

A Study of Summer Related Health Problems among School Children in a Rural Area in Maharashtra

Jayalekshmi CS¹, Birajdar Shrikant Shivaji², Gurav Ravindra Balaram³

¹Junior Resident, Department of Community Medicine, Rajiv Gandhi Medical College & Chhatrapati Shivaji Maharaj Hospital, Thane, Maharashtra.

²Birajdar, Senior Resident, Department of Community Medicine, Vilasrao Deshmukh Government Medical College, Latur, Maharashtra, India.

³Professor (Addl), Department of Community Medicine, Rajiv Gandhi Medical College & Chhatrapati Shivaji Maharaj Hospital, Thane, Maharashtra.

Email Id: drjayalekshemics@gmail.com

Abstract

Introduction: In comparison to adults, children are more susceptible to climatic and environmental shocks due to a variety of factors, including physical and physiological vulnerability and a higher chance of mortality.

Material and Methods: The present cross-sectional study was conducted in a rural area among school students. The study subjects were selected by random sampling method. General examination of children was carried out and data was collected using a pre – tested questionnaire. The data is analyzed with the help of suitable statistical methods.

Results: 420 students participated in the study. 42% of students spend more than an hour in the sun. 94% of the students do not use any sun protective measures while going out. 25(6%) students had skin problems related to sun exposure. 70% of students consumed only water less than or equal to 2 Liters in a day. 66 (16%) had experienced health problems related to summer including urinary tract infection, conjunctivitis and skin rashes.

Conclusion: The harmful impacts of hot climate include everything from minor illnesses to fatalities. However, fortunately, most of these can be prevented by taking basic precautions like using sun protection measures and staying well hydrated.