

Date: _____

NAME : HUMAMA ALI

IO : 14082

PAPER : TEACHING METHODOLOGY

DPT 6th SEMESTER

Date: _____

1

Question 1 :-> what is different between Prevention, Control, Elimination, and Eradication Explain with example.

Answer :-> Prevention :->

when we say 'prevention' it refers to measure that are applied to prevent the occurrence of a disease.

• Long term, high quality and affordable preventive measure is the investment in public health.

:-> ~~Control~~ :-> Example :->

Prevention controls include Policies, Standards, processes and physical barriers.

Date: _____

Control :->

When we say control it refers to measures that are applied to prevent transmission after the disease has occurred.

- Decrease motility and mobility of a disease.

Example :->

Coronavirus disease.

Elimination :->

Refer to complete and permanent, worldwide reduction to zero new cases of the disease through deliberate efforts.

Example :->

Elimination of measles, polio, diphtheria from large geographic regions or areas.



Date: _____

Eradiation :-)

is permanent reduction of a disease to zero cases through deliberate measure such as vaccine.

Example :-

Small pox.

B.) Part :-)

write down different stages of health Education.

1.) To manage the planning process.

2.) To conduct a situational assessment.

3.) To identify goals, populations of interest, outcomes.

Date: _____

4

4.) To identify Activities, and process outputs.

5.) To develop indicators.

6.) To Review the program plan.

x

x

x

Question 3 :-> What is genetics?
write down different type
of Genetic Abnormalities.

Answer :->

Genetics is the study of heredity and also the mechanisms that are involved in the transmission of genetic information from one generation to the next.

=> Genetic Mutation can results disorders that can be transmitted



Date: _____

5

from parents to offsprings.

Medical Genetics Types \Rightarrow

1.) Chromosomal Abnormalities \Rightarrow

These are the most common type of medical genetics.

They may or may not related to family history.

2.) Aneuploidy \Rightarrow

This means when chromosomes are not in their normal number. When they are more or less in number.

Example \Rightarrow

1.) Down Syndrome \Rightarrow

Also called trisomy when the cell contain 3 copies of the 21st chromosomes.

Date: _____

2.1) Turner Syndrome :-

most common in girls and women, results when a sex chromosome is missing.

Deletion :-

Missing of a part of chromosomes.

Inversion :-

When chromosome breaks and reattaches itself.

Ring :-

The chromosome in which their end is attached to itself to form a ring.

Translocation :-

When chromosomes re-arrange itself from one point to another.

Date: _____

Mosaicism \Rightarrow

Presence of one or extra chromosomes in his or her body.

Single Gene defect \Rightarrow

Single Gene Changes have a higher risk to transmit into children. Single gene changes may be.

Dominant \Rightarrow

When one gene from the parent is abnormal - If the ~~the~~ parent suffers from the disorder then the body has 1 in 2 chances of inheriting it.

\Rightarrow Recessive \Rightarrow

When both the parent have abnormal gene then the body has 2 1 in 4 chance of having



Date: _____

the disorder.

Example :- Sickle Cell anemia.

X

X

Date: _____

9

Question 2 :-> What is Ethics?
Write down types and principles
of ethics.

Answer :->

Ethics is a system of ~~normal~~ moral principles. Recommending concept of right and wrong behaviour. The term ethics can also refer to rules or guidelines that establish what conduct is right and wrong for individuals and for groups.

Example :-> Codes of conduct express relevant ethics standards for medicine, law, journalism and accounting.

Types of Ethics :->

Medical Ethics :->

is primary physician



Date: _____

Centered and system of moral principles which is applied for the practice of medicine.

2.) Health Care Ethics :-)

It deals with health care providers like nurses and others.

3.) Bioethics :-)

It is the study of ethical issues and decision making related with the use of living organisms.

⇒ It is responsible for addressing ethical issues in health care medicine, research, biotechnology and the environment.

4.) Clinical Medical Ethics :-)

Their purpose is to improve patient care by

Date: _____

“

focusing on a good decision
in individual cases.

5.) Ethical principles :->

provide frame
work or tools which facilitates
individuals and society to
resolve conflict in a fair
manner way.

1.) Autonomy :->

1.) Respect people rights and decision

2.) Teach people to make their own
choices.

3.) Support people choices.

4.) Do not force people to do
things.

5.) Informed Consent is an
important outcome of the
Principles.



Date: _____

Q 4 \Rightarrow What is Diabetes ?
write down different types
of diabetes mellitus.

Answer \Rightarrow Diabetes is a chronic
disease and is cause by
two possible conditions,

1.) When enough insulin according
to the body need are
not produced by insulin.

2.) When the insulin produce
by the pancrease cannot
work properly.

\Rightarrow Insulin is a hormone
secreted by pancreatic gland
and is responsible for
sugar regulation in blood.

\Rightarrow According World health organization
(WHO) diabetes is a fasting
blood glucose more than 126 mg

Date: _____

on one single occasion.

=> Random blood glucose of 200 mg/dl or more on 2 and or more occasions.

Types =>

Type 1 Diabetes =>

Type 1 Diabetes is also called insulin dependent, juvenile or childhood-onset).

This type of diabetes is specified by the deficiency of insulin production and needs regular administration of insulin.

Cause =>

Cause for this type of diabetes is not known.

Date: _____

114

Symptoms: =>

- => Excessive urine excretion (polyuria).
- => Thirst (polydipsia).
- => Constant hunger.
- => loss of weight
- => Changes in vision and fatigue.

Type 2 Diabetes Mellitus: =>

Type 2 diabetes mellitus is also called non-insulin dependent

Type 2 diabetes is resulted when the body does not use the insulin properly and effectively.

- => 90% of people around the world suffer from this type of diabetes and cause is a result of excess body weight and physical activity.

Date: _____

Symptoms :->

The symptom of type 2 diabetes mellitus resembles with type 1 symptoms. therefore the disease may be diagnosed several years after onset.

This type of diabetes was seen only in adult but now children also suffering from.

B,,) What is difference between Diabetes mellitus and Diabetes Insipidus.

1,,) Diabetes mellitus :->

Diabetes mellitus is caused by the deficiency of insulin production and high levels of glucose in blood

Date: _____

In simple this is called due to insulin resistance.

Diabetes Insipidus ⇒

Diabetes Insipidus is caused by production of Stilled hormone in the brain and is released to stop the kidney producing so much urine in order to retain water.

Part

C//) How will you prevent yourself from Diabetes mellitus.

Prevention of Diabetes ⇒

We can prevent ourself from diabetes mellitus as follows ⇒

- ⇒ By achieving health weight.
- ⇒ By eating balance diet.
- ⇒ By controlling body weight.
- ⇒ By getting regular exercised etc.

Date: _____

17

Question 5 :-> What is mental disorders? Write different types of mental disorder.

Answer :->

Mental Disorder :->

A mental disorder is a behavioral or mental change also called psychiatric ~~disability~~ disorder. It cause distress and disability which is develop mentally and is socially abnormal.

Types :->

1.) Anxiety Disorder :->

People suffered with anxiety disorders are feared from certain situations and are physically nervous such as rapid heart beat and sweating.

Date: _____

2.) Eating disorder :->

Eating disorder include extreme emotions, attitudes and behaviors about weight and food.

3.) Mood disorder :->

These disorders involve mood changes from extreme happiness to extreme sadness, sometimes they feel over sadness and sometime feel over happiness.

4.) Psychotic disorders :->

Psychotic disorder involved distorted thinking.

5.) Impulse Control and addiction disorder :->

People with impulse control disorder are unable to protect themselves from harmful things to do.

Date: _____

19

⇒ Addiction disorders include harmful addiction like alcohol and drugs.

6.) Personality Disorders:-
Involved person distressing, cause problems in work, school and social relationships.

7.) Adjustment Disorder:-
results when a person develops emotional or behaviour symptoms in response to a stressful event.

8.) Dissociative Disorder:-
People with these disorder suffers from disturbance and memory change, consciousness and general awareness of themselves and their surrounding.

Date: _____

20

Part B.) => Why we need Health Information System?
Explain it.

Health Information System => helps to gather and analyze health data and information to manage population and aware people about health care. The information or data analyze by the health information system can improve patient's care.

Need =>

=> To aware people about health care.

=> To manage population.

=> To reduce health care costs.

=> To support planning, management and decision making in health facilities and organizations.