**14169 name yusra**

 **Final-Term Assignment**

 **DPT 6th semester**

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

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

 **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**

**Definition**

Action to reduce or eliminate the onset ,cause complications or recurrence of disease

Prevention means all those steps which reduce the risk of something that are harmful for human

In prevention we minimize or reduced the harmfulnes

Prevention have divided in four levels

Primordial ,primary ,secondary and tertiary

Lets take the example of cancer

**Primordial**

We work on the factor that lead to the cause of disease example smoking .preventing the development of risk factor we work on. Minor level

**Prevention**

**In prevention of cancers first we ha**ve perform two major things we know the risk FACtor of cancer and protective factor of cancer

We have to make different strategies about cancers that hpw can we minmize the risk factor to make the protective factor increase

**In primary level**

We work the incidence of disease in population

Cancer is caused by smoking we reduced or eliminated the smoking

Cancer is causing by uv rays we control exposure to uv rays and promote the protective factor which us bot to exposed uv rays and making changes in lifestyle

In primary level we gives education about a diseases and protection

**Secondary prevention**

When cancer is start then we work on the progression of disease means our main goal is to check the progression through different test early detection in asymptomatic stage and work on the treatment that disease that they does not hoes towrd complications

**Tertiary prevention**

**At this**  stage the complications is start and we work on his disability and rehabilitation we only minimize the complications of cancer

**Control**

Control means thatwe reduced the incidence ,mortality ,morbidity rate to local acceptance to specific point through our efforts

Local acceptable means that a few casescase are come to hospital which was jn our control

Examples

China has control on corona virus but they are not fully free from corona

In control protecting factor intervention measures are requires

**Eliminate**

Eliminate means that incidence point come to zero means patient's are not coming

Examples

Newzaland from corona ,some countries are free from polio

**Erdication**

 **Eradication means**  a incidence are zero world war then it become eradicated

Example small pox

(B) Write down different stages of Health Education

**Stages of health**

 **Publicity**

**Different** media social media are used for giving health education and information about disease

**Stages of sensitization**

People should sensitized for emergency condition thorough positive health message

Stages **of education**

**E**ducation should provide tp those people who are not interested I health or unaware about health the main aim of education shoul be to improve genral health of community

**Stages pf attitude**

By giving education we. CanDa change attitude from negative to positive toward health

**Stage of motivation and action**

 We should motivate the people through our action and work one we succes provide Action in right way then furthermore motivate his family

**Stages of communication**

After we success all stages are success then community will be changes to health community

**Health**

 **A state** of complete physical mentally and socially weelbeing not mearly the absences of disease

**HEALTH education**

The process thatof inform motivate and helps people to adopt and maintain health practice and life styles to support environmental chnages

 Education about health that promote au health

**Question 2**

**Ethics**

Ethic is a system qhich tell u what is right and what is rong how to make a decision ethics is a moral principle Ethics and moral are interchangeable but ethics have specfic rule whila moral depend on individual they are change according to Philosophy pount of view.

**Types**

**Medical ethics**

 The rules are provide by physicians which was followed by mmbs and bds

Health **care ethics**

They deal with nurses and other health care professionals

**Bioethics**

 **The decision** which was related to human or living oragnism study of ethical issue and decision making associated with use of living organisms.edicnes. ,reserches are sub branches

Example

Organ donation transplants genetic research are exampl

**Clinical medical ethics**

**They**  concern with patients care to improve Health increase outcome and improve to make a good decision for patent

Exame every doctors must kep standard Ethics like truth and confidential aanda privacy protection

**Etical principal**

In ethics conflict are not caused it is resolved throgh ethics principal

**Autonomy**

 **Means** right for self government we should gve respect to personal right to make thier owen decision and teach to make ownowen decision and able to make thier decision suppor the People in individual coice

Dont force people to do things

Informes consent about outcome

**Benfencences**

 Our main purpose and aim is to give benefits in halth welfare comfort and improve quality of life from our work

We can only defined the patients othwr will be choice of his own

Support the patients which need like burn patient etc making safe and supporting environment

**Non male ficence**

Don't give patient inflict harm to patients by performing new experience

Dont give pain and sufferung dont cause deprived and kill people

**Justice**

**Don't make**  favoritism in the basis of statsu and government and private clinic give equal time and equipment

**Nuemberg code**

**Dont** performing expirment on prisoner and don't force for research work. Informs consent

Experiment should fruitful and apply all rules and lawa and regulations avoid mental and physicaal. Sufferung the risk should estomated

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

**Genes**

 **They**  are hereditary unit

Chromosome

 It is organized structures of dna and protein

**Genetics**

 The study of hereditary and changes in inherted charcter

 Any chages in gene cause dieses

**Types of gebtic abnormalities**

 There are two types

Single gene defect and chromosomal abnormalities

**Chromosomal abnormalities**

 **It** mean. Abnormally Chromosomal number extra or missing

**Aneuplody**

 Aneuplody means more or lees chromosomal then normal

**Example**

**Trisomy down syndrome**

**They have.** Copy of 21 chromosome

Turner syndrome

A missing of x chromosome it effect only girls it cause development problem fertility. They have shorrt height. And heart defects

**Deletion**

 **Chromosome part** are missing in sequance of dna is lift during dna replication

Example wolf hirschorn syndrom ,5p deltion

**Inversion**

**The**  reatchhmebt of broken chromosomal

 Ut is rearrangement of chromosomes

Example hemophilia

**Ring**

**A ring chromosome. Is one end attch to the end of chromosome**

**Translocation**

 The piece of chromosome attchis to another chromosome

 Example cancer

It can happen either with in the same or on another side

**Mosaicism**

 Presence of extra chromsom in cell with different gebtic material

Example mosaic down sybdrome

**Single gene defect**

It have more chance to inhert they have receive and dominant character

If one parnts are carrier it is dominant example cyst fibrosis

Receive

It both parent's are carrier

 Example sickle cellaa anemia

Xlinked

 The disorder due to x Chromosome

Example hemophila

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

 It is chronis disorder in. Which glucse level remain high

 It occur either when pencrease does not produce insulin or does not use insulin

**Types of dibetes**

 There are mainly. 4 types

**Type 1**

 **Don**ont prodce any insulin it usually occur in chlidren

Insulin are taking from our side ofa body

 Urination

Increased thrist

Loss of weight

 Fatigue, blur vision

 **Cause**

Cause is unknown

**Type two**

 The body have not abilty to use insulin

Syptoms are same but less marked

This take more time in. Diagnosis this was only seen InI old age

 It is alse cause due to. Obesity

They are controled vt exercise and. Diet

 **Pre dibetic**

Blood glucose is have have a risk of. Diabetis

Gastro dibetic

 They develop during preganancy

 Thers are two types of dibates typea one and two type one does not secrete insulin wjil in anothe insulin is Presnt but does not perfor function. Gastro are occur I. Pregnancy. Tyler e 1 occur in ch

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

 Diabetic melitus and diabetic insipidus both are different thing in insipedus body have normal glucose level howereve kidney can not balance the fluid loss of testless urine pituarty gland are damge in insipedus they have lack of harmone. Both cause urination.

**Types of. Incipidius**

 Nephrogenic , dipsogenic gestrational damage toto hypothlamus

 Gastration in pregancy cause break of vasopresin

 (C) How will you prevent yourself from Diabetes Mellitus

While in diabetic melitus they have two type one have problem in insulin formation while in another type. The body does bot use the insulin glucose level become high

Primary prevention

 we can prevention by addopting helathy life style. Exercise. And maintain leverl of glucose. And stop smoking involvement in physicall activity more use of vegetables and fruits

Secondary prevention

In secondary prevention early diagnosis and treatment are beneficial from protecting the complications the type two cause severe damge to heart ,liver ,kidneys

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

**Mental HEALTH**

Meantal health is a state of of well being in which individuals realise his or her own abilities cam cope with normal strees of life can work produtively and able to make a contribution to his her community

In this positive sense menatal HEALTH is the foundations for individuals weel being and effective function of community

 Mental Disorder

it is psycho disorder is a mental or behavior pattern or abnormall that cause distress or disability which is not developmental or socially normative

**Types**

**Anxiety**

**A anxious Person become nervous and response fera to to normally situation**

Physical signs are rapid heartbeat and sweating slowness in sound

**Eating disorder**

**They eat much or less then normal they have extreme emotional attitude** and behaviours about weight gaining and food they are mostly occur in females

Physical sign ate body weight andloss shape

**Example anorexia nervosa**

**Mood disorder**

 **they involve more happins and saddness towrd satuation** they have fluctuations from happines to sadness

**Pshychotic disorder**

 **Means** distorting in th inking they have over thinking

Example halluation and delusion

They have false belief they belif those thing which areis never exist

 **Impulse controls and addictiiom**

 **They are unable to act to preform. Act which is harmfull** for them

Examples pyromanic and kleptomainy means obsession with steeling whiteout need

**Personality disorder**

**They have** extreme and inflexible personlity mood swing which cause diifculties to other people

**Adjustment disorder**

**When the** stressful condition the person develop behaviours syptoms

A person take strong reaction then normal for cope they feel hopless and said angry

Dissociative disorder

They run from reality thier is no coonection between thier memory thought and acts

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

 It provides batter care for patient and help. Achieve. Hethy equipment. It improve healtj. Qualiy of lufe

It guve us about helath. Care but also it tell about the importance about health

It gives information about for decision making

They monitor the trend. In helath status they respond to helath problem and epidemic

It evaluated the effectiveness of intervention

They addres the health care priorites

It gives ys specfic srea where the helps are need

It detect the emergency of new. Helath problems.

They share information with field partners

Special efforts should made to ensure valanced amle and female representatives acrpss the helath service