

COMMUNITY MEDICINE

LEARNING OBJECTIVES:

At the end of the course, the learner shall be :

- Aware of the physical, social, psychological, economic, and environmental health determinants of health and disease.
- Able to think epidemiologically, diagnose totally, treat comprehensively and be able to function as community and first contact physician.
- Able to apply the clinical skills to recognize and manage common health problems including their physical, emotional and social aspects at the individual, family and community levels and deal with public health emergencies.
- Able to identify, prioritize and manage the health problems of the community after making community diagnosis.
- Able to perform as an effective leader of health team at primary care level.

To achieve this, the learner should :

1. Inculcate values like compassion, empathy to poor, rational and ethical practice, to ensure quality professional practice.
2. Understand the principles of prevention and control of communicable and non communicable diseases.
3. Participate actively in epidemiological studies to identify and prioritize health Problems of the community. Collect data, analyze, interpret, and apply relevant statistical tests, to make a report.
4. Participate actively in health care service for special groups like mothers, infants, under five children, school children, adolescents and elderly of rural, tribal and urban slum dwellers.
5. Participate actively in investigation of outbreaks/epidemics of various diseases and other public health emergencies.
6. Participate actively in implementation of National Health Programmers.
7. Learn and practice principles of behavioural change communication, supervision, leadership, resource management, health information management, community participation and coordination, administrative functions etc.
8. Continuously upgrade his knowledge, attitude and skills in the subject.

SKILLS TO BE LEARNED - UNDERGRADUATE & INTERNS :

General Skills

The student should be able to:

- Elicit clinico-social history. Describe agent, host and environmental factors determining health and disease.
- Identify, prioritize and manage common health problems of community.
- Apply elementary principles of epidemiology in carrying out simple epidemiological studies.
- Work as a team member in rendering healthcare.
- Carry out health promotion and education effectively in the community.
- Minor surgical procedures at primary care level.
- All types of injection techniques.
- Common wound dressings.
- Stitching of clean lacerated wounds.
- First Aid, initiation of emergency care and referral.
- Transportation of injured and seriously ill patient from community.
- Implementation of National Health Programmes.

Skills in relation to specific topics

Communication

- Should be well versed with the art of interviewing techniques to elicit the desired information.
- The student should be able to communicate effectively with family members at home, patients at clinics or at home and community.
- Individuals, family group - for health promotion and education, and also with peers.

Team activity

- Work as an effective member of the team. In planning and carrying out field work like school health, conduct health camps etc.

Environmental sanitation

- Able to assess environmental risk factors and suggest action plan.
- Able to collect water and stool samples for microbiological analysis.
- Able to identify insects of public health importance, able to use effective insecticides.

Communicable and Non-communicable diseases

- Eliciting clinico-social history and examining the patient for diagnosis and treatment.
- Assessing the severity and/or classifying dehydration in diarrhea, upper respiratory tract infection, dog bite, leprosy, classify tuberculosis (Categorization) and STD.
- Adequate and appropriate treatment and follow up of public health diseases and of locally endemic diseases.
- Advice regarding prevention and prophylaxis against common and locally endemic diseases.

- Use of proper screening methods in early diagnosis of certain diseases, applicable at primary care level.
- Able to detect outbreak in early stage, spot mapping, investigation of outbreak, notification of notifiable diseases.
- Surveillance skills development, calculating various health indicators and their interpretations.

Reproductive and Child Health

- Antenatal- examination of women, application of at-risk approach in antenatal care.
- Intranatal care- conducting a normal delivery, referral indications.
- Postnatal- assessment of newborn and mother, promotion of breast feeding, advice on weaning and on family planning.
- Immunization- able to immunize the eligible mothers.
- Contraception- able to advice appropriate contraceptive method. Able to insert Intra Uterine Device (IUD).

Statistics

- Able to draw sample using simple sampling techniques.
- Apply appropriate test of significance.
- Calculation of various health indicators and presentation of data.

Nutrition

- Conduct complete nutritional assessment of individual using clinical, anthropometric and diet survey tools.
- Ability to use and interpret road to health card.
- Advice appropriate balance diet and suggest any dietary modification.
- Nutritional promotion and education to specific groups and related to specific nutritional diseases.

Occupation Health

- Periodic Health check up, Screening of workers for any occupation related health problem.
- Environmental assessment of occupation related diseases.

Managerial skills

- Able to make community diagnosis and take remedial measure for improving health of community.
- Organize antenatal, under five clinics, health education camps.
- Ability to manage Health Management Information System, including maintenance of health records at primary care level.
- Able to show effective leadership, supervision skill not only at primary care level but also in inter-sectoral coordination & elicit community participation.
- Ability to manage money, material and manpower at primary care level.
- Ability to do cost benefit and cost effective analysis as per primary care needs.

Basic Laboratory investigation at primary care level

- Hemoglobin estimation.
- Urine examination for normal and abnormal constituents.

- Fixing, staining and examining thick and thin blood peripheral smear for malaria parasite.
- sputum for AFB ,Acid fast staining.
- Peripheral smear for type of anemia.
- Hanging drop examination of stool sample.
- Estimation of Chlorine demand and Residual chlorine.
- Identification of life cycle stages of various insects of public health importance.