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2.2 TAHAFFUZI WA SAMAJI TIB
(Preventive and Community Medicine)

Theory – 100 marks
Total teaching hours: 150 hours

1. Tahaffuzi wa Samaji Tibb

Definition, historical background, importance, aims and objectives

2. Sehat (Health)

Definition, aims & objectives and guidelines for health,

Detailed discussion of Asbaabe Sitta Zarooriyah (six essentials of life), classification of food including macro and micronutrients and balanced diet.

3. Marz (Disease)

Definition and causes of disease with details.

4. Tabae Mahaul (Physical Environment)

Fizaae Mahaul (atmospheric environment), components of Tabae Mahaul (physical environment) and its related factors.

Factors affecting physical environment (Physical, chemical and biological causes).

5. Air

Physical properties and composition.

Natural and artificial method for purification of air, procedures for the prevention and control of diseases caused by air pollution and their preventive measures

6. Water

Sources and types of water, safe & wholesome water, examination of water, purification methods.

7. Environmental Pollution

Definition and classification, causes, health effects and preventive measures of different types of pollution i.e. air pollution, water pollution and noise pollution.

8. Masaakin wa Tahviya (Housing and Ventilation)

Need and importance, disadvantages of ill ventilated rooms, standards of ventilation, different types of ventilation (Natural and Artificial)

9. Indifac Fuzlaat (Disposal of Waste)

Definition and types of waste, solid waste disposal, excreta disposal, municipal sewage disposal plant, biomedical waste disposal.

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10. Shakhsi Hifzane Sehat (Personal Hygiene)

Healthy habits, cleanliness, menstrual hygiene, Importance of Ilaj Bit Tadbeer in Shakhshi Hifzane Sehat Dalak, Riyazat, Hammam and bathing. Prevention of lifestyle diseases.

11. Khandani Mansooba Bandi wa Zabte Taulced (Family Planning and Birth Control)

Definition, scope, types of birth control measures: temporary, permanent.

12. Taadiya (Infection)

Definition, mode of spread, routes of entry of infection, reservoirs of infection and their carriers, classification, quarantine, Incubation period, isolation.

Important vectors spreading the disease

Concept of Waba and related terminologies.

13. Infectious Diseases

Asbaabe Wa'sila wa Moidda (causative and predisposing factors), causes, sign and symptoms, differential diagnosis, Muddate Hizanat (incubation period), Muddate Tadiya (infective period) and methods of Tahaffuz (prevention) of following diseases:

- a. Humeqa (Chickenpox)
- b. Khasra (Measles)
- c. Judri (Small Pox)
- d. Warne Aslul uzn (Mumps)
- e. Influenza, Swine Flu, Bird Flu
- f. SARS
- g. Chickengunia
- h. Shaheeqa (Pertussis)
- i. Khunnaq (Diphtheria)
- j. Diq (Tuberculosis)
- k. Haiza (Cholera)
- l. Deedane Amaa (Helminthiasis)
- m. Hummae Taifoodiya (Typhoid Fever)
- n. Hummae Ijamia (Malaria)
- o. Hummae Asfar (Yellow Fever)
- p. Khaarish
- q. Hummae Danj (Dengue Fever)
- r. Ta'oon (Plague)
- s. Kala Azar
- t. Daul Kalb (Rabies)
- u. Kuzaaz (Tetanus)
- v. Juzaam (Leprosy)
- w. Daul feel (Filariasis)

- x. Faliye Atfaal (Poliomyelitis)
- y. Jamra (Anthrax)
- z. AIDS
- aa. Iltihaabe Kabid (Hepatitis)

14. Manaaf and Amale Talqeeh (Immunity and Vaccination)

Immunity: Definition, classification and importance of immunity

15. Amale Talqeeh (Vaccination)

Definition, types of Vaccines, advantages and disadvantages of vaccines, Naqshae Tamnee (Immunization Schedule), Amale Tamnee ke muzir asraat (adverse effects of Immunization)

16. Amale Tattheer (Sterilization)

Definition, importance & necessity, latest methods, natural, physical & chemical.

Information about various Istilahaat (terminology) like deodorant, antiseptic, pesticides, insecticides, germicides and detergents etc.

17. Dafa-e Ta'afun (Disinfectant)

Sources, methods of disinfection and their indications.

18. San'atee Tib

Definition and importance of occupational health, occupational diseases and hazards and their preventive measures.

19. Sehati Tanzimat (Health Organizations)

- National health organizations
- Aalami Sehati Tanzeemaat (International Health Organizations)
World Health Organization (WHO), United Nations International Children Emergency Funds (UNICEF), Food and Agricultural Organization (FAO).

20. Nigehdasht Mashaikh (Geriatrics)

Problems of old aged people viz. financial, mental, physical, social and psychological. Tadabeer-e-Mashaikh (diet, exercise, massage etc.).

21. Seha-e Aamma (Public Health)

Tash'heer (notification), methods of propaganda of public health issues and its importance, school health services. Healthcare at village level, preventive measures and cleanliness in fairs and festivals and prevention of epidemic diseases.

22. Tibbi Indirajat (Demography)

Mardum Shumari (census and registration system), Sharahe Paida'ish (birth rate) and Sharahe Amwaat (death rate) etc. basic medical statistics, including central tendencies.

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23. Shakti Programmes (Health Programmes)

Primary Health Centers (PHC)

Various Health programs run by Govt. of India, healthcare delivery system of India.

PRACTICAL

100 marks
Teaching hours-100

JUZE AMALI (PRACTICALS)

1. Demonstration of water purification methods.
2. Identification of disinfectants and their application
3. Identification and information of disease related Insects through models and charts
4. Demonstration of different vaccines
5. Information about infectious and epidemic diseases through permanent slides and audio visual aids.
6. Propaganda and education of public health through community health visits.
7. Observation of health delivery system at different health centers and sub-centers.
8. Demonstration of birth control & family planning methods through charts, models & videos.
9. Participation in different national health programmes.

Notes: - Students will maintain a Record Book of all the practical and demonstrations and also prepare charts and models. At least five case histories will be necessary for a student regarding patients of infectious, occupational or other related diseases.

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