The following Public Health contents will be taught briefly.

Course contents:

A. Basic Definition
   A1 public heath
   A2 health
   A3 Disease
   A4 Illness
   A5 Iceberg of Disease
   A6 Social Medicine
   A7 Social Hygiene
   A8 Medical Care
   A9 Preventive Medicine
   A10 Level of Prevention

B. Primary health care
   B1 Primary health Care (PHC)
   B2 Concepts of Primary Health Care
   B3 Components of Primary Health Care
   B4 Equity
   B5 Effectiveness
   B6 Efficiency
   B7 ALMA ATA Declaration
   B8 Health for All by the Year 2000

C. Human Nutrition
   C1 Nutrition
   C2 Nutrients and its classification
   C3 Diet
   C4 Balanced Diet and its principal of preparing
   C5 Calorie
   C6 Malnutrition
   C7 Starvation
   C8 Nutritional Status
   C9 Nutrition Assessment
C10 Recommended Daily Allowances
C11 Functions of Nutrients
C12 Food Groups
C13 Preservation of food
   C13.1 Cooling
   C13.1 Drying
   C13.3 Salting
   C13.4 Smoking
   C13.5 Canning
   C13.6 Chemical Preservation

D Nutritional Needs in Physiological states
D1 Infancy and childhood
D2 Adolescent Nutrition
C3 Adult’s nutrition
C4 Nutrition during pregnancy & lactation
C5 Geriatric Nutrition
E Nutrition Disorders
E1 Vitamin A deficiency disorders
E2 Vitamin B1 and B12 deficiency disorders
E3 Iron deficiency disorder
E4 Vitamin C deficiency disorder
E5 Vitamin D
G Malnutrition
G1 Factor Affecting malnutrition
G2 Protein energy malnutrition
G3 Obesity

D. Community Water supply
D1 Introduction
D2 Importance of water
D3 Uses of water
D4 Classification of water
D5 Sources of water
D6 Purification of water
D7 Examination of water
D8 Water Related disease
   D8.1 Non-infection water related disease like Metheamoglobinemia in Infants and Gastric & Bladder Cancers
   D8.2 Infection water related disease like Dysenteries, Hepatitis A and Typhoid etc
E. Sanitation

E1 Definitions
E2 Importance of sanitation
E3 Refuses
E4 Collection, Removal and disposal of refuse
E5 Method for final elimination of refuse
E6 Collection removal and disposal of human excreta
   E6.1 Dry or conservancy system
   E6.2 wet system or sewerage system
E7 Hospital waste management
E8 Environment pollution
E9 Causes of environment pollution

F. Mother and child health (MCH)

F1 Definition
F2 Objective of MCH
F3 Concept of safe mother hood
F4 Maternal health
F5 Antenatal care
   F1 Antenatal Visit
   F2 Antenatal Service for Mothers
   F3 Antenatal advice
F6 High-Risk Pregnancies
F7 Breast Feeding and its advantage and disadvantage
F8 Breast care during lactation
F9 Preparation of Brest during pregnancy
F10 Brest Care
F11 Disadvantage of artificial feeding
F12 Weaning
F13 High risk children
F14 Care of the new born

G Management of premature and IUGR baby

G1 Physical examination of new born
G2 Growth monitoring in child health

H. Family planning

H1 Definition
H2 Concept of family planning
H3 Effects of population growth
H4 Factor affecting population growth
H5 Counseling for contraception
H5.1 Contraception
H5.2 Contraceptive methods
H5.3 Side Effects of contraceptive

I. Immunization

I 1 Introduction
I 2 Immunity
I 3 Vaccines
I 4 Expanded programme of immunization (EPI)
I 5 Cold chain & its maintenance
I 6 Vaccination schedule
I 7 Methods of delivering vaccines
I 8 Adverse effects of vaccines
I 9 Community involvement in immunization

J. Infectious diseases:

Introduction, Clinical features and Prevention (Briefly) of the following diseases

J1 Measles
J2 Rubella
J3 Whooping cough
J4 Diphtheria
J5 Rabies
J6 Tetanus
J7 Chicken pox
J8 Mumps
J9 Typhoid fever
J10 Bacillary dysentery
J11 Food poisoning
J12 Tuberculosis
J13 Poliomyelitis
J14 Pertussis
J15 Bird flue
J16 Dengue

K. Tropical disease:
Introduction, Clinical features & Prevention (Briefly) of the following diseases

K1 Malaria
K2 Amoebiasis
K3 Cholera

L. Sexually Transmitted Diseases:

Introduction, Clinical features & Prevention (Briefly) of the following diseases

L1 Aids
L2 Gonorrhea
L3 Syphilis

M. Diseases of liver

Introduction, Clinical features & Prevention (Briefly) of the following diseases

M1 Viral hepatitis
M2 Cirrhosis
M3 Liver failure
M4 Hepatitis A, B, C and E

N. Mental health

N1 Mental health definition
N2 Mental illness
N3 Popular beliefs
N4 Classifications of health mental
N5 Mental health problem
N6 Concepts of community mental health
N7 Prevention of mental illnesses
N8 Community of mental health center

O. Drug abuse

O1 Introduction
O2 Phases of addiction
O3 Types of drugs abuse
O4 Causes of drugs abuse
O5 Effects of drugs abuse
O7 Preventive measures

P. Health education

P1 Definition
P2 Health promotion
P3 Important of health education
P4 Responsibility for health education
P5 Stages of health education
P6 Principal of health education
P7 Planning for health education program
P8 Methods and techniques of health education

Q. Health management information system
   Q1 Definition
   Q2 Essentials of management information system
   Q3 A well-designed MIS should have the following factors
   Q4 Important of MIS

R. EPIDEMIOLOGY
   R1 Definition
   R2 Determinants
   R3 Clinical epidemiology
   R4 Occupational epidemiology
   R5 Important of Epidemiology
   R6 Health indicators
   R6.1 Crude birth rate
   R6.2 Crude death rate
   R7.3 Infant mortality rate
   R8.4 Life expectancy at birth
   R9.5 Growth rate
   R10.6 Fertility rate

S. HEALTH SYSTEM RESEARCH
   S1 Definition
   S2 Importance
   S3 Epidemiological methods
   S4 Disease screening
   S5 Sensitivity
   S6 Specificity
   S7 Control of disease epidemic

T. BIOMEDICAL ETHICS
   T1 Introduction
   T2 Equity
   T3 Utility
   T4 Equality
   T5 Human Rights
   T6 Autonomy
   T7 Beneficence
   T8 Non-malfeasance
   T9 Justice

Recommended Books:
Public health for PARA Medic and nurses by Dr. Khalid Mahood.
Reference Book K Park’s community medicine (Reference Book) by K Park 2003 published by BanarsideBhanot Jaipur India