

OVERVIEW OF HEALTH, HYGIENE & MENTAL HEALTH

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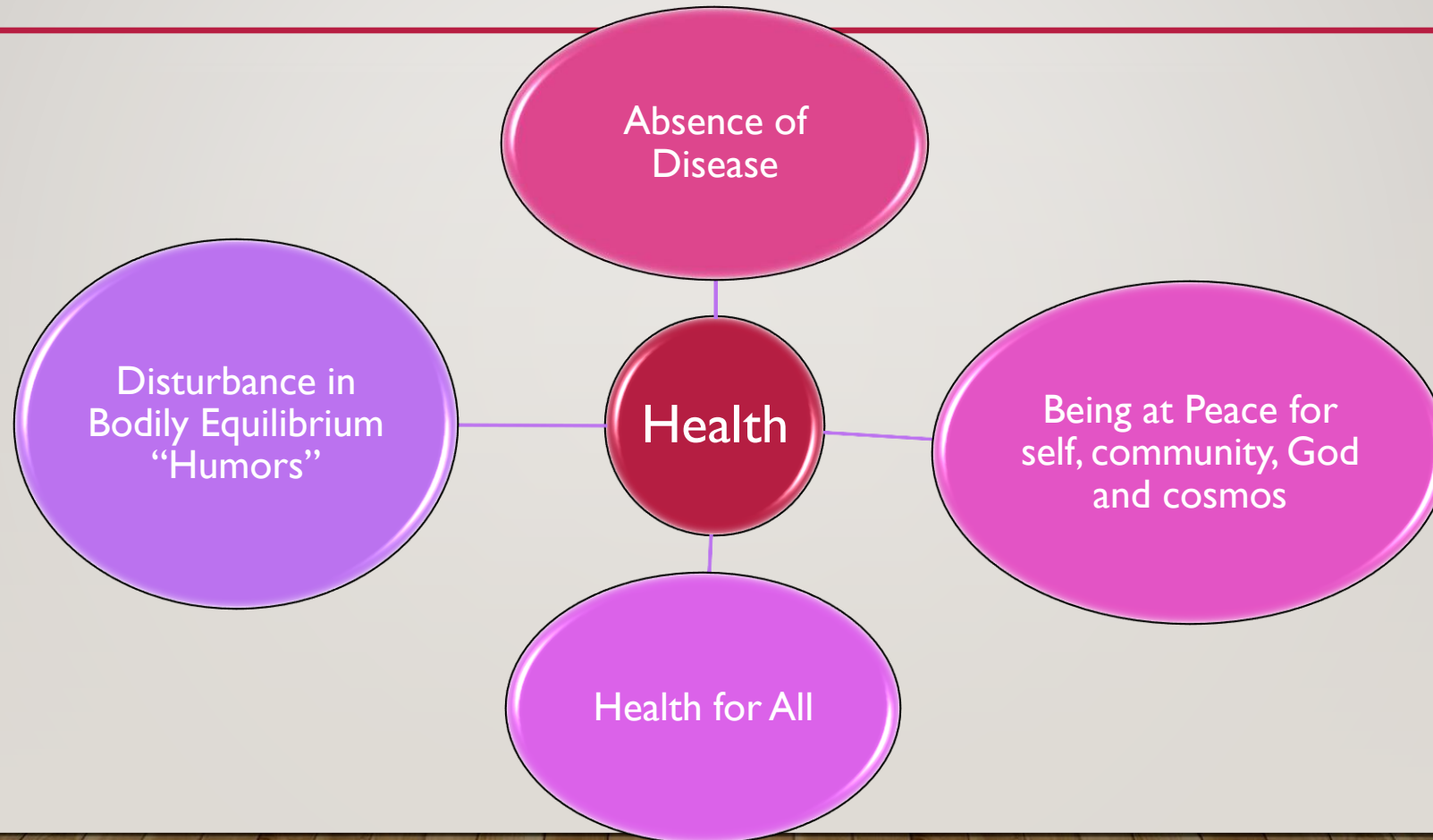
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CONCEPTS OF HEALTH



CONCEPTS OF HEALTH

Biomedical Concept

Body → Machine → Repair

Ecological Concept

Imperfect Man & Imperfect Environment

Psychosocial Concept

Social + Psychological + cultural +
economical + Political

Holistic Concept

Social + Economic + Environment + Political

DEFINITION - HEALTH

- The world Health Organization (WHO) described health in 1948, in the preamble to its constitution, as

“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

“Socially and Economically Productive Life”

DIMENSIONS OF HEALTH

Physical Dimension

- Perfect functioning of the body
- Good complexion, clear skin, sound sleep, coordinated bodily movement etc.

Mental Dimension

- A state of balance between individual and surrounding world, oneself and others etc.
- Free from internal conflicts, well adjusted, search for identity, strong self esteem etc.

Social Dimension

- Quantity and quality of an individuals interpersonal ties and extent of involvement in the community.
- Level of social skills, social functioning, seeing oneself as a part of larger community



Spiritual Dimension

- Part of the individual which reaches out and strives for meaning and purpose.
- Integrity, principles & ethics, commitment, purpose in life, belief in supreme power.

Emotional Dimension

- Feelings

Vocational Dimension

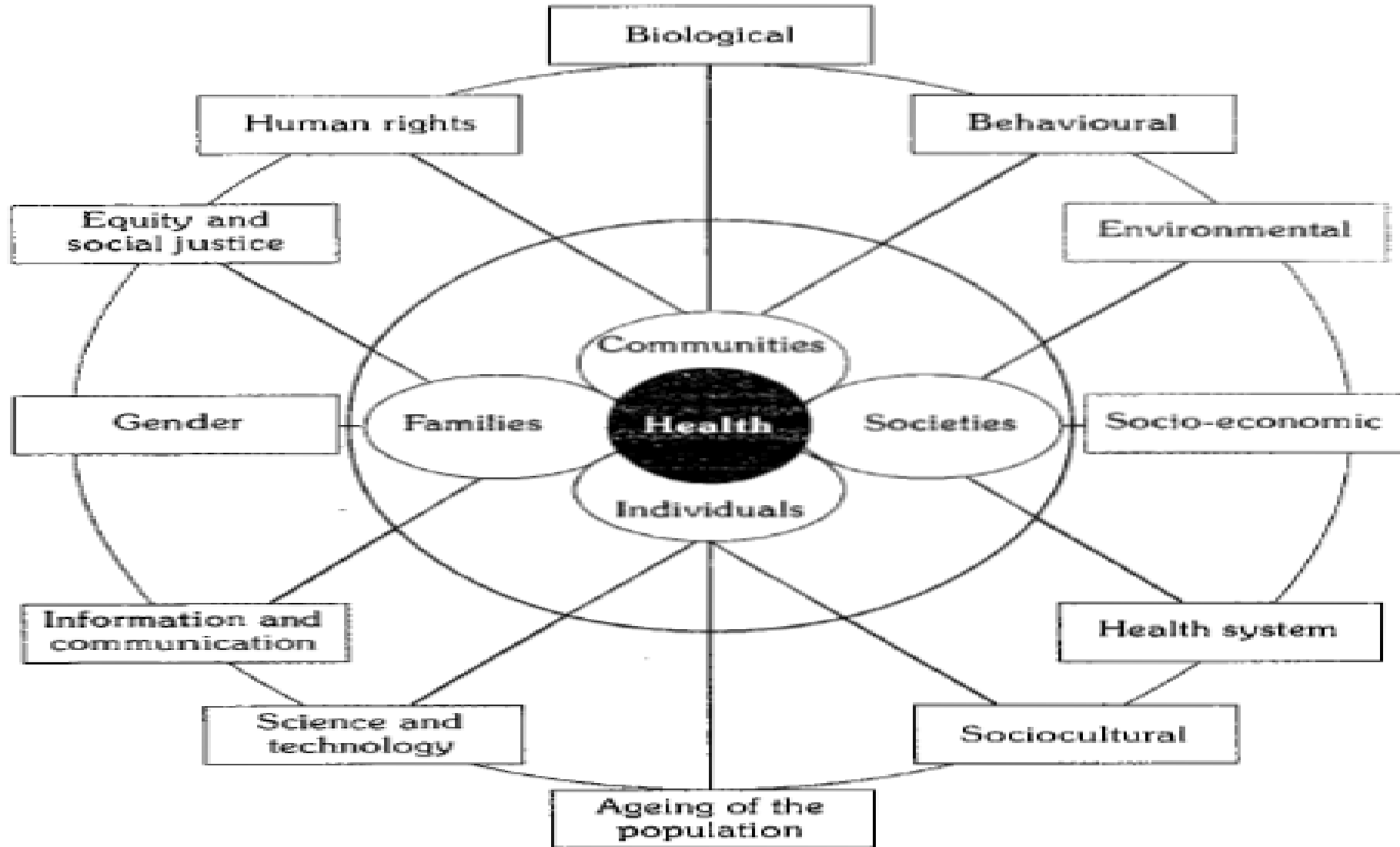
- Workplace has a affect on physical and mental health.
- Others: Philosophical, cultural, educational, socio-economical, environment, nutritional, curative and preventive.

SIGNS OF GOOD HEALTH

<https://www.youtube.com/watch?v=--vmK34uLaM>



DETERMINANTS OF HEALTH



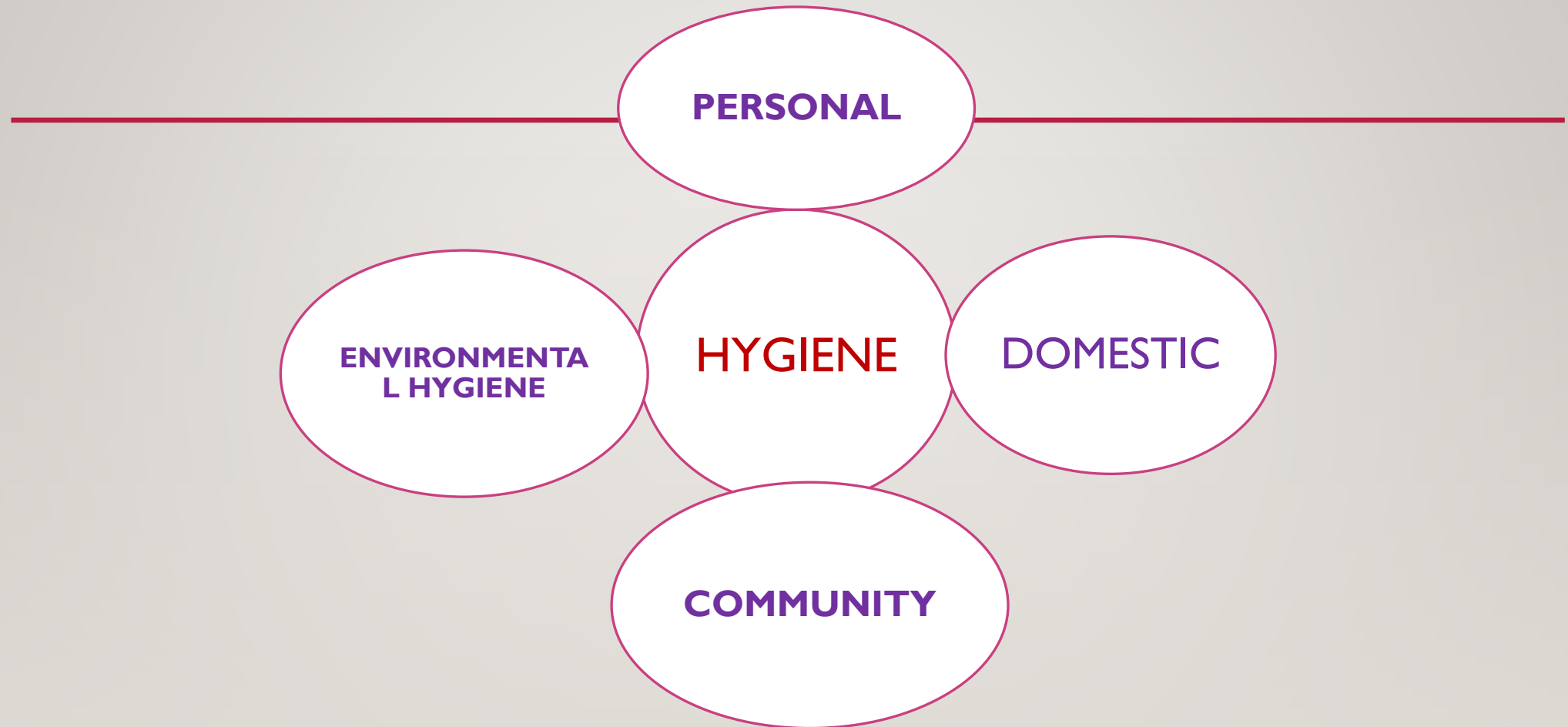
CONCEPT OF HYGIENE

- Hygiene refers to all those practices that help in maintaining good health and preventing diseases. The word 'hygiene' comes from the Greek word 'hygiea' which means 'Goddess of health'.
- Cleaning (e.g., hand washing) is the process of removing disease causing germs as well as dirt and soil. It is one of the means of achieving hygiene.

You might have heard about body hygiene, personal hygiene, sleep hygiene, dental hygiene, occupational hygiene, domestic hygiene, etc.



CLASSIFICATION OF HYGIENE



MENTAL HEALTH

- “A state of mental well being and not just absence of mental illness” .A. State of well-being with the ability to
- Realize one's own abilities
- Cope wit the normal stresses of life
- Work productively
- Contribute to one's community

-
- <https://www.poconorecord.com/story/lifestyle/2004/01/23/bleeding-to-death-without-losing/51060683007/>
 - In 1936, in India, recounts Nobel Laureate Bernard Lown in "The Lost Art of Healing,"



[HTTPS://ALEMALJUCA.MEDIUM.COM/THE-PHOT
MADE-ITS-PHOTOGRAPHER-COMMIT-SUICIDE-
F67CFA5C1514](https://alemaljuca.medium.com/the-photographer-committed-suicide-f67cfa5c1514)



- 1993 – 26th March





-
- <https://www.youtube.com/watch?v=wOFrdVssLEE>

DETERMINANTS OF MENTAL HEALTH

| Biological | Psychological | Social |
|----------------------|---------------|------------------------|
| Genetic Factors | Personality | Poverty |
| Physical Health | Coping Styles | Education |
| Nutrition | | Rapid Social Change |
| Physical Environment | | Stress at work |
| Unhealthy Lifestyle | | Gender discrimination |
| | | Social Exclusion |
| | | Exposure to Violence |
| | | Human rights violation |

BASIC PRINCIPLES IN MAINTAINING GOOD MENTAL HEALTH

- ✓ **Regular Physical Exercise**
- ✓ **Adequate Sleep**
- ✓ **Regularity of daily routine**
- ✓ **Communication, Socialization, Sharing of experiences**
- ✓ **Stay away from drugs, smoking and alcohol**
- ✓ **Learning stress management**
- ✓ **Yoga**
- ✓ **Meditation of any kind**

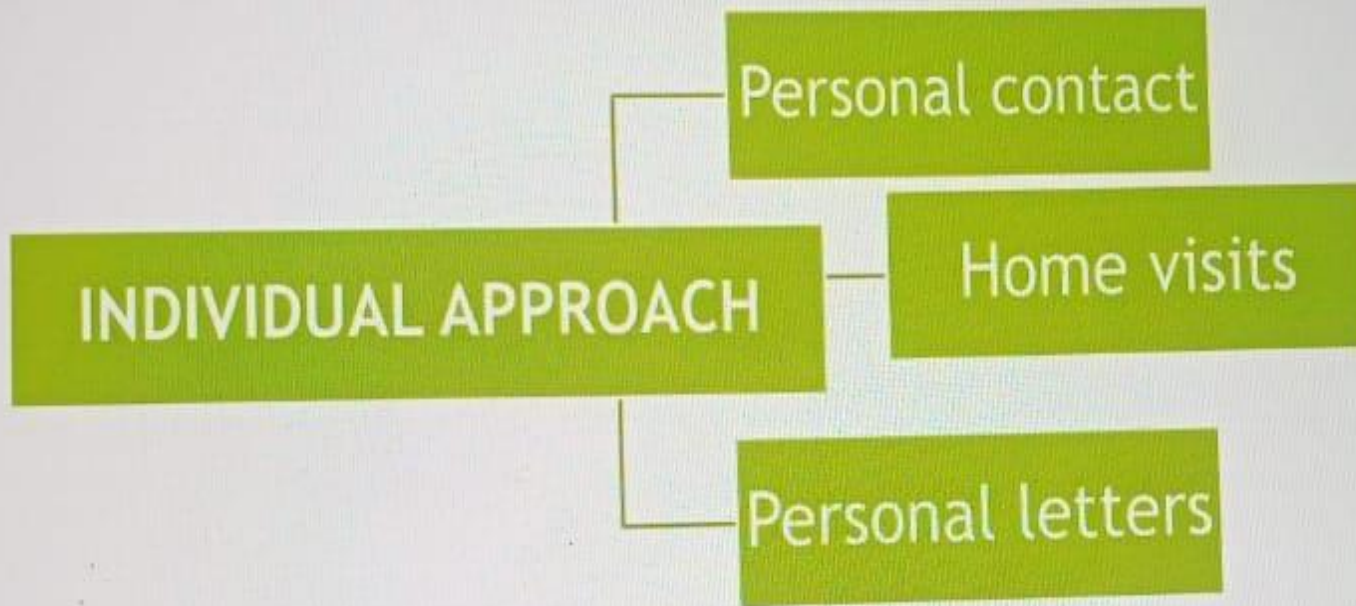
LEVELS OF HEALTH CARE

Individual
Level

Family
Level

Community
Level





Steps to individual approach include-

- > Planning for visit
- > Conducting individual interview
- > Follow up

1. INDIVIDUAL APPROACH



- ▶ Personal contact/face to face discussion
- ▶ To:
 - ✓ Understand client attitudes
 - ✓ Clear their doubts
 - ✓ Correct misconceptions
 - ✓ Identify & remove barriers in the way of adapting health practices

3. Health education in community



- ▶ It is meant for a defined community:
 - ✓ To create awareness
 - ✓ To help people understand their health problems and needs
 - ✓ To find alternative solution, implement them
 - ✓ Evaluate and get feedback

- ▶ Health education in community requires support of local leaders who are influential and have people's support (Sarpanch, Patwari, School teacher etc)

FAMILY LEVEL

- Emotional Support
- Traditional Home Remedies
- Nutrition
- Early Screening

COMMUNITY LEVEL

- Identifying top public health concerns within the specific geographic area, such as environmental and social factors that affect healthy life choices.
- Developing an intervention plan to address resource gaps in the community, such as establishing community health centers, mobile clinics, and outreach programs.
- Educating residents on the benefits of preventive care and healthy behaviors to facilitate life changes.
- Providing essential services such as screenings, social support, and counseling.
-

COMMUNITY LEVEL

- **Helping residents gain access to resources such as affordable medical, dental, and mental health care services; insurance (Medicare or Medicaid enrollment); translation and transportation services; or housing, food, and education.**
- **Reducing the need for expensive emergency care and hospitalizations.**
- **Advocating for improved care for at-risk populations to state and federal policymakers.**
- **Working with other community agencies to address the area's mental, physical, cultural, and social characteristics, including nutrition, housing, and transportation.**

DISEASE

Webster Definition:

- ✓ A condition in which body health is impaired,
- ✓ a departure from the state of health,
- ✓ an alteration of the human body interrupting the performance of vital functions.
- ✓ Disease - Without ease (Uneasiness)

GERM THEORY OF DISEASE

- One to One Relationship



NATURAL HISTORY OF DISEASE

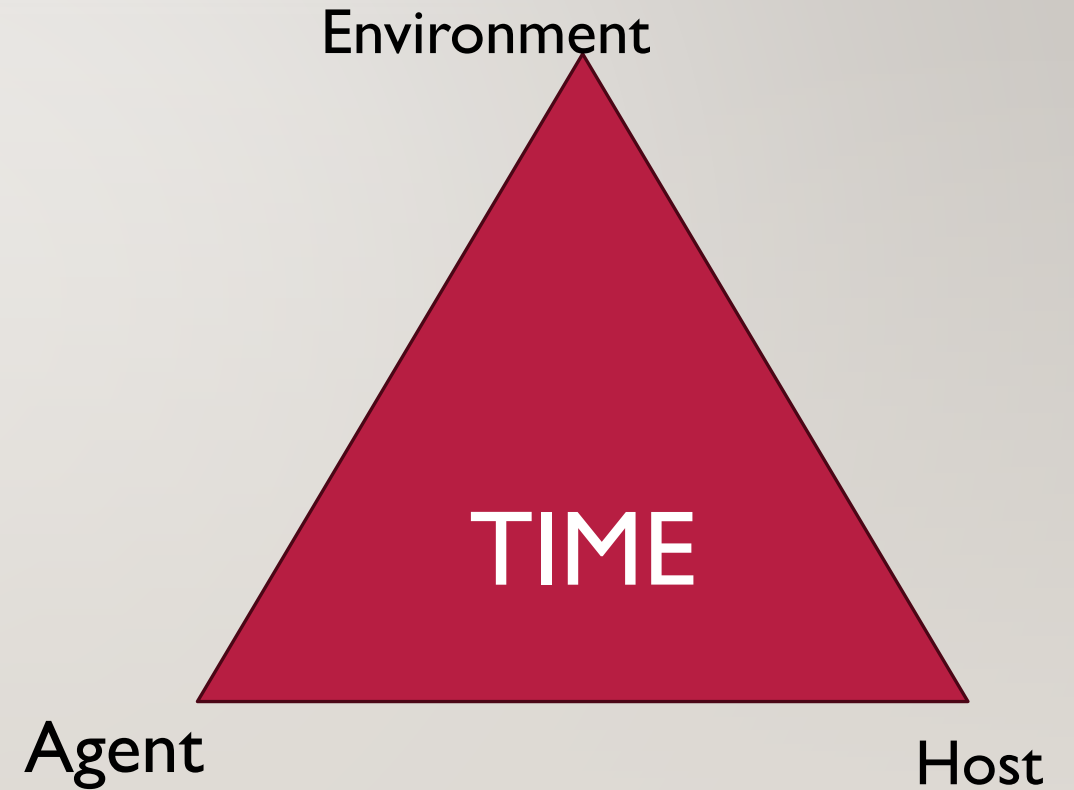
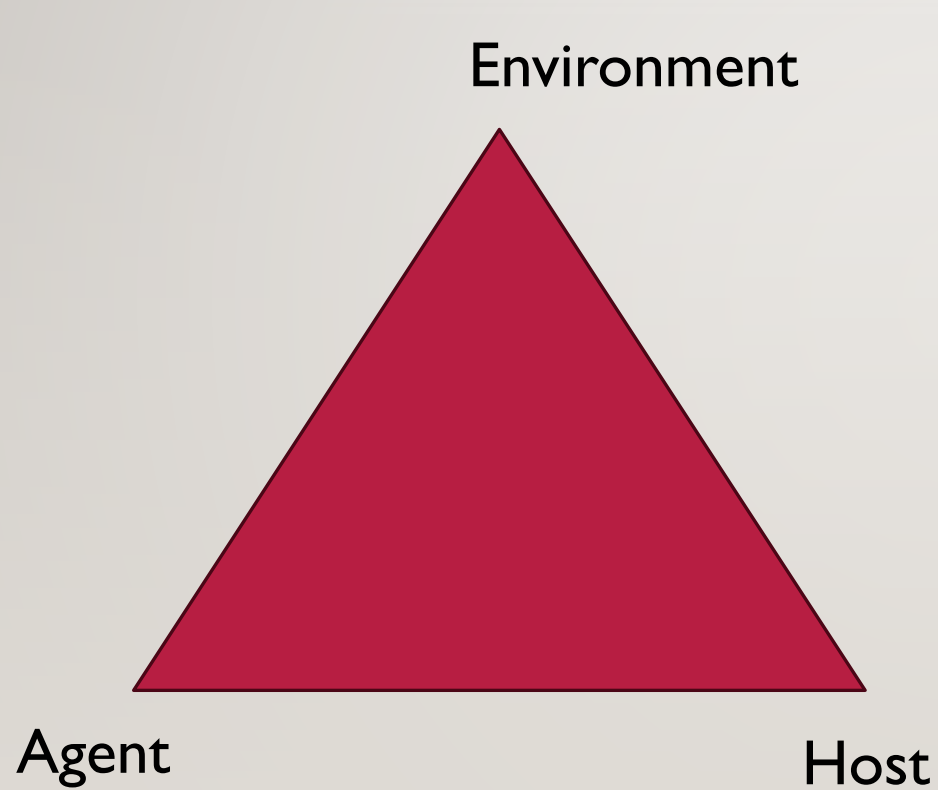
Disease

From the early stage of prepathogenesis

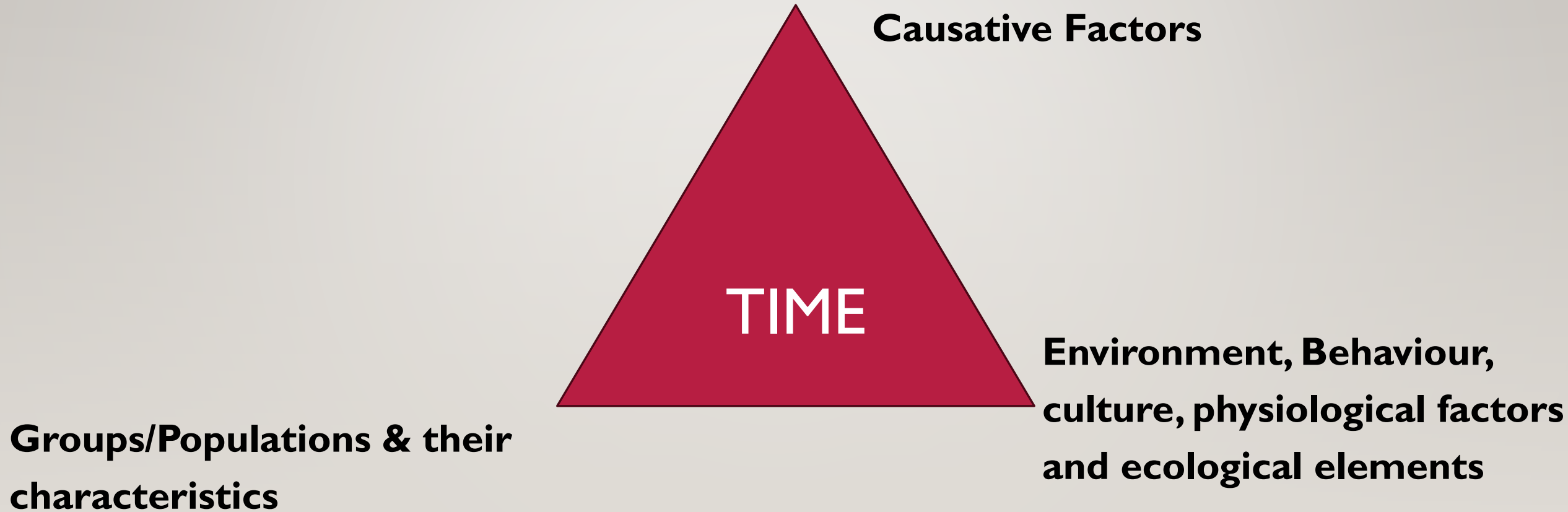


Termination as recovery, disability or death in
the absence of treatment

TRIANGLE OF EPIDEMIOLOGY



MULTIFACTORIAL CAUSATION



-
- <https://www.youtube.com/watch?v=Qzt-qGglo0>
 - <https://www.youtube.com/watch?v=jGIVNSCsP5Q&t=116s>

TWO PHASES

- PRE – PATHOGENESIS – In Environment
- PATHOGENESIS – In Man

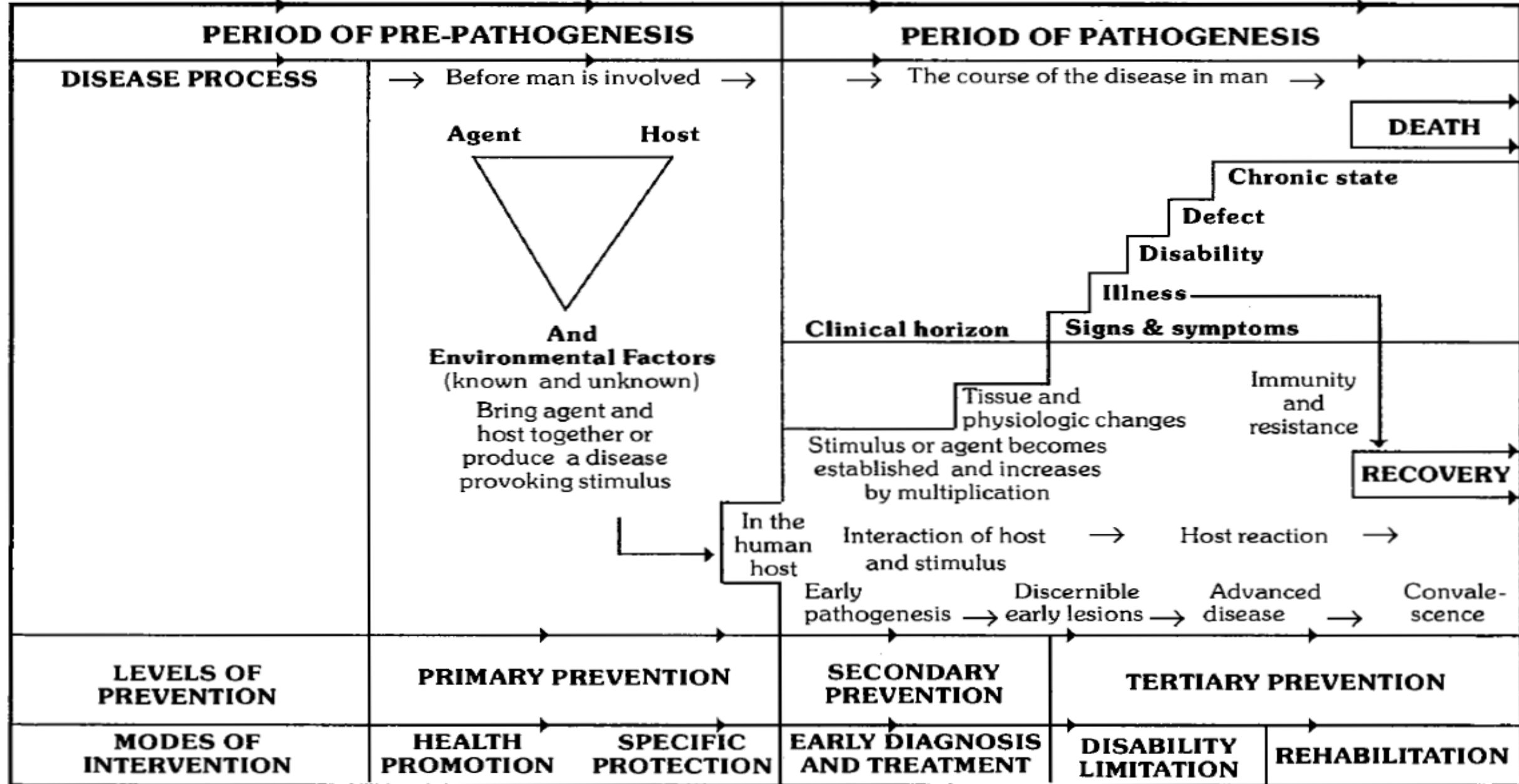
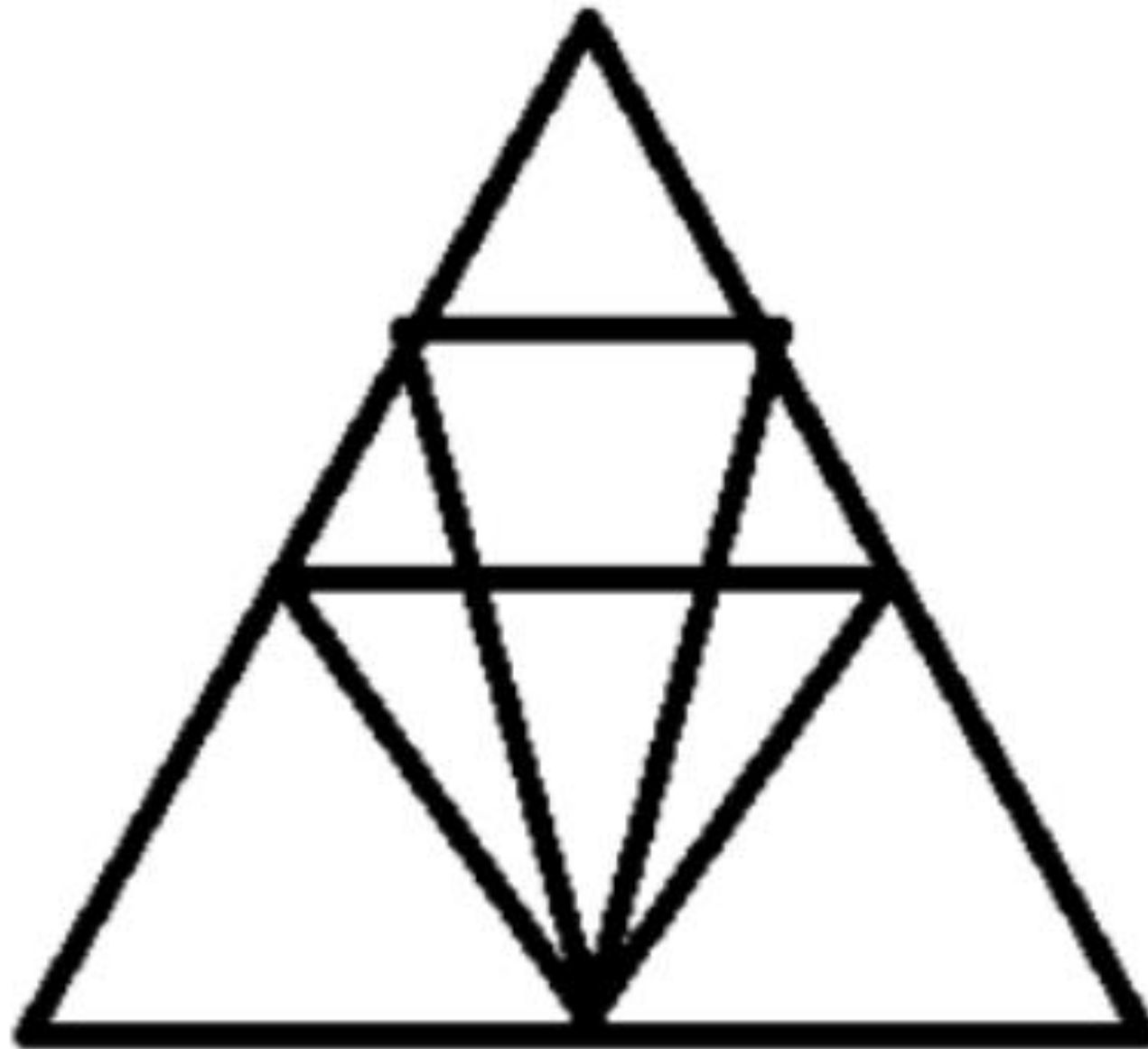


FIG. 8

Natural history of disease

(From Preventive Medicine for the Doctor in His Community, by Leavell & Clark with permission of McGraw-Hill Book Co.)



SPECTRUM OF THE DISEASE

- **Spectrum of the disease refers to the graphical representations of variations in the manifestation of a disease.**
- **It is akin to the spectrum of light which varies from one end to the other.**
- **One end depicts the subclinical features and the other end depict about the fatal illness. Middle areas depicts the severity from mild to severe.**
- **Reflects individuals different state of immunity and receptivity.**

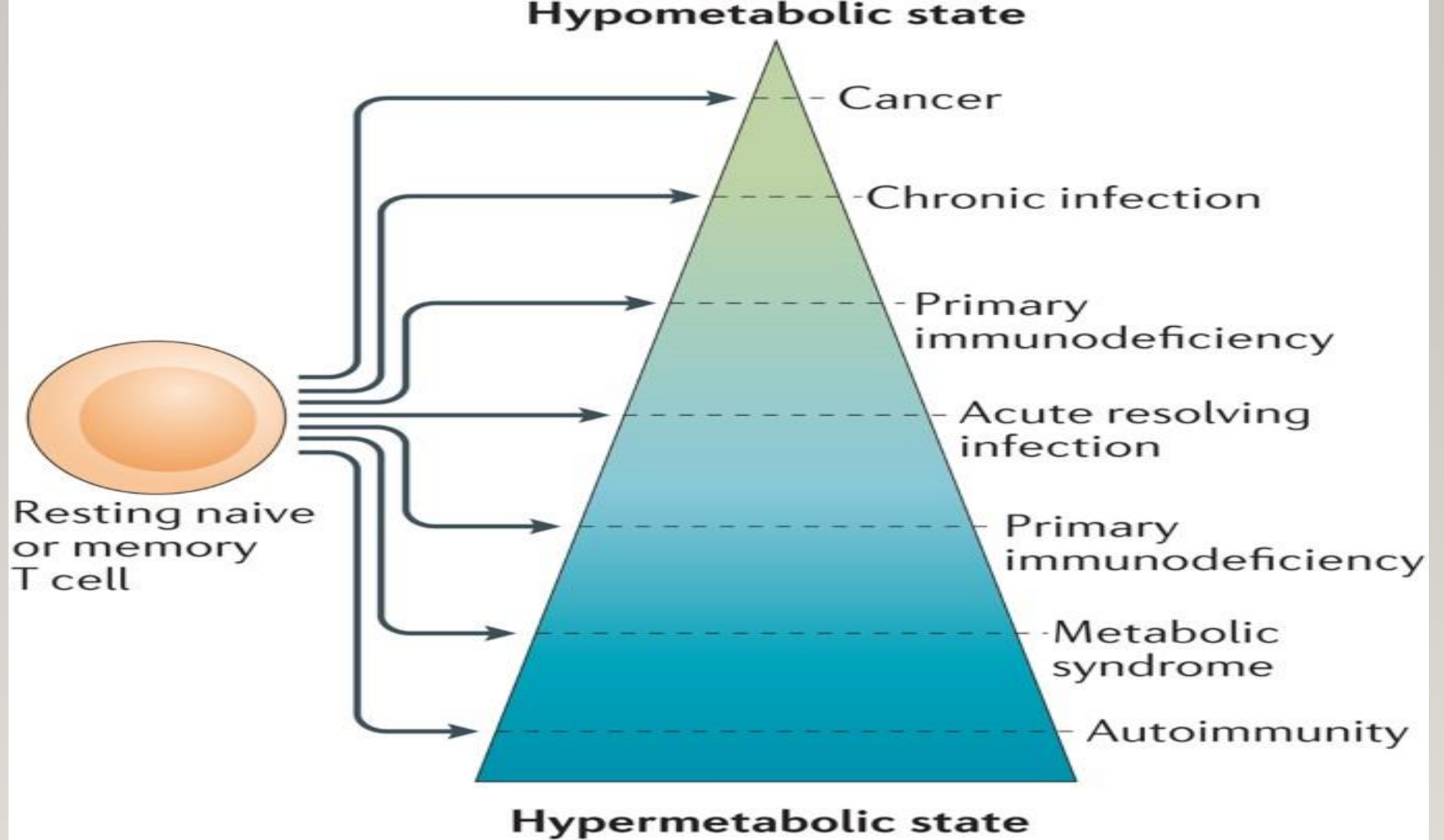
SPECTRUM OF HEALTH



SOLUTIONS



CULTURE OF HEALTH & WELLBEING • APPROPRIATENESS OF CARE • UTILIZATION MANAGEMENT



CHARACTERISTICS OF MENTALLY HEALTHY INDIVIDUALS

National Mental Health Association cites 10 characteristics of people who are mentally healthy.

1. They feel good about themselves.
2. They do not become overwhelmed by emotions, such as fear, anger, love, jealousy, guilt, or anxiety.
3. They have lasting and satisfying personal relationships.
4. They feel comfortable with other people.

CHARACTERISTICS OF MENTALLY HEALTHY INDIVIDUALS

1. They can laugh at themselves and with others.
2. They have respect for themselves and for others even if there are differences.
3. They are able to accept life's disappointments.
4. They can meet life's demands and handle their problems when they arise.
5. They make their own decisions.
6. They shape their environment whenever possible and adjust to it when necessary.

<https://www.youtube.com/watch?v=mOIOAIJb3Ws>



HEALTH PROMOTION

- Health promotion enables people to increase control over their own health. It covers a wide range of social and environmental interventions that are designed to benefit and protect individual people's health and quality of life by addressing and preventing the root causes of ill health, not just focusing on treatment and cure. (World Health Organization).
- **Three Key Elements**

✓ **1. Good governance for health**

✓ **2. Health literacy**

✓ **3. Healthy cities**

GOOD GOVERNANCE OF HEALTH

Policy Change

legislative advocacy, fiscal measures, taxation, and regulatory oversight

- policies for smoke-free zones and public events, healthy food options in public places
- healthy food options in public places
- Adding a tax to unhealthy food options
- use of safety equipment in a work setting to avoid injury

System Change

- Developing plans for implementing new interventions and processes
 - Adapting or replicating a proven health promotion model
 - Implementing new technologies
 - Creating training or certification systems that align with policies

Environmental Change

- changing the economic, social, or physical surroundings

- Increasing the number of parks, greenways, and trails in the community
 - Installing signs that promote use of walking and biking paths
 - Increasing the availability of fresh, healthy foods in schools, restaurants, and cafeterias

HEALTH LITERACY - HEALTH COMMUNICATION

- Effective health communication and social marketing strategies include the following components:
- Use of research-based strategies to shape materials and products and to select the channels that deliver them to the intended audience.
- Understanding of conventional wisdom, concepts, language, and priorities for different cultures and settings.
- Consideration of health literacy, internet access, media exposure, and cultural competency of target populations.
- Development of materials such as brochures, billboards, newspaper articles, television broadcasts, radio commercials, public service announcements, newsletters, pamphlets, videos, digital tools, case studies, group discussions, health fairs, field trips, and workbooks among others media outlets.

WAYS TO PROMOTE HEALTH – CDC

1. Helping People Quit Smoke.
2. Increasing Access to Healthy Foods and Physical Activity.
3. Preventing Excessive Alcohol Use.
4. Promoting Lifestyle Change and Disease Management.
5. Promoting Women's Reproductive Health.
6. Promoting Clinical Preventive Services.
7. Promoting Community Water Fluoridation.

CLASSIFICATION OF MENTAL DISORDERS ACCORDING TO ICD-10 / DSM V

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Classification of Mental disorders

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graph LR; A[Classification of Mental disorders] --> B["International Classification of Diseases (ICD-10) - WHO"]; A --> C["Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) - APA"]; B --> D["Chapter V – Mental and Behavioural Disorders"]; B --> E["10 Main Groups F0 – F98"]; C --> F["Published in 1994"]; C --> G["More than 250 disorders categorized in 5 axis"];
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International Classification of Diseases (ICD-10) - WHO

Chapter V – Mental and Behavioural Disorders

10 Main Groups F0 – F98

Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) - APA

Published in 1994
More than 250 disorders categorized in 5 axis

INTERNATIONAL CLASSIFICATION OF DISEASES - ICD 10

Chapter V - MENTAL and BEHAVIOURAL DISORDERS

- **F0 - F9: Organic, including symptomatic, mental disorders**
- **F10 - F-19: Mental and behavioural disorders due to use of psychoactive substances**
- **F20 - F29: Schizophrenia, schizotypal and delusional disorders**
- **F30 -F39: Mood [affective] disorders**
- **F40 - F49: Neurotic, stress-related and somatoform disorders**

INTERNATIONAL CLASSIFICATION OF DISEASES - ICD 10

- F50 - F59: Behavioural syndromes associated with physiological disturbances and physical factors
- F60 - F69: Disorders of personality and behaviour in adult persons
- F70 - F79: Mental retardation
- F80 - F89: Disorders of psychological development
- F90 - 98: Behavioural and emotional disorders with onset usually occurring in childhood and adolescence
- In addition, a group of F99 "unspecified mental disorders".

F0 - F9: ORGANIC, INCLUDING SYMPTOMATIC, MENTAL DISORDERS

- This domain comprises a range of mental disorders grouped together on the basis of their having in common a demonstrable etiology in cerebral disease, brain injury, or other insult leading to cerebral dysfunction.

F00 Dementia in Alzheimer disease

<https://www.youtube.com/watch?v=NO1uXp1s6O8>

F01 Vascular dementia

F02 - Dementia in other diseases classified

F03 - Unspecified dementia

F04 - Organic amnesic syndrome, not induced by alcohol and other psychoactive substances

<https://www.youtube.com/watch?v=WJc3TeHEGyc>



F0 - F9: ORGANIC, INCLUDING SYMPTOMATIC, MENTAL DISORDERS

F05 - Delirium, not induced by alcohol and other psychoactive substances

F06 - Other mental disorders due to brain damage and dysfunction and to physical disease

F07 - Personality and Behavioural disorders due to brain disease, damage and dysfunction

F09 - Unspecified organic or symptomatic mental disorder

<https://www.youtube.com/watch?v=U9W55UrzPb0>

F10 - F-19: MENTAL AND BEHAVIOURAL DISORDERS DUE TO USE OF PSYCHOACTIVE SUBSTANCES

- This block contains a wide variety of disorders that differ in severity and clinical form but that are all attributable to the use of one or more psychoactive substances, which may or may not have been medically prescribed.

<https://www.youtube.com/watch?v=NxHNxmJv2bQ>

<https://www.youtube.com/watch?v=Hgn7MJjMfkk>

F10 - Mental and behavioural disorders due to use of alcohol

F11 - Mental and behavioural disorders due to use of opioids

F12 - Mental and behavioural disorders due to use of cannabinoids

F0 - F9: ORGANIC, INCLUDING SYMPTOMATIC, MENTAL DISORDERS

- Mental and behavioural disorders due to use of sedatives or hypnotics
- Mental and behavioural disorders due to use of cocaine
- Mental and behavioural disorders due to use of other stimulants, including caffeine
- Mental and behavioural disorders due to use of hallucinogens
- Mental and behavioural disorders due to use of tobacco
- Mental and behavioural disorders due to use of volatile solvents
- Mental and behavioural disorders due to multiple drug use and use of other psychoactive substances

F20 - F29: SCHIZOPHRENIA, SCHIZOTYPAL AND DELUSIONAL DISORDERS

- This block brings together schizophrenia, as the most important member of the group, schizotypal disorder, persistent delusional disorders, and a larger group of acute and transient psychotic disorders.

<https://www.youtube.com/watch?v=yhwbk-B3iYM>

- **F20- Schizophrenia**

- The schizophrenic disorders are characterized in general by fundamental and characteristic distortions of thinking and perception, and affects that are inappropriate or blunted. Clear consciousness and intellectual capacity are usually maintained although certain cognitive deficits may evolve in the course of time.

<https://www.youtube.com/watch?v=98iuc4ift9I>

- **F21 - Schizotypal disorder**

- <https://www.youtube.com/watch?v=Fj3i3QW8XQU>

F20 - F29: SCHIZOPHRENIA, SCHIZOTYPAL AND DELUSIONAL DISORDERS

- **F22 - Persistent delusional disorders**
- **F23 - acute and transient psychotic disorders**
- **F24 - Induced delusional disorder**
- **F25 - Schizoaffective disorders**
- **F28 - Other nonorganic psychotic disorders**
- **F29 - Unspecified nonorganic psychosis**

F30 -F39: MOOD [AFFECTIVE] DISORDERS

This block contains disorders in which the fundamental disturbance is a change in affect or mood to depression (with or without associated anxiety) or to elation.

F30 : Manic episodes - <https://www.youtube.com/shorts/vZj6NnGr5gQ>

F31 – Bipolar Affective Disorders - <https://www.youtube.com/watch?v=B139W3-GZTo>

F32 – Depressive Episodes – **Mild, Moderate, with psychotic symptoms and without psychotic symptoms**

F33 - Recurrent depressive disorder – **repeated episodes of depression without mania**

F34 - Persistent mood [affective] disorders – **Mood fluctuations but not severe for separate diagnosis**

F 38 - Other mood [affective] disorders –**That does not fall under the above criteria**

F 39 - Unspecified mood [affective] disorder



F40 - F49: NEUROTIC, STRESS-RELATED AND SOMATOFORM DISORDERS

- A group of disorders in which anxiety is evoked only, or predominantly, in certain well-defined situations that are not currently dangerous. As a result these situations are characteristically avoided or endured with dread. The patient's concern may be focused on individual symptoms like palpitations or feeling faint and is often associated with secondary fears of dying, losing control, or going mad. <https://www.youtube.com/watch?v=vtUdHOx494E>
- F 40 - Phobic anxiety disorders
- F41 - Other anxiety disorders – **Not restricted to a particular environment/objects**
- F42 - Obsessive-compulsive disorder - https://www.youtube.com/watch?v=u_qfAtvX8Os
- F 43 - to severe stress, and adjustment disorders

F40 - F49: NEUROTIC, STRESS-RELATED AND SOMATOFORM DISORDERS

- F44 - Dissociative [conversion] disorders – **environmental cause/experience**
- F 45 - Somatoform disorders
- F48 - Other neurotic disorders
- https://www.youtube.com/watch?v=jN3KtN39V_8

The differences are that **hallucinations** are things that are sensed but not real, while **delusions** are beliefs that are not real or correct.



F50 - F59: BEHAVIOURAL SYNDROMES ASSOCIATED WITH PHYSIOLOGICAL DISTURBANCES AND PHYSICAL FACTORS

- **F50 - Eating disorders**
- **F51 - Nonorganic sleep disorders**
- **F52 - Sexual dysfunction, not caused by organic disorder or disease – Lack or excessive desire for sex**
- **F53 - Mental and Behavioural disorders associated with the puerperium, not elsewhere classified**
- **F 54 - Psychological and behavioural factors associated with disorders or diseases classified elsewhere – Psychological condition leading to physical conditions – tension (Headache)**
- **F55 - Abuse of non-dependence-producing substances**
- **F59 - Unspecified behavioural syndromes associated with physiological disturbances and physical factors**

F60 - F69: DISORDERS OF PERSONALITY AND BEHAVIOUR IN ADULT PERSONS

- This block includes a variety of conditions and behaviour patterns of clinical significance which tend to be persistent and appear to be the expression of the individual's characteristic lifestyle and mode of relating to himself or herself and others.
- F60 - Specific personality disorders – **Paranoid, Disocial Personality disorder**
- F61 - Mixed and other personality disorders – **do not demonstrate specific patterns of F60**
- F62 - Enduring personality changes, not attributable to brain damage and disease
- F63 - Habit and impulse disorders – **Excessive use of alcohol, gambling and other unwanted sexual behaviours – affecting individuals and others**
- F64 - Gender identity disorders
- F65 - Disorders of sexual preference
- F66 - Psychological and behavioural disorders associated with sexual development and orientation

-
- Other disorders of adult personality and behaviour
 - Unspecified disorder of adult personality and behaviour

MENTAL RETARDATION (F70-F79)

- A condition of arrested or incomplete development of the mind, which is especially characterized by impairment of skills manifested during the developmental period, skills which contribute to the overall level of intelligence, i.e. cognitive, language, motor, and social abilities. Retardation can occur with or without any other mental or physical condition.

F70 – Mild Mental Retardation

F71- Moderate Mental Retardation

F72 – Severe Mental Retardation

F73 – Profound Mental Retardation

F78 – Other Mental Retardation

F79 – Unspecified Mental Retardation

F80 - F89: DISORDERS OF PSYCHOLOGICAL DEVELOPMENT

- F80 - Specific developmental disorders of speech and language
- F81 - Specific developmental disorders of scholastic skills
- F82 - Specific developmental disorder of motor function
- F83 - Mixed specific developmental disorders
- F84 - Pervasive developmental disorders
- F88 - Other disorders of psychological development – **agnosia – Remembering sensory information's**
- F89 - Unspecified disorder of psychological development
-

F90 - 98: BEHAVIOURAL AND EMOTIONAL DISORDERS WITH ONSET USUALLY OCCURRING IN CHILDHOOD AND ADOLESCENCE

- F90 - Hyperkinetic disorders
- F91 - Conduct disorders
- F92 - Mixed disorders of conduct and emotions
- F93 - Emotional disorders with onset specific to childhood
- F94 - Disorders of social functioning with onset specific to childhood and adolescence
- F95 - Tic disorders
- F98 -
Other behavioural and emotional disorders with onset usually occurring in childhood and adolescence

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- - <https://www.who.int/news-room/questions-and-answers/item/health-promotion>
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