

Diploma in Dietician

Health, Disease and Environment, Health Care Delivery System & National Health Policy, Hospital Organization, Food and Nutrition, Health Education & First – aid.

THEORY

Time – 80

Hrs.

Health, Disease and Environment:-

Concept of health, Definition of health Concept of Disease: infectious diseases, communicable diseases, non communicable and degenerative diseases, interaction between agent, host and environment resulting in health and disease, modes of transmission of communicable diseases-contact, airborne diseases, water born diseases, vector borne diseases, occupational diseases in industrial situation, in agricultural situation, In service and management situation. Environment in relation to health and diseases

Macro-Environment: - Physical-Housing, water, air, heat, radiation. Biological – Microbes, arthropods, animals, with special reference to zoonosis, Role of biological environment for maintenance of health. Social-Community, family, social stratification, socio-economic status and health, interrelationship between education & health leadership

Micro-Environment:- Immunity and immunization, training in personal hygiene, application of principles of diet and nutrition at the family level.

Prevention and Control: Intervention programmes at the individual, family and community level: intervention programmes centering around physical environment.

Macro environment:- Physical – Housing, improvement in water quality, control of pollution of stream and water sources, atmospheric pollution control, sanitary disposal as recycling of community wastes, Biological Vector control. Social – Community organization for utilization of existing health devices.

Micro-environment: Intervention at the family level with special reference to food and nutrition practice, hygiene practice in the family, child feeding and clearing practice, house keeping and accident prevention. Intervention at the individual level: Personal hygiene, correction of postural defects, behavioral changes like smoking, food habits, dieting habits, alcoholism, drug addiction, sexual promiscuity.

Intervention at the working environment: Avoidance of organizational related, equipment related, process related and product related risks, safety measures, periodic medical examination first – aid.

Health Care Delivery System and National Health Policy

Health Care Delivery System: Primary health care, secondary health care, tertiary health care, primitive health care, preventive health care, curative health care, rehabilitative health care.

Concepts of: Social medicine, Socialized medicine, preventive medicine, community medicine, public health. Health policy in India Organization of health care delivery system:-

- (i) Village level – Trained birth attendants, village health guides, anganwadi workers.
- (ii) Sub-centre level-Female health workers, male health workers and their functions.
- (iii) Sect oral level – Male health supervisors, female health supervisors.
- (iv) Primary health center – Organization, staffing and functions.
- (v) Community health centre – Organization, staffing and functions.
- (vi) Sub-Divisional level – Sub-divisional hospital.
- (vii) District level – District health organization, staffing and its functions.
- (viii) State level – Health department, Directorates.

National Level: (a) Ministry of Health – Govt. of India. (b) National Health programme
(c) Referral and
Apex health institutions and Laboratories

FOOD AND NUTRITION

- (I) Elementary idea on nutrition
- (II) Basic knowledge of Vitamins, Hormones and Minerals with trace deficiency disease.

Nutritional disorders **Health, Disease and Environment:**
Concept of health, definition health,

Concept of Disease: Infectious disease, communicable disease, non-communicable disease and degenerative disease, interaction between agent, host and environment resulting in health and diseases

Modes of transmission of communicable contact, air borne diseases, water borne disease and vector borne disease

Occupational Diseases:

In industrial situation in agricultural situation in service and management situation, Environment in relation to Health Diseases

Macro environment Physical housing water air heat radiation

Biological – A: Microbes, Arthropods, Animals with special reference to zoonosis

B: Role of Biological environment for maintenance of health

C: Social community, family, social stratification, social-economic status and health, inter-relationship between education and health leadership

Micro-environment:

Immunity & Immunisation

Training in personnel hygiene application of principles of diet and nutrition and family level

Prevention and Control:

Part-A: Intervention programmes at individual family and community level

Part-B Intervention programme centring around physical environment

Macro-environment: Housing Improvement in water quality

Physical: Control of pollution of stream and water sources, atmospheric pollution control sanitary disposal and recycling of community washes.

Biological: Vector control

Community organization for utilization of existing health services

Microenvironment:

Intervention at family level with special reference to food and nutrition practice, Hygienic practices in family feeding and rearing practices house keeping and accident prevention

B: Intervention at individual level: Personnel hygienic, correction of postural defects behavioral change like smoking food, dieting habits alcoholism and drug addiction,

C: intervention at working environment: avoidance of organizational related equipment related process related and product related risks safety measure periodic medical examination First-aids.

HEALTH CARE DELIVERY SYSTEM AND NATIONAL HEALTH POLICIES

Health care delivery system-Primary Health Care, Secondary Care, Tertiary Health Care, Primitive Health care, Preventive Health care, Curative health Care, Rehabilitative Care.

Concepts of:

Social medicine Socialized medicine Preventive Medicine, Community medicine, Public Health

Health Policies in India:

- (i) Provision for health in Constitution of India.
- (ii) Health Administration and Management at Different Levels in India

Organization of Health Care Delivery System

1. Village Level:

- (i) Trained Birth Attendants
- (ii) Village Health Guides
- (iii) Anganwadi Workers

2. Sub-centre Level:

- (i) Female health Workers
- (ii) Male Health Workers and their functions

3. **Pectoral Level:**
 - (i) Male Health Supervisors
 - (ii) Female Health Supervisors
4. **Primary Health Center**
 - (i) Organization Staffing and Functions
5. **Community Health Centre:**
 - (i) **Organization Staffing and Functions**
6. **Sub-divisional Level:**
 - (i) Sub-division Hospital
7. **District Level:**
 - (i) District health organization Staffing and its Functions.
8. **State Level:**
 - (i) Health Department Directorates
9. **National Level**
 - (i) Ministry of Health Government of India
 - (ii) National Health Programme
 - (iii) Referral and Apex Health Institutions and Laboratories

HEALTH EDUCATION

- (I) Personal Hygiene.
- (II) Aims and Objectives of Health Education
- (III) Communication Media

FIRST-AIDS

- (I) Definition
- (II) Simple First-aid and Kit Material etc.
- (III) Medical and Surgical Emergencies (Shock, Coma and its Management)
- (IV) Control of Bleeding
- (V) Splinting a Injured Patients
- (VI) Transportation of injured.
- (VII) Immediate First-aid to Drowning and Born Patients.

1. HEALTH, DISEASE AND ENVIRONMENT

- (I) Assessment of Sanitary Quality of Water
- (ii) Chlorine demand pf water
 - (iv) Disinfection of water (Well) by use of bleaching powder, Use of Chlorine tablet
 - (v) For disinfection of water in small container.

Demonstration of Dry and Watbul