



Comprehensive Report on

World Cancer Day – Patient Counselling Programme

Organized by: Pharm D 4th Year & PB 1st Year Students

Date: 18th February 2026

Venue: SNVPMV Campus

Introduction

On the occasion of **World Cancer Day (February 4th)**, the students of **Pharm D 4th Year and PB 1st Year** organized a comprehensive Patient Counselling Programme aimed at promoting awareness, preventive healthcare, lifestyle modification, and disease management strategies. The programme focused on holistic patient education covering women's health, chronic diseases, mental health, smoking cessation, and cancer-specific nutritional counselling.

The initiative was conducted under faculty supervision to enhance patient awareness and strengthen students' clinical communication skills.

Objectives of the Programme

- To create awareness about cancer prevention and supportive care
- To provide patient counselling on common health conditions
- To demonstrate proper usage of medical devices
- To promote disease-specific nutrition and lifestyle modification
- To improve medication adherence through structured counselling

Counselling Sessions Conducted

The programme was organized in different counselling stations where students educated patients through interactive explanations and live demonstrations.

1. Women's Health & Glucometer Demonstration

Patients were counselled on **Menstrual Disorders**, including causes, symptoms, red-flag signs, and management approaches. Students emphasized the importance of timely medical consultation and lifestyle modifications.

A practical **Glucometer Demonstration** was conducted to teach correct blood glucose monitoring techniques, including strip placement, finger-pricking procedure, hygiene measures, and interpretation of results.

2. Smoking Cessation & Nasal Spray Technique



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A dedicated session addressed **smoking cessation counselling**, highlighting the strong association between tobacco use and cancer risk. Patients were educated on withdrawal symptoms, behavioral therapy, and strategies for quitting smoking.

Students also demonstrated the **correct nasal spray administration technique**, explaining positioning, dosage accuracy, and safety precautions.

3. Menopause Management & ORS Preparation

Counselling on **Menopause Management** covered hormonal changes, symptom management, calcium intake, exercise, and bone health.

A live **ORS Preparation Demonstration** was conducted, explaining proper mixing ratio, storage conditions, and importance in preventing dehydration.

4. Oral Contraceptives & Insulin Injection Technique

Students provided structured counselling on **Oral Contraceptives**, explaining:

- Proper daily intake
- Management of missed pills
- Possible side effects
- Precautions and contraindications

A demonstration of **Insulin Injection Technique** was also conducted, covering injection site selection, site rotation, needle handling, storage of insulin, and safe disposal practices.

5. Mental Health Counselling

A special session focused on **Depression and Anxiety Management**, where patients were educated about symptom recognition, medication adherence, stress reduction techniques, and importance of seeking professional help.

6. Disease-Specific Nutrition Counselling

Students provided comprehensive dietary counselling on:

- Diet in **Hypothyroidism and Hyperthyroidism**
- Diet in **Hypotension and hypertension.**
- Nutrition during **Chemotherapy in Cancer Patients**
- Diet for **Immunocompromised Patients**
- Importance of balanced nutrition during recovery
- **BMI Calculation and Interpretation**



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Special emphasis was placed on cancer nutrition, highlighting small frequent meals, high-protein intake, infection prevention, and managing chemotherapy-induced nausea.

Demonstrations Conducted

- Glucometer Use
- Nasal Spray Technique
- ORS Preparation
- Insulin Injection Technique
- BMI Assessment

These demonstrations improved patient confidence and understanding in managing health conditions at home.

Outcomes of the Programme

The programme enhanced patient awareness regarding preventive healthcare and medication management. Patients gained practical knowledge about disease management, device usage, and nutrition planning. Students improved their clinical communication skills, patient interaction abilities, and practical demonstration techniques.

Impact of the Programme

The initiative created a positive impact by empowering patients with essential health information and promoting early detection and prevention strategies, especially in relation to cancer risk factors. The programme also strengthened interdisciplinary participation between Pharm D and PB students, fostering teamwork and community engagement.

Participation Statistics

The World Cancer Day Patient Counselling Programme witnessed active participation from approximately **65 individuals**, including patients, caregivers, faculty members, and students. The counselling sessions were conducted in an organized and systematic manner, ensuring that each participant received individualized attention and clear guidance.

Students from **Pharm D 4th Year and PB 1st Year** actively contributed to counselling, demonstrations, and patient interaction under faculty supervision. The interactive format of the programme enabled meaningful engagement and effective knowledge dissemination among attendees.

Conclusion

The World Cancer Day Patient Counselling Programme conducted by Pharm D 4th Year and PB 1st Year students was a meaningful and impactful healthcare initiative. It successfully raised awareness about cancer prevention, chronic disease management, women's health, mental well-being, and nutrition.



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The institution appreciates the cooperation, active participation, and dedication of all students, faculty members, and patients who contributed to the success of this outreach programme.





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