**DEPARTMENT OF MICROBIOLOGY**

**BEST PRACTICES**

**HEMOGLOBIN TEST AND BLOOD GROUPING**

**Goal:**

* To check health problems of girl students related to blood
* To provide services to Community
* To keep students healthy and physically fit for day to day’s work.
1. **The Context:**

The college is proud to have high number of girl students admitted to various UG/PG programs run by it. Most of these girl students have low socio-economic status, rural and illiterate family background. These girls are in the adolescence phase of life cycle which needs higher iron intake due to excessive bleeding during menstrual cycle. This is a major cause for anaemia amongst them. Low dietary intake of iron, blood loss due to Hookworm infestation and Malaria are the other causes of iron deficiency. This can adversely influence their physical wellbeing and academic performance. Considering the above, the management of our college has adopted the policy of compulsory hemoglobin and blood group check-up. Our college is committed to fulfill its social responsibility by conducting such kind of activity.

1. **The Practice:**

This practice includes hemoglobin & blood group check-up of girl students followed by remedial measures. Healthy eating habits are imbibed in students. Awareness against ill effects of junk food is also created.

**3.Evidence of Success:**

This practice has succeeded in developing awareness about anemia and its related illnesses. It has improved hemoglobin percentage in the anemic girl students. The girl students have been de-wormed. The blood group of every girl student has been identified. It has helped to identify Rh–ve girls. Such girls are high risk future mothers so parent counselling is done to avoid complications during pregnancy and delivery. Importance of Anti-D injection is explained to them.

1. **Problems Encountered and Resources Required:**

Most of the girl students studying in the college have poor, rural and uneducated family background. Hence, initially, efforts have to be taken to create awareness about anaemia, Rh–ve factor of blood group. The college management has made haemoglobin  check-up, blood group determination in free of cost. The practice requires the resources like sterile syringes with needles, surgical spirit, medicinal cotton, dietary iron and nutritional supplement tablets and tonics, weighing machine, height chart, distilled water and trained medical personnel.