

Leaflet Outline “Primary Health Care (PHC)” Student Activity

Faculty of Medicine – Beni-Suef National University

3rd Year

Purpose

Guide students in selecting and preparing their Primary Health Care (PHC) activity topics.

Instructions for Students

1. Each student should select one topic from the list below.
2. Prepare a **One Page Leaflet**.
3. Focus on:
 - Definition and background
 - Relevance to Primary Health Care
 - Preventive and promotive aspects
 - Examples from **Egyptian PHC programs**
4. Attach this leaflet to your activity sheet after supervisor’s signature.

Topics

No.	Topic Title	Key Focus
1	Antenatal Care	What Every Mother Should Know
2	Danger Signs in Pregnancy	When to Seek Help
3	Physical Activity Promotion in PHC	Exercise counseling and sedentary lifestyle reduction.
4	Safe Delivery Practices	Your Guide to a Healthy Birth
5	Postnatal Care	Caring for the Mother After Birth
6	School Health Program	Screening, vaccination, and hygiene promotion in schools.
7	Smoking Cessation in PHC	Role of physicians in prevention and counseling.
8	Family Planning Options for New Mothers	Family Planning methods
9	Eating Right During Pregnancy	Nutritional Tips for Moms-to-Be
10	Micronutrient Needs in Pregnancy	Iron, Folic Acid & More
11	Nutrition for Breastfeeding Mothers	Fuel for You and Your Baby
12	Myths vs Facts: Food and Nutrition in Pregnancy	Food and Nutrition in Pregnancy
13	Monitoring Child Growth	What Parents Should Know
14	Childhood Nutrition	Building a Strong Foundation for Life
15	Healthy Aging	Daily Habits for Elderly
16	Fall Prevention	Tips for the Elderly
17	Mental Health in Old Age	Recognizing Depression and Dementia
18	Importance of Social Support and Physical Activity for Elderly	Preventing loneliness, isolation, and mental health decline
19	Healthy Habits for School Children	Hygiene, Sleep, and Nutrition
20	Dealing with Exam Stress	Mental Health Tips for Students

Evaluation Criteria

Component	Marks
Content accuracy & relevance	
Public health application	
Presentation clarity & creativity	
Total	