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Results of long-term vitamin D prescription in high schools in Karaj, Iran

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Online Medicare is a method in which parts of a medical process, whether its diagnostics, monitoring or the treatment itself will be done by using online services. This system has been operated in 4 boy's high schools, and five girl's high schools. At the first step, the students registered for using the system. It was not mandatory and applicants paid a fee for their participation. They participated in estimating depression scale, anxiety scale and clinical interview by online medical care system. During this estimation, we could find the existence and severity of depression and anxiety in each one of the participants, also we could find the consequent needs of each one, such as supportive therapy in mild depression or anxiety, or need to be visited by Psychologist in moderate cases, and need to be visited by Psychiatrist in moderate to severe cases, and need to be visited by Psychiatrist and Psychologist in severe cases and need to perform medical lab examination tests. The lab examination tests were performed on persons specified by the system. The lab examinations included: serum level of vitamin D, serum level of vitamin B12, serum level of calcium, fasting blood sugar, HbA1c, thyroid function tests and CBC. All the students were solely treated by vitamins or minerals therapy and/or treatment of medical problem (such as hypothyroidism). This system has been operated in high schools during a four years period. (from April 2011 till March 2016). From Oct 2014, the ministry of education of Alborz state of Iran has been provided with 5000IU vitamin D3/Monthly to be given to every high school's student for preventing of high incidence of vitamin D3 deficiency and its morbidities. During this period, online medical care system had been operated in six high schools in above average areas of Karaj. Thus we had enough information to compare the prevalence of vitamin D deficiency (serum vitamin D level <10) and insufficiency (serum vitamin D level >10 and <30) from the beginning of operation of the project till March 2016. In total, the serum vitamin D3 levels of 180 students have been measured from Oct 2014 till April 2015 and the results were compared with the serum vitamin D3 level of 203 students that have been measured from Oct 2015 till March 2016. The mean of vitamin D deficiency in academic year 2014-2015 was 34.06% and in academic year 2015-2016, it was 14.70%. The mean of vitamin D insufficiency in academic year 2014-2015 was 50.26% and in academic year 2015-2016, it was 60.53%. There was not any case of vitamin D toxicity. This result show there are significant decrease in the rate of vitamin D deficiency with P value=0.002<0.05 after long term use of 5000IU vitamin D3 in high schools, but we need more time for decreasing the range of vitamin D3 insufficiency. During two-year prescription of 5000 IU vitamin D3/monthly in high schools, we are faced with 2.5 time decrease in vitamin D deficiency and a small increase of vitamin D insufficiency and no case of vitamin D toxicity.

Biography

Mahsa Houshdar is a Psychiatrist Head of Department of Psychiatry in Ghaem General Hospital of Karaj. Trusted psychiatrist in teachers clinic dependent to ministry of education in Karaj. CEO of Hooshdar Medical Technology Co. I graduated from Shahid Beheshti University (Tehran, Iran) in 1995 as a medical doctor and in 1999 as a psychiatrist. The Economic Justification of Running the Online Medical Care in High Schools, Journal of Psychology & Clinical Psychiatry Results of Operation the Online Medical Care System in High Schools, Results of Operation the Online Medical Care System in High School.

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