# **ABOUT THE BOOK**

Title: Communicable Diseases for School and Community Health Promotion:

Global Health Perspective, 2<sup>nd</sup> edition

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# COMMUNICABLE DISEASES FOR SCHOOL AND COMMUNITY HEALTH PROMOTION: GLOBBL HEBLTH PERSPECTIVE



#### **Highly Recommended For Courses**

IN EPIDEMIOLOGY AND GLOBAL HEALTH

SECOND EDITION

MARTIN AYONG AYIM

# **MOTIVATION TO WRITE THIS BOOK (Why?)**

- My motivation arose from:
- 1. Personal experience during a community health education outreach as a student nurse during a health talk about prevention of intestinal worms

 2. Community participants rejected the message, out rightly saying intestinal worms are normal in human intestines. They strongly believed so. They accused us the student nurses of telling lies!!!!! 3. I was challenged and saw the need to specialize in area of community health education and health promotion to be impactful on return to the country. I further saw the need for understanding cultural values, beliefs, and practices in health education and health promotion.

- 4. Lattended Indiana University Bloomington and Texas
   A & M University, College Station, Texas in the USA.
- My dissertation was" A Comparison of Health Education perceptions between the Chamba and Widikum ethnic groups in the then Northwest Province". I was determined to go back and I am still determined to go back and make an impact in quality of life of the people and advance health education and health promotion

 5. While taking courses in epidemiology and communicable diseases, I saw a need to fill the gap in the teaching of communicable diseases at college level.

- 6. So while teaching at Grambling State University, I followed my innovative approach of teaching about communicable diseases. The students loved my classes and notes. Then they suggested that I write a book. They went further to choose the title from many that I suggested. Great example of student-teacher collaboration.
- All students have been acknowledged. This book is written in textbook format with 9 sections, 24 chapters, global perspective of each disease, questions for review and tests, and subject index.
- 7. There are 132 communicable diseases discussed in this book including COVID-19 and Delta Variants, and Delta Plus

8. I created a Non Profit Organization called "Minority Health Promotion Initiative", to address the need for clean drinking water to prevent intestinal worms in rural communities in sub Saharan Africa especially. That is why proceeds from this book will also be used for community humanitarian services, a legacy of my mother Mama Helena Anjei.

- LINK FOR TAX DEDUCTIBLE DONATIONS TOWARDS HUMANITARIAN DRINKING WATER PROJECT
- www.minorityhealthpromotion.com

## ORGANIZATION OF THE BOOK

The book covers 132 communicable diseases. The book is organized into Nine sections with related chapters to simplify the study of communicable diseases and the understanding of infectious disease epidemiological terms and concepts.

Sections cover basic principles of epidemiology; vital statistics and rates and ratios used in epidemiology; principles and practice of immunization; viruses and viral infections; bacteria and bacterial infections; infectious diseases caused by fungi, protozoa, and metazoa; major sexually transmissible infections; and epidemics and pandemics in the history of global health. Sections cover 24 related chapters.

Each chapter covers a cluster of communicable diseases classified according to infectious agent and the mode of transmission.

# ORGANIZATION OF THE BOOK Cont'd

The second edition covers global perspectives of each disease, and a new section nine covering epidemics and pandemics in the history of global health. There are questions for review and discussion and a sectional bibliography for further exploration.

Furthermore, there are links provided for further reading about each disease from other sources. Questions for review and discussion are recommended for essay examination questions and reading guide for students.

Finally, each disease discussed has its assigned latest edition of the international classification of diseases (ICD)-Clinical Modification number. A subject index carries page numbers of each of the communicable diseases for quick reading and review.

SECTION ONE: Principles of epidemiology

Chapter 1. Definition and Clarification of epidemiological terms and concepts

Chapter 2: Infectious disease theories, processes, and types of epidemiological

Chapter 3: Classification and Prevention of Infectious Diseases

Sectional Bibliography

SECTION TWO: Vital statistics: epidemiological rates and ratios

Chapter 4: Vital Statistics: Morbidity Rates and Ratios

Calculation of Morbidity Rates and Ratios

Chapter 5: Vital statistics: Mortality Rates and Ratios

**Sectional Bibliography** 

SECTION THREE: Principles and practice of immunization

Chapter 6: Principles of immunization

Chapter 7: The Practice of immunization

Sectional Bibliography

SECTION FOUR: Viruses and viral infectious diseases

Chapter 8: Overview of viruses

Chapter 9: Viral Infectious Diseases: Viral infectious diseases transmitted through contact

Chicken Pox

**Ebola Marburg Viral Diseases** 

Viral Hepatitis C

Herpes Simplex Virus Infection

**Infectious Mononucleosis** 

Kawasaki Syndrome

Measles

### Chapter 9 Cont'd:

Mumps or Infectious Parotitis

**Poliomyelitis** 

Rubella (German Measles)

Herpes Zoster (Shingles)

**Small Pox** 

Viral warts

Chapter 10: Viral Infectious Diseases Transmitted Through Respiratory or Gastrointestinal

Acute Febrile Respiratory Disease

**Acute Rotaviral Gastrointeritis** 

Erythema Infectiosum (Fifth Disease)

Hanta Virus Pulmonary Syndrome

Viral Hepatitis A

Viral Hepatitis E

Influenza (Flu)

Lassa Fever

Lymphocytic Choriomeningitis

Epidemic Myalgia (Bornholm Disease)

H1N1 Virus (Swine Flu)

# Chapter 11: Viral Infectious Diseases Transmitted Through Interaction between animals and Humans, Insect and Mosquito Bites

Arthropod-borne viral disease (Arboviral diseases)

Arthropod-borne Viral Arthritis and Rash

Mosquito-borne Arboviral Encephalitides

Tickborne Arboviral Encephalitides

**Tickborne Arboviral Fevers** 

Phlebotomine-borne Arboviral Fevers

Congenital Cytomegalovirus Infection

Dengue Fever

Dengue Hemorrhagic Fever

Bovine Spongiform Encephalopathy (BSE)

Creutzfeldt-Jakob Disease (vCJD)

Rabies (Hydrophobia)

Viral (Aseptic) Meningitis

Yellow Fever

#### **SECTION FIVE: Bacteria and Bacterial Infectious Diseases**

#### Chapter 12: Overview of Bacteria

#### Chapter 13: Bacterial diseases transmitted through contact or respiratory tract

**Bacterial Pneumonias** 

Pneumococcal Pneumonia

Diphtheria

Leprosy

Pertussis (Whooping Cough)

Pinta

Staphylococcal Diseases

Boils, carbuncles, Furuncles, Abscesses

Streptococcal Diseases caused by Group A Streptococci

Trachoma

**Tuberculosis** 

Yaws

#### Chapter 14: Some Foodborne Bacterial Diseases

Actinomycosis

**Bacillus Cereus Food Intoxication** 

Botulism

Brucellosis

Campylobacter Enteritis

Cholera

Clostridium Perfringens Food Intoxication

**Acute Diarrhea** 

Listeriosis

Food Borne Salmonellosis

Shigellosis

Staphylococcal Food Intoxication

**Typhoid Fever** 

Vibrio Parahaemolyticus Enteritis

Yersiniosis

Chapter 15: Bacterial Diseases Transmitted Through Interaction between Animals and Humans or Through Vectors (Mosquito or Insect Bites, and Fleas)

Anthrax

Meningitis

Bacterial Meningitis (Meningococcal Meningitis)

Bartonellosis

**Cat-Scratch Disease** 

Legionellosis

Leptospirosis

Plaque (Black Death)

**Psittacosis** 

Q-Fever

**Relapsing Fever** 

Streptobacillosis (Rat-Bite Fever)

Tetanus (Lock Jaw)

Tularemia (Rabbit Fever)

Syphilis -Nonvenereal Endemic (Bejel)

Pinta

SECTION SIX: Infectious Diseases Caused by Fungi, Protozoa, and Metazoa

Chapter 16: Overview of Fungi, Protozoa, and Metazoa

Classification of Living Things and Organisms

Fungi

Protozoa

Metazoa

Chapter 17: Fungal, Protozoal, or Metazoal Diseases Transmitted Through Skin Contact and Respiratory Tract

Blastomycosis

Coccidioidomycosis

Cryptococcosis

Dermatophytosis (Ring worms)

Filariasis

Histoplasmosis

Hookworm Disease(ancylostomiasis)

Onchocerciasis (River Blindness)

Schistosomiasis(Bilharziasis)

Strongyloidiasis

Typhus Fever

#### **SECTION SEVEN: Infectious diseases caused by intestinal parasites**

Chapter 18: Overview of intestinal parasites and helminths

#### Chapter 19: Some Fungal, Protozoal, or Metazoal Diseases Transmitted Through the

**Gastrointestinal Tract** 

Angiostrongyliasis

**Amebiasis** 

Ascariasis (Round worms)

Balantidiasis

Capillariasis

Clonorchiasis

Cryptosporidiosis

Diphyllobothriasis (Fish Tapeworm Infection)

Dracunculiasis (Guinea Worm Infection)

Enterobiasis (pinworm Infection)

Fascioliasis (Liver Disease)

#### Chapter 19. Contd

Fasciolopsiasis

Giardiasis

Hymenolepsiasis (Dwarf Tapeworm Infection)

**Opisthorchiasis** 

Paragonimiasis (Crab Infection)

Taeniasis (Tape Worm Infection)

**Trichinellosis** 

Trichuriasis (Whipworm Disease)

Chapter 20: Fungal, Protozoal, or Metazoal diseases Transmitted Through Interaction Between Animals and Humans or Through Vectors (Mosquitoes & Insects)

Babesiosis

Chromomycosis

Cryptosporidiosis

Echinococcosis

Leishmaniasis

Loiasis (Eyeworm Disease)

Lyme Disease (Tick-borne Disease)

Malaria

Rickettsioses (Rocky Mountain Spotted Fever)

Toxocariasis (Dog and Cat Roundworms)

**Toxoplasmosis** 

Trypanosomiasis (Sleeping Sickness)

SECTION EIGHT: Sexually Transmissible Infections (STIs)

#### Chapter 21: Sexually Transmissible Infections

Global perspective

Candidiasis

Chancroid

**Chlamydial Infections** 

Gonorrhea and Gonococcal Infections

Granuloma Inguinale (Donovanosis)

Hepatitis B

Hepatitis D (Delta Hepatitis)

Lymphogranuloma Venereum

**Trichomoniasis** 

Syphilis (Venereal)

**HIV/AIDS** 

Herpes Simplex Virus Infection

Viral warts Infection

#### SECTION NINE: Epidemics and Pandemics in the history of Global Health

#### Chapter 22: Overview of pandemics in the history of Global Health

- I. Prehistoric epidemic: Circa 3000 B.C.
- II. Plague of Athens: 430 B.C.
- III. Antonine Plague: A.D. 165-180
- IV. Plague of Cyprian: A.D. 250-271
- V. Plague of Justinian: A.D. 541-542
- VI. The Black Death: 1346-1353
- VII. Cocoliztli epidemic: 1545-1548
- VIII. American Plagues: 16th century
- IX. Great Plague of London: 1665-1666
- X. Great Plague of Marseille: 1720-1723
- XI. Russian plague: 1770-1772
- XII. Philadelphia yellow fever epidemic: 1793
- XIII. Flu pandemic: 1889-1890
- XIV. American polio epidemic: 1916

#### Chapter 22 Cont'd

XIV. American polio epidemic: 1916

XV. Spanish Flu: 1918-1920

XVI. Asian Flu: 1957-1958

XVII. AIDS pandemic and epidemic: 1981

XVIII. H1N1 Swine Flu pandemic: 2009-2010

XIX. West African Ebola epidemic: 2014-2016

XX. Zika Virus epidemic: 2015-

XXI. COVID-19 (Corona Virus), 2020

Chapter 23: Contemporary global pandemic: COVID-19

Chapter 24: Emerging epidemic and pandemic: COVID-19 Delta variant and Delta plus

**Appendices** 

Appendix I-The ABC's of Hepatitis

Appendix II Guidelines for confirmation of Foodborne-disease outbreaks

Subject Index

About the Author

# DEDICATION TO MY MOTHER Mama Helena Anjei Ayim Champion of Charity in Ngwenjin Village -Azem Clan in Widikum ethnicity

Proceeds from this second edition will be used to fund Mama Helena's charitable legacy by supporting borehole drinking water supply to rural communities in sub-Saharan Africa, Orphans and Vulnerable Children (OVC), internally displaced persons(IDPs), and widows. All donations are tax deductible in the USA. CashAPP \$A431514; Paypal tanformi@gmail.com, Zelle +13182436715, RIA tanformi@gmail.com, and World Remit WR2241697. Wise Money Transfer +13182436715



## WHERE TO ORDER A COPY OF THE BOOK

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