

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



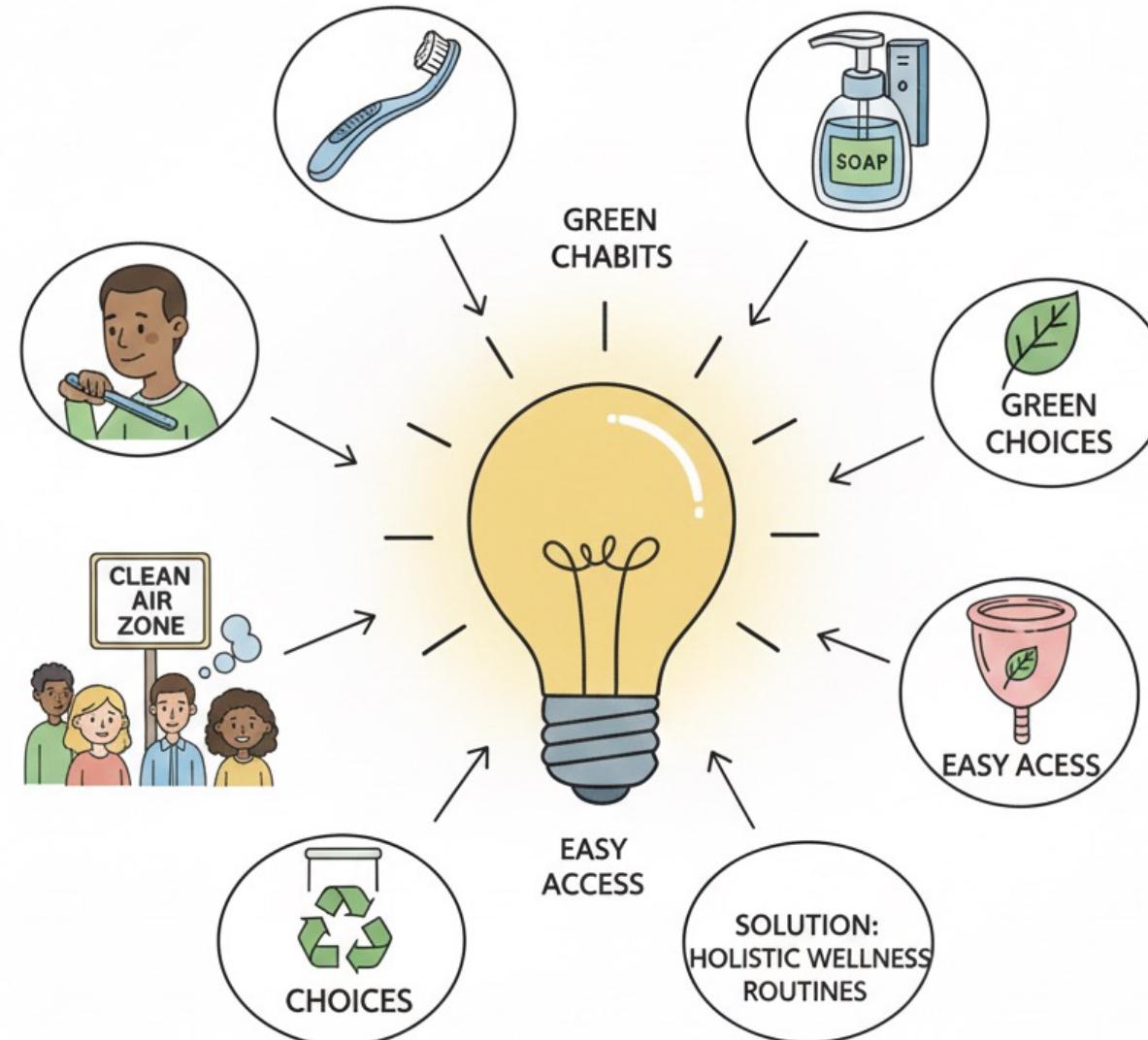
EXPENSIVE
DENTAL VISITS

2. DEFINE



DESIGN THINKING HYGIENE AND HEALTH

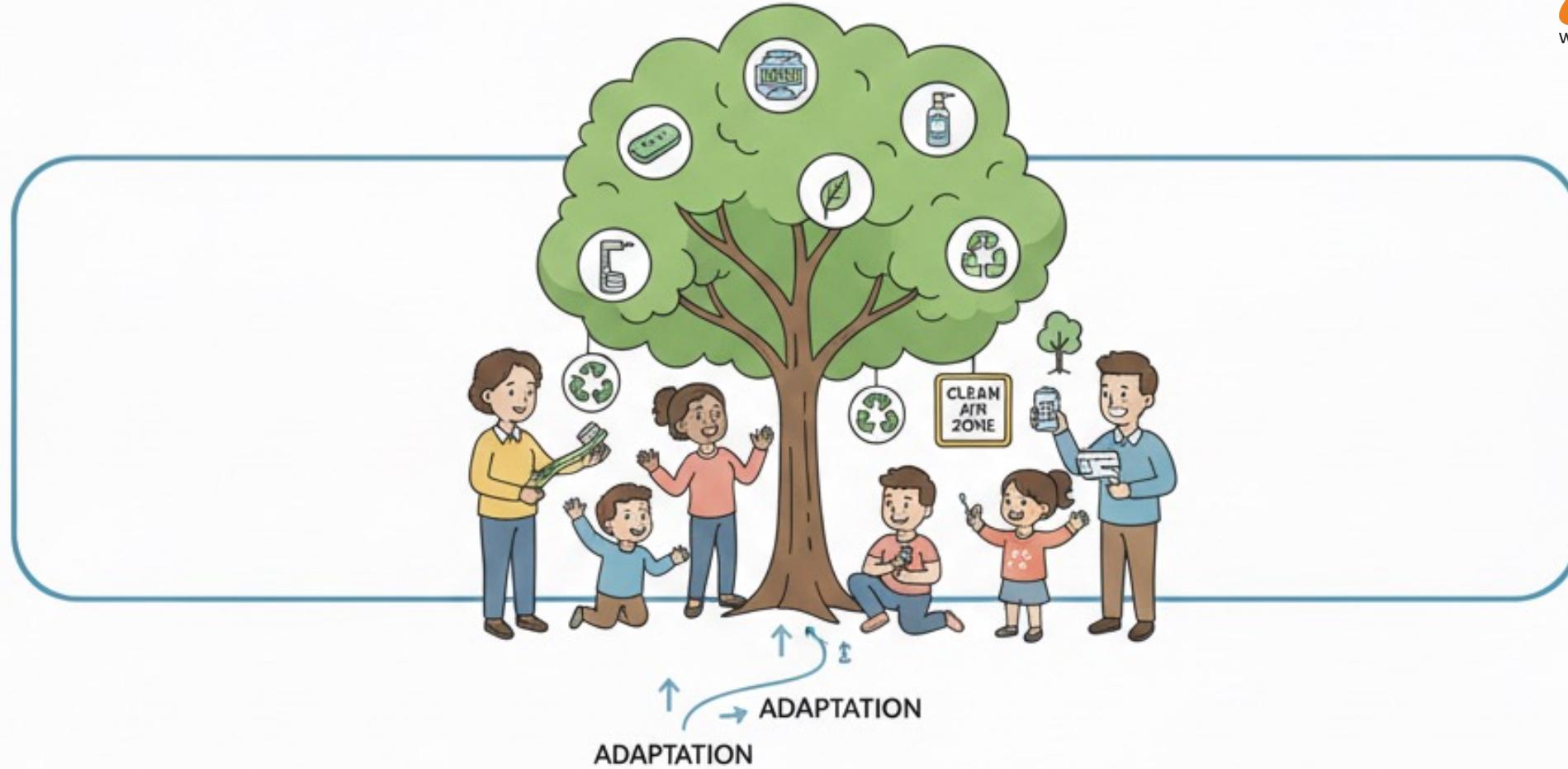
3. IDEATE



4. PROTOTYPE & TEST



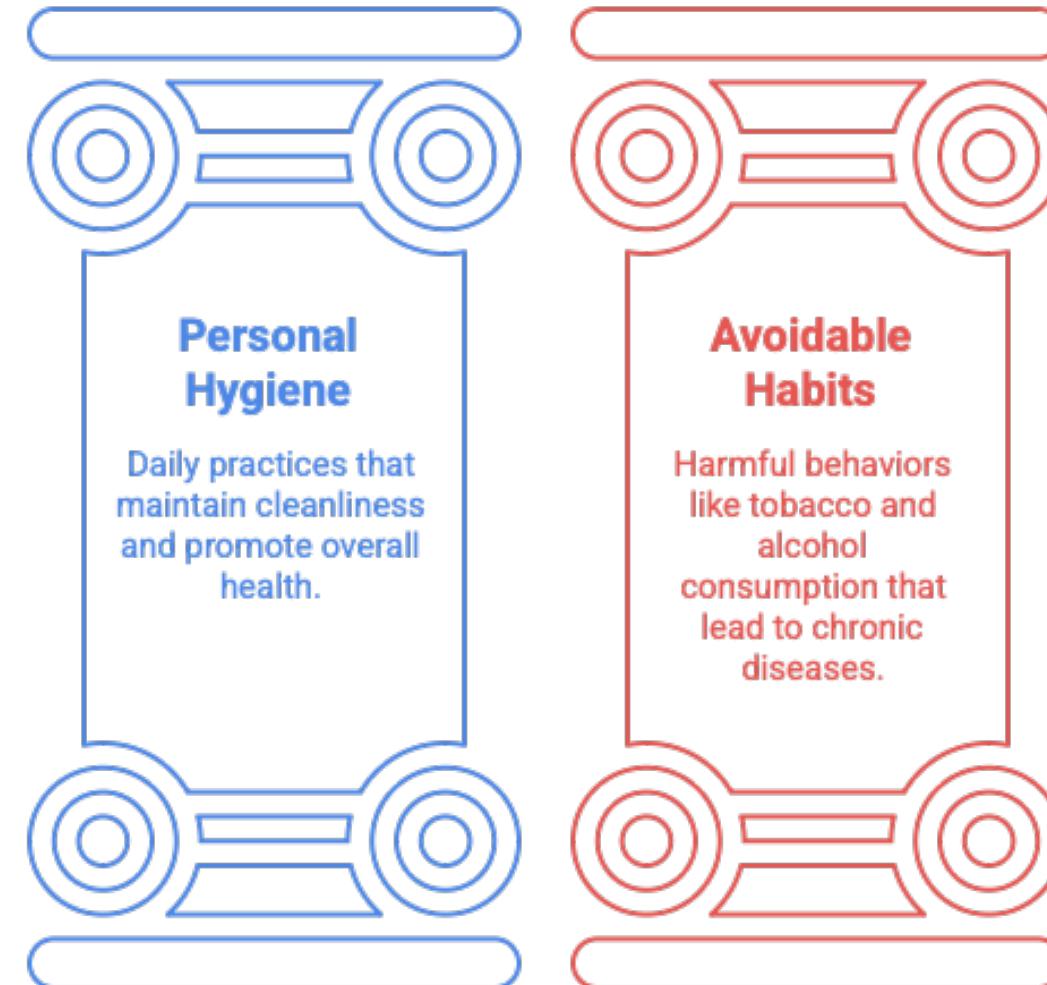
DESIGN THINKING HYGIENE AND HEALTH



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

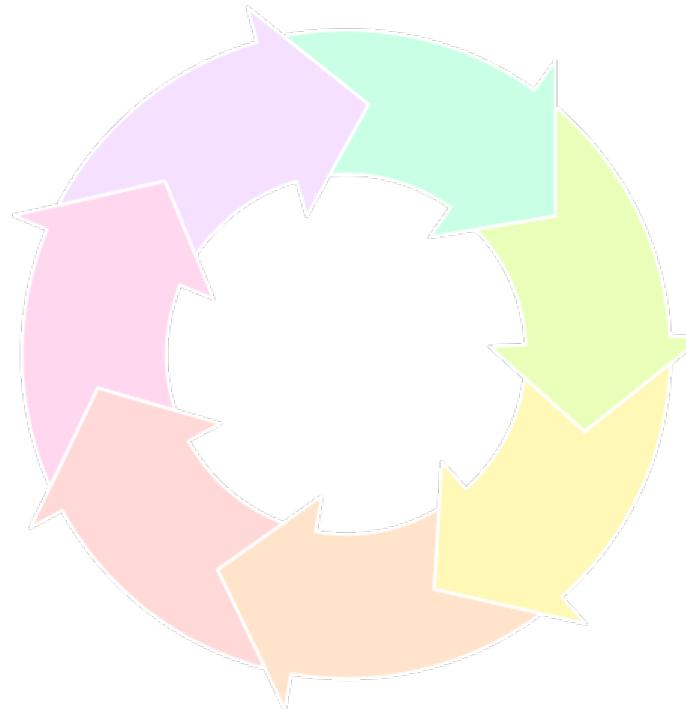
Emphasizes the need for regular professional visits

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.

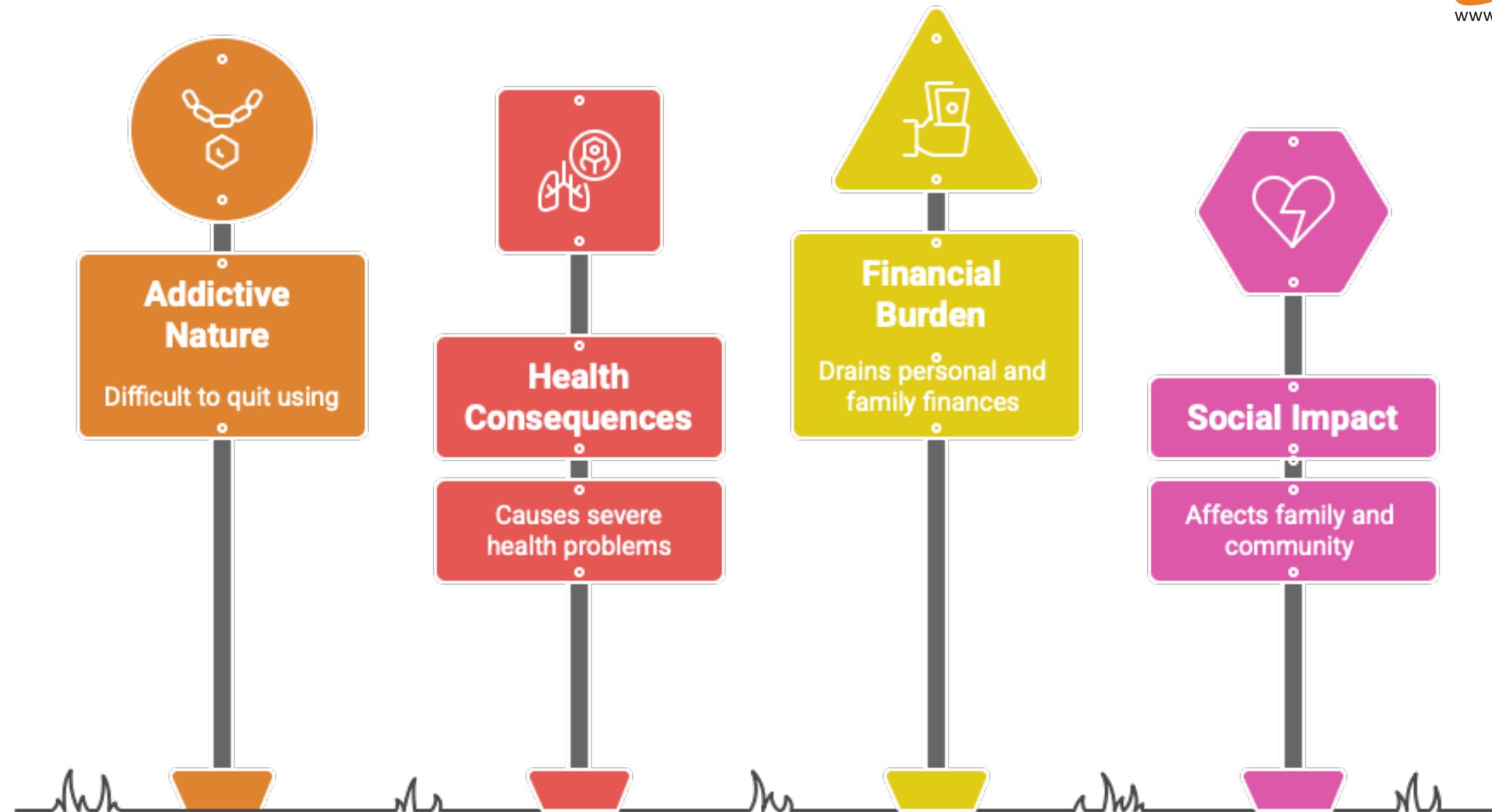


- Use Clean Absorbents**
Choose safe and hygienic menstrual products.
- Change Absorbents Regularly**
Replace pads/cloths every 4-6 hours.
- Wash Reusable Cloths**
Clean cloths with soap and dry in sunlight.
- Maintain Personal Hygiene**
Bathe daily and clean genital area.

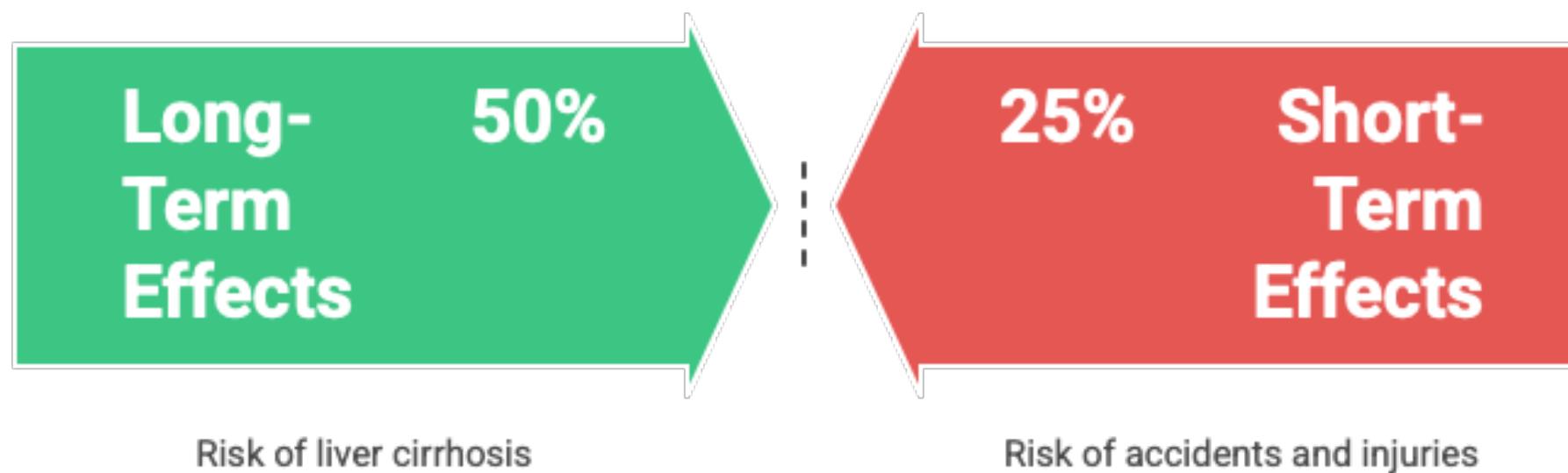
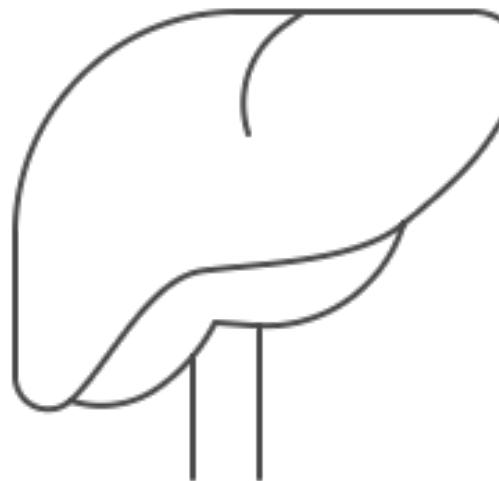
ENVIRONMENTAL HYGIENE



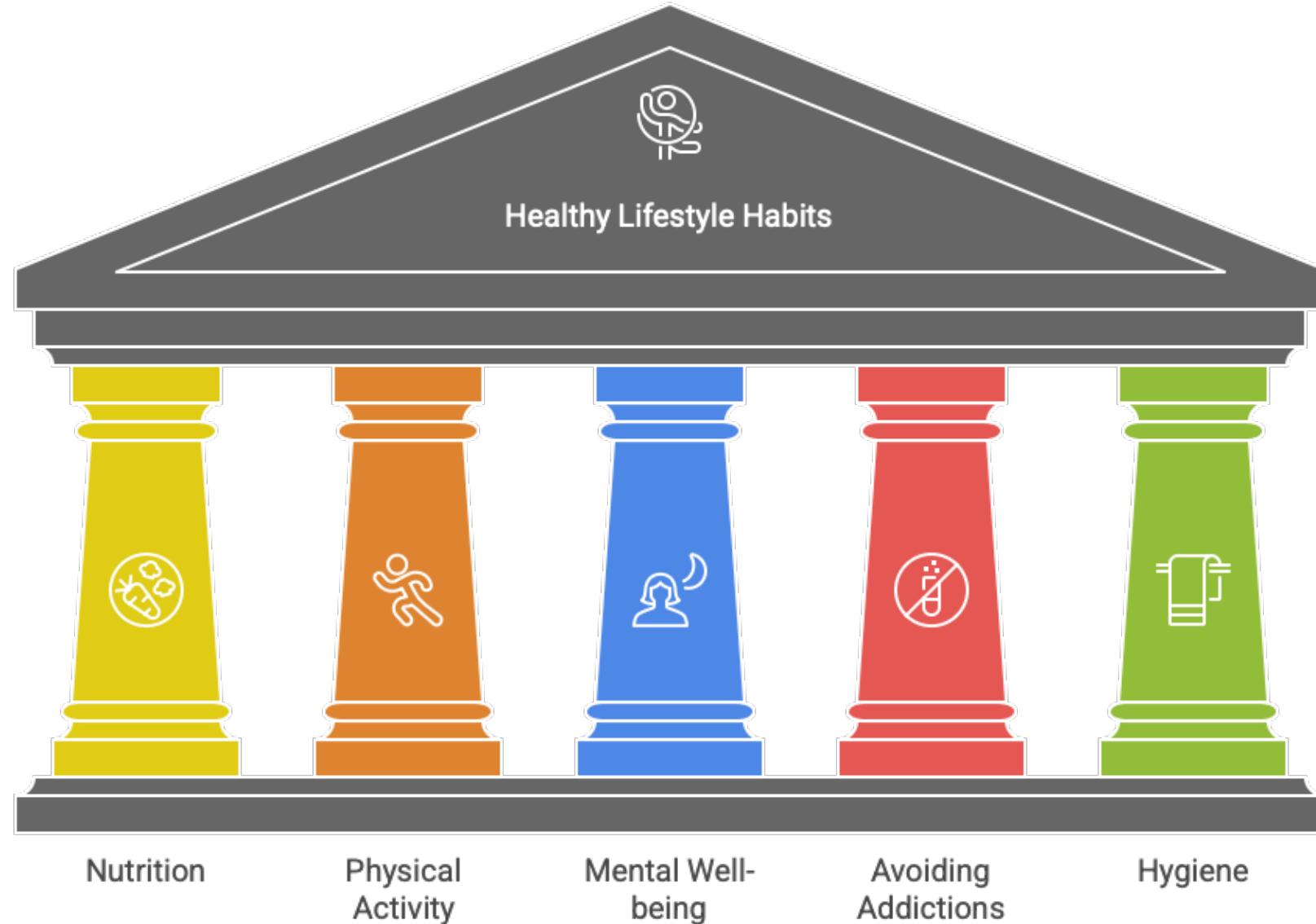
TOBACCO USE: A PREVENTABLE HEALTH CRISIS



ALCOHOL CONSUMPTION



HEALTHY LIFESTYLE

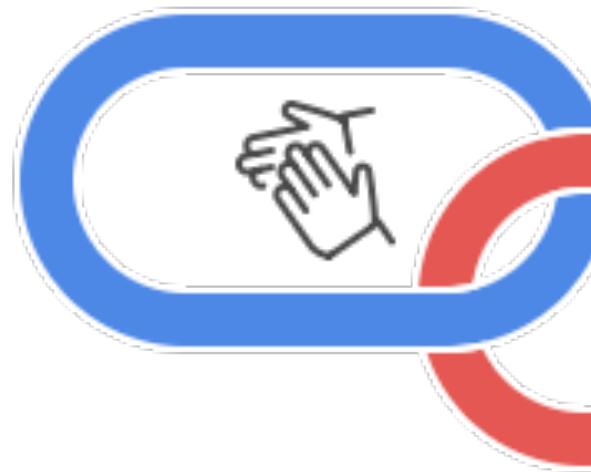


PROMOTING HEALTH



FOUNDATION OF HEALTH

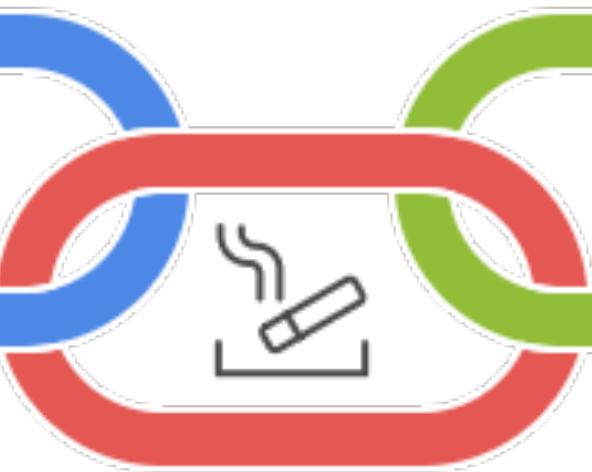
Personal Hygiene



Healthy Lifestyle



Avoidable Habits



Health Promotion

ASSESSMENT- 1

A



B



What is the recommended frequency for regular dental checkups?

D



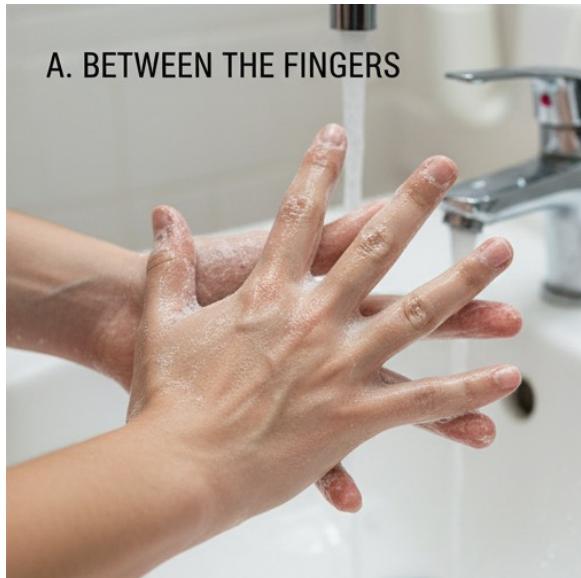
C



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?

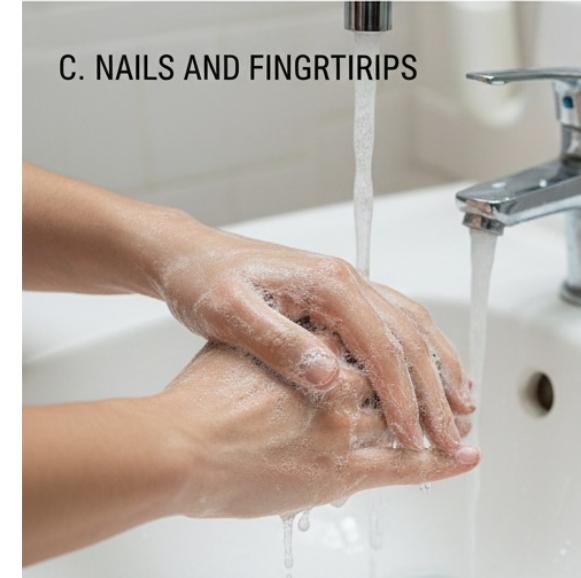
A. BETWEEN THE FINGERS



B. THE THUMBS



C. NAILS AND FINGERTIPS



D. BACK OF THE HANDS



ASSESSMENT- 3

A. Ensuring cross-ventilation in rooms



B. Segregating wet and dry waste



C. Removing stagnant water



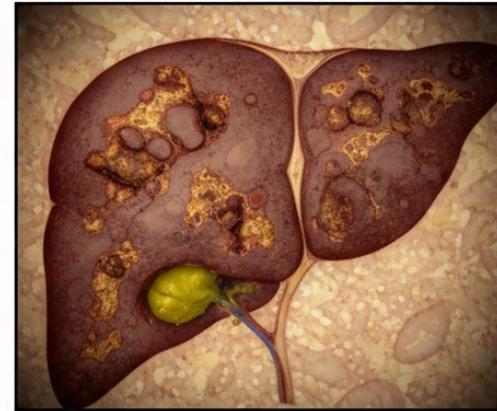
D. Using filtered or boiled water



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 cirrrhesis



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) Diarrhal diseases



c) Hypertension



d) Migraine



REFERENCES

1. Short Textbook of Preventive and Social Medicine, Prabhakara GN, 2nd Edition, 2010, ISBN: 9789380704104, JAYPEE Publications
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, 6th 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