

Benha University

Date: 6-6-2012

Faculty of Nursing

Time Allowed: 2hrs.

Final Exam Fourth Year 2nd 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 or skills who share a common goal.

2) Health hazards and problems among children.

- I- 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:

- HEMORRHAGE – 29.6%
- PUERPERAL COMPLICATION – 16.1%
- OBSTRUCTED LABOUR – 9.5%
- ABORTIONS – 8.9%
- TOXAEMIA OF PREGNANCY 8.3%

INDIRECT CAUSES:

- Anaemia
- Pregnancy with TB
- Pregnancy with malaria
- Pregnancy with viral hepatitis

6) Ten steps of successful breast feeding.

- Have a written breast feeding policy communicated to all health care staff.
- Train all health care staff necessary to implement the policy.
- Inform all pregnant women about the benefits and management of breast feeding.

- Help mothers initiate breast feeding within a half-hour of birth.
 - Show mothers how to breast-feed and how to maintain lactation even if they should be separated from their babies.
 - Give new born babies no food or drink other than breast milk unless medically indicated.
 - Practice rooming in-allow mothers and babies to remain together 24 hrs. a day.
 - Encourage breast feeding on demand.
 - Give no artificial teats or pacifier to breast feeding babies.
 - 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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