

DEPARTMENT OF PHARMACY

Course Code & Name : BP802T – SOCIAL AND PREVENTIVE PHARMACY

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PUZZLE - 2

Unit I – CONCEPT OF HEALTH AND DISEASE

Puzzle Sheet B2 – Hygiene Sequence (EMPATHY Code)

Instructions: Arrange the following steps of effective hand hygiene in the correct order (1 to 7). Then use the Decoder Table to translate step numbers into letters to reveal **Keyword 2**.

Step (reorder to 1–7)	Order #
Wet hands thoroughly with clean water.	
Apply soap to cover all hand surfaces.	
Rub palms and backs; interlace fingers thoroughly.	
Clean thumbs and fingertips (rotational rubbing).	
Rinse well under running water.	
Dry hands completely with a clean towel/air-dry.	
Turn off tap using towel/forearm (avoid re-contamination).	

Decoder Table:	1	2	3	4	5	6	7
	E	M	P	A	T	H	Y

After decoding, the 7 letters (in order 1→7) form Keyword 2. (Hint: A design mindset word!)

Flip-When-Unlocked: Design Brief Card

Combine your two keywords into a phrase (e.g., “CREATE EMPATHY”). Then respond to this brief:

- Persona: A first-time parent in a peri-urban settlement with intermittent water supply and limited income.
- Challenge: Reduce diarrheal episodes in children <5 years in the next 3 months without increasing monthly expenses.
- Constraints: Leverage nutrition education, hygiene nudges, and community resources; solution must be low-cost and culturally acceptable.

Deliverable (8–10 min):

- A How Might We statement.
- A paper prototype (poster, SMS flow, sticker set, reminder card, or simple gadget).
- 1–2 metrics/indicators you will track (e.g., handwashing compliance, diarrhea incidence).

Debrief Prompts (Connect to Design Thinking Phases)

- Empathize: What did the keywords suggest about your priorities?
- Define: State your Problem Statement in one sentence.
- Ideate: What wild ideas came up that are still low-cost?
- Prototype/Test: What is your first field test and success criterion next week?

Answer Keys – Activity 2**B1 Vitamin Vault (Keyword 1): C, R, E, A, T, E → CREATE**

- 1) Scurvy → Vitamin C
- 2) Angular stomatitis/glossitis → Riboflavin (B2)
- 3) Hemolytic anemia in preterm infants / fat malabsorption → Vitamin E
- 4) Night blindness/xerophthalmia → Vitamin A
- 5) Neuropathy/beriberi → Thiamine (B1)
- 6) Neuromuscular problems in infants → Vitamin E

B2 Hygiene Sequence (Keyword 2): Correct order is 1→2→3→4→5→6→7. Using the decoder (1: E, 2: M, 3: P, 4: A, 5: T, 6: H, 7: Y), the keyword is EMPATHY.