

Certificate in Community Health (CCH)

Assignments BNS-041

January 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 one assignment for BNS-041 and other for BNS-042 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 th April, 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 (TUTOR MARKED) Block 1-5

Programme Code: BPCCHN

Course Code: BNS 041

Assignment Code: BNS-041/TMA/2024

Maximum Marks: 100

Last Date of Submission: 30th April, 2024

Instructions:

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

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

Part B – Consists of six short answer 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 Concept of Epidemiology.
b) Describe aims and uses of epidemiology. Support your answer with suitable examples.
c) Explain the concept of disease Transmission. (2+8+3+2=15)
2. a) Enumerate objectives of nutritional assessment.
b) Discuss methods of nutritional assessment.
c) Explain how will you as a health care provider promote good dietary habits as per needs of population in your Health and Wellness Centre (H&WC). (2+6+7=15)

Part B

3. a) Explain the classification of Protein Energy malnutrition (PEM).
b) Discuss the management and prevention of malnutrition.
c) How will you identify and differentiate and manage a case of marasmas and kwashiorkor. (3+3+4=10)
4. a) Explain measles.
b) Describe the mode of spread, signs and symptoms of measles.
b) Discuss measures for prevention and management of measles. (2+3+5=10)
5. Discuss the age related changes and domains of care of Elderly. Support your answer with examples from community setting. (10)
6. Describe the steps of preparation of budget for a selected activity from your field area. (10)
7. Discuss importance of De-stressing and various techniques for de-stressing. (10)
8. Describe various measures for food safety. (10)

Part C

9 Place a tick mark (✓) against the most appropriate answer given under each statement. (5 x 2 ½ = 2.5)

- a) All of the following measures improves bio availability of iron in pulses **except:-**
- i) Fermentation
 - ii) Sprouting
 - iii) Eating Vitamin C rich fruits
 - iv) Eating calcium supplementation
- b) All of the following are non-modifiable risk factors for non-communicable disease **except:**
- i) Age/Sex
 - ii) Stress
 - iii) Family History
 - iv) Genetics
- c) All of the following are symptoms of calcium deficiency **except:-**
- i) Tetany
 - ii) Muscle cramps
 - iii) Muscle ache
 - iv) Cretinism
- d) All of the following operational guidelines to be followed for NCD risk assessment **except:**
- i) Screening of population for common NCDs.
 - ii) Early identification for modifiable risk factors.
 - iii) Treatment using standard guidelines
 - iv) Alleviating modifiable rick factors.
- e) Excessive Thirst, Urination and Hunger are symptoms of:
- i) Hypertension
 - ii) Diabetes Mellitus
 - iii) Cancer
 - iv) Coronary artery disease

10. Match the following: Match the statement given in Column A with Given in Column B (5 x 2 ½ = 2.5)

- | | |
|----------------------------------|---|
| i) Supervision | a) Controller |
| ii) Collaborative Leadership | b) Village health sanitation & nutrition committee (VHSNC) |
| iii) Manager | c) Facilitative, not fault finding |
| iv) Panchayat Raj Institutions | d) Develop tailored massage for positive change, promote health and wellbeing |
| v) Behavior change communication | e) Multiple departments work together for a goal. |
| | f) Observable action of an |

individual to a stimuli.

11. **Place a tick mark (✓) against 'T' if you consider the statement is true and 'F' if you consider the statement as false.** (5 x 2½ = 2.5)

- a) Measures for health promotion include quit smoking and maintaining personal hygiene. (T / F)
- b) Tertiary level of prevention involves early diagnosis of a case. (T / F)
- c) Equilibrium between man and environment leads to ill health. (T / F)
- d) Safe water is free from harmful chemicals and pleasant to taste (T / F)
- e) As per Mental Health Act 2017, suicidal attempt by individual will not be punishable under the Indian penal code. (T / F)

12 **Fill in the Blanks** (5 x 2½ = 2.5)

- a) Rapid diagnostic test (RDT) is done for diagnoses of _____
- b) Base of the food pyramid includes _____ which should be eaten in sufficient quality.
- c) Long term high blood pressure is a major risk factor for_____.
- d) Retinopathy leading to blindness is one of the micro vascular complication in _____
- e) Normal or lean value for BMI (Body Mass Index) as per revised criteria for Asians is _____.