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Q No 1 :

What is the difference b/w prevention, Control, Elimination and Eradication explain with example.

• Prevention:-

When we say prevention that are applied to

prevent the occurrence of a sickness.

General wellbeing plans to prevent disease promote health and prolong life.

the majority of which have

Primary prevention as their goal. Plan to prevent occurrence of disease through organized effort in the entire

population instead of

Concentrating on the wellbeing of target or recognizable population.

General wellbeing Centers around the up Stream determinants i-e Social , ecological and Conduct determinants of medical issues .

where general wellbeing cannot Control ecological measures efforts then focus on modifying behavior .

where both the above Components are not Compelling the Center is occupied toward network obstruction .

e.g.:-

Immuization prevent the Spread of infectious agent, utilization of medication .

→ long term high quality and reasonable preventive measures is the interest in the general wellbeing .

where a condition can be identified by screening of asymptomatic people, sorted to out early detection program become some portion of general wellbeing reaction.

After discover of beginning time of infection then wellbeing reaction is given by treatment to recognizable people.

• Control:-

When we say control it refers to measure that are applied to transmission after the disease has happened.

→ The decrease of infection occurrence, prevalence, morbidity and mortality to a locally worthy level because of purposeful endeavors.

→ proceeded with medication measures are required to keep

up the decrease.

e.g.:-

Corona virus disease.

• Elimination:

A Complete removal or destruction of disease or infection.

→ Elimination → decrease to zero of the occurrence of a specified disease in a characterized region because of purposeful endeavors. proceeded with medication measures are required.

e.g.:-

end of measles, Polio, and diphtheria from huge geographic regions or areas.

• Eradication:

Eradication → is the reduction of disease or infection.

→ permanent decrease to zero of the overall rate of infection because of purposeful endeavors.

e.g.:

Small Pox.

(B) Write down different Stages of health education.

• Health education:-

Health education is the procedure that illuminates, motivates and help people to adopt and maintain healthy practice and ways of life.

Support natural changes varying to encourage to facilitate this goal.

Stages of Health education.

- Sensitization:-

people are sensitized with respect to developing issue through constructive wellbeing message.

- Publicity:-

Media and all the potential methods for commercials are utilized for educating people with respect to the issue.

- Education:-

Health education is given to the network accentuation on unskilled and uninvolved people through the leader and persuasive personality of their own network
e.g: Imam, School master, vadera.

The main aim of health education here to prevent the spread of disease and improve general health of communities.

- Attitude Change:-

As the result of health education, activities toward constructive practices changes the mentality of the people towards their own great wellbeing changes.

- Motivation & Action:

persuasion of the people to eventually act for the betterment of their own health.

when inspiration is given and activities the correct way begins, if further propels the people and families to proceed with such conduct.

• Social Change:

After all the above stages have been effectively finished:

the whole community transferred into a healthy community.

Q No 2: What is Ethics? Write down Types and principle of ethics.

• Ethics:-

- Ethics is the system of moral principle.
- Principle of good and bad behavior.
- They influence how individual settle on choices and lead their lives.

The term ethics and morality are often used. In reality they typically can mean something very similar and in easy going discussion there isn't an issue with exchanging among one and the other.

Types of Ethics:-

1: Medical Ethics:-

principally doctor focused.

Arrangement of good rules that apply to the act of medication.

e.g: MBBs, BDS, anticipation and treatment.

2: Health Care ethics:-

Manage the issues of medical care-takers and other social insurance suppliers.

e.g:- united wellbeing sciences, paramedics, therapist.

3: Bioethics:-

Study of ethical issues and decision making related to the utilization of living creatures. Bioethics concerns itself with tending to moral issues in human services, medications, examination, biotechnology and nature.

4: Clinical medical ethics:

plans to improve tolerant (Patient) Consideration and Patient result by Concentrating on arriving at a privilege and great Choice in individual Cases.

For example:-

In thinking about their Patient, doctor must apply Clinical morals principles.

e.g.:- talking honesty to their patient, arranging educated assent for Clinical choice, ensuring persistent privacy, evaluating patient decision limit.

• Ethical Principle:-

Ethical principle provide the framework which may encourage people and Society to determine Conflict in a reasonable, just and moral way.

• Autonomy:-

- To give respect to the person's right to make their own decisions.
- Instruct individual to have the option to settle on their own decisions.
- Support individual in their individual decision.
- Try not to compel or constrain individual to get things done.
- Educate Consent is a significant result of this guideline.

• Beneficence:-

- Our activities must plan to advantage individual wellbeing, government assistance, comfort, prosperity. improve person potential and quality of life.
- Benefit ought to be characterized by the individual themselves its not what we imagine that is important.

- Follow up for helpless, individuals to secure their privileges.
- Prevent harm.
- Make Safe and Supportive environment.

• Non - maleficence :-

- don't to impose hurt on individuals.
- try not to cause pain
- try not to cause anger.
- try not to deny individuals.
- do not kill.

• Justice :-

- Treating individual fairly.
- Not preferring a few people / bunches over other.
- Acting in a non prejudiced way.
- Regard for people groups right
- Regard for the law.
- Sharing the fair in Society
e.g Health Services.

• Nuremberg Code:-

→ Created after the world war 2

→ At the point when the detainees were utilized to perform tests utilizing Coercive (identifying with or utilizing Power or dangers).

→ Incorporates Standards for example. Appropriate detailed analysis, educated assesent, no appearance of Pressure and advantage toward Study members.

Conduct the experiment in Such a way to avoid unnecessary physical and mental Suffering.

→ proper arrangement and protection of the test Subject from inability, injury or disease.

→ The test ought to be led by qualified experts not by assistant.

Qno3: What are genetic abnormality and write down different types of genetic abnormality.

• Genetic abnormality:-

A hereditary issue is an illness that is brought about by a change or transformation in person's DNA sequence.

A hereditary issue is an ailment brought about by changes in an individual's DNA.

• Chromosomal abnormality:-

They might be acquired from the parent or may happen with no family history.

These are more widely recognized.

1. Aneuploidy:-

This implies more or less chromosome than the ordinary number

examples are Down Syndrome

in this cells contain 3

duplicates of the 21st chromosome.

- Turner Syndrome:-

this influence only young ladies.

there are 45 rather than 46 chromosomes.

2. Deletion:-

When some one portion of a chromosome is absent.

3. Inversion:-

When a chromosome breaks and its bit pivots and reattached it self.

4. Ring:-

A Ring chromosome breaks is one where the finishes are joint to it self to shape a ring.

5. Translocation:-

When a chromosome section modifies starting with one area then onto the next.

It can happen either inside similar chromosome or move to another chromosome.

6. Mosaicism:-

Presence of additional chromosome in their cells with various heredity material.

• Single gene defect:-

Single gene changes normally have a higher danger of being given to youngsters.

Dominant:-

We just one of the qualities from one Parent is anomalous. In the event that the parent has the turmoil, the child has a 1 of every 2 possibility of acquiring it.

Recessive:-

When two guardians have irregular qualities. on the off chance that the two guardians are bearers, a child has a 1 of every 4 possibility of having the disorder.

e.g. Sickle cell anemia.

X-linked:-

The disease is dictated by qualities on the X-chromosome

e.g.: hemophilia.

Q. No. 4 What is diabetes? Write down different types of diabetes mellitus.

• Diabetes:

Diabetes is a constant illness that happens either when the pancreas does not deliver enough insulin or when the body can't successfully utilize the insulin it produces.

- Insulin is a hormone that direct glucose.

WHO characterized diabetes as Fasting Blood Glucose in excess of 126 mg/dl on one single event.

and Random Blood Glucose of 200 mg/dl or more on 2 as well as more events.

• Types of diabetes mellitus:

Type 1 diabetes.

Type 2 diabetes.

• Type 1 diabetes:

Type 1 Diabetes (previously known as insulin-dependent, juvenile or childhood-onset) is characterized by deficient insulin production and requires daily administration of insulin.

- The cause of Type 1 diabetes is not known.

• Type 2 diabetes:

Type 2 Diabetes results from the body's ineffective use of insulin.

- Type 2 diabetes comprises 90% of people with diabetes around the world and is largely the result of excess body weight and physical inactivity.

(B): What is the different between diabetes mellitus and diabetes insipidus.

Diabetes insipidus:

often shortened to DI, is a rare form of diabetes that is not related to blood sugar-related diabetes mellitus.

Diabetes insipidus is simply excessive urination (polyuria) and complications there of caused by an antidiuretic hormone called a vasopressin.

the most common symptoms are excessive urination and excessive thirst.

Diabetes mellitus:

Diabetes mellitus is more commonly known as diabetes. Its when your pancreas does not produce enough insulin.

to control the amount of glucose or sugar in your body.

If you have diabetes mellitus you may feel really tired when your blood sugar is low or high.

(c) How will you prevent yourself from diabetes mellitus?

Preventions from diabetes:

Primary preventions are:

- Weight loss.
- physical activity.
- Stop smoking.

To prevent type 2 diabetes and its complications people should:

- achieve and maintain body weight, weight loss is accompanied by considerable lowering of the risk of diabetes.

be physically active - at least 30 min of regular moderate-intensity activities on most days. eat a healthy diet of between three to five serving of fruits and vegetables a day and reduce sugar intake.

avoid tobacco use - smoking increases the risk.

Secondary prevention include early detection and treatment. Early diagnosis can be accomplished through relatively inexpensive blood testing.

Q No: 5

(A) What is Mental disorder?
Write different types of mental disorder.

→ A mental disorder is also called Psychiatric disorder. It is a mental or behavioural pattern due to which that causes distress or disability.

- mental disorder are condition that influence your feeling, disposition and conduct. They may be occasional or long lasting.

• Types of mental disorder:-

1) Anxiety disorder:-

people with anxiety disorder react to specific object or circumstances with fear and just as with physical

Sign of anxiety

e.g : fast heart beat.

2) Eating disorder:-

Eating issue include outrageous feelings, mentalities, and practices about weight and food.

3) Mood disorder:-

These disorders include Persistent feeling of Sadness or times of feeling excessively glad.

4) Psychotic disorders:-

Psychotic issue include twisted reasoning.

most Common Symptoms of Psychotic disorder are hallucination and delusions.

5) Impulse Control and addiction disorders:-

people with impulse Control disorders are unable to perform act that could be hurtful to them selves or others.

e.g: Pyromania.

6) Personality disorders:-

people with personality issue have extraordinary and unbendable character attributes that are up setting to the people and cause problem in work, school or social connections.

7) Adjustment disorder:-

Adjustment issue happens when an individual creates emotional or behavior symptoms in response to unpleasant occasion or circumstances.

8) Dissociative disorder:-

people with these disorders suffer severe disturbances and changes in memory, cognizance, and general familiarity with themselves and their environmental factors.

(B) Why we need health information System?

• Health information System:-

The purpose of the health information System is to give better care to patient and help to achieve wellbeing value.

Health information System improves the nature of social insurance convenience, increase patient safety, diminishes clinical mistakes and reinforces the communication among patients and medicinal services suppliers.

→ Health care information system manage, store, or transmit information related to the health of individuals or the activities of organization that work within health sector.

→ There are wide range of sorts (types) of health care information system.

Types of health care information systems are:

- Operational and Strategic frameworks for simple arrangement of data.
 - Clinical and administrative system for managing patient details on an administrative level
 - Subject and task based systems such as electronic medical records or electronic health records.
 - Money related framework for following income and over-seeing charging entries.
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