

Date: _____

Name : Syeda Najma
ID No : 13879

Date:

(1)

QUESTION :- 1

ANSWER PART (A)

PREVENTION :-

DEF :->

Those action which we can eliminate or reduce the complications, causes or onset or recurrence of disease.

⇒ To minimize or reduce the harmful things through activities.

⇒ Illness or disability requires: which one is the risk factor's & which one is protective factors. which we make strategies to decrease the risk factor's increases protective factor's.

Date:

(2)

⇒ Four level for prevention:

- (1) Primordial prevention.
- (2) Primary prevention.
- (3) Secondary prevention.
- (4) Tertiary prevention.

EXAMPLE ⇒

There is a lot of health problems like hypertension, obesity etc. So we make some activates like exercise to decrease obesity, hypertension.

CONTROL ⇒

To decrease or reduce the disease prevalence, incidence, morbidity or mortality to which acceptable locally level.

EXAMPLE ⇒

Corona virus disease.

APM

Date:

(3)

ELIMINATION:→

DEF:→

When incidence of a disease come to zero level is called elimination.

EXAMPLE:→

Polio measles and diphtheria are eliminated from some countries.

ERADICATION:→

DEF:→

When world wide disease incidence is completely zero, so this is known as eradication.

APM

Date:

(4)

EXAMPLE:->

Smallpox, Chicken pox.

PART :-> B

(i) STAGE OF SENSITIZATION:->

first of all doing sensitization through
positive health message?

(ii) STAGE OF PUBLICITY:->

In second stage doing publicity through
media, social media, T.V, newspaper,
advertisement to inform the people
about the disease or
promote positive health message

Date: _____

(5)

(3) STAGE OF EDUCATION: →

An third stage provide health education like those people whoes are disintested or illiterate, through leader (such as ma'am, school master, voder), provide health education.

The main purpose of education is to stop spread of disease and enhance positive health.

(4) STAGE OF ATTITUDE CHANGE

Through eduction changed the behaviour's of people towards - the disease.

(5) STAGE OF MOTIVATION'S ACTION

Through education promote or enhance motivation of people toward good health.

APM

Date:

(6)

- If one's motivated and start right
action's so he further start's
motivates his families.

STAGE OF COMMUNITY:->

Transformation (social change)

When the all above stage have
been applied, so as a result your
whole community is a healthy
communities.

Date:

(7)

QUESTION :-> 2

ANSWER :-> 2

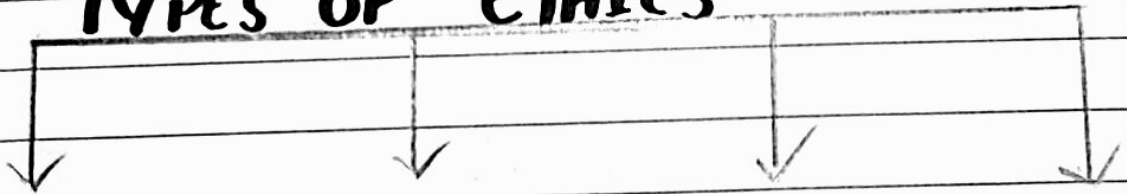
ETHICS :->

Ethics and moral both are same things do define right and wrong things.

* Ethics provide a positive effect on people

* Through ethics, people also take right decisions

TYPES OF ETHICS



(1) Medical Ethics

(2) Health Care Ethics

(3) Bioethics

(4) Clinical medical ethics APM

Date:

(8)

(i) MEDICAL ETHICS ⇒

Related to physician which makes rules is called medical ethics.

e.g. : MBBs, BPS, prevention & treatment.

(ii) HEALTH CARE ETHICS ⇒

In which makes rules for other's or health care provider's.

e.g. ⇒ technicians, AHS, nurses.

(iii) BIOETHICS ⇒

Bio ⇒ mean's life.

ethics ⇒ principles about right and wrong.

⇒ To discuss ethical issues and decision making, which are related to living organisms.

APM

Date:

(9)

Bioethics relate ethical issues, which present in medicine, research, biotechnology, health care also environment.

Example :->

Genetic research etc.

4) CLINICAL MEDICAL ETHICS :->

The main purpose of clinical medical ethics are to enhance patient care and potential result and also make a good decision about patient's.

EXAMPLE :->

Be careful with patient in every steps.

Date:

(10)

PRINCIPAL OF ETHICS :->

There are the following ethical principle :->

(i) * Autonomy :->

- In autonomy takes the decision about patient.
- Help out for people to take their own choices.
- Support the people when He/She do surgery or physiotherapy.
- Do not convince people to do surgery or physiotherapy.

(ii) * Beneficence :->

- provide benefit to patient.
- your actions must be to
- enhance quality of life,
- enhance good health etc

APM

Date:

(ii)

- Give them treatment
- Support or stand up for right once.
- provide a safe supportive environment

3 * Non-maleficence :->

Do not apply new treatment/things on patient's.

- protect patient from suffering and pain.
- Keep out from harm and oner.

4 * Justice :->

- patient carefully treated
- provide same treatment duration for all patients.
- Justice in medical distribution or fund or resources.
- And also respect for patient rights & law.

APM

Date:

(12)

* 5 Num Novembro Code

• Do not experiment on patients by force.

• Take consent before experiment.

• The experiment is must be positive effect on people's

Date:

(13)

QUESTION ' 3

ANSWER : 3

GENETICS :-

Genetics is transformation of hereditary materials from parents to offspring.

GENETICS ABNORMALITIES :-

is due to gene mutation (sudden changes) or Dysfunctional genes cause disease or illness and this is also transferred from parents to offspring.

- Some people have prone towards some disease, like diabetes, cancer, CVS disease, and mental problems. These types of disease can be transmitted from parents to offspring.

APM

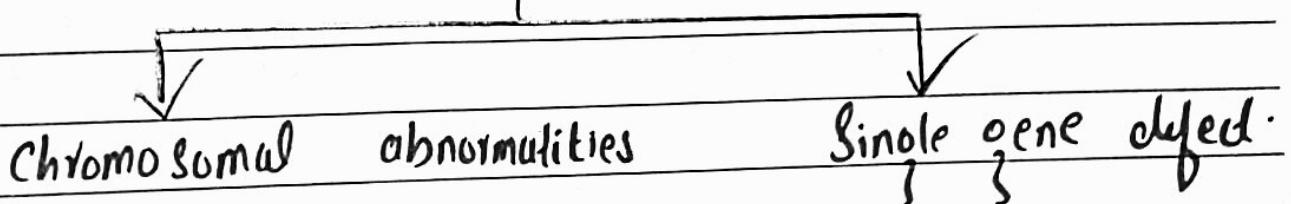
Date:

(14)

All gene have their own function when there is a change occur in gene or chromosome, so it can cause problem of health.

GENETIC ABNORMALITIES

TYPES :-



CHROMOSOMAL ABNORMALITIES:-

C.A is transfer from the parents and from family history

• It also occur's without history.

Date:

(15) ANEUPLOIDY :->

Aneuploidy means when increases or decreases of chromosomes numbers.

(a) Down Syndrome (trisomy 21)

In down syndrome 21 number's chromosome contain 3 copies instead of 2 copies. So that's why it is called trisomy. There are 47 chromosomes instead of 46.

(b) Turner Syndrome :->

Only present in female gender means only X-chromosome is missing or less / partially missing.

• There are 45 chromosomes in Turner Syndrome instead of 46 chromosome.

Date: _____

(16)

(2) DELETION ⇒

Genetic abnormalities occur when part of chromosomes is missing.

(3) INVERSION ⇒

During mitosis and meiosis chromosomes sometimes are on wrong place so this is known as inversion.

• All genes have their own function when there is a change occurred in one of chromosomes, so can cause problems of health.

Date:

(17)

4) Ring ⇒

When chromosomes are attached and make a ring structure.

(5) Translocation :->

When chromosomes is divided, so not attached on specific place changed their location.

(6) Mosaicism :->

When different are occurred in a cell it called Mosaicism.

⇒ Single gene defect :->

When a single gene is not present on a specific location can cause single gene defect.

APM

Date:

(18)

⇒ Single gene defect's risk is more than other's.

⇒ Dominant ⇒

There is only one abnormal gene transfer from parents 50,50 chance's of normal and abnormal.

⇒ Recessive ⇒

When both genes are abnormal and chance's of disease (like both parent's have abnormal genes) is 25%.

e.g sickle cell anemia.

α-linked

Disease of the genes which is present on a chromosome is known as α-linked.

e.g hemophilia.

APM

Date: _____

(19)

QUESTION :-> 4

ANSWER :-> 4

DIABETES :->

Diabetes is a long term disease, which is related to pancreas, when pancreas does not produce proper insulin or a body does not use effectively so a disease is cause which is called diabetes.

TYPES :->

DIABETES MELLITUS

TYPE 1 DIABETES

TYPE 2 DIABETES

APM

Date: _____

(20)

TYPE 1 DIABETES:-

Also called Juvenile, insulin dependent, or childhood-onset.

• In type 1 Diabetes insulin production is less or not

• In Type 1 diabetes cause is unknown.

DIFFERENCE →

TYPE 2:-

Type 2 is also known as adult-onset or non-insulin-dependent in types 2 pancreas produce insulin but ineffective.

• Meats target is not proper making

• Type 2 is more common.

APM

(21)

PART 2

DIFFERENCE :->

Diabetes Mellitus

- (1) Sugar Diabetes
- (2) Sweet Urine
- (3) loss of weight
- (4) fatigue
- (5) Thick blood pressure

Diabetes insipidus

- Water Diabetes.
- pale of Blood urine
- More Urination
- More Thirst.
- Urine does not contain glucose.

PART 3

PREVENTION :->

There are two prevention.

Date:

22)

PRIMARY SECONDARY PREVENTION PREVENTION

Stop smoking Detection
physical activities treatment
weight lost early diagnosis.

Date:

(22)

PRIMARY

SECONDARY

PREVENTION

PREVENTION

Stop smoking
physical activities
weight lost

Detection
treatment
Early diagnosis.

Date:

(23)

QUESTION NO: 5

ANSWER PART A:→

MENTAL DISORDER:→

Mental disorder is also known as psychiatric disorder.

• Mental disorder are condition that effect mood, feeling, thinking and also behaviour.

• Mental abnormally people are also called mental disorder.

~
TYPES:→

(1) ANXIETY DISORDER:→

Anxiety people responded is abnormal

APM

Date:

towards normal object. The situation of
Anxiety peoples are nervousness, High Heartbeat
and also sweating.

2) EATING DISORDER:->

Those people which are overcautious about weight, emotion's, behaviour, attitudes so as a result cause eating disorder

3) MOOD DISORDER:->

In Mood disorder mood swing occurred

- Mood is not constant.
- Sometime extreme sadness or sometime extreme happiness

4) PSYCHOTIC DISORDER:->

In psychotic disorder thinking deviated
Most common symptoms are false
beliefs, hallucinations.

Date:

(25)

(5) IMPULSE CONTROL DISORDER :->

impulse control people are not able
to do some activity
e.g. kleptomania, pyromania.

(6) PERSONALITY DISORDER :->

This disorder involves personality characteristics
are inflexible. Due to inflexible
can be cause problems.

(7) ADJUSTMENT DISORDER :->

These disorder which are adjust in
stressful condition means hopelesed.

(8) DISSOCIATIVE DISORDER.

There is no continuity of people
in consciousness, memory, action.
• lack of continuity

Date:

(26)

PART B

⇒ NEED'S OF HEALTH INFORM SYSTEM: ⇒

- To detect health problem's response
- To check out what types of disease patient is less or more.
- Through HIS evaluate the effectiveness of disease.
- Through HIS check out needed in ? areas.
- Through HIS check out the quality ? of health intervention.

Thank you!!!
SIX.

APM