



**Daffodil**  
*International*  
**University**

**AN INTERNSHIP REPORT ON " EVALUATION OF THE  
NUTRITIONAL STATUS OF NEWBORNS, YOUNG CHILDREN, AND  
ADOLESCENTS "**

**Submitted by**

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**NOVEMBER 2023**

## **CERTIFICATE OF APPROVAL**

I am pleased to certify that the internship conducted by Sadnan Hossain, a student of the Department of Nutrition and Food Engineering with student ID 192-34-943, at MFSTC has been granted sanction for its presentation and defense examination. With pleasure, I certify that the study's data and findings are authentic creations of Sadnan Hossain. It is strongly recommended that the report be taken into account for potential viva voce examination defense and discussion, as well as to generate additional academic recommendations.

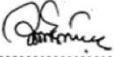
Sadnan Hossain possesses an exceptionally delightful personality and a firm moral compass. Collaborating with him has proven to be an exceptionally pleasant endeavor. I extend my heartfelt best wishes for his continued success and prosperity in every facet of his existence.

.....

Dr. Nizam Uddin  
Associate Professor and Head  
Department of Nutrition and Food Engineering  
Daffodil International University

## INTERNSHIP APPROVAL

This document functions as an authoritative certification attesting to Sadnan Hossain's identity; his Student ID number is 192-34-943 with Nutrition and Food Engineering B.Sc. program is a department within the Faculty of Allied Health Sciences at Daffodil International University. By diligently finishing a 30-day internship work report at the Mohammadpur Fertility Service and Training Centre (MFSTC) in Mohammadpur, Dhaka, Bangladesh, under my direct supervision, the individual has satisfactorily met the requirements of the program.

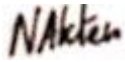
  
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মোহাম্মদপুর, ঢাকা-১২০৭

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U.H.M Shahnaz Farid  
Senior Nutritionist  
MFSTC Hospital

## DECLARATION

I hereby declare that, "Nutritional assessment of infant, young children and adolescents "this project has been done under the supervision of Nasima Akter Mukta, Assistant Professor, Department of NFE, Daffodil International University. I also declare that neither this project nor any part of this Intern has been submitted elsewhere for award of any degree or diploma.

### Supervised by:



.....  
Nasima Akter Mukta  
Assistant Professor  
Department of Nutrition and Food Engineering  
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## ACKNOWLEDGEMENT

First, we express our heartiest thanks and gratefulness to almighty God for His divine blessing makes us possible to complete the final year project successfully.

We really grateful and wish our profound our indebtedness to Nasima Akter Mukta, Assistant Professor, Department of NFE, Daffodil International University. Deep Knowledge & keen interest of our supervisor in the field of research to carry out this project. Her endless patience, scholarly guidance, continual encouragement, constant and energetic supervision, constructive criticism, valuable advice, reading many inferior drafts and correcting them at all stage have made it possible to complete this project.

We would like to express our heartiest gratitude to Akibul Islam Chowdhury, Lecturer, Department of NFE for his kind help to finish our project and also to other faculty member and the staff of NFE department of Daffodil International University. We would also like to extend deepest gratitude and utmost regard to Dr. Nizam Uddin, the Department Head, Department of NFE, Daffodil International University.

Therefore, we must duly recognize and appreciate our parents' unwavering patience and support. Additionally, I wish to express my gratitude towards the Nutrition Unit located at the MFSTC facility. I wish to extend my sincere appreciation to Shahnaz Farid, a Senior Nutritionist employed at MFSTC Hospital, for her indispensable assistance and support throughout the duration of my internship at MFSTC Hospital.

## **Internship Outline**

This internship project provides a comprehensive overview of the nutritional assessment conducted at the Mohammadpur Fertility Service and Training Centre for infants, young children, and adolescents. The objective of the evaluation was to evaluate the dietary habits of these specific age cohorts, identify potential issues, and provide optimal strategies to support their growth and development. The introductory portion of the study discusses the Mohammadpur Fertility Service and Training Centre and its significance in addressing nutritional issues in babies, young children, and adolescents. This underscores the need of adequate nutrition throughout these critical life stages and its influence on long-term health and overall welfare. The methodology section provides a detailed account of the procedures used to conduct the nutritional assessment research. This included conducting anthropometric measurements such as height, weight, and age, and then comparing these measurements to established growth norms and reference data. Dietary intake surveys were conducted in order to ascertain the nutritional patterns of the target group. The examination of socioeconomic variables was undertaken in order to ascertain the influence of the environment on dietary patterns. The assessment's results reveal several facets of nutritional status in newborns, young children, and adolescents. These strategies include the implementation of training programs aimed at educating individuals on appropriate nutrition and eating protocols, promotion of the intake of foods abundant in essential nutrients, and facilitation of accessibility to a diverse range of affordable and nutritious food options. The present research presents many recommendations derived from the evaluation findings, with the objective of enhancing the nutritional status of the specified population. These strategies encompass the execution of educational initiatives with the objective of enhancing caregivers' understanding of suitable nutrition and feeding practices, promoting the consumption of foods that are rich in vital nutrients, and enhancing the accessibility of affordable and diverse food options. Upon careful consideration, I choose to go on an internship within the healthcare industry, with Mohammadpur Fertility Services and Training Centre emerging as a prominent contender among my favored options. This establishment offers comprehensive training programs and delivers exceptional service of superior quality. During the course of my visit, I saw quite favorable results. We have been provided with very impactful instruction, leading to substantial chances for the acquisition of information. The decision to choose Mohammadpur Fertility Service and Training Centre demonstrated sound judgment. The personnel engaged at this institution exhibit a notable degree of honesty and professionalism.

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# CHAPTER 1

## INTRODUCTION

### 1.1 Internship

A starting point refers to a professional opportunity that offers an assistant valuable practical exposure to business practices directly relevant to their field of study or chosen profession. An entry-level position provides students with the opportunity to gain insights into a particular profession, enhance their proficiency within it, and acquire novel competencies. This opportunity affords the organization the ability to introduce novel ideas and invigorate the work environment, foster skill development, and maybe establish a trajectory for prospective permanent staff members.

A casual job refers to a temporary employment arrangement whereby individuals, referred to as assistants, have the chance to work at a firm for a certain duration. The majority of substitute teachers often consist of individuals who are either currently enrolled as students or have just completed their academic studies. The typical duration of casual employment is from one to three months. Temporary employment often requires less effort when it coincides with the academic year, and conversely, demands full-time commitment during periods of academic recess. In return for one's labor, a casual employment opportunity should impart valuable skills, provide exposure to a professional work environment, and enhance one's knowledge of the respective field. A transitory employment opportunity might be remunerated or undertaken intentionally. There is a discernible shift, which is justified, towards a regression in the prevalence of temporary employment that is intentionally undertaken, since such practices are often seen immoral. Typically, a significant amount of focus is directed into entry-level positions that provide favorable compensation.

Temporary employment sometimes entails supervisors assigning minimal workloads, and occasionally even requesting unpaid labor, often including menial office tasks such as printing, record-keeping, basic computer operations, or report authoring. Numerous organizations often deploy interns for a short-term duration, often spanning a few weeks or months, to provide assistance in executing significant projects or events. Business enterprises often use part-time or temporary positions as a means of communicating their intentions about potential employment opportunities for students upon graduation. Research findings indicate that a substantial proportion, around 50%, of alumni employers recruit no less than 20% of their previous students for participation in training initiatives. It is quite probable that individuals who have

completed their college education will choose to rejoin the organization that first employed them as interns, in order to engage in full-time employment subsequent to their university studies.

## **1.2 Goals and Purposes of internship**

Providing students with comprehensive training is crucial in facilitating their transition from graduate students to professional therapists. The researcher-professional model is used, whereby the utilization of academic and research writing is emphasized for the purpose of instructing case modeling. This approach aims to integrate evidence-based treatment writing with treatment planning and intervention. The phenomenon of temporary employment and its associated expansion may be analyzed within the framework of learning. Our organization assists students in their journey of professional development, encouraging them to reflect on their own use of skills and continuously improve their ability to collaborate with others from diverse backgrounds. There are three important goals for a job at the entry level:

- Provide individuals with the opportunity to engage in practical exercises and assessments aimed at honing their abilities in leadership, evaluation, emergency intervention, communication, collaboration, and organizational management.
- The user's text lacks sufficient information to be rewritten in an academic manner. Establish an inclusive and secure setting that facilitates individuals in acquiring the skills necessary for effectively collaborating with others from diverse backgrounds and effectively managing interpersonal differences. It is important to provide individuals opportunities to acquire experiential knowledge in order to effectively apply their theoretical understanding while collaborating with diverse cohorts.
- Provide individuals with a professional work environment that fosters growth and development of their professional attributes and competencies.

## **1.3 Importance of internship**

- Practical experience serves as a crucial intermediary between theoretical knowledge and its application in real-world contexts. Furthermore, it facilitates the enhancement of individuals' technical proficiencies, oral communication abilities, and collaborative aptitudes.

- The user's text lacks sufficient information to be rewritten in an academic manner. Provides an authentic and firsthand perspective on the operational dynamics inside a professional setting.
- Establishing social connections and fostering relationships with those residing in one's local community.
- Including relevant talents on your curriculum vitae might enhance your prospects of securing employment.
- The use of employment trials assists individuals in validating their career choices via firsthand experience.
- In the educational setting, there exist a multitude of instructors who provide guidance and a plethora of occasions for acquiring knowledge on a continuous basis.
- This facilitates a deeper understanding of a company's culture and values.
- This response provides potential illustrations for prospective job applications.
- Develops self-assurance and adaptability within a professional environment.

## 1.4 Background of Nutrition and Food Engineering department

Bangladesh has the distinction of being the most densely populated nation globally, with a staggering population of 169.4 million people within a geographical area of 147,570 square kilometers. Bangladesh has gained significant recognition for its notable achievement of maintaining a consistent economic growth rate of 6 percent over the course of the previous decade, accompanied by substantial advancements in human development. Agriculture and fishing are crucial sectors of the economy, serving as primary sources of employment for a significant portion of the population. The pollution of land, water bodies, marshes, and forests has become a significant concern for the agricultural sector due to factors such as population increase, urbanization, and the use of soil and natural resources. Despite encountering several challenges, Bangladesh successfully achieved Millennium Development Goal (MDG) 1, which aimed to reduce poverty by 50% by the year 2015. According to the General Economics Division (GED), there was a decrease in the percentage of individuals requiring assistance from 57% in 1991 to 32% in 2010. Bangladesh has witnessed significant advancements in various domains, including increased enrollment in elementary education, enhanced sexual orientation equality in primary and secondary schooling, improved immunization rates, increased vaccination coverage, reduced incidence of communicable diseases, and decreased child and maternal mortality rates. This achievement may be ascribed, to some extent, to effective policies and initiatives aimed at advancing universal education and facilitating accessibility and use of health services for women and children. However, significant challenges persist, such as the prevalence of food insecurity affecting approximately 40 million individuals who lack certainty regarding their next meal. Additionally, disparities in sexual orientation manifest in limited access to healthcare, restricted control over family assets such as food, limited business prospects, and lower wages for women. Furthermore, the region is frequently afflicted by natural disasters, including floods and powerful winds.

Despite improvements in the economy and a reduction in poverty rates, around 35% of the population in Bangladesh remains uncertain about the source of their next meal. Approximately 10% of women who had previously entered into matrimony are categorized as experiencing a certain degree of uncertainty over their food consumption. The adverse consequences included by the phenomenon include the depletion of arable land, the escalation of sea levels, and the occurrence of inundations.

Furthermore, the exacerbation of challenges to food security is attributable, in part, to the erratic weather

patterns that are influenced by environmental change. Insufficient dietary diversity exacerbates the problem of undernutrition. As an instance, it is observed that around 70% of the dietary intake comprises grains, while there exists a deficiency in the consumption of enough protein and essential micronutrients by individuals. Inadequate hygiene practices and suboptimal cleaning habits have been identified as factors that might contribute to the occurrence of diarrhoea and other illnesses, which provide significant challenges in terms of prevention. Moreover, these conditions can also impede children's ability to consume an adequate amount of food. The suboptimal health conditions experienced by women and young children may be attributed, in part, to the inadequate representation of males in key leadership roles pertaining to the establishment and management of familial units. The prevalence of inadequate maternal nutrition, particularly among young women in Bangladesh, plays a significant role in perpetuating a cycle of hunger and dependency that may persist beyond several generations. The condition of paleness has been shown to negatively affect around 50% of pregnant women and 40% of non-pregnant, non-lactating women. A significant proportion of non-pregnant, non-lactating women, namely 57% and 22% respectively, have inadequate zinc and B12 intake. Moreover, it is worth noting that a significant proportion of women, namely 19%, falling within the age range of 15 to 49, exhibit a condition of being underweight, as indicated by a body mass index (BMI) of 18.5 or less. A study found that 31% of adolescent females aged 15-19 have a low body mass index, indicating a state of being underweight. Despite the persistent issue of starvation in Bangladesh, there has been a noticeable emergence of overweight and weight gain concerns, as shown by the fact that 24 percent of women in the country are classified as overweight or obese<sup>2</sup>. Since the year 2000, there has been a persistent and notable prevalence of young women who have experienced early motherhood, with over 50% of them giving birth before reaching the age of 19. The prevalence of underweight among the youth population and the increased incidence of pre-adult pregnancy are concurrent societal concerns.

There are disturbing patterns emerging. The occurrence of pregnancy before to attaining the age of 18 has been shown to exhibit a positive correlation with a 50% elevation in the likelihood of stillbirths and infant mortalities. Additionally, such pregnancies are associated with an augmented risk of low birth weight, which is particularly prevalent in Bangladesh at a rate of 23%. Other potential adverse outcomes include premature delivery, asphyxia, and maternal mortality. Moreover, it has been shown that the likelihood of experiencing stunting is 36% greater for the first offspring of females below the age of 18 residing in South Asia. Furthermore, overall, assuming the role of a young father significantly contributes to poor health outcomes.

In the context of Bangladesh, individuals continue to have challenges in accessing an adequate supply of essential micronutrients. The implementation of the national salt iodization policy has shown efficacy in mitigating iodine shortage. A significant proportion, over 75%, of children below the age of 5 reside in households where iodized salt is adequately used. Furthermore, the middle urinary iodine fixation, which serves as an indicator for assessing iodine insufficiency, falls within the "ideal" range among children of school-age. However, the prevalence of deficits in vitamin A, zinc, B12, folate, and iron among both mothers and children remains a significant concern. A study revealed that 21 percent of preschool-aged children suffer from a shortfall in Nutrient A, while 45 percent have a zinc shortage, and 51 percent are affected by iron insufficiency.

During the month of August in 2017, a significant influx of Rohingya refugees originating from Myanmar sought safety in Cox's Bazar, a region located in Bangladesh. With a population over 600,000 individuals, this is the most substantial assemblage of refugees globally. Approximately 80% of this population exhibits vulnerability to food insecurity, hence necessitating urgent and comprehensive assistance in order to alleviate their plight. The current situation is exerting fatigue on a socioeconomically disadvantaged population, which is already grappling with poverty and food insecurity. This exacerbates the issue of food security in the region. In October 2017, a comprehensive examination of the nutritional status inside the refugee camps revealed that a notable proportion, ranging from 14% to 24%, of children aged 6 to 59 months were afflicted by severe malnutrition. This prevalence exceeded the crisis threshold of 15% established by the World Health Organization (WHO) in two out of the three designated safe zones.

### **1.5 Goals and Purposes of Nutrition and Food Engineering department**

The objective is to significantly impact the dietary habits of individuals, particularly vulnerable populations such as the elderly, therefore enhancing their overall well-being and contributing to societal advancement.

The objectives are to enhance the output and accessibility of both essential and non-essential nutritious food items, minimize losses occurring after harvest, and advance technology for preserving and distributing food in both domestic and industrial settings.

The primary objective is to maximize the availability of food for domestic consumption under normal circumstances, as well as during times of calamities, and to facilitate its export whenever feasible.

In order to enhance the overall well-being and dietary status of individuals, particularly children, women (including adolescent girls, pregnant women, and lactating mothers), and the elderly population, efforts are being made to promote better health and nutrition.

This study aims to examine the significance of the family unit in addressing the many needs of children and vulnerable populations, such as the elderly. Additionally, it seeks to enhance the family unit's role as a fundamental component of society.

In order to provide access to potable water, it is essential to effectively manage waste disposal, enhance individual and collective hygiene practices, and promote overall cleanliness and well-being.

The primary objective is to provide educational resources on proper nutrition to individuals, with a particular focus on women and children, using both formal and informal means. • An additional aim is to promote and expand income-generating initiatives that alleviate poverty, with a specific emphasis on women living in rural areas.

## **1.6 Area of application**

When considering our academic pursuits in the field of management, there are three interconnected domains in which we might use our expertise.

- The nutritionist contemplated attending a seminar on the significance of dietary choices, as well as another session focused on the subject of food in general. Similarly, we have scope in this context.
- The focus of our discussion is adolescent counseling, specifically centered on the developmental processes and experiences of young individuals as they transition into adulthood. I attended many seminars focused on kid development, character enhancement, and advisory practices.

## **1.7 Prospects within Bangladesh**

Bangladesh is a country characterized by a high population density. Based on official government data, it has been reported that a total of 32 children with special needs were born in this locality around one year ago. The domain of maternal and child healthcare has significant importance within our nation.

Our first employment opportunity included many areas, including Nutrition, Adolescent Guidance and Breastfeeding, Infertility, Service Corner, and Social Welfare. These locations are considered to be the primary adversaries of Bangladesh. Despite the significant increase in the number of children, there remains a notable absence of anything. The current situation encompasses several aspects that are detrimental to well-being, such as the endorsement of alcohol use and challenges pertaining to child development, among other concerns. Currently, the aforementioned regions in Bangladesh exhibit a significant prevalence of accessible entry points.

### **1.8 History of the Report**

The internship serves as the culminating component of a student's academic trajectory. For students enrolled in the Department of Nutrition and Food Engineering, it is essential to do internships in hospital or industrial settings in order to acquire practical expertise. A significant disparity persists between the knowledge individuals acquire in educational institutions and the practical application thereof within the realm of health and nutrition. Internships may serve as a valuable means of compensating for significant gaps in students' knowledge, as they provide them the opportunity to get insights into the prevailing work practices and trends within their respective fields.

This article was produced in fulfillment of the requirements of the Bachelor of Science in Nutrition and Food Engineering Program. The focus of my research was conducted at the Mohammadpur Fertility Services & Training Centre. Due to this rationale, I have diligently observed the operational mechanisms of their regulations and counseling approaches.



## **1.9 Objectives Of the report**

- Meeting the requirements of the Bachelor of Science in Nutrition and Food Engineering Program.
- Investigate the connections between the theoretical and practical aspects of the information.
- A solid comprehension of how the contemporary medical system operates.
- Outstanding opportunity to choose a vocation for the future

## **CHAPTER 2**

### **COMPONENT of the ORGANIZATION**

#### **2.1 Introduction**

The establishment in question was established as a center for Family Planning Services, Training, and Research, similar to that of a Family Planning Referral Hospital. Gradually, it started to assist the maternal figure in the supervision and care of children who are under the age of ten.

The continued efforts of MFSTC have led to a gradual expansion of its services, particularly in the realm of social protection, targeting those experiencing poverty and those with ambitious aspirations. The objective of the amendment is to provide reproductive assistance to couples experiencing infertility, irrespective of the need for such treatments.

This training center serves as a resource for providing both foundational and ongoing training to healthcare and family planning professionals operating at various tiers.

Various empirical studies and literature reviews explore several strategies for identifying and assessing individuals' assets, as well as monitoring the health and well-being of both mothers and children. These investigations delve into areas such as overall physical condition, vulnerability, severity of illness, mortality rates, and related factors.

#### **2.2 Historical background of MFSTC**



The Mohammadpur Fertility Services and Training Centre (MFSTC), situated on Aurangzeb Road in Mohammadpur Dhaka, was created in 1974 as a specialized initiative. It received financial support from the "Pathfinder Fund" to provide comprehensive family planning services in a centralized manner. Therefore, the establishment of this hospital was initiated by the government led by Bangabandhu Sheikh Mujibur Rahman, the founding father of the nation.

This establishment marked the inception of the first nature center in Bangladesh. On July 1st, 1999, in accordance with a government decision made during the first term of Prime Minister Sheikh Hasina, the Ministry of Food and Disaster Management (MFSTC) was moved to the revenue budget. This facility serves as the pioneering institution in Bangladesh where magnetic resonance (MR) services were first introduced, developed, and reached a state of maturity. The center attracts a significant proportion of its annual clientele from the lower and medium income brackets, comprising 80% of its total visitors. This statistic serves as evidence of the center's popularity and effectiveness, which can be attributed to its provision of high-quality counseling services, meticulous record keeping, and diligent follow-up support for its clients. In response to the significant demand and necessity within the region, Prime Minister Sheikh Hasina, during her second term, made the decision to enhance the existing MFSTC to a 100-bed Mother and Child Health Hospital. Commencing on October 10th, 2010, the hospital began offering round-the-clock services for normal deliveries, including Caesarean sections, in addition to its preexisting services. The recently constructed hospital has a total capacity of 72 beds dedicated to Obstetric care and an additional 28 beds specifically allocated for Neo-Natal care.

In addition, there are many new services available at the facility, including Pediatric indoor care, IUI services, a 24/7 hours Blood Bank, the Social Welfare Department, Central Oxygen Ovarian Drilling, Recoanalization, KMC, and Gynecological Operation. These services are in addition to the current continuing MCH services. The establishment of this organization occurred with the purpose of serving as a referral hospital for family planning services. Over time, the organization began offering assistance to mothers and giving medical care to children under the age of five. The MFSTC is now engaged in a progressive expansion of its operations, namely via the implementation of infertility and complete reproductive health care services. The fundamental objective of growth is to provide assistance to couples experiencing infertility, regardless of whether they are classified as primary or secondary infertility cases.

This center functions as a combined service and training center, offering both basic and in-service training to Health & Family Planning personnel operating at various levels. Several studies have been conducted in the field of operational research and surveys to examine the impact of various contraceptive techniques on maternal and child health, nutritional status, poverty, morbidity, mortality, and related factors.

### **2.3 Aims and Objectives of MFSTC**

The objective is to provide a response that aligns with the objectives of the Health, Nutrition, and Family Planning departments, in order to address the requirements of consumers or patients.

In order to enhance the health and nutritional status of mothers and children, as well as to assist Bangladesh in achieving its family planning objectives.

In order to address population growth, it is recommended to enhance the contraceptive prevalence rate (CPR) via the provision and promotion of family planning services, as well as the facilitation of planned families. Additionally, efforts should be made to decrease mother and infant mortality rates by fostering inspiration, guidance, treatment, assistance, and the overall development of those seeking such services.

In order to enhance the research methodologies used by organizations in the fields of maternal and child reproductive health (MC-RH), nutrition, and birth control. Enhancing human capital by means of training in family planning and maternal and child health.

## 2.4 Aspects of MFSTC

- It is important to maintain a record of the customer's identity.
- It is not advisable to exert pressure on individuals to adopt the family organizing approach.
- It is important to consistently provide appropriate family planning methods that align with the customer's health condition.
- Provide complimentary MR service.
- Ensuring the safety of the consumer is of paramount importance.
- Supervised by an expert who is acquiring knowledge on establishing a family unit.
- The provision of permanent family planning procedures, such as abortion and tubal closure, is funded by the government. There is no further fee required. A comprehensive investigation at family planning options.
- There are several methods available for pregnant women to administer medication.
- Allocate a specified monetary sum to individuals who choose a long-term family planning strategy or commit to use contraception for a duration of either 3 or 5 years.
- Compiling a monthly report to assess the progress and status of ongoing activities.

## 2.5 Funding

From its inception until 1980, the MFSTC (Mental Health and Family Services Training Center) was the recipient of financial assistance provided by PATH INTERNATIONAL, facilitated by governmental funding. At that particular moment, the institution got support from the Population Crisis Committee. After the year 1985, the Asian Development Bank (ADB) took on the task of managing a specific project, the funds of which originated from the Swedish International Development Cooperation Agency (SIDA). The aforementioned endeavor continued until the thirtieth of March, 1989, representing a notable initiative of the governmental authority. The finance system had a significant change when it was included into the government's Annual Development Activity Project during the strategic planning period spanning from 1988 to 1989. Following this, the Health Ministry then shifted its focus towards the subject indicated before and later took control over it for a longer duration. At present, their operational function include serving as a support center for the Family Planning Department.

## 2.6 Organization and Service of MFSTC Hospital

The hospital has many departments, each of which provides distinct services to its clientele. The medical staff consistently provides effective assistance to their patients.

### 2.6.1 Family planning Services

- 1. Birth control Injection:** The aforementioned intervention involves the administration of hormonal substances, which effectively prevent conception for a duration of three months, should the individual want to do so.
- 2. Post-partum family planning:** Postpartum family planning (PPFP) refers to the provision of guidance and counseling services to women, enabling them to address their individual contraceptive requirements during the first period after childbirth. year after giving birth. Post-partum family planning helps women have as few children as possible.
- 3. Implant insertion service:** The implant service continues to use this method of birth control. The duration of its use spans three years.
- 4. Male and female sterilization:** Sterilization refers to the process of removing certain components of reproductive organs or structures. The medical procedure known as "vasectomy" refers to the process of male sterilization. The procedure works by using thermal energy to sever and obstruct the vas deferens, which are the conduits responsible for transporting sperm from the male's testes to the urethra. Tubal ligation, sometimes known as "getting your tube tied," is a surgical procedure for female sterilization. It entails the division, occlusion, and closure of the fallopian tubes, which serve as conduits for transporting eggs from the ovaries to the uterus.
- 5. (ECP) Emergency Contraceptive Pill Service:** The primary mechanism by which emergency birth control tablets exert their effects is by the inhibition of ovulation and the subsequent prevention of egg release from the uterus. The majority of these tablets use same hormonal components as conventional forms of contraception.

6. **Apparatus Distribution for Male:** The provision of condoms to males is warranted since they possess the capacity to effectively prevent pregnancy. Condom delivery programs are a kind of structural intervention aimed at facilitating the distribution of condoms to those in need. This technique effectively prevents the transmission of HIV.
7. **Removal of missing implant service:** a directive to discontinue the provision of lost implant services. This service employs the use of Sonography to facilitate the extraction of tender extremities.
8. **(IUD) Intra Uterine Device Service:** The two categories of intrauterine devices (IUDs) are the copper IUD and the hormonal IUD.
9. **(IUCD) Hysteroscopy Guided Removal of Missing Service:** The use of an intrauterine device (IUD) is a contraceptive approach. The contraceptive device in question is a compact, often T-shaped apparatus designed to inhibit pregnancy.

### 2.6.2 MCH Services

1. **Ante Natal Care Service (ANC):** This implies that it is recommended for a pregnant woman to get a trimester-based medical examination every three months. This may be classified as a kind of preventative healthcare. Antenatal care services aim to mitigate health complications and promote beneficial behaviors for the well-being of both the expectant woman and the fetus.
2. **Caesarean Section (CS) delivery service including:** The Caesarean Section (CS) delivery service comprises the surgical operation commonly known as caesarean section, usually referred to as C section. This tool functions as a healthcare equipment that caters to the needs of both maternity and newborn care, while also being useful for healthcare professionals. The healthcare institution endeavors to provide a semblance of normality throughout the birthing process. However, it is important to note that moms who exhibit low body weight are at risk,

and women experiencing issues are advised to refer to the following section.

- 3. Post Natal Care Service (PNC):** The woman and her baby get attentive care throughout the first six weeks after childbirth. A comprehensive approach, with considerations of hormone levels and uterine size, is required to restore the woman to a non-pregnant condition. Postnatal care encompasses a systematic examination of the methods used to provide care for both the mother and the newborn.
- 4. Service of Distribution of vitamin A capsule:** The provision of vitamin A capsules as a preventive measure against vitamin A deficiency. It is crucial to prioritize the provision of child health services to infants aged 4 to 6 months in order to promote optimal well-being. Additionally, it is recommended to provide vitamin-A capsules or tablets to mothers as part of their healthcare regimen, ensuring adherence to standardized health service protocols.
- 5. Children under 5 years:** Children within the age range of 2 months to 5 years should be taken to a medical professional in the event of particular health concerns or the manifestation of symptoms such as asthma, diarrhea, malaria, hunger, and similar indicators.
- 6. Adolescent Reproductive Health Care:** The Adolescent Reproductive Health Care program is a comprehensive initiative that addresses the holistic well-being of individuals, including their physical, mental, and social dimensions. Provide this service and provide nutritional guidance to individuals between the age range of 10 to 15 years old.
- 7. Indoor service of pediatrics care:** The field of pediatrics encompasses a comprehensive range of research pertaining to hospital and infant care, serving as a valuable resource for child health care professionals and doctors seeking current information.
- 8. MR & Post Abortion:** Menstrual regulation (MR) is a medical procedure performed in cases when a woman's menstrual cycle ceases due to underlying health conditions or septicemia. The provision of MR services primarily involves the administration of control measures and the dissemination of general guidance pertaining to family planning.



- 9. Immunization including hepatitis-B vaccine:** The administration of the hepatitis-B vaccination is advised for adults, females, and children living with individuals diagnosed with diabetes, as well as those who face an elevated risk of infection due to their lifestyle choices or country of origin.
  
- 10. Nutrition advice service of pregnant mother & malnourished children:** A significant proportion of those experiencing poverty have inadequate access to sufficient quantities of food and essential nutrients. The insufficiency of food resources might be attributed to a lack of financial means. This is the underlying cause for their struggles with food insufficiency, prompting them to provide practical dietary recommendations while their children provide nutritious meal suggestions via the use of food plates and informational cards.
  
- 11. Breast cancer screening:** The process of breast cancer screening involves the examination of a woman's breasts in order to detect the presence of cancerous cells prior to the manifestation of any observable symptoms.

### 2.6.3 Health Education and Counselling Services

- 1. Nutrition counseling:** Nutrition tutoring is the provision of guidance pertaining to dietary choices and portion sizes, with the aim of promoting the well-being of both the mother and the child.
  
- 2. Breast feeding counseling:** The performance has significant importance for both the mother and the infant. During the counseling session, the mother has the opportunity to discuss her challenges with breast-feeding, get a thorough assessment of her concerns, and acquire the necessary knowledge and skills to effectively breast-feed her infant.

3. **Antenatal and postnatal counseling:** Assistance is provided to expectant mothers both before to and after the delivery of their child. It is recommended to maintain frequent check-ins, ideally on a monthly basis.
4. **Adolescent health counseling:** The adolescent health counseling program provides assistance to children and women who are experiencing health issues.

#### 2.6.4 Infertility Services

- The primary aim of this research is to ascertain the predominant factors contributing to erectile dysfunction in individuals of both male and female genders, while also examining potential approaches for the management and treatment of this illness.
- In order to instill a feeling of confidence among those using long-term contraceptive methods.
- Couples who are facing infertility are offered counseling services. The primary aim of this counseling is to provide emotional support to people via coaching and motivation.
- To provide ultrasound services to patients facing infertility, including transvaginal sonography (TVS),
- The financial component of couples is assessed with little monetary commitment.
- Hormones have a pivotal function in the start of ovulation.

#### 2.6.5 Emergency Obstetric Care Services (EOC)

1. Is it crucial to provide parents and families with practical and organic advice on how to ensure proper care for a newborn infant during the first days? In order to provide the infant's thermal comfort and security.
2. Ensuring Delivery Service and Antenatal Care for Expectant Mothers. In order to provide optimal maternal health, a secure delivery process, and timely childbirth. Additionally, it is important to ensure that the delivery process is designed to prioritize the safety and well-being of women undergoing examinations.
3. Guaranteeing secure delivery: They assure the safe transportation of goods without any potential risks or complications.

4. The medical service provided by Assure demonstrates a user-friendly approach, particularly beneficial for those with limited cognitive abilities. This is achieved by the use of visually distinct packaging, using vibrant colors such as red, yellow, and blue, therefore facilitating the ease of medication administration. The healthcare facility provides emergency treatment services to provide prompt medical attention in the event of an emergency delivery or the birth of a newborn. These services are facilitated via the availability of emergency rooms dedicated to providing urgent care.

### **2.6.6 Services**

- The healthcare facility provides round-the-clock ambulance services for patients, ensuring consistent and high-quality service.
- The provision of blood for individuals who have sustained injuries is facilitated with the establishment of a blood bank.
- Central oxygen supply systems are used to provide oxygen to asthma sufferers by connecting tiny units with a high flow rate to the service.
- The pharmacy is the designated establishment where various medications for maternal and pediatric health, along with some dietary supplements, are available for purchase.
- The social welfare department is an institutional framework designed to provide assistance and support to individuals within society, with the objective of ensuring their well-being and access to quality treatment. To provide supplementary initiatives such as interventions for dietary management, lactation support, and reproductive health education, among others.
- The pathology department offers both standard pathology services and a specialized laboratory dedicated to infertility testing. This laboratory focuses on assessing hormone levels, fertility factors, cellular damage, inflammation, and other related aspects.

### **2.6.7 Training**

- One potential academic revision of the user's text may be: "Providing educational instruction to medical professionals and emergency responders on topics such as clinical contraception, management of reproductive tract infections/sexually transmitted infections and HIV/AIDS cases, reproductive health, maternal and child health, and nutrition."

- The educational curriculum includes topics such as MR (Medical Abortion), PAC (Post-Abortion Care), IUD (Intrauterine Device), NSV (No-Scalpel Vasectomy), tubectomy, implant, counseling, and strategies for infection prevention.
- practice of midwifery for a duration of six months.
- Training in counseling for health and family planning professionals.
- Students from several academic institutions, including Dhaka University, National University, and other Medical College Hospitals, get practical training in the subject of social welfare.

### **2.6.8 Training Unit**

- I. The conference room is equipped with state-of-the-art amenities and has a seating capacity of 75 people. The fertility center facilitates a unique approach whereby medical practitioners, nutrition experts, and nursing professionals convene to discuss emerging challenges and collaborative strategies.
- II. The accommodation has a single café facility, which provides reasonably priced meals of satisfactory quality.
- III. The establishment offers six training rooms equipped with state-of-the-art amenities such as multimedia capabilities, air conditioning, and sound systems. Each room is equipped with a digital projector control and can accommodate up to 60 individuals for training courses.

## **CHAPTER 3**

### **WORKING AREAS**

#### **3.1 Nutritionist Room**

The nutritionist is providing guidance to the mother and counselor on recommended dietary choices and items to be avoided. The majority of reported instances involve newborns or young children. The insufficient consumption of nutritious food among individuals may be attributed to a lack of knowledge on appropriate dietary choices during pregnancy and lactation, particularly among their respective mothers. As a consequence of these factors, children do not get an adequate amount of nutritious sustenance from their mothers. Furthermore, a subset of the infant's caregivers is unaware of the concept of restricted breastfeeding. Prior to six months, infants are often nourished with substances such as lactogen-1 and baby milk. Consequently, individuals are deprived of appropriate nourishment, resulting in suboptimal physical and cognitive development. Certain moms engage in occasional employment. Mothers of this kind have a tendency to enhance their child's dietary intake. Certain mothers may have a deficiency in certain talents. The individuals in question possess a limited understanding of the true nature of the subject matter. It is recommended to regularly monitor the weight of the youngster. Moreover, it is often advisable to provide individuals with information on their dietary intake and historical eating patterns.

### **3.2 Adolescent Counselling Room**

In this context, a counselor is informing the adolescent that the optimal age range for embarking on a certain endeavor falls within the interval of 10 to 19 years. Adolescent counseling refers to the provision of guidance and support to young individuals in order to facilitate their comprehension of emotions, actions, and cognitive processes. The approach uses distinctive techniques, such as art therapy, to access the intricate aspects of a child's psyche, while using conventional approaches, such as talk therapy, to address the more overt aspects. During this period, significant transformations have occurred in the human body. Individuals with little educational attainment possess a somewhat limited understanding of their own health. In this context, it is recommended to provide them with explicit instructions on their course of action on this occasion. During the present era, young women face considerable challenges. Many parents fail to educate their girls about the topic of menstruation. In the first month of the cycle, concerns were expressed. In this context, individuals are provided with instructions on how to do tasks with precision and guidance on dietary choices. In this context, the discussion is on the negative aspects associated with entering into matrimony at a young age. The following information is documented herein: the individual's height, weight, and dietary patterns

## CHAPTER 4 METHODS

### 4.1 Method

There are several methodologies for data collection. Presented below are many classifications of plans. I use several methods to get knowledge.

#### Method of Information Collection

- I. The observation technique is a means of acquiring data pertaining to a certain topic. By monitoring the patient's physiological condition, valuable data may be obtained. This first stage is the primary step in acquiring any pertinent data on the patient. I am able to get an impression of the emergency clinic by seeing the condition of the medical facility.
- II. The interview approach allows for the collection of a patient's background information, providing insight into their current circumstances. In order to effectively communicate with someone, it is important to establish a means of easy conversation and ascertain pertinent details about their current food status or historical dietary patterns. By adhering to these procedural guidelines, one may get precise and comprehensive data about to the individual under examination. Additionally, I engage in discussions with patients and have conversations with both nutritionists and teachers.
- III. The questionnaire approach involves the use of a survey to gather comprehensive information from individuals via a structured set of questions. I sought information on social events from the chef, the guide, and the workers at the emergency center.
- IV. The discourse approach is a technique of gathering information that involves engaging in discussion. In order to get comprehensive information on the emergency center and its capacity to assist individuals, I am required to do more research. I am required to discuss many individuals in the context of social event details.
- V. The case study approach uses contextual analysis to examine a certain term and get an evaluation

of any given circumstance, condition, or occupation. Obtaining information on social events is a significant means of acquiring knowledge. In addition, I engage in environmental study to gather data pertaining to social events.

#### **4.2 Duration of Internship**

In the majority of cases, this position is considered an introductory-level employment opportunity lasting for a duration of 30 days. I am employed in the Nutritionist room as well as the Adolescent Counselling Room. Being able to provide guidance and counsel to patients is a unique and unparalleled experience for me.

#### **4.3 Obligations in Internship**

During internship period at the Mohammadpur Fertility Services and Training Centre, there is an opportunity to engage in professional activities inside the Nutritionist room, where one may provide guidance and counsel to young people. I am required to assume responsibility for a duration of 5 hours. I consistently get information pertaining to the case. Additionally, I am required to engage in communication with newly admitted patients, providing them with necessary instructions and informing them about permissible and prohibited activities



## **CHAPTER 5**

### **CASE STUDY**

#### **5.1 Case study:**

- I. A contextual study is a commonly used method by sociologists to examine a certain subject matter.
- II. A contextual analysis is a methodological approach to research that involves examining a phenomenon within its specific environmental and situational context. It emphasizes the need of incorporating experiential knowledge in order to get a comprehensive understanding of the subject matter.
- III. Case studies use a comprehensive examination of an individual, organization, or event to ascertain the origins of fundamental concepts.
- IV. A contextual study refers to a comprehensive and focused examination of an individual, a collective, or a particular occurrence.
- V. An examination of the current circumstances Research encompasses both singular and many investigations conducted within various settings. It encompasses the use of quantitative data and draws upon diverse sources of information. Furthermore, research is enhanced by the exploration and refinement of concepts that have been previously proposed.
- VI. Case studies include in-depth investigations of individuals, groups, events, choices, periods, strategies, organizations, or other systems using at least one approach.
- VII. Contextual analysis examines individuals' cognitive processes, including their beliefs and level of knowledge. A contextual analysis is a comprehensive examination of a specific situation, focusing on its intricacies and nuances, rather than providing a mere summary of factual information. The process of narrowing down a broad field of inquiry into a focused subject facilitates effective and comprehensive investigation.

## 5.2 Advantages and Disadvantages

Every entity has both positive and negative attributes. Therefore, it has both positive and negative aspects. The following items are listed below:

### **Advantages:**

They may serve as indicators of infrequent ailments or disorders that manifest years after their public disclosure.

They possess a lower cost and reduced complexity, making them advantageous in situations when acquiring or accessing information pertaining to an opening is arduous or costly.

They serve a valuable purpose in facilitating the assembly of large gatherings of individuals in situations where subsequent contact may pose risks.

### **Disadvantages:**

The perpetuation of their motivation stems from the presence of inequitable choices.

The individuals are experiencing confusion as a result of unexpected disclosures.

The perception of transparency is contingent upon individuals' perspectives. Frequently, individuals are not given the opportunity to assume positions of authority.

## 5.3 Case Studies

### Case Study: 01

<b>Name</b>	LAHAM
<b>Weight</b>	7.5 kg
<b>Age</b>	7 months
<b>Gender</b>	Male
<b>Patient Type</b>	Pediatric
<b>ID</b>	4567-4



**Illness:** The child is experiencing symptoms of fever. He is experiencing a condition in which he is unable to consume food or perceive flavors due to the fever. Moreover, he exhibits emotional distress both diurnally and nocturnally. Before their arrival to this location, they sought guidance from another medical practitioner who suggested the use of a dietary supplement for the treatment of a common cold.

**History:** No evidence of negative past was discovered. The infant's birthweight fell within the average range. Additionally, his breastfeeding regimen adheres to typical norms.

**Nutritional Advice:** The child was advised to maintain appropriate body temperature and get enough breastfeeding. The mother was advised to refrain from consuming cold water. It is recommended to exercise caution and take additional precautions during nighttime hours. He was also sent to a doctor for further medical treatment.

## Case Study: 02

<b>Name</b>	SAIMA
<b>Weight</b>	8.1 kg
<b>Age</b>	1 Year 3 months
<b>Gender</b>	Female
<b>Patient Type</b>	Pediatric
<b>ID</b>	7561-2



**Illness:** The individual is experiencing elevated body temperature accompanied by discomfort in the ear. Common symptoms of the condition include elevated body temperature, nasal discharge, respiratory distress, and diminished appetite.

**History:** The individual in question has not had any health-related issues so far, and their immunizations are current. The individual in question has had a persistent fever for a duration of three consecutive days, with a noticeable exacerbation of symptoms seen on a daily basis. Additionally, the individual exhibits symptoms such as a persistent cough, nasal congestion, and a decreased desire to eat.

**Nutritional Advice:** Administer more fluids to the individual, including water, juice, or breastfeeding. If the individual is consuming little amounts of food, it is advisable to provide her with regular, modest-sized meals. Administering sponge baths or allowing her to immerse herself in a lukewarm bath may be effective in reducing her elevated body temperature.

### Case Study: 03

<b>Name</b>	SABIT
<b>Weight</b>	20 kg
<b>Age</b>	5 Year
<b>Gender</b>	MALE
<b>Patient Type</b>	Pediatric
<b>ID</b>	4466-3



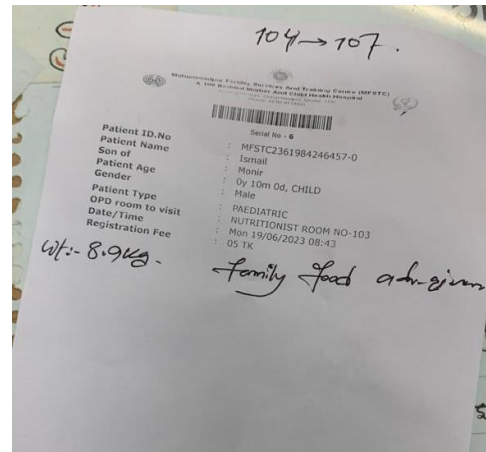
**Condition:** The individual is experiencing a severe case of diarrhea. The presence of diarrhea may result in the manifestation of loose, frequent bowel movements, sometimes accompanied by the presence of blood or mucus. Additionally, the individual may exhibit additional symptoms such as malaise, elevated body temperature, and abdominal discomfort.

**History:** The individual in question engages in the consumption of water from external sources and sometimes partakes in the consumption of unsanitary food from external sources, often neglecting to wash their hands prior to doing so.

**Suggestions:** He has been advised by the physician to maintain hydration by consuming enough amounts of water and clear soup. In addition, it is recommended that he include bland food items such as toast, bread, rice, and bananas into his diet. It is advisable to refrain from administering dairy products to the individual, as their consumption has the potential to exacerbate symptoms of diarrhea. In the event that his symptoms fail to improve within a few days or if he has additional symptoms such as fever or gastrointestinal disturbances, it is advisable for him to revisit his healthcare provider.

## Case Study: 04

<b>Name</b>	ANIK
<b>Weight</b>	8.9 kg
<b>Age</b>	10 months
<b>Gender</b>	MALE
<b>Patient Type</b>	Pediatric
<b>ID</b>	6457-0



**Illness:** The individual exhibits a lack of inclination towards nourishment. He exhibits a lack of desire to consume meals prepared at home.

**History:** The individual's mother fails to provide him with nutritious homemade meals. As part of the morning meal, she provides him with shuji, and chips and Chanachur as snack.

**Nutritional Advice:** The consumption of homemade meals, particularly when including fruits and vegetables, is recommended. By adhering to a balanced and varied diet, an individual will develop a heightened appreciation for different flavors and tastes. with sufficient hydration as well.

### Case Study: 05

<b>Name</b>	RUHUL
<b>Weight</b>	20 kg
<b>Age</b>	7 Year
<b>Gender</b>	MALE
<b>Patient Type</b>	Pediatric
<b>ID</b>	8892-6



**Illness:** The individual in question is experiencing allergic rhinitis, which has resulted in a loss of appetite. He has been ill for a duration of one week.

**History:** He has a medical background characterized by a series of allergic reactions, notably including hay fever and eczema. He has received all of the necessary vaccines and is current on his immunizations.

**Diagnosis:** The patient was diagnosed with allergic rhinitis and anorexia by a physician at the Mohammadpur Fertility and Training Center. Allergic rhinitis refers to the inflammatory swelling of nasal passages caused by environmental factors such as pollen, dust mites, or pet hair. One prevalent indication of allergic rhinitis is a diminished desire to consume food.

**Advice:** The physician recommended to use non-prescription medications and nasal sprays as a means to alleviate the symptoms associated with his allergic rhinitis. Additionally, he advised Ruhul Amin to consume frequent little meals as a means to restore his appetite. Ruhul Amin was advised by the physician to minimize his exposure to allergens

## CHAPTER 6 CONCLUSION

### 6.1 Conclusion

This document serves as a temporary work report for the Mohammadpur Fertility Services and Training Centre. Throughout my tenure in an informal position, my primary emphasis was on contemplating the collective functioning of the group. The MFSTC is widely regarded as the premier private healthcare institution in Bangladesh. It effectively promotes the well-being of both maternal and child populations. It has been observed that the primary focus of MFSTC's board should be directed towards the resolution of worker issues and the establishment of trust between employees and management. This paper provides an overview of the emergency clinic's history and operational procedures. In addition, I have expounded upon the insights gained from my brief employment experience about the company, as well as my understanding of its hierarchical framework.

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