**Final-Term Assignment**

**DPT 6th semester**

**Course Title: Teaching Methodology and community medicine**

**Instructor: Dr. M. Shahzeb khan (PT)**

**Ghous Ali Shah 14143 Marks: 50**

**Note:**

**Attempt all questions, all questions carry equal marks.**

**Q1:** (A) What is difference between Prevention, Control, Elimination and Eradication? Explain with Example

**Prevention:** Action to lessen or wipe out the beginning, causes, difficulties or repeat of illness

Activities that lessen the probability of something destructive or to limit the mischief on the off chance that it happens.

**Control:** The decrease of ailment occurrence, predominance, dismalness or mortality to a locally satisfactory level because of intentional endeavors;

Proceeded with intercession measures are required to keep up the decrease. Model: coronavirus illness.

**Elimination:** Decrease to zero of the occurrence of a predefined sickness in a characterized geological region because of conscious endeavors; proceeded with mediation measures are required.

* **Example**: measles, polio and diphtheria.

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

* Example: Smallpox.

**(B) Write down different stages of Health Education**

1. Sensitization
2. Publicity
3. Education
4. Attitude changes
5. Motivation and action
6. Social change

**Sensitization**:

This way to sharpen individuals or to make individuals touchy with respect to wellbeing conditions so they could have solid way of life.

**Publicity**:

To spread awareness among people with help of media or other advertising factors.

**Education**:

The awareness sessions among communities of illiterate or irresponsible people with help of influential personalities or leaders of their Own community, so that these kind of sessions would have great effects on communities regarding safety and health.

**Attitude change**:

As a result of health care sessions and campaigns people would have positive attitudes and would change and adopt positive lifestyle to maintain and keep themselves And communities healthy.

**Motivation and actions**:

At the point when an individual beginnings thinking about his great wellbeing and starts persuading others also this would prompt inspiration of families and society all in all, therefore they would accomplish work for their better wellbeing. This will prompt sound social orders and the dangers of ailments will have diminished to zero level.

**Social change**:

After all the stages have been completed the result would be a healthy community.

**Q2:** What is Ethics? Write down Types and Principals of Ethics.

 Ethics is an arrangement of good standards. They influence how individuals settle on choices and lead their lives.

 The terms morals and ethical quality are frequently utilized reciprocally - undoubtedly, they generally can mean something very similar, and in easygoing discussion there isn't an issue with exchanging among one and the other.

 However, there is a qualification between them in theory!

**Types of ethics:**

* 1. **Medical Ethics**:
* Primarily physician centered
* System of moral principles that apply to the practice of medicine.
* E.g MBBS, BDS, prevention & treatment
* 2. **Health care Ethics**:
* Deals with the issues of nurses and other health care providers.
* E.g allied health sciences, paramedics, psychologist
* **3.Bioethics:** Study of ethical issues and decision-making associated with the use of living organisms
* Bioethics concerns itself with addressing ethical issues in healthcare, medicine, research, biotechnology, and the environment.
* Examples of topic areas that have been the focus of bioethics for a long time are organ donation and transplantation, genetic research

**4- Clinical medical ethics:**

* Aims to improve patient care and patient outcomes by focusing on reaching a right and good decision in individual cases.
* For example, in caring for their patients, physicians must apply clinical ethics standards such as speaking truthfully to their patients, negotiating informed consent for clinical decisions, protecting patient confidentiality, assessing the patient’s decisional capacity

**Principles of ethics:**

**1.Autonomy:**

Regard an individual's entitlement to settle on their own choices

Instruct individuals to have the option to settle on their own decisions

Bolster individuals in their individual decisions

Try not to constrain or force (convince) individuals to get things done

'Educated Consent'(express ability) is a significant result of this guideline

**2 Beneficence:**

1. Our activities must intend to 'advantage' individuals – wellbeing, government assistance, comfort, prosperity, [+,- and live] improve an individual's latent capacity, improve personal satisfaction

2. 'Benefit' ought to be characterized by the individual themselves. It's not what we believe that is significant.

3. Act for the benefit of 'helpless' individuals to ensure their privileges

4. Prevent mischief

5. Create a sheltered and strong condition

**3 Non-maleficence:**

1. do not to inflict [impose] harm on people
2. do not cause pain or suffering
3. do not cause offence [anger, harm]
4. do not deprive people
5. do not kill

**4.Justice:**

1. Treating people fairly
2. Not favouring some individuals/groups over others
3. Acting in a non–discriminatory way
4. Respect of people
5. Respect for the law
6. Distributive Justice – sharing the resources in society in a fair and just manner (e.g. health services, professional time)

**Q3:** What are Genetic Abnormalities? Write down different types of Genetic Abnormalities

**Genetic abnormality:**

Genetic: investigation of heredity and for the component by which qualities is moved from guardians to their posterity.

Quality change can cause disease and it very well may be moved from one age to straightaway.

A hereditary issue is an ailment that is brought about by a change, or transformation, in a person's DNA succession. A hereditary issue is a sickness brought about by changes in an individual's DNA. ... These progressions can influence the individual bases (A, C, G or T) or a lot bigger lumps of DNA or even chromosomes

**Different types of genetic Abnormalities:**

1. **Aneuploidy**:

* This means more or fewer chromosomes than the normal number. Examples include:

1. **Down syndrome (trisomy 21).**
2. **Turner syndrome.**

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

**3. Inversion**: When a chromosome breaks and the piece of it turns around and 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 rearranges from one location to another. It can happen either within the same chromosome or move to another chromosome.

**6. Mosaicism**: Presence of an extra chromosome in his or her cells with different genetic material.

**Q4**: (A) What is Diabetes? Write down different types of Diabetes mellitus

(B) What is Difference between Diabetes Mellitus and Diabetes Insipidus?

(C) How will you prevent yourself from Diabetes Mellitus

Ans: (A**) what is diabetes:**

* Diabetes is an incessant malady that happens either when the pancreas doesn't create enough insulin or when the body can't viably utilize the insulin it produces.
* Insulin is a hormone that manages glucose.
* WHO characterizes Diabetes as Fasting Blood Glucose in excess of 126 mg/dl on one single event.
* Or Arbitrary Blood Glucose of 200mg/dl or more on 2 as well as more events.

**Different types of Diabetes mellitus:**

* **Type 1 Diabetes:**
* Type 1 diabetes (recently known as insulin-reliant, adolescent or adolescence beginning) is described by inadequate insulin creation and requires every day organization of insulin.
* The reason for type 1 diabetes isn't known.
* **Symptoms include;**
* Excessive excretion of urine (polyuria),
* thirst (polydipsia),
* constant hunger,
* weight loss,
* vision changes and fatigue.
* **Type 2 Diabetes:**
* Type 2 diabetes (in the past called non-insulin-reliant or grown-up beginning) results from the body's insufficient utilization of insulin.
* Type 2 diabetes involves 90% of individuals with diabetes around the globe, and is to a great extent the consequence of abundance body weight and physical inertia.
* Symptoms might be like those of Type 1 diabetes, yet are regularly less stamped.
* As an outcome, the infection might be analyzed quite a long while after beginning, when complexities have emerged.
* Until as of late, this kind of diabetes was seen distinctly in grown-ups yet it is presently additionally happening in kids.

**Difference between Diabetes Mellitus and Diabetes Insipidus**

|  |  |
| --- | --- |
| **Diabetes Mellitus**   * **Diabetes mellitus** is a disorder in which blood sugar (glucose) levels are abnormally high because the body does not produce enough insulin to meet its needs. Urination and thirst are increased, and people may lose weight even if they are not trying to. **Diabetes** damages the nerves and causes problems with sensation. | **Diabetes Insipidus**   * (DI) is a condition characterized by large amounts of dilute urine and increased thirst. The amount of urine produced can be nearly 20 liters per day. Reduction of fluid has little effect on the concentration of the urine. Complications may include dehydration or seizures. |

**(C): prevent yourself from Diabetes Mellitus:**

* reduce body weight or maintain a healthy or normal body weight, as excessive weight can cause more risks of diabetes
* Uses of healthy vegetables and fruits
* Daily exercise or running to be physically fit.
* Reduce or avoid consumption of alcohol and tobacco

**There are two types of prevention for the diabetes mellitus:**

1-**Primary Prevention:**

1. Weight loss
2. Physical activity
3. Stop smoking

2- **Secondary Prevention:** Secondary prevention of diabetes mellitus includes the treatment.

**Q5:** (A) What is Mental Disorder? Write different types of Mental Disorder

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

Ans: (A) **Mental disorder:** A psychological issue is a psychological standard of conduct or inconsistency causes misery or handicap, which is then not formatively or socially ordinary.

**Types of Mental disorder:**

1. **Anxiety Disorders*:***

Individuals with uneasiness issue react to specific items or circumstances with dread and just as with physical indications of tension or anxiety, for example, a quick heartbeat and perspiring.

***2*. Eating disorders:** Eating disorders involve extreme emotions, attitudes, and behaviors about weight and food.

**3. Mood disorders:**

* These disorders involve persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness.

1. **Psychotic disorders:** Psychotic disorders involve distorted thinking.

* Two of the most common symptoms of psychotic disorders are hallucinations and delusions.

1. **Impulse control and addiction disorders:**

People with impulse control disorders are unable to resist or perform acts that could be harmful to themselves or others. E.g., Pyromania, kleptomania

* Alcohol and drugs are common objects of addictions.

1. **Personality disorders:** Individuals with character issue have extraordinary and unyielding character qualities that are troubling to the individual and additionally mess up work, school, or social connections.

1. **Adjustment disorder:** Change issue happens when an individual creates passionate or social side effects because of an upsetting occasion or circumstance.
2. **Dissociative disorders:** Individuals with these disarranges endure extreme aggravations or changes in memory, cognizance, and general familiarity with themselves and their environmental factors.

(B) **we need Health Information System? Explain it:**

The motivation behind Wellbeing IT is to give better mind to patients and help accomplish wellbeing value.

Wellbeing IT improves the nature of social insurance conveyance, expands persistent security, diminishes clinical blunders, and reinforces the association among patients and human services suppliers.

What is a Wellbeing Data Framework?

A wellbeing data framework (HIS) alludes to a framework intended to oversee social insurance information. This incorporates frameworks that gather, store, oversee and transmit a patient's electronic clinical record (EMR), an emergency clinic's operational administration or a framework supporting medicinal services strategy choices.

Wellbeing data frameworks likewise incorporate those frameworks that handle information identified with the exercises of suppliers and wellbeing associations. As an incorporated exertion, these might be utilized to improve quiet results, advise examination, and impact strategy settling on and dynamic. Since wellbeing data frameworks regularly access, process, or keep up huge volumes of touchy information, security is an essential concern.

Wellbeing data innovation (HIT) includes the advancement of wellbeing data frameworks.

**EXAMPLES OF HEALTH INFORMATION SYSTEMS**

Wellbeing data frameworks can be utilized by everybody in social insurance from patients to clinicians to general wellbeing authorities. They gather information and accumulate it in a manner that can be utilized to settle on social insurance choices.

**THANKS ☺**