

Symbiosis-CRF Respiratory Health Study

From June, 2008, the annual health checkup of all students of the two Symbiosis schools, conducted by the Symbiosis Centre of Health Care (SCHC) will have an additional respiratory health test. This is to be a part of a long-term study to be conducted in collaboration with Chest Research Foundation of Pune, a leading research organisation in respiratory diseases.

Given the changes in the environment we all live in, respiratory diseases have been on the rise. The checkup will provide an accurate health profile of every child in order to help parents take the correct course of action, if necessary, well in time. The checkup has two parts. Parents have to fill up a questionnaire to furnish information about the respiratory health of the child. The second part involves simple air flow rate tests.

The tests simply involve blowing into and breathing in through a hollow tube to measure the condition of the lungs. The objective of this exercise is to measure peak expiratory flow rate (PEFR) and the peak inspiratory flow rate (PIFR).

We will not be charging for this test, which is only expected to add a few minutes to the time the normal health checkup takes. The child will not be given any medicine or any other substance as part of this test.

Says Dr Sundeep Salvi, Director of CRF: “Symbiosis is among the few educational institutions which takes the health of its students seriously right from the nursery level. With SCHC doing a wonderful job of a thorough health checkup year after year, we have readymade platform for a comprehensive respiratory health study. This study will be rare in terms of its sweep, the number of children involved and the study duration. I am sure the study will yield results that will immensely benefit respiratory medicine in our country.”

Adds Dr Rajiv Yeravdekar, Dean of Symbiosis Institute of Health Sciences (SIHS):

“SCHC has been doing a continuous research by way of monitoring the health status of our students through periodic health check-ups every year by different specialists for the past ten years.

The records of these check-ups are also being analyzed regularly and through these procedures SCHC is doing on-going research activities.

As a continuation of above activity SCHC in collaboration with CRF has embarked on checking the respiratory status of students by doing simple pulmonary function tests.

These tests are being done by experts and they are non-interventional and completely safe. The student has no risk what-so-ever to his/her health. However a very useful information regarding respiratory status of children at different yearly growth levels and development of their lungs will be collected which will have immense research potentials from national perspective. No extra cost or effort will be needed from the students other than their voluntary co-operation by participation in above research project. I, therefore , request students and parents to wholeheartedly participate in above research activities and oblige.”

Individual intimation letters have been sent to parents along with questionnaires. Parents may view and print the consent form and the questionnaire here.

[Information about the study \(PIL to be displayed on clicking this hyperlink\)](#)

[Consent form \(hyperlink\)](#)

[Questionnaire \(hyperlink\)](#)

[Visit CRF website \(hyperlink\)](#)