



Women Medical College, Abbottabad

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STUDY GUIDE

Class Name 1st----5th YEAR MBBS

Department Name-Community Medicine

Program	Bachelor of Medicine, Bachelor of Surgery(MBBS)
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Contact Hours total	200
Infrastructure Requirements	Lecture Hall Museum

Faculty Responsible for Course Conduction:

Sr. No	Faculty	Designation
1.	Prof Dr Umar Hayat Khan	Professor and Head of Department
2.	Dr. Asya Tauqir	Assistant Professor
3.	Ms.Robina Tanoli	Assistant Professor
4.	Dr.Saima Asif	Assistant Professor
5.	Dr. Maham Bashir	Demonstrator
6.	Dr. Mahvish	Senior Lecturer



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7.	Dr. Ammarah	Demonstrator
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Details of Supporting Staff:

Sr. No	Staff	Designation
1.	Ms. Najia	Computer Operator
2.	Ms. Noreen Zeb	Office attendant
3.	Mr. Mohibullah	Office attendant
4.	Ms. Madiha	Museum keeper



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Objectives & Learning Strategies/TOS:

S.N o.	Class	Topic	Module	Learning Outcomes	Teachi ng Hours	Mode of Teachi ng	Assessmen tTools
1	1 st year MBBS	Introduction to community Medicine and its implication	Foundation I	Describe Role of community medicine/publi c health in health care system.	1	LGF	Summative Assessment MCQs
2	1 st year MBBS	Determinant s of health	Foundation I	Define health Describe the Determinants of Health	1	LGF	Summative Assessment MCQs
3	1 st year MBBS	Disease causation	Foundation I	1.Describe Spectrum of Disease 2.Explain Natural History of Disease 3. Explain Theories of Disease Causation. 4.Differentiate between Disease Elimination and Eradication	2	LGF	Summative Assessment MCQs
4.	1 st year MBBS	Chain of infection	Foundation I	Describe reservoirs of infection & chain of infection	1	LGF	Summative Assessment MCQs
5.	1 st year MBBS	Levels of prevention	Foundation I	Discuss /describe Levels of Prevention	1	LGF	Summative Assessment MCQ



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1.	1 st year MBBS	MSK diseases	MSK module	Explain the risk factors for different types of msd's	1 Hour	LGF	Summative Assessment MCQ
				Describe the preventive measures for different types of risk factors for msd's			Summative Assessment MCQ
2.	1 st year MBBS	Epidemiolog y and prevention of MSD	MSK module	Describe work related msd's	1 Hour	LGF	Summative Assessment MCQ
				Identify risk factors of msd at workplace.			
				Describe prevention of exposure to risk factors related to workplace.			
				Describe the preventive strategies and safety guidelines in order to reduce the incidence of msds related to work place			
				Describe the burden /epidemiology of work related msd's	1		



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				Describe application of ergonomics in the prevention of work related msd's	1		
1.	1 st year MBBS	Prevention of Respiratory disorders	Respiration module	Discuss preventive strategies of different problems related to respiratory system	1	LGF	Summative Assessment MCQ
				Discuss the relationship of smoking with lung Diseases			
				Describe preventive strategies for smoking			
1.	1 st year MBBS	Epidemiology of blood borne diseases	Blood module	Describe Epidemiology of Iron Deficiency Anemia	1	LGF	Summative Assessment MCQ
				Describe prevention of different types of anemia's in community			
2.	1 st year MBBS	Vaccinology	Blood module	Define vaccine and immunization	1	LGF	Summative Assessment MCQ
				. Explain the expanded program of immunization (EPI) in Pakistan			



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3.	1 st year MBBS	Epidemiology of blood borne diseases	Blood module	Identify important blood borne pathogens and how they are spread	2	LGF	Summative Assessment MCQ
				Discuss the epidemiology of blood borne disease transmission and the potential for HIV, HBV and HCV transmission			
				Identify routes of transmission of blood borne pathogens			
				Discuss the best practices to perform safe blood transfusion			
				List important safeguards against blood borne pathogen disease	1		
1.	1 st year MBBS	Prevention of CVD	CVS module	Describe primordial, primary, secondary and tertiary prevention of CV diseases in community	1	LGF	Summative Assessment MCQ



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2.	1 st year MBBS			Describe the preventive strategies of hypertension	1	LGF	Summative Assessment MCQ
3.	1 st year MBBS	CVD prevention	CVS module	Identify the major risk factors which contribute to common diseases of the cardiovascular system			
				Enumerate modifiable and non-modifiable risk factors of CV diseases	1		
				Apply primordial, primary, secondary and tertiary prevention of CV diseases in community			
1.	2 nd year MBBS	Hepatitis B and C virus infection	GIT, Hepatobiliary and Metabolism module	Describe the epidemiology of hepatitis B and C virus infection and its control measures	1 Hour	LGF	Assessment Summative MCQs
				Describe water borne hepatitis (Hepatitis A and E) viruses and its control measures			



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2.	2 nd year MBBS	Food borne infection	GIT, Hepatobiliary and Metabolism module	Describe the epidemiology of food borne infections and their control measures	1 Hour	LGF	Assessment Summative MCQs
1.	2 nd year MBBS	Risk factors of cerebrovascular diseases	Neuroscience 1	Describe risk factors for the development of cerebrovascular diseases	1 Hour	LGF	Assessment Summative MCQs
				Explain the strategies to prevent cerebrovascular diseases			
1.	2 nd year MBBS	Safe motherhood and its components	Reproduction module	Describe the steps of antenatal and postnatal care, family planning and emergency obstetric care	1 Hour	LGF	Assessment Summative MCQs
2.	2 nd year MBBS	Maternal mortality	Reproduction module	Describe the causes, impact and prevention of maternal mortality in Pakistan	1 Hour	LGF	Assessment Summative MCQs
3.	2 nd year MBBS	Breast feeding	Reproduction module	Explain the importance of breast feeding	1 Hour	LGF	Assessment Summative MCQs
1.	2 nd year MBBS	Sexually transmitted diseases	Reproduction module	Describe the types of STDs	1 Hour	LGF	Assessment Summative MCQs
				Describe the guidelines for the prevention and			



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				management of STDs			
1.	2 nd year MBBS	Quality of life in problems of prostate	Renal module	Discuss quality of life issues in patients with prostate problems (QoL)	1 Hour	LGF	Assessment Summative MCQs
				Discuss the significance of quality of life in disease and treatment settings			
				Discuss quality of life issues in geriatric population			
1.	2 nd year MBBS	Prevention of blindness	Neuroscience s 1b	Describe the causative agents and prevention of community blindness	1 Hour	LGF	Assessment Summative MCQs
1.	2 nd year MBBS	Diabetes mellitus	Endocrine	Describe the epidemiology, risk factors and prevention of Diabetes Mellitus	1 Hour	LGF	Assessment Summative MCQs



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1.	3 rd year MBBS	Introduction to the subject	Foundation 2 module	Define Community medicine and Public health	1 Hour	LGF	Assessment Summative MCQs
				Describe the role of teaching of public health in prevention of diseases			
2.	3 rd year MBBS	Health system of Pakistan	Foundation 2 module	Define health care system of Pakistan using WHO Health system frame work	1 Hour	LGF	Assessment Summative MCQs
3.	3 rd year MBBS	Health and disease	Foundation 2 module	Discuss the history and philosophy of public health as well as its concepts and functions regionally & globally.	2 Hours	LGF	Assessment Summative MCQs
				Describe the stages in the natural history of a disease.			
				Describe epidemiological triad, web of causation and multifactorial causation			
				Describe the dimensions and determinants of health			
				Describe the indicators of			



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				health and its characteristics			
				Discuss the concept of disease control			
				Discuss the different levels of prevention and their modes of intervention			
				Explain the natural history of disease			
				Describe the iceberg phenomenon			
				Describe mode of intervention of diseases with emphasis on health education.			
4.	3 rd year MBBS	Primary Health Care	Foundation 2 module			LGF	Assessment Summative MCQs
				Define Primary health care (PHC).			
				Describe the elements of PHC, its principles and strategies for implementation of PHC.			
				Describe the history of development of PHC			



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				Describe comprehensive & selective PHC			
				Describe reasons for failure of PHC			
				Describe Health Systems before & after PHC			
				Describe district health care system			
				Enumerate indicators for assessing PHC			
5.	3 rd year MBBS	Infectious disease epidemiology	Infection and Inflammation control module	Define incubation period		LGF	Assessment Summative MCQs
				Explain the principles of disease eradication and control			
				Define serial intervals			
				Define infectivity period			
6.	3 rd year MBBS	Infection control	Infection and Inflammation control module	Define the basic definition related to infectious disease epidemiology		LGF	Assessment Summative MCQs
				Review the role of susceptible host for successful parasitism,			



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				modes of transmission and the host defense system			
				List and explain the various classifications of communicable diseases with special reference to the scope and purpose of the International classification of Disease (ICD - 10).			
				Enlist the common infectious diseases affecting the population of Pakistan as per National institute of Health Pakistan.			
				Explain the effect of climate change and seasonal variation on specific diseases globally and in Pakistan			
				Explain the role of personal hygiene &PPE			



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				in infection control			
7.	3 rd year MBBS	Disease carriers	Infection and Inflammation control module	Define disease carriers		LGF	Assessment Summative MCQs
8.	3 rd year MBBS	Reservoirs of infection	Infection and Inflammation control module	Explain the reservoirs of infection		LGF	Assessment Summative MCQs
9.	3 rd year MBBS	Disinfection	Infection and Inflammation control module	Differentiate between sterilization and disinfection		LGF	Assessment Summative MCQs
				Explain the types and procedures of disinfection			
10.	3 rd year MBBS	Communicable diseases, administrative measures and vector control measures disease control measure (aimed at agent, host, Environment)	Infection and Inflammation control module	Discuss Communicable disease control measure (aimed at agent, host, others, administrative measures and vector control measures)		LGF	Assessment Summative MCQs
11.	3 rd year MBBS	Nosocomial infection & its control	Infection and Inflammation control module	Describe the prevalence of the nosocomial infections globally and Specifically in Pakistan.		LGF	Assessment Summative MCQs
				Identify the cause of nosocomial			



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				infections in Pakistan.			
				Enlist common nosocomial infections			
				Describe the importance of different modes of transmission for causation of the nosocomial infections			
				Explain the control & preventive measures for nosocomial infections			
12.	3 rd year MBBS	Epidemiology and control of vector borne diseases	Infection and Inflammation control module		2 Hours	LGF	Assessment Summative MCQs
		Dengue and other Viral hemorrhagic fevers and Arboviral infection Plague Filariasis		Describe the epidemiological determinants, frequency and distribution of Malaria		LGF	Assessment Summative MCQs
				Compare the prevalence/incidence of malaria in different provinces of Pakistan.			
				Explain the preventive and			



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				control measures of Malaria			
				Describe the scope/function of Malaria control program.		LGF	Assessment Summative MCQs
				Explain the types, risk factors, complications and control measures of viral hemorrhagic fevers including Dengue fever			
13.	3 rd year MBBS	Epidemiology & control of Leishmaniasis	Infection and Inflammation control module	Describe the epidemiological determinants, frequency and distribution of Leishmaniasis	1 Hour	LGF	Assessment Summative MCQs
				Explain the preventive and control measures of Leishmaniasis			
14.	3 rd year MBBS	zoonotic and direct contagious diseases Rabies Anthrax Plague Brucellosis Tetanus Scabies Leprosy Trachoma	Infection and Inflammation control module	Explain the pre and post exposure prophylaxis of Rabies Explain the epidemiology, types of Anthrax and its preventive measures	2 hours	LGF	Assessment Summative MCQs



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				Discuss the history, types and prevention of Plague Explain the etiology, risk factors, clinical features and prevention of Brucellosis Explain the preventive measures of Scabies Discuss the etiology, risk factors, clinical features and prophylaxis of pre and post exposure of Tetanus Explain the etiology, risk factors, stages and preventive measures of Leprosy Explain the etiology, risk factors, complications and preventive measures of Trachoma			
15.	3 rd year MBBS	Epidemiology & control of airborne diseases	Infection and Inflammation control module	Describe the epidemiological determinants, frequency and distribution of measles,	1 Hour	LGF	Assessment Summative MCQs



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				mumps, chickenpox, rubella, Diphtheria, Pertussis and meningitis			
				Explain the preventive and control measures of measles, mumps & rubella with reference to Pakistani context.			
16.	3 rd year MBBS	Epidemiolog y & control of Corona virus infection	Infection and Inflammation control module	Describe the epidemiological determinants, frequency and distribution of corona Compare the prevalence/inci dence of corona in different parts of the world Describe the preventive and control measures of corona Describe the role of Pakistani government in corona control program	1 Hour	LGF	Assessment Summative MCQs
17.	3 rd year MBBS	Epidemiolog y and prevention	Infection and Inflammation	• Enumerate common water borne diseases	2 Hours	LGF	Assessment Summative MCQs



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		of water borne diseases: •Cholera Typhoid Acute Diarrhea and Dysentery Polio Hepatitis A and E Food poisoning Amebiasis and Giardiasis Brucellosis Leptospirosis Worm infestations	control module	• Explain the epidemiology and prevention measures of these diseases • describe the current situation of these diseases on Pakistan and worldwide			
1.	3 rd year MBBS	Smoking	Multisystem 1 module	Describe the global distribution and increase of smoking	1 Hour	LGF	Assessment Summative MCQs
				Discuss the causes of smoking			
				Discuss the effects of smoking on Health			
				Describe preventive and control Measures			
2.	3 rd year MBBS	International Health	Multisystem 1 module	Describe International health regulations and	1 Hour	LGF	Assessment Summative MCQs



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				their importance			
				Describe preventive measures for travelers visiting disease endemic areas			
3.	3 rd year MBBS	Role of international health agencies in public health	Multisystem 1 module	Enumerate international health agencies working in health sector	1 Hour	LGF	Assessment Summative MCQs
				Discuss structure and function of WHO & UNICEF			
				Explain the roles of WHO & UNICEF in Pakistan			
4	3 rd year MBBS	Child labor and Child Abuse		Define child labor	1 Hour	LGF	Assessment Summative MCQs
				Describe different types of child labor and its effects			
				Describe statistics of child labor			
				Describe governments' actions against child labor			
				Define IPEC 2011 (international program on			



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				elimination of child Labor			
				Define child abuse			
				Describe different forms of child abuse and its effect			
				Describe statistics of child abuse			
				Describe the preventive strategies regarding child abuse			
5.	3 rd year MBBS	Cancers		Enlist the common cancers prevalent in Pakistan	1 Hour	LGF	Assessment Summative MCQs
				Describe the burden and epidemiology of common cancers prevalent globally and in Pakistan			
				8 Describe the prevention and control of cancers			
				Describe various governmental programs and strategies for the prevention of cancers			



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1.	3 rd year MBBS	Epidemiolog y of nutritional anemias	Blood & Immunology 2	Classify nutritional anemias	1 Hour	LGF	Assessment Summative MCQs
				Describe the population at risk of nutritional anemia in Pakistan.			
				Explain effective public health strategies for prevention of nutritional anemias in in Pakistan			
				Describe risk factors for different nutritional anemias			
				Describe effective public health strategies for prevention of different types of anemia's in Pakistan			
2.	3 rd year MBBS	Immunizatio n	Blood & Immunology 2	Define immunity		LGF	Assessment Summative MCQs
				Explain the types of immunity			
				Discuss immunizing agents			



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				Explain the hazards of immunization			
				Explain the cold chain in the context of immunization			
3.	3 rd year MBBS	Vaccination	Blood & Immunology 2	Explain the importance of vaccination in the control of infectious diseases		LGF	Assessment Summative MCQs
				Describe the basic principles of vaccination			
				List the main types of vaccine and illustrate them with examples			
				Describe vaccines that are associated with adverse reactions			
				Explain the difference between live attenuated and inactivated vaccines			
				Describe the role of vaccines in preventing disease.			
				Differentiate between vaccination and immunization			



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				Describe the strategies used from community medicine's perspective to promote vaccination in communities. (EPI)			
				Explain various programs of vaccination in Pakistan with particular reference to EPI			
				Describe the factors responsible for success and failure of vaccination programs in Pakistan.			
4.	3 rd year MBBS	Epidemiology of blood borne diseases/infections	Blood & Immunology 2	List the important blood borne diseases in Pakistan as prioritized by the National Institute of health (NIH)	1 Hour	LGF	Assessment Summative MCQs
				Discuss the global burden of blood borne diseases & compare with Pakistan			
				Describe important			



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				blood borne pathogens			
				Explain the evidence based public health practices to reduce transmission of blood borne infectious disease			
				Explain the evidence based best practices and procedures for safe blood transfusion and prevention of needle stick injury			
1.	3 rd year MBBS	Ergonomics	MSK 2	Describe Ergonomics	1 Hour	LGF	Assessment Summative MCQs
				Describe the principles & importance of Ergonomics at work place			
				Explain the epidemiology of musculoskeletal disorders			
				Discuss prevention and control strategies for Musculoskeletal disorders			



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2.	3 rd year MBBS	Public health aspects of disability limitations: (Osteoporosis, Osteomalacia and Rickets)	MSK 2	Explain the types of rehabilitation and public health issues faced by the disabled person, and measures to be taken for rehabilitation Discuss epidemiology and prevention of Osteoporosis, Osteomalacia and Rickets	1 Hour	LGF	Assessment Summative MCQs
3.	3 rd year MBBS	Rehabilitation of disabilities: Poliomyelitis	MSK 2	Define disabilities and its types, and concepts, and distinguish between impairment, disability and handicapped, and significance of DALYs and QALYs.	1 Hour	LGF	Assessment Summative MCQs
				Describe the Epidemiology, determinants & distribution of poliomyelitis			
				Describe the prevention and control measures and rehabilitation of Poliomyelitis			



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4.	3 rd year MBBS	Accidents and its prevention	MSK 2	Describe of types of accidents and their mechanisms and their prevention (Haddon`s model)	1 Hour	LGF	Assessment Summative MCQs
				Describe Road Traffic Accidents			
				Classify different types of road traffic accidents and injuries			
				Describe and compare the burden of road traffic accidents in a developed country with a developing country like Pakistan			
				List and Explain the risk factors of road traffic accidents			
				Explain effective public health strategies used at individual and national level to prevent for road traffic accidents			



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1.	3 rd year MBBS	Noncommunicable diseases Cardiovascular diseases of public health importance	CVS 2	Define Cardiovascular disease (CVD) Elaborate the concept of CVD risk stratification	1 Hour	LGF	Assessment Summative MCQs
				Describe the epidemiology of cardiovascular diseases and explain cardiovascular diseases of Public Health importance globally and in Pakistan			
				Explain the known risk factors of CVD and cultural, racial and gender difference in CVD prevalence and incidence			
2.	3 rd year MBBS	Hypertension	CVS 2	Describe the epidemiology of hypertension and its public Health importance globally and in Pakistan	1 Hour	LGF	Assessment Summative MCQs
1.	3 rd year MBBS	Tuberculosis	Respiration 2	Describe agent, host and environmental factors for the disease		LGF	Assessment Summative MCQs



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				Describe DOTS strategy for Tuberculosis			
				Explain different preventive and control measures for Tuberculosis including "stop TB" and "End TB" strategies			
2.	3 rd year MBBS	Influenza and COVID infection	Respiration 2	Describe types of influenza	1 Hour	LGF	Assessment Summative MCQs
				Describe agent, host and environmental factors for the disease.			
				Explain the antigenic drift and antigenic shift			
				Describe various preventive and control measures for influenza			
				Describe the epidemiology, clinical features, control measures and vaccination for COVID-19 infection			



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3.	3 rd year MBBS	Asthma	Respiration 2	Describe the epidemiology & preventive measures of asthma.	1 Hour	LGF	Assessment Summative MCQs
				Define occupational asthma and describe its preventive measures			
4.	3 rd year MBBS	Pneumoconiosis	Respiration 2	Describe various pneumoconiosis diseases	1 Hour	LGF	Assessment Summative MCQs
				Describe the control and preventive measures of pneumoconiosis			
				Describe the epidemiological determinants of			
5.	3 rd year MBBS	Diphtheria and Pertussis	Respiration 2	Describe preventive and control measures	1 Hour	LGF	Assessment Summative MCQs
				Explain their current public health importance in Pakistan			
1.	4 th year MBBS	Epidemiology	Neuroscience 11	Define epidemiology Explain the basic concepts of epidemiology	1 hour	LGF	Assessment Summative MCQs



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		Study design		Classify and elaborate study designs	3 hours	LGF	Assessment Summative MCQs
		Screening		Explain the screening in epidemiology	2 hours	LGF	Assessment Summative MCQs
		Measures of mortality and morbidity		Explain the measures of morbidity and mortality	1 hour	LGF	Assessment Summative MCQs
2.	4 th year MBBS	Mental health	Neuroscience s 11	Describe classification of mental health illnesses	1 hour	LGF	Assessment Summative MCQs
				Define mental health			
				Discuss global perspectives and epidemiology of mental health disorders	1 hour	LGF	Assessment Summative MCQs
				Discuss risk factors leading to mental health problems			
				Discuss prevention and control of mental health disorders			
3.	4 th year MBBS	Non-communicable diseases: Strokes	Neuroscience s 11	Discuss the epidemiological determinants of stroke in community	1 Hour	LGF	Assessment Summative MCQs
				Discuss the prevention and			



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				rehabilitation of strokes			
4.	4 th year MBBS	Community medicine/biostatistics	Neuroscience s 11				
		Biostatistics: Introduction		Describe the significance of biostatistics in health and epidemiology	1 Hour	LGF	Assessment Summative MCQs
				Define and classify variables	1 Hour	LGF	Assessment Summative MCQs
5.	4 th year MBBS	Community medicine/biostatistics	Neuroscience s 11	Measures of central tendency	1 Hour	LGF	Assessment Summative MCQs
				Classify measures of central tendency			
				Calculate measures of central tendency			
				Interpret and signify the results			
				Describe the advantages and disadvantages of different measures			
		Measures of dispersion		Classify measures of dispersion	1 Hour	LGF	Assessment Summative MCQs
				Calculate measures of dispersion			



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				Interpret the results of measures of dispersion			
				Explain the advantages and disadvantages of measures of dispersion			
				Explain the use of different measures in specific circumstances			
		Normal distribution		Define normal distribution	1 Hour	LGF	Assessment Summative MCQs
				Describe normal distribution			
				Calculate and graphically represent normal distribution			
				Explain its use & significance in relation to data			
				Describe percentile and interquartile range	1 Hour	LGF	Assessment Summative MCQs
				Calculate and depict percentile and interquartile range			
				Explain use and significance of these in			



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				different situations			
		Confidence Interval, Confidence level, Standard error		Define confidence level and interval	1 Hour	LGF	Assessment Summative MCQs
				Describe confidence level and interval			
				Calculate confidence level and interval			
				Explain their use and significance in different situations			
		P value, critical region, rejection region, alpha		Define P value, critical region, rejection region, α β errors	1 Hour	LGF	Assessment Summative MCQs
				Describe P value, critical region, rejection region, α β errors			
				Calculate P value, critical region, rejection region, α β errors			
				Describe their use and			



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				significance in different situations			
6.		Community medicine/biostatistics	Neuroscience s 11			LGF	Assessment Summative MCQs
		Z test & it's application, Types / shapes of frequency distribution		Define & Describe 'z' test	1 Hour		
				Describe its use in different statistical settings			
				Calculate 'z' test			
				Explain its application in hypothesis testing			
				Interpret and apply to clinical settings			
				Discuss various shapes of frequency distribution	1 Hour	LGF	Assessment Summative MCQs
				Describe the applications of parametric and non-parametric tests	1 Hour	LGF	Assessment Summative MCQs
7.		Community medicine/biostatistics	Neuroscience s 11				Assessment Summative MCQs
		"t" test & its application		Define & Describe 't' test	1 Hour	LGF	Assessment Summative MCQs



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				Explain its use in different statistical settings			
				Calculate 't' test			
				Describe its application in hypothesis testing			
				Interpret and apply to clinical settings			
				Calculate degree of freedom	1 Hour	LGF	Assessment Summative MCQs
		Chi square test & its application		Describe 'x2' test			
				Describe its use in different statistical settings			
				Calculate 'x2' test			
				Explain its application in hypothesis testing			
				Interpret and apply to clinical settings			
		Correlation, regression		Describe Correlation & Regression	1 Hour	LGF	Assessment Summative MCQs
				Interpret and apply to clinical settings			



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		Practical Problems in biostatistics		Discuss practical problems encountered in the application of biostatistics and SPSS	1 Hour		
7.		Rabies	Neuroscience s 11	Explain the etiology, clinical presentation of a patient with Rabies	1 Hour		
				Describe post-exposure prophylaxis of Rabies			
1.	4 th Year MBBS	Environmental health: Introduction	Renal-11	Explain the importance of environmental health	1 Hour	LGF	Assessment Summative MCQs
				Define and classify environmental degradation			
		Water pollution		Define water pollution and describe its importance for health	1 Hour	LGF	Assessment Summative MCQs
				Describe the different types of water pollution as simple biodegradable, complex biodegradable and complex non-degradable			



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		Water quality management		Explain the importance and daily requirements of water.	1 Hour	LGF	Assessment Summative MCQs
				Describe the qualities and criteria of different sources of water including surface water, ground well, shallow well, deep well			
				Classify different methods of purification of water			
				Describe natural methods of purification of water	1 Hour	LGF	Assessment Summative MCQs
				Describe physical methods			
				Describe chemical methods			
				Describe filtration methods both small scale and large scale	1 Hour	LGF	Assessment Summative MCQs
				Describe purification of water in special circumstances			



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				Enumerate different water quality parameters	1 Hour	LGF	Assessment Summative MCQs
				Describe physical parameters			
				Describe different chemical parameters and its interpretation.			
				Explain the permissible limits of chemical parameters			
2.	4 th Year MBBS	HIV/AIDS, Syphilis	Renal-11	Describe HIV/AIDS considering Risk groups, pathology, Diagnosis, treatment, and Prevention	1 Hour	LGF	Assessment Summative MCQs
				Describe Syphilis in terms of causative agent, incubation period, transmission, manifestation, diagnosis treatment and prevention.			
		Chlamydia, Genital		Describe Chlamydia in terms of	1 Hour	LGF	Assessment Summative MCQs



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		warts, Gonorrhea		etiology, transmission, symptoms, treatment, and prevention.			
				Describe Genital warts in terms of causes, transmission, symptoms, treatment, and prevention.			
				Describe Gonorrhea in terms of causes, transmission, symptoms, treatment, and prevention			
		Human Papilloma virus,		Describe Human Papilloma Virus (HPV) in terms of causes, types, transmission, symptoms, screening, and prevention.		LGF	Assessment Summative MCQs
3.	4 th Year MBBS	Air Pollution & air quality managemen t	Renal-11	Define air pollution.	1Hour	LGF	Assessment Summative MCQs
				Enumerate criteria pollutants.			
				Describe the sources and			



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				limits of air pollutants			
				Describe the adverse effects of air pollutants on health			
				Explain the measures for control of air pollution			
				Describe the global adverse effects of air pollution- ozone depletion, greenhouse effect, smog, acid rain.			
4.	4 th Year MBBS	Noise pollution, radiation pollution and its control	Renal-11	Define noise pollution.	1 Hour	LGF	Assessment Summative MCQs
				Explain adverse effects of noise pollution on health.			
				Describe factors effecting hearing loss.			
				Enumerate acceptable noise standards.			
				Discuss the measures for prevention of			



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				adverse effects of noise			
				Classify different types of radiations to which humans are exposed.			
				Describe the adverse effects and preventive measure of different type of nonionizing radiations.			
				Describe the adverse effects and preventive measure of ionizing radiations.			
5.	4 th Year MBBS	Waste management	Renal-11	Explain the importance of waste management in health	1Hour	LGF	Assessment Summative MCQs
				Describe management of waste [organic of human and animal origin] as per water carriage system	1 Hour		
				Describe the management of waste [organic of human and animal origin] as per conservancy system			



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				Describe management of solid waste [refuse]			
6.	4 th Year MBBS	Hospital waste management	Renal-11	Define hospital waste management	1 Hour	LGF	Assessment Summative MCQs
				Explain the importance of hospital waste management in health			
				Classify hospital waste			
				Know the impacts of improper hospital waste management on health			
				Describe the methods to minimize hospital waste			
				Describe the methods of treatment of hospital waste			
				Explain the waste management trends in developing countries			
7.	4 th Year MBBS	Disasters and health 2	Renal-11	Define disaster management	1Hour	LGF	Assessment Summative MCQs



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				Describe classification of disasters			
				Describe the mortality & morbidity due to disaster itself & mismanagement of disaster relief activities			
				Describe pre-disaster management			
				Describe post disaster management in immediate, intermediate, and long-term stages.			
				Discuss management and preventive measures from previous disasters			
				Describe the history of disasters in Pakistan.			
1.	4 th Year MBBS	Introduction	Endocrine & Reproduction module	Discuss importance of occupational health	1 Hour	LGF	Assessment Summative MCQs
				Describe ergonomics			



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				Describe principles and responsibilities of occupational health officer [OHO]			
2.	4 th Year MBBS	Physical hazards	Endocrine & Reproduction module	Enumerate physical hazards (heat, cold, noise, light, vibrations, pressure effect, Radiations)	1 Hour	LGF	Assessment Summative MCQs
				Discuss its ill effects on health			
				Discuss its preventive measures			
3.	4 th Year MBBS	Chemical hazards	Endocrine & Reproduction module	Enumerate chemical hazards (inorganic dust diseases, organic dust diseases, metals & chemicals)	1 Hour	LGF	Assessment Summative MCQs
				Discuss its ill effects on health			
				Discuss preventive measures			
4.	4 th Year MBBS	Mechanical, Biological & Psychosomatic hazards	Endocrine & Reproduction module	Describe mechanical hazards	1 Hour	LGF	Assessment Summative MCQs
				Discuss control measures of			



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				mechanical hazards			
				Discuss control measures of biological hazards			
				Describe psychosomatic stressors			
				Discuss control measures of psychosomatic stressors			
5.	4 th Year MBBS	Animal hazards	Endocrine & Reproduction module	Describe types, prevalence, and statistics of snake bite	1 Hour	LGF	Assessment Summative MCQs
				Discuss prevention and management of snake bite			
				Discuss causes of poor management with respect to awareness and vaccination			
6.	4 th Year MBBS	Preventive measures, health insurance, social security schemes	Endocrine & Reproduction module	Describe various preventive measures of occupational hazards (Medical engineering and legal measure)	1 Hour	LGF	Assessment Summative MCQs
				Discuss role and benefits of health insurance			



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				Discuss social security and its benefits			
7.	4 th Year MBBS	Demography: Introduction	Endocrine & Reproduction module	Define demography and various related terms	3 Hours	LGF	Assessment Summative MCQs
				Explain and interpret population pyramid			
				Explain demographic transition			
				Describe the causes of high and low fertility and mortality			
8.	4 th Year MBBS	Growth rate	Endocrine & Reproduction module	Define population growth rate, CDR, CBR	1 Hour	LGF	Assessment Summative MCQs
				Describe growth rate			
				Describe population explosion & its implications			
				Explain advantages of population control			
9.	4 th Year MBBS	Demographic indicators	Endocrine & Reproduction module	Describe the demographic indicators of Pakistan	1 Hour	LGF	Assessment Summative MCQs
10.	4 th Year MBBS	Iodine deficiency / Goitre	Endocrine & Reproduction module	Discuss sources of iodine and goitrogens	1 Hour	LGF	Assessment Summative MCQs



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				Discuss iodine deficiency disorders and daily requirement of iodine			
				Explain the epidemiological determinants and control strategies for iodine deficiency/goitre			
11.	4 th Year MBBS	Non-communicable diseases: Prevention of diabetes mellitus	Endocrine & Reproduction module	Discuss Prevalence of diabetes mellitus globally and in Pakistan	1 Hour	LGF	Assessment Summative MCQs
				Discuss modifiable and non-modifiable risk factors for diabetes mellitus			
				Describe epidemiological determinants of diabetes mellitus			
				Discuss screening methods for diabetes mellitus			
				Discuss the prevention (Primary, secondary, and			



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				tertiary) and care of diabetes mellitus			
12.	4 th Year MBBS	Introduction to nutrition, basic measurements & allowances	Endocrine & Reproduction module	Classify nutrients	8 Hours	LGF	Assessment Summative MCQs
				Discuss quality of nutrients in diet			
				Discuss the balanced diet			
				Discuss energy value of different nutrients			
		Macronutrients		Describe classification of macronutrients			
				Discuss the functions and importance of various macronutrients			
				Discuss daily allowance of macro nutrients			
				Discuss the diseases caused by their deficiency and excess			
		Micronutrients -Vitamin		Describe classification of micronutrients			



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		deficiencies allowances & control					
				Discuss the function and importance of various vitamins			
				Discuss daily allowances of vitamins			
				Discuss diseases caused by their deficiency			
				Discuss the function and importance of various minerals essential for Health			
		Undernutriti on – Protein calorie malnutrition and control		Define undernutrition and its classification			
				Discuss protein calorie malnutrition & its causes			
				Describe the various classifications for assessment of PEM			



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				Discuss control strategies of malnutrition			
		Over-nutrition / obesity and it's control		Define obesity			
				Calculate BMI			
				Discuss Epidemiology of obesity.			
				Enumerate Causes of obesity.			
				Explain the Complications of obesity			
				Formulate a management plan for obesity			
				Discuss Prevention of obesity			
13.	4 th Year MBBS	Safe motherhood	Endocrine & Reproduction module	Define reproductive health	1 Hour	LGF	Assessment Summative MCQs
				Describe components of reproductive health			
				Define safe motherhood			
				Discuss pillars of safe motherhood			
14.	4 th Year MBBS	Antenatal care	Endocrine & Reproduction module	Discuss antenatal care	1 Hour	LGF	Assessment Summative MCQs



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			Endocrine & Reproduction module	Discuss antenatal visits as per WHO	1 Hour		Assessment Summative MCQs
15.	4 th Year MBBS	Family planning and post abortion care		Define family planning		LGF	Assessment Summative MCQs
				Discuss different methods of family planning			
				Discuss contraceptive prevalence rate and factors responsible for low CPR			
				Discuss Post abortion care			
16.	4 th Year MBBS	Child promotion and development strategies (IMNCI, IMCI and growth monitoring)	Endocrine & Reproduction module	Define IMNCI & IMCI	2 Hours	LGF	Assessment Summative MCQs
				Describe components of IMNCI			
				Enumerate principles of IMNCI			
				Discuss growth monitoring			
17.	4 th Year MBBS	Prevention of reproductive	Endocrine & Reproduction module	Discuss different reproductive health diseases	1 Hour	LGF	Assessment Summative MCQs



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		health diseases					
				Discuss STIs in detail			
				Discuss risk factors and Prevention of CA cervix			
18.	4 th Year MBBS	Breast feeding	Endocrine & Reproduction module	Discuss advantages of breast feeding	1 Hour	LGF	Assessment Summative MCQs
				Discuss artificial feeding			
				Discuss baby friendly hospital initiative			
				Discuss guidelines on infant and child feeding			
19.	4 th Year MBBS	Screening and prevention of breast cancer	Endocrine & Reproduction module	Discuss different methods of screening for breast cancer	1 Hour	LGF	Assessment Summative MCQs
				Discuss levels of prevention of breast cancer			
1.	4 th Year MBBS	Health system of Pakistan: Introduction	GIT and Hepatobiliary 11	Describe health care system of Pakistan using WHO Health system frame work	2 Hours	LGF	Assessment Summative MCQs
2.	4 th Year MBBS	Primary health care (PHC)	GIT and Hepatobiliary 11	Define PHC	1 Hour	LGF	Assessment Summative MCQs
				Describe the history of			



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				development of PHC			
				Describe the concepts and components of PHC			
				Describe comprehensive & selective PHC			
				Describe reasons for failure of PHC			
				Describe Health Systems before & after PHC			
				Describe district health care system			
				Enumerate indicators for assessing PHC			
3.	4th Year MBBS	Health education	GIT and Hepatobiliary 11	Define health education	3 Hours	LGF	Assessment Summative MCQs
				Describe objectives and functions of health education			
				Describe the components of health education			
				Describe the methods of health education			
				Describe the communication channel in health			



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				education			
				Describe the constraints in health education			
				Describe classification of theories of health education			
				Describe the stages in health education			
				Describe the principles of health education			
				Describe the strategies for an effective health education program			
				Explain the methods of evaluation and effectiveness of a health education project			
4.	4th Year MBBS	Health management information system (HMIS)	GIT and Hepatobiliary 11	Define concept of HMIS	1 Hour	LGF	Assessment Summative MCQs
				Enumerate the components of HMIS			



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				Describe its importance in health care delivery System			
				Enumerate the principles of HMIS			
				Give the causes of failure of HMIS			
5.	4 th Year MBBS	Hospital administration	GIT and Hepatobiliary 11	Define health care delivery system	1 Hour	LGF	Assessment Summative MCQs
				Describe the need of a specialized hospital administration			
				Describe the attributes of a good hospital administrator			
6.	4 th Year MBBS	Health economics	GIT and Hepatobiliary 11	Define Health economics	1 Hour	LGF	Assessment Summative MCQs
				Explain the importance of economic studies in Health			
				Describe different tools used in economic evaluation			
7.	4 th Year MBBS	Health policy	GIT and Hepatobiliary 11	Define health policy	1 Hour	LGF	Assessment Summative MCQs



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				Describe its role in health system			
				Describe different stages in policy making			
				Describe the different types of policies			
				Describe the constraints in policy making			
				Describe health policy of Pakistan			
8.	4 th Year MBBS	Role of international health agencies in public health	GIT and Hepatobiliary 11	Enumerate international health agencies working in health sector.	1 Hour	LGF	Assessment Summative MCQs
				Discuss structure and function of WHO & UNICEF			
				Explain the roles of WHO & UNICEF in Pakistan.			
9.	4 th Year MBBS	Viral Hepatitis	GIT and Hepatobiliary 11	Describe the epidemiological determinants of Hepatitis B & C.	1 Hour	LGF	Assessment Summative MCQs
				Describe the prevalence and incidence with reference to local context			
				Describe the preventive &			



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				control measures for Hepatitis B & C.			
10.	4 th Year MBBS	Overview of common intestinal worms' infestation and their control	GIT and Hepatobiliary 11	Describe the common intestinal worm infestation in our local context	1 Hour	LGF	Assessment Summative MCQs
				Describe the epidemiological determinants of common worm infestation with reference to local context			
				Describe the preventive & control measures for common worm infestation			
11.	4 th Year MBBS	Control of dysentery	GIT and Hepatobiliary 11	Describe the epidemiology of Dysentery	1 Hour	LGF	Assessment Summative MCQs
				Describe the prevention & control measures of Dysentery.			
12.	4 th Year MBBS	Food hygiene	GIT and Hepatobiliary 11	Describe the term food Hygiene	1 Hour	LGF	Assessment Summative MCQs
				Describe the importance of food hygiene			
				Describe the process of Food hygiene			



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Learning Resources:

Sr. No	Text/ Reference Books	Edition
1.	Preventive and Social Medicine by K Park	
2.	Community Medicine by M.Ilyas	
3.	Basic Statistics for the Health Sciences by Jan W Kuzma	
4.	Textbook of Community Medicine and Public Health, 2018. Saira Afzal, Sabeena Jala	

Additional Learning Resources:

Hands on	
Skills Lab	
Videos	
Internet Resources	

Assessment Methods:

- **MCQs: Multiple Choice questions;** Single best



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Type

- **OSPE/OSCE:** Objective Structured Practical/Clinical Examination
- **Presentation:**

Multiple Choice Questions:

1. Single best type MCQs having five options with one correct answer and four distractors are part of assessment.
2. Correct answer carries one mark, and incorrect will be marked zero. Rule of negative marking is not applicable.
3. Students mark their responses on specified computer-based designed sheet.

Objective Structured Practical/Clinical Examination

1. **OSPE/OSCE** stations are used for formative as well as summative assessment.
2. Time allocated for each station is five minutes as per Examination rules of Khyber Medical University, Peshawar.
3. All students are rotated through the same stations.
4. Stations used are unobserved, observed, interactive and rest stations.
5. On unobserved stations, models, lab reports, radiographs, flowcharts, case scenarios may be used to assess cognitive domain.
6. On observed station, examiners don't interact with candidate and just observe the performance of skills /procedures.
7. On interactive station, examiner ask questions related to the task within the allocated time.
8. On rest station, students are not given any task. They just wait to move to the next station.

Presentation:



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Students are given topics for presentation either individually or in groups. They are encouraged to prepare presentations on power point to enhance their understanding of the topic.

Internal Assessment Criteria:

1. Internal Assessment of each block according to the policy of Khyber Medical University is given below.

Total Marks	Paper A = 14	Paper D = 14	Paper G = 14
	Paper B = 13	Paper E = 13	Paper H = 13
	Paper C = 13	Paper F = 13	Paper I = 13
Total Marks	Paper J = 13	Paper L = 14	
	Paper K = 13	Paper M = 13	

2. This Internal Assessment will comprise of following components

- a) Attendance
- b) Block Examination Results
- c) Logbooks
- d) Short Cases (in case 5th Year MBBS)
- e) Long Cases (in case 5th Year MBBS)
- f) Ward Tests (in case 5th Year MBBS)

Examination Rules & Regulations:

1. Exam Cell conducts the End of Module and Block Assessments according to the



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blueprint provided by the Khyber Medical University, marks of which will be included in internal assessment.

2. The minimum passing marks in each subject shall be 50% in theory and practical. A student who fails in theory or practical examination of a subject shall be considered to have failed in the subject.
3. No student is eligible for university examination without attending at least 75% of lectures, demonstrations, tutorials, and practical/clinical work in both in-patient and out-patient departments in that academic session.

Feedback on Examination:

1. Students' feedback on assessment strategies will be taken in a preformed proforma for feedback at the end of the session.
2. Department of Medical Education & Quality Enhancement Cell in collaboration with Exam Cell of WDC is responsible to conduct this exercise.

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