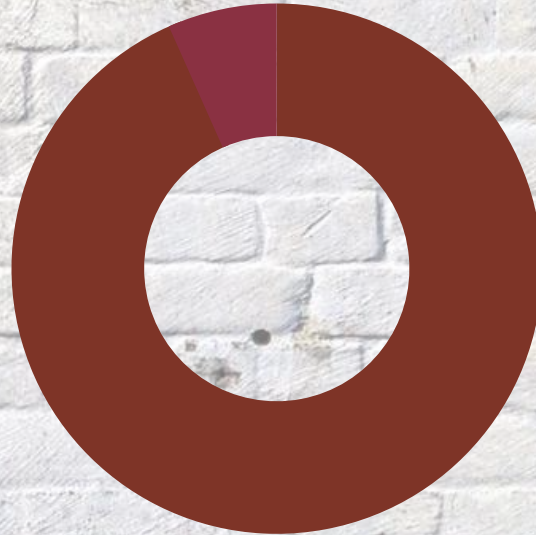


**A blood sugar level less than 140 mg/dL is normal.
A reading of more than 200 mg/dL after two hours
means you have diabetes.
A reading between 140 and 199 mg/dL
means you have prediabetes**

PROGNOSIS OF PATIENTS WITH HIGH HB1AC

NORMAL BLOOD SUGAR

6.7%



HIGH BLOOD SUGAR

93.3%

**A HIGH HBA1C MEANS YOU HAVE TOO MUCH SUGAR IN
YOUR BLOOD.**

**DIABETES COMPLICATIONS
LEAD TO
INCREASED RISK OF
WORKPLACE INJURY
TO YOURSELF OR OTHERS
AND LOST PRODUCTIVITY**



COMMON DIABETES

HEALTH COMPLICATIONS

ALSO INCLUDE

HEART DISEASE

CHRONIC KIDNEY DISEASE

NERVE DAMAGE

AND OTHER PROBLEMS WITH

FEET

ORAL HEALTH

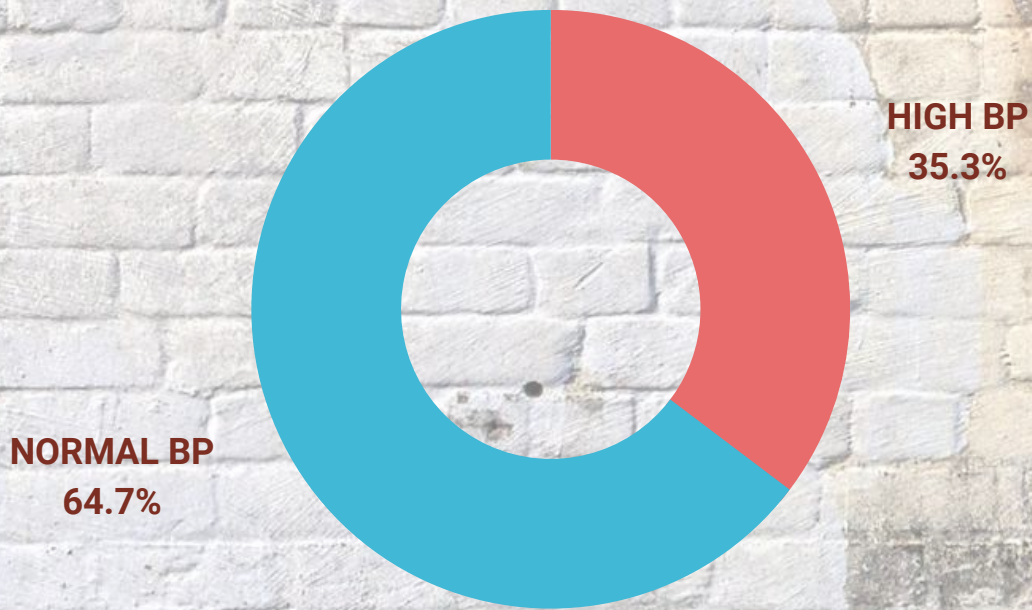
VISION

HEARING

AND MENTAL HEALTH

BLOOD PRESSURE TEST

The cut off level set for high blood pressure was above 135/90



OBSERVATIONS

- **Weakness, Aches, and Pains** represent body ache, backache, or pain in legs or other joints clearly indicating the strenuous physical labor work undertaken with poor nutrition leading to Nutritional deficiencies and anemia.
- **Hypertension and Diabetes** were mostly observed in patients aged 40 years and above. Lack of awareness of the importance of taking the medication regularly needs to be emphasized though it is a financial strain on their budget. They were ignorant about cataract, and stroke as an outcome of the ailments affecting them
- **Gastritis and hyperacidity** were found to be common due to a lack of healthy and regular food options and clean drinking water.



AWARENESS AND COUNSELLING OUTCOME

● **Health is Wealth-however, for a person struggling to make ends meet, it is just an adage.**

They were counselled that poor nutrition will affect their physical capacity adversely and they should understand the importance of healthy eating habits.

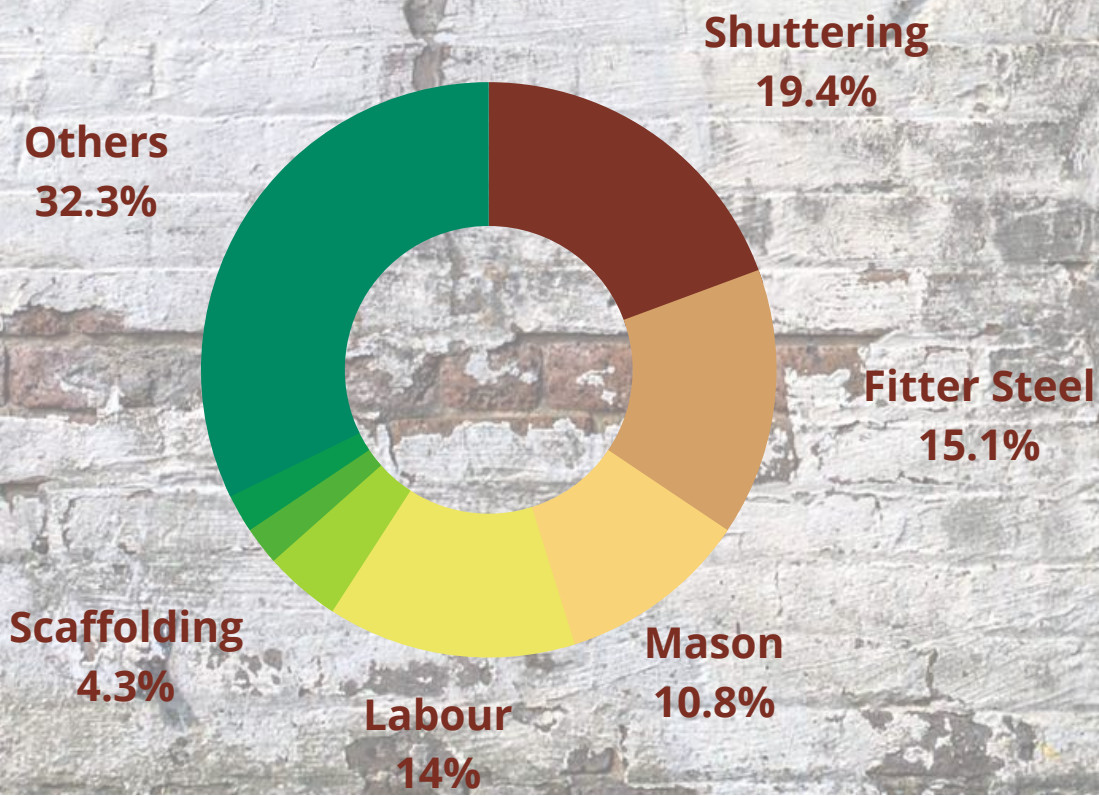
● **All the workers were explained that healthy eating does not mean expensive food items, it means making the right choice, eating at frequent intervals.**

● **All were given deworming medication, however, the medication has to be repeated every 6 months to prevent abdominal worms.**

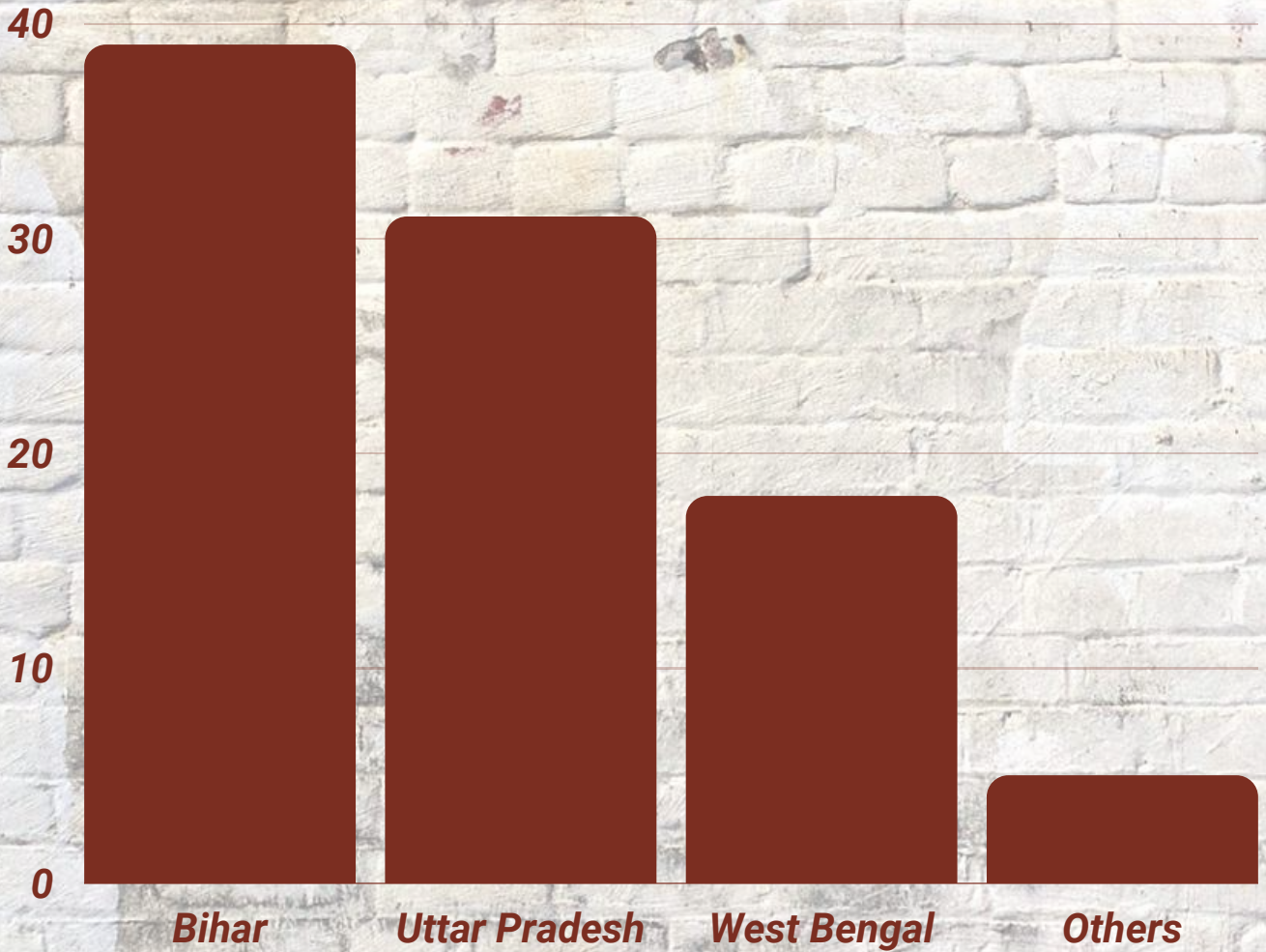
● **Most of the workers were unaware of the long term effects of Hypertension, Diabetes, and Hypothyroidism etc and needed counselling to make them realize the importance of taking regular medication lifelong to prevent bigger health issues.**

SKILLED- UNSKILLED LABOUR FORCE

Apart from the laborers, skilled staff constituted of Mason, welders, Fitters for Steel Shuttering & scaffolding and carpenters along with the administrative support staff as supervisors, site in charges etc..



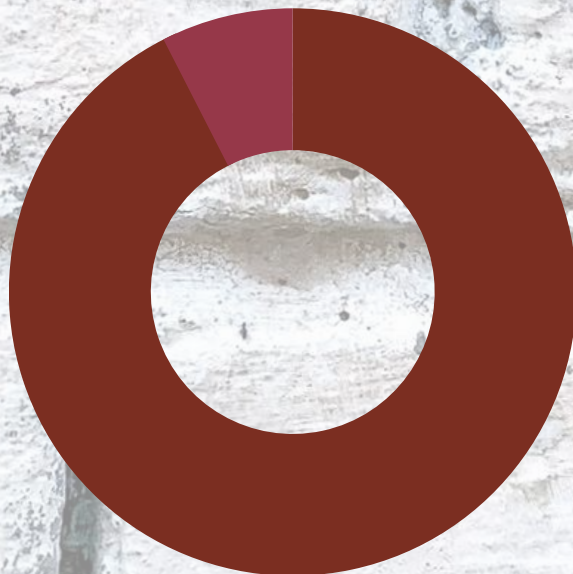
MIGRATION STATUS OF WORKERS



GENDER DISTRIBUTION OF LABOURERS



Female
7.5%



Male
92.5%



CHALLENGES FACED

- Working is not a choice or luxury for these laborers, it is a mandate. To survive they have to work therefore the fear of getting diagnosed with an illness scares them away from any kind of medical assistance.
- They are trapped in a vicious cycle of malnutrition leading to weakness and anemia which in turn causes loss of appetite which leads back to malnutrition.
- Despite being provided with iron/folic acid supplements, a follow up is almost mandatory as one time treatment is not sufficient to completely cure these chronic issues.
- Trypanophobia is a major challenge when it comes to conducting basic blood tests or giving Tetanus injections. Though many relented after cajoling and convincing.
- The work force at the project sites is the backbone of the project. However, there is lack of awareness of the importance of health. The managerial staff at the site needs to be aware of the benefits of this health initiative and should be able to bring the labor force on board.

FUTURE PLAN IS TO SAVE THEM FROM DEVELOPING HEALTH COMPLICATIONS WITH TIMELY PREVENTION, DIAGNOSIS & TREATMENT

- **Many labourers are suffering from diabetes and hypertension therefore some patients require regular monitoring and follow up and a single visit at one site does not ensure proper treatment. Therefore, either our team should visit again within 3 months or the patients should visit our health centre for follow-ups.**
- **Lifestyle diseases like diabetes, hypertension require constant monitoring and medication, these workers are to a great extent inadequate to do it themselves due to many contributing factors and lack of awareness and education. Therefore, a plan needs to be in place for monitoring and evaluation from time to time.**
- **It will be difficult to track workers post completion of projects, therefore, an alternative plan to ensure regular checkups at Adharshila's health centers requires to be planned.**
- **The Supervisors/ Contractors need to be made aware of this health initiative and holistic training should be given to them to sensitize them towards the needs of their workforce.**



**Let us be patient with one another,
we have a long -long way to go.
So let us hasten along the road of
human tenderness and generosity.
Finding one another's hand in the
dark.**



END OF REPORT



**Team Trehan IRIS
for taking the initiative of
improving Labour health outcomes
for construction workers**