



Introduction to Community Medicine course “COMM311”

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Thanks to Dr Hussain Saad

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

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.

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

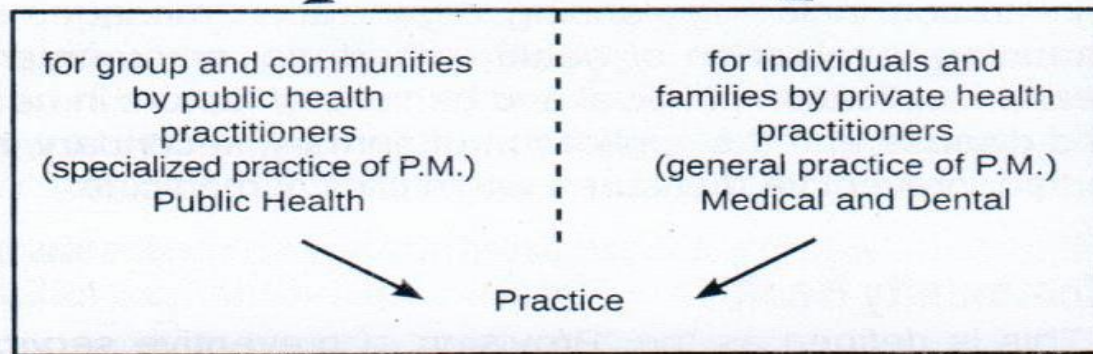
Three-tiered Preventive intervention classification



- 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



Preventive Medicine
is the Science and Art
of preventing disease.
Prolonging life and
promoting physical
and mental health and
efficiency.



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

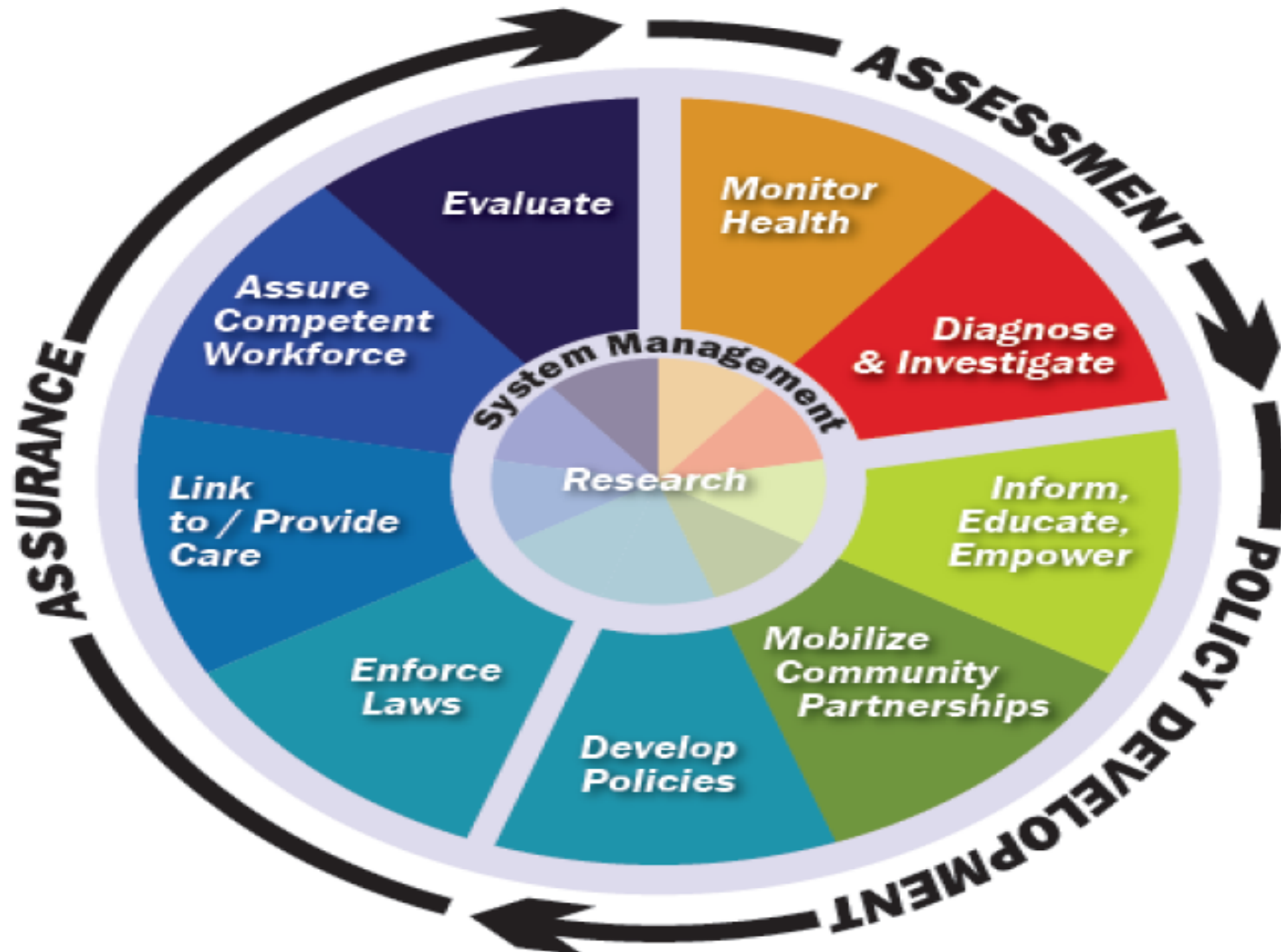
2. Policy development

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-specialty 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



Themes:

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

Please refer to the student guide for further details

Sessions



- The course will be offered along the academic year 2020-2021
- There shall be TWO sessions weekly throughout the year

Teaching Methods



Teaching Methods:

- Lectures
- Tutorials (small group teachings)
- Flipped Classrooms (Students' Lead Seminars)
- Team Based Learning (TBL)

(All details of teaching methods are in the Student Course Book)

Evaluation



Mid term: 60%

- MCQ Exam: 30 Marks
- Seminars (SLS): 10 Marks
- TBL:..... 8 Marks
- Quizzes:..... 12 Marks

Final term: 40%

- o MCQ Exam:..... 20 Marks
- o OSCE:..... 20 Marks

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, reference books and the references given by individual faculty are 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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THANK YOU

