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**Diploma in Pharmacy 1<sup>st</sup> Year**  
**Social Pharmacy**  
**Important Questions**  
**Chapter 1 : Introduction to Social Pharmacy**

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# Chapter 1

## Introduction to Social Pharmacy

### IMPORTANT Questions

#### Q1. Discuss social pharmacy in details with the scope.

Ans. The discipline that deals with the medicinal role by considering the social, scientific and humanistic perceptions. It includes health psychology and all the social factors influencing the use of medicines eg. Medicine related brief, regulations, medicine information etc.

Scope of social pharmacy in improving public health

1. The information present in social pharmacy is very important to link the clinical and fundamental knowledge to the pharmacist
2. A proficient pharmacist is certified to incorporate his/her knowledge and social / communication skills for improving patient's behaviour, treatment outcomes and diseases management.

#### Q2. Enlist the Role of pharmacists in public health.

Ans. Role of pharmacist in public health

- They Provide population based care.
- They conduct diseases prevention & control program in their institution and communities
- They develop health education policy and program
- They contribute in health promotion and education
- They participate in formulation of drug policy

#### Q3. Write down the various determinants of health ? Discuss the Dimension of health.

Ans. **Determinants of health**

The factor influencing of the health are known as the determinants of health Health and social services contribute to health while the main Health determinants eg. Education, employments, housing and environment are not directly influenced by health and social care The world health organisation has identified the some determinants of health.

1. **Income and social status** : As the income and social hierarchy increase the health of an individual improves Living conditions like safe housing and ability to buy good food are determined by high income
2. **Employment** : Poor health arises due to unemployment, underemployment and working under stressed condition. Such individual also live longer in comparison to those who have stressed

3. **Education** : Health of an individual is also determined by the education level. Education also increases opportunities for income and job security and provides with a sense of control over life circumstances. Poor health, more stress, and low self-confidence often result due to low education levels.
4. **Social environment** : Values and norms of a society also affect an individual's health and well-being in different ways. Social stability, diversity, recognition, safety, good working relationships also establish a supportive society that reduces or avoids the potential risks to good health.
5. **Physical environment** : Air and water quality are the physical factors in the natural environment which put their impact on health.
6. **Healthy child development** : The effect of pre-natal and early childhood experiences has a very powerful impact on health and well-being. Children born in families having low income have low birth weight, eat less nutritious food, and have more difficulty in school with comparison to those born in families having a high income.
7. **Social support network** : A better health results from support provided by families, friends, and communities.
8. **Gender** : Men and Women at different ages suffer from different types of diseases.

## **Dimension of health.**

Health is complex as it involves various factors. The World Health Organisation in 1948 recognised some parameters for measuring an individual's functionality. Physical, social, and mental dimensions were the three measures identified initially, while emotional, spiritual, and environmental dimensions were identified later.

### **1. Physical health**

Physical health is defined as a state indicating perfect functioning of the body. In biological terms, health can be defined as a state in which body cells and organs are functioning properly.

- I. Clean skin
- II. Bright eyes
- III. Proper breath etc

Smooth and easy coordinated movements are the sign of physical health. In an individual, the size and functioning of all the organs should be normal.

### **2. Mental health**

Mental health is defined as a state of balance between the individual and the surrounding world, including the environment.

The characteristics of an individual who is mentally fit

- The individual should have no internal conflicts
- The individual should be well adjusted with the surrounding
- The individual should know himself, his needs, problems, and goals
- The individual should have a good self-control

### 3. Social health

- Social health is defined as a quantity and quality of an individual inter personalities and the extent of involvement with the community.
- Social health indicates harmony and intergration with in the individual between the individual and other member of society
- Development good social skills improve an individual's relationship with other people helps in making friends helps in career and also to live independelny in adult life

### 4. Spiritual health

Spiritual health is defined as a personal matter involving value and beliefs providing a purpose in an individual's life

### 5. Emotional health

Mental and emotional dimensions were seen one in the same thing but as more research becomes available a definite differents is emerging mental health can be seen as " knowing" "cognition", while emotional health refer to "feeling"

## Q4. Write about various indicators of health ?

### Ans. Health Indicators

A characteristic of an individual, population, or environment which is measured either directly or indirectly, and is used for describing any health features of the individual or population is termed a health indicator.

The status of a health can be measured using the following indicators

#### 1. Mortality Indicators : This include

- a) **Crude Death rate** : It is the number of death per 1000 population per year in a community
- b) **Life expectancy** : It is the average number of the year a new born will live in a population
- c) **Child Mortality rate** : It is the number of death of 1-4 years old childrans in a given year per 100 children of the same age group at the mid point of the same year
- d) **Under 5 proportionate Mortality Rate** : It is the proportion of bttotal deaths of children below 5 year of age
- e) **Maternal Mortality rate** : It is the Proportion of deaths of women of reproductive age in most of the devrloping country

#### 2. Morbidity Indicators : These Indicators are used for improving the mortality data so that the health status of a population can be properly described

#### 3. Born with Nutritional Status Indicators : Health and weight of children at school entry & the low birth weight ( less than 2.5 kg)

4. **Healthcare Delivery Indicators** : Doctor : Population ratio population : Hospital bed ratio  
Population covered by a health centre

5. **Indicators of social and mental Health** : There are the rates of suicides , alcohol & drug abuse Smoking, road traffic accidents etc These Indicators provides guidance for social action, in improving the health status

#### **Q5. Write note on**

**National Health Policy**

**Millennium Development Goals ( MDGS )**

**Sustainable Development Goals**

**FIP ( International Pharmaceutical Federation ) Development Goals.**

Ans. **National Health Policy**

A national strategy for controlling and optimising the social user of its health knowledge of proposed objectives is called health policy

According to WHO, Health policy is defined as decisions, plane, and action that are undertaken to achieve specific health care goals with in a society

#### **National health policy, 1983**

- The ministry of health and family welfare of government of india evolved a National health policy in 1983 In 1983 , India got its first National health policy after 36 years of Independence

#### **National health policy 2002**

- Government of india introduced a revised health policy National health policy in 2002 to carry out better health care and incompleated goals .
- According to this revised ploicy government and health professional are forced to provide good health care to the society.
- The NHP 2002 leads to enhance the use of health service to a large group rather than a small group.

#### **National health policy 2017**

On 15th march, 2017 the ministry of health and family welfare established the national health policy 2017 The main aim of the ploicy is to focus on “ Sickcare “ to “ Wellness “

- Seven priority areas are also identified by NHP 2017 for improving the environment for health The swachh bharat Abhiyan

- Balanced, healthy diets and regular exercises
- Addressing tobacco, alcohol & substance abuse
- Yatri suraksha : preventing deaths due to rail and road traffic accidents
- Nirbhaya nari : Action against violence
- Reduce stress and improved safely in the work place
- Reducing indoor and outdoor air pollution

## **Millennium Development Goals ( MDGS )**

- The MDG are eight goals to be achieved by 2015 that respond to the world's main development challenges and signed under the United Nations Millennium Declaration in Sep 2000

### **8 Millennium Development Goals**

- To achieve universal Primary education
- To promote gender equality and empower women
- To reduce child mortality
- To eradicate extreme poverty and hunger
- To improve maternal health
- To combat HIV/AIDS, malaria, and other diseases
- To ensure environmental sustainability
- To develop a global partnership for development

### **Sustainable Development Goals**

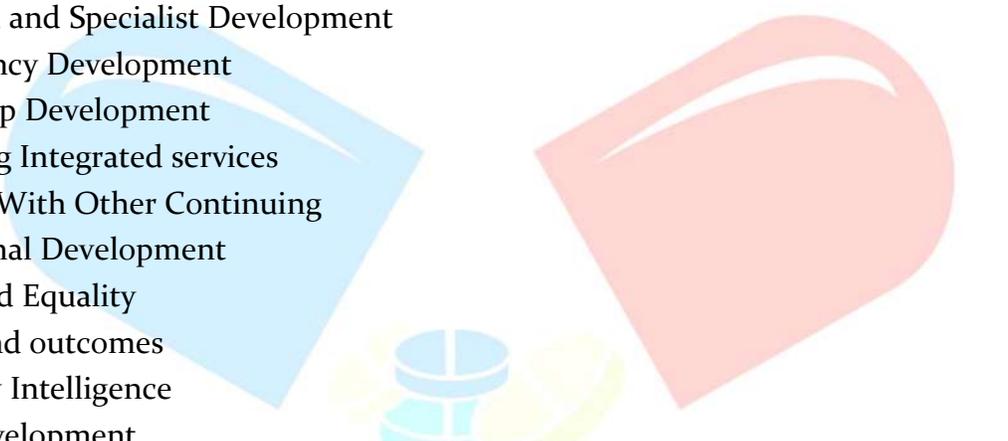
- The United Nations Sustainable Development Goals also known as the global goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace.
- Targets of SDG by the year 2030
- To decrease the global maternal mortality rate to less than 70 per 100,000 live births
- To end the epidemics of AIDS, Tuberculosis, Malaria etc
- To reinforce prevention and treatment of substance abuse, comprising narcotic drugs abuse and harmful use of alcohol
- To confirm universal access to sexual and reproductive health care services for family planning, information & education of reproductive health into national strategies and programmes

### **FIP ( International Pharmaceutical Federation Development Goals )**

- ◆ The FIP Development goals are a major global initiative in the pharmacy field There were formed on the innovation responsible for the launch of FIP Pharmaceutical workforce Development Goals ( PWDG's )in nov 2016

## **FIP Development Goals**

- Academic capacity
- Early Career Training Strategy
- Quality Assurance
- Advanced and Specialist Development
- Competency Development
- Leadership Development
- Advancing Integrated services
- Working With Other Continuing
- Professional Development
- Equity and Equality
- Impact and outcomes
- Pharmacy Intelligence
- Policy development
- People Centred Care



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