



THE SUPERIOR COLLEGE, LAHORE

4th YEAR MBBS

ANNUAL EXAMINATION 2020

COMMUNITY MEDICINE

Roll No. 116/014

SEO'S

162/91
53/18

Time Allowed: 1 hour & 55 Minutes

Shbtasam Pitafi

Total Marks: 70

Instructions

- The SEO's part is to be submitted within 1 hour & 55 minutes. Extra time will not be given.
- Neat Hand Writing use of margin and marker for headlines will increase the presentation of your paper.
- Do not write your name or disclose your identity in anyway.

Handwritten signature

	L-3	H	T
P	53	40	64
N	109	40	149
T	162	51	213

$\frac{53 \times 40}{11 \times 109}$

- Define and give at least three characteristics of normal distribution curve? **15/71**
 - In thirteen families surveyed the numbers of the children per family were **4, 6, 2, 2, 4, 3, 2, 1, 4, 6, 8, 2** and 7. Calculate the mean, median and mode from this data. **15/3**
- A case control study was conducted to determine the association of preterm delivery and low socioeconomic status (L.S.E.S) of females. 162 females were studied, 64 delivered preterm babies out of these **53** were belongs to low S.E.S. 40 females belong to high S.E.S delivered normal babies.
 - Make 2x2 table. **162**
 - Calculate measure of association. **3**
 - Interpret your results
- Discuss the determinants of health **5**

notes
- In a rural development project, manual labour was provided by the villagers and consultancies were provided by different departments (health, education, agriculture and livestock).
 - Which principals of primary health care are used in this project **2/73**
 - Enlist the components of primary health care **3/73**
- A comparative study was conducted to assess the hemoglobin level at the start and towards the end of the pregnancy in the gynae OPD.
 - Which test of significances should be used for analysis of such data and justify your answer? **3 back**
 - How will you interpret the results on the basis of p value if α is kept at 0.05. **2**
- Define Herd immunity. Name the elements of Herd immunity **3/127**
 - What do you understand by the term Recombinant protein vaccine? Give its advantage and disadvantage. Give one example **2 net**
- Dengue is a social problem and can be overcome only by including all segments of the society in the anti-dengue drive. Therefore, every Department and person should fulfill their responsibility to save the people from dengue.
 - Name the vector involved in transmission of dengue **1 Aedes aegypti**
 - What are the general housekeeping activities to be taken by the community for the prevention and control of Dengue? **4/62**
- Incidence of Ischemic heart diseases is increasing, and now have moved towards developing countries and catching the early age groups as well.

$\frac{64}{53}$
 $\frac{11}{11}$

$\frac{162}{40}$
 $\frac{122}{122}$

$\frac{122}{162}$
 $\frac{116}{162}$

	L-3	H	T
P	53	40	64
N	109	40	162
T	162	175	226

$\frac{53 \times 40}{11 \times 122}$

$\frac{122}{53}$
 $\frac{175}{175}$
 $\frac{162}{162}$
 $\frac{226}{226}$

P.T.O

What are the modifiable risk factors responsible for it? 1 115 (386 k-park)

Primary levels of prevention to change the life style for lowering the incidence of ... 4 116

Working at RHC, you are asked to deliver a talk to the pregnant mothers regarding hygiene. Enumerate the points you will keep in mind? 5 236

List the hazards to which an industrial worker is exposed according to occupation? 2 841 k-park

Which conditions can develop from physical agents? 3 842 k-park

A pyramid is the graphical presentation of composition of the population of a ... and one can have multifaceted information by looking on this presentation.

List the uses and information a population pyramid provides to the demographers? 2 166, 167

Define Population Momentum. 1 169

Enumerate the stages of population transition? 2 168

Low weight (LBW) is a phenomenon which is multifactorial in origin and remained an important public health problem in many developing countries including Pakistan.

List the components of kangaroo mother care? 2 net

What are the direct intervention measures for prevention of incidence of low birth weight babies? 3 239

Factors and principles are to be considered while planning the balanced diet? 5 267

World Health Organization (WHO)'s first constitutional function is to act as the directing and coordinating authority on all international health work.

List the areas in the field of health where WHO has specific responsibilities for establishing and promoting international standards? 3 960 k-park

What is the primary function of the WHO Secretariat? 2 961 k-park

Pre-test is used before and after study conducted on same group of individuals.

If the value of p is less than 0.05 then it is significant and hypothesis is accepted. If the value of p is more than 0.05 then it is not significant and hypothesis is rejected.

ع ٠٠٥ ک سے کم ہے تو ، حتمی ہے ، حتمی ہے ، حتمی ہے
میں ان کے لیے اس کے لیے حتمی ہے

ANNUAL 2020

Define & give at least three characteristics of normal distribution curve:

It is smooth, bell shaped, perfectly symmetrical curve based on an infinitely large number of observations.

Characteristics:

- It is bell shaped.
- Mean, mode, median coincide at center.
- Total area is one.
- The mean is zero.
- Standard deviation is one.
- Curve never touches baseline.
- It is unimodal.
- Right & left halves are equal.

4, 6, 2, 2, 4, 3, 2, 1, 4, 6, 8, 2, 7
1, 2, 2, 2, 2, 3, 4, 4, 4, 6, 6, 7, 8

$$\text{Mean: } \frac{51}{13} = 3.9$$

Median: 4

Mode: 2

Discuss determinants of health?

① Hereditary : • A number of diseases are known to be genetic in origin.
e.g.: chromosomal anomalies.

② Environment :

→ Internal : • Internal body systems must be working harmoniously within the system.

→ External : • Those things to which man is exposed after conception.

③ Lifestyle : • CHD, obesity, lung cancer are associated with lifestyle change.

④ Socio-economic conditions :

• Education, Employment, Housing.

⑤ Health services :

• Immunization, safe water supply.

⑥ Other Factors.

• Food

• Agriculture

• Social welfare

• Rural development.

village development project, manual labor was provided by the villagers and consultancies were provided by different departments (health, education, agriculture and livestock).

Which principals of primary health care are used in this project.

Enlist components of primary health care

Answer:

Principals

Community participation.

Equitable distribution.

Inter-sectoral coordination.

Appropriate technology.

COMPONENTS

Proper food supply and nutrition.

Basic sanitation and safe water supply.

Maternal and child care and safe family planning.

Immunization against infectious disease.

Education about prevailing health problems.

Prevention and control of locally endemic diseases. e.g Malaria

Treatment of common diseases and injuries.

Provision of essential drugs.

Prevention of mental health.

KEY TO UHS Solved Qs & MCQ

Statistics

BD  A researcher wants to compare average weights of 100 women at the start and end pregnancy. (Annual 2016)

Which test of significance should be selected for analysis and why?
What would be your conclusion regarding rejection or acceptance of null hypothesis if α was set at 0.05 and the P value obtained is:

- i) 0.04
- ii) 0.07
- a) Pair T test: it is selected because we have to get two readings (before and after) same individual
- b) If p value is considered to be 0.04 the null hypothesis is accepted. If p value is considered 0.07 the null hypothesis is rejected

Ten government employees came for their annual medical examination in lab. They also gave blood to check their serum cholesterol levels. The values (Annual 2017)

Define Herd Immunity.

"Level of resistance of a community or group of people to a particular disease is called as Herd Immunity."

Elements of Herd Immunity:

- Occurrence of clinical & subclinical infection in herd.
- Immunization of herd.
- Herd structure.

Recombinant protein vaccine:

"A vaccine which is produced through recombinant DNA technology. This involves inserting the DNA encoding antigen that stimulates an immune response into bacterial or mammalian cell, expressing antigen in these cells and then purify it from them." e.g: primavax

Advantages:

- Rapid generation.
- Thermostability
- No risk of pathogenicity
- defined composition.

Disadvantages:

- Multiple doses needed
- Adjuvants needed.

Vector involved in transmission of dengue :

→ *Aedes aegypti*

"It is the principal dengue vector responsible for dengue transmission & dengue epidemics."

Prevention & Control of Dengue:

- Travellers should sleep under impregnated nets and use repellents.
- Use of sprays.
- Breeding sites should be eradicated.
- Apply mosquito repellents lotion on uncovered body parts.

- Heavy Alcohol Intake
- Cigarette Smoking.
- Salt Intake
- Stature Fat
- Oral contraceptives

Scanned with CamScanner

Levels of prevention for GHD.

① Primary Prevention:

- Health education on all risk factors.
- weight reduction.
- Alcohol reduction.
- Stop Smoking.
- Reduction of salt intake.
- Avoid Stress.
- Exercise promotion.

② Secondary prevention:

- Early case detection. by screening.
- Treatment: The aim of treatment should be to obtain BP below 140/90 mmHg.
- Patient Compliance: General Treatment of HTN will be lifelong.

Complications of Hypertension:

- Heart Failure
- GHD

Personal Hygiene during pregnancy:

- Light work is advised.
- Heavy weight not recommended.
- 8 hours sleep with 2-hour after mid-day meals.
- Avoid smoking.
- Proper Dental Hygiene.
- Sexual intercourse is restricted.
- Keeping body clean helps to prevent infection.



A) Disease due to Physical agents

Heat	Prickly heat, syncope, heat hyperpyrexia, heat exhaustion
Cold	Hypo-thermia, frostbite, Trench foots
Light	Occupational cataract
Noise	Deafness
Radiation	Cancer, Leukaemia
Vivration	Sensitive to spasm



135



Download Now

Download to read offline

Occupational health hazards

Education Dec. 03, 2014

© 50,779 views

about occupational

Report

[Read more](#)

soni gurung

[Follow](#)

Uses & information a population pyramid provides:

* It provides a demographic statement of current age & sex distribution of a population.

- Males on left side
- Females on right side
- Children at basement
- Elderly at top.

Uses:

- Male to female ratio
- Population changes
- Dependency ratio can be calculated.

Define population momentum:

$$\text{Momentum} = MV$$

"It is defined as greater the growth rate; the greater would be population and difficult would be to stop population momentum."

Stages of population transition:
"Moving from a stage of high birth rate and a high death rate to a low birth rate and low death rate is called demographic transition."

Components of Kangaroo mother care?

→ Kangaroo position:

- Skin to skin on mother chest secured with a wrap.

→ Kangaroo ~~position~~ Nutrition:

- Exclusive Breastfeeding whenever possible.

→ Kangaroo discharge:

- mother continues KMC practice at home after discharge.

→ Kangaroo Support:

- Health care staff provide support to mother to take care of her infant in hospital.
- Family support of mother in practicing KMC at home.

Prevention of LBW Babies:

- Nutrition of mother looked after properly.
- High risk mothers are identified and then cared accordingly.
- Birth spacing.
- Proper antenatal monitoring.

Factors & Principles while planning a balanced diet:

Factors:

- Age: More food in younger than old.
- Gender: Male require more calories
- Physical Activity: Laborer requires more calories.
- Physiological Factors: Female require more iron.
- Climate: More energy in cold.

Principle:

Good Nutrition means

Maintaining a nutritional status that enables us to grow well and enjoy good health.

- To promote standard of education.
- To improve nutrition, housing sanitation & working conditions.
- To promote activities in field of mental health.
- To promote and conduct research.
- To obtain data on vital statistics.
- To promote family health.

Scanned with CamScanner

Areas in field of health where WHO has specific responsibilities for establishing and promoting international standards:

- Prevention & control of specific disease.
- Development of comprehensive health services.
- Family Health.
- Environmental Health.
- Health Statistics.
- Bio-medical Research.
- Health literature & information.
- Cooperation with other organizations.

1. Physical Hazards

- Direct trauma
- Noise induced hearing loss
- Heat stroke
- Whole body vibration (due to heavy machinery)
- UV exposure
- Infrared exposure
- Electromagnetic exposure
- Barometric pressure
- Abnormal working posture



DISEASES IN DIFFERENT OCCUPATIONS

<u>OCCUPATION</u>	<u>DISEASE</u>
<u>COTTON MILL</u>	<u>BYSSINOSIS</u>
<u>JUTE, TEXTILE,</u>	<u>RESP. PROBLEMS</u>
<u>CEMENT</u>	<u>BRONCHITIS</u>
<u>CIGARETTES</u>	<u>ANTHRAX</u>
<u>WOOL CARPET</u>	<u>FUME TOXICITY</u>
<u>JEWELLERS, AND NITROS</u>	
<u>METAL WORKERS</u>	

FAC
SHE
P
BY CL
PHARMACEUTICALS