

# COMMUNITY SCRIPTS



**LEC TITLE:** Expanding the concept of public health

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# The health system is divided into :

- preventive
- curative

## MODES OF INTERVENTION:

- Health promotion
- Specific protection
- Early diagnosis and treatment
- Disability limitation
- Rehabilitation

### 1. Health promotion

#### NUTRITIONAL INTERVENTIONS

These comprise food distribution and nutrition improvement of vulnerable groups, child feeding programs, food fortification, and nutritional education.

If we look to South Africa we will see that they don't have food, money, or sources. And they don't have good health systems so we see that they always suffer from many diseases, malnutrition, and most of the food and water are usually contaminated

We must improve the nutrition by giving vitamins and proteins and minerals to maintain the health status generally. Especially children.

As doctors, our rule in clinic is to spread awareness between people about how they must take care of children and their health (major vitamins and minerals) from birth until puberty

## 2. Specific protection

### -immunization

المطاعيم الثلاثية الخاصة بالاطفال بداية حياتهم لحد 5 سنوات ثم 9 سنوات بحيث لازم ياخذو جرعة مدعمة خاصة مثل :

Small box, measles, rubella (effect kids and pregnant), diphtheria, whooping cough

\*the occupational period for rubella is :3 months

### -use of specific nutrition

### -chemoprophylaxis

Some of drugs given to people with hotness, redness, us.

### -protection against occupational hazards

Workers in medical aspects must have protection mechanism to protect themselves from the delivery of droplets of blood or...etc

بالتالي الحد من التعرض لمثل تلك المواد المشعة والميكروبات والمواد الملوثة مواصفات غرفة الاشعة:الباب والجدران والنوافذ يجب ان يكونوا ممزوجة بالرصاص لانه في حال مرور اي شخص من امام غرفة الاشعة سيتعرض للاشعة المتطايرة والتي تؤثر بشكل سلبي على الانسان خصوصا المرأة الحامل(تحدث تشوهات للجنين) فبالتالي المريض والعامل يجب ان يرتدو ملابس خاصة تحتوي الرصاص بالنسبة للعاملين في المختبرات يتم قياس كمية الاشعة التي تعرضوا لها وفي حال زادت عن حد معين بيترك الشغل ☹️

### -protection against accident

حوادث السيارات تاخذ المرتبة الثالثة من حيث حدوثها في الأردن

### -protection against carcinogens

المواد المسرطنة:النظائر والمواد المشعة, حيث ان التعرض لمثل هذه المواد تؤثر على جينات الانسان وتجعله اكثر قابلية للاصابة بالسرطان

-avoidance of allergens

## 2.EARLY DIAGNOSIS AND TREATMENT

The detection of disturbances of homeostatic mechanism and while compensatory biochemical, morphological and functional changes are still reversible”

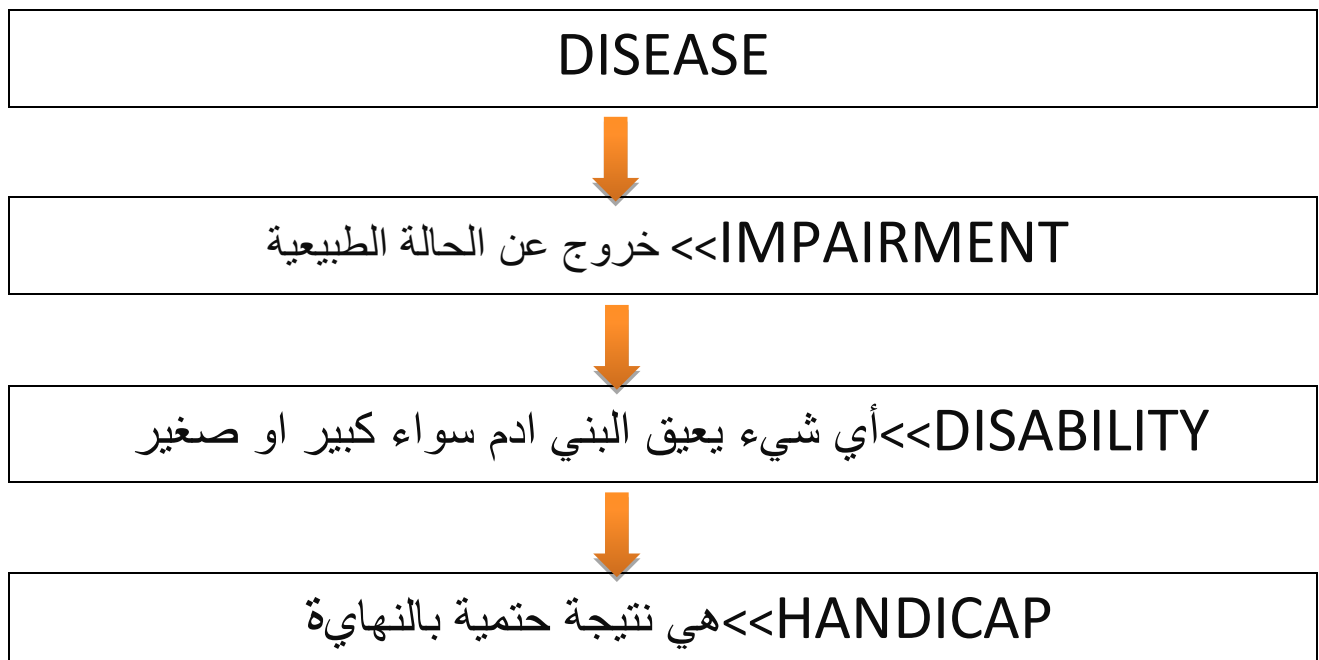
## 3.DISABILITYLIMITATIONS

When the pathogens enter our bodies and cause malformation and some abnormalities the mode of intervention her is disability limitation .

لازم نقل مثل هذه الاعاقة من جراء ماثا هذا الميكروب , فوظيفتنا هي الوقاية +نعمل على ايقاف سرعة المرض

ونحد من انتشاره في الجسم لحتى ما يسبب بالنهاية اعاقة

## CONCEPT OF DISABILITY



## 5.REHABILITATION

The combined and coordinated use of medical, social, educational and vocational measures for training and retraining the individual to the highest possible level of functional ability”

### **Function of rehabilitation**

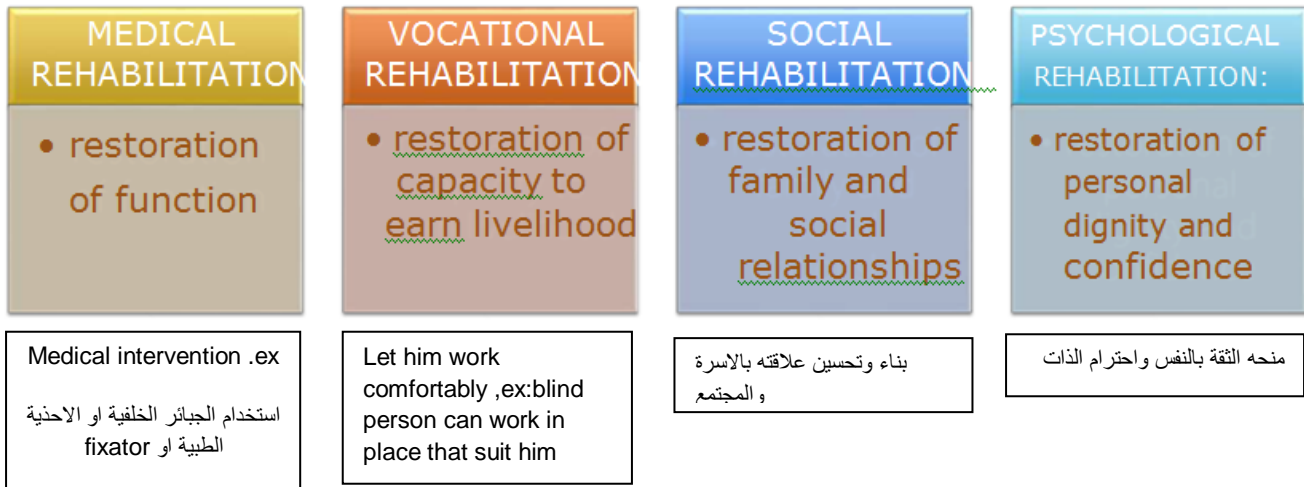
It includes all measures aimed at reducing the impact of disabling and handicapping conditions and at enabling the disabled and handicapped to achieve social integration

(حتى ينخرط في المجتمع بكل اريحية وثقة بالنفس)

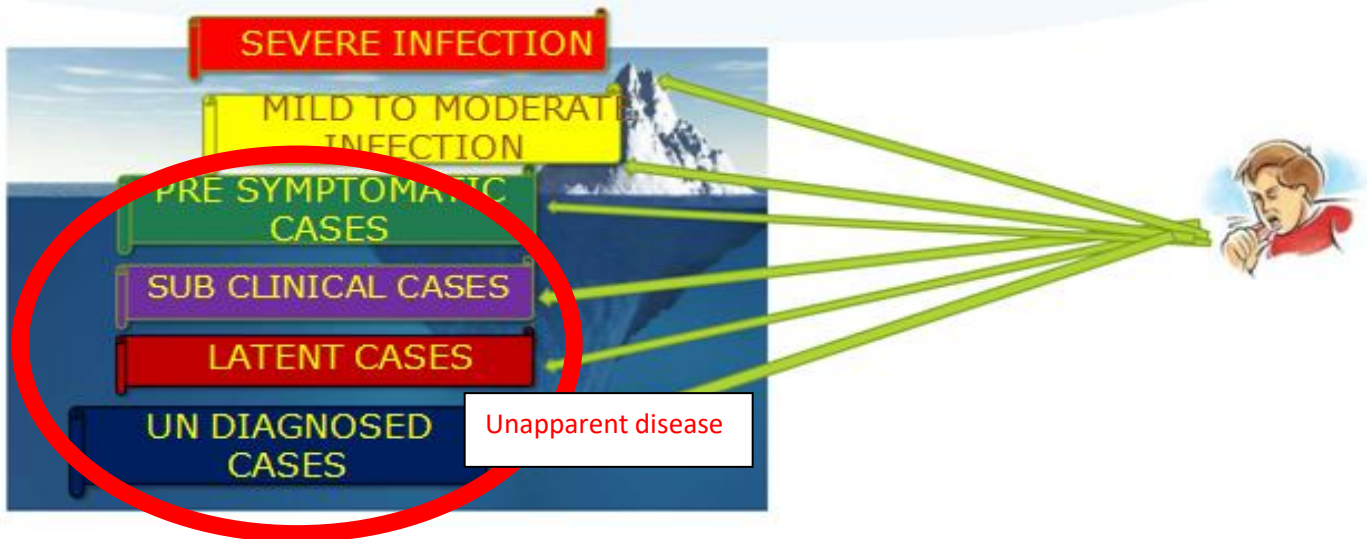
Ex; mental retardation

The major risk that it is cause impairment in some organs ,and it cause rigidity so mobility(walk and other) is so hard ,so in rehabilitation we aim to treat the restriction by occupational therapy, kinetic therapy and medical treat (ex: reformation of leg muscle) so he can serve himself by himself (as in autism too).

# AREAS OF CONCERN IN REHABILITATION



# ICE BERG CONCEPT





تم شرحه سابقا

## Difference between disease, illness and sickness

Disease	Illness	Sickness
The term disease literally mean —without ease (uneasiness), when something is wrong with bodily function.	It refers to the presence of specific disease, and also to the individual's perceptions and behaviour in response to the disease, as well as the impact of that disease on the psychological environment.	It refers to the state of (social dysfunction), i.e. a role that the individual assumes when ill (sickness role).
It is a physiological/ psychological dysfunction.	It is a subjective state of the person who feels aware of not being well.	It's not a real disease or illness (لا يوجد مرض او اعتلال في الجسم) Ex: home sickness (miss his family and home) (vomiting) Morning sickness

## Confusions on disease and illness

•A person may have a disease without experiencing any illness or suffering

(doesn't suffer from anything)

•A person may "feel ill" without a disease being evident or diagnosed (لا يوجد اي مرض مشخص)

•A person may have both disease and illness

e.g. -man with systemic Bp may not be ill (no compliant )

(مثلا مريض الضغط الشرياني لا يشعر باي اعراض على الرغم وجود المرض)

Opposite –man can feel ill despite no measurable changes of structure and/or functions can be find.

(يشعر انه مريض او مختل بغض النظر عن وجود مرض او لا)



**Illness** tends to be used to refer to what is wrong with the patient ,

While **disease** refers to what is wrong with his body(ما الخلل الذي حصل في الجسم): various structural disorders of the individual's tissues and organs that give rise to the signs of ill-health.

is what the patient suffers from(م يشكو المريض,السبب الذي دفعه لزيارة العيادة), what troubles him, what is complaining of, and what prompts him to seek medical attention

## ***The essential aspects of disease***

1. Disease is a new quality of life(اي انسان مريض سوف تتغير طبيعة حياته من جميع النواحي)

2. Disease is the result of one or more causes and suitable condition  
المرض له مسبب او اكثر مع تواجد الظروف المناسبة

3. Disease is the unity of damaging, adaptive, defensive and compensation mechanisms

وحدة من العطب الذي حصل في جسم الانسان والتكيف والمقاومة لمثل تلك الحالة الغير اعتيادية





# The principal factors accounting for nearly all diseases are:

1. **heredity - inherited (genetic) diseases**. (gene factor determine disease) Ex. sickle cell anemia, cystic fibrosis, thalassemia.

2. **infectious organisms ,infectious disease** (synonyms: communicable disease ,notifiable disease) **nosocomial disease** (is an acquired infection during hospitalization – if any kind of organism invade the human body and the symptoms start after 48h (occupation period) after he enter the hospital

Is considered nosocomial infection-)

Especially in surgical site (the epidemiological or nurse take a swab from surgery room 10m<sup>3</sup> around surgery bed and check it out in lab to be sure that there isn't any microbe)

على الرغم من كل الاحتياطات يوجد على الاسطح والابواب ميكروبات (يفتح الطبيب باب غرفة العمليات برجله حتى لا يلتقط اي ميكروب ) ومع ذلك تحدث الاصابات

laryngitis because its irritation the larynges مثال: مريض ابتلع قرش ودخل الى غرفة التنظير وبسبب انبوب التنظير تسبب ب

-most of urinary retention suffer from UTI because the catharses that enter the urinary system composed of rubber and its contaminated (not hygiene) and it decompose in body temperature 37 and cause UTI

Nosocomial infection- الانتانات او الاخماج-

Wbc fight microbe when you injured –after one day the surface of wound become yellow (stinking pus material appear ) عن عبارة dead microbes and antibody

3. **behavior** (diet and lifestyle habits): - lifestyle diseases ex: consume large amount of sugar ,lack of exercise,etc.

4. **accidents**

5-**physical,chemical agents(poisons and toxins)**