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DPT 6th Semester

Q1:- What is the difference between prevention, control, Elimination and Eradication? Explain with example.

• PREVENTION :-

Reduction of causes and complication of a disease is called prevention or minimization of harmful activities.

EXAMPLE:

If a child is obese or have hyper tension so we will reduce his eating pattern or change his eating pattern. Physical exercises will be provided for the reduction of obesity as a prevention.

• CONTROL:

Control is when we reduce the incidence, prevalence, morbidity and mortality of a disease.

For the maintenance of reduction treatment is continued.

EXAMPLE:

for example in china except wuhan city all the other cities were controlled from corona virus and their prevalence, incidence and mortality & morbidity rate was reduced.

• ELIMINATION:

When incidence of a specific disease comes to zero level in a area, it is called elimination.

EXAMPLE:

Elimination of polio and measles from many areas.

• ERADICATION:

When incidence of a disease comes to zero level & world wide than it is eradication.

EXAMPLE:

Small pox and chicken pox are eradicated world wide.

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Q1(B) Write down different stages of Health Education?

STAGES OF HEALTH EDUCATION:-

1. SENSITIZATION:

By giving positive health message people are sensitized.

2. PUBLICITY:

All the sources of advertisements such as media are used to inform the people regarding such issue.

3. STAGE OF EDUCATION:

In this stage we do health education of illiterate and disinterested people through their leaders such as chaudhry and vadera. Its main aim is to prevent the spread of a disease.

4. STAGE OF ATTITUDE CHANGE:

Through health education people's attitude towards disease changes.

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5. STAGE OF MOTIVATION AND

ACTION:

In this stage people are motivated regarding disease to use preventive measures and once it is done all the family health is saved.

6. STAGE OF SOCIAL CHANGE: OR COMMUNITY TRANSFORMATION:

If all the ~~do~~ above stages are applied on the community so all of the community will be transformed.

Q.:- What is ethics? Write down types & principles of Ethics.

ETHICS:-

Ethics affects our lives and tells us about right and wrong. Ethics tell us about the rule and regulation externally.

TYPES:-

1. MEDICAL ETHICS:

In this the rules and regulation are related to the physicians.

i.e MBBS & BDS.

2. HEALTH CARE ETHICS:

In this rules and regulations are related to other health care such as nurses etc.

3. BIOETHICS:

The rules and regulations and decision making related to living organisms are called bioethics.

i.e Genetic Research.

4. CLINICAL MEDICAL ETHICS:

It aims for patient care and its outcomes.

i.e for patient care physician must apply clinical ethics. Speak truth to the patients and protect patient confidentially. Save the patient from side effects.

PRINCIPLES:

1. AUTONOMOUS:

The first principle is to make the patient autonomous that the patient can take its decision himself and we will not convince him for our decision.

2. BENEFICENCE (TO DO GOOD):

We will take those actions which improve the quality of life and health of patient. We will not impose our decisions on patient and will let them to take decision.

We will prevent harm and make a safe and supportive environment. With this we should stand with the vulnerable patients such as burned patients for their rights.

3. Non-Maleficence (Do not harm)

- Not to inflict harm on people.
- Not to cause pain to the patient.
- Not to anger on patient.
- Not to kill the patient.

4. JUSTICE:

- Treating patients fairly
- Not to favour an individual or group over other.
- No discrimination
- Respect people right.
- Respect law
- Resources should be distributed in a fair and justice way. eg funds & professional time.

5. NUREMBERG CODE:

No experiment should be done without patient consent. First we should take permission from the subject than we can do experiment.

- Human consent is must.
- Experiment should be fruitful for the society.
- Experiment must be first applied on animal.
- Avoid mental and medical suffering in experiment.
- After experiment problems should be estimated before experiment.
- Protection of subject from death, disability and injury.
- Qualified professional can only perform experiment.
- Subject is free to quit experiment at any time.

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Incharge of experiment can quit it at any time if he thinks that the experiment is being harmful.

Q3. What are Genetic Abnormalities write down different types of genetic abnormalities?

GENETIC ABNORMALITIES:

Genetic Abnormalities are caused by changes in a single or multiple gene, or by environmental factors or by any damage to chromosomes.

TYPES :-

I. CHROMOSOMAL ABNORMALITIES :-

They are inherited from parents or family history.

Most common are.

Aneuploidy :-

This means that there are more or less

Chromosomes than normal number.

Ⓐ Down Syndrome:

It contains 3 copies of 21st chromosome.

Ⓑ TURNER SYNDROME:

Women and girls are only affected by it because the sex chromosome X is missing or partially missing.

2. DELETION:

When a part of a chromosome is missing.

3. INVERSION:

When a part of chromosome breaks and that part turns around and reattaches itself.

4. Ring: In this type of chromosome rings are attached to itself and form a ring.

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5. TRANSLOCATION.

When a chromosome moves and rearranges itself with in the same chromosome or move to the other.

II. SINGLE GENE DEFECT:

Single gene defect are usually at higher risk to pass to the children. It can be.

• **DOMINANT:** When one of the gene from one parent is abnormal. There are 1 in 2 chance that baby can inherit it.

• **Recessive:** When both of the genes from both parents are abnormal. There is then 1 in 4 chance of having it. eg. Sickle cell anemia.

• **X-linked:** It mostly affects men because they have single X. This disorder is

determined by genes on the X chromosome. eg hemophilia

Q^{4a}: What is diabetes?
Write down different types of diabetes mellitus?

DIABETES:

A disease in which the body's ability to respond to or to produce a hormone insulin is impaired.

TYPES:

Type I: Type I diabetes occurs because the insulin producing cells of the pancreas (beta cells) are damaged.

Type II: In type II the pancreas makes the insulin but it either doesn't produce enough or the insulin doesn't work properly.

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Q^{4b}) what is Difference between Diabetes Mellitus and diabetes Insipidus?

DIFFERENCE BETWEEN DIABETES MELLITUS AND INSIPIDUS.

Diabetes mellitus is more commonly known as diabetes. It is when our pancreas dont produce enough insulin to control the amount of glucose or sugar in our blood.

Diabetes insipidus is a rare condition that has nothing to do with pancreas or blood sugar.

It occur when a person kidney pass an abnormally large volume of urine that is insipid - dilute & odorless.

• Normally people pass into 2 quarts of urine a day but people with diabetes insipidus pass

3 to 20 quarts a day.
As a result patients with diabetes insipidus need a large amount of liquid.

c, How will you prevent yourself from diabetes mellitus?

PREVENTION:-

Primary Prevention:-

- Reduce weight
- No smoking
- Eat healthy diet such as vegetables and fruit.
- Exercise daily.
- physically active
- Avoid high sugar intake.

Secondary Prevention:-

- It should be detected early and intervention.
- Blood testing can diagnose it early.

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Q5. What is Mental disorder?
Write different types of
Mental disorder?

MENTAL DISORDERS-

Abnormal mental or behavioural patterns that causes distress or disability. Developmentally and socially it is not normal, it is called mental disorder.

TYPES:

1. ANXIETY DISORDER:

In anxiety disorder the patient will respond fearfully and physically. He will show signs such as sweating, redness and rapid heartbeat.

2. EATING DISORDERS:

In eating disorder patient is very conscious about his food and weight.

3. MOOD DISORDER:

In this disorder the mood of the patient

fluctuates from extreme
Sad to extreme happy.
Mood swings in this
disorder.

• PSYCHOTIC DISORDER:

In this ~~that~~ patient
thinking deviates. Two
common symptoms are
Hallucination which is
sensory perception of something
that doesn't exist and
delusions are false believe.

5. IMPULSE CONTROL AND ADDICTION DISORDER:

People with this
disorder cannot resist
~~themselves~~ themselves from
the objects that are harmful
to them such as alcohol
or drug. eg pyromania
and kleptomania.

6. PERSONALITY DISORDERS:

People with this
disorder cause distressing
and have inflexible
personality. And they

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cause problems in schools and work places.

7. ADJUSTMENT DISORDER:

In this the patient will respond stressfully and hopelessly in a stressful situation and condition.

8. DISSOCIATIVE DISORDERS:

high
In this person's memory, thoughts and actions are not continuous. He/she has a lack of continuity. They will have severe disturbance. They cannot face the reality they are escaped from reality.

Qs: B) Why we need health information system? Explain it.

Ans. We need it because :-
Ans. → Health information improves the quality of health care delivery.

→ Increases patient safety.

→ Decreases medical errors.

→ Patients have a strong interaction with health care providers.

→ The use of Health information in medical clinics improves the quality of health care that is delivered by providing accurate patient records.

→ It allows the doctor to better understand the patients medical history.

- Having a comprehensive patients history empowers doctors to more accurately treat ailments and prevent over-prescribing medications.

→ Without health information physician would need to depend on patients memory, which can lead to inaccurate medical history due to forgetfulness.

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- This data is used for the implementation of policies in order to better treat and prevent the spread of diseases.

→ Health information supports recording of patient data and help achieve health equity.

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