

Name = "Mashaal Khan" "ID # 14218"

Date: _____

①

Q No:- 1 (A) What is the difference between Prevention, Control, Elimination and Eradication. Explain it with examples.

Ans:- (A) * Prevention:-

It is a action through which we can reduce ~~the~~ or eliminate the causes, onset and complication of a disease.

Through some activities we can done the reduction of a harmful disease.

When we are doing to prevent some illness we must require.

(a) Identification of risk factors and protective factors

● Risk factors:-

These are the factors through which disease can be occur.

Protective factors:-

Those factor through which we can protect ourself from the disease

(b) Strategies to minimize the risk factors and maximize protective factors.

Minimize the risk factors:-

To prevent the disease we must reduce the illness risk factors.

Date:

(2)

Maximize the Protective factor:-

To prevent the disease we must increase the protective factors to help us from the disease.

Example:-

Legislation and enforcement to control or ban the use of hazardous products. which can cause diseases.

* Control:-

The term control describes the incidence of disease, the duration of disease and consequently the risk of transmission, effects of infection and financial burden to the community.

In this process we do continued intervention which helps in reduction of a disease.

Example:-

Small Pox and corona - Virus.

* Elimination:-

Elimination is the method which stops the transmission of a disease in a specific geographic area. but not worldwide.

Date:

(3)

When the incidence of a disease comes to zero we call it elimination.

Example :-

HIV is an example of elimination by using control measures to stop the virus from infecting children.

* Eradication :-

Eradication is the method in which the world wide incidence becomes zero this is called elimination.

It is the permanent reduction of a disease.

Example :-

Small Pox (which was officially eradicated by WHO).

(B) Write down stages of Health education?

Ans Stages of Health education :-

(1) Sensitization :-

It is first stage through which we tell the people about the disease through a positive health message. And people are sensitized regarding an issue and give information.

Date:

(4)

(2) Publicity :-

Media and all other sources are used to provide information to the public about the disease.

(3) Education :-

Health education is provided and convince the illiterate people about the Health education and real education is given to masses by above said techniques and help to prevent disease.

(4) Attitude change :-

As a result of health education, people behaviors changes towards the disease and take good care of health.

(5) Motivation and Action :-

In this stage, through health education, they motivate the people and actions are starts in the right direction.

(6) Social change :-

When all the stages are completed and applied on the community. It will become the healthy community.

Date:

5

Q No:- 2 What is ethics? Write down types and principles of ethics?

Ans Ethics:-

Ethics is a system which tells us about the wrong and right decision.

⇒ It is a system of moral principles.

Types of ethics:-

(1) Medical Ethics:-

In this type of ethics, the principles are linked to the physicians and all the rules are related to the medicine practitioners.

(2) Health care Ethics:-

In this type of ethics, all the moral principles are related to the Health care providers and deals with the nurses.

(3) Bioethics:-

In this type, we study about the right and wrong decisions and ethical issues which is related to living organisms. And also tell us about the

Date:

(6)

~~1500~~ issues in biotechnology and research.

(4) Clinical Medical ethics:-

The main principle of clinical medical ethics is to provide the good health care to the patients and best decisions are made for the good health of a patient.

Principle of Ethics:-

(1) Autonomy:-

To value the patients decision and patients has freedom of thought and action. The patient must be understand about all the risks and benefits. and do not force to do things.

(2) Beneficence:-

The main aim is to provide benefits and good health to the patient which can improve their life. and do not force for any decision.

(3) Non-Maleficence:-

The main is to not harm the patient and do not malce him anger.

Date: _____

(7)

(4) Justice :-

There will be equality and fair in all the patients. and donot favours individuals.

(5) Nuremberg Code :-

Donot apply ^{new} procedures on the patients, and do not harm them. Peoples experience of a researcher.

Q No:- 3 what are genetic abnormalities? Write down different types of genetic abnormalities?

Ans Genetics abnormalities:-

Genetic abnormalities is a disease which is caused by any changes in the individual's DNA sequences.

Genetic abnormalities can be caused by mutation in a gene, damage to chromosomes and environmental factors.

Types of Genetic Abnormalities:-

These are two main types of Genetic abnormalities.

8

Date:

① Chromosomal abnormalities:-

It is the most common type of ~~the~~ genetic abnormalities. ~~the~~

In this type of abnormalities, the chromosomes is abnormal due to extra number of chromosomes or less number of chromosome. It is also called "Aneuploidy".

Most people in this disease have three copies of chromosomes instead of single copy.

Example:- The most well known example of aneuploidy is "Down syndrome".

② Single Gene Defect:-

It is the most serious type of disease and we refer it as a single gene disorder. This type of gene defect is transferred from the parents who also has the same disorder.

Single gene disease run from families and can be dominant or recessive.

Example:-

Sickle cell disease and Cystic fibrosis. These are example of cell gene defect.

Date:

(9)

Q No:- 4 (A) What is diabetes? Write down different types of Diabetes mellitus.

Ans Diabetes:-

Diabetes is a disease in which the individual's blood level is too high and the pancreas do not produce insulin.

Types of Diabetes mellitus:-

(1) Type 1 Diabetes mellitus:-

In type 1 diabetes, the insulin producing cells are damaged in the pancreas so less insulin is produced, which causes weight loss.

Symptoms:-

Fatigue, weakness, More urination.

(2) Type 2 Diabetes:-

In type 2 diabetes, the insulin is produced by the pancreas but it does not work properly.

This disease mostly occurs in ~~adult~~ adult age people (40 years old).

Symptoms:-

Dry mouth, Blurry vision, Headaches.

(10)

Date:

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

Ans Diabetes Mellitus	Diabetes Insipidus.
(1) It is a disease in which a blood level is high	(1) It is a condition in which imbalance fluid is present in the body.
(2) It is due to insulin deficiency.	(2) It is due to pituitary hormone deficiency.
(3) Less Thirst	(3) Excessive Thirst.
(4) Less urine is produce by kidneys	(4) Excessive urine is produce by kidneys.

(C) How will you prevent yourself from diabetes Mellitus:-

Ans We can protect or prevent ourselves from diabetes Mellitus by not eating sugary foods and eat a high fiber diet. It is because eating high fiber foods can gut health and beneficial for weight management.

We can also prevent ourselves

Date:

(11)

from diabetes by taking natural herbs which helps in increasing insulin level.

Daily work out and drinking more water should be our primary beverage.

Q No:-5 What is Mental disorder? Write different types of mental disorder.

Ans Mental Disorder:-

Mental disorder is a condition in which there is changes in persons thinking, behavior and emotions.

Any disability which affect your ability and function is called mental disorder.

Types of Mental disorder:-

(1) Anxiety Disorder:-

It is a type of disorder which involves nervousness, fear and worry about activities and events. And you may have sometime sweating and chest pain.

(2) Eating disorder:-

It involves irregular eating habits and very concern about body weight.

Date:

(12)

(3) Mood Disorder:-

It involves mood swings. It involve long period of extreme happiness ~~to~~ or sadness. And have no constant mood.

(4) Psychotic disorder:-

It involves abnormal thinking and lose senses and touches.

(5) Impulse control and addiction disorder:-

Impulse disorder is a condition in which a person is unable to control their impulses and emotions.

Addiction is a complex brain disorder in which a person is addicted to drugs.

(6) Personality Disorder:-

It is a condition in which a person has unhealthy thoughts which make him trouble in everyday problem.

(7) Adjustment disorder:-

It involves stress and hopeless and difficult to adjust events and situations.

Date:

⑧ Dissociative disorder:-

It involves escaping from reality and lack of continuity between actions and thoughts which can cause everyday life problems.

⑨ Why we need health information system? Explain it.

Ans. We need health information system to provide good health care for patients and helps patients to achieve healthy quality. Health information system collect data from the patients and then research it and manage to good extent. Health information system analyse sample from the laboratory and collect data which helps the clinician in diagnosing a patient.

Health information system have a record of patients medication record and doctors prescriptions.

Health information system also support health activities and manage administrative and staff facilities.

It also helps in improving the co-ordination of care and also promote early detection, prevention and management of chronic disease.