

## **1.mention the principles of arthropod control**

### **Principles of arthropod control**

- ☐ Environmental **control**
- ☐ elimination of breeding places
- ☐ Filling and drainage operation
- ☐ carefully planned water management
- ☐ provision of piped water supply
- ☐ Proper disposal of refuse and other wastes
- ☐ cleanliness in and around houses.

## **2.what is the eligible couple?**

An 'Eligible Couple' refers to a currently married couple wherein the age of the wife is in the age group of 15 to 44 years (Child bearing age).

## **3.what are the cardinal features of leprosy?**

- Discolored patches of skin, usually flat, that may be numb and look faded (lighter than the skin around)
- Growths (nodules) on the skin.
- Thick, stiff or dry skin.
- Painless ulcers on the soles of feet.
- Painless swelling or lumps on the face or earlobes.
- Loss of eyebrows or eyelashes.

## **4.what is the incubation period of amoebiasis?**

The average incubation period is 2–4 weeks. Patients may, however, present months to years after the initial infection.

## **5.what is koplik's spot?**

Koplik spots are seen with measles. They are small, white spots (often on a reddened background) that occur on the inside of the cheeks early in the course of measles.

## **6.name the vaccine preventable six killer diseases?**

♦ Diphtheria-tetanus-pertussis combined

♦ Hepatitis B

♦ Influenza

♦ Measles

♦ Pneumococcus

♦ Rotavirus

### **7.what is the incubation period of leprosy?**

Leprosy is an infectious disease caused by a bacillus, *Mycobacterium leprae*.

*M. leprae* multiplies slowly and the incubation period of the disease, on average, is 5 years.

Symptoms may occur within 1 year but can also take as long as 20 years or even more to occur.

### **8.define morbidity?**

the condition of suffering from a disease or medical condition.

"the therapy can substantially reduce respiratory morbidity in infants"

the rate of disease in a population.

"the levels of air pollution are associated with increased morbidity from respiratory diseases"

### **9.what are the levels of prevention?**

- improving the overall health of the population (primary **prevention**)
- improving (secondary **prevention**)
- improving treatment and recovery (tertiary **prevention**).

### **10.list four intestinal infections**

Intestinal infectious diseases include a large number of infections of the bowels including:

1. cholera,
2. typhoid fever,

3. salmonella infections,
4. gastroenteritis.

### **11.what are the types of food poisoning?**

At least 250 different kinds of food poisoning have been documented, but the most common ones are e. coli, listeria, salmonella, and norovirus, which is commonly called "stomach flu." Other less common illnesses that can be transferred from food or food handling are botulism, campylobacter, vibrio, and shigella.

### **12.two advantages and disadvantages of condom usage.**

Advantages:

When used correctly and consistently, they are a reliable method of preventing pregnancy and protecting both partners from STIs, including chlamydia, gonorrhoea and HIV.

Disadvantages:

Some users may have a latex allergy.

Condom breakage and slippage decrease effectiveness.

### **13.list out any four functions of community health nurse.**

- Providing information,
- health education to people to improve their behaviour and health status,
- working with the family and providing direct care during illness,
- notification to health authority about communicable disease.

### **14.four criteria for good lighting**

- light intensity,
- uniformity of light,
- dazzle capability and luminance distribution,
- light pulsation and colour rendering,
- shading of light.

### **15.define incidence**

the occurrence, rate, or frequency of a disease, crime, or other undesirable thing.

## **16.types of tetanus.**

There are four forms of tetanus based on clinical findings: generalized, neonatal, localized, and cerebral tetanus.

## **17.Three complications of mumps.**

- inflammation of the ovaries (oophoritis) and/or breast tissue (mastitis)
- inflammation in the pancreas (pancreatitis)
- inflammation of the brain (encephalitis)

## **18.composition of air**

It's a mixture of different gases. The air in Earth's atmosphere is made up of approximately 78 percent nitrogen and 21 percent oxygen. Air also has small amounts of lots of other gases, too, such as carbon dioxide, neon, and hydrogen.

## **19.what is sewage?**

Sewage is waste matter such as faeces or dirty water from homes and factories, which flows away through sewers.

## **20.symptoms of typhoid fever**

- Weakness.
- Stomach pain.
- Headache.
- Diarrhea or constipation.
- Cough.
- Loss of appetite.

## **21.list the re- emerging diseases**

Re-emerging diseases include malaria, tuberculosis, cholera, pertussis, influenza, pneumococcal disease, and gonorrhea.

## **22.principles of primary health care**

The principles of primary health care are accessibility, public participation, health promotion' appropriate technology and intersectoral cooperation.

## **23.mention any 4 community nutritional programs**

- ✓ take-home supplementary feeding (500 kcal/day) for undernourished children,
- ✓ nutrition education through demonstration,
- ✓ micronutrient Interventions include growth monitoring and promotion,
- ✓ supplementation to children and mothers,
- ✓ deworming of school-aged children along with education on personal and environmental ...

## **24.slaughter houses**

a place where animals are slaughtered for food.

## **25.LBW**

Low birth weight (LBW) is defined as a birth weight of less than 2500 g (up to and including 2499 g), as per the World Health Organization (WHO) [1].

## **26.List down the dimentions of health**

There are five main aspects of personal health: physical, emotional, social, spiritual, and intellectual.

## **27.iceberg of diseases**

The study of the "iceberg phenomenon of a disease“ tells of the progress (pathogenesis and spread) of a disease from its sub-clinical stages to apparent disease state. The tip of the iceberg represents what the clinicians see and submerged is the part explored and made visible by the epidemiologists.

## **28.define vital statistics**

The vital statistics of a population are statistics such as the number of births, deaths, or marriages which take place in it. 2. plural noun [usually with poss] Someone's vital statistics, especially a woman's, are the measurements of their body at certain points, for example at their chest, waist, and hips.

**29.causative organism for chicken pox**

Chickenpox is a highly contagious disease caused by the varicella-zoster virus (VZV). It can cause an itchy, blister-like rash. The rash first appears on the chest, back, and face, and then spreads over the entire body, causing between 250 and 500 itchy blisters.

**30.write down the ideal time to give the DPT vaccine to the infant**

6 weeks, 10 weeks and 14 weeks

**31.write the two methods of refuse disposal**

- Recycling. Incineration. ...
- Other thermal treatment plants. Chemical-physical and biological treatment. ...
- Chemical-physical and biological treatment. Landfills. ...
- Landfills. Collection and logistics.

**32.write down two noise control measures**

1. Reduce the amount of sound that is produced by a given process, operation or activity.
2. Block, or contain-and-dissipate the sound.
3. Reduce excessive room reverberation.

**33.mention any four activities of subcentre**

- Providing basic medical services for the community. ...
- Providing maternal and child health services like Immunization, health education etc.
- Providing family planning and welfare services like contraception, maintaining eligible couple registers,
- Providing nutrition services,

**34.what is the incubation period for typhoid fever**

Confusion, delirium, and intestinal perforation may occur in severe cases, typically after 2 to 3 weeks of illness. The incubation period for typhoid fever is typically 6 to 30 days, and 1 to 10 days for paratyphoid fever.

**35.what are the main causes of coronary artery diseases in India today**

Case-control studies have reported that important risk factors for CHD in India are dyslipidemias, smoking, diabetes, hypertension, abdominal obesity, psychosocial stress, unhealthy diet, and physical inactivity. Suitable preventive strategies are required to combat this epidemic.

**36.state the components of diarrheal disease control program?**

The Program, which has the objective of reducing childhood mortality and morbidity due to diarrheal diseases and their associated ill effects, especially malnutrition, consists of 2 main components: a health services and control component and research component.

**37.write two methods of fly control measures**

- Reducing larval habitats attractive to flies with regular cleaning and mucking and keeping all edibles for your horse in closed storage bins.
- Keep your barn and pasture areas clean and dry by eliminating standing water and dispose of all wet feed and hay.

**38.list four legislative acts regulating the environment**

The National Green Tribunal Act, 2010. The Air (Prevention and Control of Pollution) Act, 1981. The Water (Prevention and Control of Pollution) Act, 1974.

The Environment Protection Act, 1986.31-Aug-2017

**39.define community health nursing**

It is a synthesis of nursing and public health practice applied to promoting and preserving the health of the people.

**40.list the arthropod-borne infections.**

California encephalitis, Chikungunya, dengue, Eastern equine encephalitis, Powassan, St. Louis encephalitis, West Nile, Yellow Fever, and Zika.

**41.define net reproduction rate**

the net reproduction rate,  $R_0$ , is the average number of offspring (often specifically daughters) that would be born to a female if she passed through her lifetime conforming to the age-specific fertility and mortality rates of a given year. ...

**42.list four drugs used in anti -retroviral treatment**

- Synthroid (levothyroxine), 21.5 million.
- Crestor (rosuvastatin), 21.4 million.
- Ventolin HFA (albuterol), 18.2 million.
- Nexium (esomeprazole), 15.2 million.

**43.list the medical treatment of plaque.**

Systemic therapies include a vitamin A-like drug, acitretin (Soriatane), short-term cyclosporine (Gengraf, Neoral, Sandimmune) therapy for severe flares, and methotrexate (Rheumatrex Dose Pack, Trexall).

**44.mention the classification of vaccines**

There are two basic types of vaccines: live attenuated and inactivated. The characteristics of live and inactivated vaccines are different, and these characteristics determine how the vaccine is used. Live attenuated vaccines are produced by modifying a disease-producing (“wild”) virus or bacterium in a laboratory.

**45.biological effects of radiation**

- Skin damage.
- Nausea and vomiting.
- Malaise and fatigue.
- Increased temperature.
- Blood changes.
- Bone marrow damage.
- Damage to cells lining the small intestine.
- Damage to blood vessels in the brain.