

COMMUNITY MEDICINE

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GOAL

The broad goal of teaching in Community Medicine is to prepare the student to function effectively as a community physician and an efficient public health leader.

OBJECTIVES

At the end of the course, the student should be able to:

1. Understand the concepts of health and disease describe the levels of prevention and modes of intervention.
2. Describe the epidemiological methods and apply appropriate epidemiological methods to study and manage communicable and non-communicable diseases in the hospital and community situations.
3. Define vital statistics and describe the various methods that are used to collect data, apply bio-statistical methods and techniques to make inferences and describe the health information systems.
4. Outline the demographic pattern of the country and appreciate the roles of the individual, family, community and socio-cultural milieu in health and disease.
5. Diagnose and manage maternal and child health problems and advise couples and the community on the family planning methods available.
6. Describe the methods of nutritional assessment to diagnose and manage common nutritional problems at the individual and community levels.

7. Enunciate the principles and elements of primary health care, describe the organization and functions of the health care team at Primary Health Centre, Community Health Centre and District levels.
8. Describe and evaluate the various National Health Programmes with particular emphasis on maternal and child health programmes, family welfare and population control, communicable and non communicable disease prevention and its implementation in the community.
9. Describe the importance of water and sanitation in human health; identify and investigate the environmental and occupational hazards, disaster, disease outbreak and apply management techniques for their control.
10. Describe the principles and practice of health education and to apply appropriate communication skills to bring about behavioural change in the community.
11. Capacity to plan and implement the measures for disaster.

TEACHING HOURS

I MBBS

- (i) Theory, Seminars, Practicals - 30 Hours (2 hours /week for 1st 15 weeks)
- (ii) Visits to Institutions of Health* - 30 Hours (Field Visit – 6 hrs /day /month in 5 months)

II MBBS

- i. Theory – 56 hours (1 hour/week)
- ii. Practicals* – 144 hours (in two Block postings(each for 72 hours in 4 weeks in 3rd and 4th semester)

Final MBBS Part 1

- i. Theory -50 hours
- ii. Practicals * – 72 hours(Block Posting for 4 weeks in the 6th semester)

* Includes Block Postings, Field Visits, Demonstrations, Family Care Study, School Health and Problem Solving Exercises

TEACHING SYLLABUS

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TOPIC	MUST KNOW	DESIRABLE TO KNOW	NICE TO KNOW
CONCEPT OF HEALTH AND DISEASE	• Definition of health. • Concept of wellbeing. • Dimensions and determinants of wellbeing. • Indicators of health. • Spectrum of health. • Levels of Health care. • Concepts of causation, prevention and control of diseases. • Natural history of diseases. • Modes of Intervention.	1. Changing pattern of disease. 2. Disease classification. Changing concepts of health. 3. Hospital and community. 4. Health service philosophies.	1. Ecology of health. 2. Right to health. 3. Responsibility for health. 4. Population medicine.
PRINCIPLES OF EPIDEMIOLOGY	1. Definition, Aims, uses and Basic measurements in Epidemiology. International death certification. 2. Incidence and Prevalence of diseases. 3. Epidemiological methods. 4. Association and causation. 5. Infectious disease epidemiology. 6. Diseases prevention and control. 7. Investigating an epidemic. 8. Immunization concept and schedule. 9. Cold chain and vaccine vial monitor. - Adverse events following immunization and investigating it.	1. Additional criteria for judging causality. - Empiricisms. - Immunizing agents. - Disinfection.	1. Standardization of rates
SCREENING FOR DISEASE	1. Concept, Aims, uses, types and criteria for screening, 2. validity of Screening tests.	1. Combined tests.	1. Problem of borderline. 2. Evaluation of screening programmes.
EPIDEMIOLOGY OF	Epidemiology, clinical features prevention, control and treatment of :	1. Communicable diseases. (SARS, meningococcal	1. Communicable diseases

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TEACHING LEARNING METHODS TO BE ADOPTED IN COMMUNITY MEDICINE

1. Lecture – 64hours
 2. Seminar-30hours
 3. Symposium-30hours
 4. Group discussion-20 hours
 5. Guest lectures-20 hours
 6. Project work -30hours
 7. Problem based learning-20hours
 8. Demonstration -40hours
 9. Field visits -90 hours
 10. Integrated teaching classes with Medicine, OG, Pediatrics, Dermato-Venereology,
- Microbiology – 40hours

PHASE 1 : Ist MBBS

Objectives	Content (topics)	Method of teaching & Duration	
		Theory	Practical
a) KNOWLEDGE The student shall be able to :			
1. Introduction to the evolution of Community Medicine ,Health Definition and factors affecting it	- History of Medicine and evolution of Community Medicine - History of public Health in India - Changing concepts in Public Health - Definition of health. - Concept of wellbeing. - Dimensions and determinants of wellbeing.	Lectures/seminar/ group discussion 5 hours	

	- Indicators of health. - Spectrum of health. - Primary health care- - Levels of health care- - Health care delivery system	Lectures /Seminar/ Group Discussion 3 hours	Visit PHC/Subcentre 6hours
2. Describe the health care delivery system	Demographic cycle and demographic gap, demographic trends - sex ratio -Role of family in health and disease -Cultural factors in health and disease -Socioeconomic status scales -Fertility and factors affecting it -Family welfare and population control	Lectures /Seminar/Group Discussion 4 hours	
3. The demographic pattern of the country and the roles of the individual, family, community and socio-cultural milieu in health and disease.			
4. Social factors related to health, disease and disability in the context of urban and rural societies;	Principles of sociology Social and cultural factors in health, disease and disability	Lectures/seminar/ group discussion 4 hours	Community visit 4 hours
5. Appreciate the impact of urbanization on health and disease;	Impact of urbanization on health and disease	Lectures/seminar/ group discussion 2 hours	Visit to UHC 4 hours
6. Observe and interpret the dynamics of community behavior;			Community visit 4 hours
7. Describe the elements of normal psychology and social psychology;	1. Elements of normal psychology and social psychology 2. Group behavior, Motivation personality 3. Learning and types 4. Personality and development Intelligence and mental age.	Lectures/seminar/ group discussion 4 hours	
8. The principles of practice of medicine in hospital and community Setting including Medical ethics	Hospital sociology Art of interviewing Doctor patient relationship Ethics in medical practice	Lectures/seminar/ group discussion 2 hours	Visit to community and hospital 4 hours

9. Health education	5. Communication process. Types of communication. 6. Barriers of communication. 7. Health education- Approach, models, contents, principles of health education. 8. Various methods of health education.	Lectures/seminar/ group discussion 2 hours	Visit to PHC/ Sub centre/ Community 4 hours
10. Nutrition and health	8. Nutrients - Classification, dietary sources, requirements 9. Various forms of deficiency of nutrients 10. Diet planning and Recommended dietary allowances 11. Balanced diet 12. Nutritional problems in India 13. Assessment of nutritional status 14. Toxins in the food	Lectures/seminar/ group discussion 3 hours	Visit to PHC/ Sub centre/ Community 4 hours
11. Health economics	Introduction to Health economics	Lecture 1 hour	
B). Skills			
At the end of the course, the student should be able to make use of:			
1. Principles of practice of medicine in hospital and community settings and familiarization with elementary nursing practices.			Visit to community and hospital
2. Art of communication with patients including history taking and Medico-social work			Interaction with patients in hospital and community
INTERGRATION			
1. Describe the elements of normal psychology and social psychology;	Topics 1. Elements of normal psychology and social psychology	Departments Community Medicine, Psychiatry	

2. Hospital organization	2. Learning and types 3. Personality and development 4. Intelligence and mental age. 1. Administrative structure of the hospital 2. Functioning of the hospital 3. Job responsibilities of Health personnel	Community Medicine, Resident Medical officer, Nursing Superintendent	
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PHASE II : IInd MBBS (3rd and 4th semester)

Objectives	Content (topics)	Theory	Method of teaching
			Practical
1. CONCEPT OF HEALTH AND DISEASE	• Concepts of causation, prevention and control of diseases. • Natural history of diseases. • Epidemiological triad • Dynamics of Disease transmission • Modes of Intervention. Changing pattern of disease. • Disease classification. • Changing concepts of health.	Lectures/seminar /group discussion 3 hours	
2. EPIDEMIOLOGY AND ITS PRINCIPLES	• Definition, Aims, uses and Basic measurements in Epidemiology. International death certification. • Incidence and Prevalence of diseases. • Epidemiological methods. • Association and causation. Additional criteria for judging causality. • Immunizing agents. • Disinfection	Lectures/seminar /group discussion 10 hours	Solving various models of exercises/ writing the protocol research methods 15 hours

	• Infectious disease epidemiology. • Diseases prevention and control. • Investigating an epidemic. • Immunization concept and schedule. • Cold chain and vaccine vial monitor. • Adverse events following immunization and investigating it. • Emporiatrics		Visit to CSSD 2 hours
3. SCREENING FOR DISEASE	3. Concept, aim, uses, types and criteria for screening, 4. Validity of Screening tests.	Lectures/seminar/group discussion 2 hours	Solving exercises 3 hours
4. ENVIRONMENTAL HEALTH	3. Water- sources, requirements, purification, disinfection, 4. Water pollution and water related diseases. 5. Quality- criteria and standards, surveillance and distribution. 6. Hardness of water and its removal 7. Swimming pool sanitation 8. Air-Comfort. Sources, effects, prevention of air pollution. 9. Monitoring of air pollution 10. Requirements of good lighting, biologic effects of light. 11. Noise – community noise level, 12. Effects of noise exposure and its control 13. Heat stress indices. 14. Effects of heat and cold stress. 15. Effects of Radiation on human health 16. Social goals of housing. 17. Housing standards- 18. Rural and urban standards and overcrowding. 19. Methods of solid waste disposal 20. Methods of sewage disposal	- Lectures/seminar/group discussion 12hours - Visit to • Water treatment plant • Milk Diary • Sewage and solid waste • Water analysis lab • Food analysis lab • Meteriological department • Community - Team activities 24 hours	

5.MEDICAL ENTOMOLOGY	- Entomology – public health importance and control of : - Mosquitoes - House flies - Lice - Fleas - Itch mite - Ticks and mites - Principles of arthropod control - Integrated vector control - Climate change and health	Lectures/seminar/group discussion 5 hours	Visit to Central Malaria laboratory Visit to PHC/UHC to know about vector control activities 6 hours
6.BASIC MEDICAL STATISTICS INCLUDING RESEARCH ETHICS	- Definition of data, Information and intelligence - Sources and uses of health information - Collection and representation of data, Data types, Sampling methods. - Elementary statistical methods - Measures of central tendency and dispersion. - Tests of significance - Ethics in Research	Lectures/seminar/group discussion 8 hours	Solving exercises 10 hours
7.EPIDEMIOLOGY OF COMMUNICABLE DISEASES.	Epidemiology, clinical features prevention, control and treatment of : - Respiratory infections(chicken pox, measles, mumps, rubella, influenza, diphtheria, whooping cough, ARI, TB,) - Intestinal infections(polio, hepatitis, ADD, Cholera, Typhoid, Food poisoning, amoebiasis, ascariasis, hook worm) - Arthropod-borne infections(Dengue, Malaria, Filariasis) - Zoonoses(Rabies, Yellow fever, JE, KFD, chikungunya, Leptospirosis,	Lectures/seminar/group discussion 16 hours	Visit to Infectious disease hospital/ TB sanatorium 8 hours Clinico Social Case Discussion with related to the communicable diseases (Factors predisposing like

	Plague) 5. Surface infections (all) Communicable diseases.(SARS, meningococcal meningitis, Brucellosis, Salmonellosis, Leishmaniasis) 6. Emerging and reemerging diseases. 7. Nosocomial infections. 8. Anti microbial resistance 9. Eradication of diseases like smallpox, Guinea worm, Polio 10. National Health Programmes (NVBDCP, NLEP, RNTCP, NACP, NPCB, UIP, IDD, NHM, NPCDCS, national water supply and sanitation programme.) 11. Universal precautions.		vector, environment, nutrition, family, society, health care system, levels of prevention etc) 76 hours
B) SKILLS			
At the end of the course, the student should be able to :			
(1) Use epidemiology as a scientific tool to make rational decisions relevant to community and individual patient intervention.	Basic measurements in epidemiology		Epidemiologic exercises
(2) Collect, analyse, interpret and present simple community and hospital based data.	-Community diagnosis -Research projects		II year posting -Community survey
(3) Diagnose and manage common health problems and emergencies at the individual, family and community levels keeping in mind the existing health care resources and in the context of the prevailing socio-cultural beliefs.	-Clinico social case Study -Family health appraisal -Community survey		II year posting

C). INTEGRATION ; Develop capabilities of synthesis between cause of illness in the environment or community and individual health and respond with leadership qualities to institute remedial measures for this.			
	Topics	Deaprtments	
Communicable Diseases	Communicable diseases covered under national health programme,	Community Medicine, Pediatrics, Venerology, Microbiology	

PHASE III : IIIrd MBBS

1.DEMOGRAPHY AND FAMILY PLANNING	7. Eligible couple, target couple, couple protection rate, Family planning methods available in Public health sector, MTP methods and Act, Pearl index, 8. Unmet need for family planning, 10. Community needs assessment approach 11. National family welfare programme	Lectures/seminar/group discussion 2 hours	Solving exercises 2 hours
2.SOCIAL OBSTETRICS	4. Ante-natal care – Objectives, visits, history taking and examination, antenatal investigation, Nutritional services, Immunization services, IFA supplementation, Health education, Specific health protection, Risk approach 5. Intranatal care – Objectives,	Lectures/seminar/group discussion 10 hours	Visit to PHC/ UHC 3 hours Clinico-Social Case Discussion 14 hours

	Prevention of infection, Danger signals, Rooming in 6. Postnatal care – Objectives, advice during PN care , PN visits, Breast feeding – checking for adequacy		
3.SOCIAL PAEDIATRICS	1. Neonatal care-Early neonatal care, Objectives, Immediate care, Neonatal examination, Low birth weight 2. Feeding of infants – Breastfeeding 3. Growth monitoring and growth chart 4. MCH indicators 5. RCH 6. IMNCI 7. RMNCH+A 8. ICDS 9. BFHI 10. School health services 11. Gender bias	Lectures/seminar/group discussion 10 hours	Visit to ICDS 3 hours Clinico Social Case Discussion 14 hours
4.NUTRITION AND HEALTH	1. Protein Energy Malnutrition 2. Nutritional problems in India 3. Food additives food adulterants 4. Community nutrition programmes. 5. Food safety and standards act 6. Methods of dietary survey	Lectures/seminar/group discussion 5 hours	Visit to ICDS Clinico Social Case Discussion 3 hours
5.EPIDEMIOLOGY OF NON COMMUNICABLE DISEASES	Epidemiology, clinical features prevention, control and treatment of • Hypertension , obesity • Diabetes • Cancer • Road traffic accidents • Coronary, cardiovascular diseases	Lectures/seminar/group discussion 5 hours	Visit to NCD clinic 2 hours Clinico Social Case Discussion 8 hours

	- Rheumatic heart disease - Blindness		
6.HEALTH CARE OF COMMUNITY.	1. Health care- 2. Concept, Levels, changing concepts. 3. Primary health care. 4. Health for All. 5. Health care systems. 6. Job responsibilities of various health personnel	Lectures/seminar/group discussion 2 hours	
7.OTHER SPECIAL GROUPS	5. Tribal health 6. Adolescent health 7. Person with disabilities 8. Community based rehabilitation	Lectures/seminar/group discussion 2 hours	Visit to Institute of Rehabilitation 3 hours
8.COMMUNITY GERIATRICS	2. Health problems of the elderly 3. Risk reduction of elderly	Lectures/seminar/group discussion 1 hours	Clinico Social Case Discussion 2 hours
9.OCCUPATIONAL HEALTH	7. Ergonomics , 8. Occupational hazards, diseases and prevention of occupational diseases. 9. Measures of health protection of workers. 10.Health problems due to industrialization. 11.Accidents, sickness absenteeism. 12.ESI Act	Lectures/seminar/group discussion 3 hours	Visit to industry 3 hours
10.GENETICS AND HEALTH	3. Population genetics 4. Prevention and social control measures of genetic problems. 5. Role of genetic predisposition in common disorders	Lectures/seminar/group discussion 1 hours	
11.INTERNATIONAL	1. WHO, UNICEF, International	Lectures/seminar/group	

HEALTH	health regulations. 2. Redcross society, UN, NGO, Health work of bilateral agencies	discussion 1 hours	
12.DISASTER MANAGEMENT	5. Definition, types of disaster. 6. Principles and elements of disaster management. 7. Health problems during disaster. 8. Public health aspects of disaster management.	Lectures/seminar/group discussion 1 hours	Mock up exercise 1 hours
13. HOSPITAL WASTE MANAGEMENT	3. Definition, sources, classification, generation, segregation, hazards and disposal of health care wastes. 4. Categories ,colour coding and containers used in biomedical waste management.	Lectures/seminar/group discussion 2 hours	Visit to Bio medical waste management 2 hours Demonstration and other skills in BMW 2 hours
14.HEALTH INFORMATION AND VITAL STATISTICS	1. Definition of data, Information and intelligence 2. Sources and uses of health information 3. Components and requirements of HMIS 4. Vital statistics 5. Census, Birth and Death registration, Fertility statistics	Lectures/seminar/group discussion 2 hours	Visit to birth and Death registrar officer 3 hours
15.HEALTH MANAGEMENT	1. Health planning, Planning cycle. 2. National health policies. 3. Millennium Development Goals 4. Sustainable Development Goals 5. Health Planning in India. 6. Health system in India. 7. Health management methods and techniques	Lectures/seminar/group discussion 2 hours	

	8. Health committees and Five year plans		
16. MENTAL HEALTH	4. Warning signs of mental illness, Types, causes and prevention of mental illness. Drug abuse, dependence, addiction-definitions. 5. Alcoholism. 6. Drug dependence 7. National Mental health programme 8. Mental health services.	Lectures 1 hours	Visit to Institute of Mental health 3 hours
17. HEALTH ECONOMICS, HEALTH ADMINISTRATION,	Definition of Health Economics Various methods of analysis based on health economics	Lectures 1 hours	
18. MEDICAL ETHICS	8. Professional conduct 9. Consent 10. Professional secrecy and privileged communication 11. Research ethics 12. Health education ethics	Lectures 1 hours	
B) SKILLS			
At the end of the course, the student should be able to :-			
1. Diagnose and manage common health problems and emergencies at the individual, family and community levels keeping in mind the existing health care resources and in the context of the prevailing socio-cultural beliefs.	-Clinico social case Study -Family health appraisal -Community survey		
2. Diagnose and manage maternal and child health	Clinico social case Study -Family health appraisal		

problems and advise a couple and the community on the family planning methods available in the context of the national priorities.				
3. Diagnose and manage common nutritional problems at the individual and community level.	Clinico social case Study -Family health appraisal			
4. Interact with other members of the health care team and participate in the organization of health care services and implementations of national health programmes.	Visit to PHC and sub centre			
C). INTEGRATION ; Develop capabilities of synthesis between cause of illness in the environment or community and individual health and respond with leadership qualities to institute remedial measures				
			Topics	Departments
1. To understand the family/ society			1. Family health appraisal - Community Survey	Community Medicine, Pediatrics, Obstetrics, Medicine
2. Social Pediatrics and Nutrition			1. Nutritional assessment 2. Nutritional disorders of the child 3. Management of sick child and infant 4. Measures to reduce Infant Mortality 5. Immunization, AEFI	Community Medicine, Pediatrics,

3. Non Communicable and Communicable Diseases	Non Communicable diseases covered under national health programme,	Community Medicine, Pediatrics, , Medicine,	
4. Social Obstetrics	1. Care of antenatal women 6. Measures to reduce the maternal mortality	Community Medicine, Obstetrics,	
5. National Mental Health Programme	Objectives and goals of National Mental Health programme, implementation Alcoholism and its dependance	Community Medicine, Psychiatry	

PRACTICAL SKILLS TO BE ACQUIRED

AT THE END OF THE COURSE

At the end of the year, the student should be able to:

IMBBS

FIELD VISITS

1. Sub centre
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
2. Primary Health Centre
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
3. Cold chain system
 - a. Inventory of vaccines
 - b. Storage and pattern of utilization of vaccine
 - c. Registers
 - d. Adverse events following immunization
4. Taluk hospital
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
5. District hospital
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers

- d. Inventory maintenance
- 6. Urban Health Post
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
- 7. ICDS centre
 - a. Job responsibilities of the personnel
 - b. Beneficiaries and benefits
- 8. Visit to the Tertiary hospital
 - a. Administration setup
 - b. Job Responsibilities

PRACTICAL SKILLS

1. Advise the mother on exclusive breast feeding practice
2. Advise on immunization schedule for the child

II MBBS (3 & 4 SEMESTER)

FIELD VISITS

1. Water treatment plant
 - a. Sources of water
 - b. Various method in water treatment like sedimentation, flocculation, chlorination etc.
 - c. The method of distribution of water to public
2. Sewage treatment plant
 - a. Sources of Sewage
 - b. Various method in sewage treatment
 - c. The method of distribution of effluent
3. Solid waste management
 - a. Sources of solid waste
 - b. Segregation of solid waste
 - c. Various methods in solid waste treatment
 - d. The method of disposal
4. ICDS centre
 - a. Job responsibilities of the personnel
 - b. Beneficiaries and benefits
5. Slaughter house
 - a. Types of animal
 - b. Sanitation measures
 - c. Disposal of waste
6. Milk Diary
 - a. Collection, pasteurization, packaging and dispersion of milk
 - b. Estimation of milk quality standards
 - c. Adulteration of milk
 - d. Maintenance of safety of milk and milk products
9. Cold chain system
 - a. Inventory of vaccines
 - b. Storage and pattern of utilization of vaccine
 - c. Registers
 - d. Adverse events following immunization

10. Water & Food analysis Laboratory
 - a. Water and food analysis parameters
 - b. Standards of water quality
 - c. Find out food adulteration
11. Institute/Department of Mental Health
 - a. Common mental health illness
 - b. Factors contributing
12. Institute of Rehabilitation
 - a. Various types and mode of rehabilitation
 - b. Pattern of people utilizing the centre
13. Community survey to identify the prevailing health problems
 - a. To collect the data on prevailing problems
 - b. Calculate the various indicators
 - c. Interpretation of the health problems
 - d. Suggesting the solution
14. Vector control measures in a PHC
 - a. Various vector control measures adopted in the PHC
15. TNMSC -Drug warehouse– inventory management
 - a. Inventory management of the drug and surgical items
16. Meterology department
 - a. Monitoring and usage of various meteorological parameters
 - b. Usage of various meteorological instruments
17. Home for aged
 - a. Common geriatric problems, social factors
18. DE addiction centre
 - a. Types of various therapy offered in the centre
19. Prison
 - a. Prisoners health
20. Borstal
 - a. Health and social problems of the inmate

PRACTICAL SKILLS

1. Advise a mother on proper nutrition during and after pregnancy
2. Advise a mother on appropriate family planning methods
3. Advise the mother on exclusive breast feeding practice
4. Advise the mother on weaning
5. Advise on immunization schedule for the child
6. Record the weight of a child
7. Measure the anthropometric measurements of a child
8. Plot anthropometry in a growth chart and interpret it
9. Demonstrate kangaroo mother care
10. Categorize and segregate the waste generated in a hospital and dispose it appropriately
11. Calculate measures of central tendency and dispersion in given data
12. Analyze and interpret graphical representation of a given data
13. Plan a diet survey
14. Record the weight of a child
15. Demonstrate ORS preparation
16. Estimate the chlorine demand
17. Measure the residual chlorine
18. Categorize and segregate the waste generated in a hospital and dispose it appropriately.

FIELD VISITS

1. Sub centre
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
2. Primary Health Centre
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
3. Cold chain system
 - a. Inventory of vaccines
 - b. Storage and pattern of utilization of vaccine
 - c. Registers
 - d. Adverse events following immunization
4. Taluk hospital
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
5. District hospital
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
6. Urban Health Post
 - a. Administration setup
 - b. Job Responsibilities
 - c. Registers
 - d. Inventory maintenance
7. Institute/Department of Mental Health
 - a. Common mental health illness

- b. Factors contributing
- 8. Community survey to identify the prevailing health problems
 - a. To collect the data on prevailing problems
 - b. Calculate the various indicators
 - c. Interpretation of the health problems
 - d. Suggesting the solution
- 9. Nutrition Rehabilitation Centre
 - a. Types of nutrition rehabilitation
 - b. Beneficiaries under various nutrition programmes
- 10. IVCZ, Hosur
 - a. Mosquito collection, dissection
 - b. Flea collection
 - c. Various vector control measures
- 11. Industry
 - a. Industrial safety
 - b. Ways to monitor Health of the workers
- 12. CENTRAL Leprosy training and Research Institute
 - a. Various facilities provided in the institute
- 13. Community survey to identify the prevailing health problems
 - a. To collect the data on prevailing problems
 - b. Calculate the various indicators
 - c. Interpretation of the health problems
 - d. Suggesting the solution

PRACTICAL SKILLS

1. Plan a diet survey
2. Classify a child based on IMNCI for ARI , ADD
3. Recognize an adverse event following immunization
4. Categorise a patient with TB/Leprosy/Dog bite
5. Advise appropriate treatment based on national programmes
6. Plan and recommend a suitable diet for special groups.
7. Calculate the demographic indicators and compare it with national data
8. Calculate the entomological indicators and interpret it
9. Certify the cause of death

10. Usage of Statistical packages like epiinfo, SPSS, etc.

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INTERNAL ASSESSMENT TESTS SCHEDULE :

TEST AT THE END OF 4TH SEMESTER :

1. Basics of nutrition
2. Concept of health & disease
3. Environment & health

TESTS FOR 6TH & 7TH SEMESTERS :

Theory Test	Month	Topics
1	April	Concepts of health & disease , Environment & health , Sociology
2	June	Epidemiology , screening, epidemiology of non-communicable diseases and related programmes
3	July	Epidemiology of communicable diseases and related programmes
4	September	MCH , special groups, Nutrition and related programmes
5	October	Demography & family planning, hospital waste management, disaster management & occupational health
6	November	Genetics, mental health, health information & basic medical statistics, health education, health planning and management, health care of community, international health , medical ethics
7	December	Terminal evaluation – Whole portion
IInd Model practical as per the university pattern *		

* Ist Model practical should be conducted at the end of block posting during 6 & 7th semester

THEORY EXAMINATION

Two papers each carrying 60 marks

Essay	2 x 10marks = 20
Brief Answers	6 x 5marks = 30
Short Notes	5x 2 marks = 10
Total	60 marks

Paper 1

1. Concepts in health
2. Epidemiology
3. Epidemiology of communicable and non communicable diseases and national health programmes
4. Screening for diseases
5. Environmental health
6. Occupational health
7. Health information and basic medical statistics

Paper 2

1. Nutrition and health
2. Genetics and health
3. Sociology in health
4. Health education
5. Demography and family planning
6. Social obstetrics
7. Social pediatrics
8. Community geriatrics
9. Other special groups
10. Disaster management
11. Hospital waste management
12. Mental health
13. Health planning and management
14. Health care delivery system
15. International health

EVALUATION

PRACTICALS

Clinico Social Case	45 minutes	1 X 12 marks =	12
Epidemiological Exercise	45 minutes	2 X 4 marks =	8
Spotters	10 minutes	5 X 1 marks =	5
OSPE	10 minutes	5 X 1 marks =	5
TOTAL			30 marks

VIVA : 10 marks

FOUR EXAMINERS EACH 2.5 MARKS

The topics will be divided as follows

TOPICS FOR EXAMINER – I

- Health Policy
- Health Administration
- Primary Health Care
- Health Programs In India
- Health Planning And Management
- Basic Medical Statistics
- Health Education and Communication
- International Health

TOPICS FOR ORAL EXAMINER – II

- Epidemiology of Non Communicable Diseases
- Maternal and Child Health
- Family Welfare
- Demography
- Population Dynamics
- Preventive Geriatrics

TOPICS FOR ORAL EXAMINER – III

- Epidemiology of Communicable Diseases
- Tropical Medicine
- Tropical Public Health
- Environmental Health
- Occupational Health
- Concept of Health and Disease

TOPICS FOR ORAL EXAMINER – IV

- General Epidemiology
- Principles of Epidemiology
- Epidemiological Methods
- Screening
- Mental Health
- Genetics
- Nutrition

INTERNAL ASSESSMENT : 40 marks

(Theory 20 & Practical 15 + Record/PROJECT/LOGBOOK 5)

LOG BOOK

Log Book should be followed as recommended by the University.

ETHICS RELATED TO COMMUNITY MEDICINE

1. Doctor patient relationship
2. Professional conduct
3. Consent
4. Research ethics
5. Health education ethics

OSPE/ OSCE QUESTIONS

OSPE 1: PARTOGRAPH

(1) Mark the following findings in the Partograph:

To give time of cervical dilatation of 4 cms.

Time	No of contractions in 10 minutes	Duration of each contraction (seconds)
5am	3	18
9am	4	32
10am	5	45

(2) Mark the following findings in the Partograph:

Time	Cervical dilatation(cm)	Descent of head
9 am	4 cm	3/5
1pm	5 cm	3/5
3 pm	5 cm	3/5

(3). Mark the following findings in the Partograph:

To give time of cervical dilatation of 4 cms.

Time	Descent of head	No of contractions in 10 minutes	Duration of each contraction (seconds)
5 pm	3/5	3	15
9 pm	1/5	4	35
10 pm	0/5	5	44

OSPE 2: DEATH CERTIFICATE

1. While crossing the road an adult male pedestrian was hit by a truck at around 10pm on 14-3-2008 and was brought to the emergency department of a hospital at 10.30 pm. Clinical examination revealed significant tachycardia, hypotension, oliguria, altered sensorium and cold clammy skin. Type III pelvic fracture was diagnosed and confirmed radio logically. Airway, Breathing and Circulation was established. Blood grouping and cross matching was done. 1 hour later patient became unresponsive and resuscitation efforts were unsuccessful and the patient died.
2. An elderly male farmer in a rural village was admitted to a hospital with complaints of difficulty in swallowing for past 3 days. 1 week back he had an injury on the right index finger. Suturing and TT injection were given. Sutures were removed. He was a known case of hypertension for the past 10 years. Later, the patient had intermittent muscle spasm, trismus, risus sardonicus, muscle rigidity of jaw, neck and trunk. Treatment: Airway maintenance, Tetanus antitoxin, Penicillin, diazepam, were given. Spasms became more frequent and patient developed laryngeal spasm and sudden respiratory arrest and died.
3. A male infant born to a 20 year primiparous woman at 32 weeks gestation weighing 1480 grams. New born screening found elevated levels of immuno-reactive trypsinogen in the blood. The new born developed

respiratory distress syndrome and was in mechanical ventilation for 7 days. Despite adequate calories infant had poor weight gain, and had persistent diarrhoea with steatorrhea for past 2 weeks. Elevated sweat chloride concentration (85 mmols / l). 37day of birth - infant lethargic, poor cry, feed refusal. CSF-culture - E.coli, total serum protein low. Infant died at 45 days of age despite life saving efforts

OSPE 3: PUT THE HOSPITAL WASTE IN THE APPROPRIATE BIN

Categorise the various bio medical waste

Hospital Waste	Waste Bin	Biomedical Waste	Waste Bin
Discarded medicine		Blood soaked cotton	
Soiled wound dressing		Cytotoxic drugs	
General paper waste		Scalpel	
Butterfly needle		Placenta	
Amputated limb		Incineration ash	

EPIDEMIOLOGY

Interpret the given chart-study design to be given as chart

Eg:

1. What is the type of chart? What is your inference? e.g. spotting the radiation and anemia.

ENTOMOLOGY

Identify the various vectors and assess environment and advise control measures

Eg:1PISTIA WATER PLANT

- A.
- Identify the picture
 - Write the Public Health Importance
 - How will you avoid this source for breeding of mosquito?
 - What type of disease you expect and where?
 - What is the significance of this source?

Eg: 2 TYRES SHED

- A.
- Identify the picture
 - Write the Public Health Importance
 - How will you avoid this source for breeding of mosquito?
 - What type of disease you expect and where?
 - What is the significance of this source?
 - In which area you find this source?

Communicable Diseases examples:

- (a) What is your identification and mention the disease transmitted?

- (b) Write the control measures that led to its elimination?
2. (a) What is your diagnosis?
(b) Write down the immunization schedule followed for its prevention?
3. (a) What is your diagnosis?
(b) Write down the Mass drug regimen followed?
4. (a) What is your identification and the test used to find out?
(b) Steps of tourniquet test:
(c) Mention the communicable disease in which it is seen?
5. (a) What is your diagnosis?
(b) Measures to prevent neonatal tetanus?
6. (a) What is your identification ?
(b) Treatment of Paucibacillary leprosy?
7. (a) What is your identification?
(b) Write down the treatment schedule for MB leprosy in adults?

PICTURES- IMNCI

PICTURE

1. Write your observations for H1, H2 and H3?

2. What is the diagnosis, treatment and advice?

ENVIRONMENT

Estimate the residual chlorine in the given water sample?

OSCE for SOCIAL PADIATRICS/ OBSTETRICS / diseases

1. Measure the weight of the newborn/infant/ child
2. Measure the length/height of the newborn/infant/ child
3. Plot the given parameters in the growth chart and interpret
4. Advise the mother about the immunization dates for her child
5. Demonstrate ORS
6. Demonstrate usage of Condom
7. Advise on the usage of various contraceptive methods
8. Demonstrate the abdominal examination of Ante natal mother
9. Enumerate the high risk factors for the given mother
10. Measure the Blood pressure
11. Measure the various anthropometric measurements of newborn/infant/ child
12. Diagnose and Advice on drug regimen for various categories of leprosy
13. Diagnose and Advice on drug regimen for various categories of tuberculosis
14. Diagnose and Advice on treatment for Hypertension as per NCD guidelines
15. Diagnose and Advice on treatment for Diabetes as per NCD guidelines
16. Demonstrate steps in Breast self examination
17. Demonstrate the steps in nerve examination for leprosy

LIST OF SPOTTERS

LIST OF SPOTTERS	
GROUP I - Entomology and Parasitology	
<u>ENTOMOLOGY</u>	
ANOPHELES	EGG

AEDES	EGG
CULEX	EGG
MANSONIA	EGG
ANOPHELES	LARVA
AEDES	LARVA
CULEX	LARVA
ANOPHELES	ADULT MALE
ANOPHELES	ADULT FEMALE
CULEX	ADULT MALE
CULEX	ADULT FEMALE
AEDES	ADULT MALE
AEDES	ADULT FEMALE
SAND FLY	MALE
SAND FLY	FEMALE
CHEOPIS	MALE
CHEOPIS	FEMALE
HOUSE FLY	LARVA
CYCLOPS	MALE
CYCLOPS	FEMALE
LOUSE	NIT
HEADLOUSE	MALE, FEMALE
SOFT TICK	
HARD TICK	MALE, FEMALE

<u>PARASITOLOGY</u>	
MALARIAL PARASITE - PLASMODIUM FALCIPARUM	
MALARIAL PARASITE - PLASMODIUM VIVAX	
MICROFILARIA	
GROUP II – MCH and family welfare	
<u>M.C.H. & FAMILY WELFARE</u>	
CONDOM	GROWTH CHART
ORAL PILLS	O.R.S.
COPPER-T	Emergency Pills
<u>VACCINES</u>	
BCG	BCG SYRINGE AND NEEDLE
OPV	VACCINE CARRIER
DPT	MMR
MEASLES	HEPATITIS B VACCINE
DT	ARV
TETANUS TOXOID	ICE PACKS
VVM	
GROUP III – Insecticides,disinfectant and Public health engineering	
B.H.C.	BLEACHING POWDER
D.D.T	DETTOL
PARIS GREEN	ALUM
M.L.O (MOSQUITO REPELLANT OIL)	PHENOL
PYRETHRUM	COPPER SULPHATE
<u>PUBLIC HEALTH ENGINEERING SPOTTERS</u>	
HORROCK'S APPARATUS	
CHLOROSCOPE	
IODINE SPOT TESTING KIT	
Kata thermometer	
GROUP IV – Drugs related National health Programmes	

<u>DRUGS</u>	
DOTS - CAT I - INTENSIVE PHASE	
DOTS - CAT I - CONTINUATION PHASE	
DOTS - CAT II - INTENSIVE PHASE	
DOTS - CAT II - CONTINUATION PHASE	
MDT - MULTIBACILLARY ADULT	
MDT - PAUCIBACILLARY ADULT	
CHLOROQUINE	Streptomycin
PRIMAQUINE	Benzathine penicillin
FST SMALL	
VITAMIN A SOLUTION	
<u>GROUP V -NUTRITION SPOTTERS</u>	
BENGAL GRAM	WHEAT
GREEN GRAM	SOYABEEN
RED GRAM	ORANGE
ORID DHAL	MANGO
GROUND NUT	MILK
RICE - BOILED	GREEN LEAVES
RICE - RAW	BANANA
RAGI	LEMON
CARROT	PAPAYA

CRI ORIENTATION

1. Brief introduction about the National Immunization programme, National Health Mission
2. To know - the implementation and monitoring of National Health programmes related to

Communicable and Non Communicable Diseases.

- a. Leprosy
 - b. Tuberculosis
 - c. Malaria
 - d. STI/ RTI
 - e. Infectious diseases
 - f. Filaria
 - g. Maternal and Child Health
 - h. School Health programme
 - i. Iodine deficiency disorders
3. Details about
 - a. How to organize a camp
 - b. How to study the environmental sanitation
 - c. How to assess the nutritional status of the mother
 - d. How to assess the nutritional status of the child
 - e. How to conduct the health education/health awareness activities in PHC, UHC
 4. Describe about the implementation of various acts like
 - a. Food Safety and Standards Act
 - b. Public Health in the Sub centre
 - c. Birth and Death Registration act
 - d. Pre Natal Diagnosis and Techniques Act
 - e. Medical Termination of Pregnancy act
 5. Describe the various first aid measures for accidents , snakebite, poisoning
 6. To treat minor ailments, identifying the various deficiency disorders
 7. To prescribe the treatment for Hypertension , Diabetes as per the NCD guidelines
 8. Identify the High risk mothers, infants, children
 9. To Know the functioning and Job responsibilities of the various health personnel working in the PHC, Urban Health centre, Sub centre, and District Hospital
 10. To know the methods of investigation of epidemic, infant deaths, maternal deaths, adverse events following immunization

11. To enumerate the various demographic profile and to make interpretation
12. To know the administrative structure of the PHC, Urban Health centre, Sub centre, and District Hospital
13. To know the inventory procedure with regard to the vaccines, drugs etc
14. To know - various registers pertaining to the
 - a. Leprosy
 - b. Tuberculosis
 - c. Malaria
 - d. STI/ RTI
 - e. Infectious diseases
 - f. Filaria
 - g. Maternal and Child Health
 - h. School Health programme
 - i. Iodine deficiency disorders
 - j. Immunization programme
15. Introduction to various statistical analysis

LEARNING UNITS AND ACTIVITIES AREA

1. To Create awareness about statistical logic & Technique
 - a. Data collection
 - b. Data Handling
 - c. Data interpretation
 - d. Use of various statistical methods
 - e. Health indicators -vital statistics
 - f. Demography, population Dynamics and population trends
 - g. Birth and Death Registration
2. To Create awareness about role of nutrition as a Health determinant in Mother and Children
 - a. Nutritional assessment
 - b. Health monitoring, malnutrition and Deficiency disorders
 - c. Diet planning
 - d. Nutrition education
 - e. Food customs
3. Public Health administration and management

- a. Planning and conducting community health survey
 - b. Management of Maternal and child health problems identified
4. Environmental sanitation
 - a. Manage at family level, maternal and child Health problems related with the environment
 5. Health education
 - a. Knowing the individual and community
 - b. Community involvement
 - c. Identifying the suitable media and its implantation in health education
 - d. Evaluation of the effectiveness of Health education
 6. National Immunization Programme – Universal Immunization Programme
 - a. Disease surveillance
 - b. Conduct immunization session
 - c. Ensure community participation
 - d. Cold chain management
 - e. Adverse reaction following immunization and management
 - f. Coverage evaluation
 7. National Health Mission – Non Communicable diseases
 - a. Disease surveillance
 - b. Conduct camps
 - c. Ensure community participation
 8. Maternal health
 - a. Antenatal care
 - b. Intra partum care
 - c. Post natal care
 - d. Management of obstetric case and emergencies
 - e. Management of common gynecological problems
 - f. Management of termination of pregnancy
 - g. Various contraception and its usage
 - h. Care of the newborn
 - i. Diagnosis and management of Nutritional disorder and infection in children

Reference books

1. Parks textbook of Preventive and social medicine, K.Park
2. Community medicine with Recent advances, AH Suryakantha

3. Textbook of community medicine, Rajvir Balwar
4. Textbook of community medicine, Piyush Gupta
5. Methods in Bio statistics by B.K.Mahajan
6. Basic concepts in epidemiology – Beaglehole
7. Government of India modules for various national health programmes.

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