

# Community Medicine & Public Health

## 3<sup>rd</sup> Professional Examination: Marks distribution of Assessment of Community Medicine & Public Health:

### Total marks – 300

- Written = 100
- 20 marks MCQ (50% Multiple True and False (MTF) + 50% Single Base answer (SBA),
- 70 marks (25% Structured Essay Question (SEQ) + 75% Short Answer Question (SAQ)
- 10 marks: Formative assessment
- Structured oral examination= 100
- Practical (Conventional Practical / OSPE, RFST including Survey Report, Study Tour Report and Report on Day Visit) =100

### Related Equipment:

Weighing machine, Sakip's tape/Measuring tape, Growth chart, Specimen and model, Posters and diagram, Laboratory equipment (to be procured)

### Concept of Public Health, Community Medicine, Health and Disease

Contents
<p><b>CORE</b></p> <ul style="list-style-type: none"> <li>• Concept of Public Health and Community Medicine</li> <li>• Concept of Health and Disease</li> <li>• Common Health and Social problems</li> <li>• Health Team Concept</li> <li>• Changing concepts of Public Health and Health</li> <li>• Natural history of disease</li> <li>• Indicators and Determinants of Health</li> <li>• Prevention and Intervention of Diseases</li> <li>• Characteristics of Ideal Health Care</li> </ul>

### Behavioral Science

Contents
<p><b>CORE</b></p> <p><b>Concept of</b></p> <p>Behavior</p> <p>Behavioral science</p> <p>Psychology</p> <p>Sociology</p> <p>Society, Family, Culture</p> <p>Motive and Motivation</p> <p>leadership Personality and IQ</p> <p>perception, cognition, learning, motivation, emotion, attitude</p>

### Health Communication & Health Education

Contents
<p><b>CORE</b></p> <p><b>Health Communications:</b></p>

- Definition of communication
- Classification of communication
- Functions of communication
- Elements of communication
- Barriers of communication
- Media and methods of communication

**Health Education:**

- Definition of health education
- Objectives
- Contents
- Principles
- Approaches
- Stages of adoption of a new idea

**Medical Entomology**

**Contents**

- Classification of Arthropods of medical importance
- Lifecycle of mosquito, sand fly
- Arthropod-borne diseases.
- Principles of Vector/Arthropod control measures
- Insecticides

**Research Methodology and Biostatistics**

**Contents**

- definition of research
- importance of research
- types of research design
- development and stapes of research protocol
- formulation of research objective general and specific
- perpetration of research questionnaire
- different methods of data collection
- definition and difference of population and sample
- calculation of sample size
- types of sampling
- preparation of report writing
- Introduction to Bio-statistics
- Uses of Bio-statistics
- Vital statistics
- Data and Variable
- Methods and Tools of data collection
- Interpretation of data
- Analysis and Presentation of data
- Measures of central tendency
- Measures of dispersion
- Normal distribution curve.
- Health economics

## Environment & Health

### Contents

- Environment and its components
  - climate changes and global warming
- Water**
- Safe and wholesome water
  - Sources, uses and requirement of water
  - Water impurities
  - Principles and methods of purification of water
  - Water quality standards for drinking water Water borne diseases

## Environment & Health

### Contents

#### **Air and ventilation**

- Composition of air
- Air pollutants and their sources
- Indicators of air pollution
- Effects of air pollution on health
- Methods of prevention and control of air pollution
- Ventilation
- Climate change and greenhouse effect

#### **Light**

- Criteria of good lighting
- Measurements of light
- Effect of improper lighting on health

#### **Noise**

- Sources and properties of noise
- Acceptable noise levels
- Effects of noise exposure
- Control measures of noise

#### **Radiation**

- Sources and types of radiation
- Effects of radiation on health
- Measures of radiation protection

#### **Housing**

- Criteria of healthful housing
- Housing standards
- Effects of poor housing

#### **Disposal of solid waste**

- Solid waste and its sources
- Methods of disposal and medical biotechnology
- Health hazards of solid wastes

#### **Excreta disposal**

- Methods of excreta disposal
- Sanitation barrier

- Diseases borne by human excreta

### **Immunity, Immunization**

#### **Contents**

#### **CORE**

#### **Immunity and Immunization**

- Immunization
- Immunizing agents
- Immunization schedule (EPI schedule)
- Adverse Events following Immunization
- Herd immunity
- EPI and NID
- Cold chain
- Left out and drop out

### **Public Health Nutrition**

#### **Contents**

- Types of foods and its sources
- Balanced diet
- Protein Energy Malnutrition (PEM)
- Impotent Vitamins and their deficiency diseases.
- deficiency disorder of Important Minerals and trace elements
- Assessment of nutritional status
- Calorie requirements of different groups
- Food borne, milk borne diseases and food toxins
- Pasteurization
- Food adulteration, additives and fortification
- Humanization of cow's milk

### **Principles of Epidemiology**

#### **Contents**

Classification of epidemiological studies Description of descriptive and analytical studies Characteristics of experimental studies Different between cross-sectional and longitudinal; cohort and case-control studies Steps of investigations of an epidemic Outbreak Definition, classification ,types and uses of screening specificity, sensitivity, validity, reliability source and reservoir modes of transmission of diseases interruption of modes of disease transmission criteria of a susceptible host definition and explanation of community diagnosis and community treatment

### **Epidemiology of Communicable & Non-Communicable Disease (NCDs)**

#### **Contents**

#### **CORE**

- Definition and difference between CD and NCD

Epidemiology and Prevention of:

- EPI diseases
- Diarrheal diseases and Enteric fever
- Malaria, Kala-azar, Filariasis, Helminthiasis

- TB and Leprosy
- Viral hepatitis, Dengue, ARI, SARS (Covid 19), Bird flu, Rabies, Yellow fever
- AST STDs
- Emerging and Re-emerging Diseases

Epidemiology and Prevention of common non-communicable diseases:

- Hypertension, IHD
- CVD (Stroke)
- Rheumatic fever and RHD
- Cancer
- Diabetes
- Obesity
- Arsenics

## **MCH-FP & Demography**

### **Contents**

#### **MCH**

- IMR, MMR
- High risk mothers and at-risk child
- Care of under-5 children, LBW
- antenatal, intranasal and postnatal care, advices and investigations
- Concept, mention the recommended feeding practices in IYCF
- Advantage and contraindication of BF
- Disadvantages of formula feeding
- Importance of colostrum
- What is Complementary Feeding (CF) and its importance
- Domiciliary and institutional delivery
- EMONC: Emergency Obstetric and Neonatal Care

#### **Family planning**

- Concept of family planning
- Aims and objectives of family planning
- Contraceptive methods (OCP, ECP)
- MR with use of medication (MRM) and difference with emergency contraceptive pills • PPF and post abortion /MR/MRM family planning
- LAM-lactational amenorrhea method
- Eligible and target couples, safe period
- CPR, TFR, unmet need discontinuation rate
- MCH based family planning

#### **Demography**

- Definition of demography
- Demographic processes
- Demographic transition and indices
- Population pyramid
- Census

- Fertility and its influencing factors

### **School Health Services**

#### **Contents**

#### **CORE**

- Objectives of school health service
- Aspects/components of school health service
- Task of school health medical officer
- Common Health problems of school children
- School health emergencies
- School health clinic
- Helpful school health environment
- Different types of school desk and their importance

#### **Occupational Health**

- Occupational health and its objectives
- Occupational environment
- Occupational health hazards
- Principles of prevention of occupational diseases
- Employees' benefits

### **Health For All (HFA), Primary Health Care (PHC), Universal Health Coverage (UHC) & MDG, SDG**

#### **Contents**

- Definition: HFA and PHC, UHC
- Principles and components of PHC
- Health related MDG and SDG
- Components of ESP
- Name and Activities of important existing national health programs
- Organizational structure for the delivery of PHC
- Goal and indicators of HFA by the year of 2000 AD
- Levels of health care service delivery
- Concept, purpose and scope, evolution and diseases under IHR-2005
- Impotent National organizations. • Important International health organizations: WHO, UNICEF, RED CRESCENT, ICCDRB, CARE etc.

### **Public Health Administration & Management**

#### **Contents**

- Definition, Functions, Principles of Management and Administration
- Definition, Indication and Process of Planning and Planning Cycle
- Health Care Delivery System of Bangladesh
- Organizational Structure of Health Care Delivery in Bangladesh including reporting, supervision, and monitoring
- Health Care Referral System in Bangladesh
- Charter of duties of different health personnel