

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)

Course: Medical Sciences-II (7504)
Level: Post Graduate

Semester: Spring, 2014
Credit Hours: 3(2+1)
Total Marks: 100

CONTENT LIST

1. Course Book (1)
2. Assignment (1&2)
3. Course Outline Unit 1–9
4. Assignment forms (06)
5. Assignment Schedule

Note: If any one item of the above mentioned content list is missing from your study pack. Kindly contact:

Mailing Officer
Mailing Section
Block No.28
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WARNING

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".**

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Pass Marks: 40

ASSIGNMENT No. 1
(Units: 1–7)

Note: Attempt all questions.

- Q. 1 Summarize Etiology of Primary malnutrition among children. What are the causes of secondary malnutrition among children under five years of age? (20)
- Q. 2 Give classification of diseases related to mouth and oral cavity. How will you manage mouth lesions related to nutritional deficiencies? (20)
- Q. 3 Differentiate between gastric and duodenal ulcer. Elaborate on treatment of two types of ulcers. (10)
- Q. 4 Describe the dietary modifications needed in renal failure. Elaborate on management of renal failure of patients having diabetes. (10)
- Q. 5 Describe the normal distribution of water and electrolytes in the body. How will you interpret the laboratory results related to electrolyte disturbances in the body? (20)
- Q. 6 Write short notes on the following: (5+5+5+5=20)
 - a) Management of Obstructive Jaundice.
 - b) Complications of Coeliac disease.
 - c) Importance of weight management in hypertension.
 - d) Clinical features of severe water depletion in the body.

ASSIGNMENT No. 2

Total Marks: 100

Pass Marks: 40

This assignment has been designed to familiarize the students with MIS (Management Information System). The MIS is defined as “The system, which provides an organized method of collecting data & assimilating to be used for management decision making”. MIS is an integral part of existing health system. The students are advised to collect the required information from only last quarterly recorded data, report from BHU, RHC, Taulka Hospital, DHQ Office, Director Health office, Ministry of Health & write a comprehensive report not more than 25–40 pages. This report should consist of your observations based on recorded information of only last quarter obtained from mentioned places.

Note: A

1. Please attach the photocopy of recorded information/report, used as a source of information with your report of health system.
2. Make 3 copies of your report & submit these to:
 - a) One to tutor for evaluation and record.
 - b) One to the department of Home & Health Sciences AIOU for record.
 - c) One for your own reference.

Note: B

This report should be based on following observations.

- i) Percentage of children immunized in specified period of time.
- ii) No of cases reported for worm infection.
- iii) No of cases reported of children reported for Acute Respiratory Infection (ARI).
- iv) No of cases reported for viral Hepatitis B and C.
- v) The percentage of women received ante-natal care.
- vi) No of cases reported for Drug Addiction.
- vii) No of cases reported for Coronary Heart Disease.
- viii) No of cases reported for communicable diseases.
- ix) No of cases reported as malnourished.
- x) No of cases diagnosed as anaemia in women
- xi) No of cases reported for tuberculosis.

STUDENT GUIDE

Medical Sciences-II (7504)
Level: Post Graduate

Semester: Spring, 2014
Credit Hours: 3(2+1)

Dear Student,

Aslam o-Alaikum

We welcome you to this AIOU Post Graduate Level course of **Medical Sciences-II (7504)** which is one of the compulsory courses of Post Graduate Diploma in Dietetics and later on M.Sc. Community Health & Nutrition. Its course contents comprises of 1-9 units.

1. **Course Objectives:**

- a. To understand the major killer diseases of infancy and childhood and their prevention.
- b. To know and understand the nature of various diseases, their medical care and prevention.
- c. To get in depth knowledge of mechanism of immunological allergic response and factors contributing to allergic reactions.

2. **Details of the Course**

You should read the following details of the course carefully.

2.1 **Study Book**

Medical Sciences-II is having a weightage of 3(2+1) credits. It reflects credit hours as three credit hours for theory and one credit hour for practical/research activity depending on the weightage of each component. This course covers the diseases, their prevention and simple treatment. This will help the dietitian to plan diets according to the nature of a particular disease. They will be able to understand the nature of various diseases, their medical care and prevention.

2.2 **Research Activity**

For post graduate students, the element of research cannot be ignored. In various courses of this programme, you will come across mini research reports which require review of literature besides research on a small scale. In this specific course in order to complete 2nd assignment the students are advised to collect the required information from BHU, RHC, Taluka Hospital, DHQ Office, Director Health office and Ministry of Health. It has to be completed independently by the student and the concerned tutor will also guide in selection and development of research report during teaching period during the semester. After completing the research activity you are expected to submit the comprehensive report within the stipulated time period to the concerned tutor.

You will prepare this report before the final workshop which is usually held at the end of semester at a specific center. This small report and its findings will be presented by you in the final workshop. The tutor will assess the quality and the authenticity of the finding of the research report and record the marks obtained by you. These marks will be included in the final exam.

The techniques used for the writing of the report will be the same as for other research studies e.g.:

- Introduction
- Methodology
- Review of Literature
- Collection of Data
- Compilation of data
- Results and Discussion
- Conclusion and Recommendations
- References
- Annexure

This research report assignment consists of **100 marks** and is compulsory.

2.3 Assignments

This course includes two assignments i.e. each assignment is of 100 marks, Assignment No. 1 is unit based theory assignment and Assignment No. 2 is based on research activity. These are compulsory for successful completion of whole course i.e. each assignment is of 100 marks, out of these students obtaining a minimum of 40% marks will be declared pass. Therefore it is important to submit the assignments well prepared and in time. The schedule of submitting the assignment is being provided separately. Please follow the schedule. The tutor will send the marked assignment back to you within fifteen days. If you do not receive the marked assignment within fifteen days please contact your tutor or your local regional office of the Allama Iqbal Open University.

Never forget to attach the prescribed forms duly filled along with the complete assignments. The study units on which each assignment is based are identified. However for your convenience we are providing the related information for follow up.

Assignment No.	Units
1	1-7
2	Research Report

2.4 Part Time Tutor for Lectures

You are allocated a part time tutor. The name and address of your tutor will be provided later. The tutor will help and guide you in studying the book and conducting activities related to study units. You are expected to take full advantage

of the tutor's knowledge and experience. These tutors are also responsible for marking your assignments. Make all efforts to complete your written assignment in time according to the prescribed schedule. Try your best to attend all the study sessions according to the time table provided to you.

3. Method of Study

A study period of sixteen weeks has been allocated for studying this course through distance learning whereas seventeenth and eighteenth weeks are kept for general assessment and for final examination. You are expected to spend four weeks on studying first two units of the book. This will help to improve your reading speed and get familiar with the contents of the units.

Sr. No	Unit No.	Assignment No.	Study period
1.	1-2	1 st	Four weeks
2.	3-4		Four weeks
3.	5-8		Four weeks
4.	9	2 nd	Four weeks
5.	Preparation for Exams		Two weeks

The next two units i.e. 3 & 4 will be easier for you and you will be able to study them in comparatively less time. You can spend three weeks on studying these two units. During the eight week you can complete your 1st assignment and dispatch it to your tutor. Unit 5, 6, 7 & 8 can be studied during 9th, 10th 11th and 12th week and the last unit i.e. unit- 9 can be studied in the 13th week and the 2nd assignment can be completed along with 14th, 15th and 16th week. Assignment No. 2 i.e. report which students have to present in the final workshop should be completed before the starting of the workshop in the end of the semester. The last two weeks can be kept for examination and its preparation. It is therefore necessary to study the units completely before starting work on assignments.

4. Workshop

Workshop will be arranged for three days at host regions. Schedule of the workshop and venue will be sent to the student during the study period. Workshop will cover some of the lectures of the subject specialists on important topics. The tutor will provide guidance for the workshop. Attendance in workshop is compulsory for all the students.

5. Final Examination

At the end there will be a final examination for each course. You will be expected to take this examination in the examination halls specially established for this purpose.

Course Coordinator

ALLAMA IQBAL OPEN UNIVERSITY ISLAMABAD
Department of Home and Health Sciences

Course Outlines: MEDICAL SCIENCES - II (7504)

Level: Post Graduate

Credit Hours: 3(2+1)

UNIT 1: DISEASES IN INFANCY AND CHILDHOOD

- Introduction to Diseases of Infancy and Childhood
- Infant Feeding
- Growth and Development
- Malnutrition in Children with Special Reference to Pakistan
- Major Killer Diseases of Children and their Prevention

UNIT 2: DISEASES OF MOUTH, SALIVARY GLAND, TONSILS, PHARYNX, ESOPHAGUS

- Disorders of Mouth (Dental Carries. Mouth Lesions Related to Nutritional Deficiencies; Disorders of the Salivary Glands. Fractured Jaws, Cancer of the Mouth and Pharynx, Cancer of the Larynx)
- Disorders of Esophagus (Acid Reflux, Esophagitis, Heartburn and Hiatus Hernia, Dysphagia, etc.)

UNIT 3: DISORDERS OF THE STOMACH AND DUODENUM

- Peptic Ulcer
- Carcinoma of the Stomach
- Nutritional Problems Following Gastric Surgery

UNIT 4: DISEASES OF THE LIVER AND PANCREAS

- Cholelithiasis (Gallstones,)
- Inflammation of the Gall Bladder
- Jaundice
- Cirrhosis of the Liver
- Viral Hepatitis
- Acute and Chronic Pancreatitis
- Diabetes Mellitus

UNIT 5: DISEASES OF THE SMALL AND LARGE INTESTINE

- Mal-absorption Syndrome
- Celiac Disease
- Irritable Bowel Syndrome and Diarrhea
- Constipation and Diverticular Disease

UNIT 6: DISEASES OF THE KIDNEY

- Introduction to Diseases of the Kidney
- Causes and Symptoms
- Dietary Management
- Preventive Measures

UNIT 7: DISTURBANCE IN WATER, ELECTROLYTE AND ACID-BASE BALANCE

- Physiology of Water and Electrolytes
- Major Manifestations of Electrolyte Acid Base Disorders
- Major Electrolyte Disorders

UNIT 8: HEART DISEASES

- Introduction to Types of Heart Diseases (Congenital Heart Disease, Dyslipidemia, Rheumatic Heart Disease, Angina Pectoris, Ischemic Heart Disease, Hypertensive Heart Disease, Heart Failure)
- Hypertension and its Measurement.

UNIT 9: ALLERGY

- Mechanism of the Immunological Allergic Response
- Pathophysiological Symptoms
- Factors Contributing to Allergic Reactions
- Food Intolerances
- Diagnosis of Food Allergies
- Nutritional Care

Recommended Books:

- 1) AIOU compiled reference material, Medical Sciences, Course Code 860
- 2) Robert B. Wallace. Public Health and preventive medicine, 2008, Published by McGraw Hill.
- 3) Brett J.Cassens, Preventive Medicine and Public Health, 1992. Amazon. Com

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