



# Introduction to Community Medicine course “COMM311”



Department of Family & Community medicine  
KSU

# OBJECTIVES OF THE LECTURE



## **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 each

# Learning outcomes for students enrolled in the course.



## 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

# Learning outcomes for students enrolled in the course.



- 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

# Evaluation



<b>Mid Term Exam</b>	<b>30%</b>
<b>Seminar Presentations</b>	<b>10%</b>
<b>Quizzes</b>	<b>10%</b>
<b>Practical Exam</b>	<b>10%</b>
<b>Final , And OSCE Exam</b>	<b>40 %</b>

# What is Community Medicine?



specialized field of Medical practice  
focusing on health of **a defined  
population** in order to promote and  
maintain health and wellbeing,  
prevent disease, disability, and  
premature death.

# What is Community Medicine?



- **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)

# Preventive medicine



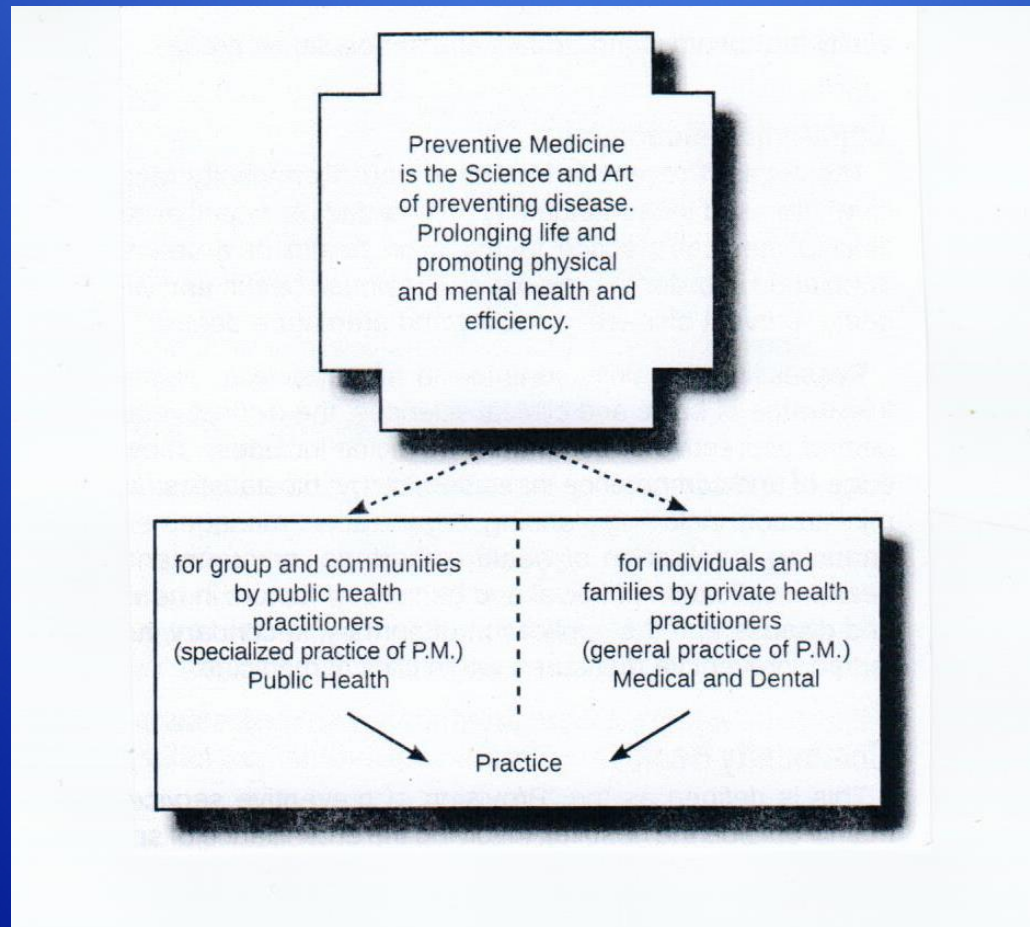
- Refers to measures taken to prevent diseases, rather than curing them (within all areas of clinical medicine)
- Specialists in preventive medicine are uniquely trained in both clinical medicine and public health
- They have the skills needed to understand and reduce the risks of disease, disability and death in individuals and in population groups



# Three-tiered Preventive intervention classification



- **1. Universal prevention:** addresses the entire population (national, local community, school, district) and aim to prevent or delay the abuse of alcohol, tobacco, an other drugs. All individuals without screening are provided with information and skills necessary to prevent the problem.
- **2. Selective prevention:** Focuses on groups whose risks of developing problems are above others eg: drug campaigns in recreational settings
- **3. Indicated Prevention:** involves a screening process, eg aims to identify individuals who exhibit early signs of substance abuse and other problem behaviors. Identifiers may include falling grades of students, known problem consumption or conduct disorders, alienation from parents, school and positive peer groups.
- **4. Environmental prevention:** which ranges from ultimate restrictions like prohibition of alcohol advertisement and ban on smoking in public health places to drug testing and legislative measures.
- **Ref:** U.S Institute of Medicine, U.S National institute of Drug Abuse (NIDA), European monitoring centre for drugs and drug addiction



# Community Medicine



- It is used interchangeably with preventive medicine
- All these share common ground, i.e. prevention of disease and promotion of health
- Community medicine provides comprehensive health services ranging from preventive, promotive, curative, to rehabilitative services.

# Public health



- Organized measures (whether public or private) to prevent disease, promote health, and prolong life among the population as a whole, through organised community efforts for the sanitation of the environment, the control of communicable infections, the education of the individual in personal hygiene, the organization of medical and nursing services for the early diagnosis and preventive treatment of disease.

- Ref: WHO Glossary of Health Promotion  
<http://www.who.int/trade/glossary/story076/en/>

# Public health



- Public health is a combination of scientific discipline (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

# **Three core public health functions**



## 3 Public Health Functions:

### 1. Assessment

Assessment & monitoring of the health of communities and populations

### 2. Policy development

Development of policies to solve local and national health problems

### 3. Assurance

To assure access to appropriate and cost-effective care

# The 10 essential public health services



# The 10 essential public health services



1. Monitor health status to identify community health problems
2. Diagnose and investigate health problems and health hazards in the community
3. Inform, educate, and empower people about health issues.



# The 10 essential public health services



4. Mobilize community partnerships to identify and solve health problems
5. Develop policies and plans that support individual and community health efforts
6. Enforce laws and regulations that protect health and ensure safety

# The 10 essential public health services



7. Link people to needed personal health services and assure the provision of health care when otherwise unavailable
8. Assure a competent public health and personal health care workforce
9. Evaluate effectiveness, accessibility, and quality of personal and population-based health services
10. Research for new insights and innovative solutions to health problems

# Public health Medicine



- It's the sub-speciality of Community Medicine which aims to advance the health of population. Epidemiological principals and methods are applied to describe and define public health problems, as well as to formulate and evaluate health programs and policies to prevent and control health problems and to promote the health of the population.

# Sub-specialties of Community medicine



- **Epidemiology**
- **Biostatistics**
- **Demography**
- **Communicable disease**
- **Non communicable disease**
- **Health education and health promotion**
- **Mental health**
- **School health**
- **Community nutrition**
- **Environmental health**

# Cont.....



- Occupational health
- Adolescents' health
- Reproductive health
- Maternal and Child Health (MCH)
- Health programs and policies
- Health systems and services
- International health
- Travel health
- Health of people with special needs
- Geriatric Health



Who is responsible for  
conducting Community health  
services?

# Who is responsible?



Community medicine specialist

+

Community Medicine university departments &  
Ministry of Health

+

Other governmental and non-governmental  
agencies

+

Community personal (leaders & residents)

# 311 Course Contents



## Blocks:

- 1-Introduction to Public health concepts
- 2-Communicable diseases
- 3-Non-Communicable diseases
- 4 -Environmental and Occupational Health
- 5- Miscellaneous

Please refer to the student guide for further details



# *Sessions*



- The course will be offered along the academic year 2018-2019
- There shall be TWO sessions weekly throughout the year

# Teaching Methods



## Teaching methods:

Lectures

Tutorials (small group teachings)

Students' lead seminars

Practical exercise

# Attendance



- **Attendance of lectures is mandatory. The attendance sheet will be with the faculty and submitted by the faculty to the secretary**
- **Attendance will be checked at each session and absenteeism will be dealt with according to university regulations**

# Study Materials



- Lecture presentations and seminar materials will be delivered. *They are essential, but not sufficient.* They will be as a *guide* to the session
- Text book for the course is the main source for reading and exam preparation
- The faculty can provide any additional reading material/article, relevant to their lecture/session. It is the student's responsibility to make sure all reference material/handouts are with them

# Textbook for the course



**1-John E. Park. Park's textbook of PREVENTIVE AND SOCIAL MEDICINE**

**Pdf copy can be accessed and downloaded from:**

**<https://www.medgag.com/book/park-textbook-preventive-social-medicine-pdf-book/>**

# For Communication



*For further details please contact:*

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