FOOD AND NUTRITION

Must know

1. What is Nutrition . classify food
2. Name micronutrients & macronutrients
3. Why protein fat and carbohydrates are called proximate principle of food.
4. Classify Vitamins. State Vitamin deficiency diseases
5. What is the daily protein requirements of an adult/Male/Female
6. State daily protein requirement of a pregnant Women and lactating mother
7. What do you mean by supplementary action of protein. State with examples.
8. Classify PEM. Give important differences between Kwashiorkor & Marasmus.
9. Define reference protein with examples.
10. What is Balanced diet “ State the energy requirement of an adult male of different life style.
11. How nutritional status can be assessed.
12. Write down the differences between human milk and Cow`s milk.
13. State composition of Rice & Pulse. What is the main source of protein of Bangladeshi people.
14. What are the important nutritional problems prevailing in BD.
15. Classify Xerophthalmia. Give the treatment of night blindness and its preventive schedule.
16. IDD deficiency different stages of life . How it can be prevented ?
17. Who are the target people of Iron deficiency anaemia ? Whar are its causes. Out line prevention Iron deficiency anaemia
18. What is Body mass index. Define obesity. How it can be prevented.

FOOD AND NUTRITION

Nice to know:

1. What do you mean by limiting amino acids
2. What are essential fatty acids ?
3. Name trace elements. State importance of Zinc.
4. Which Vitamin is absent in Egg ? What do you mean by

NPU =100 %

1. Give the composition of an egg weighing 60 gm in relation to protein, fat, Calcium & Iron.
2. Interpret MUAC
3. Why human milk is superior than Cow`s Milk ? What is colostrum,? What does it contain ?
4. Importance of colostrums.
5. What is dietary fiber ? What are its sources ? State functions of dietary fiber.
6. What is food additives, food fortification & food adulteration ? Name source food which can be easily adulterated.

Concept of Health & Disease

National & International health

Must Know

1. Define Community Medicine

State important differentiating points between Community Medicine and clinical Medicine.

1. Define Health. Discuss major dimensions of health.
2. Discuss about the changing concepts being universally accepted ?
3. What is meant by Health- Disease spectrum ? Discuss about positive Health.
4. Define public Health. Discuss in brief about the back ground of public Health . Who/What is known as the fatter of Public Health.
5. Define Public Health. Discuss about the changing concepts of Public Health.
6. What is meant by determinants of Health ? classify determinants with example.
7. Define Health indicators. Name the health indicators.
8. What are the purposes of health indicators ? What are the characteristics of an ideal health indicator ?
9. What is meant by mortality and morbidity indicators ? Name some mortality and morbidity indicators. What is meant by socio-economic indicators ?
10. What is meant by MMR and IMR ? How they are calculated ? What are the importance of MMR and IMR ?

Tell in brief about what is meant by disease cycle and what are its stages. What are the importance of incubation period ? Give an example for short and long incubation period.

2. Discuss about the concepts of disease causation. Give and example of disease, where web of causation implies.
3. What is meant by natural history of disease ? What are the stages in the natural history of disease ? At what stage in the natural history of disease the secondary level of prevention can take place.
4. What is meant by a disease agent ? classify disease agents with example.
5. What are the levels of disease prevention ? give example for each of the levels.
6. What is meant by Disease prevention ? Discuss with example about the tertiary level of disease prevention.
7. Discuss about the level of prevention appropriate for won-communicable disease.
8. What is meant by specific protection ? What do we achieve through specific protection ?
9. Early diagnosis & treatment is a part of prevention – Justify the statement with example.
10. Define rehabilitation. What are the types of rehabilitation. Give example for each.
11. What is community Diagnosis and what is community treatment ?

What are the factors based on which community diagnosis is made ?

What are the actions being taken as community treatment ?

1. What is meant by NGO ? Name 5 National & 5 International NGOs. What are the functions of International Red-crescent Society.
2. What is WHO ? What are its functions ?

Name the regions of WHO with their Head Quarters

Name the countries that belong to SEARO.

1. Tell us about the organogram of the Health services of the Government of Bangladesh. Who are the grass root level workers ?
2. What is meant by PHC or Primary Health Care ?

What are the elements/components of PHC ?

1. Discuss about the principles of Primary Health Care.
2. Discuss about the level of Health Care Delivery system of Bangladesh. What is meant by referral system ?
3. Discuss about the major health problems of Bangladesh.
4. Discuss about the roles of PHC in Community Diagnosis and treatment.
5. What ids meant by HFA ? Discuss about the global indicators used to monitor HFA.
6. Define Health Care. Mention the characteristics of ideal Health Care.
7. What is meant by comprehensive Health Care ? State the characteristics of comprehensive Health Care.
8. State the “ Alma-Ata- Declaration ” mention the aims objectives and strategies for

implementation of the declaration.

1. What is meant by “Multi-Sectoral approach” in PHC ? For ensuring health why a Multi-Sectoral approach is required ? What are the sectors to be involved for an effective health care ?
2. Illustrate equitable distribution of health service with example. How does it difference from equal distribution ?
3. What is meant by appropriate technology.
4. What is disaster ? What are the types of disaster ? As a personal what steps should you take in time of flood disaster ?
5. What is “Tsunami” ? When did it happen in recent time ? What are the countries effected from the recent Tsunami ?
6. Name some man-made disasters in the world in recent and in part.
7. What is meant by disaster preparedness ?.

Immunity and disinfections

Must Know

1. What is Immunity ?
2. Classify Immunity .
3. What is Immunizing agents . Classify them.
4. Define Vaccine? Classify vaccine.
5. What are the live Vaccine available in our EPI programme. Why live vaccine is more potent then killed vaccine.
6. What is EPI ?
7. EPI schedule of children in Bangladesh.
8. What is cold chain? Name different parts of a cold chain equipment ?
9. How cold chain is maintained.
10. What are Hazzards of immunization .
11. What is NID. What are the objectives of NID.
12. What are the contra- indications of immunization?
13. What is disinfection. What are the different types of disinfection.

Immunity and disinfections

Nice to know :

1. What is the difference between Primary Response & Secondary Response.

What is the difference between active & passive immunity ? How active & passive

Immunity develops ?

2. What is herd Immunity ?

3. What do you mean by “ Freeze dried vaccine`` Give example .

4. What is adjuvant ?

5. What is Provocative reaction.

1. Classify disinfecting agents.
2. What are the common disinfect agents used in our O.T.
3. What is fumigation?
4. How sub-clinical infection can cause immunity.
5. T.T. schedule what is toxoid.
6. what are the vaccines produced in BD.
7. What are the health requirement of BD people going for Hajj. How immunization done in Hajj. Camp
8. How ILR is maintained.

Demography

Must Know :

1. What is demography? What are the readily observable phenomena of human population
2. What are the demographic Process.
3. What are the stages of “ demographic cycle. In which stage., Bangladesh lies. What are the characteristics of this stage.
4. Name the countries lies in the fifth stage. What are the disadvantage if this stage.
5. Interpret population-pyramid of developed and developing country. What in the main difference between them.
6. What is fertility ? What are the factors responsible for life fertility

in Bangladesh ?

1. What is Census ?What are the type of census.
2. What is population Explosion . How it can be controlled?
3. What are the demographic Characteristics of Bangladesh?

Nice to Know

* + 1. What is the difference between Migration and social Mobility.
    2. How Growth rate can be calculated. What is the growth rate of Bangladesh.
    3. When a growth rate of a country become double. Or How doubling time can be calculated .
    4. Write short note on –
       1. Dependency Ratio

2.Life Expectancy

1. GFR
2. TFR
3. NRR

5. What is zero Population growth (ZPG) ?

Family Planning

Must Know :

1. Write down the objectives of family planning.
2. What is the difference between family planning and birth control?
3. What do you mean by the term contraceptives ? Classify Contraceptive

Methods?

1. Mention the common contraceptives used by females in our country.

Write down the differences between Combined Contraceptive Oral

Hormonal Pill and Progesterone Only Pill.

1. Write down the absolute contraindications of oral contraceptive pill.
2. Mention the important side effects of OCP.
3. Mention the procedure of using combined pill.
4. Write down the advantages and disadvantages of Copper –T.
5. Write down the client criteria of IUCD? How Cu-T acts?
6. What is the usual failure rate of condom & how it can be minimized ?

What are the uses of condom?

1. How OCP acts?
2. Define IUCD. How long Lippies loop & Cu-T can be used by a female?
3. What are the complications of copper – T?

Nice to Know

1. What are the scopes of Family planning Services?
2. Mention some important health aspects of family planning.
3. Mention the criteria of an idea contraceptive.
4. Write down the complications of terminal methods.
5. Define MR? How it differ from abortion?
6. Write short notes on : i) Target couple ii) Eligible couple iii) BBT

iv) CPR. v) DMPA vi) Norplant.

1. What is a safe period? How it can be calculated.
2. What are the Guideline for Terminal methods of contraception
3. When a person became sterile after vasectomy? What are the

advice given after vasectomy?

1. What are the complications of vasectomy?
2. How family services are given in our country?
3. What is CPR? What is its relation with NRR?
4. Suggest the method of birth control where no method is available.
5. What is fertility? What are the factors responsible for high fertility

in Bangladesh.

Biostatistics

Must Know ;

1. Define Biostatistics. Mention the uses of Biostatistics.
2. Definition and Classification of Data .
3. Classify Sources of Data with example.
4. Methods of Data collection and Data presentation( Qualitative & Quantitative )
5. Define & Classify Variables.
6. What is Research Instruments ? Name some Research Instruments ?
7. What is sample ? How sample can be collected from population.
8. What are the different types of sampling methods.
9. Define central tendency. What are the measures of central tendency.
10. Define central tendency. What are the measures of central tendency.
11. Write down the formula for median ( for odd and even number )

Nice to Know :

* 1. Define vita statistics. What are the vital events of life ? What are sources of vital statistics.
  2. Definition of sample, Population, Sampling, Sampling Units, Sampling Frame, Sample Size.
  3. Definition & Types of Random sampling .
  4. Define dispersion. What are the measures of dispersion.
  5. What is normal distribution curve.
  6. Criteria of a good questionnaire.
  7. SRS