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Government Medical College, Nizamabad

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MASTER Updates 2018



Crack Questions Based on Recent Advances in Community Medicine

Covers All Recent Updates including Updated immunization Schedule, Newer Vaccines, Newer Contraceptives, Newer Acts and Legislations, Updated RNTCP & NACP Guidelines, National Nutrition Mission & Strategy, Updated Guidelines on Hypertension, National Health Protection Scheme, World Health Day Theme and more.

Fourth Edition

Dr. Zakirhusain Shaikh

MASTER Updates 2018

Dr. Zakirhusain Shaikh

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		★ Star Updates	
		<i>As recent advances is a favorite area for examiners, all the updates in a subject are important for the exams. As you can see certain updates are marked with a star. The star indicates that the update is most recent or very important or both.</i>	

“

“Who owns the patent on this vaccine?”
 “Well, the people, I would say. There is no patent. Could you patent the sun?”
 - Jonas Salk

1

Immunization

Updates 1.1 - 1.8

1.1 NATIONAL IMMUNIZATION SCHEDULE FOR INFANTS, CHILDREN AND PREGNANT WOMEN*

NATIONAL IMMUNIZATION SCHEDULE FOR INFANTS AND CHILDREN

Vaccine	When to give	Dose	Route	Site
BCG	At birth- within 1 year	0.05 ml till 1 month of age 0.1 ml thereafter	Intra-dermal	Left upper arm
Hepatitis B	At birth- within 24 hours	0.5 ml	Intramuscular	Right thigh
OPV-0	At birth- within 15 days	2 drops	Oral	Oral
OPV – 1,2,3	6,10,14 weeks	2 drops	Oral	Oral
Pentavalent 1,2,3	6,10,14 weeks	0.5 ml	Intramuscular	Left thigh
Pneumococcal Conjugate vaccine - 1, 2	6,14 weeks	0.5 ml	Intramuscular	Right thigh
Rotavirus-1,2,3	6,10,14 weeks	5 drops	Oral	Oral
Fractional IPV-1,2	6,14 weeks	0.1 ml	Intradermal	Right upper arm
Measles-1/MR-1	9-12 months	0.5 ml	Subcutaneous	Right upper arm
Pneumococcal Conjugate Vaccine-Booster	9-12 months	0.5 ml	Intramuscular	Right thigh

Japanese Encephalitis-1	9-12 months	0.5 ml	Subcutaneous	Left Upper arm
DPT Booster	16-24 months	0.5 ml	Intra-muscular	Left thigh
Measles-2/ MMR MR-2	16-24 months	0.5 ml	Sub-cutaneous	Right upper arm
DPT booster-1	16-24 months	0.5 ml	Intra-muscular	Left Thigh
OPV Booster	16-24 months	2 drops	Oral	Oral
Japanese encephalitis-2	16-24 months	0.5 ml	Sub-cutaneous	Left Upper arm
DPT Booster-2	5-7 years	0.5 ml	Intra-muscular	Upper arm

NATIONAL IMMUNIZATION SCHEDULE FOR PREGNANT WOMEN & ADOLESCENTS

Vaccine	When to give	Dose	Route	Site
TT-1	Early in pregnancy- including first trimester	0.5 ml	IM	Upper arm
TT-2	After minimum 4 weeks of TT-1 but before 36 completed weeks	0.5 ml	IM	Upper arm
TT-Booster	If received 2 TT doses in last 3 years, then only a booster dose is required	0.5 ml	IM	Upper arm
TT	10 to 16 years	0.5 ml	IM	Upper arm

1.2 PNEUMOCOCCAL CONJUGATE VACCINE*

Pneumonia is the single largest infectious cause of death among children under five worldwide. It is estimated that 1 in 6 under-five childhood deaths were due to pneumonia in 2015. Young children are at particularly high risk of developing severe pneumonia disease and death. More than 80% of deaths associated with pneumonia occur in children during the first 2 years of life.

Pneumonia is caused by a number of infectious agents, including viruses, bacteria and fungi. The most common are:

- *Streptococcus pneumoniae* – the most common cause of bacterial pneumonia in children;
- Hib – the second common cause of bacterial pneumonia;
- Respiratory syncytial virus – is the most common viral cause of pneumonia;
- *Pneumocystis jiroveci* – responsible for at least one quarter of all pneumonia deaths in human immunodeficiency virus (HIV)-infected infants.

Pneumococcal disease is the name given to a group of diseases caused by a bacterium called *Streptococcus pneumoniae* (also known as pneumococcus). Pneumococcal disease can occur in multiple organ systems, causing pneumonia, meningitis, bacteraemia/sepsis, sinusitis, bronchitis and middle ear infection.

Disadvantages of Centchroman

- Centchroman causes delayed periods in some women. But this occurs in less than 10% of users and usually in the first three months. The periods tend to settle down to a rhythm once the body gets used to the drug.
- There may be heavier periods in the first three months with tender breasts, water retention and some amount of acne.
- Periods can get scanty over time in some women.

Who can use:

- Centchroman (Chhaya) can be safely used by all women once it is confirmed that they are not pregnant.
- Can be used by women of any age, whether she has children or not.
- Women who had side effects with MALA N/ MALA D can also opt for this method.
- It can be used by postpartum women who are breastfeeding as soon as she feels comfortable.
- Centchroman does not affect quantity, quality and composition of breast milk.

Availability:

Centchroman (Chhaya) is available in two packages: ASHA supply and free supply. Each pack contains 8 tablets. ASHA supply is for home distribution and free supply is for distribution at health facilities.



Refer Color Plates Pg. No: 164

Schedule:

Centchroman (Chhaya) is to be taken twice a week for the first 3 months followed by once a week thereafter. To begin the use of Chhaya, the woman is advised to take the first pill on the first day of period (which is the first day of bleeding) and the second pill three days later (on 4th day of bleeding). This pattern of days is repeated through the first 3 months. Starting from the fourth month, the pill is to be taken once a week on the first pill day and should be continued on the weekly schedule regardless of her menstrual cycle.

Missed Pills

In case of Missed Pill, she should take the missed pill as soon as she remembers that it has been missed. If she misses taking the tablet by 1-2 days (less than 7 days), she should take the missed pill as soon as she remembers and continue the normal schedule. In addition, she should use a backup method like condom, just to ensure complete protection.

13.6 NHP-HEALTH DIRECTORY SERVICES APP

- This application has database of hospitals and blood banks across India. The user-friendly application accesses the user location and enables a person to find nearby hospitals and blood banks.
- This application is a versatile platform wherein the user can get comprehensive information about a hospital/blood bank, contact details, e-mail, web address and distance from the current location. The user has the option of accessing the list of hospital/ blood banks by selecting the minimum distance of 5Kms and maximum distance up to 100Kms.
- The application also works offline (without Internet connection, however with limited features).

13.7 KILKARI

- Kilkari, which means a baby's gurgle, delivers free, weekly, time-appropriate 72 audio messages about pregnancy, child birth and child care directly to families' mobile phones
- Kilkari is being launched in Jharkhand, Odisha, Uttar Pradesh, Uttarakhand and High Priority Districts (HPDs) of Madhya Pradesh and Rajasthan in the first phase; it is available in local languages.
- Interactive, voice-based, mobile service to enhance awareness among pregnant women, parents of children and field workers on institutional delivery, antenatal care, post-natal care and immunization.
- It covers critical time period- from 4th month of pregnancy till infancy, delivering 2-minutes-long weekly messages.



Refer Color Plates Pg. No: 166

13.8 MOBILE ACADEMY

- Mobile Academy is a free, audio training course designed to expand and refresh the knowledge base of Accredited Social Health Activists (ASHAs) and improve their communication skills.
- Mobile Academy offers ASHAs, a training opportunity via their mobile phones, which is both cost-effective and efficient.
- It reduces the need to travel great distances and provides them the flexibility they need to learn at their own pace and at times they find convenient.
- Mobile Academy is being launched in Jharkhand, Madhya Pradesh, Rajasthan and Uttarakhand.
- This is anytime anywhere audio course that can train hundreds of ASHAs simultaneously.
- ASHAs can access the 240- minute course via a toll free number 1800-3010-1704.
- ASHA is also given certificate at the end of the course.

Refer Color Plates Pg. No: 166



Color Plates

Dear Friends,

Image based questions are increasingly appearing in NEET-PG, AIIMS and other competitive exams.

We have included important images and updates under color plates.



ANMOL (page 152)



NHP Indrdhanush App (page 152)



India Fights Dengue App (page 152)



My Hospital App (page 153)



NHP Swasth Bharat App (page 153)



As Parents,
Ready Parents!

Kilkari App (page 154)



Mobile Academy (page 154)



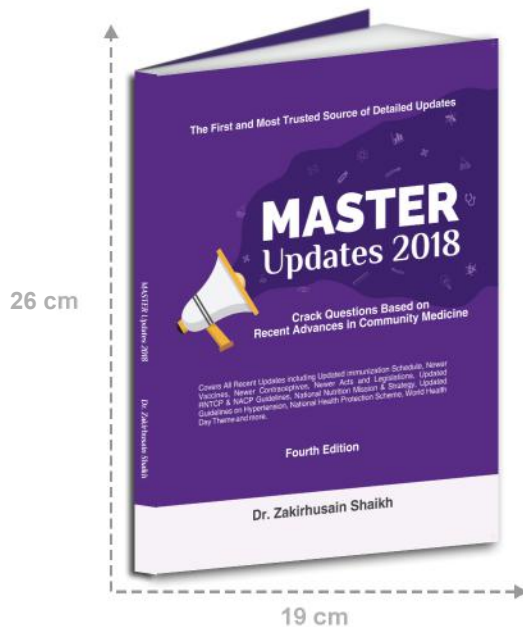
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m-Diabetes (page 155)



Online Registration System (page 156)



Master Updates 2018 | 4th edition | YOP: 2018 | Pages: 180
By Dr. Zakirhusain Shaikh | Color: 2 color | ISBN: 9788192441030

Available on  [EduLanche.com](https://www.edulanche.com)