

**Important topics/questions in Community Medicine**

**Man and medicine**

1. Indian Medicine
2. Sanitary awakening
3. Social medicine
4. Deprofessionalization of medicine
5. John Snow role in public health
6. Louis Pasteur
7. Edward Jenner
8. Germ theory of disease

**Concept of health and disease**

1. Health definition
2. Physical Quality of Life Index
3. Human Development Index
4. Determinants of Health
5. Self-care
6. Indicators in health
7. Disability Adjusted Life Years
8. Health team concept
9. Epidemiological triad
10. Advanced triangle of epidemiology
11. Natural History of disease
12. Risk factors
13. Iceberg phenomenon
14. Surveillance
15. Levels of prevention and modes of intervention
16. Web of causation
17. Multifactorial causation
18. Dimensions of health
19. International Classification of Diseases
20. Community Diagnosis

**Epidemiology**

1. Definition of epidemiology
2. Epidemiological approach
3. Rate, ratio, proportion
4. International death certificate
5. Mortality rates
6. Standardization: direct, indirect
7. Incidence, prevalence
8. Classification of epidemiological studies
9. Descriptive epidemiology steps
10. Epidemics

11. Migration studies
12. Cross sectional study
13. Case control study steps
14. Odds ratio
15. Bias : types
16. Confounders
17. Advantages and disadvantages of case control study
18. Cohort study framework and steps
19. Matching
20. Relative risk, attributable risk, population attributable risk
21. Advantages, disadvantages of cohort studies
22. Differences between case control and cohort studies
23. Randomized Controlled Trial steps
24. Randomization
25. Blinding
26. Non-randomized trials
27. Types of association
28. Bradford Hill/ Additional criteria for judging causality
29. Uses of epidemiology
30. Infection definition
31. Epidemic, sporadic, endemic, pandemic definitions
32. Opportunistic infection, physician induced disease
33. Dead end infection
34. Meaning of source, reservoir
35. Subclinical cases, latent infection
36. Carriers and types
37. Modes of transmission
38. Vector
39. Droplet infection
40. Incubation period
41. Latent period
42. Serial Interval
43. Generation time
44. Communicable period
45. Secondary attack rate
46. Herd immunity
47. Live, killed vaccines
48. National Immunization Schedule
49. Cold chain
50. Vaccine Vial Monitor

51. Adverse Events Following Immunization (AEFI)
52. Investigation of AEFI
53. Steps for disease prevention and control
54. Isolation
55. Quarantine
56. Emporiatrics/health advice to travellers
57. Disinfection meaning, sterilization
58. Types of disinfection
59. Disinfection of urine, sputum
60. Steps in investigation of an epidemic

#### **Screening**

1. Define screening
2. Difference between screening and diagnostic test
3. Lead time
4. Uses of screening
5. Criteria for screening test
6. Validity of screening test (sensitivity, specificity, predictive value)
7. High-risk screening

#### **Communicable diseases**

Epidemiology, prevention and control very important. Focus more on that

1. Measles: epidemiology, prevention, control
2. Measles vaccine
3. Clinical features, complications of measles
4. Epidemiology, clinical features, prevention and control of chicken pox
5. Epidemiology of mumps
6. Congenital Rubella Syndrome
7. Antigenic shift and antigenic drift in influenza
8. H1N1
9. Influenza: prevention and control, vaccine
10. DPT
11. Diphtheria: prevention and control
12. Schick Test
13. Meningococcal meningitis prevention and control
14. ARI : control, classification
15. SARS epidemiology, prevention and control
16. Epidemiological indices in TB
17. Collection of sputum samples in TB
18. DOTS

19. Definitions: new case, relapse, failure, defaulter, cured, treatment completed
20. BCG
21. MDR-TB: definition, treatment
22. TB and HIV
23. Strategies for polio eradication in India
24. Pulse Polio Immunization
25. National Immunization Days for polio vaccination
26. Oral Polio Vaccine vs Inactivated Polio Vaccine
27. AFP surveillance
28. Hepatitis B laboratory diagnosis-humoral and cellular responses
29. Hepatitis B vaccine
30. Prevention and control: hepatitis A, hepatitis B
31. Control of diarrhea
32. ORS
33. Super ORS (Viva question)
34. Treatment plans for dehydration (Plan A, B, C: New Park Page 605/OP Ghai Paediatrics)
35. Laboratory diagnosis and control of cholera
36. Control of typhoid
37. Types of food poisoning
38. Steps to investigate food poisoning
39. Prevention and control of amoebiasis, hookworm
40. Epidemiological features of dengue
41. Dengue shock syndrome
42. Clinical management and control of dengue
43. Prevalent epidemiological types of malaria in India
44. Life cycle of malaria parasite
45. Vectors of malaria
46. Malarial indices/measurement of malaria
47. Complications of malaria
48. Revised Drug Policy for malaria, 2013
49. Integrated Vector Control measures
50. Filarial survey
51. Control of filariasis
52. Filarial survey
53. Mass drug administration in filariasis
54. Prophylaxis for rabies prevention
55. Rabies vaccine: Cell Culture Vaccine
56. Guidelines for management of Acute Encephalitis Syndrome
57. Kyassanur Forest Disease

58. Chikungunya: control measures
59. Names of rickettsial diseases
60. Yellow fever vaccine
61. Epidemiology and control of leptospirosis
62. Types and clinical features of plague
63. Blocked flea
64. Flea indices
65. Prevention and control of plague
66. Epidemiology and prevention of tetanus
67. DPT vaccine
68. Bacterial index and morphological index in leprosy
69. Lepromin test
70. SET centre
71. Leprosy control measures
72. Chemotherapy in leprosy
73. Lepra reactions: features and treatment
74. Rehabilitation in leprosy
75. Syndromic approach to STDs
76. Epidemiological features of AIDS
77. WHO case definition for AIDS
78. Lab diagnosis of HIV/AIDS
79. Control of AIDS
80. WHO recommended Anti-retroviral therapy schedule, 2013
81. Post-exposure prophylaxis in HIV
82. Universal safety precautions
83. Prevention of Parent to Child Transmission in HIV
84. Sentinel Surveillance in HIV
85. Short note on emerging diseases with examples
86. Re-emerging diseases with examples
87. Antimicrobial resistance: examples and control
88. Hospital acquired infections: types, sources, mode of spread, prevention

#### **Non-Communicable Diseases**

1. Modifiable and non-modifiable risk factors of Cardiovascular disease
2. Prevention of Cardiovascular disease
3. Framingham heart study
4. Rule of halves in hypertension
5. Risk factors for hypertension
6. Prevention of hypertension
7. DASH diet

8. Stroke risk factors
9. Stroke in young
10. Rheumatic Heart disease: epidemiology and prevention
11. Cancer registration
12. Warning signs of cancer
13. Screening for cancer cervix, breast cancer
14. Risk factors for oral cancer, breast cancer, cervical cancer and prevention
15. Syndrome X/ Insulin Resistance Syndrome/metabolic syndrome
16. Risk factors for diabetes
17. Screening for diabetes
18. Self-care in diabetes
19. Preventive measures for diabetes
20. Epidemiology of obesity
21. Body Mass Index/assessment of obesity
22. Prevention and control of obesity
23. Prevention of blindness
24. Epidemiology of Road Traffic Accidents/risk factors
25. Prevention of Road Traffic Accidents
26. Domestic accidents: causes

#### **Health Programmes**

1. NVBDCP: strategies for malaria
2. Urban malaria scheme
3. Fever treatment depots, drug distribution centres
4. National Leprosy Eradication Programme: initiatives
5. Disability Prevention and Medical Rehabilitation in leprosy
6. RNTCP: objectives, components, organization, laboratory network newer initiatives
7. DOTS plus for MDR-TB
8. National AIDS Control Programme major strategies
9. Integrated Counseling and Testing Centres (ICTC)
10. Care, support and treatment in HIV
11. Vision 2020: Right to Sight
12. Salient features of National Programme for Control of Blindness
13. National Immunization Schedule
14. Pentavalent Vaccine
15. Mission Indradhanush
16. National Urban Health Mission: salient features
17. Roles and responsibilities of ASHA
18. First Referral Unit

19. Janani Suraksha Yojna
20. Janani Shishu Suraksha Karyakram
21. Navjat Shishu Suraksha Karyakram
22. Integrated Management of Childhood and Neonatal Illness
23. Important strategies of RMNCH+A
24. Adolescent Health Programme
25. Rashtriya Bal Swasthya Karyakram
26. Interventions under Indian Newborn Action Plan
27. NPCDCS: activities at various levels
28. National Mental Health Programme: objectives, services
29. Integrated Disease Surveillance Project: meaning, components, classification of surveillance and syndromes under surveillance

### Demography and Family Planning

1. Demography cycle stages
2. Age pyramid
3. Sex ratio
4. Dependency ratio
5. Factors influencing fertility
6. Fertility related statistics/indicators
7. Net Reproduction Rate
8. Definition of family planning
9. Effects/health aspects of family planning
10. Eligible couple
11. Target couple
12. Couple Protection Rate
13. Classification of contraceptive methods
14. Condom: advantages, disadvantages
15. IUD: types, mechanism of action, advantages, adverse effects, ideal IUD candidate, timing of insertion, contraindications
16. Oral pills: mechanism of action, effectiveness, adverse effects, contraindications
17. Post-coital contraception/emergency contraception
18. Post-conceptional methods
19. Medical Termination of Pregnancy
20. Safe period/rhythm method/calendar method
21. Natural family planning methods
22. Guidelines for sterilization
23. Post-operative advice after vasectomy
24. No-scalpel vasectomy
25. Minilaparotomy
26. Pearl index

**Preventive medicine in obstetrics, paediatrics and geriatrics**

1. Social paediatrics
2. Social obstetrics
3. Risk approach ( both for mothers and infants)
4. Mother craft clinic
5. Rooming in
6. Kangaroo Mother care
7. Immediate newborn care
8. Neonatal screening
9. Low birth weight: causes, types, importance, prevention
10. Advantages of breast feeding
11. Exclusive breast feeding
12. Breast feeding on demand
13. Weaning
14. Colostrum
15. Baby Friendly Hospital Initiative
16. Uses of growth chart
17. Health problems of pre-school child, child health problems, health problems of school-going child
18. Maternal Mortality Ratio: definition
19. Incidence, causes of maternal mortality, preventive and social measures
20. Perinatal Mortality Rate: definition, significance, causes, intervention
21. Neonatal Mortality Rate: definition, causes, preventive measures
22. Infant Mortality Rate: definition, causes, preventive measures
23. Under-five mortality rate: definition, causes, prevention
24. Congenital Malformation: definition, causes, prevention
25. School Health Service: objectives and aspects
26. Handicapped children: definition, causes, prevention
27. Juvenile Delinquency: definition, causes, preventive measures
28. Problems of street children
29. Child Guidance Clinic
30. ICDS: population norms, objectives, beneficiaries, services delivered
31. Health problems of adolescents
32. Health programmes for adolescents
33. Geriatrics definition
34. Health problems of the aged
35. Health status of aged in India
36. Helpage India

**Nutrition and Health**

1. Dietary fibre
2. Vitamin A deficiency manifestations, management and prevention
3. Net Protein Utilization



4. Reference Protein
5. Milling of rice: procedure and effects
6. Reference Indian man and woman
7. Dietary antioxidants
8. Glycaemic Index
9. Balanced Diet
10. Prudent diet goals
11. Nutritional Problems in Public Health: long question
12. Protein energy malnutrition: causes, features, detection, classifications, preventive measures
13. Nutritional anaemia: causes, cut-off, problem statement, effects, intervention
14. Iodine Deficiency Disorder: Magnitude, manifestations and control
15. Fluorosis: problem statement, effects, intervention
16. Lathyrism: kesari dhal, toxin, clinical features, intervention
17. Nutritional factors in cardiovascular diseases
18. Diet in cancer: role
19. Methods to assess nutritional status
20. Food hygiene
21. Nutritional surveillance
22. Milkborne diseases
23. Methods of pasteurization of milk
24. Food borne toxicants: aflatoxins, ergot, epidemic dropsy, endemic ascites
25. Food additives
26. Food fortification and enrichment
27. Food standards
28. Adulteration: definition, Prevention of Food Adulteration Act
29. Enlist the community nutrition programmes
30. Mid-day meal programme

#### **Medicine and Social Sciences**

1. Meaning of society
2. Social problems
3. Social pathology
4. Acculturation
5. Meaning of customs, culture
6. Social control mechanisms
7. Family: definition, cycle, types, functions
8. Role of family in health and disease
9. Broken family, problem family
10. Cultural factors in health and disease
11. Socio-economic status classification
12. Definition of Below Poverty Line
13. Doctor-patient relationship
14. Role of Medical Social Worker
15. Consumer Protection Act
16. Technique of conducting an interview

17. Operations research
18. Global Hunger Index
19. Hidden hunger: meaning, consequence
20. Strategies to reduce poverty-reproductive health
21. Problems of urban slum dwellers
22. Social security: meaning, types

### **Environment and Health**

1. Definition of safe water and criteria
2. Points to be considered while constructing a sanitary well
3. Water-related disease: classification
4. Slow-sand and rapid-sand filters
5. Difference between slow and rapid-sand filters
6. Principle of chlorination
7. Breakpoint Chlorination
8. Methods of chlorination
9. Superchlorination
10. Stabilized bleach
11. Orthotoluidine Test, Orthotoluidine Arsenite Test
12. Methods to purify water in a small scale
13. Steps in disinfection of a well
14. Enlist the guidelines for drinking water quality
15. Surveillance of drinking water
16. Presumptive Coliform Test
17. Hardness of water: causes, classification, disadvantages, treatment
18. Defluoridation of water-Nalgonda Technique
19. Swimming Pool Sanitation
20. Horrock's Apparatus
21. Method to collect water samples for bacteriological examination
22. Methods to conserve water
23. Indices of Thermal Comfort, Comfort zones
24. Enlist the air pollutants
25. Indoor air pollution
26. Effects, prevention and control of air pollution
27. Noise: meaning, effects, control
28. Biological effects of radiation, protection measures
29. Heat stress index, effects of heat stress
30. Use of globe thermometer, kata thermometer
31. Global warming effects
32. Ozone depletion
33. Green-house effect
34. Housing standards
35. Overcrowding: meaning, criteria, effects
36. Methods to dispose solid wastes

37. Composting method
38. Sanitation barrier
39. Water seal latrine
40. RCA Latrine
41. Septic Tank
42. Aqua Privy
43. Sewage: meaning, health effects
44. Modern sewage treatment plant: stages
45. Activated sludge process
46. Oxidation pond
47. Social aspects in excreta disposal
48. Vectors: meaning, classification
49. Arthropod-borne disease: meaning, examples
50. Aedes aegypti index
51. Integrated vector control method
52. Sand flies
53. Rat flea
54. Cyclop
55. Itch Mite
56. Classification of insecticides, resistance and toxicity
57. Rodenticide classification and commonly used
58. Zoonoses: meaning, classification and control
59. Bio-medical waste management guidelines (categories) and treatment options
60. Incineration: use, types

### **Disaster Management**

1. Disaster cycle
2. Definition of disaster
3. Triage in disaster management
4. Surveillance and disease control post-disaster
5. Disaster mitigation
6. Disaster preparedness
7. Personal protection measures in case of floods
8. Man-made disasters

### **Occupational Health**

1. Ergonomics
2. Classification of occupational diseases
3. Pneumoconiosis
4. Occupational cancers
5. Lead poisoning
6. Occupational hazards of agricultural workers

7. Occupational dermatitis
8. Accidents in industry
9. Sickness absenteeism
10. Health problems due to industrialization
11. Prevention of occupational disease: medical, engineering and legislation measures
12. Factories Act 1948 description
13. ESI Act 1948: scope, administration, finance and benefits

#### **Genetics and Health**

1. Down's syndrome
2. Turner's syndrome
3. Klinefelter's syndrome
4. Sickle Cell anaemia features
5. Multifactorial disorders
6. Advances in DNA technology
7. Gene therapy
8. Hardy-Weinberg Law/population genetics
9. Eugenics, eutherics
10. Preventive and social measures for genetic disorders

#### **Mental Health**

1. Warning signs of poor mental health
2. Drug dependence
3. Drug addiction : symptoms and prevention
4. Effects of alcoholism and control measures

#### **Health information and basic medical statistics**

1. Mention sources of health information
2. Census: definition, types, uses
3. Sources of vital statistics
4. Sample registration system
5. Survey methods in health : types and uses
6. Presentation of data: types of charts and diagrams
7. Measures of central tendency: mean , median mode
8. Measures of dispersion: range, mean deviation, standard deviation
9. Normal Distribution Curve
10. Null Hypothesis
11. Type 1 and Type 2 error
12. Sampling methods
13. Simple random sampling
14. Tests of significance
15. Chi-square test

#### **Health education and communication**

1. Qualities of a good message
2. Didactic and Socratic methods of communication
3. Barriers of communication
4. Definition of health education: Alma Ata declaration
5. Differences between health education and propoganda
6. Approach to health education
7. Models in health education
8. Principles of health education
9. Various methods in health education
10. Group discussion: advantages and disadvantages
11. Panel discussion
12. Symposium
13. Role play
14. Group discussion: advantages , disadvantages
15. Mass approach in health education

#### **Health Planning and Management**

1. Definition of health planning
2. Meaning of objectives, targets, goals
3. Planning cycle steps
4. Cost benefit analysis
5. Cost effective analysis
6. Network analysis: PERT, CPM
7. National Health Policy 2002
8. Bhore Committee recommendations
9. Shivasthav Committee
10. Niti Aayog
11. Twelfth five year plan
12. Directorate general of health services
13. Health system in India: at central, state and district levels
14. Panchayati Raj Institutions
15. Steps in evaluation of health services

#### **Health care of the community**

1. Primary health care definition
2. Elements and principles of primary health care
3. Appropriate technology with examples
4. Community participation with examples
5. Health for All definition
6. Health related Millennium Development Goals
7. Enlist common health problems in India
8. Health manpower in India
9. Anganawadi worker
10. IPHS standards for sub-centres
11. IPHS standards for primary health centres

12. Functions of Female health worker
13. Functions of male health worker
14. Functions of female health assistant
15. Functions of Medical officer PHC
16. Voluntary Health Agencies: definition, functions and voluntary health agencies in India (names and one function)
17. TB Association of India
18. Indian Red Cross Society

#### International Health

1. WHO: objectives, work, structure
2. UNICEF: services
3. GOBI expansion
4. International Labour Organization
5. Food Agricultural Organization
6. Rockefeller Foundation
7. Ford Foundation
8. CARE
9. World health day
10. International health regulations

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