C. Family Planning Services -

- Name : 

- Place : PHC/Sub-Centre / Govt. hospital / Private

- By whom : Anganwadi / A.N.M./Doctor

- Side effects & complications : 
### Individual Schedule

1. **a) Father's name**
   - illiterate/primary/middle & above.

2. **b) Educational status**
   - illiterate/primary/middle & above.

3. **c) Occupation**

4. **Mother's name**

5. **b) Educational status**
   - illiterate/primary/middle & above.

6. **c) Occupation**

7. **Name of the child**

8. **Date of birth**

9. **Age and sex**

10. **Birth order**
    - I / II / III / IV / V

11. **Antenatal care availed**
    - Yes / No

   **If yes, by whom**
    - Anganwadi/A.N.M./Doctor

12. **Place of delivery**
    - Home / Hospital

13. **Birth attendant**
    - Trained / Untrained

14. **Feeding History**

    a) **Total duration of breast feeding**
    - months

    b) **Age at weaning**
    - months

    c) **Items of food introduced at weaning**
    - Milk/Cereals/Pulses/Egg/Meat/Vegetable / Others.

15. **Mile stones of development (age in months)**

    a) **Head holding**

    b) **Sitting**

    c) **Teething**

    d) **Crawling**
e) Standing  

f) Walking  

g) Talking  

12. Immunization:

a) B.C.G.  

b) D.P.T.  

  : I / II / III / Booster  

c) Polio  

  : I / II / III / Booster  

d) Measles  

13. Type of medical care availed:

  - Government agencies  

  - Private Practitioner (Allopathic/Homeopathic/

    Ayurvedic/Quacks/Others)  

14. Type of supplementary nutrition given:

a) Vit. A supplementation  

  : Yes/No; If yes how frequently:  

b) Iron & Folic acid  

  : Yes/No; If yes how frequently:  

c) Supplementary food  

  : Yes/No; If yes how frequently:  

15. Periodical Medical check-up: Yes/No, If yes how frequently:  

16. Personal hygiene:

a) Washing of hands after toilet  

  : With soap/With clay/With water/No  

b) Mouth/Teeth cleaning  

  : Daily / Irregular / Rare  

c) Bathing  

  : Daily / Irregular / Rare  

d) Hairs  

  : Dirty / Clean  

e) Nails  

  : Cut  

    Not cut - Dirty / Clean  

17. History of present illness: Present complaints if any:
18. Clinical Examination -
   a) General Examination - Positive finding:
   b) Systemic Examination - Positive finding:
   c) Diagnosis - if any:

19. Anthropometric measurements -
   a) Height (cms.):
   b) Weight (kgs.):
   c) Malnutrition: I / II / III / IV / N

20. Laboratory Investigations -
   a) Haemoglobin .......... Gm. percent
   b) Stool - Negative/ Ascariasis / Ankylostomiasis / Giardiasis / Amoebiasis / Stranguloids.

21. Field notes if any:
KEY TO THE SCHEDULES A & B

1. **Head of Family**: Head of the family was considered as one who was recognised by all members of the family, as their head (Ramadwar, 1960).

2. **Family**: It is a group of biologically related individuals living together and eating from a common kitchen (Park, 1971).

3. **Nature of Family**:
   - **Nuclear**: Family consisting of husband, wife and their children.
   - **Joint**: Family consisting of inlaws and other blood relations in additions to husband, wife and children.

4. **Educational Status**:
   - **Illiterate**: Those who can not read and write
   - **Primary**: Those having formal education upto standard V.
   - **Middle & above**: Those who received school education up to standard VIII and above.

5. **Income**: This has been considered as the monthly earnings from periodical profits or revenue from one's business, lands, service or other sources, whereas total family income was the monthly income of all the family members from all sources.
6. **Environment Surrounding the House**: If the locality surrounding the house was congested with dumps, refuse, cesspools and presence of house flies and mosquitoes in large numbers, it was grouped as unhygienic, other locality, if any were called hygienic.

7. **Over-crowding**: A house was classified as over-crowded if occupancy per room exceeded the following standards:

<table>
<thead>
<tr>
<th>Number of rooms</th>
<th>Maximum number of persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Two</td>
</tr>
<tr>
<td>Two</td>
<td>Three</td>
</tr>
<tr>
<td>Three</td>
<td>Five</td>
</tr>
<tr>
<td>Four</td>
<td>Seven and a half</td>
</tr>
<tr>
<td>Five or more</td>
<td>Ten persons (addition two for each further room)</td>
</tr>
</tbody>
</table>

(A baby under 12 months is not counted and children 1 to 10 years counted as half unit).

8. **Ventilation**: If the main living room of the house had a door and window facing each other, window opening into open area and total area of doors and window not less than one-fifth of the floor area, the ventilation was recorded as adequate, otherwise inadequate.

9. **Excreta Disposal**: If it was a water seal (P.R.A.I. type) latrine, it was noted as sanitary, otherwise insanitary.
10. **Weaning**: It is a process of change of an infant diet from mother's milk/milk to semi-solid or solid foods, age of weaning is recorded as the age when semi-solid or solid food is regularly given to the child.

11. **Grading of Protein Energy Malnutrition**: Protein Energy Malnutrition has been graded in four categories as recommended by Indian Academy of Paediatrics (1972).

Normal - upto 80.0 percent of 50th percentile of Harvard standards.

1st degree - 71 - 80 percent of 50th percentile of Harvard standards.

2nd degree - 61 - 70 percent of 50th percentile of Harvard standards.

3rd degree - 51-60 percent of 50th percentile of Harvard standards.

4th degree - < 50 percent of 50th percentile of Harvard standards.

(Source - Nutrition Sub-Committee of Indian Academy of Paediatrics - Report of Convenor - Indian Paediatrics, 9: 360; 1972).

12. **Personal Hygiene**: Level of personal hygiene has been assessed by following scoring method: Maximum marks: 10

(a) Washing of hands after toilet: 2
   with soap - 2, with clay - 1, with water - 1, None - 0.

(b) Mouth/Teeth cleaning: 2.
   Daily - 2, Irregular - 1, No - 0.
(c) Bathing : 2,
    Daily - 2, Irregular - 1, Rare - 0.

(d) Hair : 2,
    Clean - 2, Dirty - 0.

(e) Nails : 2,
    Cut - 1, Not cut - 0,
    Clean - 1, Dirty - 0.

<table>
<thead>
<tr>
<th>Status</th>
<th>Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>8 - 10</td>
</tr>
<tr>
<td>Fair</td>
<td>5 - 7</td>
</tr>
<tr>
<td>Poor</td>
<td>Less than 5</td>
</tr>
</tbody>
</table>

****

--------