

Introduction To Community Medicine

Objectives

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

Color Index

- Main text
- Males slides
- Females slides
- Doctor notes
- Important
- Golden notes
- Extra

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

Preventive Medicine

- Refers to measures taken to **prevent** diseases ¹, 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 ², 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. (such in family history of breast cancer)
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 ³: 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.

1: Why do we need to prevent diseases? To decrease the burden on the health care system (in terms of cost).

2: There are large scale programs that are aimed to decrease tobacco consumption and promoting healthy lifestyle. Therefore decreasing tobacco related cancers, comorbidities and premature death.

3: An example of an environmental hazard is cancer (skin, colon or lung cancer), as they can be attributed to the changing environment.

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.
- It is a combination of:
 - Scientific discipline (e.g., epidemiology, biostatistics, laboratory science, social science, demography)
 - 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

1- Assessment

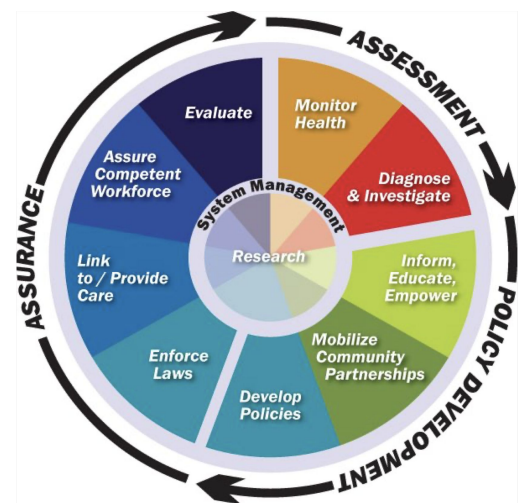
Assessment & monitoring of the health of communities and populations

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

Monitor health status to identify community health problems

Diagnose and investigate health problems and health hazards in the community

Inform, educate, and empower people about health issues.

Mobilize community partnerships to identify and solve health problems

Develop policies and plans that support individual and community health efforts

Enforce laws and regulations that protect health and ensure safety

Link people to needed personal health services and assure the provision of health care when otherwise unavailable

Assure a competent public health and personal health care workforce

Evaluate effectiveness, accessibility, and quality of personal and population-based health services

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.

Specialities 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 ¹?



Summary

Definitions:

- **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.
- **Preventive Medicine:** Measures taken to prevent diseases, rather than curing them.
- **Public Health Medicine:** It's the sub-speciality of Community Medicine which aims to advance the health of population.

Three Core Public Health Functions:



Preventive intervention classification:

Universal prevention: addresses the entire population

Selective prevention: Focuses on groups whose on risk

Indicated Prevention: screening

Environmental prevention: ranges from ultimate restrictions to drug testing and legislative measures

1: It's a combination.

2: Non-governmental agencies help the government in carrying out essential services in the community (since the government can't reach and cover every neighborhood). Examples of non-governmental agencies: diabetic association, heart association.

Quiz

MCQ

1-Delaying the abuse of Alcohol and Tobacco is considered as?

A- Selective Prevention. B- Universal Prevention. C- Indicated Prevention. D- Environmental Prevention

2- Providing appropriate and cost-effective care falls under which of these functions of public health ?

A- Assessment. B- Policy Development. C- Assurance.

3- Preventive Medicine focuses on preventing the disease rather than?

A- Promoting public health. B- Maintaining the public wellbeing. C- Treating the disease of an individual.

4- An example of Environmental Prevention is:

A- Drug testing and legislative measures. B- Delay the abuse of drugs
C- Mammogram for female with a positive family history of breast cancer
D- Drug campaigns in recreational settings

5- 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:

A-Family Medicine. B- Palliative Medicine. C- Community Medicine.

Answers

Q1	Q2	Q3	Q4	Q5
B	C	C	A	C

Thank You and
Good Luck



Team Leaders:

Lama AlAssiri | Mohammed AlHuqbani | Ibrahim AlDakhil

Team Members:

- Lama AlZamil
- Leen AlMazroa 
- May Babaeer 
- Muneera AlKhaorayef
- Norah AlMazrou 
- Nouf Alhussaini
- Rema AlMutawa
- Sara AlAbdulkareem
- Sedra Elsirawani
- Wejdan Alnufaie
- Abdulrahman Alhawas
- Abdulrahman Shadid
- Abdullah Aldawood
- Abdullah Shadid
- Alwaleed Alsaleh
- Bader Alshehri
- Bassam Alkhuwaiter
- Faisal Alqifari
- Hameed M. Humaid
- Khalid Alkhani
- Meshari Alzeer
- Mohannad Makkawi
- Nayef Alsaber
- Omar Aldosari
- Omar Alghadir
- Zyad Aldosari