

NAME SANAJAN

ID 13821

Paper Teaching Methodology

DPI 6th Semester

Q1 (A) What is difference between prevention, control, Elimination & eradication? Explain with example?

Ans Prevention :-

prevention is the action to reduce or eliminate the onset, causes, complications or recurrence of disease.

Activities that reduce the likelihood of something harmful or to minimize the harm if it does occur.

prevention has four levels.

- * Primordial
- * Primary
- * Secondary
- * Tertiary

Example of preventions
 Many adult health problems (e.g. obesity, hypertension) have their early origins in childhood, because this is the time when life styles are formed. (for example: smoking, eating patterns, physical exercise)

Controls:

control is the reduction of disease incidence, prevalence, morbidity or mortality to a locally acceptable level as a result of deliberate effects.

Examples:

Corona virus.

Elimination: =>

Reduction to zero of the incidence of a specified disease in a defined geographical area a result of deliberate, continued intervention efforts. measure are required.

• Example:

Elimination of measles or polio from a large geographical region or area.

• Eradication:

Permanent reduction to zero of the worldwide incidence of disease as a result of deliberate efforts.

• Examples

Small pox

part B:

Different stages of Health Education:

* Sensitization:

people are regarding sensitized regarding an emerging issue through positive health message.

* Publicity:

Media & all possible advertisement means are used to inform people regarding the issue.

Education:

Health education is provided to the illiterate and disinterested people through influential people to prevent the spread of disease.

Attitude changes:

As a result of health education, positive attitude shift in people towards their own "good health" happens.

Motivation & Actions:

Once motivation to pursue good health starts, it further motivates the individual & families to continue such behaviour.

Social changes:

After all the above stages have been ~~success~~ successfully completed the whole community transform into a healthy community.

Q2 what is Ethics? write down Types & principals of Ethics?

Ans Ethics:

Ethics is the branch of knowledge that concerned with what is good for individual & Society.

Ethics is derived from greek word "ethos" which mean custom habit & character.

Ethics effect how people make decision & make their lives. The term ethics & morality are interchangeable. They often mean the same things & in common conversation this is not a ~~pract~~ problem which switching were another.

Types:

Medical ethics: ⇒

Medical ethics is the system of a moral principal that applied value to the practise & scientific research.

(6)

it is based in a set of values that professional that refers in the case of any confusion or conflict.

(2) Health care ethics:

it is deal with the issue of nurse & other health care provider.

(3) Bioethics

Bioethics is a study of ethical issue from advance & emersion from advance & biology & medicine. it concern itself with addresssing health care medicine research biotechnology & environment.

(4) Clinical Medical ethics:

with the improvement of patient care & outcome by focusing good decision & individual cases.

For e.g.

The physician must apply

Clinical ethics such as speaking truth to their patient protecting patient confidentiality & assess the patient well on their capacity.

Principles: =)

Conflict is non-stopable ethical principle provide framework tools, which facilitate the person & society to solve the conflict in a good way & moral methods.

① Autonomy =)

Autonomy is the process in which we respect the other person decision.

- we teach people to be able make their own choices.
- Autonomy support people to make their own choices.
- do not force people to do such thing which they cannot want to do.
- informed consent the result of the outcome of this principle.

② Beneficience (to do good).

Benefit is defined by a person himself it is not what we think. That is important.

Our action must include the benefit of the people health, welfare, comfort, well-being, improve a person's potential & improve his quality of his life, prevent harm & create a safe & supportive environment.

③ Non-maleficence (do not harm)

(1) Do not impose harm on people.

(2) Do not cause anger & harm.

(3) Do not deprive people.

(4) Do not kill.

(4) Justice

Justice is defined as treating the people fairly.

Not to do favouritism of some individual groups over others.
Respect to people right & respect the law.

Distributive justice :-)

Sharing the sources in society & affair & justify manner.
For e.g. Health services & professional time.

5) Nuremberg code :-

develop after the second world war the principle established by this code for medical practise. now has been extended into general code of medical ethics. it include principle such as formulated experiment absence or action or persuading to do something by using force or threats.

Q3 what are genetic abnormalities?
write down different types
of genetic abnormalities.

Ans Genetic Abnormality:

Genetics is the study of heredity of the mechanisms by which the genetic factor is transmitted from one generation to the next generation.

- Diseases such as cancer, diabetes, cardiovascular & mental disorders.
- Every human has 46 chromosomes in 23 pairs. Each gene has a specific function. When the gene has a specified function, when the gene or chromosome is abnormal, it may cause a health problem.

Two main types of genetic changes:

- ① Chromosomal abnormality.
- ② Single gene defects.

Chromosomal Abnormalities:-)

They are inherited from ~~parent~~ parent & many occur with no family history.

(1) Aneuploidy abnormality: This means the chromosome is more or less in number.

For examples

1) (Down Syndrome, Trisomic 21)

Down Syndrome:-)

The cell contain three copies of 21st chromosome it include birth defect, learning problem & facial features.

Turner Syndrome

it is a condition which effect only girls & women. when the sex chromosome X is partially or completely

missing.

2) Deletion: when a part of chromosome is missing.

(3) Inversion: when chromosome break & the piece of it turns around & reattaches itself.

(4) Ring: A ring chromosome is one where the ends are attached to itself to form a ring.

(5) Translocation: when a chromosome segment rearrange from one location to another. it can happen within the same chromosome or some at another.

(13)

Single gene defects =)

Single gene defect usually being pass on children they can be dominant recessive & x linked.

① Dominant =)

When one of the gene of the parent is abnormal if the patient has the disorder the baby one or two percent chances of inheriting it.

② Recessive:

When both parent are carriers a baby has to 4 chances having the disorder.

e.g.s Sickle cell anemia.

③ X Linked =)

Inheritance means that the gene causing the disorder is located on the X-chromosome.

For e.g.: Fragile X-Syndrome
hemophilia.

(Q) A) what is Diabetes? write down types of diabetes mellitus.

(B) what is difference between Diabetes Mellitus & diabetes Insipidus?

(C) How will you prevent yourself from diabetes mellitus.

Ans: Diabetes:

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

Types of diabetes Mellitus:

Type 1 Diabetes:

- * Also known as insulin dependent juvenile or childhood-onset).
- * characterized by deficient insulin production.

* Cause is unknown.

Type 2 diabetes mellitus =>

* Also known as non-insulin dependent.

* Symptoms are similar to type 1 but often less marked.

* As a result this disease may be diagnosed several years later.

* Cause in excess body weight & physical inactivity.

part (B)

Difference between diabetes mellitus and diabetes insipidus?

Ans Diabetes mellitus occurs due to insulin resistance or insulin deficiency and subsequent high blood glucose levels.

The word "~~Diabetes~~" "Mellitus" tagged onto the main form of diabetes comes from an old word roughly meaning "to sweeten with honey".

and is reference to the high levels of sugar in blood of hormone in the brain, which is released to stop the kidneys producing so much urine in order to retain water.

Without this hormones, water is not retained and the kidneys constantly work to their maximum capacity.

"Insipidus" mean "un-tasty" and so is used to describe a form of diabetes that does not result in high sugar level

Part C:

To prevent diabetes mellitus:

1) Managing weight:

body fats * Shedding excess
the abdomen. Specially around

2) Regular exercise:

glucose & improve blood pressure. Reduce blood

(3) Balanced, healthy diet: =)

* Eating more fruits, vegetables & high fibre foods.

(4) Avoiding carbonated drinks & processed foods.

(5) Avoiding Alcohol Intake.

(6) Quit Smoking.

(7) Controlling blood pressure.

(8) Physical inactivity and obesity should be avoided - to reduce the risk of cardiovascular diseases.

(9)

Regular routine check-ups.

(10) Controlling stress level.

(11) Monitoring blood glucose level.

(12) Staying hydrated.

(Q) What is Mental Disorder?
write different types of Mental Disorder.

(B) Why we need Health Information System? Explain it.

Ans Mental disorders

A mental disorder or psychiatric disorder is a mental or behavioral pattern or anomaly that causes distress or disability, which is not developmentally or socially normative.

Types:

(1) Anxiety disorders:

The term anxiety disorder refers to specific psychiatric disorder that involve extreme fear, worry, nervousness such as rapid heart beat & sweating.

(2) Eating disorders:

Eating disturbance

may include inadequate or excessive food intake which can ultimately damage & individual well-being.

(3) Mood disorders:

This disorder involves ~~the~~ feeling of sadness or feeling of happiness or extreme extreme happiness or extreme sadness.

(4) psychotic disorders

psychotic disorder are severe mental disorder that cause abnormal thinking & perceptions

- * people with psychotic disorder lose touch with reality.
- * Two main symptoms are delusions and 'hallucinations'.

(5) Impulse Control & addiction disorders:

Impulse controlled disorder is a condition in which a person has trouble

Controlling emotions or behaviour
 The behaviour can be violate
 The rights of the other
 the society norm & law.

addiction disorder

Addiction disorder
 such is overuse of Alcohol
 or drugs smoking etc.
 which can effect the person
 health. e.g pyromania, kleptom-
 ania.

(6) personality disorders

personality
 disorder is a type of
 mental disorder in which
 you have a rigid &
 unhealthy pattern of thinking
 functioning & behaviour that
 cause problem work school
 & social relationship.

(7) Adjustment disorders

group of symptoms such as
 stress, feeling sad or
 hopeless and physical symptoms

that can occur after you go through a stressful life event.

Dissociative disorders

are mental disorder that involves disconnection in lack of continuity b/w thoughts memory surrounding action and identity.

Part B:

Health information System.

Benefits of health information systems

- 1) Organize & coordinate treatment process.
- 2) Improve patient safety. &
- 3) Betterment & patient care.
- 4) Instant accessibility patient detail.
- 5) minimize operational expense.
- 6) Saving of time.

- 7) improve patients satisfaction.
- 8) patient portal
- 9) Medical Billing
- 10) patient scheduling.

Strategies & interventions:

- > promoting mental health. "for e.g. pre school, psychosocial activities. support to children. "e.g. skills building program, child & youth development program.
- > Education & small business program for e.g. "social economic & empowerment of women.
- > Centers for the aged social support for elderly population.
- > violence prevention programs (e.g. community policing initiatives).