**Final-Term Assignment**

 **DPT 6th semester**

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

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

 **Asfandiyar I'd 14020 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

Ans:

1) **prevention** :-those action through which we reduce or eliminate the onset cause complication and reoccurrence of a disease

-or those activity through which we reduce some disease simply it's called prevention

-for the prevention of disability and illness required two things

I) identification of risk factor and protector

It's mean when we identify the disease first we do identification of risk factor and protective factor of the disease

Risk factor :-through which cause diseases

Protective factor :-through which we prevent or safe self from disease

II)after for the identification of protective factor and risk factor we make strategies to reduce risk factor and increase protective factor .

-Example include minimization and take regular exercise.

2) **control** :-when the reduction/ of the prevalence , incidence, morbidity , mortality of disease to local acceptable level simply it's called control

-exmaple include in Chinese people control the the prevalence , incidence, morbidity , motility of Corona virus .

3)**elimination**:-when the incidence of a specific desease reache to zero then we called elimination and it's we done/achieve through continues intervention measure.

-exmaple include in Chinese people control the incidence of Corona virus at zero level .or elimination of polio ,diaphtheria,from large geographical area .

4) **eradication**:-when ever world wide incidence of a disease reach to zero level that's we called eradication

-for example Corona viruses incidence eradicate world wide .

(B) Write down different stages of Health Education

Stages of health education

1)**stage sensitization:**-sensitize the people regarding emerging issue through health positive message

2)**stage of publicity:** for informing of people regarding the issue use media and all the possible advertisment.

3)**Stage of Education**: Health education is provided to the communities with stress on illiterate and fair individuals through the leaders and prestigious personalities of their own communities like Islamist, vadera 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 results of health education, actions within the direction of positive behaviors changes the perspective of the folks towards their own physiological condition changes.

5)**Stage of Motivation & Action:** Persuasion of the folks to eventually act for the betterment of their own health. Once motivation is provided and actions within the right direction starts, it additional motivates the people and families to continue such behavior.

6)**Stage of Community Transformation (Social Change)**: in spite of everything the higher than stages are with success completed, the complete community remodeled into a healthy community.

**Q2:** What is Ethics? Write down Types and Principals of Ethics.

**Answer**

**Ethics** may be a system of ethical principles [principles of right and wrong behaviour]. They have an effect on however individuals create choices and lead their lives.

The terms ethics and morality square measure usually used interchangeably - so, they typically will mean an equivalent factor, and in casual speech there's not a haul with shift between one and therefore the alternative.

**Principal**:-to resolve a conflict in a fair just and moral manner ethical principal provide the framework /tool to an individual and society is a whole.

**Types**

Medical ethics :- related to physician

Is a system of moral principal related to medicine

Example MBBS ,BDS

2) health care ethics:-deals with the issue of nurses and other health care provider

Example AHs , paramedics, psychologist

3)bio ethics :-the study of ethical issue and decision making associated with the use of living organisms

Example organ donation translation ,and genetic research

4) Clinical medical ethics :- aim to improve patient care and patient outcome by focusing on teaching a right and good decision in individual cases

Example caring for their patient

Principal of ethics

1) autonomy:-I)Respect a person’s right to form their own selections

(II)Teach folks to be able to build their own selections

(III)Support folks in their individual selections

(IV)Do not force or force (persuade ) folks to try to to things

(‘v)Informed Consent’(exprss willingness) is a very important outcome of this principle

2) beneficiance :-I)Our actions should aim to ‘benefit’ individuals – health, welfare, comfort, well-being, live improve a person’s potential, improve quality of life

II)‘Benefit’ ought to be outlined by the person themselves. It’s not what we expect that's necessary.

III)Act on behalf of ‘vulnerable’ individuals to guard their rights

IV)Prevent hurt

V)Create a secure and ancillary surroundings

3)non-maleficence) (I)don't to visit [impose] hurt on folks

II)do not cause pain or suffering

III)do not cause offence anger, harm

IV)do not deprive folks

V)do not kill

4) Justice:I)Treating folks fairly

II)Not favouring some individuals/groups over others

III)Acting during a non–discriminatory manner

IV)Respect for peoples rights

V)Respect for the law

VI)Distributive Justice – sharing the resources in society during a truthful and simply manner (e.g. health services, skilled time)

5) Nuremberg code:-Developed when the globe war a pair of.

When the prisoners were accustomed perform experiments victimisation powerful (relating to or victimisation force or threats) procedure with none consent.

Includes principles like

Proper developed experiment, consent, absence of coercion and beneficence towards study participants.

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

**Answer**:-Genetics

Study of the concept of heredity and of the mechanisms by which transmittion of genetic factors occur from one generation to the next generation. Genes that not perform normal function or mutation occurs in genes can cause illness, and can be passed from parents to children. In addition, some people have a genetic, or inherited, liability to certain diseases, such as cancer, diabetes, cardiovascular disease, and mental disorders.

**Genetic Abnormalities**

**Chromosomal abnormalities**

Chromosomal abnormalities may be passed from parent to offspring or may occur with no family history. the most common are: 1.Aneuploidy: The disease in which there is more number of chromosomes or less number of chromosome than the normal number. Examples include: a)Down syndrome (trisomy 21). Cells contain 3 copies of the 21st chromosome instead of normal 2 copies so there are 47 chromosomes istead of 46 chromosomes

b)Turner syndrome. a condition that affects only girls and women, results when a sex chromosome (the X chromosome) is missing or partially missing. So there are 45 instead of 46 chromosomes

2. Deletion: Half part of chromosome is missing.

3. Inversion: When a chromosome breaks and the piece of it turns around and reattaches itself

4. Ring The opposite ends areattached to itself to form a ring is known as Ring chromosome, forms a ring shape.

5. Translocation: When a chromosome segment rearranges from one location to another. It can happen either within the same chromosome or move to another chromosome.

6. Mosaicism: An extra chromosome is present with different genetic material in his or her cells.

Single-gene defect

Single-gene defect changes usually have a higher risk of being passed on to children. Single-gene changes can be: Dominant: When only one of the genes from one parent is abnormal. If the parent has the disorder, the baby has a 1 in 2 chance of inheriting it. Recessive: When both parents have abnormal genes. If both parents are carriers, a baby has a 1 in 4 chance of having the disorder. E.g., sickle cell anaemia X-linked: The disorder is determined by genes on the X chromosome. E.g., hemophilia

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

**Answer**:- diabetes is a chronic disorder in which glucose suger level become to high

-in which insulin harmones doesn't not produce enough glucose

According to WHO

-diabetes as fasting blood glucose more then 126mg/dl on one single occasion

**-type of diabetes mellitus**

1) type one diabetes :-also know is duvenile diabetes in which pencrease produce little or no insulin

2)type two diabetes :-in which body doesn't produce enough insulin to function properly

 B)what is different between diabetes mellitus and diabetes inspidus

(I)-diabetes mellitus is a disorder in which gulocos level are abnormally high because the body doesn't not produce enough insulin to meet it's need

(II) diabetes insipidus:-is a rare disorder that occurred when a person kidneys pass on abnormally large valume of urine that is insipid-dilute and orderless

-in most people the kidneys pass about 1 to 2 quart's of urine a day

-in people with diabetic insipidus the kidneys can pass 3 to 20 quart's of urine per day

 (C) How will you prevent yourself from Diabetes Mellitus

(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 suger intake

-avoid tobacco use

(II) secondary prevention:

-early detection and treatment

-eraly diagnosis and blood testing

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

**Answer** menta health

According to WHO

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

-mental disorder:- a mental disorder or psychotic disorder is a mental or behaviorally pattern or anomaly that causes distress or disability which is not developmentallyor socially normal

Or

-the condition which effects your thinking, emotion , feeling,mood and behavior.

2) monitor trend in health status and continuely address health care priorities.

-it allow health manager to observe trend in the health profile of a population detect the emergencies of new health problem and continuelly address public health priorities.

3) evaluate the effectiveness of intervention and service coverage

-it allow health planer to monitor the impact of specific health intervention

4) ensure the resources are correctly Targeted to the area and group of greatest need.

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

5) evaluate the quality of Health intervention

-health program should continuously monitor service quality

types of mental illness

1 anxiety disorder

A group of mental disorder characterized by significant feeling or anxiety and fear

Physical symptom inculde increasd heart rate and shakiness

2 eating disorders

Which distrub the person eating beheviors

Inculde anorxianervesa bulimianervesa

3 Mood disorders

These disorder involve presistent feeling of sadness or periods of feeling overly happy or fiucutuation from extrem happiness to extrem sadness

4 psychotic disorders

Involve distorted thinking inculde hallucintaion and delusions false belief

5 impulse control addictoin disorders

6 personlity disorders

Traits that are distressing to the person and or cause problams in work school or social reletaionship

7Adjustment disorders

Occure when a person develops emotional or behavioral symptoms in response to a streesfull event or situaition

8Dissociative disorders

people with these disorders suffer severe conciousness and genral awarness of themselve and their surrondings

Pepole are unable to resist or performe acts that could be harmful to themselve or other

exmple pyromonia kteptomania

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

-Need of health information systems

Rapidly detect and respons to health problem and epidemics

-to ensure that each health agency is rapidly alterd to suspected epidemics .