

*Short Textbook of*  
**Preventive and  
Social Medicine**



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**Preventive and  
Social Medicine**

**Second Edition**

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***Short Textbook of Preventive and Social Medicine***

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# Preface to the Second Edition

The purpose of this book is to provide a simple and systematic guide to the trainers and trainees in medical science, health science and paramedical science fields, who are involved in community health care in their day-to-day professional activity and research.

The short text is not a compendium on community health (PSM) but a synopsis of essentials of PSM for:

- Medical professionals
- Health science professionals
- Teachers in medical and health sciences students.

Recommendations of Ordinances by universities of health sciences are followed in the syllabus, which is also as per Medical Council of India stipulation.

An effort is made for inclusion of additional 16 new items such as AIDS Day, Avian Influenza, Chikungunya Fever Epidemic, Desmotology, Emporiatics, Family Medicine, Kangaroo Mother Care, Meta Analysis, National Health Goals by 2015, NRHM, National Sociodemographic Goals by 2010, PC and PNDT, Poison Control Information, Red Cross Day, Social accountability of hospitals and medical colleges and Universal Declaration of Human Rights to existing 34 items in the Chapter Recent Area of Interest, which is eagerly looked for, both by teachers and students.

Omission or inclusion of points in the text is solely based on author's personal experience as a teacher over a period of 34 years, at Central Government Colleges, State Government Medical Colleges and SDM College of Medical Sciences and Hospital, Dharwad.

I hope that this book will serve the present requirement of professionals, teachers and students.

**GN Prabhakara**



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**GN Prabhakara**





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# Abbreviations

aA	Heterozygous	BOD	Biological Oxidation Demand
AA	Homozygous	BP	Blood Pressure
ABER	Annual Blood Examination Rate	BPL	Betapropiolactone
AD	After Christ (Anno Domini)	BR	Birth Rate
ADS	Antidiphtheric Serum	BSAM	Bachelor in Ayurvedic Medicine and Surgery
AEFI	Adverse events following immunization		
AFB	Acid Fast Bacilli	C	Columb
AFP	Acute Flaccid Paralysis	Ca	Carcinoma
AID	Artificial Insemination Donor	CARE	Cooperative for Assistance and Relief Everywhere
AIDS	Autoimmune Deficiency Syndrome	CCD	Control of Communicable Disease
AIH	Artificial Insemination Husband	CCF	Congestive Cardiac Failure
AIR	All India Radio	CD	Communicable Disease
ALRI	Acute Lower Respiratory Infection	CD count	Cell Count in AIDS for Immune Response
AM	Arithmetic Mean	CDC	Code for Disease Control
AN	Antenatal	CDPO	Child Development Project Officer
ANC	Antenatal Care	CET	Corrected Effective Temperature
ANTU	Alpha Naphthyl Thiourea	CFR	Case-Fatality Ratio
APH	Antepartum hemorrhage	CFTRI	Central Food Technological Research Institute
API	Annual Parasitic Index	CGHS	Central Government Health Scheme
APT	Alum Precipitated Toxoid	CGHS	Central Government Health Service
ARI	Acute Respiratory Infection	CHC	Community Health Center
ARS	Antirabies Serum	CHD	Coronary Heart Disease
ARV	Antirabies Vaccine	CHEB	Central Health Education Bureau
ARWSP	Accelerated Rural Water Supply Program	CHO	Carbohydrate
ASFR	Age Specific Fertility Rate	CMV	Cytomegalovirus
ASO	Anti-Streptolysin O	CNS	Central Nervous System
ATS	Antitetanus Serum	COD	Chemical Oxidation Demand
AURI	Acute Upper Respiratory Infection	COPRA	Consumer Protection Act
AW	Anganwadi	CPM	Critical Path Method
AWW	Anganwadi Worker	CSIR	Council of Scientific and Industrial Research
AZT	Zidovudine	CSSM	Child Survival Safe Motherhood
		CV	Coefficient of Variation
BAL	British anti-Lewicite	CVS	Cardiovascular System
BC	Before Christ	CWR	Child Women Ratio
BCG	Bacille Calmette Guérin (TB vaccine)		
BD	(Bis in die) twice a day	DALY	Disability Adjusted Life Years
BFHI	Baby Friendly Hospital Initiative	DANIDA	The Danish International Development Agency
BHC	Benzene Hexachloride		
BHW	Basic Health Worker	dB	decibel (loudness)
BIRD	Bidar Integrated Rural Development Project		
BIS	Bureau of Indian Standards		
BOAA	Beta Oxalyl Amino Alanine		

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DBT	Dry Bulb Thermometer	FP	Family Planning
DD	Diarrheal Disease	FPAI	Family Planning Association of India
DDC	Diarrhea Disease Control	FPO	Fruit Product Order
DDC	Drug Distribution Center	FRU	First Referral Unit
DDK	Disposable Delivery Kit	FS	Ferrous Sulphate
DDP	Desert Development Program	FT	Formal Toxoid
DDT	Dichloro Diphenyl Trichloroethane	FTD	Fever Treatment Depot
DEC	Diethyl Carbamazine	FW	Family Welfare
DF	Day Light Factor		
DF	Deep Freezer		
DG	Director General	GA	General Anesthesia
DGO	Diploma in Gynecology and Obstetrics	GDM	Gestational Diabetic Mellitus
DHEB	District Health Education Bureau	GE	Gastroenteritis
DHF	Dengue Hemorrhagic Fever	GFI	General Flea Index
DHFOW	District Health and FW Officer	GFR	General Fertility Rate
DHO	District Health Officer	GHG	Greenhouse Gases
DIO	District Immunization Officer	GI	Gastrointestinal
DMAP	Disaster Management Action Plan	GMFR	General Marital Fertility Rate
DMPA	Depo Medroxy Progesterone Acetate	GOI	Government of India
DNA	Deoxy Ribonucleic Acid	GR	Growth Rate
DOTS	Directly Observed Treatment Short Course	GRR	Gross Reproduction Rate
DPAP	Draught Prone Areas Program	GU	Genitourinary
DPH	Diploma in Public Health	Gy	Gray
DPT	Diphtheria Pertussis Tetanus		
DR	Death Rate	H	INH
DT	Diphtheria Tetanus	HA	Health Assistant
DTC	District TB Center	HAV	Hepatitis A Virus
DWACRA	Development of Women and Children in Rural Areas	Hb%	Hemoglobin percentage
		HBIG	Hepatitis B Immunoglobulin
		HBSAg	Hepatitis B Somatic Antigen
		HBV	Hepatitis B Virus
		HCG	Human Chorionic Gonadotrophin
E	Ethambutol	HCH	Hexa Chlorocyclo-Hexane (BHC[Benzene Hexa-Chloride])
EAS	Employment Assurance Scheme	HDCV	Human Diploid Cell Vaccine
EBV	The Epstein-Barr Virus	HDL	High Density Lipoprotein
ECD	Early Childhood Development	HE	Health Education
ECHS	Educational Council for Health Science	HFA	Health for All
EDTA	Ethylene Diamine Tetraacetic Acid	HIG	Human Immunoglobulin
EFA	Essential Fatty Acid	HIS	Health Information System
EIUS	Environmental Improvement of Urban Slums	HIV	Human Immunodeficiency Virus
ELISA	Enzyme Linked Serum Assay (Immuno)	HKNS	Hind Kusht Nivaran Sangha
EPA	Code for Epidemiology	HTLV	Human T-lymphotropic Virus
EPID	An Epidemiological Number given for a Stool Sample in AFP Surveillance	HTST	High Temperature Short Time
ESI	Employees State Insurance	HUDCO	Housing and Urban Development Corporation
ESIS	Employee State Insurance Scheme	HW	Health Worker
FAO	Food and Agriculture Organization	IAEA	Indian Atomic Energy Agency
FCU	Filaria Control Unit	IARC	Indian Agricultural Research Council
FNV	French Neurotropic Virus	IAS	Indian Administrative Service

IAY	Indira Awas Yojana	KAP	Knowledge Attitude Practice
ICCU	Intensive Coronary Care Unit	KFD	Kyasanur Forest Disease
ICD	International Classification of Diseases	LAN	Local Area Network
ICDS	Integrated Child Development Service	LB	Live Births
ICMR	Indian Council of Medical Research	LBW	Low Birth Weight
ICRP	International Commission for Radiological Protection	LCU	Leprosy Control Unit
ICSSR	Indian Council for Social and Scientific Research	LDC	Lower Division Clerk
ICU	Intensive Coronary Unit	LDL	Low Density Lipoprotein
IDD	Iodine Deficiency Disorder	LEC	Leprosy Elimination Campaign
IDDCP	Iodine Deficiency Disorder Control Program	LGI	Lymphogranuloma Inguinale
IDDM	Insulin Dependent Diabetes Mellitus	LGV	Lymphogranuloma Venereum
IEC	Information Education Communication	LIC	Life Insurance Corporation of India
IFA	Iron Folic Acid	LIH	Leptospira Icterohaemorrhagiae
Ig	Immunoglobulin	LRI	Lower Respiratory Infection
IGT	Impaired Glucose Tolerance	MB	Multibacillary
IH	Infective Hepatitis	MBO	Management by Objective
IHD	Ischemic Heart Disease	MCH	Maternal and Child Health
ILO	International Labor Organization	MCI	Medical Council of India
ILR	Ice Lined Refrigerator	MD	Doctor of Medicine
IM	Intramuscular	MD	Mean Deviation
IMA	Indian Medical Association	MDT	Multi-Drug Regimen
IMC	Indian Medical Council	MI	Myocardial Infarction
IMCD	Integrated Mother Child Development	MLEC	Modified Leprosy Elimination Campaign
IMNCI	Integrated Management of Neonatal and Childhood Illness	MLTU	Mobile Leprosy Treatment Unit
IMR	Infant Mortality Rate	MMR	Mass Miniature Radiography
IMS	Indian Medical Service	MMR	Maternal Mortality Rate
INC	Intranatal Care	MO	Medical Officer
INH	Isoniazid Hydrazide	MOH	Medical Officer of Health
IP	Incubation Period	MP	Malaria Parasite
IPD	In-patient Department	MPF	Multipurpose Food
IPP	India Population Project	MPW	Multipurpose Worker
IPPI	Intensive Pulse Polio Program	MRDM	Malnutrition Related Diabetes Mellitus
IPV	Injectable Polio Vaccine	MS	Mukhya Sevika
IQ	Intelligence Quotient	MSW	Medical Social Worker
IRDP	Integrated Rural Development Program	MTM	Multiple Tube Method
ISWA	International Solid Waste Public Cleansing Association	MTP	Medical Termination of Pregnancy
IT	Income Tax	MUAC	Mid Upper Arm Circumference
IU	International Units	MWS	Million Wells Scheme
IUD	Intrauterine Device	MYP	Mid Year Population
IV	Intravenous	NAB	National Association for the Blind
J	Joule	NACP	National AIDS Control Program
JALMA	Japanese Leprosy Mission for Asia	NANB	Non A Non B
JE	Japanese Encephalitis	NBIN	An emulsion containing 68% Benzylbenzoate, 6% DDT, 12% Benzocaine and 14% Tween 80 diluted 1 in 5 parts water (Scabicide from National Institute)
JRY	Jawahar Rojgar Yojana	NBO	National Building Organization

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NCCF	National Calamity Contingency Fund	PH	Public Health
NCCP	National Cancer Control Program	PHC	Primary Health Center
NCD	Noncommunicable Disease	PID	Pelvic Inflammatory Disease
NCDM	National Committee on Disaster Management	PMW	Paramedical Worker
NEERI	National Environmental Engineering Research Institute	PN	Postnatal
NET-EN	Norethindrone Enanthate	PNC	Postnatal Care
NGO	Non-Governmental Organization	PaP	Papanicolaou's stain Test (Cancer Screening Test)
NHD	Natural History of Diseases	POP	Progestin Only Pill
NIDDM	Non-insulin Dependent Diabetes Mellitus	PPBS	Planning Programming Budgeting System
NIN	National Institute of Nutrition	PPBS	Postprandial Blood Sugar
NIS	National Immunisation Schedule	PPC	Postpartum Program Center
NIUA	National Institute of Urban Association	PPD	Purified Protein Derivative
NLEP	National Leprosy Eradication Program	PPF	Public Provident Fund
NMCP	National Malaria Control Program	PPI	Pulse Polio Immunization
NMEP	National Malaria Eradication Program	PPM	Parts Per Million
NNRTIS	Non-nucleoside Analogue Reverse Transcriptase Inhibitor (a group of AIDS drug)	PQLI	Physical Quality Life Index
NPP	National Population Policy	PRAI	Planning Research Action Institute
NRR	Net Reproduction Rate	PT	Presumptive Treatment
NSAP	National Social Assistance Program	PTAP	Purified Toxoid Absorbed in Aluminium Phosphate
NTP	National TB Program	PWD	Public Works Department
NWS and SP	National Water Supply and Sanitation Program	QID	( <i>Quarter in Die</i> ) Four Times Daily
OBG	Obstetrics and Gynecology	R	Rifampicin
OC	Oral Contraceptive	RBC	Red Blood Corpuscle
ODA	Overseas Development Agency	RBS	Random Blood Sugar
OPD	Out Patient Department	RCA	Research cum Action
OPV	Oral Polio Vaccine	RCH	Reproductive Child Health
ORS	Oral Rehydration Solution	RDA	Recommended Dietary Allowance
OT	Operation Theater	RDNA	Recombinant DNA
P	Probability	RF	Rheumatic Fever
P and SM	Preventive and Social Medicine	RHD	Rheumatic Heart Disease
P <sub>4</sub> SR	Predicted Four Hour Sweat Rate	RIG	Rabies Immunoglobulin
PAH	Polynuclear Aromatic Hydrocarbon	RMP	Registered Medical Practitioner
PASB	Pan American Sanitary Bureau	RNA	Ribonucleic Acid
PB	Paucibacillary	RNTCP	Revised National TB Control Program
PCT	Presumptive Coliform Test	ROM	Rifampicin Ofloxacin Minocycline
PEFR	Peak Expiratory Flow Rate	ROME	Reorientation of Medical Education
PEM	Protein Energy Malnutrition	RSDI	Retirement Survival Disability Insurance
PERT	Program Evaluation Review Technique	RSF	Rapid Sand Filter
PET	Preeclamptic Toxemia	RT	Radical Treatment
PF	Provident Fund	RTI	Reproductive Tract Infection
PFA	Prevention of Food Adulteration Act	RTO	Regional Transport Officer
PG	Postgraduate	RW	Rideal Walker (Coefficient)
PGLAg	Phenolic Glycolipid Antigen	S	Streptomycin
		SAPEL	Special Action Projects for Elimination of Leprosy



SAR	Secondary Attach Rate	UK	United Kingdom
SC	Subcutaneous	UMI	Universal Mother Immunization
SD	Standard Deviation	UN	United Nations
SE	Standard Error	UNDP	United Nations Development Program
SET	Survey Education Treatment	UNFPA	United Nations Fund for Population Activity
SFI	Specific Flea Index	UNICEF	United Nations International Children's Fund
SHEB	School Health Education Bureau	UP	Uttar Pradesh
SHEB	State Health Education Bureau	URI	Upper Respiratory Infection
SITA	Suppression of Immoral Traffic Act	USAID	United States Agency for International Development
SNP	Special Nutrition Program		
SRS	Sample Registration System	VDRL	Venereal Disease Research Laboratory
SSF	Slow Sand Filter	VHG	Village Health Guide
STD	Sexually Transmitted Disease	VP reaction	Voges – Proskau reaction - a test for production of acetylmethyl carbinol from glucose in bacterial culture. (Lab test for <i>Vibrio Cholera</i> )
STI	Sexually Transmitted Infection	VR Media	Venkatraman Media
		WM	Vaccine Vial Monitor
TAB	Typhoid Vaccine with A and B Strain	VZIG	Varicella Zoster Immunoglobulin
TAF	Toxoid Antitoxin Floccules		
TB	Tuberculosis	WATSAN	Water Sanitary Program
TBA	Traditional Birth Attendant	WBT	Wet Bulb Thermometer
TDS	Three Times a Day ( <i>Ter in die</i> )	WHK	Women Hygiene Kit
TEPP	Tetra Ethyl Pyrophosphate	WHO	World Health Organization
TFR	Total Fertility Rate	WIC	Walk in Cooler
TIA	Transient Ischemic Attack	WWW	World Wide Web
TIG	Tetanus Immunoglobulin		
TRYSEM	Training of Rural Youth for Self Employment	XX	Woman
TT	Tetanus Toxoid	XY	Man
TU	Tubercular Unit		
TV	Television	Z	Pyrazinamide
UBSP	Urban Basic Services for Poor	ZP	Zilla Parishad
UCD	Urban Coordinated Development		
UCI	Universal Child Immunization		
UDC	Upper Division Clerk		
UGC	University Grant Commission		
UHT	Ultrahigh Temperature		
UIB	Unemployment Insurance Benefit		
UIP	Universal Immunization Program		