

## BOOK REVIEW

# Recent advances in community medicine and public health vol. 1

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**Title: RECENT ADVANCES IN COMMUNITY MEDICINE AND PUBLIC HEALTH VOL. 1**

**Editors: Dr Ranabir Pal, Dr Sumit Kar, Dr. Amrita Ghosh, Dr Amit Agrawal, Dr B V Murlimanju**

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### INTRODUCTION

The first volume of *Recent Advances in Community Medicine and Public Health (RACMPH)* offers a comprehensive exploration of modern public health practices. It is a meticulously organized, multi-authored book that is proposed to be useful for all health and medical sciences practitioners. Though, it helps postgraduates of community medicine, family medicine, community health, PSM, public health and MBBS students from all over the world, its scope is wider because of comprehensive material for all health enthusiasts contextualized in India. The book is divided into 4 sections, with a total of 22 chapters.

### SUMMARY OF THE BOOK

The first section is Factors Affecting Health, which comprises of three chapters. Diet and disease in primary health care which is a detailed description of zoonotic food-borne infectious diseases is well explained. Food additives and Table1 mentioning sources of carcinogens and anti-carcinogens in dietary components or food groups is a unique feature of this chapter, not discussed in other conventional books. Economic cost of food borne diseases is an additional highlight of this chapter by authors Dr Amrita Ghosh and Dr Ranabir Pal.

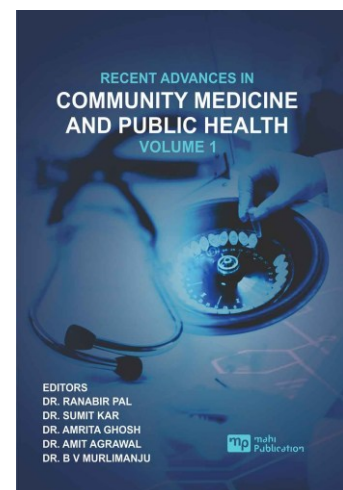
Health Care Approach to Geriatrics in Primary Care Setting, by Dr Sumit Dixit and Dr Ranabir Pal, has described all lacuna in geriatric health care in India. The chapter title could be worded differently

though. The reviewer recommends the sub-topic, Domestic and Community infrastructure for the elderly, mentioned in the chapter. Packages of services envisaged for future elderly under NPHCE has been exhaustively tabulated for

prospective programmatic decisions. Like in developed countries, India's Geriatric population is becoming large and so this chapter is a very good resource to understand geriatric care with a public health perspective.

The reviewer particularly engaged herself to understand efforts by India to combat climate change, and the country's climate profile in the article; Global Climate Change: Its implications on public health and our holistic preparedness which is a concise article by Dr Angelin Priya.

The second section is Professional Issues that adheres to the idea that public health is not confined to teaching in medical colleges. It has



expanded its circle of influence to the preventive aspects of multiple disciplines. Community Paediatrics and Community Ophthalmology are such endeavours included in this section to gain research ideas in the fields or understanding primary health care in terms of preventive specialty care that can be incorporated in general OPDs of health practitioners.

Another topic by Dr Kritika and Dr Ashitabh Tiwari explains the public health management cadre of India (PHMC). By 2022 it was to be created in all States and UTs of India, with its essential and desirable care principles which is covered in this section holistically. Such innovation needs special attention of readers as the most striking development in the past five years. It shows how the country has incorporated systems thinking into delegation of tasks and professionalizing the public health system along with opening more job opportunities to local managers.

The next section is Research And Development comprising Chapter 7 to 11. Dr Sumit Kar has detailed about artificial intelligence in healthcare delivery with a more basic information than the bestseller, *Deep Medicine*, by Eric Topal. Dr Kar has done justice to the basic understanding of the AI use in Radiology, Dermatology, Ophthalmology, Pathology and autonomous Robotic surgery. He does not beat about the bush and explains AI role in medicine, in a very simply worded manner. If someone wants to understand AI related to medicine, must begin from this account before exploring other sources.

Dr Mitasha Singh's write-up on Operations Research in Public Health is not new but will surely give new insights from an expert who has step by step led from known to unknown with respect to operations research. The reviewer would like to recommend the topic Logical framework in health policy development which is self-written. The reader can think about this chapter as a roadmap of policy making using evidenced as well as non-evidence-based information. Aim of this chapter is to complete all types of logical queries to introduce a policy change for health in all hierarchical systems of healthcare. Logical frameworks are well presented with examples using mind-maps. Dr Paramita Sengupta has written comprehensively about public health reforms and HIA; that the reviewer found running smoothly between olden and contemporary reforms and impact assessment. NQAS and MINERVA; common review mission are the highlights of her well-articulated document. Chapter 11 stands best in this volume. The authors;

Dr Abhilash Sood, Dr Sinjita Dutta and Dr Maitraye Basu have been successful in creating meaningful work. This is a very detailed chapter and a must read for every public health practitioner, as the best effort in explaining NQAS and quality care.

The last section of the book on interventions, contains 10 chapters. Ayush and Public Health, written by Dr Suchandra Mitra Chaudhury is mainstreaming AYUSH that has been an ongoing goal of health services ever since NRHM in 2005. All aspects of AYUSH in public health are well covered.

As a former palliative care practitioner, the reviewer was interested to read about palliative care in public health by Dr Shipra Saini and Dr Mitasha Singh. WHO model clearly states that public health plays an important role in palliative care. The concept of prototype care, pain management and what exactly is palliation is appropriately described. Dr Shweta Goswami and Dr Mitasha Singh have done a credulous job in promoting male contraception through a short chapter, that should be read by public health scientists.

Precision Public Health has been written by the reviewer as a pioneering work in Precision sciences which is a nascent work in the field of omics that will be the only method of health care in the next 30-40 years. Communities are treated precisely, exactly after eliciting specific community needs instead of following the same protocol everywhere. Even if the problems of these communities are similar, needs and contexts appear different in a diverse land, for which PPH model is superior in health care delivery in India. There are good examples to explain the concepts better. Dr Subhashish Chatterjee, through his article, has given theories of time management. The Pomodoro Technique is the only well-known method for most scholars. But the author has done justice by explaining five other methods that were new to the reviewer. It's a nice and short chapter that will help scholars plan and organize their busy schedules.

Dr Amit Agrawal, Dr Rakesh Mishra, Dr Ved Prakash Maurya and Dr Pradeep Chouksey have come up with a short compilation on Ergonomics from bag-packs to office settings (computers), and also easy agricultural work. It is a snapshot acquaintance with Ergonomics; worth reading. In continuity, Dr Medha Mathur and Dr Ranabir Pal have written about Ergonomic Workstations: Public Health Perspectives. Healthcare ergonomics have been elaborated adequately which is not a short chapter but essential enough to go through by every

medical practitioner. Another account written by Dr Medha Mathur and Dr Ranabir Pal, summarizes road safety and public health. Road Traffic can be controlled with massive efforts but risk-taking behaviour cannot be tackled all of a sudden. Sub-heading; Creating a culture of safety is the reviewer's personal choice as it is briefly described in this short chapter.

National Digital Health Mission and MHealth is authored by Dr Rajeev Aravindakshan, Dr Sapna Maheshram, Dr Amarjeet Singh Cheema, Dr Nisha B and Jayakaviya S. This chapter comprises of a detailed description and analysis that is the future of medical care in India. Digitalization is a sign of development of a country, we are nearing it. Themes like telemedicine, propagation of PM-JAY, Blueprint, and Health Facility Registry are some measures under this mission.

Swachh Bharat Abhiyan by Dr Anju Damu Ade, Dr Shipra Saini and Dr Latika Nath Sinha is having many more points to it than the justice done to it through this small compilation. Swachh Survey or Sarvekshan, monitoring and evaluation of this programme is aptly mentioned. Swachhagrahi trained to motivate Clean India Mission is a good

step in this direction; well elucidated through the chapter.

Dr Ruchita Lunagariya wrote on Health Economics and Public Health. This topic is a chosen one for every public health person; always being on the hotspot. This chapter is beyond just economic analysis like CBA, CEA as examples. A very nicely written conceptualization of this theme is evident in this article. All scholars must read this chapter.

#### **CONCLUSION**

Being a rich text resource, this book is worth it to be bought. The book helps to upgrade our knowledge in Community Medicine and Public Health, in simple to understand language with illustrative examples. It is recent and eminent doctors have produced excellent work. There is immense knowledge being imparted by this series of 3 volumes (2 and 3) are also published, which constitute of even more diverse topics creating an exhaustive and edgy public health account. All three volumes are available at Amazon.in and Flipkart.