



Introduction to Community Medicine COMM 311

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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 concepts of Community Medicine, Preventive Medicine and Public Health
3. Know the foundations and building blocks of public health

Course Content


Themes

- ▶ General Epidemiological Concepts
- ▶ National and International Health Policies and Programs
- ▶ Infectious Diseases
- ▶ Non-communicable Diseases
- ▶ Environmental and Occupational Health

Course Objectives

By the end of course students should be able to:

- ▶ Know the basic principles of public health 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

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- ▶ 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

Teaching format

Lectures (29)

- ▶ Conducted by faculty

Tutorials (11)

- ▶ Practical application of learned concepts

Seminars (10)

- ▶ Conducted by students
- ▶ Groups of 10
- ▶ Resources and materials supplied by faculty (contact at least 3 weeks ahead)

TBL 2hrs (2)

- ▶ Reading material supplied a week before
- ▶ Quiz on material
- ▶ Team-based discussion of questions
- ▶ Class discussion of questions

Seminar Topics

Week	Topic	Instructor
11	Geriatric Health	Dr. Taha Alhazmi
12	Mental Health	Dr. Armen Atorchyan
15	School Health Services	Dr. Abdullah Bin Salamah
18	Emerging Infectious Diseases (HIV/AIDS)	Dr. Nourah Abouammoh
23	Hepatitis	Dr. Shatha Alduraywish
24	Regional Zoonotic Diseases (Brucellosis)	Dr. Abdullah Bin Salamah
30	Obesity Prevention	Dr. Leena Baghdadi
32	Road Traffic Accidents Epidemiology and Prevention (KSA)	Dr. Leena Baghdadi
34	Foodborne Diseases	Dr. Kholood Altassan
37	Heat Stroke and Heat Exhaustion	Dr. Taha Alhazmi

Student Assessment

Continuous Assessment (30%)

- ▶ Class quizzes (12%)
- ▶ Seminar presentations (10%)
- ▶ TBL (8%)

Exams (70%)

- ▶ MCQ exams; midterm (30%) and final (20%)
- ▶ Final OSCE exam (20%)

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

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/>

Other resources:

- ▶ Maxcy-Rosenau –Last 15th edition. Available on –line.
- ▶ Public Health and Community Medicine. Ilyas Ansari. Edition: 8th
- ▶ Textbook of Preventive and Social Medicine. Mahajan and Gupta.
- ▶ Textbook of Epidemiology. Leon Gordis.

Expectations of Students

- ▶ Honesty
- ▶ Respect
- ▶ Responsibility

Any Questions or Concerns

Course coordinator

Dr. Kholood Altassan

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Co-coordinator

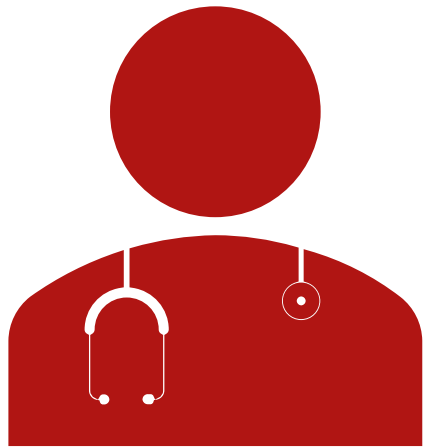
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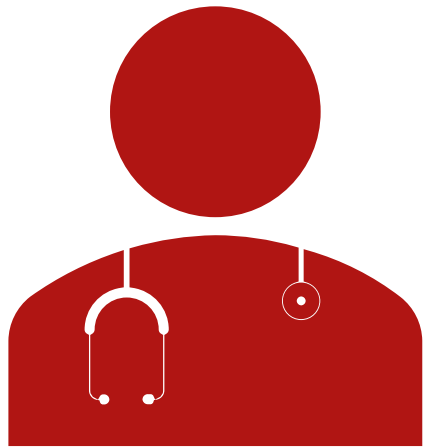


What is Community Medicine?

What is a Community Medicine Specialists

“The Community Medicine specialist uses **population health knowledge** and skills to play leading and collaborative roles in the maintenance and improvement of the health and well-being of the community. Through **inter-disciplinary and inter-sectoral partnerships**, the Community Medicine specialist **measures the health needs of populations** and **develops strategies for improving health and well-being**, through **health promotion, disease prevention and health protection**... The Community Medicine specialist demonstrates skills in **leadership; development of public policy; design, implementation and evaluation of health programs** and applies them to a broad range of community health issues.”

-The Royal College of Physicians and Surgeons of Canada



What is Preventive Medicine?

What is a Preventive Medicine specialist?

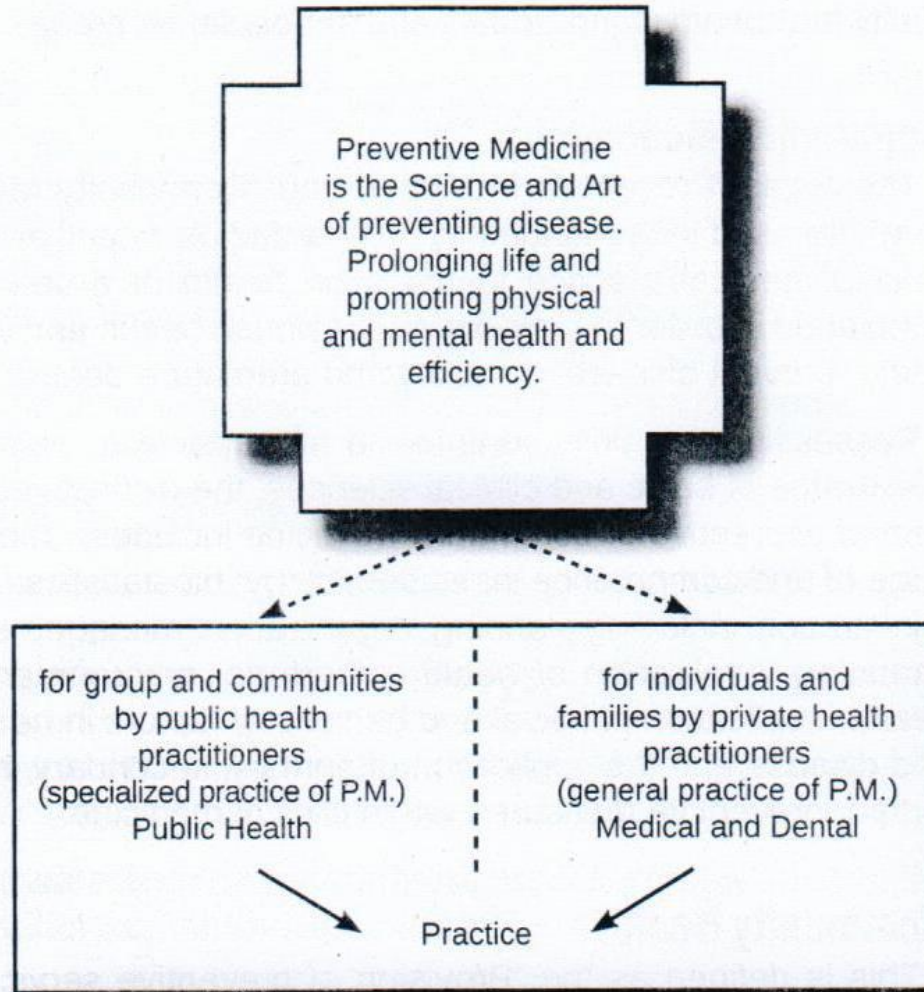
- ▶ Preventive Medicine specialists have **populations** rather than individual people as their patients. They **assess and measure the health status of the population** and **develop effective interventions** at the population level in order to **improve health**. They are **leaders, advocates, and collaborators in public health**.
- ▶ Specialists in preventive medicine are uniquely trained in both clinical medicine and public health

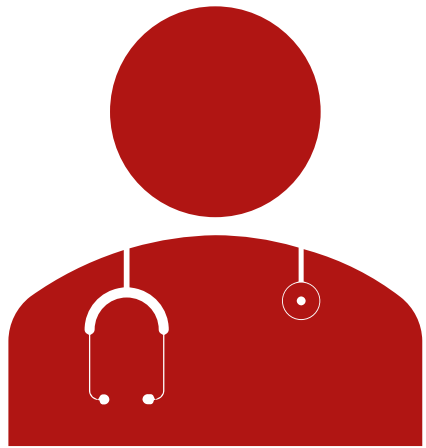
Preventive Medicine
is the Science and Art
of preventing disease.
Prolonging life and
promoting physical
and mental health and
efficiency.

for group and communities
by public health
practitioners
(specialized practice of P.M.)
Public Health

for individuals and
families by private health
practitioners
(general practice of P.M.)
Medical and Dental

Practice





What is Public Health?

What is Public Health practice?

- ▶ An approach to **maintaining and improving the health of populations** that is based on the principles of **social justice, attention to human rights and equity, evidence-informed policy and practice,** and addressing the underlying **determinants of health.**
- ▶ Places **health promotion, health protection, population health surveillance, and the prevention of death, disease, injury and disability** as the central tenets of all related initiatives.
- ▶ Basing those initiatives on **evidence** of what works or shows promise of working.
- ▶ It is an **organized, comprehensive, and multi-sectoral** effort



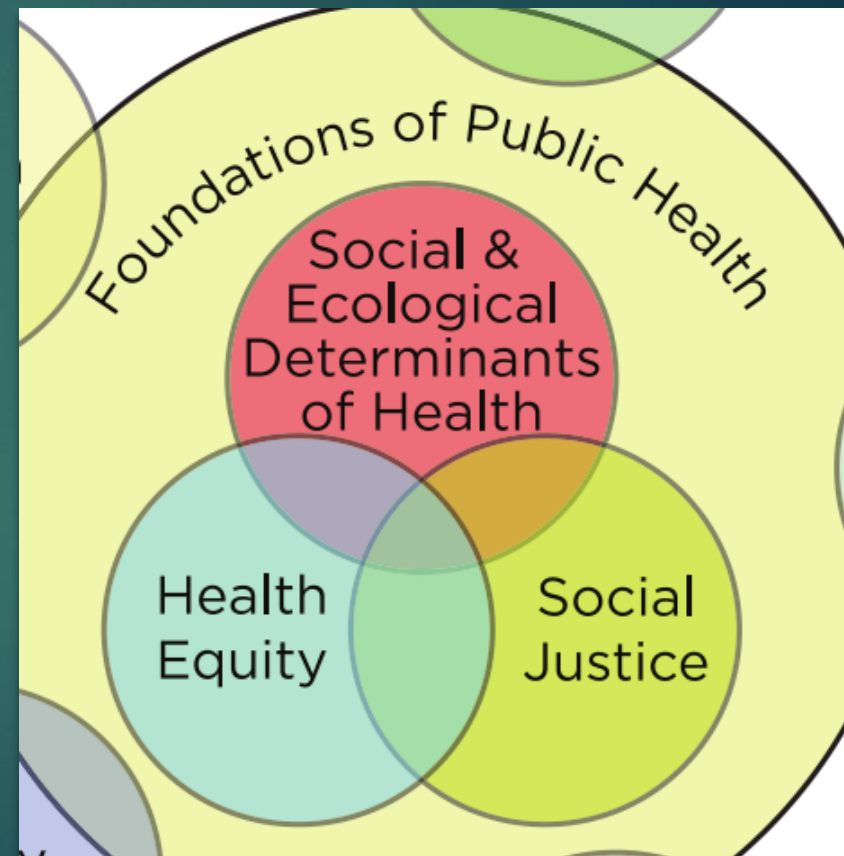
Community Medicine vs Preventive Medicine vs. Public Health

Evolution of Public Health

- ▶ Ancient Rome >> aqueduct system for providing clean water and removing waste
- ▶ 15th and 16th centuries >> quarantining and isolation during bubonic plague
- ▶ 18th and 19th centuries >> hygiene and sanitation practices
- ▶ 20th century >> occupational and environmental health practices including workers safety, food safety, clean air and water policies, maternal and child health practices, including prenatal care and childhood immunizations
- ▶ 21st century >> focus on mental health wellness

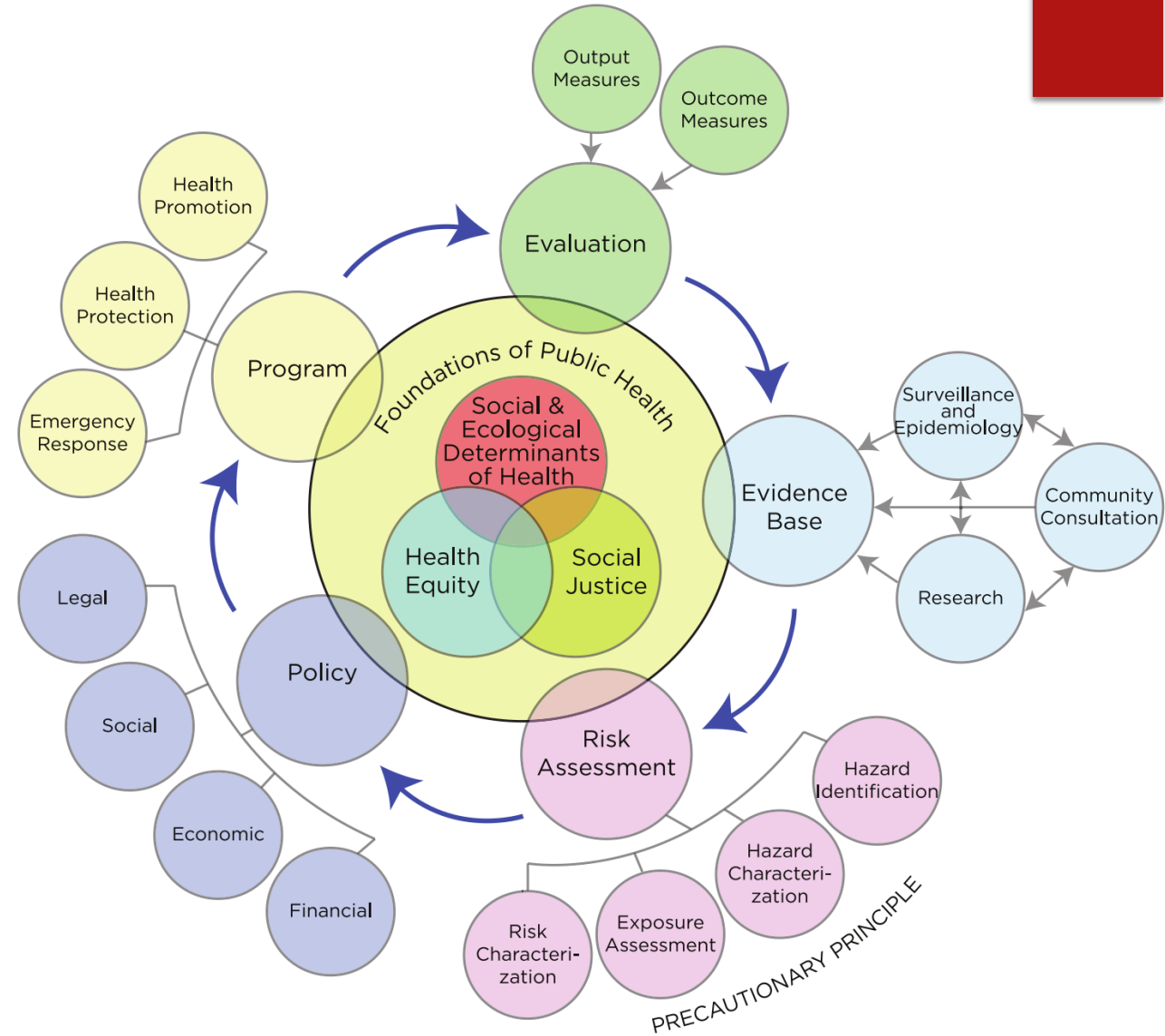
Foundation of Public Health

1. Social justice
2. Health Equity
3. Social and ecological determinants of health



Building Blocks of Public Health Practice

1. Evidence base
2. Risk Assessment
3. Policy
4. Programs and Interventions
5. Evaluation



Public Health Sub-specialties or areas of interest

- ▶ Epidemiology
- ▶ Biostatistics
- ▶ Demography
- ▶ Communicable disease
- ▶ Non communicable disease
- ▶ Health education and health promotion
- ▶ Mental health
- ▶ School health
- ▶ Community nutrition
- ▶ Environmental health
- ▶ Occupational health
- ▶ Adolescent health
- ▶ Reproductive health
- ▶ Maternal and Child Health
- ▶ Health programs and policies
- ▶ Health systems and services
- ▶ Global health
- ▶ Travel health
- ▶ Health of people with special needs
- ▶ Geriatric Health

References

1. <https://www.phpc-mspc.ca/en/students/what-is-phpm/>
2. <https://www.cpha.ca/what-public-health>
3. https://www.cpha.ca/sites/default/files/uploads/policy/ph-framework/phcf_e.pdf