

# **Certificate in Community Health (CCH)**

## **Assignment**

## **July 2024**



*School of Health Sciences  
Indira Gandhi National Open University  
Maidan Garhi, New Delhi-110 068*

Dear Student,

As explained in the Programme Guide, there are two assignments in total and these assignments are compulsory. Please note that you are required to score 50% marks in each assignment separately. The assignments carry a weightage of 30% marks towards the final evaluation in theory component and **submission of related assignments is a prerequisite** for appearing in theory term-end examination for respective courses. The subject area of assignments and its last date of submission are mentioned below:

Last Date of Submission	Course Code	Blocks Involved	Assignment Code
30 <sup>th</sup> October, 2024	BNS-041	1, 2,3,4,5	BNS-041/TMA

Please take note of the following points before writing your assignments:

- Use only foolscap size paper for writing your responses. **Only handwritten assignments** will be accepted. Typed or printed copies of assignments will not be accepted.
- Tie all the pages after numbering them carefully.
- Write the question number with each answer.
- **All the questions are compulsory.**
- Every assignment will be evaluated out of a full mark of 100. Weightage is indicated in parenthesis against each question.

**Suggestions for writing an assignment:**

Read the assignments carefully. Scan through the whole material of the course, answers may be linked within the blocks/units. Draw a rough outline of your answer in your own words. Support your answer from your clinical/community experience. Make a logical order. Then write your answer neatly and submit. Give illustrations and tables wherever necessary. **You may keep a xerox copy of the answer sheets for future reference. Do not copy from print material.**

Answer each assignment in separate sheets. On the first page of the assignment response sheet, write the course code, course title, assignment code, name of your **programme study centre** (PSC) and date of submission. Your Enrollment No. Name and Full address should be mentioned in the top right corner of the first page. The first page of your response sheet should look like the format given below:

Course Code.....	Enrollment No.....
Course Title .....	Name .....
Assignment Code.....	Address .....
PSC .....	.....
Date of Submission .....	.....

**Please submit the assignments to the Programme In-charge of the Programme Study Centre allotted to you.**

## FOUNDATIONS OF COMMUNITY HEALTH

### ASSIGNMENT (BLOCK 1-5) (TUTOR MARKED)

**Programme Code: CCH**

**Course Code: BNS 041**

**Assignment Code: BNS-041/TMA/2024**

**Maximum Marks: 100**

**Last Date of Submission: 30<sup>th</sup> October, 2024**

#### **Instructions:**

**This assignment has three parts – Part A, B and C.**

Part A – Consists of two long questions, each question carries 15 marks.

Part B – Consists of six short questions, each question carries 10 marks.

Part C – Consists of four objective type questions, each question carries 2.5 marks

#### **Part A**

1. a) Discuss the methods of Nutritional Assessment.  
b) Prepare a diet plan for the following.
  - i) School going child (6-8 years)
  - ii) Adult - a manual labourer
  - iii) Lactating mother
  - iv) Old age group (above 65 years) (5+2½ X 4 = 15)
2. a) You are instructed to do field visit of your community twice a week. Assess the environment and Discuss how will you manage the waste generated in households of your community.  
b) Explain how will you segregate, treat and dispose bio medical wastes at sub centre level. (10+5=15)

#### **Part B**

3. a) Describe the Substance Use Disorders (SUD).  
b) Explain the health effects of tobacco use disorder. (7+3=10)
4. a) List the purposes of records.  
b) Explain the principles of record writing.  
c) Discuss the legal implication of records and reports. (2+3+5=10)
5. a) Explain the steps of Behaviour Change Communication.  
b) Describe the attributes of soft skills to be applied while working in Health and wellness centre.  
c) Discuss the health problems identified in the community due to manmade disasters (3+3+4=10)
6. Discuss the rights and welfare measures for the elderly. (10)

7. Describe District Mental Health Programme. (10)
8. Describe food safety measures and related health education to the community. (10)

**Part C**

9. Place a tick mark (✓) against the most appropriate answer given under each statement. (5 x 1/2 = 2.5)
- a) One of the following is most appropriate work calendar for health care workers to plan and implement:
- Weekly
  - Fortnightly
  - Monthly
  - Yearly
- b) ASHA worker act as a depot holder for all of following **except**:
- IFA Tables
  - ART drugs
  - ORS packets
  - Chloroquine tablets
- c) Features of Supportive Supervision are
- More like teacher, coach, mentor
  - Focus on improving performance
  - Follow up regularly
  - All of the above
- d) All of the following elements are aspects of data quality **except**:
- Completeness
  - Timeliness
  - Carelessness
  - Accuracy
- e) All of the following occurs due to Niacin deficiency **except**:
- Infertility
  - Dermatitis
  - Dementia
  - Diarrhea
10. Match the statement given in Column A with given in Column B. (5 x 1/2 = 2.5)

**Column A**

**Column B**

- |                                         |                                       |
|-----------------------------------------|---------------------------------------|
| a. Audit                                | i) Diabetes mellitus                  |
| b. Long term high blood pressure        | ii) $\leq 25.0$ BMI                   |
| c. Fasting blood sugar $\geq 126$ mg/dl | iii) Examination of financial records |
| d. Obesity                              | iv) $\geq 25.0$ BMI                   |
| e. Conduct disorders                    | v) High risk factor for CAD           |
|                                         | vi) Violent behavior                  |

**11. Place a tick mark (✓) against 'T' if you consider the statement as True and 'F' if you consider the statement as false. (5 x 1/2 = 2.5)**

- a) Tobacco chewing predisposes to cardiovascular problems and cancers. (T / F)
- b) Stimulants are commonly used for increasing alertness, attention and energy (T / F)
- c) Census in India is conducted every 5 years. (T / F)
- d) BCG vaccine protect the adults against pulmonary tuberculosis (T / F)
- e) The constant presence of a disease within a specified geographical area or population is known as epidemic. (T / F)

**12. Fill in the Blanks (5 x 1/2 = 2.5)**

- a) A permanent written communication to document information is known as \_\_\_\_\_.
- b) A leader who do not permit any participation from team members is known as \_\_\_\_\_.
- c) Policy makers, opinion leaders, community leaders, religious leaders and members of target population are called \_\_\_\_\_.
- d) Television, radio, poster, flip charts, brochures are examples of \_\_\_\_\_ channels for BCC.
- e) Skin patches with loss of sensations is a suspected case for \_\_\_\_\_.