

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

## **Assignment July 2021**



*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, 2021	BNS-041	1, 2,3,4,5	BNS-041/TMA
30 <sup>th</sup> October, 2021	BNS-042	1, 2,3,4,5,6	BNS-042/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/2020**

**Maximum Marks: 100**

**Last Date of Submission: 30<sup>th</sup> October, 2021**

**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) List the factors contributing to Non- Communicable Diseases (NCDs).  
b) Explain the modalities under National Programme for Prevention and Control of Cancer, Diabetes, Cardio Vascular Diseases and Stroke (NPCDSC)  
c) List criteria for Obesity based on World Health Organization **(3+8+4=15)**
2. a) Define Nutrition Education and enlist purposes of Nutrition Education.  
b) Explain methods for imparting Nutrition Education. Support your answer with examples from field area.  
c) Discuss National Nutrition Programmes **(4+5+6=15)**

### **Part B**

3. a) Explain the goals of care of elderly people.  
b) Discuss Domains of care of elderly. **(4+6=10)**
4. a) Describe various aspects of Anaemia during pregnancy.  
b) Identify the local dietary habits followed by community in your area of work and plan remedial measures as per need of the community. **(6+4=10)**
5. a) Explain soft skill attributes to communicate effectively with patients.  
b) Discuss the steps of Behavior Change Communication (BCC) with suitable example. **(4+6=10)**
6. a) Enumerate aetiological agents for Occupational Diseases. **(5)**  
b) Discuss preventive measure to combat occupational hazards. **(5)**
7. Describe mode of spread, signs and symptoms, health effects and treatment for helminthes. **(10)**
8. Discuss aims and uses of Epidemiology. **(10)**

### Part C

9. Place a (✓) against the most appropriate answer given under each statement ( $\frac{1}{2} \times 5 = 2\frac{1}{2}$ )

- a) All of the following are behavioral risk factor for Non-Communicable Diseases (NCDs) **except:**
- Tobacco Use
  - Use of high fiber diet
  - Unhealthy diet
  - Physical inactivity.
- b) One of the metabolic risk factors for NCD, is:-
- High blood pressure
  - High alcohol intake
  - Chronic hunger
  - Stress
- c) All of the following are non- modifiable risk factor for NCD **except:-**
- Family history
  - Sex
  - Stress
  - Age
- d) Long term, high blood pressure is a major risk factor for:
- Obesity
  - COPD
  - Cancer
  - Coronary Artery Disease (CAD)
- e) All of the following are visual problems among elderly persons **except:-**
- Loss of ability to self care
  - Social Isolation
  - Risk of falls
  - Poor quality of life

10 Match the statement given in Column A with the terms given in Column B.

( $5 \times \frac{1}{2} = 2\frac{1}{2}$ )

- | Column A          | Column B                                 |
|-------------------|--|
| a) Proteins       | i) Vitamins                              |
| b) Fats           | ii) Oxygen transport through haemoglobin |
| c) Micronutrients | iii) Repair of body tissues              |
| d) Vitamin C      | iv) Regulation of pH                     |
| e) Iron           | v) Concentrated Source of energy         |
|                   | vi) Scurvy                               |
|                   | vii) Helps in muscle contraction         |

**11 Write 'T' if you consider is the statement True and 'F' if you consider the statement as false.** (5 x 1/2 = 2 1/2)

- a) Chikungunya is a viral disease transmitted in human by the bite of infected mosquitoes (T / F)
- b) Benzyl benzoate 25% is applied on head to treat pediculoses (T / F)
- c) Chemical measures for mosquito control is alone by use of kerosene, Paris Green . (T / F)
- d) Universal screening of pregnant mothers for Hbs Ag is done to diagnose Hepatitis A. (T / F)
- e) Hepatitis B immunoglobulin (HBIG) is used for immediate protection of acutely exposed cases to HBs Ag positive blood. (T / F)

**12 Fill in the Blanks**

(5 x 1/2 = 2 1/2)

- a) Subjective sense of feeling unwell is referred as \_\_\_\_\_
- b) Complex interactions among people, their characteristics and the environment influence health are know as \_\_\_\_\_ theory.
- c) Actions which halts the progress of a disease at its early stage is \_\_\_\_\_ level of prevention.
- d) The essential strategy for early detection of emerging or re-emerging infections diseases is \_\_\_\_\_
- e) An epidemic affecting large population groups, extending to wide geographical area is knows as \_\_\_\_\_