

Study Title:

Symptoms and medical conditions in **204 912** patients visiting primary health-care practitioners in India: a 1-day point prevalence study (the POSEIDON study)

Short description of the study (containing how important it was/is for CRF in terms of achievement):

This was a landmark study done by CRF and the first of its kind nationwide project to understand the common symptoms and diseases for which a patient in India visits a doctor. This was also a unique study in terms of methodology where one would get to witness a collaboration between the pharmaceutical industry and the academia. The study was conducted on 1st February, 2011 in 13,225 primary care physicians which included general practitioners, general physicians and pediatricians. The primary care physicians who consented to participate in this study were required to keep a note of the age, gender, presenting symptoms and a diagnosis if made for every patient that they consulted on this one day. Data was collected from 204,912 patients from across India.

Apart from understanding the prevalence of common symptoms in the community, these studies also help identify hot spots where certain diseases may be more prevalent. Such information can be crucial to plan health care resources. Although these cross sectional studies provide immense valuable information, no such studies have been conducted in India.

Results:

Responses of 204912 patients was analyzed and reported. Symptoms were broadly divided into two categories: general, and system-related or organ-related. Fever (72 785 [35.5%]), headache or body ache (39 866 [19.5%]), loss of appetite (20 799 [10.2%]), and accident/injury (6287 [3.1%]) were the most common general symptoms. Of patients who had fever, 6551 (9%) reported it as the only presenting symptom, 17 468 [24%] reported the presence of additional general symptoms, and 48 766 [67%] reported the presence of additional symptoms related to other body organs or systems. More than half of all patients presented with respiratory symptoms across all age groups and regions of India. Other common presentations were digestive system symptoms (25%), circulatory symptoms (12.5%), skin complaints (9%), and endocrine disorders (6.6%). Hypertension (14.52%), obstructive airways diseases (14.51%), and upper respiratory tract infections (12.9%) were the most common diagnoses reported. **The various symptoms and diseases across the organ systems were correlated through an alluvial graph.** The alluvial graph shows not only the most prevalent symptoms and diseases but also gives a graphical representation of statistical associations between the systems, when seen as a network. These associations are represented as offshoots that connect systems, and give information about an association between two different types of symptoms or diseases.

Link of the published paper: [https://www.thelancet.com/journals/langlo/article/PIIS2214-109X\(15\)00152-7/fulltext](https://www.thelancet.com/journals/langlo/article/PIIS2214-109X(15)00152-7/fulltext)