

1st lecture:

Introduction to Community medicine

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Lecture objectives:

At the end of the session students should:

- 1- Be fully oriented with COMM-311 course objectives and contents.
- 2- Understand the definitions and concepts of Community, preventive medicine and public health.
- 3- Know the core functions & services of public health.



Please have a brief look at the course objectives:

At the end of course students should be able to:

- Know the principles of community and preventive medicine.
 - Acquire the skills to compute and interpret health indicators.
 - Acquire knowledge, attitude and skills to apply concepts of health promotion.
 - Understand the disease pattern and trends in KSA.
 - Identify major health problems in KSA and their risk factors
 - Understand the process of communicable diseases transmission and the procedures for prevention and control.
 - Understand the process of non communicable diseases and the procedures for prevention and control
 - Plan and conduct health education sessions.
 - Recognize the health programs and policies in KSA.
 - Acquire knowledge about environmental and occupational hazards and their control.
 - Understand the needs of vulnerable populations.
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What is Community Medicine?

The study of health and disease in the population of defined communities in order to identify their health needs, and to plan, implement and evaluate health programs to effectively meet these needs.

For instance, we studied TB in Saudi Arabia and found it to have high prevalence. This would lead us to the fact that we need a plan to restrict the spread of the disease. Then we must go back to evaluate our plan and find out if the prevalence decreased or not.

OR:

Specialty which deals with populations and comprises those doctors who try to measure the needs of the population, both sick and well, who plan and administer services to meet those needs, and those who are engaged in research and teaching in the field

(Faculty of Community Medicine of the Royal College of Physicians)

- This term is a newcomer. It is often considered synonymous with **preventive** and **social medicine, public health, and community health**. All these share common ground, i.e. prevention of disease and promotion of health
- **Community medicine** provides **comprehensive** (complete) health services ranging from preventive, promotive, curative, to rehabilitative services.

Preventive medicine

- It is a specialized field of medical practice. It is concerned with application of preventive measures within all areas of clinical medicine.

Public Health:

Organized efforts of society to **protect promote** and **restore** people's health. It is the combination of

- science,
- skills
- beliefs

The mission of Public Health is to *"fulfill society's interest in assuring conditions in which people can be healthy."*

- **Public health** is a combination of **scientific disciplines** (e.g., epidemiology, biostatistics, laboratory science, social science, demography) and **skills and strategies** (e.g., epidemiological investigations, planning and management, intervention, evaluation) that are directed to the maintenance and improvement of the health of people.
- **Public health** is defined as the art and science of maintaining, protecting and improving the health of the people through organized community efforts.
- **Public health** is both a body of knowledge and also means to apply that knowledge.

Specialties

- Epidemiology (explained in the second lecture)
- Biostatistics
- Demography
- Communicable disease epidemiology
- Non communicable disease epidemiology
- Health education and health promotion

- Mental health
- School health
- Community nutrition
- Environmental health
- Occupational health
- Adolescents' health
- Reproductive health
- Maternal and Child Health (MCH)
- Health programs and policies.
- Health systems and services.
- International health
- Health of people with special needs
- Geriatric Health

Who is responsible for conducting Public Health services?

Ministry of Health + Other governmental agencies + community participation

Three core public health functions

1. Assessment: The assessment and monitoring of the health of communities and populations at risk to identify health problems and priorities;
2. Policy development: The formulation of public policies designed to solve identified local and national health problems and priorities; **it means to find solutions that fit the community. For instance; the use of condoms to prevent STDs in the western countries doesn't fit Arab and Muslim countries.**
3. Assurance: To assure that all populations have access to appropriate and cost-effective care, including health promotion and disease prevention services, and evaluation of the effectiveness of that care.

Course contents: 5 groups of sessions:

- 1- General introduction and principles of Community Medicine.
- 2- Communicable diseases' Epidemiology.
- 3- Introduction to Non-Communicable Diseases.
- 4- Environmental and Occupational Health.
- 5- Health Programs in Saudi Arabia