YSS303A **MODERN APPROACH OF HEALTH SYSTEM**

Course Objectives:

To make the students to know:

- Taking case history of the patient.
- Examination of a patient and review of system.
- Etiology, symptoms, complications and treatment of the diseases according to modern approach.

Course Outcome:

After the course student will be able to:

- Establish effective communication with the patient.
- Take the case history of the patient and record it with all relevant points.
- To carry out the general examinations of the patient and record them.
- Describe the selected diseases and their treatment according to the Modern approach

I Examination of a Patient and Review of Systems 15 Hrs

1) Complaints, history of present illness, Study of Symptoms, Communication with the Patient, Age and Address, Marital status, Social and occupational history, History of previous illness, menstrual history, Body weight, sleep
2) Family history, Physical examination, Investigations, Diagnosis, Treatment history, Follow-up; Presenting a case and Interpretation of clinical data
3) General approach, mental and emotional state, Physical attitude, Physique, Face, Skin, Hands, Feet, Neck, Temperature, Pulse, Respiration, Special questions where relevant.
4) Review of - Gastrointestinal system, cardiovascular system, Respiratory system, Genital system, Urinary system, Nervous system, Skin diseases

II. Modern Approach – Etiology, Symptoms, Complications, Treatmentwith Features and management. 15 Hrs

1) Hypertension, Cardiac Disorders.
2) Diabetes Mellitus, Obesity
3) Br.Asthma, Constipation
4) Arthritis, Peptic Ulcer

III. Modern Approach – Etiology, Symptoms, Complications, Treatment with features and management. 15 Hrs

1) Backache, Spondylitis and Spondylosis
2) Depression, Anxiety, Insomnia
3) Menstrual disorders
4) Thyroid problems, Sexual disorders.

Reference Books

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6. Maxine Papadakis, Stephen McPhee, & Michael Rabow. (2019). *Current Medical Diagnosis and Treatment* (59 ed.). New York :McGraw-Hill Education / Medical, New York, NY 10121New York.
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9. Rahul Tanwani. (2016). *The Skills of History Taking* (2 ed.). New Delhi :Jaypee Brothers Medical Publishers, Delhi,110002 India.
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12. Swami Kuvalyananda. (2005). *Pranayama* (3 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
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