

**NUTRITIONAL AND PSYCHOLOGICAL
ASSESSMENT STUDY
For INDIVIDUALS WITH SPINA BIFIDA
8TH DECEMBER 2019**



NUTRITIONAL AND PSYCHOLOGICAL ASSESSMENT STUDY FOR SPINA BIFIDA INDIVIDUALS 8TH DECEMBER 2019

Location:- 5th Floor Conference Room, Lilavati Hospital and Research Centre, Bandra

No. of SB Individuals along with thier participated:- 27

Sponsoring Organization :- Lilavati Hospital and Research Centre And Spina Bifida Foundation

An event was organized by Spina Bifida Foundation, Mumbai in collaboration with Lilavati Hospital and Research Centre, Mumbai. The aim of the event was to perform Nutrition and Psychological Assessment of Individuals with Spina Bifida. During the event participants got a chance to undergo various health assessment tests, blood tests and psychological assessments. All the participants were given thorough consultation by our expert doctors at Lilavati hospital, pediatric Unit with a follow up for suggestions and treatment options for the intervention required if any.

THE EVENT POSTER FOR INVITATION

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IN COLLABORATION WITH



Lilavati Hospital and Research Centre
More than Healthcare, Human Care

According to the World Health Organization,
"Health is a state of complete physical, mental & social well-being & not merely the absence of disease or infirmity."

Attention!!
Individuals with Spina Bifida

A Unique opportunity for assessment of:

- 1) Nutrition with latest In-body S10 machine
- 2) Anthropometric measurements
- 3) Blood testing worth Rs 4500/-
- 4) Psycho-social well-being

Free of Cost!!!



8th Dec 2019
9am to 6pm

VENUE

**5th Floor,
Conference Room,
Lilavati Hospital,
Bandra (W)**

Registration is Free but compulsory call on:

Ms.Arshiya Kadri 8767765787
arshiya56kadri@gmail.com

Dr.Sanchita Sarang 9820306101
sanchita.sbf@gmail.com

THE EVENT POSTER

THE EVENT SCHEDULE

Date: 8th December 2019

Time: 9.00 am to 6.00pm

Venue: 5th floor Conference Room, Lilavati Hospital, Bandra (west)

Assessment group (only for individuals with Spina Bifida): 1- 50 years

Eligible individual: Individuals who are medically diagnosed with Spina Bifida

Program Schedule: 8th December, 2019, Sunday

9:00 am – 9:30 am- Registration and Breakfast

9:30 am – 10:00 am – Orientation

10:00 am – 11:00 am – Consent Signing

11:00 am – 2:00 pm – Assessment / data collection

2:00 pm – 3:00 pm – Lunch

3:00 pm – 5:00 pm – Assessment / Data Collection

Benefits to Spina Bifida Individual

- Weight assessment
- Skeletal muscle mass, body fat percentage
- Risks of obesity
- Knowledge about nutrition, what to eat and how to eat right
- Mental health
- Life satisfaction level
- Important Blood parameters: Vitamin d3 levels, Vitamin B12
- Assessment of anemic
- Assessment of Diabetes
- Assessment of Protein Nutritional Status
- Based on the above reports SB individual will be counseled by experts regarding the further management and care required a week after the program.

Please Register for participating in study. For any queries you can contact on the following:

Principle Investigators:-

Ms. Arshiya Kadri- 8767765787, arshiya56kadri@gmail.com

Dr. Sanchita Sarang – 9820306101, sanchita.sbf@gmail.com

Note: Other Details of the Program will be sent to you after registration for the Event

Registration for this event is free but compulsory!!!

Please Register Providing your Name, personal/parental Email IDs, and Contact No.s

All the SB individuals are requested to bring the previous medical & surgical reports while attending the health check-up camp.

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An event by Spina Bifida Foundation in collaboration with Lilavati Hospital and research Centre

Free health check up and blood testing for Spina Bifida Individuals

First time in India!!!!

Date: 8th December 2019

Time: 9.00 am to 6.00pm

Dear All,

Greetings from Spina Bifida Foundation....!!!

We are glad to bring to you a comprehensive health check up program for spina bifida individuals. The type of tests and the time schedule for the tests is as follows,

Sr No.	ASSESSMENT	Tests performed
1.	Anthropometric Assessment	The assessment will be performed Body Composition Analysis using latest Body Composition Analysis machine "INBODY S10"
2.	Biochemical Assessment	The tests will be performed by highly skilled personnel of Lilavati hospital. The blood test worth Rs 4500/- will be done absolutely free of cost!! Tests Include: <ul style="list-style-type: none"> • Vitamin D3 • CBC • Vitamin B12 • Serum Albumin • Random Blood Sugar / HGT
3.	Dietary Assessment & counselling	Assessment to be performed by representatives from Nirmala Niketan College, Mumbai
4.	Psychological Assessment	
5.	Social Assessment	

DETAILS OF THE EVENT

Consent Signing and Registration



Upon arrival at the venue, the registration started at 9.00 am along with consent signing for participation in the Health Assessment programme.

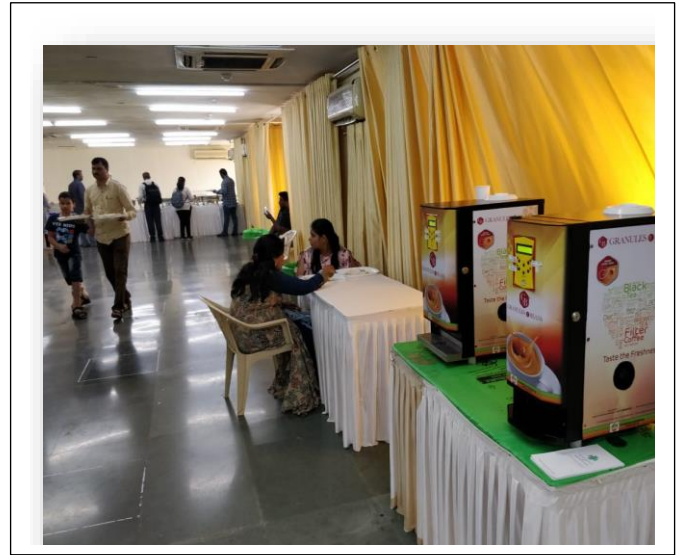
Total 27 Spina Bifida Individuals attended the event from age group of 1-60 years as per the decided age criteria.

The segregation is as follows: -

- 1- 5 years - 3
- 5.1 -18 years - 9
- 18.1 -60 years – 15

Gender:

- Male – 12
- Female – 15



There was participation of spina Bifida individuals from different districts of Maharashtra and few from neighbouring states like Gujarat.

Anthropometric Assessment

Anthropometric Assessment was performed by measuring,

- ✓ Height
- ✓ Weight
- ✓ Head Circumference
- ✓ Waist Circumference
- ✓ Among these parameters BMI which is Weight to Height ratio was observed to be exceeding the normal range.
- ✓ Waist Circumference was more towards Higher range in Females than in males

Body Composition Analysis

Body Composition Analysis was performed using InBody S10 specially designed for patients on wheelchair

- ✓ The observed result among these patients showed Body Fat percentage towards higher range as compared to Muscle mass





Biochemical Assessment

Biochemical tests measured during the assessment was CBC, Vitamin D, Vitamin B12, Albumin and Random Blood Sugar. These tests were performed by the Phlebotomists from the Lilavati Hospital.

Results: -

The data analysis was performed by Ms Arshiya Kadri. The detailed report of the study will be submitted by her for her thesis at Nirmala Niketan.

Summary of findings:

Hemoglobin Deficiency- 4- Female and 1 – Male out of 27 patients

Vitamin D- deficiency was found in all the patients – Female- 15 and Male – 12

Vitamin B12 – Deficiency - was found in 4 females

Albumin- no deficiency found

RBS - was found to be normal in all the patients with an exception of 2

Psychological Assessment

Psychological assessment was done using Scale specific for different age groups which measures the psychological status. These scales were administered to the patients by the psychologist.

Result :-

Psychological assessment showed depression more prevalent in age group of 18- 60 years.



Dietary Assessment

Dietary Assessment was done using 24 hour recall method and it was administered to patients by trained dietitians

Result: -

Across all age group dietary assessment showed that there are large gaps between meals and not enough of natural food was consumed.



Social Assessment

Social Assessment includes addressing the personal details of the patients such as education level, type of family, ambulatory status, etc.



One of the advantage of conducting such events is people with spina bifida (disability) can come out of their house and have a good time with their fellow spina bifida. It creates a sense of binding with the families associated with the foundation and encourages exchange of ideas to improve the lifestyles. Additionally, presence of doctors all throughout the event greatly benefits the patients in addressing their mobility, bladder, bowel functions etc related queries.

The event was concluded at 4pm. All the patients who participated in the event were duly informed about the dates and time of follow up. The session concluded with a vote of thanks to all participants.



PARTICIPANTS AND THE ASSESSMENT TEAM

Follow-up

The follow up sessions were held on 18 & 21 Dec at Lilavati hospital. During follow up detailed discussion took place regarding the assessment of various tests performed during the 8th Dec programme and further advice was given to patients depending on the results of the various assessments.



TEAM INVOLVED IN FOLLOWUP

Report by:

Dr. Sanchita D. Sarang – Chief executive & Researcher, SBF

Ms Arshiya Kadri- Executive, SBF