

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 to health and diseases: 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 and life style diseases - Tuberculosis, Cholera, Typhoid, Conjunctivitis. **SEXUALLY TRANSMITTED diseases (STD)**, Information, statistics, and treatment guidelines for STD, Prevention: Syphilis, Gonorrhea, 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.
2. Krause's Food and Nutrition Therapy. 12th Edition by Janice L. Raymond, L. Kathleen Mahan, Sylvia Escott Stump.
3. Diagnostic Microbiology and Infectious Disease by Mark Holodniy (2016).
4. Health and Disease by Sarah Levete
5. Health and Disease by Adam Hook
6. Public Health and Private Wealth by Sarah Hodges & Mohan Rao