

# SNS COLLEGE OF PHARMACY AND HEALTH SCIENCES



*Affiliated To The Tamil Nadu Dr. MGR Medical University, Chennai*  
*Approved by Pharmacy Council of India, New Delhi.*  
**Coimbatore -641035**

COURSE NAME : SOCIAL AND PREVENTIVE PHARMACY (BP 802 T)

B.PHARM. VIII SEM / IV YEAR

UNIT 1: TOPIC 4 : HYGIENE AND HEALTH

# DESIGN THINKING HYGIENE AND HEALTH

## 1. EMPATHY

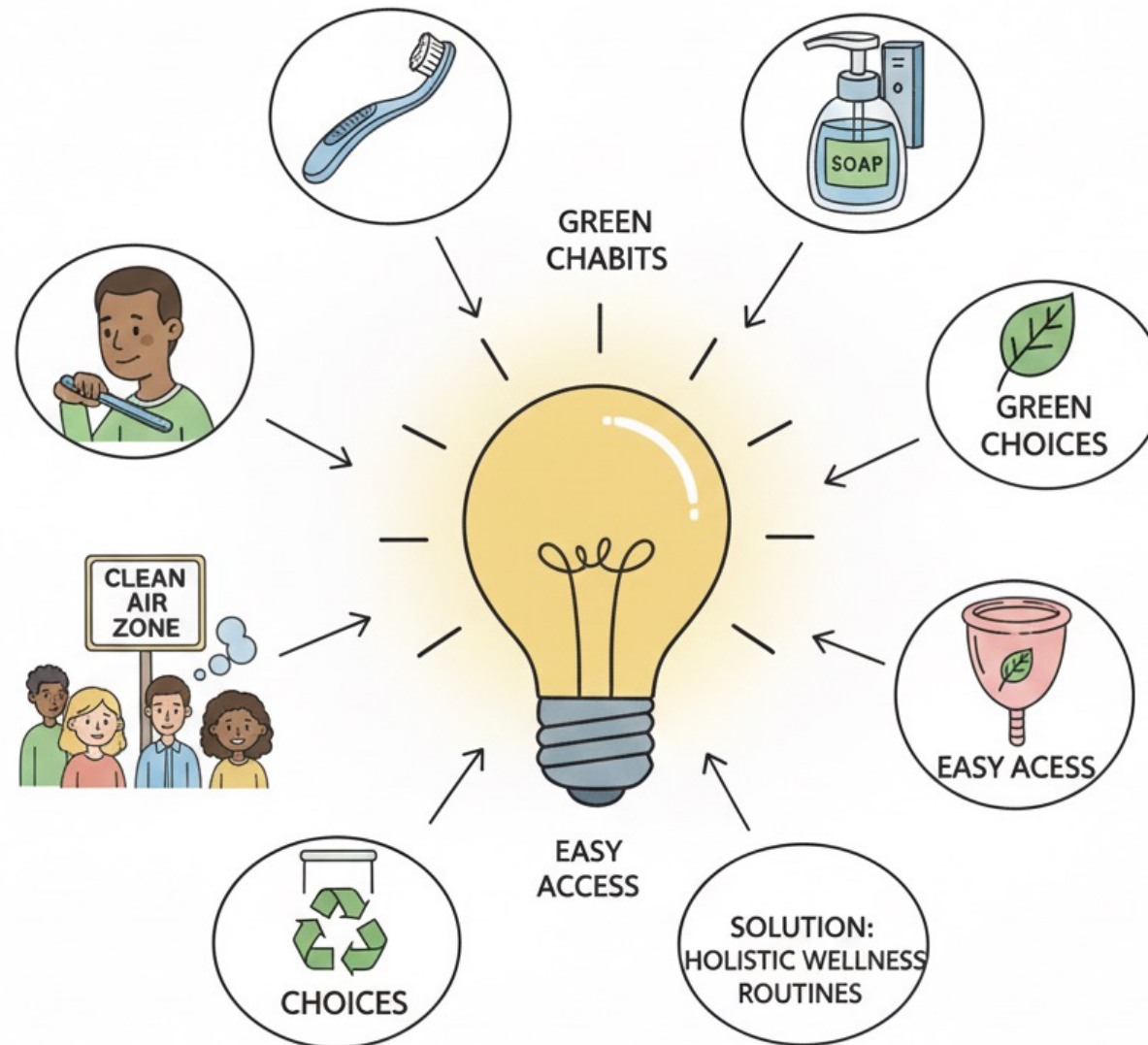


## 2. DEFINE



# DESIGN THINKING HYGIENE AND HEALTH

## 3. IDEATE



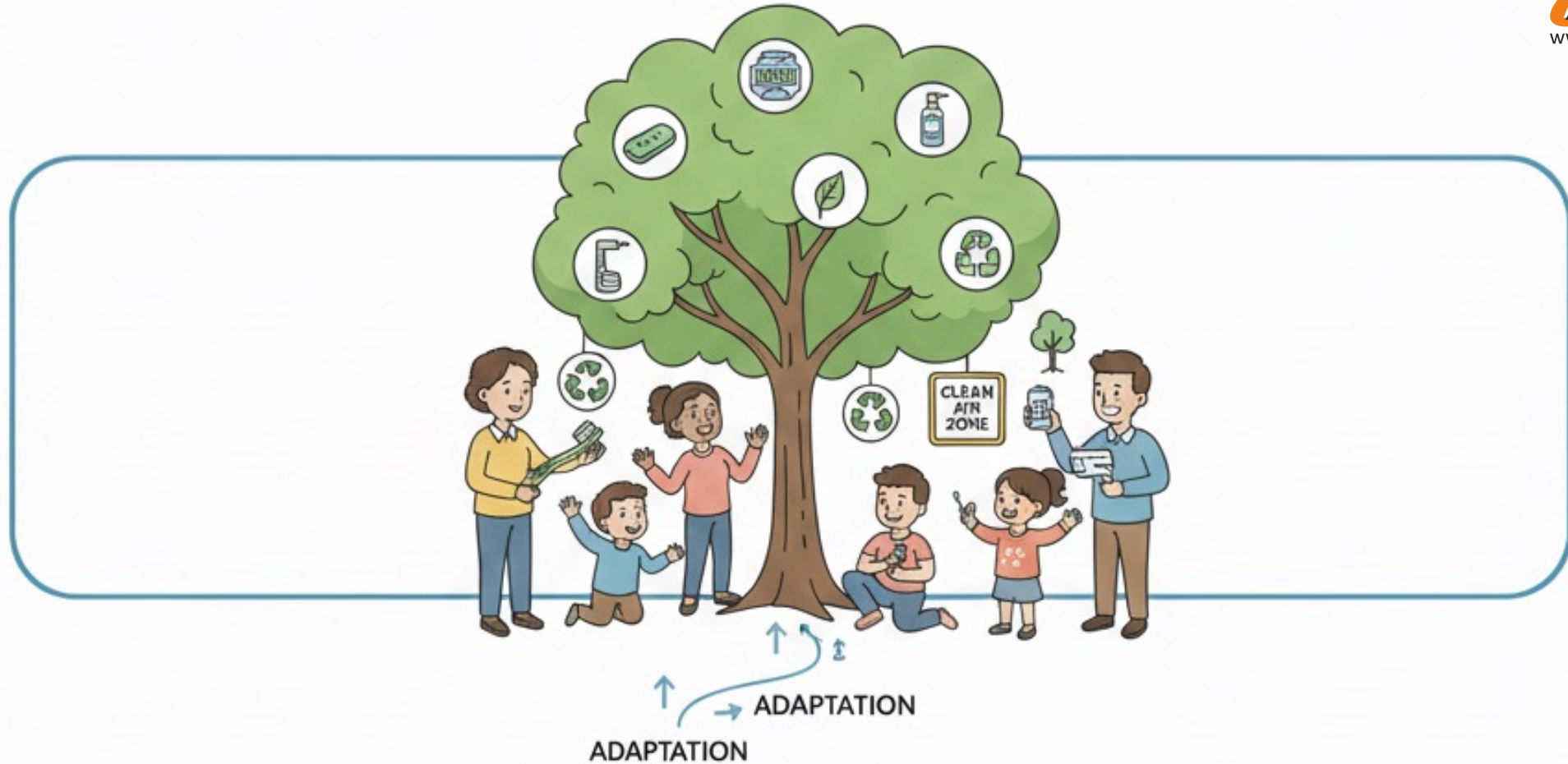
# DESIGN THINKING HYGIENE AND HEALTH

## 4. PROTOTYPE & TEST





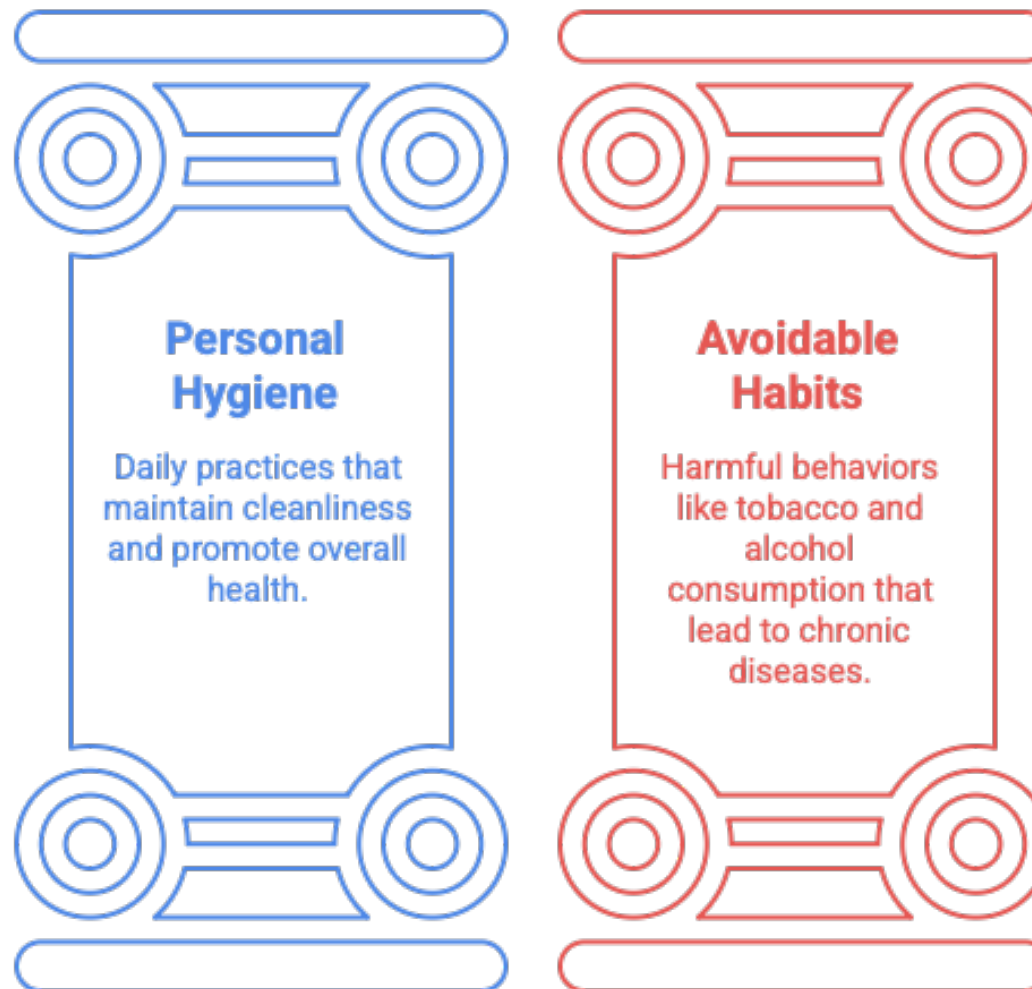
# DESIGN THINKING HYGIENE AND HEALTH



## 5. EVOLVE

HOLISTIC WELLNESS: CONSTANT IMPROVEMENT

# FOUNDATION OF HEALTH



# ORAL HYGIENE PRACTICES

## Dental Checkups



Schedule regular dental checkups every six months.

## Diet

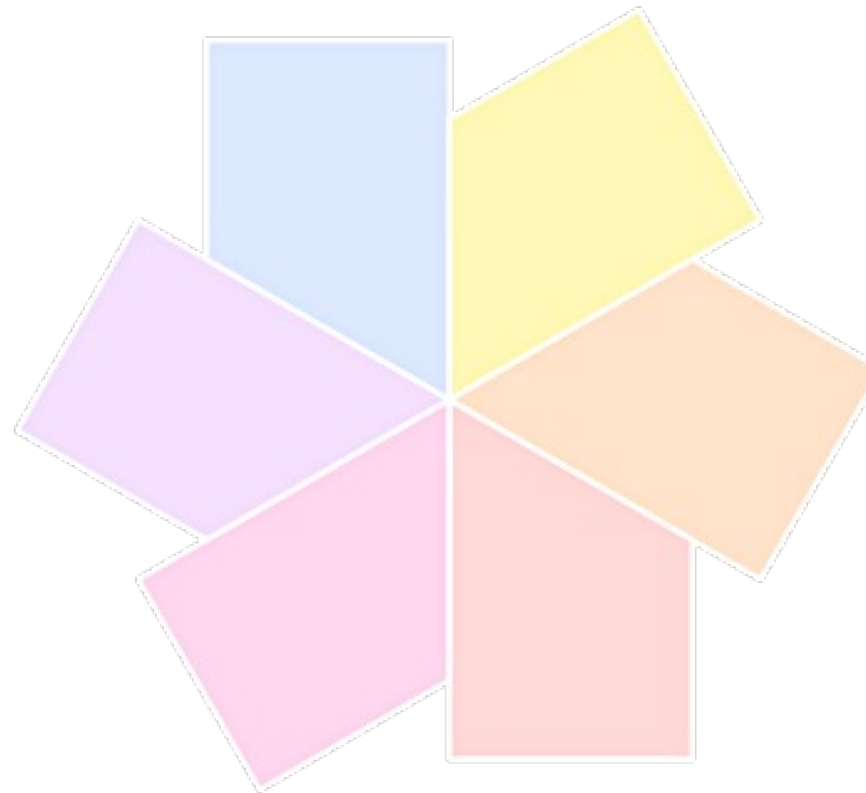


Limit sugary foods and acidic drinks for better oral health.

## Mouth Rinsing



Rinse your mouth after meals to remove food particles.



## Brushing

Brush teeth twice daily with fluoride toothpaste to prevent cavities.



## Toothbrush Replacement

Replace your toothbrush every three months for optimal hygiene.



## Flossing

Use dental floss or interdental brushes to clean between teeth.

# ORAL HYGIENE



## Importance

Highlights the benefits of good oral health

## Practices

Outlines the daily and periodic routines

## Dental Checkups

Emphasizes the need for regular professional visits

## Dietary Habits

Advises on limiting sugary and acidic intake



# MENSTRUAL HYGIENE



## Ensure Access to Facilities

Provide toilets, water, and privacy.



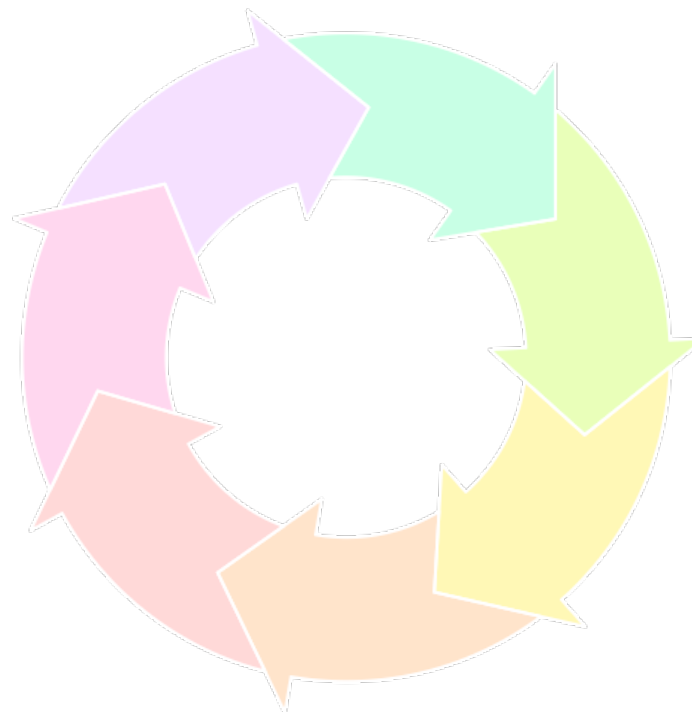
## Encourage Open Conversations

Discuss menstrual health openly.



## Dispose of Pads Safely

Wrap and discard pads in covered bins.



## Use Clean Absorbents

Choose safe and hygienic menstrual products.



## Change Absorbents Regularly

Replace pads/cloths every 4-6 hours.



## Wash Reusable Cloths

Clean cloths with soap and dry in sunlight.



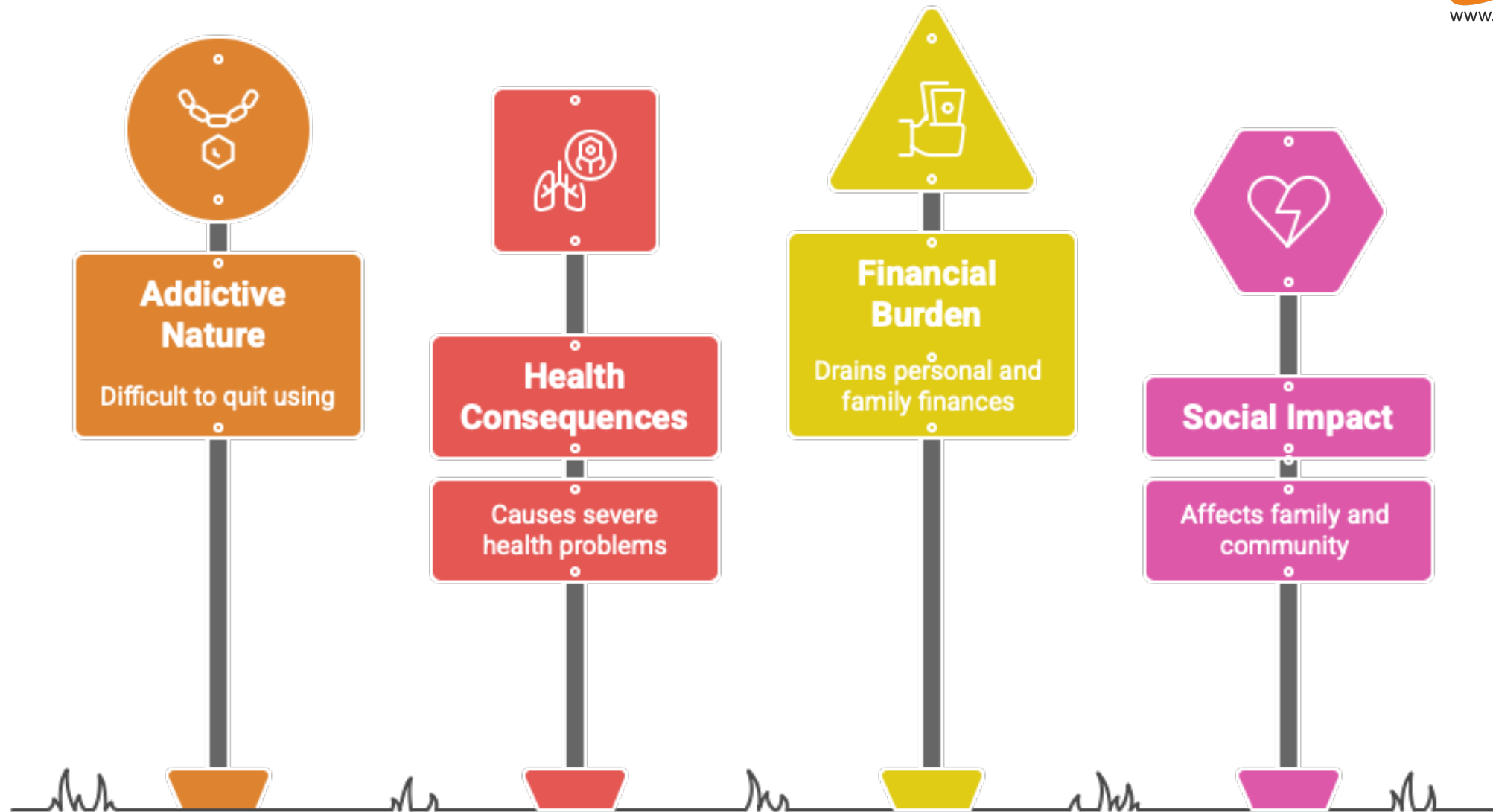
## Maintain Personal Hygiene

Bathe daily and clean genital area.

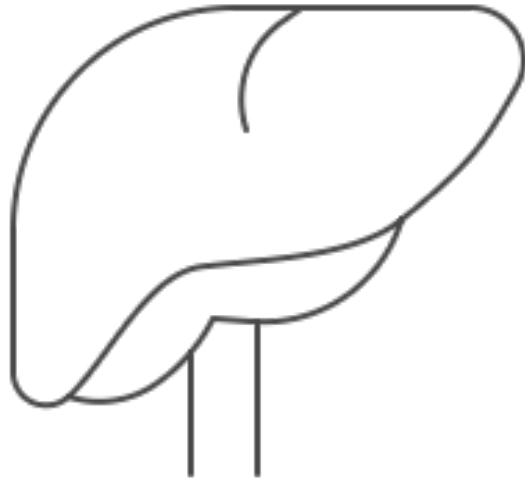
# ENVIRONMENTAL HYGIENE



# TOBACCO USE: A PREVENTABLE HEALTH CRISIS



# ALCOHOL CONSUMPTION



**Long-  
Term  
Effects**

**50%**

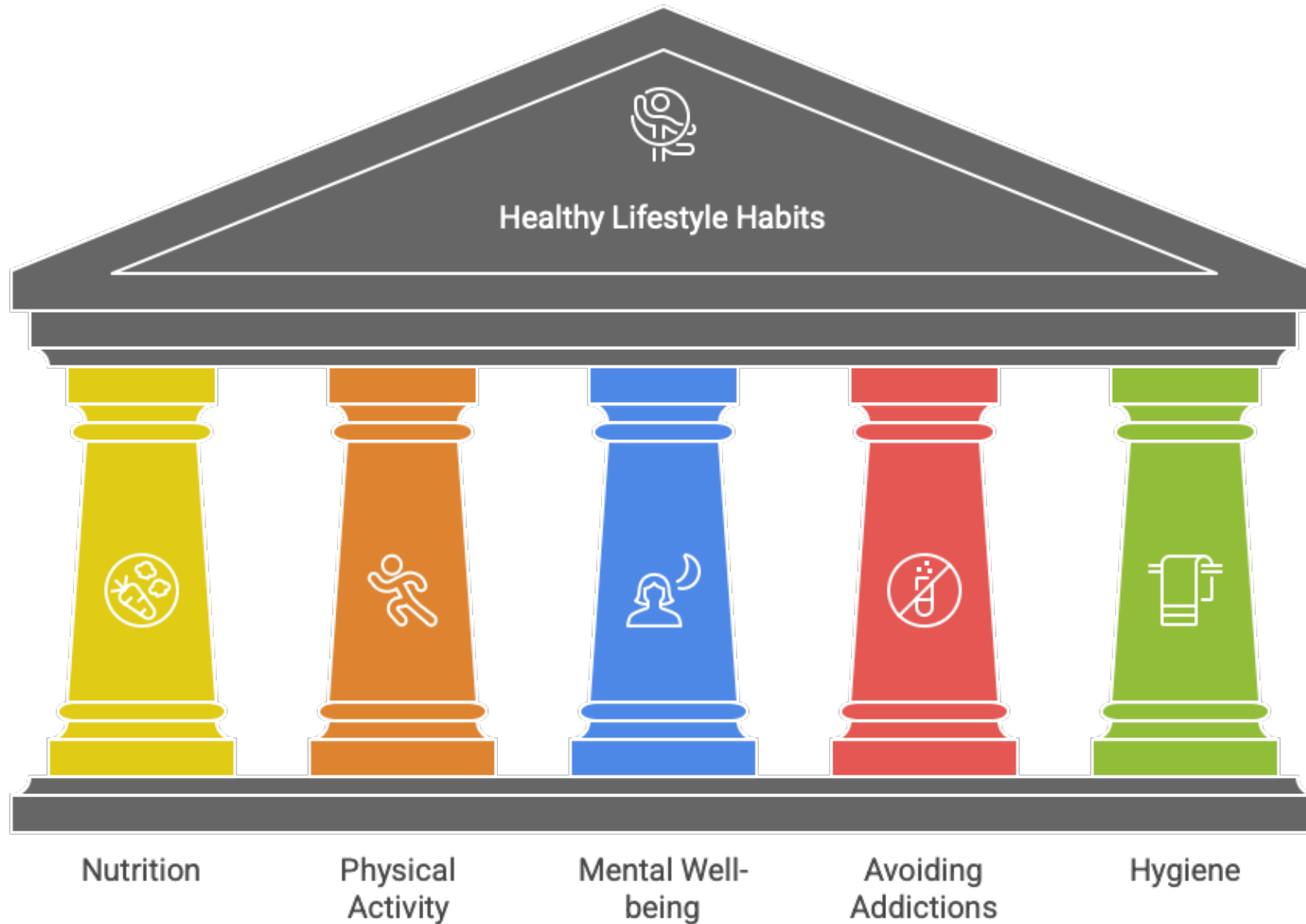
Risk of liver cirrhosis

**25%**

**Short-  
Term  
Effects**

Risk of accidents and injuries

# HEALTHY LIFESTYLE

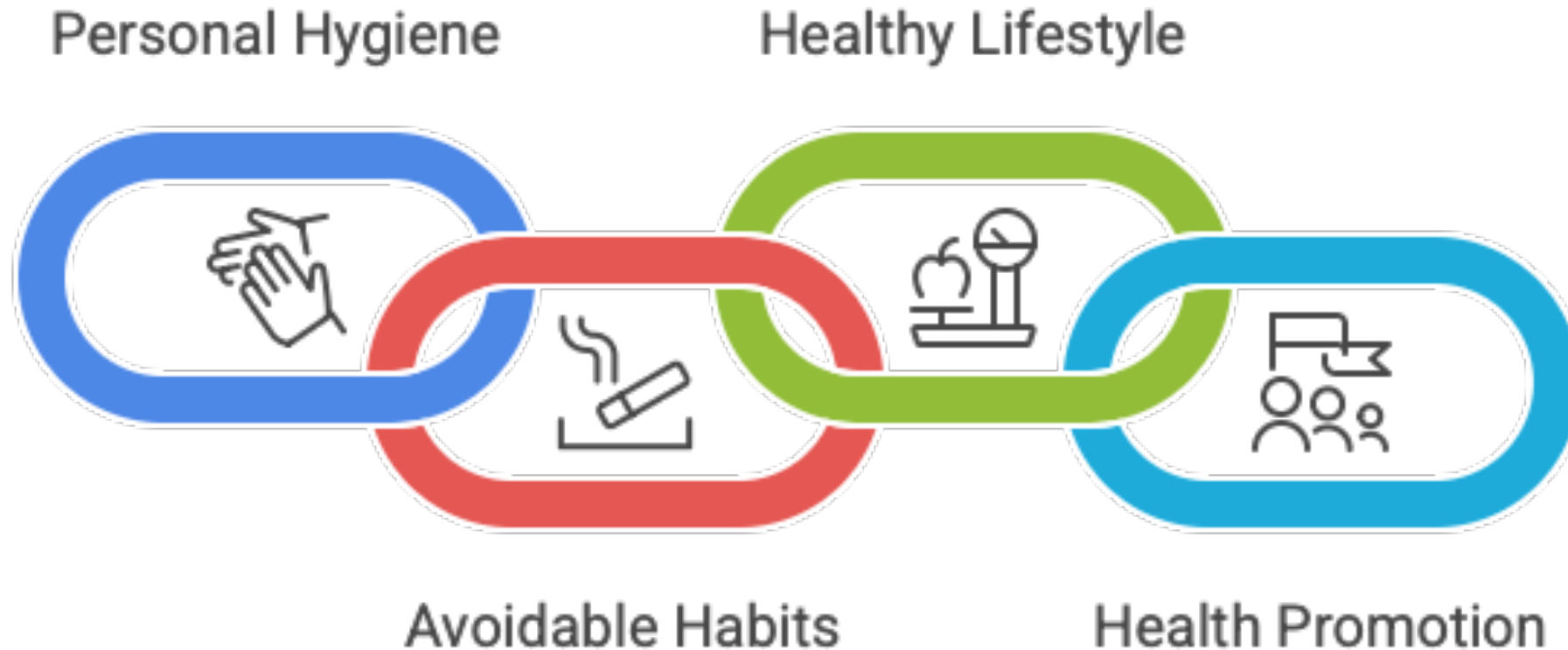




# PROMOTING HEALTH



# FOUNDATION OF HEALTH



# ASSESSMENT- 1

A



B



What is the recommended frequency for regular dental checkups?

C



D



# ASSESSMENT- 2

**The World Health Organization's 7-step handwashing technique is mentioned. Which part of the hands is specifically cleaned by rubbing fingertips on the palm?**





# ASSESSMENT- 3

A. Ensuring cross-ventilation in rooms



B. Seggrating wet and dry waste



C. Removing stag ant water



D. Using filtered or boiled water

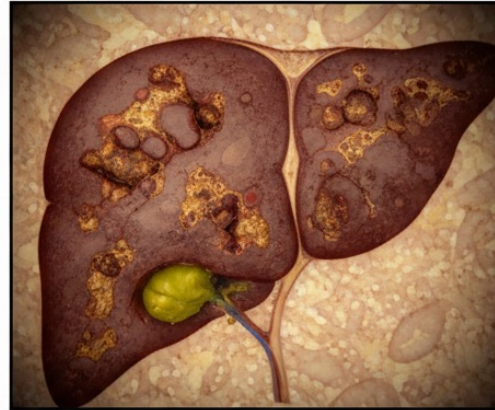


**Which of the following is listed as a component of 'Vector Control' under Environmental Hygiene?**



# ASSESSMENT- 4

A. Mental health problems like depression   B. Liver cirrhosis



**Which of the following is categorized as a short-term effect of alcohol consumption?**

C. Accidents and injuries



D. Breast cancer



# ASSESSMENT- 5

**Safe drinking water prevents which major disease?**

**a) Joint pain**



**b) Diarrheal diseases**



**c) Hypertension**



**d) Migraine**



## REFERENCES

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2. Textbook of Preventive and Social Medicine (Mahajan and Gupta), Edited by Roy Rabindra Nath, Saha Indranil, 4th Edition, 2013, ISBN: 9789350901878, JAYPEE Publications
3. Review of Preventive and Social Medicine (Including Biostatistics), Jain Vivek, 6<sup>th</sup> Edition, 2014, ISBN: 9789351522331, JAYPEE Publications
4. Essentials of Community Medicine—A Practical Approach, Hiremath Lalita D, Hiremath Dhananjaya A, 2nd Edition, 2012, ISBN: 9789350250440, JAYPEE Publications

# Thank you