

SNS COLLEGE OF PHARMACY AND HEALTH SCIENCES



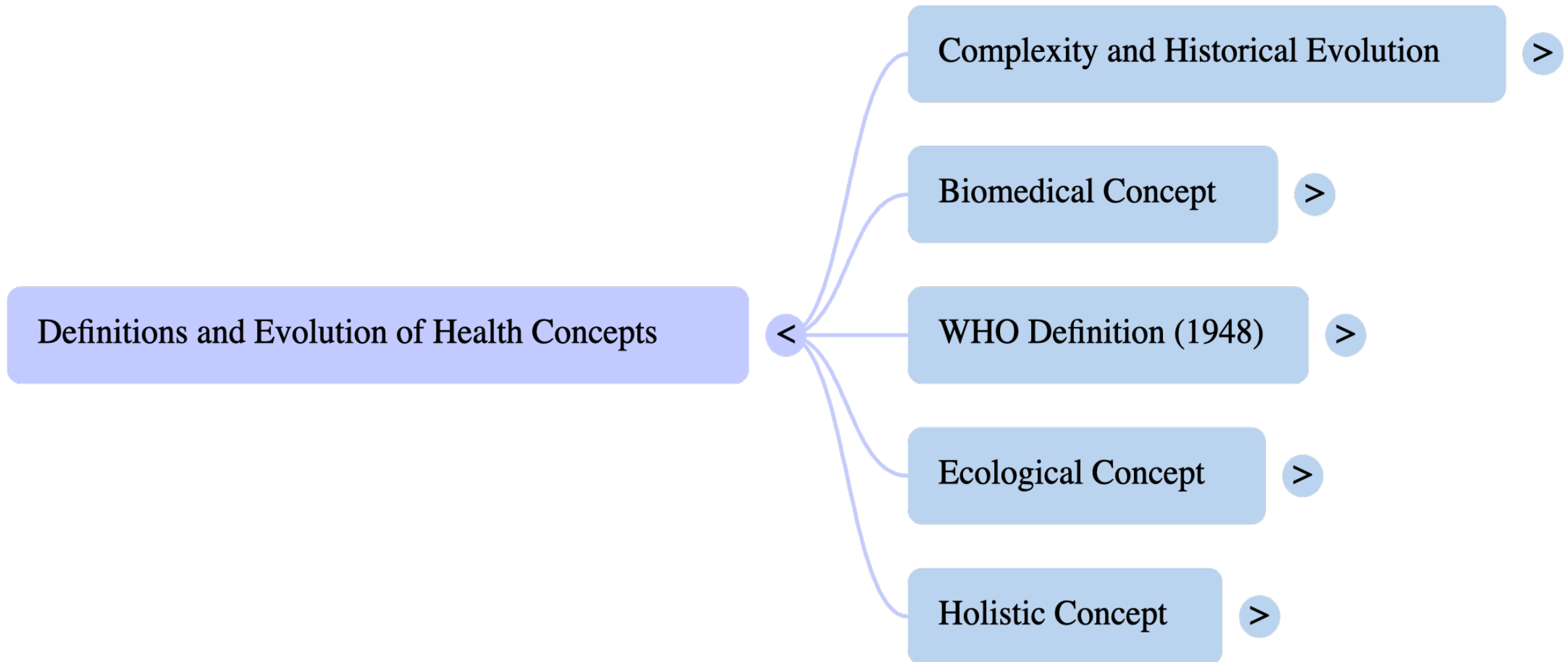
Affiliated To The Tamil Nadu Dr. MGR Medical University, Chennai
Approved by Pharmacy Council of India, New Delhi.
Coimbatore -641035

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

B.PHARM. VIII SEM / IV YEAR

TOPIC 1 : CONCEPT OF HEALTH AND DISEASE

DEFINITION AND EVALUATION OF PUBLIC HEALTH



DESIGN THINKING FOR DIABETES HEALTH: A PATIENT-CENTERED APPROACH

1. EMPATHIZE

Understanding the daily struggle:
diet, monitoring, medication,
emotional stress.

"It's so complicated to balance
everything. I feel alone."



2. DEFINE

THE CHALLENGE:

The patient needs an integrated, simplified
system to manage glucose levels, diet, and
receive personalized support.

• Key Pain Points:

Confusing dietary information,
fragmented tracking, lack of immediate
guidance.



4. TEST

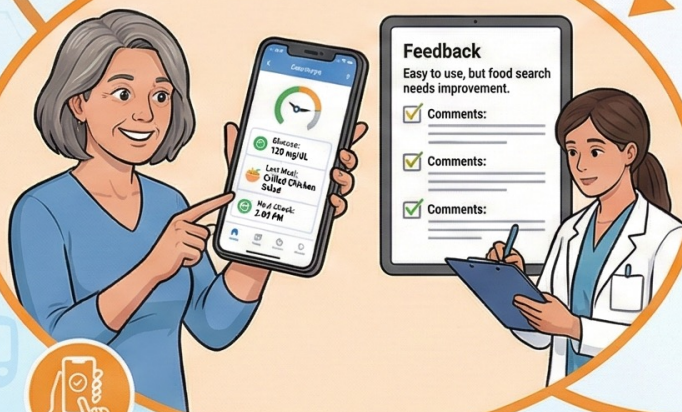
Feedback

Easy to use, but food search
needs improvement.

Comments:

Comments:

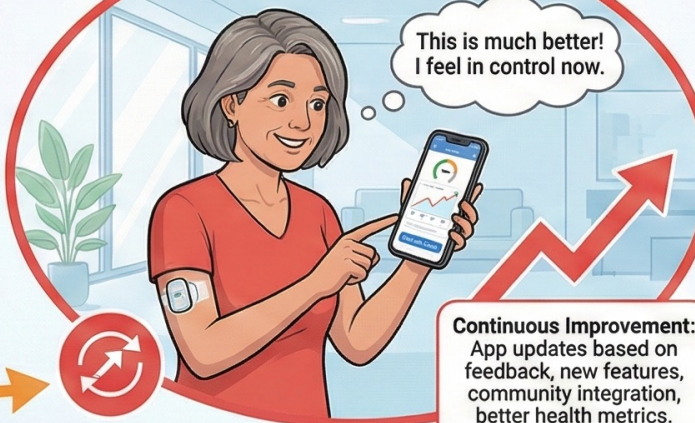
Comments:



5. EVOLVE

This is much better!
I feel in control now.

Continuous Improvement:
App updates based on
feedback, new features,
community integration,
better health metrics.



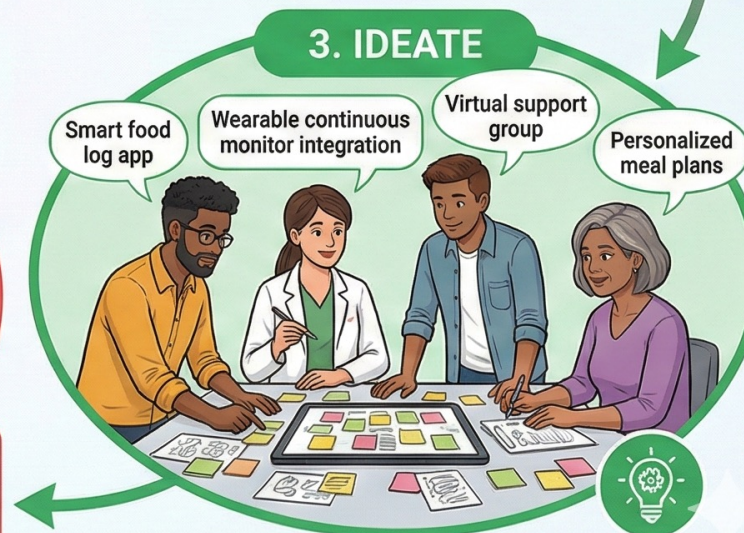
3. IDEATE

Smart food
log app

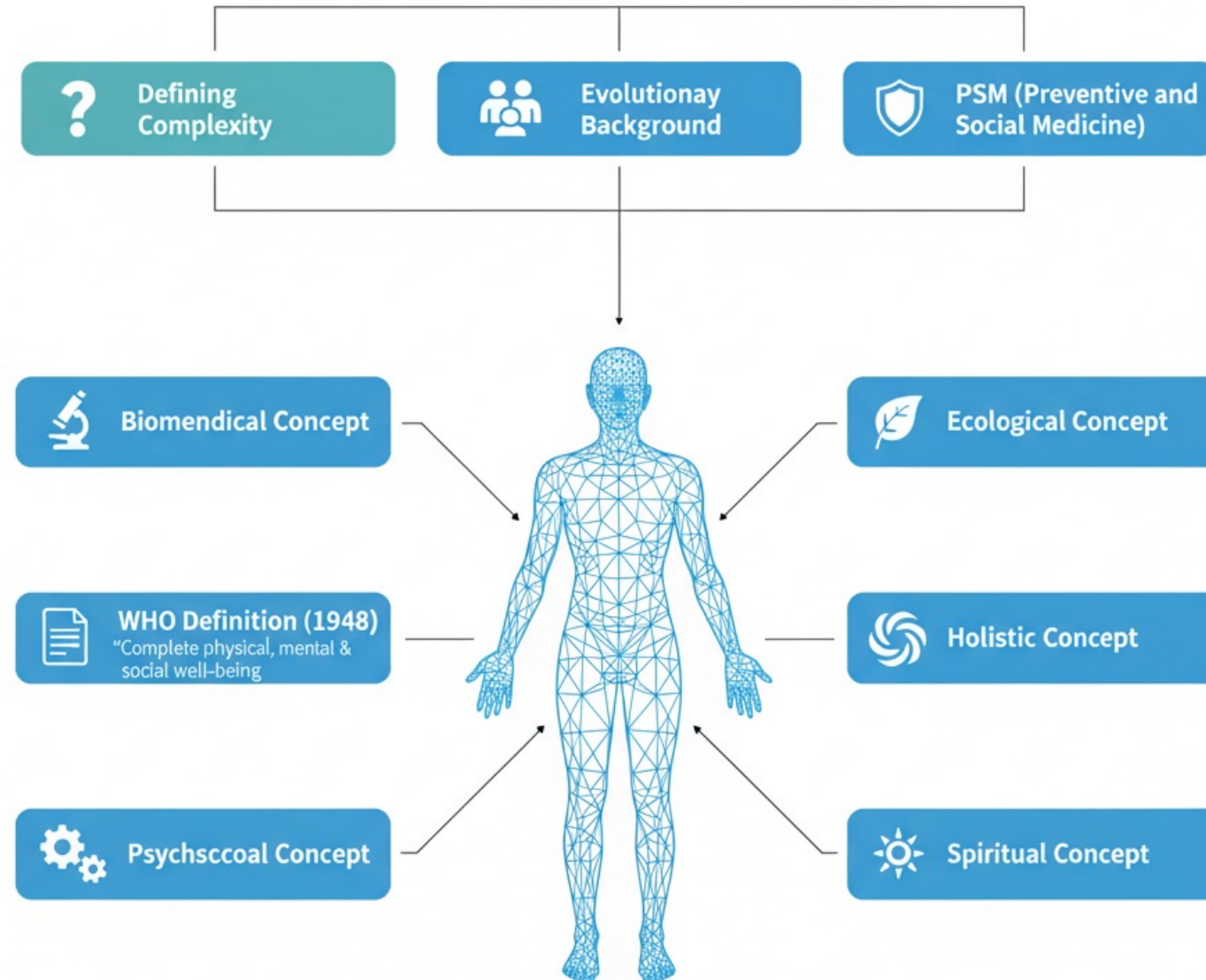
Wearable continuous
monitor integration

Virtual support
group

Personalized
meal plans



THE COMPLEXITY OF DEFINING HEALTH

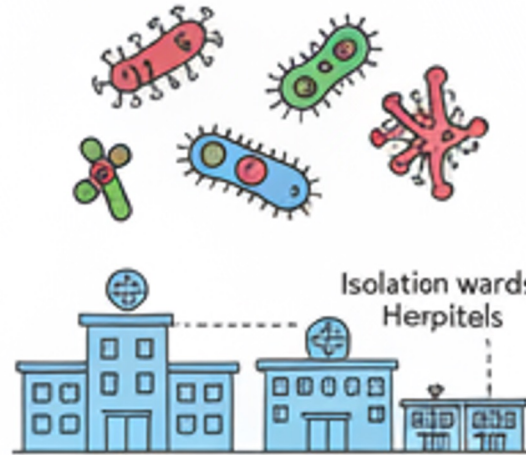


EVOLUTIONARY BACKGROUND



Stage 1: Miasma Phase

Bad air / Foul odors
cause disease



Stage 1: Germ Phase

Specific
micronargioums /
Pathogens identified



Stage 3: Preventive & Social Medicine Emergence

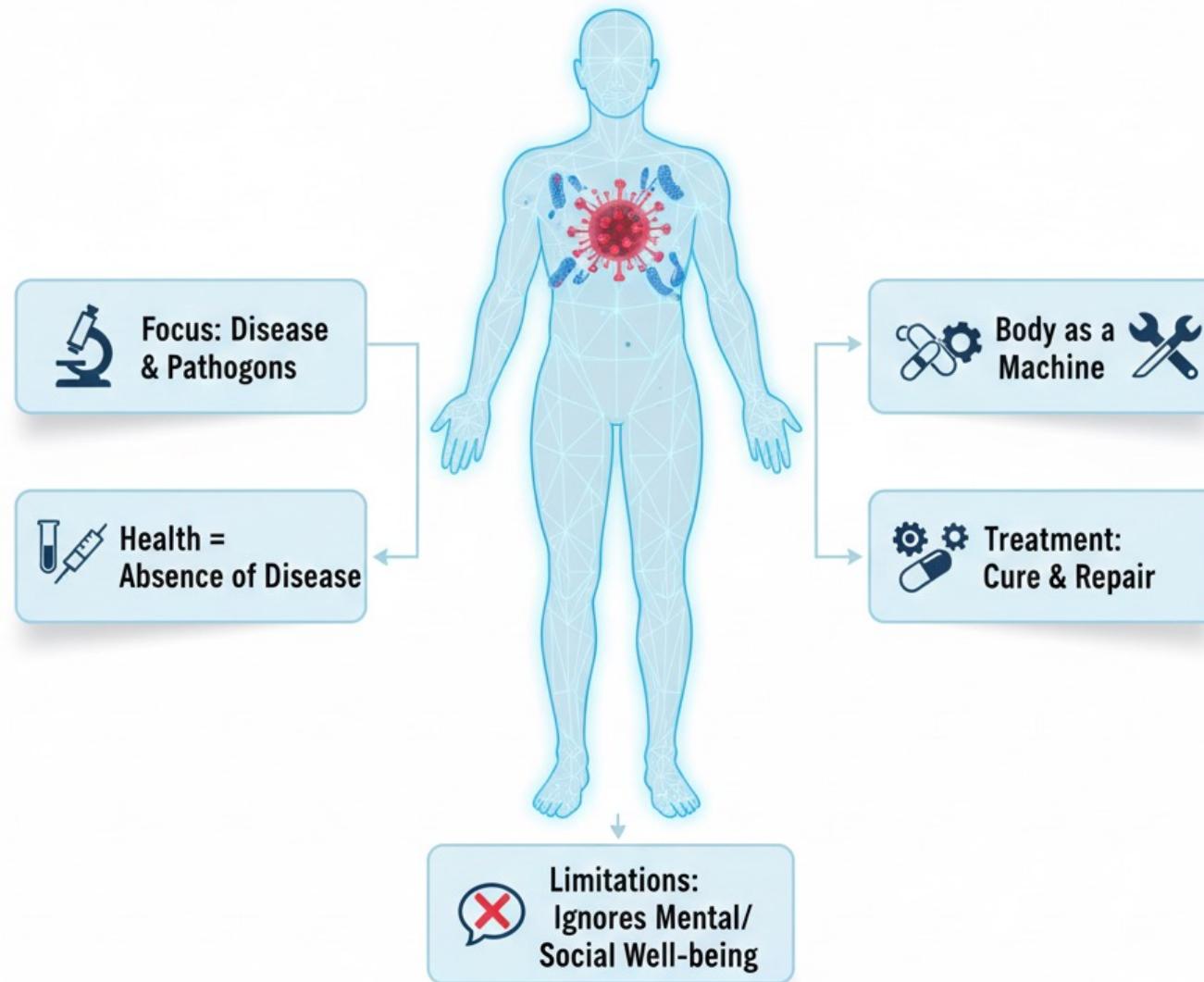
Community health
Vaccination
Sanitation
Social determmants



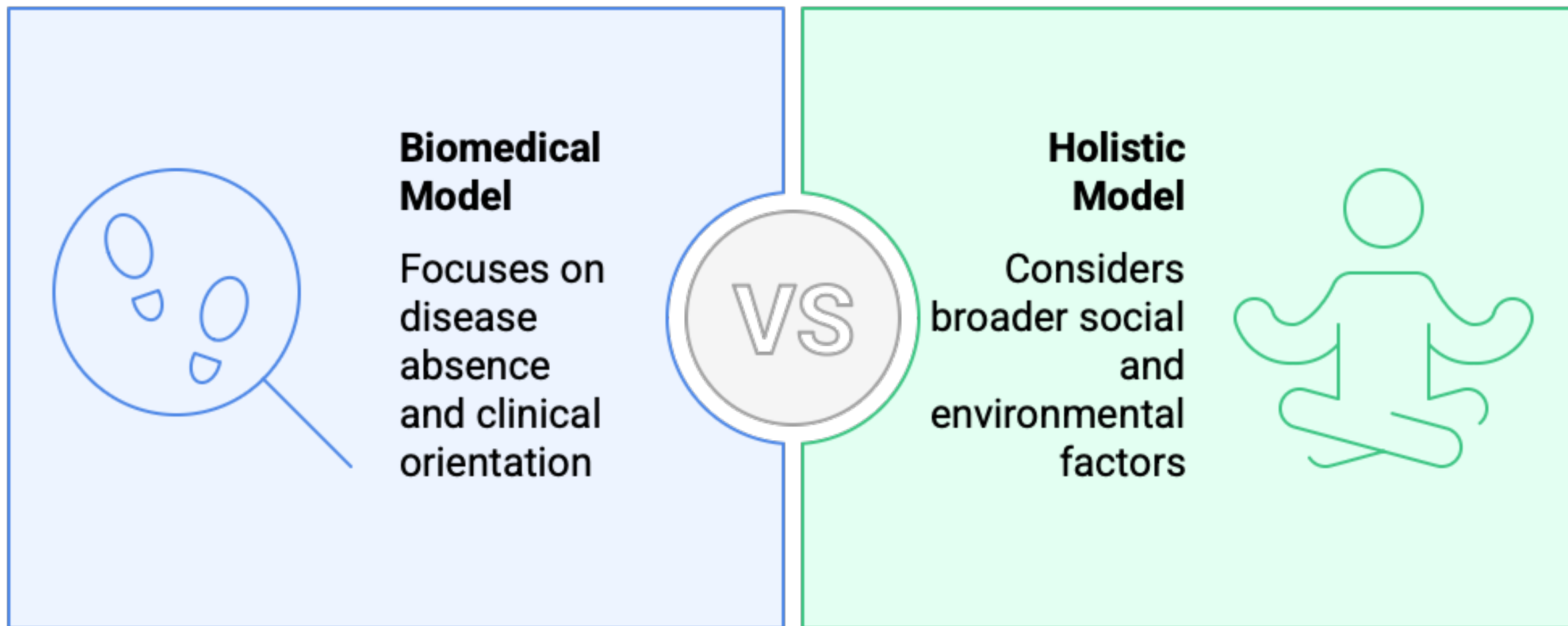
Modernized PSM

Data analytics / Global networks
Precision prevention
New healthcare discipline

BIOMEDICAL CONCEPT



How should health be defined and approached in modern medicine?



COMPONENTS OF WHO DEFINITION



Positive Definition

The WHO's attempt to define health in a positive light.



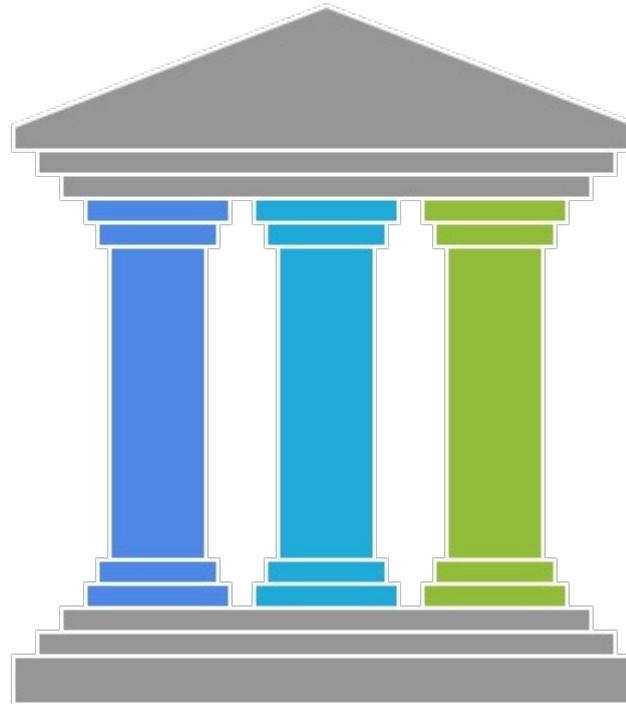
Core Definition

Health as a state of complete physical, mental, and social well-being.



Later Addition In 1978

Inclusion of the ability to lead a productive life in the definition.



Physical Well-being

Encompasses the body's structure and function, assessed through physical measures.



Social Well-being

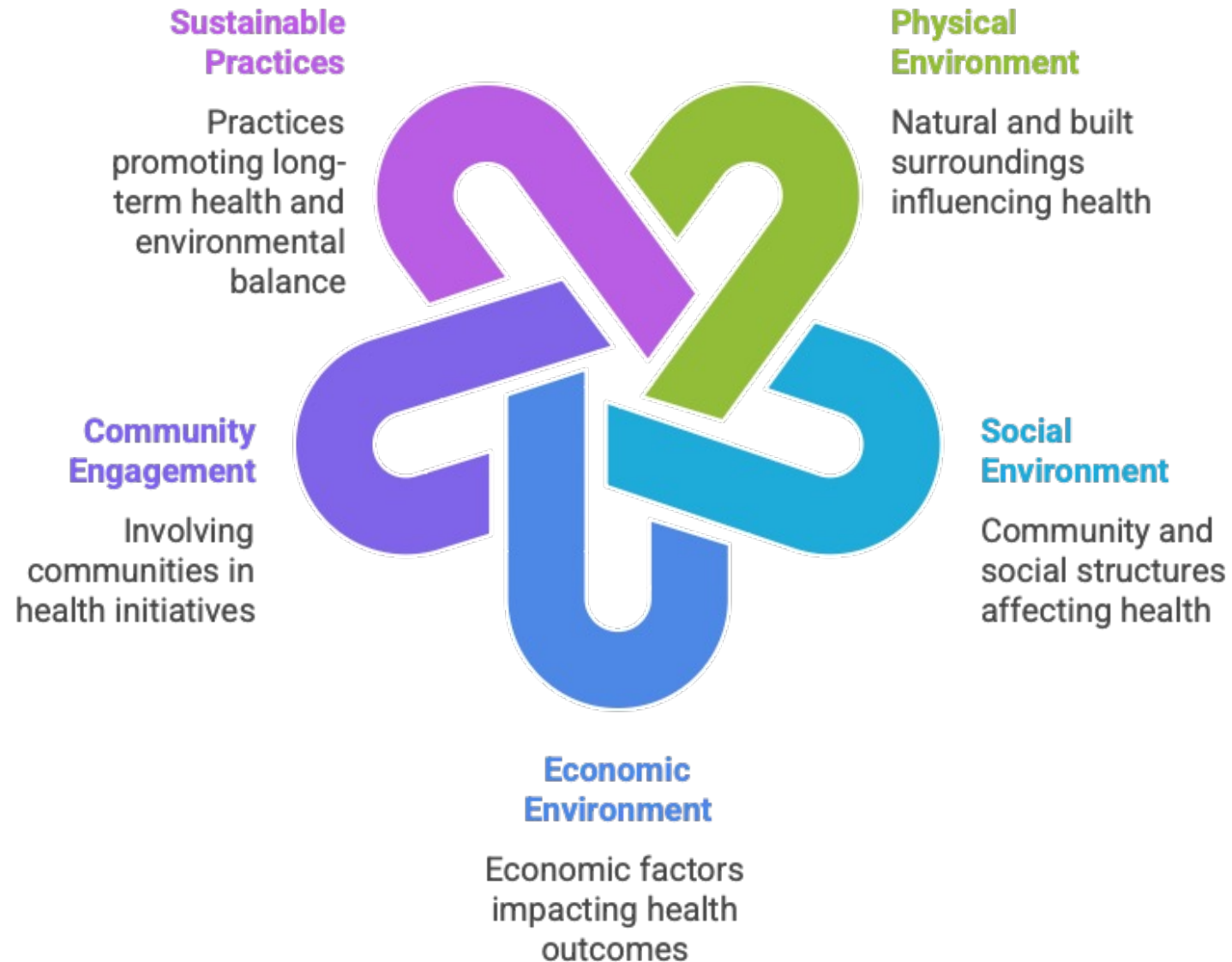
Reflects harmony with surroundings, influenced by cultural and economic factors.



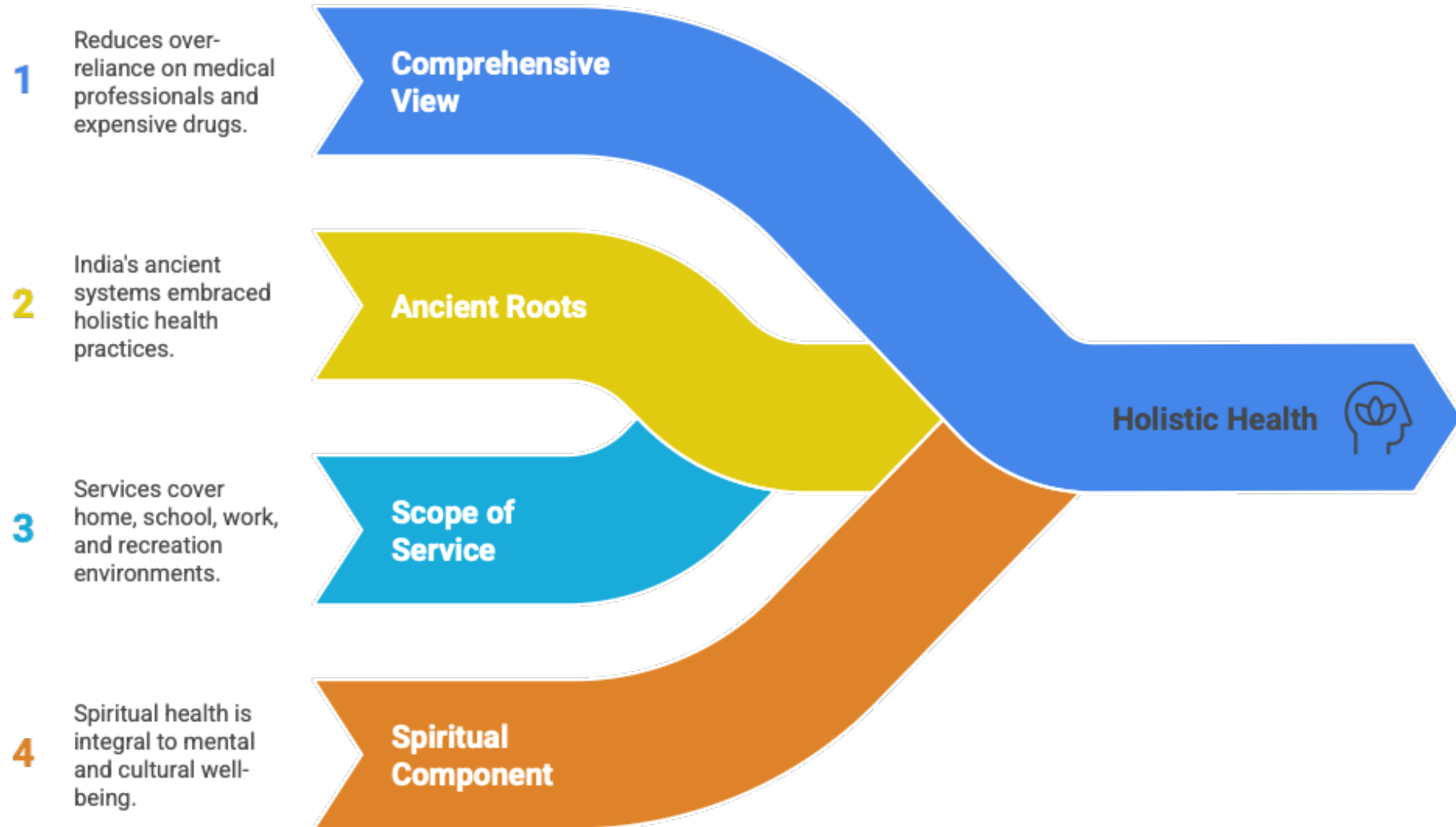
Mental Well-being

Indicates emotional stability and positive relationships.

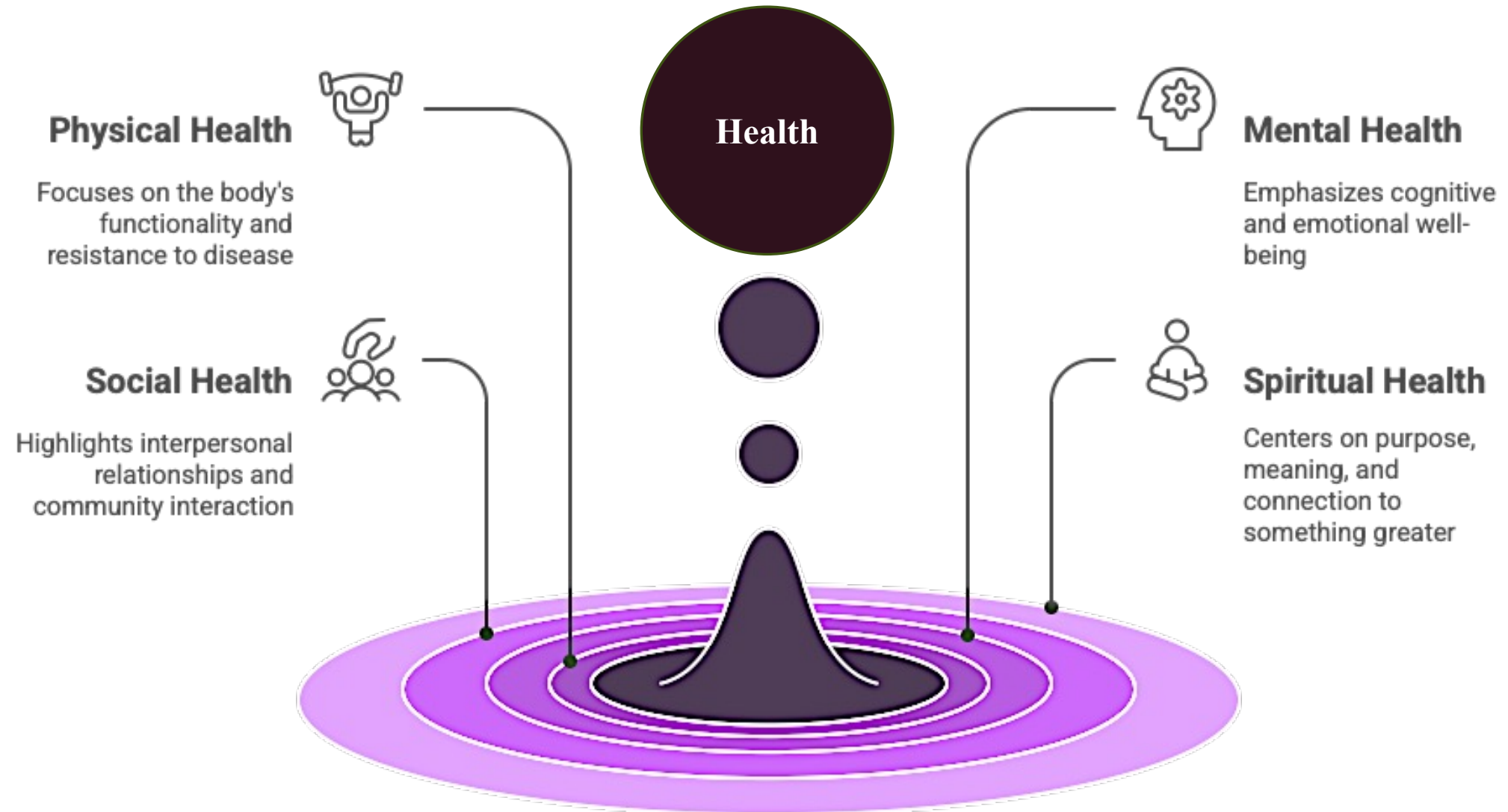
THE ECOLOGICAL OF HEALTH



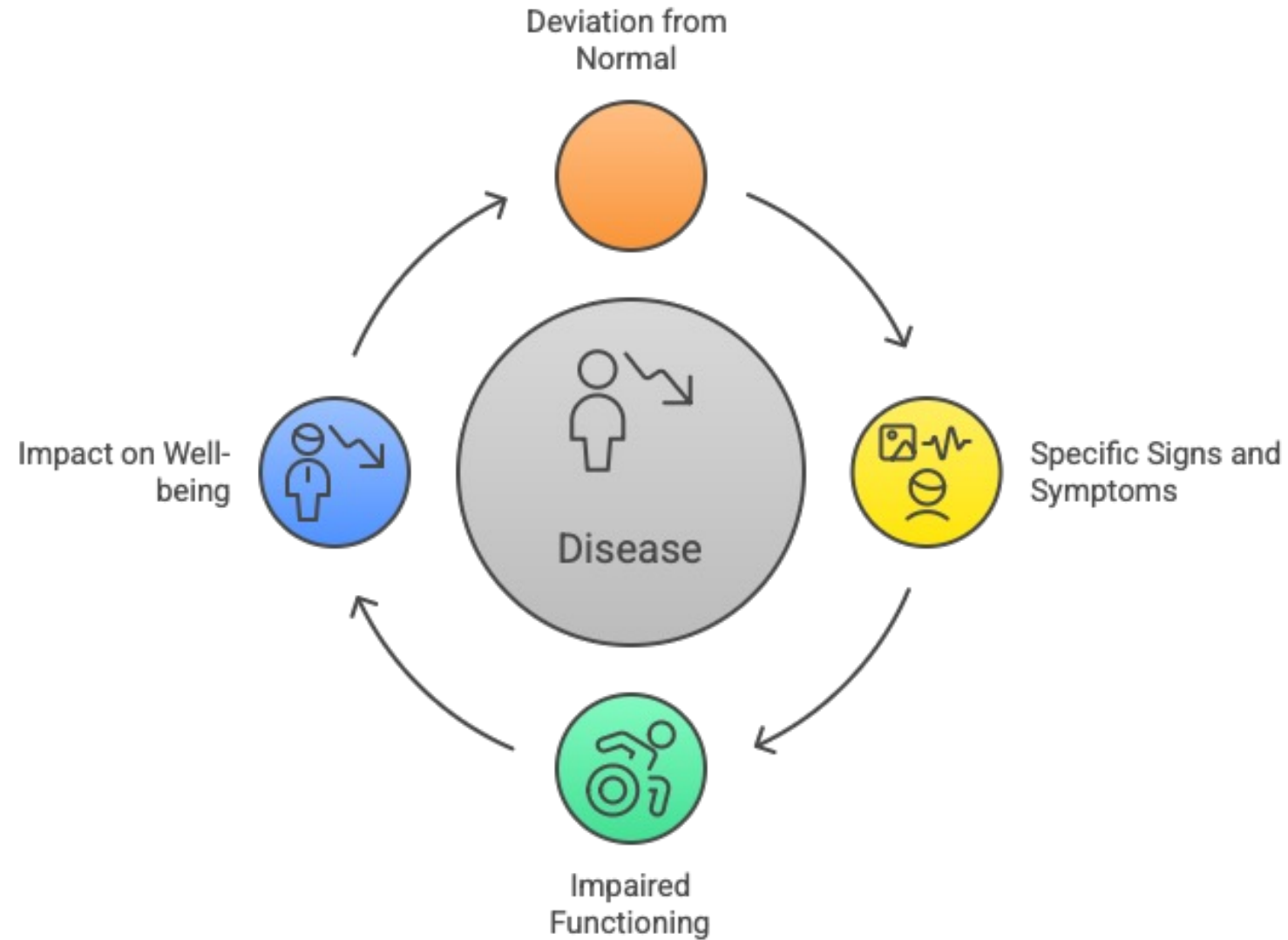
PATHWAYS TO HOLISTIC WELBEING



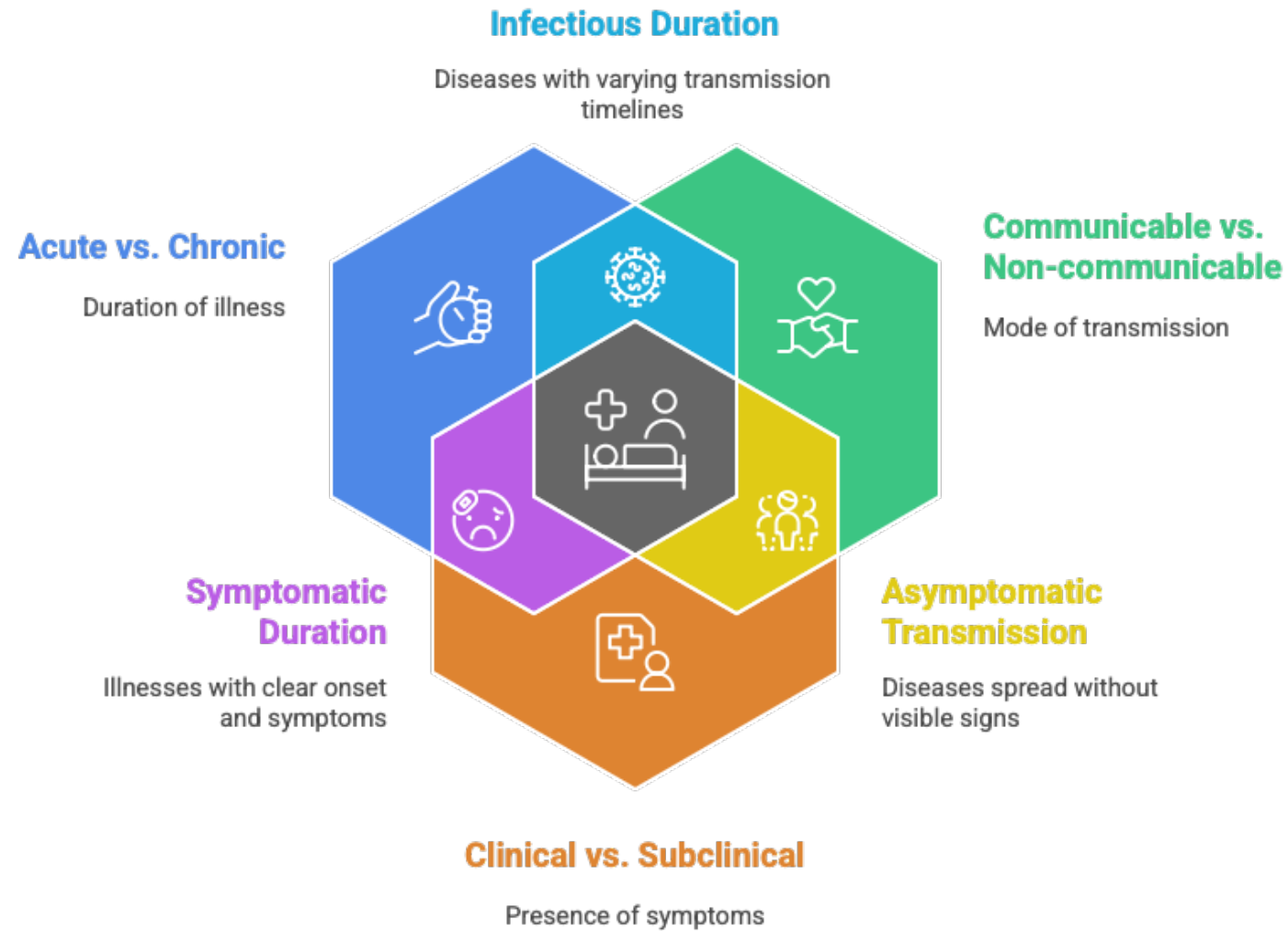
DIMENSION OF HEALTH



CYCLE OF DISEASE DEVELOPMENT



OVERLAPPING DISEASE CLASSIFICATION



THE CONTINUUM OF DISEASE DEVELOPMENT

Transition Zone

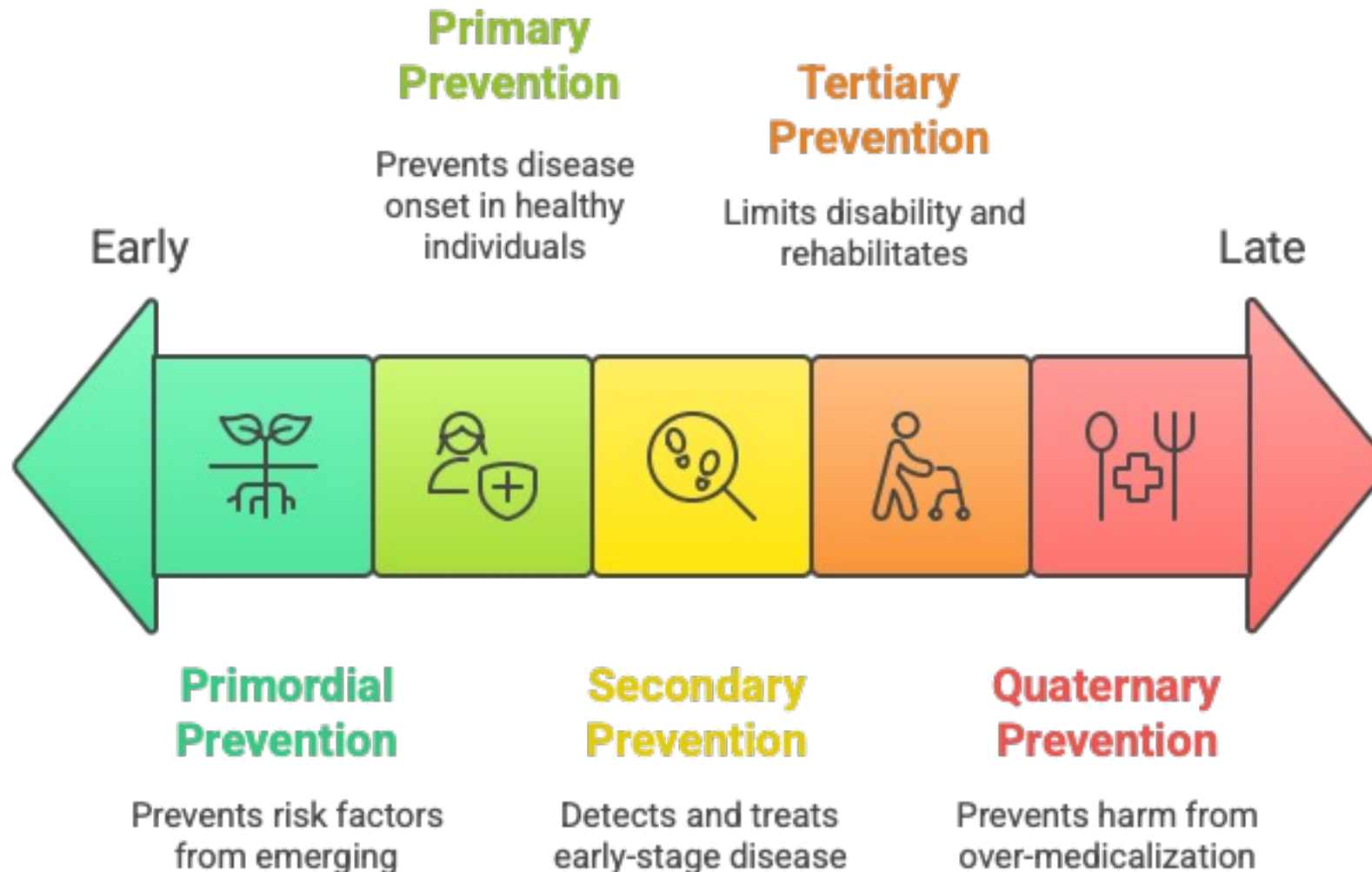
Early disease development

Pre-pathogenesis Phase
Factors influencing health
before disease



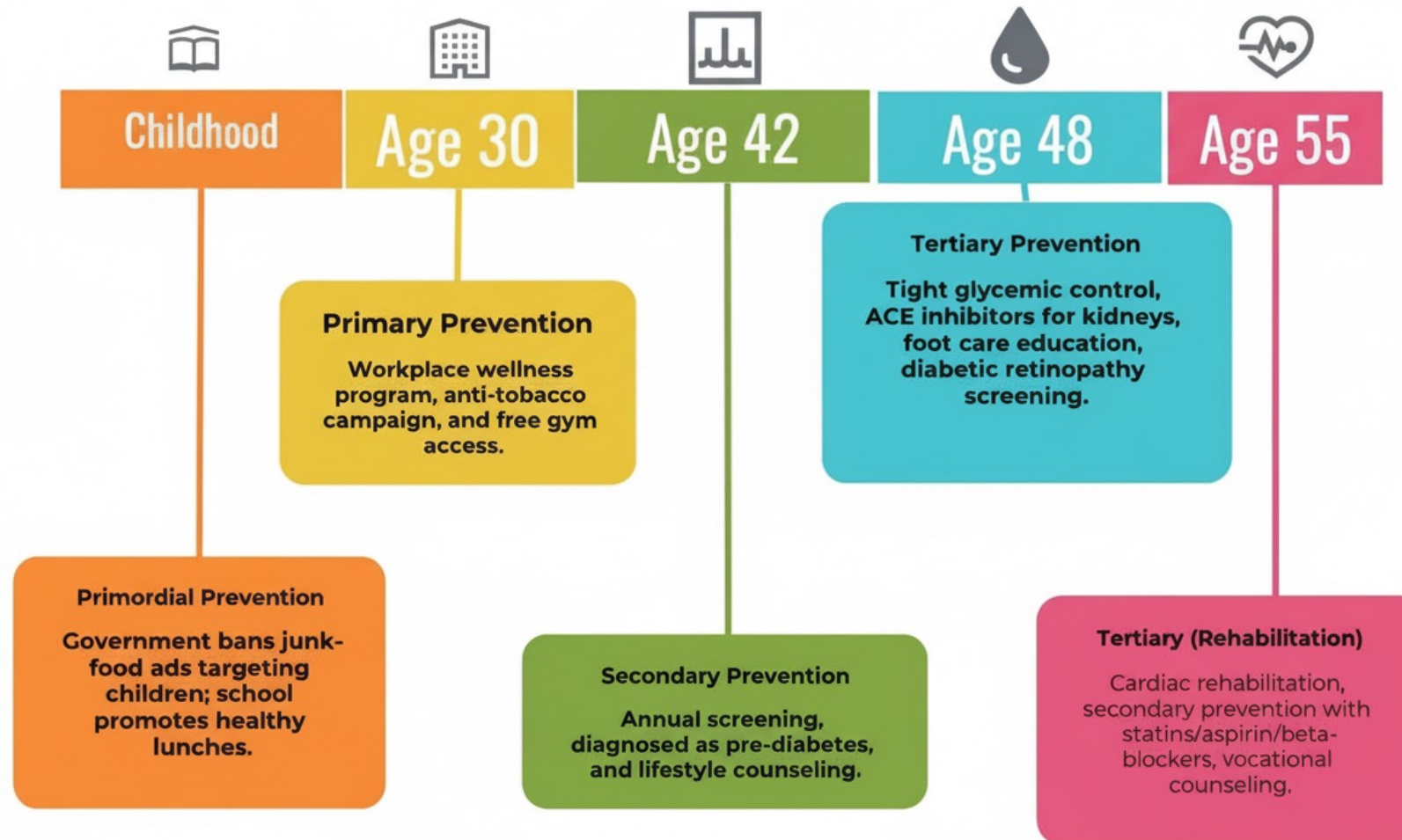
Pathogenesis Phase
Disease process and
symptom onset

LEVELS OF PREVENTION TARGET

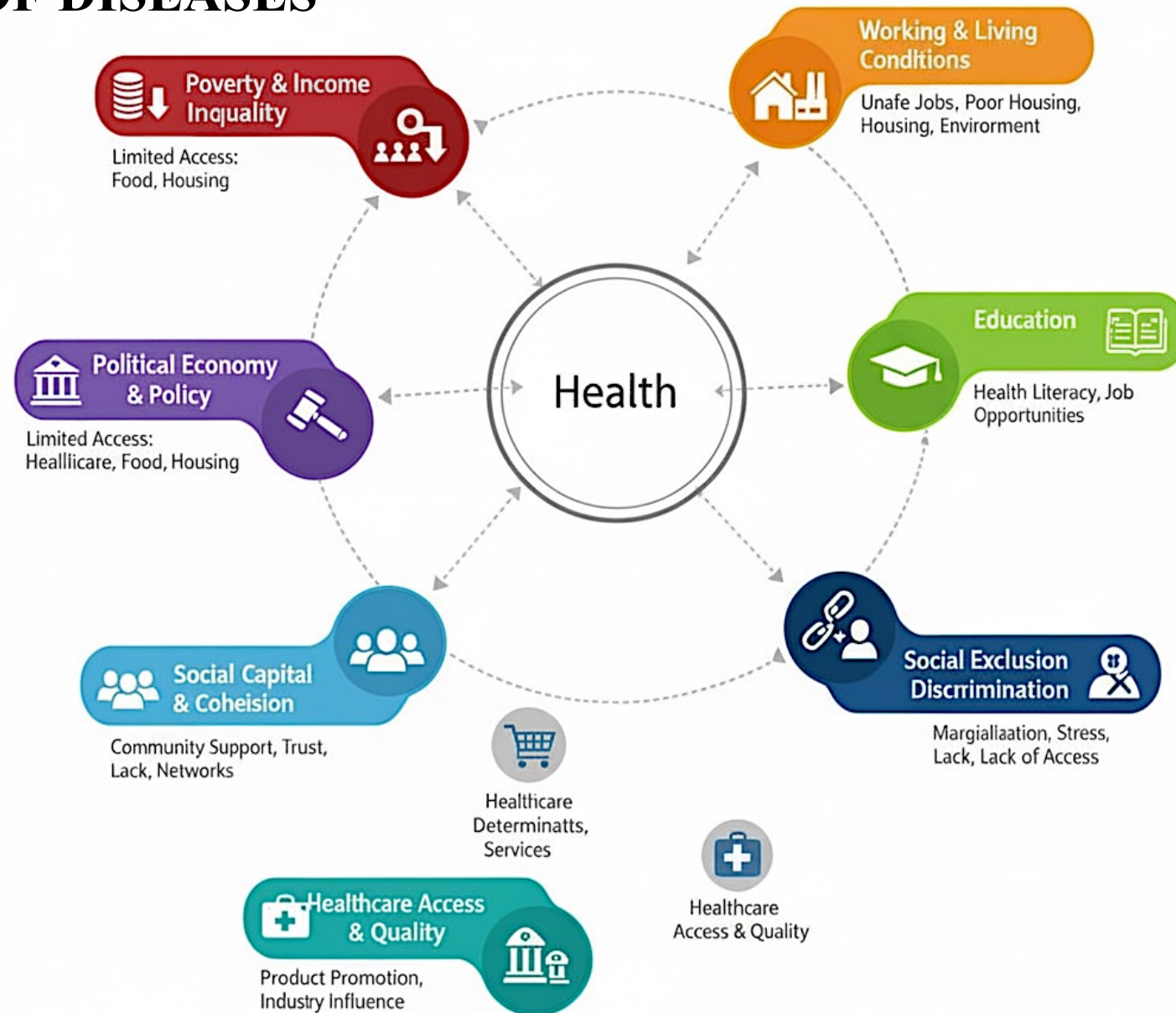


LEVELS OF PREVENTION TIMELINE

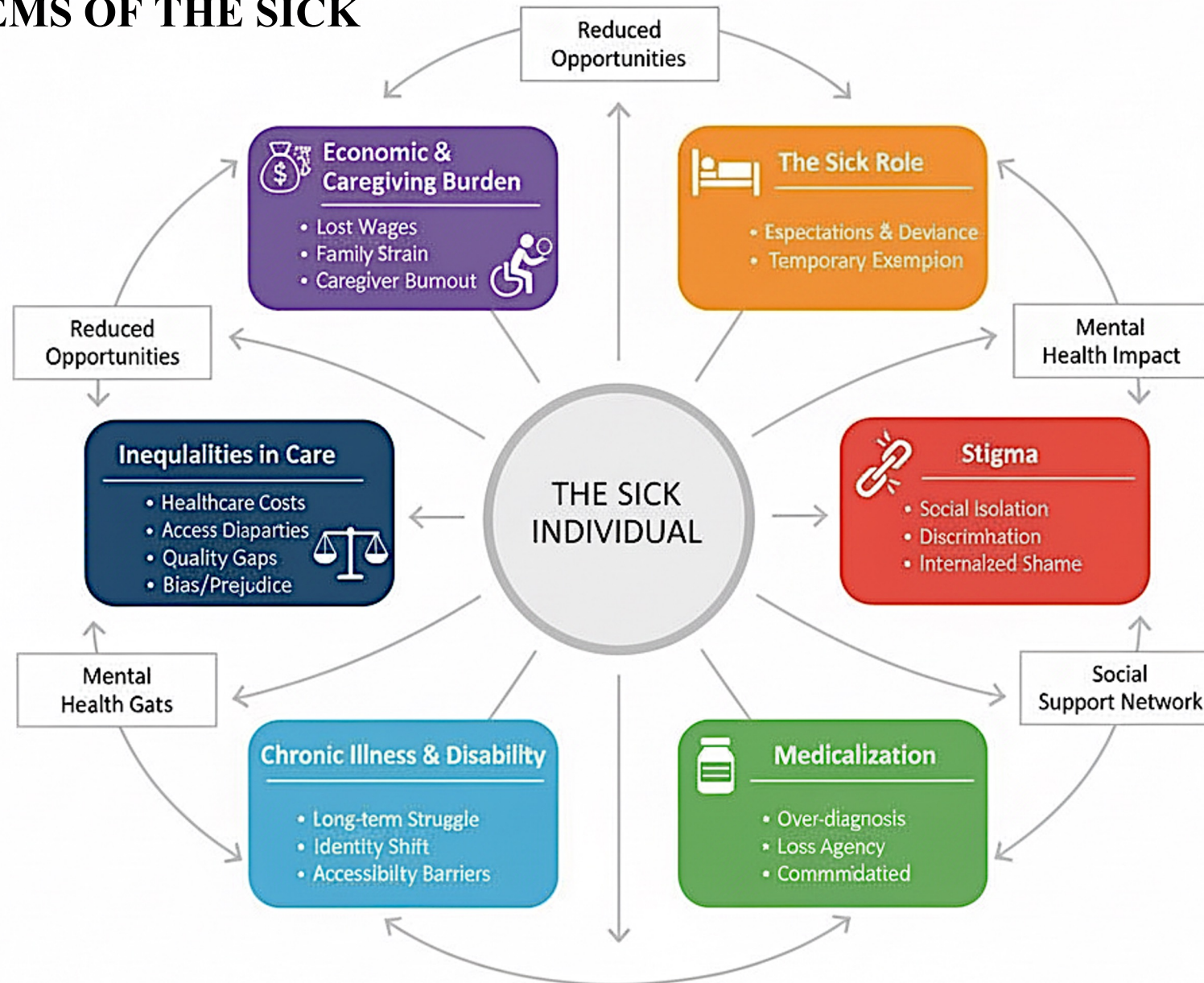
A Case Study of Mr. Raj's Health Journey



SOCIAL CAUSES OF DISEASES



SOCIAL PROBLEMS OF THE SICK



ASSESSMENT- 1

1. According to the **Biomedical definition of health**, what is the state of health often defined as?



ASSESSMENT- 2



2. The **World Health Organization (WHO)** definition of health describes a state of complete well-being across which three primary components?

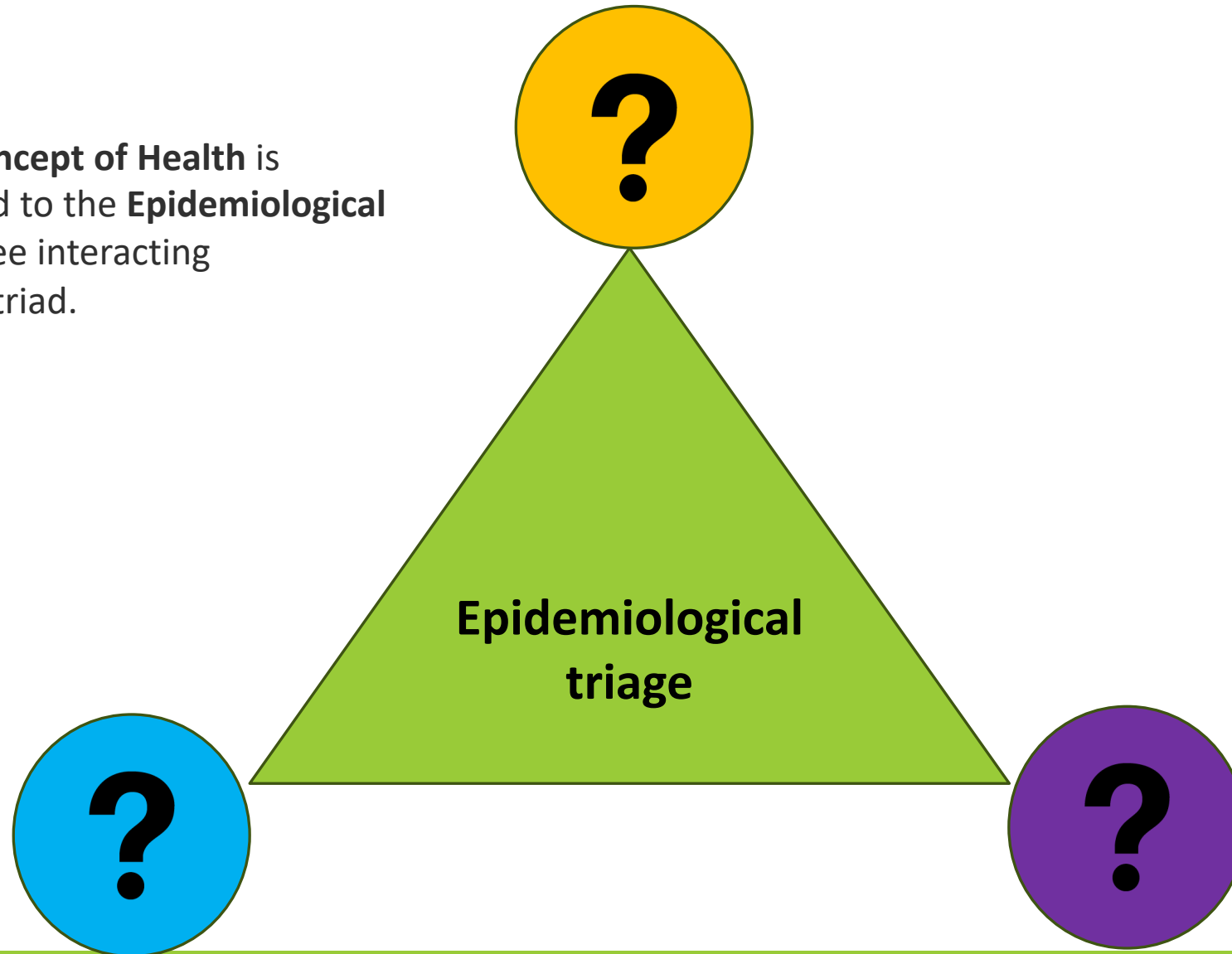
ASSESSMENT- 3

3. In the early evolution of health concepts, what were diseases attributed to during the **Miasma Phase**?



ASSESSMENT- 4

4. The **Ecological Concept of Health** is fundamentally linked to the **Epidemiological Triad**. Name the three interacting components of this triad.



ASSESSMENT- 5

5. Mr. Raj is a 50-year-old man diagnosed with hypertension during a routine check-up, but he has no symptoms yet. a) At which stage of the natural history of disease is Mr. Raj currently? b) Which level of prevention is most appropriate for him right now?



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
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4. Essentials of Community Medicine—A Practical Approach, Hiremath Lalita D, Hiremath Dhananjaya A, 2nd Edition, 2012, ISBN: 9789350250440, JAYPEE Publications

Thank you