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Sub :

Teaching methodology
and community medicine.

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Ans⁽¹⁾

prevention ::

Action to reduce or eliminate the onset causes complication or recurrence of a disease.

These activity or those activity through which we reduce some disease simply its called prevention.

That's prevention of disability and illness required two things
① identification of risk factor and protector.

Its mean which we identify the disease first we do identification of risk factor and protective factor of the disease.

②
②
Risk Factor: through which
cause diseases.

protective factor:

Through which
we prevent or save self from
disease.

11) after the identify of protective
factor and risk factor we
make strategies of reduce
risk factor and increase
protective factor.

Example include minimize
and get regular exercise.

⑤ control:

Then the reduction
of the prevalence, incidence,
morbidity, mortality of disease
of local acceptable level
simply its called control.

example:

include chinese people
control the prevalence, incidence,
morbidity, mortality of
corona virus.

⑥ Elimination:

when the
incidence of a specific

(3)

disease reaches to zero. Then we called elimination and it's we done achieve through continues intervention measure.

e.g.

Chinese people control corona virus a zero level diaphtheria from large geographical area.

(4)

eradication :-

when ever world wide incidence of a disease reach to zero level that's we called eradication.

e.g. corona virus incidence eradicate world wide.

(B)

write down different stages of Health education.

Health education stages of Health education

(1)

Stage sensitization :- sensitize

the people regarding the issue ~~use internet, social media and other~~

~~possible~~ through health message.

② stage of publicity:

of about of people regarding information issue or problem, use internet social media and all the possible advertisement.

③ stage of education:

Health education is provided to the communities with straws, on illiterate and poor individual through the leaders and prestigious personalities of their own communities like Islamic ulema and schoolmaster. Main aim of health education here: to forestall the unfold of illness and improve general health of communities.

④ stage of perspective change:

As a result of health education action with the direction of positive behaviors change the perspective of the folks towards their own physiological condition change.

⑤ stage of motivation and action:

persuasion of the folks to

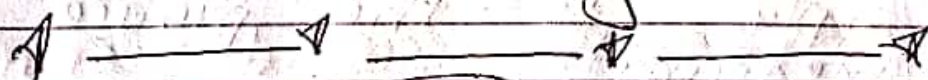
(5)

to eventually act for the betterment of their own health.

once motivation is provided and actions within the right direction start, it additionally motivates the people and families.

(6) Stage of community transformation

In spite of everything the higher than stages are with success completed, the complete community remodeled into a health community.



Ans: (2)

Ethics:

scope and method of Ethics.

Def

The word ethics come from the Greek ethos means customs or habits. Ethics is also often called moral philosophy.

The word moral from the latin mores which also means

customs or habits.
Thus ethics the science of customs or habits of society.

its refer to the series of rules provided to an individual by an external source
e.g profession.

Types of Ethics:-

① Medical Ethics:- related to physician is a system of moral principles that apply to the practice of medicine.
e.g - MRBS, BDS.

② Health care ethics:- deals with a problem of issue of nurses and other health care providers.
e.g - AHS, paramedics, psychologist.

③ Bioethics:- study of ethical issue and decision making.

(7)

associated with use of living organisms.

e-g organ donation
transplantation genetic
research

Business Ethics

The study of good and evil, right and wrong, just and unjust actions of business.

all of the managers face difficult ethics conflicts.
applying clear guidelines.

use truth telling honesty

~~Four~~ principles of medical ethics.

Autonomy.

right for an individual to make his or her own choice.

your own choice.

give respect to the patient

Teach people to be able to make their own choice.

- ①
- support them in their choice
 - Don't force a person to do anything

② Benevolence

The principle of acting with the best interest of the other in mind.

our action must aim to benefit people health, welfare, comfort, improve equality of life.

- prevent harm

himself support environment

③ Non-maleficence:

"above all do no harm" as stated in the Hippocratic Oath.

- Treated people fairly.
- Respect for the law.

④ Nuremberg Code

Developed after the world war 2 when the prisoners were used to perform experiments using procedure without consent.

Ans: 3

Genetics:

The branch of biology that deals with heredity especially the mechanisms of heredity transmission and the variation of inherited characteristic among similar or related organism

Transmission of genetic factor from one generation to next generation

it can passed parents to offspring

some people have genetic problem or inherited liability to certain disease such as cancer, cardiovascular disease and mental disorder.

Genetic abnormalities

chromosomal abnormalities or may be passed from parents to offspring

cell contain 3 copies of the 21st chromosomes instead of normal 2 copies there are

47 chromosomes instead of 46 chromosomes.

13 Turner syndrome.

A condition that affects only girls and women, result when a sex chromosome (the X chromosome) is missing or partially missing so there are 45 instead of 46 chromosomes.

12 Deletion:

Half part of chromo. is missing ~~or~~

13 Inversion:

When a chromosomes breaks and the piece of it turn around and reattaches itself

14 Ring

The opposite ends are attached to itself to form a ring is know as ring chromosomes. Forms a ring shape.

15 Translocation:

When a chromosomes segments rearranges from one location to another.

16 Mosaicism:

An extra chromosomes is present with different genetic material in his or her cells.

(4)

single-gene defect.

single-gene defect changes usually have higher risk of being passed on to children. single-gene changes can be

Dominant:

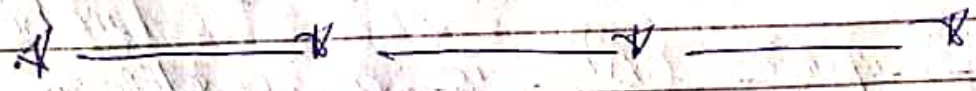
When only one of the gene from one parent has the disorder, the baby has 1 in 2 chance of inheriting.

Recessive:

When both parents have abnormal gene, a baby has 1 in 4 chance of having the disorder.

e.g. sickle cell anaemia X linked. The disorder is determined by gene on the X chromosome by gene on the X chromosome

e.g. hemophilia.



Ans: (4)

Diabetes: Diabetes is a disease that occurs when your blood glucose, also

called blood sugar is too high. Blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get in to your cells to be used for energy. Sometimes your body doesn't make enough - or any - insulin or doesn't make use in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause health problems. Although diabetes has your diabetes and stay healthy.

Sometimes people call diabetes "a touch of sugar" or "borderline diabetes".

These terms suggest that someone doesn't really have diabetes or has a less serious case, but every case of diabetes is serious.

Types of Diabetes mellitus:-

Diabetes insipidus (DI) is a condition characterized by large amount of dilute urine and increased thirst. The amount of urine and increased thi 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 cirrhosis.

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(b) 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.

(c) (i) primary prevention:-
Maintaining body weight
performing physical activity for thirty minutes
Eat healthy diet between three and five serving of fruit and vegetables a day
reduce sugar intake
avoid tobacco use

(ii) secondary prevention:-
early detection
and treatment early diagnosis and blood testing.

Ans = (8)

mental health:-

According to WHO

is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

mental disorder:-

A mental disorder, or psychiatric disorder, is a mental, or behavioural, pattern, or normally that causes distress, or disability, and which is not developmentally or socially normative.

OR

Condition that affect your thinking, feeling, mood and behaviour.

② monitor trends in health status and continually address health-care priorities.

- it allow health managers to observe trends in the health profile of a population detect the emergence of new health problems and continually address public health priorities.

③ Evaluate the effectiveness of intervention:

It allow health planners to monitor the impact of specific health intervention.

④ Ensure that resources are correctly targeted to the Areas and groups of greatest need.

special effort should be made to ensure balanced male and female representation across all health services.

⑤ Evaluate the quality of health intervention.

→ Health programmes should continuously monitor service quality

Types of mental illness:

① Anxiety Disorder: A group of mental disorder characterized by significant feelings of anxiety and fear

physical symptoms include increased heart rate and shakiness.

② Eating Disorders: which disturb the person eating behavior include anorexia, bulimia nervosa.

③ mood disorder: These disorders involve persistent feelings of sadness or periods of feelings overly happy or fluctuations from extreme happiness to extreme sadness.

④ psychotic disorder: involve distorted thinking include hallucination (sensory feelings).

Feelings of some thing that does not exist and delusions (false beliefs)

5) Impulse control and addiction disorder

people are unable to resist or perform acts that could be harmful to themselves or other

Example

6) personality disorder pyromania, kleptomania.

Trait that are distressing to the person and cause problems in work school or social relationship.

7) Adjustment disorder

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

8) Need of health information system

- 1) Rapidly detect and responded to health problems and epidemics.
- 2) To ensure that each health agency is rapidly alerted to a suspected epidemics.