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Catch them young: A study on knowledge regarding alcohol use and refusal skills in adolescents in selected schools of Delhi

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The aim of the study was to assess and evaluate the effectiveness of planned teaching program on knowledge regarding alcohol use and refusal skills in adolescents in selected schools of Delhi. A pre experimental one group pre-test post-test design, was undertaken on a sample of 98 adolescents in selected schools of Delhi. Planned teaching program on knowledge regarding alcohol use and refusal skills was developed by focused group discussion and given to 4 experts for content validity. Data was collected from adolescents using the structured questionnaire for demographic variables, knowledge questionnaire and standardized drug refusal self efficacy-revised adolescent questionnaire. The subjects were administered PTP on the day of pre-test. Knowledge and refusal skills of adolescents were assessed after one month of intervention. Data was analyzed using paired t-test, two sample t-tests, Kruskal Wallis test and ANOVA. There was a significant increase in mean knowledge score of adolescents before (13.26) and after (20.58) the administration of PTP on knowledge regarding alcohol use and refusal skills. Also, there was significant increase in mean refusal skill score before (96.83) and after (104.73) the administration of PTP on knowledge regarding alcohol use and refusal skills. There was inverse correlation between present age of the subjects and also age at which subjects first learnt about alcohol with knowledge score. Knowledge was significantly high in females, subjects studying in 11th standard, and whose father were graduates, who denied having any friend taking alcohol and who reported having any neighbor taking alcohol. The refusal skills were significantly high in females, subjects who did not have any friend taking alcohol, who received information about alcohol through newspaper and radio or television.

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The Bleeding Parturient

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Maternal mortality continues to be a big threat, in spite of the increasing awareness. Even though several programs running worldwide by various organizations, the risk due to hemorrhage associated with pregnancy still persists. Both antepartum as well as postpartum hemorrhage equally contribute to this problem. The immediate detection of the problem by the patient and their management, right at the primary health care level and providing them the best possible treatment options are the key topics around which my talk will revolve. I will discuss in detail about the anticipated problems, their diagnosis, and prophylaxis, medical and surgical treatment modalities available to the patient including fluid management and blood transfusion and reactions in primary health care centre as well as up to the higher centres. My stress is on the fact that, looking after “the bleeding parturient” during and after pregnancy, can make a difference and help control the maternal morbidity and mortality to a great extent.

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