

COMMUNITY MEDICINE

A. Subject aims:

This course is aimed for producing professionals in the field of homoeopathy for improving community health and to build a significant professional group who will be:

1. efficient enough with knowledge and skills as well as have the attitude to organize community oriented health care initiatives.
2. impart and improve the community health; and
3. proceed to undergo higher studies.

B. Subject objectives:

At the end of this course the student will able to-

1. contribute their role in reducing the health problem in the community using their acquired knowledge of the community medicine and public health.
2. engage themselves in carriers in improving community health in the government, non-government and in any local or international organizations working in Bangladesh for the improvement of health in the country.

C. Course composition & teaching hours:

The course will require nine months to complete at the 3rd year of BHMS course including field training.

1. Theoretical lecture classes..... 84 hours.
2. Tutorials..... 42 hours.
3. Practical classes/demonstrations..... 42 hours.
4. Seminars on health topics..... 24 hours.
5. Epidemiological surveys, study tour for acquaintance with various health problems of communities..... 48 hours.
6. Visit to different health care delivery system in rural (infectious & communi-

cable diseases hospitals) and urban communities.....

24 hours.

264 hours.

D. Evaluation in the Second Professional BHMS examination:

Theory MCQ25%+SAQ75%)..... 100 marks.

Practical 100 marks.

(10 spotting $3 \times 10 = 30$

Water examination & Milk

examination- 10

Viva..... 50

Note book - 10)

Total - 200 marks.

COMMUNITY MEDICINE

Hom- 204

Detailed course contents:

The course is splitted in to three blocks as shown below-

- Block A- Community and Public Health Concept and Epidemiology and its tools, Basic Biostatistics.
- Block-B- Environmental Health, Public Sanitation and Hygiene, Communicable and Non-communicable Diseases with their prevention and introduction to different health programs.
- Block-C- Immunity, Molecular Sciences genetic counseling, Reproductive and Child Health including Family Planning, Avoidable Blindness, Health Communication and Group Field Assignment.

Block-A

1. Concepts of Health & disease in relation to community.
 - (a) Definition of health disease, community medicine, public health, hygiene, preventive medicine, objectives of community medicine.
 - (b) Theory of disease causation, disease cycle, disease spectrum.
 - (c) Homoeopathic theory about health, causation of disease, disease cure, prophylaxis & vaccination.
 - (d) History of 'public health', disease prevention & levels of prevention.
 - (e) Morbidity and mortality, pattern of disease, incidence and prevalence of disease.
 - (f) Health & social problems in Bangladesh.
 - (g) Health care- a multisectoral responsibility.
 - (h) Health care delivery system.
 - (i) Health organization of Bangladesh.
 - (j) Primary health care, and comprehensive health care. MDG & SDG
2. Public health administration- Health Services' national level, district level, upazilla level & referral services.
3. (a) Epidemiology- definition, aim objectives and uses of epidemiology, epidemiological method- role of agent, host. and environment in the causation of diseases.
 - (b) Disease cycle, infection chain, method of spread of disease, definition of communicable & infectious diseases.
 - (c) Epidemic, endemic, pandemic, sporadic, epizootic etc.
 - (d) Principles of control of communicable diseases.
4. Bio-statistics and Demography:
 - (a) Definition of statistics, vital statistics, bio-statistics.
 - (b) Objectives of bio-statistics, use of biostatistics and sources, population census.

- (c) Elementary rates- birth rate, death rate, morbidity rate & mortality rate.
- (d) Average- arithmetic mean, median, mode, dispersion.
- (e) Tables and their uses.
- (f) Tabular and diagrammatic presentation, data collection, classification of data, processing and complication of data
- (g) Normal curve & sampling methods
- (h) Demography- definition, demographic cycle, effects of over population, population explosion & population character of Bangladesh.

Block-B

5. Environment and health:

- (a) Water- sources, impurities, purification, water borne diseases.
- (b) Methods of sewage and excreta disposal in urban and rural areas, diseases spread by improper disposal of sewage and human excreta.
- (c) Refuse- methods of refuse disposal in urban and rural areas, diseases spread by improper disposal of refuse.
- (d) Soil-soil borne diseases.
- (e) Climate- effects on health.
- (f) Air and ventilation- definition, diseases due to ill ventilation in the house and working place, air pollution and purification.
- (g) Effects of light and sound 'on health.
- (h) Housing and health.

6. Epidemiology of Communicable diseases e.g.

- (a) Cholera, Diarrhoeal disease, Enteric fever, Tuberculosis, Leprosy, Diphtheria, whooping cough, Tetanus, Anthrax, Venereal diseases.
- (b) Typhus group of fevers (Rickettsiae).
- (c) Viral diseases- Smallpox, Chickenpox, Measles, Mumps, Poliomyelitis, Yellow fever, Infectious hepatitis, Rabies, Influenza, AIDS.

- (d) Parasitic diseases- Malaria, Leishmaniasis, Helminthiasis- Ascariasis, Ankylostomiasis, Toxoplasmosis.
- 7. Non-communicable diseases-
 - (a) Cardio-vascular diseases, collagen diseases, diabetes mellitus, cancer.
 - (b) Rheumatic fever.
- 8. Occupational diseases and industrial hygiene, occupational diseases classification and prevention of occupational diseases & offensive trades.
- 9. Health Education- definition, methods and media, stages and barriers of health education, motivation.
- 10. Personal hygiene: definition factors in personal health.

Block-C

- 11. Immunity- definition, classification, immunization- EPI, & immunization schedule as well as homoepathic theory about immunity.
- 12. Food and nutrition, Vitamins and minerals- definition, classification, function Deficiency diseases-Kwashiorkor, vitamin deficiency diseases, mineral deficiency diseases.
- 13. Genetic counseling.
- 14. M.C.H.- definition, objective , antenatal, natal & paranal care. I.M.R. M.M.R
- 15. Reproductive health:
 - Preventive and social obstetrics and gynaecology- To give ideas about proper antenatal care.
 - To make the people understand about multiparity & preventive side of obstetrics care.
 - Prevention of gynaecological diseases.
- 16. Family planning:
 - (a) Definition, objective
 - (b) Family planning methods etc.
- 17. International Health Organizations- WHO, UNICEF, U.S.AID, UNDP, International Red Cross, FAO, ILO, CARE, BRAC, ICDDRB etc.

Practical

1. Group field Assignment:
Two weeks for residential field practice and 1 week for field visits in health projects & 1 week for hospital practice in infectious & communicable diseases hospitals.
2. Field visits to:
Water purification plant, Sewage disposal plant, Industry, Institute of Public Health, Milk pasteurization plant, M.C.H. Centre, School Health Clinic, Model Family Planning Clinics. T.B. Clinics. Leprosy Clinics, Nutrition projects, Clinics, Seaport and Airport Sanitation, BIRDEM. Orthopaedic Hospital, Rehabilitation Hospital etc.
3. Identification and use / function / food value / dose schedule of supplied substances. Entomological slides, Parasitological slides, Water examination, Milk examination, Food, Nutrition, Vitamins, Minerals, Sanitation, Specimens, models, Prepared charts, Contraceptives, Vaccines etc.

PRACTICAL NOTE BOOK

In Practical Note-Book must be recorded practical works, demonstration, seminars, epidemiological surveys, various health problems of communities, & field visits experiences, etc. and shown to the respective teacher. The Practical Note book must be submitted along with the progress card during examinations and evaluated by examiners.