

ANSWER)

(A)

PREVENTION:-

A prevention with the context of AISA, refers to efforts to stop the perpetration of unhealthy, dangerous and illegal sexually oriented behaviors and actions that victimize others.

* Types of Prevention:-

The three levels of preventive care - primary, secondary, and tertiary care - are detailed below:

1) PRIMARY PREVENTION:-

Primary prevention aims to avoid the development of a disease or disability in healthy individuals.

2) Secondary Prevention

3) Tertiary Prevention

→ EXAMPLES:-

Examples include immunization and taking regular exercise to prevent health problems developing in the future. Secondary prevention includes those preventive measures that lead to early diagnosis & prompt treatment of a disease, illness or injury.

2) CONTROL:-

The definition of control is power to direct, or an accepted comparison model in an experiment, or a device used for regulation.

⇒ EXAMPLE:-

An example of control is someone knowing exactly where everything is located in their house.

3) ELIMINATION:-

Elimination is the process of getting rid of something, whether it's waste, errors, or the competition. Elimination comes from the Latin word *limen*, which means threshold. The Romans added an "e" to the beginning & created the verb *elimare*, which means to banish or to push over the threshold & out the door.

⇒ EXAMPLE

Removing the use of a hazardous chemical is an example of elimination. Some substances are difficult or impossible to eliminate because they have unique properties possible to the process, but it may be possible to instead substitute less hazardous versions of the substance.

4) ERADICATION:-

Eradication refers to the complete & permanent worldwide reduction to zero new cases of the disease through deliberate efforts. B) Eradication refers to the reduction zero (or a very low defined target rate) of new cases in a defined geographical area.

=> EXAMPLE:-

An example of to eradicate is to take out all the dandelions from a garden. To eradicate is defined as to completely destroy or wipe something out. An example of to eradicate is what an exterminator does to the fleas in your house.

ANSWER B)

STAGES OF HEALTH EDUCATION:-

1) STEP 1:- MANAGE THE PLANNING PROCESS

2) STEP 2:- CONDUCT A SITUATIONAL ASSESSMENT

3) STEP 3:- IDENTIFY GOALS, POPULATIONS OF INTEREST, OUTCOMES

*) STEP 4:- Identity Outputs, Process. SIPATIEGIE & AUVITIE

*) STEP 5:- Develop INDICATORS.

*) STEP 6:- Review THE PROGRAM PLAN.

ANSWER 2:-

*) ETHICS:-

At its simplest, ethics is a system of moral principles. Ethics is concerned with what is good for individuals & society & is also described as moral philosophy. The term is derived from the Greek word ethos which can mean custom, habit, character, or disposition.

*) TYPES:-

There are 3 types of ethics:- Philosophers today usually divide ethical theories into three general subject areas:- metaethics, normative ethics, and applied ethics. Metaethics investigates where our ethical principles come from, and what they mean.

*) PRINCIPLES:- 7 principles of ethics-

- 1) Beneficence.
- 2) Non-maleficence
- 3) Autonomy.
- 4) Justice.
- 5) Truth
- 6) Telling
- 7) Promise-keeping.

Qs:-

* GENETIC ABNORMALITIES:

Genes are the building blocks of heredity. They are passed from parent to child. They hold DNA, the instructions for making proteins. Proteins do most of the work in cells. They move molecules from one place to another, build structures, breakdown toxins, & do many other maintenance jobs.

⇒ Sometimes there is mutation, a change in a gene or genes. The mutation changes the gene's instructions for making a protein, so the protein does not work properly or is missing entirely. This can cause a medical condition called a genetic disorder.

⇒ You can inherit a gene mutation from one or both parents. A mutation

can also happen during your lifetime.

*) Types:- 3 types of genetic disorders:-

1) SINGLE GENE DISORDERS:-

where a mutation affects one gene. Sickle cell anemia is an example.

2) CHROMOSOMAL DISORDERS:-

where chromosomes (or parts of chromosomes) are missing or changed. Chromosomes are the structures that carry genes. Down Syndrome is a chromosomal disorder.

3) COMPLEX DISORDERS:-

where there are mutations in two or more genes. Often your lifestyle and environment also play a role. Colon cancer is an example.

* Genetic tests:- on blood & other tissue can identify genetic disorders.

Q4) DIABETES:-

Diabetes is a disease in which your blood glucose, or blood sugar, levels are too high.

Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin.

* TYPES OF DIABETES:

There are three main types of diabetes - type 1, type 2 and gestational.

1) TYPE 1 Diabetes:

Type 1 diabetes can develop at any age, but occurs most frequently in children and adolescents.

2) TYPE 2 Diabetes:

Type 2 diabetes is more common in adults and accounts for around 90% of all diabetes cases.

Remaining Question 2:-

DIABETES MELLITUS

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

DIABETES INSIPIDUS.

⇒ Diabetes insipidus on the other hand develops as a result of the stilted production of a hormone in the brain, which is released to stop the kidneys producing so much urine in order to reabsorb water.

* PREVENTION OF DIABETES MELLITUS:-

- 1) Cut sugar and refined carbs from your diet.
- 2) work out regularly.
- 3) Drink water as your primary Beverage.
- 4) Lose weight if you're overweight or obese.
- 5) Quit smoking.

Question 5:

- 6) Follow a very low carb diet.
- 7) Watch portion sizes.
- 8) Avoid sedentary behaviors.

QUESTION 5:-

MENTAL DISORDER:-

A mental disorder or psychiatric disorder is a mental or behavioral pattern or anomaly that causes distress or disability.

and which is not developmentally or socially normative

*) TYPES OF MENTAL ILLNESS:-

1) ANXIETY DISORDERS:-

People with anxiety disorders respond to certain objects or situations with fear and as well as with physical signs of anxiety or nervousness such as rapid heart beat and sweating.

2) Eating disorders:-

Eating disorders involve extreme emotions, attitudes, and behaviors about weight & 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.

4) Psychotic disorders:-

Psychotic disorders involve distorted thinking.

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

5) 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.

FOR EXAMPLE:-

Pyromania, kleptomania

=> Alcohol and drugs are common objects of addictions.

6) PERSONALITY DISORDERS:-

People with personality disorders have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships.

7) ADJUSTMENT DISORDER:-

Adjustment disorder occurs when a person develops emotional or behavioral symptoms in response to a stressful event or situation.

8) DISSOCIATIVE DISORDERS:-

People with these disorders suffer severe disturbances or changes in memory, consciousness, and general

awareness of themselves and their surroundings.

B) HEALTH INFORMATION SYSTEM:-

In the simplest terms, a health information system (HIS) is a system that captures, stores, transmits, or otherwise manages health data or activities. These systems are used to collect, process, use and report health information. In turn information from a healthy information system can be used to drive policy and decision-making, research and ultimately health outcomes. Here's what you need to know about the key components of a HIS, the various types, and benefits of HIS.

=> KEY COMPONENTS OF A HEALTH INFORMATION SYSTEM:-

1) RESOURCES:- The legislative, regulatory, and planning frameworks required for system functionality. This includes personnel financing, logistics support, information and communications technology (ICT), and mechanisms for coordinating both within and between the six components.

2) INDICATORS:-

A complete set of indicators and relevant targets, including inputs, outputs and outcomes, determinants of health, and health status indicators.

3) DATA SOURCES:- including both population-based and institution-based data sources.

4) DATA MANAGEMENT:-

collection and storage, QA, processing and flow, and compilation and analysis.

5) INFORMATION PRODUCTION:-

Data which has been analyzed and presented as actionable information.

6) Dissemination and use:-

The process of making data available to decision-makers and facilitating the use of that information.