

The Programme Structure

ADVANCE DIPLOMA IN HEALTH CARE

Semesters	Paper codes	Course Title	Marks */ Credits	Hours per (inclu 1 ding tutoria l) we ek ho ur
SEMESTER I				
Semester-I	ADPH - SI-01	Elements of Public Health	100/4	4
Semester-I	ADPH -SI-02	Health and Nutrition	100/4	4
Semester-I	ADPH -SI-03	English Grammar and usage	100/4	4
Semester- I	ADPH-SI-04	Epidemiology	100/4	4
Semester-I	ADPH -SI-05	Public Health Internship (Concurrent Field Work)	150/6	1 month of block concurrent placement
			550/22	
SEMESTER II				
Semester-II	ADPH -SII-06	Fundamentals of Computer	100/4	4
Semester-II	ADPH -SII-07	Environmental Studies	100/4	4
Semester-II	ADPH -SII-08	Health Systems Management	100/4	4
Semester-II	ADPH - SII-09	Indigenous and Health Medicine Communication	100/4	4
Semester-II	ADPH - SII-10	Public Health Internship (Concurrent Field Work)	150/6	1 mon of bloc th k concurrent placement
		Viva voce	50/2	
			600/24	
Grand Total (credit)			1150/4 6	

SYLLABUS:

SEMESTER-I

ADPH - SI-01 Elements of Public Health

Course marks/credits: 100/4

Course objectives:

1. To understand the concepts of public health, and community health.
2. To learn the theoretical foundations of helping profession of public health.
3. To develop constructive understanding of various determinants of health and development in emerging economies.
4. To learn the historical development of public health practice.

pre-requisites:

Understanding of parent discipline of student.

pedagogy:

- Lecture method.
- Case study method.
- Tutorial.
- Group discussion.
- Faculty and practitioners mentoring and
- Seminar.

Learning outcomes:

1. Understand the foundations and relevance of public health profession in contemporary context.
2. To learn about the interdisciplinary perspectives to health and development

Course evaluation:

Part-I Internal assessment:

(Internal Assessment (25 marks) including: 1 Assignment (15 marks), 1 Test (10 marks)

Part-II Semester end examination: 75 marks for written examination.

Course outline:

Unit-I Introduction to Public Health and Health Policy

1. Public and Community health: Concept, definition and history.
2. Theoretical foundations and approaches of public health.
3. Understanding of the concepts of health, illness wellbeing, healthcare and Medical Care.

4. Components of Public Health

Unit-II Essentials and Determinants of Public Health

1. Determinants of health– Biological, Behavioural, Socio-economic, Cultural, Environmental, Geographical etc.
2. Essentials of public health services and public Health delivery system in India (including Govt, NGO and PPP).
3. Community Diagnosis, Needs Assessment and Community based healthcare system
4. Public health: surveillance, Challenges, preparedness and impact assessment

Unit-III Public Health Policies and Ethics

1. Health policy: concept, process, stakeholders and their role in health policy formulation and implementation.
2. Right to health and National Health Policy: 1983 & 2002,2015(Draft), National Population Policy – 2005
3. National Rural Health Mission (NRHM) and National Urban Health Mission (NUHM)
4. National Public Health Programs in India for: TB, Malaria, HIV/AIDS Cardio Vascular Diseases, Diabetes, Cancer

References:

1. Wilkinson, Richard G., and Michael Gideon Marmot, eds. *Social determinants of health: the solid facts*. World Health Organization, 2003.
2. Park,K.(2015) Preventive and Social Medicine. Bhanot: New Delhi.
3. Website of Ministry of Health and Family Welfare. <https://mohfw.gov.in>
4. Jeffery, Roger. *The politics of health in India*. University of California Press, 1988.
5. Smith, Elizabeth, Ruairi Brugha, and Anthony Zwi. *Working with private sector providers for better health care: an introductory guide*. London School of Tropical Medicine, 2001

Additional Readings

6. Solar, Orielle, and Alec Irwin. "A conceptual framework for action on the social determinants of health." (2007).
7. Turnock, Bernard. *Public health*. Jones & Bartlett Publishers, 2011.
8. Tulchinsky, Theodore H., and Elena A. Varavikova. *The new public health: an introduction for the 21st century*. Academic Press, 2008.
9. Antosia, Robert E. "Public Health Preparedness." In *Handbook of Bioterrorism and Disaster Medicine*, pp. 23-24. Springer US, 2006.

ADPH -SI-02 Health and Nutrition

Course marks/credits: 100/4

Unit - 1:

The multidisciplinary nature of environmental studies. Definition, scope and importance. Need for Public awareness.

Unit - 2

Natural Resources:

Renewable and non renewable resources. Natural resources and associated problems

- a. Forest Resources : use and over- exploitation , deforestation, case studies. Timber extraction ,mining, dams and their effects on forest and tribal people.
- b. Water Resources : use and over- exploitation of surface and ground water, floods, droughts, dams - benefits and problems.
- c. Mineral Resources: use and exploitation, environmental effects of extracting and using mineral resources, case studies- with reference to Karnataka
- d. Food Resources: World food problems, changes caused by agricultural and overgrazing. Effects of modern agriculture, fertilizer - pesticide problems, water logging, salinity, case studies.
- e. Energy Resources: growing energy needs, Renewable and non renewable energy resources, use of alternate energy sources, case studies.
- f. Land Resources: Land as a resource, land degradation, (man induced landslides), soil erosion. and desertification.

Role of an individual in conservation of natural resources. Equitable use of resources for sustainable lifestyles.

Unit - 3

Ecosystem: Concept of an ecosystem. Structure and function of an ecosystem, Producers , consumers and decomposers. Energy flow in an ecosystem. Food chains, food web and ecological pyramids. Introduction , types , characteristic feature, structure and function of the following ecosystem

1. Forest ecosystem
2. Grassland ecosystem
3. Desert ecosystem

Aquatic ecosystem (ponds)

Unit - 4

Biodiversity and its Conservation:

Introduction - Definition, genetic, species, ecosystem diversity. Biogeographically

classification of India. Value of biodiversity: consumptive use, productive use, social, ethical, aesthetic and option value. India as a mega - diversity nation.

Hot - spots of Biodiversity. Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts. Endangered and endemic species of India. Conservation of biodiversity: In - situ and Ex - situ conservation

Important National Parks of India

1. Nagarhole National Park
2. Bandipur National Park
3. Gir National Park
4. Kaziranga National Park

Unit – 5

Environmental Pollution:

Definition-causes, effects and control measures of :

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|--------------------|----------------------|
| a. Air Pollution | b. Water Pollution |
| c. Soil Pollution | d. Marine Pollution |
| e. Noise Pollution | f. Thermal Pollution |
| g. Nuclear hazards | |

Solid Waste management : causes , effects and control measures of urban and industrial wastes

Role of an individual in prevention of pollution

Pollution case studies with respect to India. Examples

1. Bhopal Gas Tragedy
2. Photochemical smog of Mumbai
3. River Ganga pollution

Disaster Management: floods , earthquakes, cyclones and landslides

Disaster Management information systems and efforts of Indian government to tackle the problem

Unit –6:

Social issues and the Environment:

From unsustainable to sustainable development. Urban problems related to energy Water conservation, rain water harvesting, watershed management. Resettlement and rehabilitation of people, its problems and concerns, case studies. Environmental ethics: issues and possible solutions

Climate changes: global warming. acid rain, ozone layer depletion, nuclear accidents and holocaust, case studies. Wasteland reclamation. Consumerism and waste products

Environmental Protection Act. Air (Prevention and Control of Pollution) Act
Water (Prevention and Control of Pollution) Act. Wildlife Protection Act

Forest conservation Act. Issues involved in enforcement of environmental legislation. Public awareness

Unit - 7

Human Population and the Environment:

Population growth, variation among nations. Population explosion, Family welfare Programme.

Environment and human health, Human Rights, Value Education.HIV/AIDS

Women and child welfare. Role of information technology in environment and human health

References

1. Agarwal K.C.(2000) Biodiversity, Agrobios, Jadhpur
2. Agarwal K.C.(2001) Environmental Biology, Nidi Publications, Bikaner.
3. Biodiversity Hot spots for conservation priorities Nature 403:853, fifth report, New Delhi; centre for science and environment.
4. E.P.Odum (1971) Fundamental of Ecology, W.B.Saunders Co.USA.
5. S.Sinha, M Shukla and R.Shukla (2005) Text Book of Environmental Studies by AITBS, New Delhi.

ADPH -SI-03 ENGLISH GRAMMAR AND USAGE

Course marks/credits: 100/4

Unit I: Communication in General

The meaning process of communication types of communication, interpersonal skill and elements communication.

Unit II: Interpersonal Communication and Effective communication

The skills of Interpersonal communication, communication as a skilled behavior, Effective communication, guidelines for effective communication.

Unit III Situation Language

Greetings, Introduction, Inviting someone, making requests, offering help and assistance, seeking permission, asking for advice, expressing gratitude, persuasion, complimenting and congratulating, expressing sympathy and condolence, complaining, apologizing, making suggestion, warning, , ending a conversation, asking for information, opinion, excuse, preference. Requesting, asking if someone agree and if obliged. Describing something and some useful expressions.

Unit IV: Expectations in communication

Brainstorming, having realistic expectations, communication breaks down because of unrealistic or great expectations

Unit V: The art of coding and decoding and describing and evaluating behavior.

The need for proper coding and decoding, effective criticism and effective criticism made easy, delivering negative feedback, after delivering negative feedback.

Unit V: Language lab

ADPH -SI-04 Epidemiology

Course marks/credits: 100/4

Course objectives:

1. To learn the leading health problems including their causes, methods and strategies for prevention.
2. To learn the significance of interdisciplinary and systems approach to public health.
3. To learn the concepts and practice of alternative medical care service delivery system.
4. To learn role of media in healthcare and components of health communication.

Pre-requisites:

Fundamentals of Disease

Pedagogy:

- Lecture method.
- Case study method.
- Tutorial.
- Group discussion.
- Faculty and practitioners mentoring
- Seminar.

Learning outcomes:

1. To learn patterns of transmission, risk factors, prevention and control of communicable diseases.
2. To learn patterns of transmission, risk factors, prevention and control of non-communicable diseases.

Course evaluation:

Part-I Internal assessment:

(Internal Assessment (25 marks) including: 1 Assignment (15 marks), 1 Test (10 marks)

Part-II Semester end examination: 75 marks for written examination

Unit-I Introduction to Epidemiology

1. Epidemiology: concept, definition, components.
2. Measures of casual associations, disease frequency.
3. Epidemiological study designs-ecological, cross sectional, case control, cohort and clinical trials.
4. Uses of Epidemiology

Unit- II Epidemiology of communicable and Vector Borne diseases

1. Epidemiology & control of communicable diseases: Focusing on patterns of transmissions, risk factors, preventions and control of HIV /AIDS, STD, Leprosy
2. Epidemiology and control of Vector borne diseases: Malaria, Filariasis, Plague, Yellow fever, Chikungunya, Japanese Encephalitis
3. Epidemiology and control of vaccine preventable diseases I: Diphtheria, Whooping cough, Tetanus, Poliomyelitis, Worm Infestation, cholera and typhoid.
4. Epidemiology and control of Common Infections: Tuberculosis, leprosy, pneumonia, measles, mumps, rubella

Unit -III Epidemiology & control of Non Communicable Diseases:

1. Epidemiology, Prevention and Control of -Asthma, Cancer
2. Epidemiology, Prevention and Control of Cardiovascular diseases, rheumatic diseases, Diabetes, Hypertension
3. Substance Abuse
4. Health aspects of Disaster management-Definition, types and management

Essential Readings

1. Park, K. (2017) Park's Textbook of Preventive and Social Medicine. Bhanot Publishers: Bhopal
2. Wallace, R.B, et al (1998) Maxcy-Rosenau-Last Public Health and Preventive Medicine. McGraw Hill: Michigan
3. Bonita, R., Beaglehole, R. & Kjellstrom, T. (2007). Basic epidemiology (2nd ed.). Geneva: World Health Organization.
4. Friis, R.S. and Sellers, T.A. (2014) Epidemiology for Public Health Practice. Jones and Barlett Publishers: Burlington
<https://books.google.co.in/books?id=CaFhNI7CcbUC&printsec=frontcover&dq=4.%09+Epidemiology+by+Leon+Gordis&hl=en&sa=X&ved=0ahUKEwjPofXk4oPYAhVKRIYKHbUPADgQ6AEIQzAF#v=onepage&q&f=false>
5. Practical Epidemiology by D.J. PBarker e book
<https://books.google.co.in/books?id=ugVMAQAIAAJ>
6. MacMahon, B., and Trichopoulos, D. (1996) Epidemiology: principles and methods. Boston, MA: Little, Brown and Company.
7. PV Sathe and AP Sathe (1991) Epidemiology and management for health-care for all., Popular: Bombay
8. Clark DW, MacMahon B (eds). (2012) Preventive and Community Medicine, 2nd edit. Little Brown, Boston

ADPH -SI-05 Public Health Internship (Concurrent Field Work)

Field work outline:

Placement: Field work placement in healthcare setting of public/private/non-governmental organizations.

Fieldwork days:

Concurrent Field Work in a block of one month in Agency of placement. Observe full agency timings and Holidays.

Individual conferences with the faculty supervisor:

Once in a week (minimum)

Learning objectives and tasks:

1. Familiarization with the organization, its structure, management dimensions.
2. Establishing rapport with personnel.
3. Familiarization with overall functioning of health service delivery systems.
4. Understanding of health policies and programmes relating to the relevant field area.
5. To learn various determinants of health.
6. To understand essential components of community health services.
7. Active participation in organisational activities to learn public health practice skills.
8. To learn to work as part of an interdisciplinary team and
9. To develop analytical skill in report writing.

Field work report content:

The weekly report must include- a brief description of activities planned, activities carried out, observations, self learning and future plan.