

Contents

Section 1: Introduction

Chapter 1: History of Medicine 1

Section 2: Guide to Theory Examination

Chapter 2: Long Essay Type Questions

3

- ❖ Concept of Health and Disease 3
- ❖ Principles of Epidemiology and Epidemiological Methods 7
- ❖ Screening for Disease 15
- ❖ Epidemiology of Communicable Diseases 17
- ❖ Epidemiology of Chronic Noncommunicable Disease and Conditions 41
- ❖ Health Programs in India 45
- ❖ Demography and Family Planning 55
- ❖ Preventive Medicine in Obstetric, Pediatrics and Geriatrics 64
- ❖ Nutrition and Health 67
- ❖ Medicine and Social Sciences 77
- ❖ Environment and Health 77
- ❖ Hospital Waste Management 78
- ❖ Occupational Health 78
- ❖ Health Information and Basic Biomedical Statistics 83
- ❖ Communication for Health Education 83
- ❖ Health Planning and Management 84
- ❖ Health Care of the Community 84
- ❖ International Health 89

Chapter 3: Problem Type Questions

90

- ❖ Duties of BMOH in Solving a Problem in his Block 90
- ❖ Functions of a BMOH During Investigation of an Epidemic 91
- ❖ Format for Writing Duties of a BMOH During a General Outbreak 92
- ❖ Duties of a BMOH During Some Important Disease Outbreaks 96
- ❖ Duties of BMOH in Solving Different Pediatric, Geriatric and Obstetric Problems 105
- ❖ Duties of BMOH During Flood 120
- ❖ Duties of BMOH During a Low Immunization Coverage in Block 124
- ❖ Duties of BMOH in Solving Problems of Malnutrition in Block 127
- ❖ Duties of BMOH in Preventing Low Couple Protection Rate 132
- ❖ Duties of BMOH in Preventing Anemia in Pregnant Women 135
- ❖ Duties of BMOH in Preventing Incidence of Accidents in a Block 140
- ❖ Duties of BMOH in Reducing Popularity of Quacks in a Block 144

Chapter 4: Short Notes

147

- ❖ Man and Disease 147
- ❖ Concept of Health and Disease 149
- ❖ Epidemiology 158

- ❖ Screening 167
- ❖ Epidemiology of Communicable Diseases 168
- ❖ Epidemiology of Noncommunicable Diseases 178
- ❖ Health Programs in India 180
- ❖ Demography 182
- ❖ Preventive Medicine in Obstetrics, Pediatrics and Geriatrics 185
- ❖ Nutrition and Health 195
- ❖ Medicine and Social Sciences 202
- ❖ Environment and Health 205
- ❖ Hospital Waste Management 223
- ❖ Disaster Management 225
- ❖ Occupational Health 230
- ❖ Genetics and Health 232
- ❖ Health Information and Basic Biomedical Statistics 233
- ❖ Communication for Health Education 241
- ❖ Health Planning and Management 245
- ❖ Health Care of the Community 249
- ❖ International Health Organizations 254

Chapter 5: Justify/Explain Why

258

- ❖ Concept of Health and Disease 258
- ❖ Principles of Epidemiology and Epidemiological Methods 261
- ❖ Screening for Disease 266
- ❖ Epidemiology of Communicable Disease 269
- ❖ Epidemiology of Chronic Noncommunicable Disease and Condition 288
- ❖ Health Programs in India 290
- ❖ Demography and Family Planning 291
- ❖ Preventive Medicine in Obstetrics, Pediatrics and Geriatrics 292
- ❖ Nutrition and Health 295
- ❖ Environment and Health 303
- ❖ Hospital Waste Management 307
- ❖ Disaster Management 309
- ❖ Occupational Health 310
- ❖ Genetics and Health 313
- ❖ Mental Health 314
- ❖ Health Information and Basic Biomedical Statistics 314
- ❖ Communication for Health Education 316
- ❖ Health Planning and Management 318
- ❖ Health Care of the Community 320

Chapter 6: Differences

324

- ❖ Community Diagnosis Vs. Clinical Diagnosis 324
- ❖ Social Medicine Vs. Socialized Medicine 324
- ❖ Community Diagnosis Vs. Hospital Medicine 325
- ❖ Disease Control Vs. Disease Elimination Vs. Disease Eradication 325
- ❖ Impairment Vs. Disability Vs. Handicap 326
- ❖ Isolation Vs. Quarantine 327
- ❖ Descriptive Epidemiology Vs. Analytical Epidemiology 327
- ❖ Cross Infection Vs. Cross Immunity 327
- ❖ Case Control Study Vs. Cohort Study 328
- ❖ Longitudinal Studies Vs. Cross-sectional Studies 328

- ❖ Incubation Period Vs. Generation Time 329
- ❖ Intrinsic Incubation Period Vs. Extrinsic Incubation Period 329
- ❖ Population Pyramid of Developing Country Vs. Developed Country 330
- ❖ Hard Tick Vs. Soft Tick 330
- ❖ Food Fortification Vs. Food Adulteration 331
- ❖ Kwashiorkor Vs. Marasmus 331
- ❖ Growth Monitoring Vs. Nutritional Surveillance 332
- ❖ Old Vs. New ICDS Growth Chart 333
- ❖ Pasteurization Vs. Sterilization 334
- ❖ Preplacement Examination Vs. Periodic Examination 334
- ❖ Social Security Vs. Social Assistance 335
- ❖ Incidence Vs. Prevalence 335
- ❖ Screening Test Vs. Diagnostic Test 336
- ❖ Health Education Vs. Health Propaganda 336
- ❖ Shallow Well Vs. Deep Well 336
- ❖ Slow Sand Filter Vs. Rapid Sand Filter 337
- ❖ Panel Discussion Vs. Group Discussion 338
- ❖ Supplementary Nutrition Vs. Therapeutic Nutrition 338
- ❖ Objective Vs. Target Vs. Goal 338
- ❖ Cost-Effective Analysis Vs. Cost Benefit Analysis 338
- ❖ Family Planning Concept Vs. Family Welfare Concept 339
- ❖ Child Survival and Safe Motherhood (CSSM) Vs. Reproductive and Child Health (RCH) 339
- ❖ Administration Vs. Management 339

Section 3: Viva Voce

Chapter 7: Immunization

340

- ❖ Immunization 340
- ❖ Types 340
- ❖ Toxoid, Subunit Vaccine, Combined Vaccine and Experimental Vaccine 344
- ❖ Some Other Definitions 345
- ❖ Adverse Events Following Immunization (AEFI) 346
- ❖ Sites of Administration of Different Vaccines 351
- ❖ DPT Vaccine 355
- ❖ Recent Updates: Pentavalent Vaccine 358
- ❖ Oral Polio Vaccine 359
- ❖ Inactivated Polio Vaccine 362
- ❖ Measles Vaccine 364
- ❖ Tetanus Toxoid 366
- ❖ Hepatitis B Vaccine 368
- ❖ Vitamin A in Oil 370
- ❖ Maximum Age of Vaccination 372
- ❖ Delayed Immunization 373
- ❖ Vaccine Vial Monitor 374
- ❖ AD Syringe 375
- ❖ Cold Chain 375
- ❖ Storage of Vaccine at Different Levels 376
- ❖ Vaccine Storage and Transportation Equipment 376
- ❖ Open Vial Policy (2015) 380

Chapter 8: Family Planning 381

- ❖ Conventional Contraceptives 385
- ❖ Intrauterine Devices (IUDs) 389
- ❖ Hormonal Methods 395
- ❖ The Medical Termination of Pregnancy (MTP) Act, 1971 403
- ❖ Natural Family Planning Methods 405
- ❖ Other Methods of Contraception 406
- ❖ Problem-based Questions 415

Chapter 9: Specimens 420

- ❖ Iron and Folic Acid Tablets 420
- ❖ Disposable Delivery Kit 422
- ❖ ORS 423

Chapter 10: Definitions 428

- ❖ Concept of Health and Disease 428
- ❖ Epidemiology 431
- ❖ Screening 432
- ❖ Communicable Diseases 433
- ❖ Noncommunicable Diseases 435
- ❖ Demography and Family Planning 436
- ❖ Preventive Medicine in Obstetrics, Gynecology and Pediatrics 437
- ❖ Nutrition 438
- ❖ Hospital Waste Management 439
- ❖ Disaster Management 439
- ❖ Occupational Health 439
- ❖ Health Statistics 440
- ❖ Other Important Definitions 440

Section 4: Guide to Practical Examination**Chapter 11: Statistical and Epidemiological Exercises 441****Numerical Problems 441**

- ❖ Mortality Rates 441
- ❖ Morbidity and Fertility Indicators 442
- ❖ Neonatal, Postnatal and Infant Mortality Rates 444
- ❖ Perinatal, Under Five and Child Mortality Rates 446
- ❖ Maternal Mortality Ratio 449
- ❖ Risk Assessment 452
- ❖ Sensitivity, Specificity, Positive and Negative Predictive Value 454
- ❖ Relevant Questions 455
- ❖ Medical Statistics 457
- ❖ Relevant Questions 461

Chapter 12: Family 464**Chapter 13: Project 472**

- ❖ Variable 472
- ❖ Types 472
- ❖ Difference between Project and Program 472
- ❖ Census 472
- ❖ Data 473

Chapter 14: Problem Cards 475

- ❖ Disease Related 475
- ❖ Integrated Management of Childhood Illness (IMCI) Related 484
- ❖ Obstetric Care Related 485
- ❖ Immunization Related 489
- ❖ Family Planning Related 493
- ❖ Growth Chart Related 494

Section 5: Special Topics**Chapter 15: COVID-19 499**

- ❖ Nasal Swab Collection 507
- ❖ Oropharyngeal Swab Collection 507
- ❖ Covishield 513
- ❖ Covaxin 514

Chapter 16: IMCI Guidelines (WHO, 2014) 518

- ❖ Follow-up 526

Chapter 17: Acute Flaccid Paralysis Surveillance 533

- ❖ Definition Associated with Surveillance 533
- ❖ Definition of an AFP Case 533
- ❖ Background Rate of AFP 533
- ❖ Purpose of AFP Surveillance 534
- ❖ Reasons for AFP Surveillance Instead of Polio Surveillance 534
- ❖ Selection of AFP Cases for Investigation 534
- ❖ Surveillance at Local/District/State/National Levels 534
- ❖ AFP Surveillance after Attaining a Zero Polio Status 535
- ❖ Case Notification 535
- ❖ Case Verification 536
- ❖ Case Investigation 536
- ❖ Collection, Transport and Reporting Results of Stool Specimen 537
- ❖ Sixty Days Follow-up Examination 539
- ❖ Outbreak Response Immunization 539

Chapter 18: Tuberculosis and RNTCP Guidelines (2022) 540

- ❖ Tuberculosis and Global Challenges 540
- ❖ Burden of Tuberculosis 540
- ❖ Millennium Development Goal and Tuberculosis 540
- ❖ Revised National Tuberculosis Control Program 541
- ❖ Drug Sensitive-Tuberculosis Treatment as per NTEP (2022) 548
- ❖ Special Considerations for Different Manifestations of Tuberculosis (2022) 549

Chapter 19: Reproductive, Child and Adolescent Health 559

- ❖ Basic Concept Behind the Special Attention of Mother and Child 559
- ❖ Reproductive and Child Health Program 565
- ❖ Reproductive and Child Health Program—Phase II 568
- ❖ Adolescent Health 574

Chapter 20: Diagnosis and Treatment for Malaria (According to New NVBDCP Operational Guidelines, 2022)	576
❖ Treatment of <i>P. Vivax</i> Malaria	579
❖ Treatment of <i>P. Falciparum</i> Malaria	580
❖ Treatment of Uncomplicated <i>P. Falciparum</i> Cases in Pregnancy	581
❖ Mixed Infections	581
❖ Severe and Complicated Malaria	582
❖ Short-term Chemoprophylaxis (Up to 6 Weeks)	583
❖ Chemoprophylaxis for Longer Stay (More than 6 Weeks)	583
❖ Integrated Vector Management	584
Chapter 21: Biomedical Waste Management	585
❖ Biomedical Waste (Management and Handling) Rules (2016)	585
Chapter 22: Incubation and Isolation Period of Some Important Diseases	588
❖ Incubation Period	588
Chapter 23: National Health Policy and Elimination of Some Diseases	591
❖ National Health Goals for Communicable and Noncommunicable Diseases Under 12th Five-Year Plan of National Health Mission (2012–2017)	591
❖ Smallpox Eradication	591
❖ Poliomyelitis Eradication	591
❖ India has Eliminated Following Diseases	592
Chapter 24: Current Public Health-related Statistics and Recent Updates	593
❖ Socioeconomic Indicators	593
❖ Gross Domestic Products (GDP)	593
❖ Below Poverty Line (BPL)	593
❖ National Sociodemographic Goals of NPP, 2000 (Achieved by 2010)	594
❖ Sustainable Developmental Goals	594
❖ Health-related Goals	595
❖ Global Strategy for Women's, Children's and Adolescent's Health (2016–2030)	596
❖ Recent Health-related Statistics	597
❖ Recent Updates Regarding Infectious Diseases	597
❖ General Guidance	598
❖ Recent Updates Regarding Noncommunicable Diseases	601
❖ Juvenile Justice Act, 2015	601
❖ Recent Updates Regarding Blindness and Visual Impairment	601
❖ Recent Mortality Statistics	602
❖ Recent Updates in Nutrition	602
❖ Family Planning Related Updates	603
❖ Miscellaneous Recent Updates	603
❖ Swachh Bharat Abhiyan	603
❖ Ayushman Bharat	604
❖ Important Public Health Days	606
Annexure-1: Drug of Choice for Some Important Communicable Diseases	607
Annexure-2: Some Most Commons in Community Medicine	609
Index	611