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Q NO (1)

(A) ① Prevention :- The action of stopping something from happening or arising. Reduce the use of something harmful or minimize the harm if it does occur.

→ minimize the risk factors and maximize protective factors.
→ Limit the incidence of disease.
→ Reduce the progression of disease.
→ Improves body functions in disease state.

② Control :- A person or thing used as a standard of comparison for checking the results of a survey or experiment.

→ Continued intervention measures are required to maintain the reduction example Coronavirus.

③ Elimination :- A complete removal of something. It is the process of getting rid of something whether it is waste, error etc.

(9) Eradication :- It is define as the pull something out by the roots.

example :-
① to take out all the dandelions from a garden.
② to eradicate is what an exterminator does to the fleas in your house.

(B) Different stages of health education :-

- following are the stages :-

① Manage the planning process :-
to develop a plan to manage the group of participated people, their timelines, resources, gathering of data methods, and decision making after interpretation.

② Conduct a situational Assessment.
This step involves identifying the situation that what is making the situation better and what is making it worse, needs and assets of the community.
like taking the groups interviews and focus on their views.

(3) Identify goals, populations of interest, outcomes and objectives.

to use the situational assessment results to determine goals etc.
Ensure program goals, population of interest and outcome objectives are aligned with strategic directions of your organization.

(4) Identify strategies, activities, outcomes, process, objectives and resources.

Use the results of objective # or situational assessment to select strategies etc.
Brain storm strategies (eg) health education, health communication, organizational changes etc

(5) Develop indicators:
to develop a list of variables that can be tracked to assess the extend to which outcome and objective process have been meet.

(6) Review the program plans:
to clarify the contribution of each

Component of the plan to its objectives, identify gaps, ensure adequate resources and ensure consistency with the situational assesment findings.

Q NO 2:

Ethics:

→ The branch of knowledge that deals with moral principles.
→ moral principles that govern a person's behaviour or the conducting of an activity

→ As the Ethics and morals both relate to right and wrong conduct. ethics refers to the series of rules provided to an individual by an external source.

Ethical behavior:

1. Honesty.
2. integrity
3. promise-keeping and trustworthiness
4. loyalty.
5. fairness.
6. Concern for other.
7. Respect for other.

→ types of Ethics:

① Medical Ethics:
→ System of moral principles that apply to the practice of medicine.
→ primarily physician centered. eg MBBS.

② Health Care Ethics:
Deals with the issues of nurses and other health care providers.

③ Bioethics:
study of ethical issues and decision making associated with the use of living organisms.

④ Clinical medical ethics:
Need or aims to improve patient care and patient outcomes by focusing on reaching a right and good decision. in individual cases.
examples: Caring for patients.

Principles of ethics:

→ It provide framwork / tools which may facilitate individual and society to resolve conflict in just and moral manner.

① Autonomy:

Its is the latin word means self rule. we have an obligation to respect the "self rule" of other persons, which is to respect the decisions made by other person concerning their own lives.

→ It is also called dignity.

② Beneficence (to do good):

Our action should aimed to benefit others. life, welfare etc. It is suggestive of altruism, love, humanity and promoting good to others.

③ Non-maleficence (do not harm):

It means donot give harm to other instead of good. Donot kill people for something.

(4) Justice :-

→ There should be respects for people or other rights.
→ There should be respects for rules and laws.
→ Sharing of resources in society in a just manner.

(5) Nuremberg Code :-

→ Voluntary human consent is essential.
→ Experimental results should results in good for society
→ Avoid all unnecessary physical and mental sufferings.
→ Subjects can withdraw at any time.

Q NO 3 :-

Genetic Abnormalities :-

Its is caused in whole or in part by a change in the DNA sequence away from the normal sequence.

genetic disorder can be caused by a mutation, in one gene (monogenic disorder), by mutation in multiple gene (multifactorial inheritance disorder) by a combination of gene mutation and environmental factors, or by damage to the chromosomes (changes in the number or structure of entire chromosomes, the structure that carry genes).

→ types of genetic abnormalities:

① Chromosomal abnormalities:

Aneuploidy: more or fewer chromosomes than the normal number. like,

Down Syndrome (trisomy 21):
cells contain 3 copies of the 21st chromosome.

Turner Syndrome:
It is the condition, that effects only girls and women. When sex haemone (X chromosome) is missing.

② Single gene defect :
It has a higher risk of being passed on to children!
→ It can be dominant, Recessive, X-linked.

③ Thalassemia :
It is the family of hereditary genetic conditions that limits the amount of hemoglobin an individual can naturally produce.
This condition inhibits oxygen flow throughout the body.

④ Cystic Fibrosis :
It is the chronic, genetic condition that cause patients to produce thick and sticky mucus, inhibiting their respiratory, digestive and reproductive system.

⑤ Tay-Sachs disease :
It is the condition caused by

Chromosomal defect similar to that of the Down Syndrome.

⑥ Sickle cell Anemia :-
It is the genetic condition that may be inherited when the sickle cell trait is passed down by both parent to their children.
- cell disease causes red blood cells to change from their usual donut shape to a sickle shape. This cause the cell to clump together and become caught in blood vessels. → severe pain
→ infections
→ organ damage
→ acute respiratory Syndrome.

⑦ Fragile X Syndrome :-
Fragile X causes intellectual disability behavioural and learning difficulties and physical problems.
→ It is the commonest genetic cause of autism.

Q.NO 4:

Diabetes:

It is a disease in which blood glucose, or blood sugar, level 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.

→ It is a chronic disease when production of insulin is limited

types of diabetes mellitus:

There are two types:

1. Type 1 diabetes:
   It occurs when the insulin producing cells of the pancreas (beta cell) are damaged.

2. Type 2 diabetes: (adult onset diabetes)
   In this the pancrease makes

insulin, but it either doesn't produce enough, or the insulin doesn't work properly.

Q No 4(B)

Diabetes Mellitus:

→ It causes high blood ~~pressure~~ glucose / or blood sugar, resulting from the body's inability to use blood glucose for energy.

→ It is a group of metabolic disease characterized by excessive levels of the sugar glucose in blood.

→ It is commonly caused by deficiency of the pancreatic hormone insulin, which results in a failure to metabolize sugar and starch.

→ Urine contains glucose.

Diabetes insipidus

→ It have normal blood glucose levels, but their kidneys cannot balance fluid in the body.

→ It is a condition characterized by excessive thirst and excretion of large amounts of severly dilute urine.

→ Commonly caused by deficiency of the pituitary hormone vasopressin, which regulates kidney function.

→ Urine doesn't contain glucose.

Q NO 4 (C):

Diabetes ~~mellitus~~ can be prevented primary first and then secondary.

First we have to focus on our health, we should stop smoking, we should work on our weight loss

we should make physical activity as our habit. All these will lower our chances of diabetes.
→ we should take healthy diet.

→ Secondary prevention → early detection and treatment.
→ Early diagnosis can lower the chances of severe diabetes.

Q NO 5(A)

Mental Disorders

Mental health:
A good mental health is a state of well-being that allows someone to be productive, have fulfilling relationships, cope with difficult circumstances, and adapt to change.

Mental disorder: It is also called a mental illness or psychiatric disorder. It is a behavioral or mental pattern that causes significant distress or

impairment of personal functioning.
Causes of mental health are often unclear.
Common mental disorder include depression.

types of mental illness:-

(1) Anxity Disorder:- people with anxiety disorders respond to certain objects or situation with fear and a well as with physical signs of anxiety or nervousness such as rapid heartbeat and sweating.

(2) Eating disorder:-
In this, there is extreme emotions with food and weight.

(3) Mood disorder:-
In this disorder there is extreme happiness and extreme sadness.

(4) Psychotic disorder:-
It involves distorted thinking.
Its common symptoms are hallucination 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.
example: drugs.

(6) personality disorders:
In this disorder, have extreme and inflexible personality traits.

(7) Adjustment disorders:
It occurs when a person develops emotional or behavioral symptoms in response to a stressful event or situation.

(8) dissociative disorders:
These people suffer. severe disturbance or changes in memory, consciousness.

Q NO 5 (B):

Health information system is simply the information about the patient's health. In many hospitals there are special (ID) of patient in which all the information about patient is stored in it (his/her) history everything. It's I aim to

get information and improve action. and improvement of any error etc. Health information system is also important to keep record of patient's disease to seek awareness.

→ patient central information : It is related to care of patient record & medical reports.

→ clinical information ~~center~~ system : collection of special patient data.

→ laboratory information system : analyzing & sampling in laboratory. records of test.

→ pharmacy information system : record of patient's medicans and drugs.

The end