

# = Community Medicine 1 =

1) What is the primary objective of community medicine?

Prevention of disease and promotion of health.

2) Define community medicine?

A medical specialty concerned with the physical & mental well-being of people in a specific geography region

3) Give examples on health promotion?

- 1) Promoting breast feeding
- 2) Promoting child and family nutrition
- 3) Promoting physical activity
- 4) Establishing smoke cessation programs.

4) What is community medicine?

A science & art of preventing disease, promoting health & prolonging life.

5) What is inter-sectoral coordination?

Coordination between various sectors to achieve the primary objective of (C.M)

6) What is public health?

The science of protecting and improving the health of people and their communities.

7) What are the differences between C.M and public health?

- \* Public health work on understanding the spread of a disease particularly after a health-related outbreak
- \* C.M focuses on how factors [e.g. economy & culture] affect the overall health.

8) What is health?

Not just the absence of disease but also the physical, social & psychological well-being of the individual.

9) The WHO defined health very similar to, When?

1978

everchanging

10) What is the recent definition of health?

a dynamic state of complete physical mental, social & spiritual well-being not merely the absence of disease and infirmity

11) Health results from?

The individual's interactions with and adaptation to their environment.

12) What are the five domains that determine - by their interaction - the health status?

1) Genetic Make-up    2) Social circumstances  
3) environmental conditions    4) behavioural choices  
5) the availability of quality medical care.

13) What is the physical health?

Every cell & every organ functioning perfectly in harmony with the rest of the body.

14) What is the mental health?

A state of clear thinking, balance, self-awareness, self-control & being able to control oneself.

15) What is the emotional health?

Self-efficacy & self-esteem

16) What is the social health?

The ability to have satisfying relationships.

17) What is the spiritual health?

Feeling as a part of greater spectrum of existence.

18) What is the environmental health?

The appreciation of the external environment & one's role in caring for it.

19) What is the spectrum of health?



dynamic

emphasises that the health of an individual is

20) What are the Social determinants of health (SDH)?

The conditions in which people are born, grow, work, live and age and the forces and the systems that shape these conditions.

21) How does the socioeconomic development determine the social health?

The better the economy → the better the health care services provided  
→ the better the health

22) What are the health affecting factors?

Gender, age, employability, culture, family dynamics, finance, social resources, biological factors and geographical mobility.

23) What is the difference between Primary health care & primary care?

PHC → Prevent disease, promote health & manage illness.

PC → Manage illness

24) When was the first international declaration underlying the importance of PHC held?

and when was it reaffirmed?

Between 6-12 Sept 1978 - Alma Ata declaration.

In 2008, (WHO) world health report.

25) What was the topic expressed in the Alma Ata conference in 1978?

The urgent need for all governments & health workers to protect & promote health of all people.

26) What is the new international economic order?

A group of proposal that have been placed by developing countries in 1970, to promote economic development among the poor countries.

27) What is the role of each to promote (PCH)?

1) The government

formulate national policies to sustain primary health care.

2) The countries

Cooperate to ensure PCH for all people

28) What does health for all means? How is it achieved?

Health is accessible for everyone.

1) Removal of obstacles to health  
2) Continuous progress in medical care & public health.

\* Improving health care ≠ health for all

29) Define : Primary, secondary & tertiary health care & what are the differences ?

PHC → The first level , provides essential health care , closest to people provide by primary health centers to people who don't have an emergency .

SHC [hospital care] → more complex problems , provided by hospital [emergency department] , 1st refferal level

The recommendation of a medical professional

THC → Super-special care by regional & central level institution

Primary vs Secondary vs Tertiary Healthcare		
More Information Online <a href="http://WWW.DIFFERENCEBETWEEN.COM">WWW.DIFFERENCEBETWEEN.COM</a>		
Primary Healthcare	Secondary Healthcare	Tertiary Healthcare
The tier of the healthcare services that first comes into contact with a patient.	The patients having various abnormalities are referred to the secondary healthcare facilities.	When there are not enough facilities or specialized health care for the management of a particular patient they are referred to tertiary healthcare
RESPONSIBILITY		
Preventive health care is the main responsibility of the primary health care sector.	Provides patients with the curative healthcare facilities.	Provides patients with more advanced curative healthcare facilities. 

