

OPEN ELECTIVE FOR OTHER DISCIPLINES

BCE 508: HEALTH AND DISEASE: SOFTCORE

Lecture hours: 36

Total Credits: 03

Course objectives

- To study the basic concept on health, hygiene and dimension of health
- To study the communicable, non-communicable and lifestyle diseases and disorders
- Drug abuse, oral hygiene, chain of infections and infection control

Unit I

12 hrs.

Introduction: WHO definition of health, Health and hygiene, General health care, Factors affecting health, Indices and evaluation of health, Disease patterns in developed and developing world; Classification of diseases - Endemic, Epidemic, Pandemic; Professional Health hazards. **Disease condition:** Acute disease, Chronic disease, Incurable disease, Terminal disease, Illness, disorders, Syndrome, Pre-disease. **Treatment:** Psychotherapy, medications, surgery, medical devices, and self-care. **Dimensions of Health:** physical, mental, social, spiritual, emotional, vocational, political, cultural, socioeconomic, environmental, philosophical, educational, nutritive, curative and preventive.

Unit II

12 hrs.

Communicable diseases - Tuberculosis, Cholera, Typhoid, Conjunctivitis. **Sexually transmitted diseases (STD)**, Information, statistics, and treatment guidelines for STD, Prevention: Syphilis, Gonorrhoea, AIDS etc. **Non-communicable diseases**- Malnutrition- Under nutrition, Over nutrition, Nutritional deficiencies; Anemia, Stroke, Rheumatic heart disease, Coronary heart disease, Cancer, blindness, accidents, mental illness, Iodine deficiency, Fluorosis, Epilepsy, Asthma. **Genetic disorders**- Down's syndrome, Klinefelter's syndrome, Turner's syndrome. **Life style disorders**- Obesity, Liver cirrhosis, Diabetes mellitus, Hypertension (Causative agents, symptoms, diagnosis, treatment, prognosis, prevention)

Unit III

12 hrs.

Health promotion: Preventing drug abuse, Oral health promotion by tobacco control. **Mental Hygiene and Mental Health** - Concepts of mental hygiene and mental health Characteristics of mentally healthy person - Warning signs of poor mental health - Promotive and preventive mental health – strategies and services - Ego defense mechanisms and implications -Personal and social adjustments - Guidance and Counseling. **Infection control** - Nature of infection - Chain of infection transmission - Defenses against infection transmission

Course outcome

- The student understands the basic principles of genetics, gene linkage and X-linked inheritance and cytoplasmic inheritance
- Various causes of mutation and their repair mechanism
- Diseases associated with changes in chromosome number and structures.

References:

1. Modern Nutrition in Health and Disease. 10th Edition by Maurice E. Shils, Moshe Shike, A Catharine Ross.