

COMMUNITY MEDICINE

FIRST PROF. TEACHING SCHEDULE (BATCH 2019-2020)

LECTURE (1 hr. duration each)	<u>TOPIC</u>
<u>1.</u>	Introduction to Community Medicine & Public Health
<u>2.</u>	Introduction to Community Medicine & Public Health
<u>3.</u>	Introduction to Community Medicine & Public Health
<u>4.</u>	<u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u> <ol style="list-style-type: none">1. Define Nutrition & related terms.2. Classify different types of foods.3. Discuss the role of proteins in human body.4. Enumerate the dietary sources of proteins.5. Recall the protein content of some commonly consumed foods.6. Explain the concept of supplementary action of proteins.7. List the parameters used for evaluation of protein quality of foods.8. List the criteria for assessing the state of protein nutrition of an individual9. Discuss the protein requirement for various population groups.
<u>5.</u>	<u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u> <ol style="list-style-type: none">1. Enumerate the sources of fats.2. Recall the fat content of some commonly consumed foods.3. Discuss the processing of fats (hydrogenation & refining) & its implications.4. Describe the role of fats in health & diseases.5. Discuss the fat requirement for various population groups.
<u>6.</u>	<u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u> <ol style="list-style-type: none">1. Classify different types of carbohydrates.2. Discuss the concept of Glycaemic Index.3. List the dietary sources of different types of carbohydrates.4. Recall the carbohydrate content of some commonly consumed foods.
<u>7.</u>	<u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u> <ol style="list-style-type: none">1. Classify vitamins.2. Vit. A: List the dietary sources.3. Discuss the health consequences of excess or inadequate/deficient intake & measures for their prevention & control.4. State the dietary requirement in adults, children & under certain special circumstances (pregnancy & lactation).
<u>8.</u>	<u>CM 5.1: Describe the common sources of various nutrients & special nutritional</u>

	<p><u>requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. Vit. C, Vit. D, Vit. E & Vit. K: List the dietary sources. 2. Discuss the health consequences of excess or inadequate/deficient intake & measures for their prevention & control. 3. State the dietary requirement in adults, children & under certain special circumstances (pregnancy & lactation).
<u>9.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. Vit. B complex: List the dietary sources. 2. Discuss the health consequences of excess or inadequate/deficient intake & measures for their prevention & control. 3. State the dietary requirement in adults, children & under certain special circumstances (pregnancy & lactation).
<u>10.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. Vit. B complex: List the dietary sources. 2. Discuss the health consequences of excess or inadequate/deficient intake & measures for their prevention & control. 3. State the dietary requirement in adults, children & under certain special circumstances (pregnancy & lactation). 4. Define Dietary fibres. 5. Discuss the role of dietary fibres in health & disease. 6. State the daily requirement of carbohydrates & dietary fibres. <ol style="list-style-type: none"> 1. Define Antioxidants. 2. List the dietary sources of antioxidants & their daily requirement. 3. Discuss the role of antioxidants in health & disease.
<u>11.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. Classify minerals found in human body. 2. IRON: List the dietary sources of iron important for maintenance of health. 3. Discuss the health consequences of excess or inadequate intake of iron & measures for prevention & control. 4. State the dietary requirement of iron in adults, children & under certain special circumstances (pregnancy, lactation).
<u>12.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. List the dietary sources of minerals important for maintenance of health (SODIUM, POTASSIUM, IODINE, FLUORINE). 2. Discuss the health consequences of excess or inadequate intake of various minerals & measures for their prevention & control. 3. State the dietary requirement of various minerals in adults, children & under certain special circumstances (pregnancy, lactation).
<u>13.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional</u></p>

	<p><u>requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. List the dietary sources of minerals important for maintenance of health (Calcium, Phosphorous, Magnesium & other trace elements). 2. Discuss the health consequences of excess or inadequate intake of various minerals & measures for their prevention & control. 3. State the dietary requirement of various minerals in adults, children & under certain special circumstances (pregnancy, lactation).
<u>14.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. Discuss the nutritional profiles of principal foods.
<u>15.</u>	<p><u>CM 5.1: Describe the common sources of various nutrients & special nutritional requirements according to age, sex, activity, physiological conditions.</u></p> <ol style="list-style-type: none"> 1. Describe the concept of individual Nutritional Requirements in relation to various determinants like age, sex, physical activity & physiological conditions. 2. Define Reference Indian adult man & woman. 3. Define Balanced Diet. 4. List the dietary goals (Prudent Diet) recommended by WHO. 5. Discuss the role of nutritional factors in selected disease conditions - Cardiovascular diseases, Diabetes, Obesity & Cancers.
<u>16.</u>	<p><u>CM 5.2: Describe & demonstrate the correct method of performing a nutritional assessment of individuals, families & the community by using the appropriate method.</u></p> <ol style="list-style-type: none"> 1. Discuss the various methods for assessment of nutritional status. 2. Discuss methods for assessing nutritional status at community level.
<u>17.</u>	<p><u>CM 5.2: Describe & demonstrate the correct method of performing a nutritional assessment of individuals, families & the community by using the appropriate method.</u></p> <p>Demonstrate methods for assessing nutritional status at:</p> <ol style="list-style-type: none"> a.) an individual level & b.) family level
<u>18.</u>	<p><u>CM 5.3: Define & describe common nutrition related health disorders (including macro-PEM, Micro-iron, Zn, iodine, Vit. A), their control and management.</u></p> <ol style="list-style-type: none"> 1. Discuss the Nutritional Problems of public health importance in India. 2. Describe the measures taken for their prevention & control.
<u>19.</u>	<p><u>CM 5.3: Define & describe common nutrition related health disorders (including macro-PEM, Micro-iron, Zn, iodine, Vit. A), their control and management.</u></p> <ol style="list-style-type: none"> 1. Discuss the Nutritional Problems of public health importance in India. 2. Describe the measures taken for their prevention & control.
<u>20.</u>	<p><u>CM 5.4: Plan & recommend a suitable diet for the individuals & families based on local availability of foods & economic status etc. in a simulated environment.</u></p> <ol style="list-style-type: none"> 1. Construct a suitable diet plan for different categories of people.
<u>21.</u>	<p><u>CM 5.4: Plan & recommend a suitable diet for the individuals & families based on local availability of foods & economic status etc. in a simulated environment.</u></p>

	<ol style="list-style-type: none"> 1. Construct a suitable diet plan for a healthy adult man. 2. Construct a suitable diet plan for a healthy adult woman. 3. Construct a suitable diet plan for an elderly.
<u>22.</u>	<p><u>CM 5.4: Plan & recommend a suitable diet for the individuals & families based on local availability of foods & economic status etc. in a simulated environment.</u></p> <ol style="list-style-type: none"> 1. Construct a suitable diet plan for a pregnant woman. 2. Construct a suitable diet plan for a lactating mother. 3. Construct a suitable diet plan for an adult with diabetes.
<u>23.</u>	<p><u>CM 5.4: Plan & recommend a suitable diet for the individuals & families based on local availability of foods & economic status etc. in a simulated environment.</u></p> <ol style="list-style-type: none"> 1. Construct a suitable age-specific diet plan for healthy children aged <10 yrs. 2. Construct a suitable age-specific diet plan for healthy adolescents aged upto 18yrs. 3. Construct a suitable diet plan for a child with PEM.
<u>24.</u>	<p><u>CM 5.5: Describe the methods of nutritional surveillance, principles of nutritional education & rehabilitation in the context of socio-cultural factors.</u></p> <ol style="list-style-type: none"> 1. Define nutritional surveillance. 2. Discuss the indicators used for carrying out nutritional surveillance. 3. Define malnutrition. 4. Discuss the ecological factors related to malnutrition. 5. Discuss the preventive & social measures at various levels (family, community, national & international) to address the problem of malnutrition.
<u>25.</u>	<p><u>CM 5.6: Enumerate & discuss the National Nutrition Policy, important national nutritional programs including Integrated Child Development Services Scheme (ICDS) etc.</u></p> <ol style="list-style-type: none"> 1. Discuss the need for National Nutrition Policy. 2. List the interventions under the policy for improving nutrition in India. 3. Discuss the community nutrition programs introduced in India to combat malnutrition (Vit.A prophylaxis program, NNAPP, NIDDCP, Special Nutrition Program, Balwadi Nutrition Program, ICDS program, Mid-Day Meal Program & Mid-Day Meal Scheme).
<u>26.</u>	<p><u>CM 5.7: Describe food hygiene.</u></p> <ol style="list-style-type: none"> 1. Define food hygiene. 2. Define Food-borne diseases. 3. Enumerate food-borne diseases. 4. List the foods commonly implicated in food-poisoning (milk, meat, fish, eggs, fruits & vegetables).
<u>27.</u>	<p><u>CM 5.7: Describe food hygiene.</u></p> <ol style="list-style-type: none"> 1. Discuss the role of food handlers in transmission of food-borne infections. 2. Discuss the minimum standards laid down to ensure sanitation of eating places in India. 3. Discuss the role of commonly implicated food toxins in food-borne intoxications & measures for their prevention & control.

<u>28.</u>	<p><u>CM 5.8: Describe & discuss the importance & methods of food fortification & effects of additives & adulteration.</u></p> <ol style="list-style-type: none"> 1. Define Food Additives. 2. Classify food additives. 3. Describe the benefits & health hazards of food additives. 4. Define food fortification. 5. List the criteria for choosing an appropriate vehicle & nutrient for carrying out fortification. 6. Define Adulteration of foods. 7. List the common adulterants used in India. 8. Discuss the effects of adulteration. 9. Discuss the measures taken to counter Food Adulteration (PFA Act, Food Standards)
<u>29.</u>	<p><u>CM 3.1: Describe the health hazards of air, water, noise & radiation pollution</u></p> <ol style="list-style-type: none"> 1. Define Air pollution 2. List the sources of Air pollution 3. Enumerate the different air pollutants 4. Enumerate the major health damaging pollutants generated from indoor sources 5. Describe the adverse effects of air pollution
<u>30.</u>	<p><u>CM 3.1: Describe the health hazards of air, water, noise & radiation pollution</u></p> <ol style="list-style-type: none"> 1. State the WHO recommended procedures for prevention & control of air pollution 2. List the indicators used for monitoring air pollution 3. Discuss the changes that take place in the air of an occupied room 4. Enumerate the indices used to express Thermal Comfort 5. Describe the methods employed for disinfection of air
<u>31.</u>	<p><u>CM 3.1: Describe the health hazards of air, water, noise & radiation pollution</u></p> <ol style="list-style-type: none"> 1. Define ventilation 2. Enumerate the different standards of ventilation 3. Describe the different types of ventilation 4. Discuss the requirements of good lighting 5. List the measures for improving natural lighting/ daylight illumination 6. List the different methods of Artificial lighting 7. Describe the biological effects of light 8. Describe the hazards of noise exposure 9. List the measures to be employed for controlling noise
<u>32.</u>	<p><u>CM 3.1: Describe the health hazards of air, water, noise & radiation pollution</u></p> <ol style="list-style-type: none"> 1. List the different sources of radiation 2. Classify the types of radiation 3. Describe the biologic effects of radiation 4. State the measures to be employed for radiation protection
<u>33.</u>	<p><u>CM 3.4: Describe the concept of solid waste, human excreta & sewage disposal</u></p>

	<ol style="list-style-type: none"> 1. List the health hazards associated with solid waste 2. Enumerate the sources of refuse 3. Discuss the suitable methods of solid waste disposal in different settings
<u>34.</u>	<u>CM 3.4: Describe the concept of solid waste, human excreta & sewage disposal</u> <ol style="list-style-type: none"> 1. Explain the concept of Sanitation Barrier 2. List the health hazards associated with improper excreta disposal 3. Discuss the suitable methods of excreta disposal in different settings
<u>35.</u>	<u>CM 3.4: Describe the concept of solid waste, human excreta & sewage disposal</u> <ol style="list-style-type: none"> 1. List the hazards associated with improper Sewage disposal 2. Describe the working of Modern Sewage Treatment Plants 3. Enumerate the different methods of Sewage disposal 4. Evaluate the social aspects of excreta disposal in India
<u>36.</u>	<u>CM 3.5: Describe the standards of housing & the effect of housing on health</u> <ol style="list-style-type: none"> 1. List the criteria for healthful housing 2. Discuss the minimum standards of housing approved in India for towns & villages 3. Enumerate the health hazards associated with poor housing conditions
<u>37.</u>	<u>CM 3.5: Describe the standards of housing & the effect of housing on health</u> <ol style="list-style-type: none"> 1. Discuss the accepted standards for assessing overcrowding 2. Classify the different indicators for housing
<u>38.</u>	<u>CM 3.6: Describe the role of vectors in the causation of diseases. Also discuss National Vector Borne Disease Control Program</u> <ol style="list-style-type: none"> 1. Classify Arthropod-borne diseases 2. Discuss the transmission cycles involved in spread of Arthropod-borne diseases 3. Discuss the different methods of arthropod control in general 4. Discuss the concept of Integrated Approach for vector control 5. Discuss the National Vector Borne Disease Control Program
<u>39.</u>	<u>CM 3.7: Identify & describe the identifying features & life-cycles of vectors of Public Health Importance & their control measures</u> <ol style="list-style-type: none"> 1. List at least 2 identifying features of different types of mosquitoes at different stages of their lifecycle 2. Describe the lifecycle of mosquitoes 3. Relate the knowledge of mosquito lifecycle with various methods of mosquito control
<u>40.</u>	<u>CM 3.7: Identify & describe the identifying features & life-cycles of vectors of Public Health Importance & their control measures</u> <ol style="list-style-type: none"> 1. Discuss the lifecycle of houseflies 2. List the various fly-control measures 3. Discuss the stages in the life history of Sandfly 4. List the measures for control of sandflies 5. Discuss the life history of Tsetse fly 6. List measures for control of Tsetse flies
<u>41.</u>	<u>CM 3.7: Identify & describe the identifying features & life-cycles of vectors of Public</u>

	<p><u>Health Importance & their control measures</u></p> <ol style="list-style-type: none"> 1. Discuss the lifecycle of Lice 2. List the measures of Lice control 3. Discuss the lifecycle of fleas 4. List the various measures of flea control
<u>42.</u>	<p><u>CM 3.7: Identify & describe the identifying features & life-cycles of vectors of Public Health Importance & their control measures</u></p> <ol style="list-style-type: none"> 1. Discuss the lifecycle of Ticks & Mites 2. List the control measures for Ticks & Mites 3. Discuss the lifecycle of Itch Mite 4. List the measures for control of Scabies 5. Discuss the lifecycle of Cyclops 6. List the measures for control of Cyclops
<u>43.</u>	<p><u>CM 3.8: Describe the mode of action, application cycle of commonly used insecticides & rodenticides</u></p> <ol style="list-style-type: none"> 1. Classify the insecticides available for public health use 2. Explain the mode of action of different classes of insecticides 3. Describe the application cycle of various insecticides 4. Discuss the consequences of indiscriminate use of insecticides
<u>44.</u>	<p><u>CM 3.7: Identify & describe the identifying features & life-cycles of vectors of Public Health Importance & their control measures</u></p> <ol style="list-style-type: none"> 1. Enumerate the diseases transmitted by rodents & their modes of transmission 2. Describe in detail the anti-rodent measures available & their application cycle
<u>45.</u>	<p><u>CM 3.2: Describe concepts of safe & wholesome water, sanitary sources of water, water purification processes, water quality standards, concepts of water conservation & rain water harvesting</u></p> <ol style="list-style-type: none"> 1. Define safe & wholesome water 2. Enumerate the sources of water supply 3. State the criteria for sanitary well 4. Enumerate water-related diseases
<u>46.</u>	<p><u>CM 3.2: Describe concepts of safe & wholesome water, sanitary sources of water, water purification processes, water quality standards, concepts of water conservation & rain water harvesting</u></p> <ol style="list-style-type: none"> 1. Describe the process of Rapid Sand Filtration 2. Describe the process of Slow Sand Filtration 3. State the criteria for an Ideal Disinfectant 4. Explain the mechanism & principal of chlorination 5. Describe the different methods of water purification at household level 6. Describe the procedure of well disinfection
<u>47, 48, 49, 50 & 51 .</u> (2 lectures of 2.5 hrs.)	<p><u>CM 3.2: Describe concepts of safe & wholesome water, sanitary sources of water, water purification processes, water quality standards, concepts of water conservation & rain water harvesting</u></p> <ol style="list-style-type: none"> 1. Estimate the chlorine demand of a given water sample (HORROCK'S TEST)

duration each)	<ol style="list-style-type: none"> 2. Assess the level of Residual Chlorine in water (OTA TEST) 3. Iodine detection in salt.
52.	<p><u>CM 3.2: Describe concepts of safe & wholesome water, sanitary sources of water, water purification processes, water quality standards, concepts of water conservation & rain water harvesting</u></p> <ol style="list-style-type: none"> 1. Enumerate the standards & criteria for evaluating drinking water quality 2. Describe the elements of drinking water surveillance 3. Define hardness of water & its advantages & disadvantages 4. Enumerate different methods of removal of hardness 5. State health related effects of Fluorine in water & its solution 6. List the health hazards associated with Swimming Pools 7. Enumerate the sanitation measures to be carried out in swimming pools 8. Describe the methods of collection of water samples from different sources for the purpose of Water Quality Assessment 9. Discuss the different methods of Water Conservation