



# MANIPAL UNIVERSITY

THIRD SEMESTER MASTER OF PUBLIC HEALTH (EPIDEMIOLOGY) DEGREE EXAMINATION - NOVEMBER  
2017

SUBJECT: CLINICAL RESEARCH AND ETHICS (MPH 633)  
(REGULAR)

Wednesday, November 29, 2017 (10.00 - 13.00)

Answer ALL the questions.

Marks: 70

Duration: 180 mins.

## Long Essays:

- 1) Discuss the advantages and disadvantages of quasi-experimental studies. (10)
- 2) Discuss steps in conducting randomized controlled trials (RCTs) in detail. Mention the various types of RCTs and elaborate on clinical trials. (10)
- 3) What is Type 1 and Type 2 errors? Suggest measures to address type 2 error. (10)
- 4) Discuss the regulations governing the clinical trials. (10)

## 5. Short notes:

- 5A) Null hypothesis (5)
- 5B) COPE and its importance in Public Health (5)
- 5C) Hierarchy of evidence (5)
- 5D) Key steps in conducting observational studies (5)
- 5E) Enlist different types of sampling. Give example (5)
- 5F) Advantages and disadvantages of primary data and secondary data (5)

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# MANIPAL UNIVERSITY

THIRD SEMESTER MASTER OF PUBLIC HEALTH (GLOBAL HEALTH) DEGREE EXAMINATION -  
NOVEMBER 2017

SUBJECT: GLOBAL PUBLIC HEALTH IN EMERGENCIES (GH 633)  
(REGULARS)

Wednesday, November 29, 2017 (10.00 - 13.00 Hrs.)

Answer ALL the questions.

Marks: 70

Duration: 180 mins.

## Long Essays:

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|-----|--|-----|
| 1A) | What is quarantine? Has it recently be used in India. Explain with example.<br>(2+4 = 6 marks) | (6) |
| 1B) | How is it different from isolation?  | (4) |
| 2A) | What is Hurricane Irma?  | (2) |
| 2B) | What sort of damage is caused by a natural disaster?   | (2) |
| 2C) | How do you control impact of disaster on health?   | (6) |
| 3A) | What is event based surveillance?  | (2) |
| 3B) | How is it different from indicator based surveillance?   | (3) |
| 3C) | How is a surveillance system evaluated?  | (5) |
| 4A) | What is Global Health Security Agenda (GHSA)?  | (2) |
| 4B) | What are the agendas in GHSA?  | (4) |
| 4C) | Does India comply with GHSA requirement. Discuss.  | (4) |

## 5. Short notes:

- |     |   |     |
|-----|---|-----|
| 5A) | Incident Command System.                | (5) |
| 5B) | International Health Regulation (2005). | (5) |
| 5C) | Emergency Operation Centers.            | (5) |
| 5D) | Laboratory Networking.                  | (5) |
| 5E) | Severe Acute Respiratory Syndrome.      | (5) |
| 5F) | Tsunami.                                | (5) |

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# MANIPAL ACADEMY OF HIGHER EDUCATION

THIRD SEMESTER MASTER OF PUBLIC HEALTH (EPIDEMIOLOGY / GLOBAL HEALTH) DEGREE  
EXAMINATION - NOVEMBER 2017

SUBJECT: PRINCIPLES OF COMMUNICATION (MPH 623)  
(REGULAR)

Thursday, November 30, 2017 (10.00 - 13.00)

Answer ALL the questions.

Marks: 70

Duration: 180 mins.

## SECTION - A

- 1) Identify missing information from the following report. Plan a communication campaign in Udupi to create awareness about balanced sodium intake and mention how this would differ from a similar campaign in Manipal. (20)

### "Why you need to say no to excess salt"

With the festive season on, most of us throw caution to the winds and indulge in all kinds of delicacies both sweet and savoury. But before you reach out for that tempting deep-fried, salt-laden plate of fries, be forewarned: a study has found that high salt intake is associated with increased risk of hypertension and heart failure.

### How does it happen?

Senior cardiologist Dr Santosh Kumar Dora says, "Heart failure is when heart is unable to pump enough blood as per the need of the body. Sodium retains water, so high sodium in the blood will retain water and increase the blood volume. This puts stress on the heart and may lead to heart failure."

### What are the recommended levels of salt intake?

In patients who already are suffering from heart failure or those who have low pumping efficiency, increased salt intake puts the heart at a great risk say cardiologists. Dr Dora says, "In these cases the recommended salt intake is less than two to three gms per day. In patients who suffer from hypertension, the recommended salt intake is less than five gms per day."

### Our body needs sodium

Sodium is a mineral that's essential for life say doctors. It helps control our body's fluid balance and also helps send nerve impulses and affects muscle function. Senior interventional cardiologist Dr Tilak Suvarna says, "While we do need some sodium in our diet to help regulate fluid in the body, the amount of salt we eat is far more than we require. It's the excess of sodium that's the problem in relation to blood pressure. When there's extra sodium in our bloodstream, it attracts water into our blood vessels, increasing the total amount of blood flowing inside our blood vessels, leading to increase in the blood pressure. There is very convincing evidence which has shown that regularly eating too much salt puts us at increased risk of developing high blood pressure. High blood pressure is the main cause of strokes and a major cause of heart attacks and heart failures, the most common causes of death and illness in the world."

### Foods that contain high sodium levels

In this age of fast living, most of us have packaged and or pre-prepared foods. What most do not know that about 77 per cent of the sodium we consume comes from there. Dr Suvarna says, "Since most of the sodium we eat, is in our food before we buy it, many people unfortunately don't realise they are eating too much salt. Thus it makes it hard for people to limit how much sodium they are eating." Nutritionists say that all kinds of

processed and prepared foods contain high levels of sodium. Most packaged foods are high in sodium as it is used like a preservative. Avoiding excess sauces and seasonings can help say doctors. Pickles are also very rich in salt content. Apart from this, there are many foods that are actually swimming in salt but are not as obvious. Here is a list...

#### **Cottage cheese & Cereal, Baked foods & Soups**

Paneer or cottage cheese that is not homemade can have around 1,000 mg of sodium in one cup. And that is around 40 per cent of your entire day's intake. It is touted to be a good breakfast but some packaged cereals are said to have 180 to 300 mg of sodium per serving.

Foods that are baked rely on sugar and sodium as a preservative. Some baked foods are known to have around 200 mg sodium. Most canned or restaurant soups have around 1,000 to 1,500 mg of sodium per bowl.

#### **Burgers and hot dogs & packaged raw chicken**

Even the vegetarian versions of these foods are loaded with salt. The patties alone have around 500 mg of salt. Opting for packets of organic chicken will help because, chicken breasts sometimes have high-sodium flavouring solution injected in them

#### **Hot chocolate and pancakes**

If you are not have the homemade versions of hot chocolate drinks and pancakes, you might end up having around 1,500-200 mg of sodium. Avoiding ready-made mixes of these foods is a great idea.

According to a study, high salt intake is associated with a doubled risk of heart failure. The findings showed that people who consume more than 13.7 grams of salt daily may be at twice the higher risk of heart failure compared to those consuming less than 6.8 grams. The researchers said that this salt-related increase in heart failure risk was independent of blood pressure level - increased level of which is also a risk factor for cardiovascular diseases.

#### **SECTION - B**

- 2A) As public health practitioners how would you encourage senior citizens in the locality to avoid a sedentary lifestyle? Devise an effective strategy to reach out to them. (10)
- 2B) Debate on popular media and health messages. (10)

#### **SECTION - C**

- 3A) Present 'educate the girl child' for a print advertisement through a rough sketch. (6)
- 3B) Discuss Diffusion of innovation. (6)
- 3C) Explain chronemics and proxemics. (6)
- 3D) Do you think advertisements in the mass media about cosmetics are misleading? Discuss. (6)
- 3E) Briefly discuss semiotic school and process school of communication. (6)

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