Final Exam Fourth Year 2\textsuperscript{nd} Term
Community Medicine

Answer the following questions (Total marks 60)

Model of Answer

Write short notes on:

1) Principles of primary health care.
   a) Appropriate technology.

Technology: sum of materials, methods, techniques required for diagnosis, treatment, prevention & Control of disease
Appropriate: scientifically sound, acceptable, available, cheap, accessible, easy and effective
Examples: Growth monitoring, ORT in control diarrhea, Domiciliary treatment of TB, Breast feeding
   b) Equity in distribution.

Definition
The services are provided to all population, with more Services directed to vulnerable groups (mothers, under five and the elderly).

   c) Multi-sectorial approach.

Examples of how non-health sectors play a role in solution of common health problems: Agricultural sector Malnutrition, Brucellosis.
   Social sector Smoking, divorce, violence, illiteracy, unemployment
   Educational sector Low IQ, Scabies, Retarded growth
   Municipality sector diarrheal disease, hepatitis A, typhoid,

   d) Community participation.
Examples of community participation:

- Financial participation.
- Adopting healthful behaviors and avoiding harmful ones.
- The population could be involved in defining health problems of the community and setting up priorities.
- Proper utilization of health services.

e) Team approach.

The team is a group of persons with different levels of knowledge, background, abilities, qualifications, and skills who share a common goal.

2) Health hazards and problems among children.

- Morbidity problems:
  - 1- Infectious diseases.
  - A- Congenital e.g: Syphilis, rubella, hepatitis B virus infection, AIDS,
  - B- Acquired e.g Neonatal infections e.g ophthalmic neonatorum, otitis media, pneumonia, tetanus neonatorum

- 2- Parasitic infestations.

- 3- Malnutrition.

- 4- Accidents.

- 5- Social disorders.

- 6- Impairment – Disability - Handicapping.

II) Mortality indices

- a- Infant mortality rate.

- b- Neonatal mortality rate.
  - c- Post neonatal mortality rate.

- d- stillbirth
• e- perinatal mortality
• f-Age-specific 1-4 years mortality rate.
• g- Under- five years mortality rate

III) Morbidity indices

• - Incidence rate e.g. ARI, diarrheal diseases
• - Prevalence rate for chronic diseases e.g. Diabetes – hypertension and handicapping

3) Define maternal mortality ratio and discuss its main causes of death.
4) MMRatio:
5) No. of maternal deaths in a specified period ×100,000

No of live births in same period

DIRECT CAUSES:
  o HEMORRHAGE – 29.6%
  o PUERPERAL COMPLICATION – 16.1%
  o OBSTRUCTED LABOUR – 9.5%
  o ABORTIONS – 8.9%
  o TOXAEMIA OF PREGNANCY 8.3%

INDIRECT CAUSES:
  o Anaemia
  o Pregnancy with TB
  o Pregnancy with malaria
  o Pregnancy with viral hepatitis

6) Ten steps of successful breast feeding.
  o Have a written breast feeding policy communicated to all health care staff.
  o Train all health care staff necessary to implement the policy.
  o Inform all pregnant women about the benefits and management of breast feeding.
o Help mothers initiate breast feeding within a half-hour of birth.
o Show mothers how to breast-feed and how to maintain lactation even if they should be separated from their babies.
o Give new born babies no food or drink other than breast milk unless medically indicated.
o Practice rooming in-allow mothers and babies to remain together 24 hrs. a day.
o Encourage breast feeding on demand.
o Give no artificial teats or pacifier to breast feeding babies.
o Establishment of breast feeding support groups and refer mother to them on discharge from the hospital or clinic.

7) Sources of outdoor air pollution.

Sources of Outdoor Air Pollution

1. Stationary sources
   – Rural area sources such as agricultural production, mining and quarrying.
   – Industrial point and area sources such as manufacturing of chemicals, non-metallic mineral products, basic metal industries, power generation.
   – Community sources, e.g. heating of homes and buildings, incinerators, fireplaces, cooking facilities

2. Mobile sources
   – any form of combustion-engine vehicles

8) Geriatric problems.
• HEALTH PROBLEMS
  1. Joint problems
  2. Impairment of special senses
  3. Cardio vascular disease
  4. Hypothermia
  5. Cancer, Prostate enlargement, Diabetes & Accidental falls
• Psychological problems
  1. Emotional problems
  2. Suicidal tendency
  3. & Senile dementia, Alzheimer’ disease
• Social problems
• Poverty, Loneliness, Dependency, Isolation, Elder abuse, Generation Gap

Good Luck
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