

**Project No** : 3888/2009

**TO STUDY THE TITRES OF MEASLES, MUMPS AND RUBELLA ANTIBODIES  
IN MEDICAL AND NURSING CADETS**

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**OBJECTIVES**

1. To determine the measles, mumps and rubella antibody titers in medical and nursing cadets at Armed Forces Medical College

**METHODOLOGY**

A cross sectional analysis of 615 medical and nursing cadets in Armed Forces Medical College was carried out over a period of two years. All students were asked for history of measles, mumps or rubella disease and measles or MMR vaccination. All subjects who met the inclusion criteria were sampled for levels of protective antibodies against measles, mumps and rubella after getting informed consent.

**RESULTS**

A total of 615 medical and nursing cadets were sampled, of which 462 had received and 153 had not received MMR vaccine as per history given. Among the immunized cadets, 89 had low titers against measles, 49 had low titers against mumps and 117 had low titers against rubella of which 26 were females. Those who had history of mumps/ measles in past had statistically higher levels of antibodies as compared to those who did not.

**CONCLUSION**

Even though there might be no significant difference in the antibody titers of measles, mumps and rubella between the students who has received MMR vaccine and those who had not received the vaccine, still absolute number of the students who are susceptible to the disease and are at significant risk of complications, there merit in attention. In view of the benefits of being able to prevent even a single case of rubella and the deleterious effects of CRS among our medical and nursing cadets as well as the morbidities associated with measles and mumps, it is recommended that one dose of MMR vaccine be administered to these students at the time of college entry.