

**SPM**

## Content Of Dr. Murali Bharadwaz's E-Learning Material

<b>SPM Mock Test</b>			
<b>Topic</b>	<b>Lecture</b>	<b>Duration</b>	<b>Size (MB)</b>
<b>AIIMS SPM</b>	Lec-01	0:50:21	171
	Lec-02	0:30:32	104
	Lec-03	0:29:34	101
	Lec-04	0:40:23	138
	Lec-05	0:40:00	136
	Lec-06	0:38:42	132
	Lec-07	0:38:46	132
<b>SPM Test</b>	Lec-01	0:42:45	146
	Lec-02	0:41:38	142

<b>SPM Notes</b>	
<b>SPM Notes</b>	<b>No. of Pages = 49</b>

Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 01	<ul style="list-style-type: none"> <li>◆ Concept of well-being</li> <li>◆ Standard of living</li> <li>◆ Standard of living primarily depends of GNP</li> <li>◆ Quality of life</li> <li>◆ PQLI</li> <li>◆ Human development index-Kil</li> <li>◆ Calculating the life expectancy index</li> <li>◆ Calculating the education index</li> <li>◆ Calculating the HDI</li> <li>◆ Basic Indicators</li> <li>◆ Human poverty index</li> <li>◆ Lessons from Kerala</li> <li>◆ National Socio-Demographic Goals for 2010</li> <li>◆ IMR</li> <li>◆ Child mortality ratio</li> <li>◆ Years of life lost due to premature mortality(YLL)</li> <li>◆ Modifiable risk factors</li> <li>◆ Unmodifiable risk factors</li> </ul>	0:41:46	143
	Lec 02	<ul style="list-style-type: none"> <li>◆ Disease Control</li> <li>◆ Disease elimination</li> <li>◆ Monitoring</li> <li>◆ Surveillance</li> <li>◆ Monitoring Vs.Surveillance</li> <li>◆ Levels of prevention</li> <li>◆ Primordial</li> <li>◆ Primary prevention</li> <li>◆ Secondary prevention</li> <li>◆ Tertiary prevention</li> <li>◆ Modes of prevention</li> <li>◆ Health prevention</li> <li>◆ Specific protection</li> <li>◆ Early diagnosis and treatment</li> <li>◆ Disability limitation</li> <li>◆ Rehabilitation</li> <li>◆ Basic measurements of epidemiology</li> <li>◆ Rate</li> <li>◆ Ratio</li> <li>◆ Proportion</li> <li>◆ Person time</li> <li>◆ International death certificate</li> <li>◆ Uses of mortality data</li> <li>◆ Crude death rate</li> <li>◆ Case fatality ratio</li> <li>◆ Proportional Mortality ratio</li> <li>◆ Survival rate</li> <li>◆ Standardization</li> <li>◆ Direct standardization</li> <li>◆ Secondary attack rate</li> </ul>	0:05:05	17.7

Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 03	<ul style="list-style-type: none"> <li>◆ Uses of incidence</li> <li>◆ Prevalence</li> <li>◆ Limitations of prevalence rate</li> <li>◆ Time distribution of epidemics</li> <li>◆ Short term Fluctuation</li> <li>◆ Point Source Epidemics</li> <li>◆ Common source-continuous exposure</li> <li>◆ Propagated epidemics</li> <li>◆ periodic functions</li> <li>◆ Long term fluctuation or secular trend</li> <li>◆ Longitudinal and cross sectional studies</li> <li>◆ Case control study</li> <li>◆ Relative risk</li> </ul>	0:41:44	142
	Lec 04	<ul style="list-style-type: none"> <li>◆ Advantages of case control study</li> <li>◆ Disadvantages</li> <li>◆ Cohort study</li> <li>◆ prospective cohort study</li> <li>◆ Retrospective cohort study</li> <li>◆ Relative risk</li> <li>◆ Attributable risk("Risk difference")</li> <li>◆ Relative risk Vs. Attributable risk.</li> <li>◆ Advantage of cohort study</li> <li>◆ Blinding</li> <li>◆ Concurrent Vs. Cross over study design</li> <li>◆ Association and Causation</li> <li>◆ Spurious association</li> <li>◆ Indirect association</li> <li>◆ Direct (casual) association</li> </ul>	0:50:10	147.4
	Part2	<ul style="list-style-type: none"> <li>◆ incubation period</li> <li>◆ Serial interval</li> <li>◆ Generation time</li> <li>◆ Secondary time</li> <li>◆ Secondary attack rate</li> <li>◆ Active immunity</li> <li>◆ passive immunity</li> </ul>		
	Lec05	<ul style="list-style-type: none"> <li>◆ Herd immunity</li> <li>◆ Live vaccines, Killed vaccines</li> <li>◆ Freeze dried vaccines</li> <li>◆ Human Ig, Cold Chain, Isolation</li> <li>◆ Hazards of immunization, Quarantine</li> <li>◆ Chemoprophylaxis, Malaria prophylaxis</li> <li>◆ Methods of disinfection</li> <li>◆ Hot air oven, Boiling, Autoclaving</li> <li>◆ Gamma radiation, phenol, Crude phenol</li> <li>◆ Crude phenol, Cresol, Savlon</li> <li>◆ Bleaching powder</li> <li>◆ Betadine(Povidone iodine)</li> <li>◆ Alcohols(Ethyl and isopropyl alcohol)</li> <li>◆ Formaldehyde gas, Ethylene oxide</li> <li>◆ Screening vs. Diagnostic test</li> <li>◆ Lead-Time, Diagnostic test, Sensitivity</li> <li>◆ False positives vs. false negatives</li> </ul>	0:40:00	136

Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 06	<ul style="list-style-type: none"> <li>♦ Chicken pox</li> <li>♦ Measles</li> <li>♦ Measles vaccine</li> <li>♦ Rubella</li> <li>♦ Mumps</li> <li>♦ Epidemic behaviour of influenza</li> <li>♦ Diphtheria</li> <li>♦ Shick test</li> <li>♦ DPT Vaccine</li> <li>♦ Pertusis</li> </ul>	0:38:29	131
	Lec 07	<ul style="list-style-type: none"> <li>♦ Tuberculosis</li> <li>♦ Tuberculin Test</li> <li>♦ Bactericidal drugs</li> <li>♦ Bacteriostatic drugs</li> <li>♦ DOTS(directly observed therapy-short term)</li> <li>♦ BCG</li> <li>♦ Drug Resistance</li> <li>♦ Raised NTP</li> <li>♦ HIV AND TB</li> </ul>	0:37:00	126
	Lec 08	<ul style="list-style-type: none"> <li>♦ poliomyelitis</li> <li>♦ Lameness survey</li> <li>♦ Salk vaccine</li> <li>♦ Quadruple vaccine</li> <li>♦ Risk of OPV associated neuroparalysis</li> <li>♦ Viral Hepatitis</li> <li>♦ HAV &amp; HBV</li> <li>♦ HBsAg</li> <li>♦ HBeAg</li> <li>♦ Core antibody@antibody@surface antibody</li> <li>♦ Hepatitis B vaccine</li> <li>♦ Hepatitis B immunoglobulin</li> <li>♦ HCV</li> <li>♦ HEV</li> <li>♦ Cholera</li> <li>♦ 7th pandemic</li> <li>♦ Fate of V.Cholerae in inter epidemic periods</li> <li>♦ El Tor vs.Classical type</li> <li>♦ El Tor vs.classical clinically</li> <li>♦ ORS</li> </ul>	0:39:41	135
	Lec 09	<ul style="list-style-type: none"> <li>♦ I.V.rehydration</li> <li>♦ TAB vaccine</li> <li>♦ Typhoral vaccine</li> <li>♦ Salmonella food poisoning</li> <li>♦ Staphylococcal food poisoning</li> <li>♦ Botulism</li> <li>♦ Cl.Perfringens</li> <li>♦ B.Cereus food poisoning</li> <li>♦ Dengue fever</li> <li>♦ Classical dengue</li> <li>♦ Dengue hemorrhagic fever</li> <li>♦ Rural malaria, Relapses</li> <li>♦ Extrinsic incubation period</li> </ul>	0:38:04	130

Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 10	<ul style="list-style-type: none"> <li>◆ Spleen rate</li> <li>◆ Infant parasite rate</li> <li>◆ Indices in Eradication Era</li> <li>◆ Annual Parasite index(ADI)</li> <li>◆ Annual Blood Examination Rate (ABER)</li> <li>◆ Human blood index</li> <li>◆ Inoculation rate</li> <li>◆ Control programs</li> <li>◆ NMCP</li> <li>◆ NMEP</li> <li>◆ Eradication goal</li> <li>◆ Causes of failure</li> <li>◆ Modified action plan</li> <li>◆ API&gt;2</li> <li>◆ API&lt;2</li> <li>◆ Presumptive Treatment</li> <li>◆ NMCP vs.NMEP</li> <li>◆ Filariasis</li> <li>◆ Microfilaria rate</li> <li>◆ Microfilarial density</li> <li>◆ Average infestation rate</li> <li>◆ Chemotherapy</li> <li>◆ Rabies</li> </ul>	0:39:15	134
	Lec 11	<ul style="list-style-type: none"> <li>◆ Vaccination</li> <li>◆ Class 1</li> <li>◆ Class 2</li> <li>◆ Class III</li> <li>◆ Antirabies serum</li> <li>◆ Neuroparalysis with vaccine</li> <li>◆ Vaccine Schedule</li> <li>◆ Yellow fever</li> <li>◆ KFD</li> <li>◆ Chikungunya</li> <li>◆ Plague</li> <li>◆ Rickettsiae</li> <li>◆ Scrub typhus</li> <li>◆ Murine typhus</li> <li>◆ Indian tick typhus</li> <li>◆ Q fever</li> <li>◆ Tetanus</li> <li>◆ TT in pregnancy</li> <li>◆ Leprosy</li> <li>◆ Case definition</li> <li>◆ MDT</li> <li>◆ SAPEL</li> <li>◆ LECs(Leprosy elimination campaigns)</li> </ul>	0:39:25	134

Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 12	<ul style="list-style-type: none"> <li>♦ Indian classification</li> <li>♦ Bacterial index</li> <li>♦ Foot pad culture</li> <li>♦ Histamine test</li> <li>♦ Lepromin test</li> <li>♦ Late Mitsuda reaction</li> <li>♦ LTT &amp; LMIT(lymphocyte transformation test)</li> <li>♦ Tests for humoral response</li> <li>♦ Case finding methods</li> <li>♦ Group survey, School survey</li> <li>♦ MDT</li> <li>♦ Paucibacillary, Multibacillary</li> <li>♦ Rifampicin</li> <li>♦ Dapsone</li> <li>♦ Who recommendation</li> <li>♦ Reversal Relapse</li> <li>♦ AIDS in India</li> </ul>	0:39:14	134
	Lec 13	<ul style="list-style-type: none"> <li>♦ WHO case definition</li> <li>♦ Expanded&gt;WHO case definition</li> <li>♦ Primary prophylaxis</li> <li>♦ CAD</li> <li>♦ MONICA</li> <li>♦ Hypertension, Cancer, Blindness</li> <li>♦ Demographic Cycle</li> <li>♦ First state(high stationary)</li> <li>♦ Third stage(late expanding)</li> <li>♦ Fourth stage(low stationary)</li> <li>♦ Fifth stage(declining)</li> <li>♦ Growth rate, Age pyramid</li> <li>♦ Life expectancy-1998</li> </ul>	0:39:13	134
	Lec 14	<ul style="list-style-type: none"> <li>♦ High fertility in India</li> <li>♦ Birth rate</li> <li>♦ General fertility rate(GFR)</li> <li>♦ Age specific of fertility rate</li> <li>♦ Total fertility rate</li> <li>♦ Gross reproduction rate</li> <li>♦ Eligible couple</li> <li>♦ Target couple</li> <li>♦ Couple protection rate,Condom, Diaphragm</li> <li>♦ Vaginal Sponge-TODAY:barrier contraceptive</li> <li>♦ Lippes Loop</li> <li>♦ II gen.Cu containing devices</li> <li>♦ Advantages of copper devices</li> <li>♦ III Gen.IUCD-Progastaser</li> <li>♦ Levenorgestrel IUD,Contraindications of IUD</li> <li>♦ Ideal IUD candidate,Complications, PID</li> <li>♦ Hormonal Contraceptives</li> <li>♦ Combined pill contain,Mala-N, Mala-D</li> <li>♦ Progesterone-only-pill(POPs)</li> <li>♦ Post-coital contraception</li> <li>♦ Once a month pill, gossypol-Male pill</li> <li>♦ OCP vs. antibiotics, Adverse effects of OCPC</li> </ul>	0:39:35	135

Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 15	<ul style="list-style-type: none"> <li>◆ Injectable contraceptives</li> <li>◆ DMPA(Depot-Medroxy progesterone acetate)</li> <li>◆ Subdermal implants</li> <li>◆ Cervical mucus method(Billing method)</li> <li>◆ National family welfare programme</li> <li>◆ Growth Chart</li> <li>◆ Indian growth chart</li> <li>◆ Child survival safe motherhood programme-1992</li> <li>◆ Still births</li> <li>◆ perinatal mortality</li> <li>◆ why PMR</li> <li>◆ Post-neonatal mortality</li> <li>◆ IMR indicates</li> <li>◆ Child survival index</li> </ul>	0:39:28	135
	Lec 16	<ul style="list-style-type: none"> <li>◆ Proximate principles</li> <li>◆ Essential Amino acids</li> <li>◆ Semiessential amino acids</li> <li>◆ Essential in prematurebabies</li> <li>◆ Pulses</li> <li>◆ Protein requirement</li> <li>◆ EFA</li> <li>◆ Phrenoderma</li> <li>◆ WHO direction to prevent CAD</li> <li>◆ Vitamin A</li> <li>◆ Bitots spots</li> <li>◆ Hyper vitaminosis</li> <li>◆ Vitamin D</li> <li>◆ Vitamin E</li> <li>◆ Vitamin K</li> <li>◆ Thiamine</li> <li>◆ Riboflavin</li> <li>◆ Niacin</li> <li>◆ Pyridoxine-Vitamin B6</li> <li>◆ pantothenic acid</li> <li>◆ Folate</li> <li>◆ Vitamin B12</li> <li>◆ Vitamin C</li> <li>◆ Calcium</li> <li>◆ phosphorus</li> <li>◆ Iron</li> <li>◆ Evaluation of iron status</li> <li>◆ Iodine</li> <li>◆ Flourine</li> <li>◆ Zinc</li> <li>◆ Chromium</li> <li>◆ Selenium</li> <li>◆ Nuts</li> </ul>	0:39:10	134



Subject Name	Lecture Number	Lecture Content	Lecture Duration	File Size
SPM	Lec 17	<ul style="list-style-type: none"> <li>◆ Fruits</li> <li>◆ Milk</li> <li>◆ Egg</li> <li>◆ Fish</li> <li>◆ Meat</li> <li>◆ Oils</li> <li>◆ Jaggery</li> <li>◆ Alcohol</li> <li>◆ RDA</li> <li>◆ Amino Acid Score</li> <li>◆ NPU, FAT</li> <li>◆ Xerophthalmia</li> <li>◆ Endemic fluorosis</li> <li>◆ Lathyrism</li> <li>◆ Aflatoxins</li> <li>◆ Ergotism</li> <li>◆ Epidemic dropsy</li> <li>◆ Endemic Ascites</li> <li>◆ Fusarium toxins</li> <li>◆ Mid-day-Meal programme</li> <li>◆ Antropology</li> <li>◆ Kuppuswamy classification</li> <li>◆ Social security actgs</li> <li>◆ Chlorination</li> <li>◆ Break point chlorination</li> <li>◆ Contact period</li> </ul>	0:39:12	134
	Lec 18	<ul style="list-style-type: none"> <li>◆ Methods of chlorination</li> <li>◆ Chloramine(Chlorine+Ammonia)</li> <li>◆ Supper chlorination</li> <li>◆ Orthotoluidine test</li> <li>◆ Orthotoluidine arsenile test</li> <li>◆ Purification of water</li> <li>◆ Sand bed</li> <li>◆ Fileter control</li> <li>◆ Rapid sand filter</li> <li>◆ Filter bed</li> <li>◆ Water quality</li> <li>◆ Turbidity</li> <li>◆ Hardness</li> <li>◆ Softness</li> <li>◆ Colfiorms</li> <li>◆ Clostridium perfringens</li> <li>◆ Nitrate</li> <li>◆ Temporary hardness</li> <li>◆ Permanet hardness</li> <li>◆ Pollution</li> <li>◆ Cooling power</li> <li>◆ Effective temperature</li> <li>◆ Corrected effective temperature</li> <li>◆ MC Ardles maximum allowable sweat rate</li> <li>◆ Ventilation</li> <li>◆ Lighting</li> <li>◆ Day light factor, Noise</li> </ul>	0:28:54	99.1