

Project Mavtar

Comprehensive health care for elders living in old age homes of Ahmedabad and Gandhinagar

Heart Foundation & Research Institute,
Ahmedabad Initiative

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Comprehensive health care for elders living in
old age homes of Ahmedabad and Gandhinagar

Heart Foundation & Research Institute

Heart Foundation and Research Institute (HFRI) is an outcome of the noble ideas and efforts of Lt. Shree Arvind Narottam Lalbhai (An honourable and well known industrialist of the state) and Lt. Shree Dr. Sumant M. Shah (A Leading physician of the State). Heart Foundation and Research Institute is a prestigious organization established in the year of 1979. Currently led by visionary Dr. Nitin Sumant Shah, HFRI is helping citizens of Gujarat in various fields of healthcare, education, livelihood and many more. Under the guidance of Dr. Nitin Shah, HFRI has touched lives of more than 8 lakh people in 45 cities across India. HFRI has received more than 60 awards for the noble service rendered to the people.

Project Methodology

- Under Project Mavtar, we identified total of 15 old age homes across Ahmedabad and Gandhinagar district.
- Every Old age home was officially requested for organizing the health screening camps and mutual dates were identified for the screening camp.
- Under the Guidance of Dr. Nitin Shah sir, Niramay Charitable Trust, Gandhinagar have implemented this entire project.
- In Phase 1, camps were organized in early morning to collect fasting laboratory samples for CBC (Complete Blood Counts) and Fasting Blood Sugar. Anyone having FBS (Fasting Blood Sugar) > 126, were further checked for HbA1C to see glycaemic control over period of time.
- In Phase 2, comprehensive screening and treatment camps were organized and following parameters were checked for:
 - Anthropometric Measurement (Height, Weight)
 - Blood Pressure Measurement
 - Screening for hearing loss
 - Screening for visual acuity
 - Mental health screening for depression
- At the end of screening every participant were provided consultation by a trained MBBS doctor for above mentioned conditions and appropriate treatment was prescribed for the ailment, including suggestion for further check-up with specialists.



Background

Gujarat state has very high rates of Non Communicable Diseases prevalent in population, especially elderly population. These diseases put them at higher risk of severe COVID disease or death due to COVID. Hence, it is essential that elderly population is screened for these diseases and put on treatment to reduce their risk of COVID related complications.

Project Mavtar is an idea of Visionary Dr. Nitin Sumant Shah from Heart Foundation & Research Institute, Ahmedabad to reach out to maximum number of elderly people in COVID times. Under Project Mavtar, **15 Old age homes** across the Ahmedabad and Gandhinagar district were selected for the health screening and treatment. Major conditions covered under the project were Hypertension, Diabetes, Anaemia, Vision, hearing loss, depression and any other general illness.

Project Timeline

Project Mavtar was implemented in month of **June-July 2021** in Ahmedabad and Gandhinagar District.

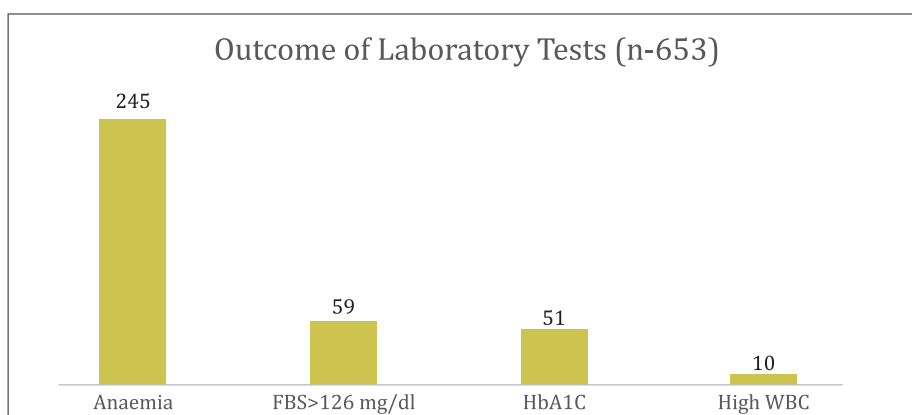
Outcome

Total of **15** Old age homes were covered in Ahmedabad and Gandhinagar District and total of **694** elderly people living there were provided with health care services. Old age home wise participation is as follows.

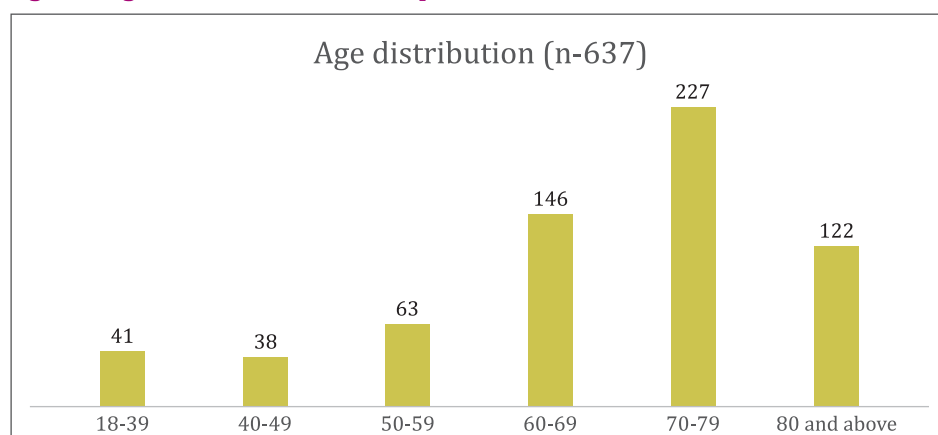
Sr.	Old Age Home	Screening
1	Manilal Gandhi Vruddhashram, Isanpur, Ahmedabad	34
2	Matoshree Vruddhashram, CTM Char Rasta, Ahmedabad	21
3	Jeevandhara Vruddhashram, Lambha, Ahmedabad	68
4	Kailashdham Vruddhashram, Pethapur, Gandhinagar	63
5	Krishnadhram Vruddhashram, Sector 17, Gandhinagar	24
6	Rahelba Vruddhashram, Magodi, Gandhinagar	38
7	Shree Hari Trust Vruddhashram, Viramgam, Ahmedabad	47
8	Jeevan Sandhya Vruddhashram, Narayanpura, Ahmedabad	96
9	Shree Bharti Babu Vruddhashram, Sarkhej, Ahmedabad	24
10	Second Innings, Ghatlodia, Ahmedabad	12
11	Jan Sadhana Vruddhashram, Vaishnodevi, Ahmedabad	37
12	Second Innings senior living, Adalaj, Gandhinagar	87
13	Suvarnadham Vruddhashram, Bopal, Ahmedabad	60
14	Atit Na Ashirvad, Hathijan, Ahmedabad	53
15	Shantidham Jain Ashram, Vatva, Ahmedabad	30
Total		694

Laboratory Screening

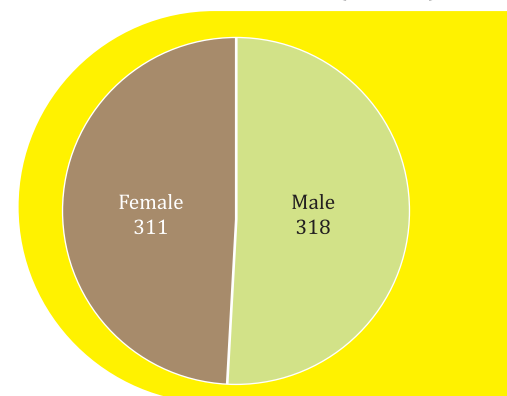
Based on the laboratory screening for **653** elderlies, anaemia, diabetes and bacterial infections were identified. Patients with bacterial infections (as per the high WBC count) were immediately informed for seeking appropriate care immediately. Remaining people were checked by medical officer at the time of health camp at old age home.



Age and gender distribution of patients



Gender Distribution (n-629)



Screening for Medical Illnesses

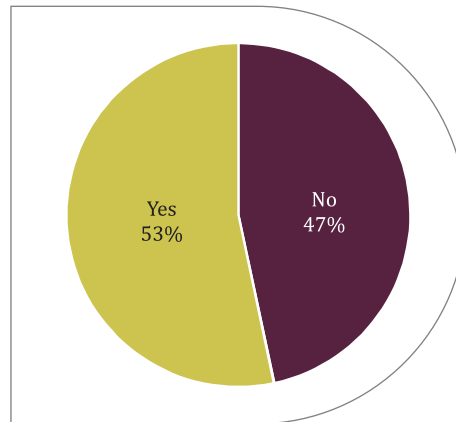
Hypertension among elderly is one of the common Non Communicable Diseases. Total 352 (60%) elderly people were suffering from Hypertension.

Vision related problems are very common in old age homes. Major reasons for the blindness are inappropriate glasses or cataract. We estimated prevalence of vision related problems to be (vision 6/36 or more) in both the eyes to derive a number of persons with refractory error. Total 320 (55%) of the elderly people had vision related problems.

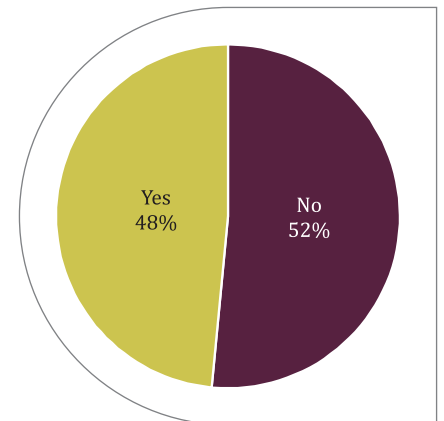
Hearing loss screening was carried out for 464 beneficiaries. Out of these 113 individuals (24%) were suffering from severe to profound hearing loss.

On mental health screening total 140 elderly were found to have mild/moderate/severe depression based on self-assessment tool. However, only 9 out of these 140 were suffering from moderate depression. These patients were counselled by medical officer during the camp.

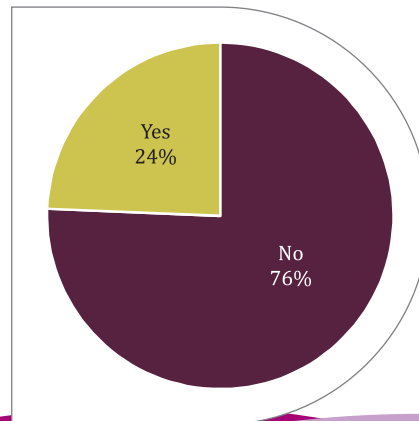
Hypertension (n-660)



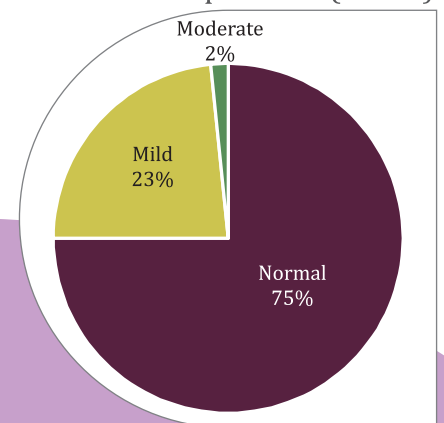
Vision related problems (n-660)



Severe/Profound hearing loss (n-464)



Self assessment of Depression (n-660)



CONCLUSION

Health screening and treatment for elderly people is very useful intervention to improve their health and well-being. Heart Foundation and Research Institute, Ahmedabad under the visionary leadership of Dr. Nitin Shah is committed to compose all efforts to ensure health and well-being of elderly people of Gujarat. This initiative is a shining example of compassionate societal care for the most vulnerable groups of the society. Such initiatives will definitely contribute towards ensuring **Healthy Gujarat Happy Gujarat**.

Contact Us: _____

Heart Foundation and Research Institute

Shapath – 5, 909, 9th Floor, Nr. Crowne Plaza Hotel, S.G Highway, Ahmedabad – 380015 • Ph. 079-29726969

• Whatsapp: +91-9825715715 • Email: heartfoundationindia@yahoo.co.in • Website: heartfoundationindia.org.in