

**COURSE TITLE: PUBLIC HEALTH**

**STUDY HOURS: 120**

**PAPER: 3**

**TERM: 2<sup>nd</sup>**

**MARKS**

**THEORY: 80**

**PRACTICAL/VIVA: 20**

**TIME: 2:30 Hrs**

The following Public Health contents will be taught briefly.

**Course contents:**

|   |           |
|---|-----------|
| <b>A. Basic Definition</b>                      | <b>6</b>  |
| A1 public health                                |           |
| A2 health                                       |           |
| A3 Disease                                      |           |
| A4 Illness                                      |           |
| A5 Iceberg of Disease                           |           |
| A6 Social Medicine                              |           |
| A7 Social Hygiene                               |           |
| A8 Medical Care                                 |           |
| A9 Preventive Medicine                          |           |
| A10 Level of Prevention                         |           |
| <b>B. Primary health care</b>                   | <b>6</b>  |
| B1 Primary health Care (PHC)                    |           |
| B2 Concepts of Primary Health Care              |           |
| B3 Components of Primary Health Care            |           |
| B4 Equity                                       |           |
| B5 Effectiveness                                |           |
| B6 Efficiency                                   |           |
| B7 ALMA ATA Declaration                         |           |
| B8 Health for All by the Year 2000              |           |
| <b>C. Human Nutrition</b>                       | <b>18</b> |
| C1 Nutrition                                    |           |
| C2 Nutrients and its classification             |           |
| C3 Diet   |           |
| C4 Balanced Diet and its principal of preparing |           |
| C5 Calorie                                      |           |
| C6 Malnutrition                                 |           |
| C7 Starvation                                   |           |
| C8 Nutritional Status                           |           |
| C9 Nutrition Assessment                         |           |

C10 Recommended Daily Allowances

C11 Functions of Nutrients

C12 Food Groups

C13 Preservation of food

C13.1 Cooling

C13.1 Drying

C13.3 Salting

C13.4 Smoking

C13.5 Canning

C13.6 Chemical Preservation

### **D Nutritional Needs in Physiological states**

D1 Infancy and childhood

D2 Adolescent Nutrition

D3 Adult's nutrition

D4 Nutrition during pregnancy & lactation

D5 Geriatric Nutrition

### **E Nutrition Disorders**

E1 Vitamin A deficiency disorders

E2 Vitamin B1 and B12 deficiency disorders

E3 Iron deficiency disorder

E4 Vitamin C deficiency disorder

E5 Vitamin D

### **G Malnutrition**

G1 Factor Affecting malnutrition

G2 Protein energy malnutrition

G3 Obesity

## **D. Community Water supply**

**6**

D1 Introduction

D2 Importance of water

D3 Uses of water

D4 Classification of water

D5 Sources of water

D6 Purification of water

D7 Examination of water

D8 Water Related disease

D8.1 Non-infection water related disease like Methemoglobinemia in Infants and Gastric & Bladder Cancers

D8.2 Infection water related disease like Dysenteries, Hepatitis A and Typhoid etc

## **E. Sanitation**

**6**

- E1 Definitions
- E2 Importance of sanitation
- E3 Refuses
- E4 Collection, Removal and disposal of refuse
- E5 Method for final elimination of refuse
- E6 Collection removal and disposal of human excreta
  - E6.1 Dry or conservancy system
  - E6.2 wet system or sewerage system
- E7 Hospital waste management
- E8 Environment pollution
- E9 Causes of environment pollution

## **F. Mother and child health (MCH)**

**12**

- F1 Definition
- F2 Objective of MCH
- F3 Concept of safe mother hood
- F4 Maternal health
- F5 Antenatal care
  - F1 Antenatal Visit
  - F2 Antenatal Service for Mothers
  - F3 Antenatal advice
- F6 High-Risk Pregnancies
- F7 Breast Feeding and its advantage and disadvantage
- F8 Breast care during lactation
- F9 Preparation of Brest during pregnancy
- F10 Brest Care
- F11 Disadvantage of artificial feeding
- F12 Weaning
- F13 High risk children
- F14 Care of the new born

## **G Management of premature and IUGR baby**

- G1 Physical examination of new born

G2 Growth monitoring in child health

**H. Family planning** **10**

H1 Definition

H2 Concept of family planning

H3 Effects of population growth

H4 Factor affecting population growth

H5 Counseling for contraception

H5.1 Contraception

H5.2 Contraceptive methods

H5.3 Side Effects of contraceptive

**I. Immunization** **9**

I 1 Introduction

I 2 Immunity

I 3 Vaccines

I 4 Expanded programme of immunization (EPI)

I 5 Cold chain & its maintenance

I 6 Vaccination schedule

I 7 Methods of delivering vaccines

I 8 Adverse effects of vaccines

I 9 Community involvement in immunization

**J. Infectious diseases:**

Introduction, Clinical features and Prevention (Briefly) of the following diseases **10**

**J1** Measles

**J2** Rubella

**J3** Whooping cough

**J4** Diphtheria

**J5** Rabies

**J6** Tetanus

**J7** Chicken pox

**J8** Mumps

**J9** Typhoid fever

**J10** Bacillary dysentery

**J11** Food poisoning

**J12** Tuberculosis

**J13** Poliomyelitis

**J14** Pertussis

**J15** Bird flue

**J16** Dengue

**K. Tropical disease:**

|  |   |
|--|---|
| Introduction, Clinical features & Prevention (Briefly) of the following diseases | 2 |
| K1 Malaria   |   |
| K2 Amoebiasis  |   |
| K3 Cholera   |   |

**L. Sexually Transmitted Diseases:**

|  |   |
|--|---|
| Introduction, Clinical features & Prevention (Briefly) of the following diseases | 2 |
| L1 Aids  |   |
| L2 Gonorrhoea  |   |
| L3 Syphilis  |   |

**M. Diseases of liver**

|  |   |
|--|---|
| Introduction, Clinical features & Prevention (Briefly) of the following diseases | 2 |
| M1 Viral hepatitis   |   |
| M2 Cirrhosis   |   |
| M3 Liver failure   |   |
| M4 Hepatitis A, B, C and E   |   |

**N. Mental health** **6**

|  |  |
|--|--|
| N1 Mental health definition            |  |
| N2 Mental illness                      |  |
| N3 Popular beliefs                     |  |
| N4 Classifications of health mental    |  |
| N5 Mental health problem               |  |
| N6 Concepts of community mental health |  |
| N7 Prevention of mental illnesses      |  |
| N8 Community of mental health center   |  |

**O. Drug abuse** **4**

|                           |  |
|---------------------------|--|
| O1 Introduction           |  |
| O2 Phases of addiction    |  |
| O3 Types of drugs abuse   |  |
| O4 Causes of drugs abuse  |  |
| O5 Effects of drugs abuse |  |
| O7 Preventive measures    |  |

**P. Health education** **4**

|  |  |
|--|--|
| P1 Definition                            |  |
| P2 Health promotion                      |  |
| P3 Important of health education         |  |
| P4 Responsibility for health education   |  |
| P5 Stages of health education            |  |
| P6 Principal of health education         |  |
| P7 Planning for health education program |  |

|  |          |
|--|----------|
| P8 Methods and techniques of health education            |          |
| <b>Q. Health management information system</b>           | <b>3</b> |
| Q1 Definition  |          |
| Q2 Essentials of management information system           |          |
| Q3 A well-designed MIS should have the following factors |          |
| Q4 Important of MIS                                      |          |
| <b>R. EPIDEMIOLOGY</b>                                   | <b>3</b> |
| R1 Definition  |          |
| R2 Determinants  |          |
| R3 Clinical epidemiology                                 |          |
| R4 Occupational epidemiology                             |          |
| R5 Important of Epidemiology                             |          |
| R6 Health indicators                                     |          |
| R6.1 Crude birth rate                                    |          |
| R6.2 Crude death rate                                    |          |
| R7.3 Infant mortality rate                               |          |
| R8.4 Life expectancy at birth                            |          |
| R9.5 Growth rate   |          |
| R10.6 Fertility rate                                     |          |
| <b>S. HEALTH SYSTEM RESEARCH</b>                         | <b>6</b> |
| S1 Definition  |          |
| S2 Importance  |          |
| 3 Epidemiological methods                                |          |
| S4 Disease screening                                     |          |
| S5 Sensitivity   |          |
| S6 Specificity   |          |
| S7 Control of disease epidemic                           |          |
| <b>T. BIOMEDICAL ETHICS</b>                              | <b>6</b> |
| T1 Introduction  |          |
| T2 Equity  |          |
| T3 Utility   |          |
| T4 Equality  |          |
| T5 Human Rights  |          |
| T6 Autonomy  |          |
| T7 Beneficence   |          |
| T8 Non-maleficence                                       |          |
| T9 Justice   |          |

**Recommended Books:**

Public health for PARA Medic and nurses by Dr. Khalid Mahood.

**Reference Book** K Park's community medicine (Reference Book) by K Park 2003 published by BanarsideBhanot Jaipur India