**Final-Term Assignment**

 **DPT 6th semester**

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

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

 **Marks: 50**

**Note:**

**Attempt all questions, all questions carry equal marks.**

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**Q1:** (A) What is difference between Prevention, Control, Elimination and Eradication? Explain with Example

(B) Write down different stages of Health Education

**Part (A)**

 **(1)prevention;**

 Disease control agent is premmited to prisist in the community at the level where it cases to be a public health problem accordind to the tolorence of local community or in villages and rural comunites .

**Example;**

 Dengue virus malaria control programe dieses control activites focus on the primary prevention, giving information about it to avoid the disese .and not spreading it,

**(2) Elimination**

 The medicos find out for treatment to terminate it .and they experience defrrent medical treatment to not spreed the desises .The tem elimination is used to described interption of transition of diseses;

**Example:**

 Elimination of measles polio or ditheria from large gegropic area nor region .covid 19 which is pandemic to avoid or making antibodies can be example for it .

**(3) Eradication**

 it is an absulate process

Tear out by root:

 Eradication of disese Impiles termination of infiction by exteriminatin of infectious agent.

 The term is reverd and cessation of infection and dieses from the whole world.

 The only dieses eradition from world is “small pox”

Example: measles poliomylatics and diptheria are the dieses those can be eradicated.

(B) Write down different stages of Health Education

**Health education:**

 It is the o imparting information about health in such as way the recipient is motivated to utilise that information for the protectin or advancement of coumunity and his own his family health.

1. **Stage of publicity**

 the media advertisement will be only used for informative purposes .medical bussines would not be advertised only will share information about heath or health realted problms .

1. **Stage of education:**

 Through the education in school ,collages , mosques by imam schools teachers and professor to follow the medical rules to avid ant kind of health related probms . the process of which is wihich is best for health education to community must needed to avaid any kind of risk which relates health.

1. **Stage of sensation**:

 To make community sensitive about their positive health .to take care of their health .

1. **Stage of community**

 the transforming of social changes or information according to above stages have been sucusefully experienced and willing to transform community into healthy community .

1. **Stage of attitude change:**

 the changing of attitude is only possible to give positive information or health education p

 to change community bahavior into attitude of positive behaviour and word tp take care of own health .

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

**Ethics**

 The system of behaviar and moral principle which can affect people decision making in theier lives .ethics is only about wht is good or usefull for society ans individual .morality also can be called ethics becaouse morality and ethitcs are interchanged words and have same meaning .ethics include both good and bad behavier.

Philospy also can relate relat it because it also about natural knowledge reality and existence .in the pholsphy ethics and morality Bothe are deffrent from each other and have distancing .

**Types of ethics**

1. **Medical ethics**

 System of moral principle which values physician practice of medical and clinical. Means what physician and how physician clear their of any case according to their profession .

Example .

 Mbbs , bds ,treatment and prevention etc .

1. **Health care ethics**

 Health care ethics is all about dealing with issues of physician health care team which happens to them in clinical hours .

Example

 Allied health science

 Paramedics

 Psychologist

1. **Bioethics**

 Bio ethics is about issues in living organism and issues due to emerging advance biological reseaches and reaseches in medical or medicine which relat practice and policy.

Example

 Focusing on a spesipic area whers happens organ donation and trasplantantion of organs.

1. **clinical medical ethics**

 clinical medical ethics can be called new field .which help to improve patient output and foucusiong on good decision to achieve treatment goals .

example

 physician must be loyal to their client must be spoken truth about case and treatment,

 **Principle of ethics**

* **Autonomy**
1. giving respect to make patient own decision
2. Teaching or giving awareness about case and that patient could make own decision .
3. supporting patient in his own choice of treatmwnt they wsant to take .
4. do not have to force patient to take treatment of physician choise .
5. giving importance to his consent about and nothing to share any information with others paramedics with their consent .

**Beneficence**

1. Our actions must aim to ‘benefit’ people – health, welfare, comfort, well-being, [+,- & live] improve a person’s potential, improve quality of life
2. ‘Benefit’ should be defined by the person themselves. It’s not what we think that is important.
3. Act on behalf of ‘vulnerable’ people to protect their rights
4. Prevent harm
5. Create a safe and supportive environment

 **Non maleficence**

1. do not to inflict [impose] harm on people
2. do not cause pain or suffering
3. do not cause offence [anger, harm]
4. do not deprive people
5. do not kill

**justice**

1. Treating people fairly
2. Not favouring some individuals/groups over others
3. Acting in a non–discriminatory way
4. Respect for peoples rights
5. Respect for the law
6. Distributive Justice – sharing the resources in society in a fair and just manner (e.g. health services, professional time)

**Nuremburg code**

1. Developed after the world war 2.
2. When the prisoners were used to perform experiments using coercive (relating to or using force or threats) procedure without any consent.
3. Includes principles such as
4. Proper formulated experiment, informed consent, absence of coercion and beneficence towards study participants

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

**Genetic abnormilities**

Human body have 20000to 25000defferent gene genes are located on chromosome and each and every gene have 46 chromosomes and 23 pairs of chromosomes .disfunctional gene can cause abnormilities or gene mutation can cause abnormilities and can be pass from parents to the offsprings ,the abnormilities that cause from the gene disfunction is term as genetic abnormilities .in other word some people have a genetic or or inherited predesposition to certain diasease ,such as cancer daibetics cardiovascular diasease and mental disorder .there are two type of gentic abnormilities or genetics change .

**Chromosomal abnormilities**

The chromosomal abnormilities can be transfer from parent to the offsprin and could be with no family history.and it is the most common abnormilities.

**1)Aneupliody :**

Aneupliody means less the number of chromosome or greater the number of chromosome from the normal number .examples are

Down syndrome(trisomy 21): cell consist 3 copies of the 21 chromosome.

Turner syndrome .its the syndrome which can only effects the womens and girls resulting missing or partially missing the sex chromosome in this case the number of chromosome is 45 .

**2)Deletion:**

In this case part of chromosome is missing .

**3)inversion :**

When a piece of chromose arround from it self which is broken down

**4)Ring:**

In which the piese of the chromosomes are attached to itself to form a ring..

**5)Translocation**

The transfer of chromosome segements from one location to another.

**6)mosaicism**

Present of an extra chromosome with deferent genetic metarial

Single gene defect :

Single gene change usually have a high risk of being passed on to children .single genes changes may be .

**• Dominant** : only one genes from the one parents are is abnormal .if the parent has the disordor the baby has a chance of inharted of it .

• Recessive :when both parents mother and father have abnormal genes .if both parents are carreiers a baby has 1 in 4chance of having the disorder for example sickle cell anemia.

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

 (B) What is Difference between Diabetes Mellitus and Diabetes Insipidus?

 (C) How will you prevent yourself from Diabetes Mellitus

**Diabetes**:

 is chronic disease that occurs either when the pancreases does not produce enough insulin or when the body cannot effectively use the insulin it produce .it is a disease in which your blood glucose or blood sugar level are too high .due to the less production of insulin which function is regulate blood sugar .according to WHO diabetes as fasting blood glucose more than 126mg/dl or more on 2 and more occasions .

**Types of diabetes mellitus**

**1)type 1 diabetes and type 2 diabetes**

Type 1 diabetes: is characterized by low level of or deficient insulin secretion and body required daily administration of insulin .its cause is unknown. it is a childhood onset.

Symptoms of diabetes type 1: symptoms include weight loss vision change and fatigue, constant hunger thirst and excessive excretion of urine. the above symptoms are occur suddenly .

Type 2 diabetes : AKA non insulin dependent or adult onset result from the body ineffective use of insulin .in type 2 diabetes the pancreases type 2makes insulin but it either doesn’t produce enough, or the insulin does not work properly. diabetes comprise 90% of people with diabetes around the world , and is largely the result of excess body weight and physical inactivity .347 million people worldwide have diabetes ,the overall prevalence is 10 to 15 percent of the population .WHO projects that diabetes will be the 7 leading cause of death in 2030.

Risk factors: high blood pressure, smoking, obesity, high fats and cholesterol level in blood, sedentary life style is the risk factor of diabetes type 2.

**(B) What is Difference between Diabetes Mellitus and Diabetes Insipidus?**

Diabetes mellitus

Diabetes insipidus

Is a group of metabolic disease characterized by the excessive level of sugar glucose in the blood

Is a condition characterized by excessive thirst and excretion of large amount of severely dilute urine

Commonly caused by a deficiency of the pancreatic hormone insulin , which results in a failure to metabolized sugar and starch

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

Urine contain glucose

Urine doesn’t contain glucose

**(C) How will you prevent yourself from Diabetes Mellitus?**

Prevention of diabetes: I will prevent myself from diabetes me should be achieve and maintain healthy body weight .be physically active,i will eat healthy diet ,i m not doing this but if somebody doing smoking he or she should avoid it .take participation in physical activities .early detection and treatment if found it .the government should work to reduce health inequality and improve the environment factor by .making the street safe for walking or cycling to school or the work place. Encouraging physical activities .anti smoking behaviour should be promoted by the implementing legal action.

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

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

**Part A:**

**Mental disorder**

Mental disorders are mental and psychiatric problems or changes occurs in normal mental activity or changes in normal pattern of normal mental health for which the main cause can be over stress , distress, depression which are Cause the abnormality and disability of normal mental health.and the affected person would be able to to survive normal in society .

 **Mental health**

 According to W.HO;

“Mental health 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. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community”.

 **Types of mental disorders**

**1.Anxiety Disorders**

  Anxity disorderhas group of mental disoreders in which affected person feel fear and worries about anything happening in future for example taking tension about exam ,career ets .affeted persons have rapid heart beat ,nervousness, shakiness and swaeting .

**2. Eating disorders**

 It also mental disoreder in affected prosns has no normal eating pattern and abnormal habit of eating that afeect affect their mental health obesity and physical health as well .it has risk of gastrointestinal disorders .

**3. Mood disorders:**

 It is the most comoan type of mental dissoders afeected person has low intrest in normal lif daily activity .patient having symptoms of sadness ,hopeless and with the time of passage patient has increase sypmtoms such as depression ,bipolar disoreders and another mental health related disoredes .

1. **Psychotic disorders:**

 It includes or abnormal thinking. Patient has symptoms confused and losted touch with reality.

Two common symptoms of psychotic disorders can be are hallucinations and delusions.

1. **Impulse control and addiction disorders:**

 This class of mental disoreders having symptoms no to speak according what patient think having trouble in behaveri controlling and emotions and also People with impulse control disorders are unable to resist or perform acts that could be harmful to themselves or others. E.g., Pyromania , kleptomania

Alcohol and drugs are common objects of addictions.

6. ***Personality disorders:*** type of mental disoreder in which patient has unhealthy thinking pattern ,behaving and functioning.peopale having persona;ty disoreder faces trouble with relating people and situation . also has problem in work and in social life .

1. ***Adjustment disorder:***  it is group of mental disorder smptom such as sadness ,hopless phyiasiacl symptoms can occurs after go through strees and depression the Adjustment disorder occurs when a person develops emotional or behavioral symptoms in response to a sad event stress or situation.
2. **Dissociative disorders:** in this disorder the experience involve lack continuity between memories and thoughts People who suffer with severe disturbances or changes in memory, consciousness, and general awareness of themselves and their community or srounding

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

Ans: the information collected by doctors in primary purposes for health care and coud be used for secondary purposes public health monitoring, management ,quality bcontrol for evolution and research .. The purpose of health information is to provide better care for the client and help to achieve health equity. To aware people about health risk and related factor .sharing disease information and how to avoid the disease spreading .Health information improves the quality of health care delivery.Increase patient safety.Decrease medical errors.also helps in population management and reduce health care cost caring with colabration because patent deffrent treamt from difreent health treamrnt providers .