Introduction to Community Medicine

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“The inferior physician treats the disease once it occurs. The mediocre physician prevents the disease from coming back. The superior physician prevents the disease from ever occurring.”

Chinese Proverb
Hippocrates (460-370 BC)

Greek physician “Father of Medicine” - recognized association of disease with place (geography), climatic conditions, water, eating habits and housing.

His book ‘Air, Water, Places’

Used terms “epidemic” & “endemic”

Believed that diseases resulted from an imbalance of body’s humors.
The individual in society is not an abstract entity: one is born, develops, lives, works, reproduces, falls ill, and dies in strict subjection to the surrounding environment, who different modalities create diverse modes of reaction, in the face of the etiologic agents of disease. This material environment is determined by wages, nutrition, housing, clothing, and culture...

- S. Allende
Health problems in India

- Communicable diseases (Malaria, TB, Diarrhoeal diseases, ARI, Leprosy, Filariasis, AIDS & Others)
- Non-communicable Diseases (Diabetes, Hypertension, Stroke, Cancers, Accidents & others)
- Nutritional Problems
- Environmental sanitation problems
- Health care related problems
- Population problems
<table>
<thead>
<tr>
<th>Demographic Profile in India</th>
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<tbody>
<tr>
<td>Total population</td>
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<tr>
<td>Growth rate(%) 1991-2001</td>
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<tr>
<td>Dependency ratio(per 100)</td>
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<tr>
<td>Population aged 60+ years(%)</td>
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<td>Population below 15 years+(%)</td>
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<td>Adult literacy rate (%)</td>
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<td>Sex ratio</td>
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<tr>
<td>Total fertility rate</td>
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<td>Population doubling time(Years)</td>
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<td>Population rural(%)</td>
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What is the way to address the health problems in India?

Practice of Community Medicine
What is community medicine?

• It is a discipline which deals with populations and comprises those doctors who try to measure the needs of the population, both sick and well, who plan and administer services to meet those needs and those who are engaged in research and teaching in the field.
What is community medicine?

- Public health, Community health, Preventive and Social medicine and Community Medicine are similar

- Prevention of disease and Promotion of health
Applications of Community Medicine

It ranges from planning and provision of public health services to the delivery of primary medical care throughout the life cycle of the human beings i.e., from childhood to the old age.
Who is a basic doctor?

• A basic doctor is the one who is well conversant with day to day health problems of rural and urban communities and who is able to play an effective role in curative and preventive aspects of regional and national health programmes.

• India needs basic doctors to man primary health centres. One per 30,000 population.
Qualities of a Basic doctor

• Health care provider

• Teacher and guide

• Manager
Teaching, Learning & Evaluation
(Teaching & learning process)
Urban Field Practice Area, Panagal Nalgonda Town

11th Ward

10th Ward

8th Ward

9th Ward