

Dept of Community Medicine, Hamdard Institute of Medical Sciences and Research and HAHC hospital, New Delhi

The post graduate course has been started in 2017 with 3 seats approved per year by MCI.

Community Medicine is the study of health and disease in the population of defined communities or groups in order to identify their health needs, and to plan, implement, and evaluate health programs to effectively meet these needs. The Goal of Community Medicine is Protection and Promotion of Public Health.

Community Medicine Specialist is an epidemiologist, Health Manager, Health Communicator, Health Advocate and Family Physician.

Community Medicine reaches out to the people to provide services for prevention of diseases such as immunization, pre-natal care, health screening etc.; promotion of health such as safe water supply and sanitation, vector control measures, tobacco control policy etc.; and provision of primary medical care such as treatment of common ailments (diarrhea, pneumonia, TB, leprosy, malaria, hypertension etc.); whereas other branches of medicine largely provide diagnostic and treatment services to patients who seek treatment.

In India Community Medicine is synonymous with what is known as Public Health Medicine or Public Health in other countries.

Community Medicine Specialists are medical doctors who have MBBS degree and have taken a three year Doctor of Medicine (MD) course in Community Medicine during which they are trained in:

1. Epidemiology and Bio-Statistics
2. Health Planning and Health Management.
3. Health Education and Health Promotion.
4. Primary Medical Care.

Community Medicine specialist:

1. Has in-depth understanding of determinants of health and diseases.
2. Diagnoses and manages common illnesses and emergencies encountered in the community.
3. Adopts integrated approach to develop policies to meet the health needs of the individual, family and Community.

4. Conducts epidemiological investigations of communicable and non-communicable diseases and suggests appropriate solutions of public health problems.
5. Conducts investigations into the problem of health services of the community. Plans, organizes, implements and evaluates health services and health programs.
6. Interprets records and reports of health services at various levels of health care delivery system.
7. Performs research and applies research findings to improve health services of the community.
8. Undertakes teaching and training assignments in the field of community medicine for various categories of medical and paramedical personnel.
9. Functions as an effective member as well as a leader of the health team.

The department has a backing of Rural and urban field practice area, which is responsible for providing community health services to both urban and rural population.

Urban Health Training Center: Pul Prahladpur

Rural Health Training Center: Madanpur Khadar.

During the 3 year course the students are posted in various areas, fields, departments and health centers for comprehensive training.

1st Semester

Postings

1. Departmental posting-2 month
2. RHTC-2 months
3. UHTC-2 months

Months	Place of Posting
1 st Month (May)	Department of Community Medicine
2 nd Month (June)	Rural Health Training Centre, Madanpur Khadar

3 rd Month (July)	Rural Health Training Centre, Madanpur Khadar
4 th Month (Aug)	Urban Health Training Centre,PulPrahladpur
5 th Month (Sept)	Urban Health Training Centre,PulPrahladpur
6 th Month (Oct)	Department –Clinical posting with UG

2nd SEMESTER (Nov.-Apr)

Months	Place of Posting
1 st month (Nov)	Department of Medicine and Dermatology(1 week-including STD clinic) HIMSR
2 nd month (Dec)	Department of Paediatrics , HIMSR
1 st January -07 th January	Department of Surgery/Casualty HIMSR
8 th January -15 th January	Department of Psychiatry, HIMSR
16 th January -31 st January	TB& Chest/National Institute of Tuberculosis and Respiratory Diseases
4 th month (Feb)	Department of Biochemistry, Pathology (Blood Bank), Microbiology ,HIMSR
5 th month (Mar)	Primary Health Centre, Infectious Disease Hospital, National Institute of Health and Family Welfare,National Center for Disease Control
6 th month(April)	Department of Obstetrics & Gynecology , HIMSR

3rd& 4th SMESTER (May-April)

Days	Morning (Pre-Lunch)	Afternoon (Post-Lunch)
Monday	Health Centre (09.00-1.00pm)	Seminar/Journal Presentation (02.00-04.00pm)

Tuesday	Health Centre (09.00-11.00am)	Data collection (11.00-01.00pm)	Scientific discussion/presentation with Interns at health centre (02.00-04.00pm)
Wednesday	Health Centre (09.00-01.00pm)		Theory Lecture by Faculty Members/UG seminar (02.00-04.00pm)
Thursday	Health Centre (09.00-1.00pm)		Case Presentation (02.00-04.00pm)
Friday	Health Centre (09.00-11.00am)	Data collection (11.00-01.00pm)	Library Literature review & Thesis work (02.00-04.00pm)
Saturday	Health Centre (09.00-11.00am)		Data collection (11.00-01.00pm)

5th SEMESTER (May - Oct)

Days	Morning (Pre-Lunch)	Afternoon (Post-Lunch)
Monday	Clinical Posting with UG (9.00am-12.00pm)	Seminar/Journal club(02.00-04.00pm)
Tuesday	Clinical Posting with UG (9.00am-12.00pm)	Thesis work (02.00-04.00pm)
Wednesday	Clinical Posting with UG (9.00am-12.00pm)	Theory Lecture by Faculty Members /Seminar with UG (02.00-04.00pm)
Thursday	Clinical Posting with UG (9.00am-12.00pm)	Case Presentation (02.00-04.00pm)
Friday	Thesis/Clinical Posting with UG (11.00-01.00pm)	Thesis work (02.00-04.00pm)
Saturday	Clinical Posting with UG (9.00am-12.00pm)	Thesis work (02.00-04.00pm)

6th SEMESTER (Nov. - April)

Days	Morning (Pre-Lunch) (09.00-01.00pm)	Afternoon (Post-Lunch)
Monday	Epidemiological Investigations	Seminar / Journal Club (02.00-04.00pm)

Tuesday	Clinical Posting with UG (9.00am-12.00pm)*	Research Methodologies (02.00-04.00pm) Under faculty supervision
Wednesday	Clinical Posting with UG (9.00am-12.00pm)*	Hospital Based Evaluation (02.00-04.00pm)
Thursday	Clinical Posting with UG (9.00am-12.00pm)*	Research Methodologies / Family Health Presentation (02.00-04.00pm)
Friday	Community based health programmes / IEC activities	Biostatistical Evaluation (02.00-04.00pm)
Saturday	Environment Health Campaign under faculty supervision	Writing research paper

FIELD VISITS

Sl no.	Place of visit
1.	Sub center
1.	Cold chain facility
2.	ICTC
3.	Malaria circle
4.	Centre for Physically challenged
5.	Sewage treatment plant
6.	Factory
7.	International Inoculation Centre including Registration of Births and Deaths
8.	Milk plant
9.	Designated Microscopy centre
10.	NGO
11.	Water Supply and water treatment plant

PG students are evaluated through out the year on ye following attributes and activities.

Post graduates are to make regular seminar,journal,case and family presentations.

S. No.	Attributes	1	2	3	4	5	6
1	Punctuality & discipline						

2	Confidence						
3	Behavior with patients						
4	Behavior with paramedics and colleagues						
5	Keeness and desire to learn						
6	Knowledge of theory						
7	Patient management Skill						
8	Participation in UG teaching						
	Overall assessment						
	Signature of Assessing faculty						
	Signature of HOD						

<u>Sl no.</u>	<u>Activity</u>
1.	Seminar
2.	Journal club presentation
3.	Case presentation
4.	Family presentation
5.	Demonstration classes taken
6.	Combined classes attended
7.	Workshop/CME attended

8.	Conference attended
9.	Paper presentations made
10.	Publications
11.	Activities done with Govt organizations/NGO

PG ACTIVITIES VARRIED BY Individual PGs.

- **PG resident:** Dr. Nitya Balagopalan
- **MD thesis Title:** A Community-Based Longitudinal study of prevalence, risk factors, maternal and foetal outcomes of gestational diabetes mellitus in South-East Delhi.
- **Guide:** Prof Rambha Pathak
- **Co-guides:** Dr Farzana Islam, Prof Aruna Nigam, Prof Prem Kapur, Prof Sarita Agarwal

- **Presentations:**
 1. Oral presentation on “Prevalence and risk factors of gestational diabetes- a community based longitudinal study in south-east Delhi” at IAPSM National Conference, 2019 at IGMC, Shimla, Himachal Pradesh.
 2. Oral presentation on “Comparison of WHO, IADPSG and DIPSI diagnostic criteria for diagnosis of gestational diabetes mellitus- a community-based longitudinal study in south-east Delhi at North Zone IAPSM Conference, 2019 at Mewat, Haryana.
 3. Poster presentation on “ Physical activity pattern of pregnant women and its association with GDM” at Indian Public Health Association Annual National Conference, 2020 at AIIMS, New Delhi
 4. Poster presentation on “Maternal and foetal outcomes of gestational diabetes” at Indian Public Health Association Annual National Conference, 2020 at AIIMS, New Delhi.

- **Trainings, Workshops and Conferences attended:**
 1. Workshop on Health Management at VMMC and Safdarjung Hospital on 29th-31st January, 2018.
 2. CME on Immunization updates on 15th May 2018 at HIMSR.
 3. CME on skills in Obstetrics and Gynaecology on 18th May, 2018 at HIMSR.
 4. CME on RNTCP updates held on 29th May 2018 at ACMS, Delhi Cantt.
 5. Basic Epidemiology, Biostatistics and Demography at St. Johns Research Institute, Bengaluru from 31st July 2018- 8th August 2018.
 6. National Workshop on Basics of Health Economics at LHMC, Delhi on 31st August 2018.
 7. Workshop on “Maternal Death Surveillance and Near Miss Review” at MAMC, New Delhi from 6-7th Sept, 2018.
 8. International Conference on Occupational Health and Environmental Health at LHMC, Delhi from 15th Feb -17th Feb 2019.

9. National Conference on One Health-Anti Microbial Resistance and Diseases of Public Health Importance(Zoonotic Diseases) at VMMC and Safdarjung hospital on 3rd July, 2019.
10. Medical Education Technology workshop at HIMSR from 27th nov-28th Nov 2019.
11. Advanced Epidemiology and Biostatistics at PGIMER, Chandigarh from 23rd December 2019 to 04th January, 2020.
12. Delhi State Trainings on Immunization updates, Rotavirus Vaccination and Vaccine Preventable Disease Surveillance.

• **Other activities:**

1. Worked as a Field Monitor for South-East Delhi District in Intensified Mission Indradhanush
2. Worked as Study Medical Officer in a World Health Organisation (WHO)-Delhi state conducted India Polio Seroprevalence Study at Delhi in 2019.
3. Camps at rural and urban health centre and nearby areas.
4. Routinely conduct health education activities at the centres
5. Was part of the organizing team for workshops at HIMSR like
 - a. Capacity building workshop of the Project ‘ Integration of Maternal , Infant and Young child Nutrition’
 - b. 2 day Workshop on Biostatistics and Epidemiology for MBBS students held on 8th-9th January 2020
 - c. Update on Immunization training for Medical officers

Post Graduate Resident: Dr Tazeen Zahoor Malik

MD Thesis: A Mixed Method Study to assess the Economic Burden of Tuberculosis and its Social Impact on patients registered under Revised National Tuberculosis Control Programme and their households in South-East Delhi

Grant: RNTCP postgraduate thesis grant.

Presentations:

1. Oral presentation on “A Cross-Sectional study to estimate the diagnostic delay in patients of Tuberculosis in South-East Delhi” at North Zone IAPSM Conference, 2019 at Mewat, Haryana.
2. Poster presentation on “Assessing the Social Impact of Tuberculosis in patients residing in South-East Delhi-A Cross-Sectional Study” at Indian Public Health Association Annual National Conference (IPHACON2020) at AIIMS, New Delhi.

Workshops/Conferences:

Attended:

1. CME on Immunization updates on 15th May 2018 at HIMSR.
2. CME on RNTCP updates held on 29th May 2018 at ACMS, Delhi Cantt.
3. Conference on World Zoonosis day at VMMC and Safdarjung Hospital on 5th July 2018
4. National Workshop on Basics of Health Economics at LHMC, Delhi on 31st August 2018.
5. Workshop on “Maternal Death Surveillance and Near Miss Review” at MAMC, New Delhi from 6-7th Sept, 2018.
6. Workshop on Basic Epidemiology and Biostatistics at PGIMER, Chandigarh from 3rd December 2018 to 15th December 2018
7. International Conference on Occupational Health and Environmental Health at LHMC, Delhi from 15th Feb -17th Feb 2019.
8. IAPSM National Conference (IAPSMCON 2019) at IGMC, Shimla from 7th March 2019 to 10th March 2019
9. Workshop on “Leadership Skills” at LHMC, New Delhi on 7th May 2019
10. National Conference on One Health-Anti Microbial Resistance and Diseases of Public Health Importance (Zoonotic Diseases) at VMMC and Safdarjung hospital on 3rd July, 2019.
11. Workshop on “the Art and Science of writing a Paper” at Apollo Hospital on 23rd and 24th September 2019
12. Advanced Epidemiology and Biostatistics at PGIMER, Chandigarh from 23rd December 2019 to 04th January, 2020.
13. Delhi State Trainings on Immunization updates, Rotavirus Vaccination and Vaccine Preventable Disease Surveillance.

14. Workshop on “Meta-analysis- From Evidence to Policy” at AIIMS, Delhi on 28th February 2020
15. Workshop on “Epi-Collect Data collection software” at MAMC, New Delhi, from 6th March 2020 to 7th March 2020

- **Other activities:**

1. Worked as Study Medical Officer in the World Health Organisation (WHO)-Delhi state conducted India Polio Seroprevalence Study at Delhi in 2019.
2. Conducted camps at rural and urban health training centres and nearby areas.
3. Was part of the organizing team for workshops at HIMSR like
 - a. Capacity building workshop of the Project ‘ Integration of Maternal , Infant and Young child Nutrition’
 - b. 2 day Workshop on Biostatistics and Epidemiology for MBBS students held on 8th-9th January 2020
 - c. Update on Immunization training for Medical officers
4. Routinely conduct health education activities at the centres
5. Involved in Undergraduate teaching
6. Routinely present seminars, journal articles and family presentations weekly

PG resident: Dr Farishta Hannah D. Singh

Activities and achievements as a PG

First year

Rotational postings in UHTC and RHTC wherein OPD and immunization sessions had to be handled independently, hence it gave a confidence to treat patients and manage sessions independently.

Community visits with the health workers, to conduct family visits gives good exposure to understand the issues of the community at the ground-level. We get to interact with the Anganwadi workers and ASHA's to assist in conducting health-promotional activities.

Clinical Posting In the department of Microbiology, Pathology, Biochemistry, Casualty, Medicine etc give ample of exposure to the clinical case management as well as equips us to conduct the basic investigations needed to aid in diagnosis at the Community level.

Research Methodology classes are conducted to give a base for conducting research activities; I had close guidance with my Guide and co-guide while writing the thesis Protocol.

My thesis is titled "**A Randomized Controlled Trial to assess the effectiveness of group-based Diabetes Self-Management Education (DSME) program on glycemic control, self-care efficacy and quality of life in individuals with Type 2 Diabetes**" under the guidance of Prof Rambha Pathak, Dr. Farzana Islam and Dr. Sunil Kohli.

The Thesis has been approved by ICMR and awarded a grant of Rs 50,000 for conducting the same.

Helped organize workshops in HIMSR, such as

1. Capacity building workshop of the Project ' Integration of Maternal , Infant and Young child Nutrition'
2. A Hands on workshop on Quantitative Data Analysis in Bio-Medical Research
3. Update on Immunization training for Medical officers

Second year

Attended The Basic and advanced Workshop on Epidemiology and Biostatistics at PGI Chandigarh. We got a good working knowledge of the fundamentals of epidemiology and biostatistics with ample of hands-on training. We also learnt working on statistical softwares like Epi-info and Stata.

We also got the opportunity to attend some workshop to enhance our knowledge about systematic reviews and meta-analysis and the art and Science of writing a scientific Paper, which we hope to use in the future.

Exposure to multiple conferences and workshops being conducted all over Delhi has helped build connections and stay up-to-date on the latest work happening in the field of Public Health. Some of the workshops include, Maternal Death Surveillance Review , Immunization updates, Measles-Rubella Campaign, Climate change, Health Economics etc.

Alongwith the other PG's, I had the opportunity to participate in the India Seroprevalence Study, Delhi-2019 conducted by WHO , as a SMO. We were trained about the study and its prupose, following which we were asked to over-see the activities of data and sample collection at various sites in Delhi.

The Faculty also encourages to attend the National and international Conferences related to public health such as IAPSM and IPHA , both at the national level as well as the State / Zonal level.

I Presented a Paper in The IPHA Conference – 2020, titled “**Study on Self-care Practices among Diabetic Patients residing in Urban slums of South Delhi**”

I also presented an Oral Presentation at the North-zone IAPSMCON -2020 titled “**Study on Feeding Practices among children aged 6 to 24 months in a peri-urban area of South Delhi**”

We also participated in the Deoki Nanadan National IPHA quiz-2020 held at AIIMS , New Delhi

All along the 2 years , I have presented multiple Seminars, Journal club presentations and Family presentations under the guidance of the faculty.

We also assist in the teaching activities of the Undergraduate students, in the practical and theory classes, and guide the students for their seminars and family presentations which is a part of their training.

Extra-mural postings , such as posting at NITRD, visit to the water treatment plant etc help in see the working of the health programmes and other public health facilities.

Post Graduate Resident: Dr Vishal Kumar Singh

Thesis topic: An epidemiological study of sleep-related disorders and its association with cardiovascular risk factors in adult population (30-69 yrs.) of South Delhi.

Grants: ICMR MD/MS thesis grant.

Presentation and Workshops by Dr. Vishal Kumar Singh

Sl. No.	Presentation	Place of presentation
1.	Oral presentation on Prevalence and Correlates of Exclusive Breast Feeding in an Urban Slum in Delhi.	IPHACON 2020
2.	Oral presentation on Pattern of morbidity among geriatric population in a rural area of Delhi	NZIAPSM 2019
Sl. No.	Workshops	Organisation name
1.	National conference on One health – Anti microbial resistance and diseases of public health importance	Millennium India Education Foundation & VMMC& Safdarjung
2.	Pharmacovigilance: A tool to ensure Drug Safety.	Dept. of Pharmacology HIMSR, Jamia Hamdard
3.	From Evidence (Meta- Analysis) to public Health Recommendation	IPHACON 2020
4.	Infectious Disease Modelling	IAPSM & IPHA
5.	Demystifying Gender: Addressing Felt Need	Department of community medicine, HIMSR & Association of Transgender Health in India.
6.	Workshop on Biostatistics	ICMR & Department of community medicine, HIMSR