



Community Medicine

Introduction to community medicine

● Objectives:

- 1- Understand terms; Community medicine, Public health, Preventive medicine. Understand their relevance in global health delivery
- 2- Define and understand concepts of basic terminologies used in the field of Community medicine/Preventive medicine, and Public health

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Resources :

Slides

Doctors notes

What is Community Medicine?

- Regarded as a 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
- 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

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 "population level": addresses the entire population (national, local community, school, district) and aim to prevent or delay the abuse of alcohol, tobacco, and 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. "mammogram for female who have positive family history"
- 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.

Community medicine 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.

Prevalence: Is the number of current cases in specific population.

Incidence: Is the number of new cases in specific area in the future

Currently, obesity in SA is a challenging health problem because 1 out of 4 of Saudi people is obese. So, as we are a part of health discipline, at which level do we act? Definitely would be population level "universal prevention"

It is important to do researches on your community, so you would know what your community is facing and at which level you would act?

Without researches, we wouldn't know that obesity and breast cancer are highly prevalent in SA.

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

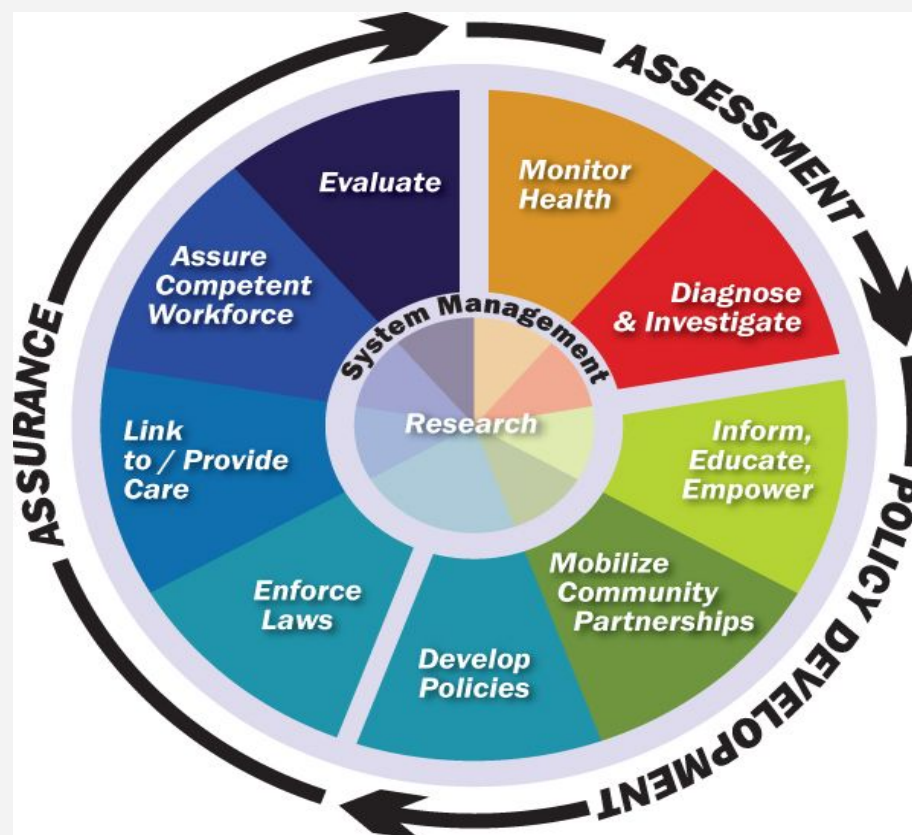
Assessment & monitoring of the health of communities and populations

2. Policy development

Development of policies to solve local and national health problems

3. Assurance

To assure access to appropriate and cost-effective care



if you don't have information about your community, how would plan for health programs and how would you develop health policies?!
Like percentages of HT, DM, obesity and etc in your community, so you can act upon..

We need numbers, we need information!!

Numbers are results of researching.

Policy development is like adding the calories count in the food menu

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.
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
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 principles 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.

Specialties Of Public Health

- Epidemiology
- 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
- Travel health
- Health of people with special needs
- Geriatric Health

Who is responsible for conducting Community health services?

Community medicine specialist

+

Community Medicine university departments & Ministry of Health

+

Other governmental and non-governmental agencies

+

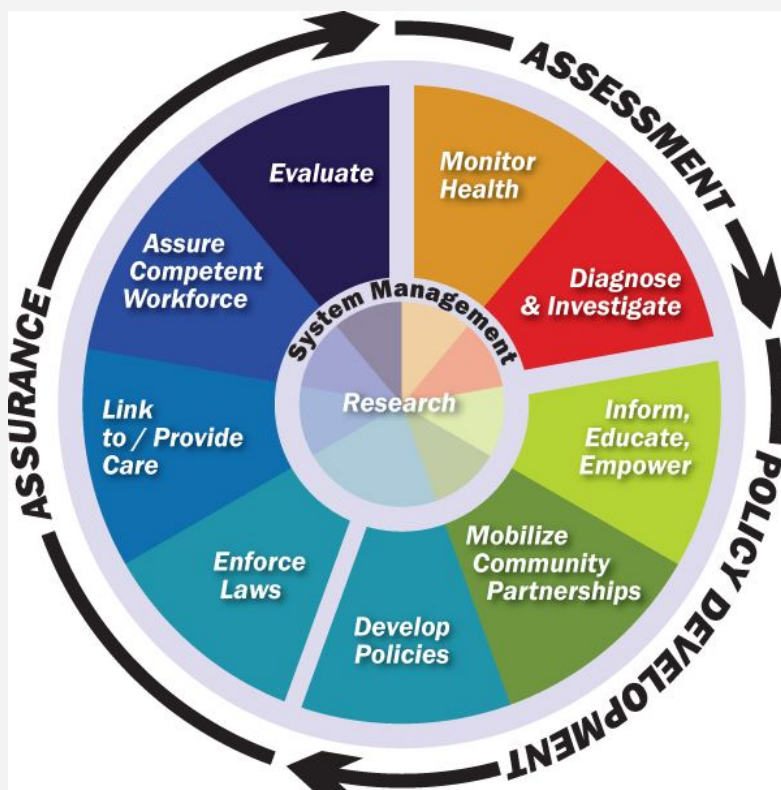
Community personal (leaders & residents)

Everybody's role, not one organization or person.

Summary

Important terms

Public Health Services



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MCQs

Q1: Controlling the use of hazard products is?

- A) primary prevention
- B) Secondary prevention
- C) tertiary prevention

Answer A

Q2: Mammogram for female who have positive family history consider as?

- A) Selective Prevention
- B) Indicator Prevention
- C) Universal Prevention

Answer B

Q3: ranges from ultimate restrictions like prohibition of alcohol advertisement to drug testing.

- A) Universal prevention
- B) environmental prevention
- C) indicator prevention

Answer B

Q4: preventive medicine does not focus on?

- A) treating the disease of an individual
- B) promotes public health
- C) maintains the public wellbeing

Answer A

Q5: A branch of medicine that is concerned with the health of the members of a community, municipality, or region.

- A) Community medicine
- B) Family medicine
- C) Palliative medicine

Answer A

