# Introduction To Community medicine

- **Be fully oriented with COMM-311 course objectives and contents**
- **Understand the concepts of Community Medicine, Preventive Medicine and Public Health**
- **Know the foundations and building blocks of public health**

**Color index:**

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

# What is Community Medicine ?

**Definition** : Community Medicine is the branch of medicine concerned with the health of populations.

**Who are Community Medicine Specialists ?**

"The Community Medicine specialist uses <u>population</u> (not individuals) 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 interdisciplinary and inter-sectoral partnerships, the Community Medicine specialist measures the health needs of <u>populations</u> 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)

# Preventive Medicine

**Preventive Medicine : Refers to measures taken to prevent diseases, rather than curing them (within all areas of clinical 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.

# Public Health

**Public health :- is the organized effort of society to keep people healthy and prevent injury, illness and premature death. It is a combination of programs, services and policies that protect and promote the health of all people. ( provide clean water, sanitation are forms of 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**
They're all more or less the same!! Community medicine is a remnant of a historical way of viewing public health as a subspeciality of medicine. Most Community Medicine programs now have been changed to public health and preventive medicine programs, but the term community medicine specialist is still often used interchangeably with preventive medicine specialist and public health specialist (community medicine is an outdated term)

# The Foundation of Public Health

## 01 Social justice

Social justice ensures that the population as a whole has equitable access to all public health initiatives implemented to minimize preventable death and disability (Justice doesn't mean equality, some people need more care than others)

## 02 Health Equity

Health equity is the absence of avoidable or remediable differences in health among groups of people, whether those groups are defined socially, economically, demographically, or geographically. Based on the principle of social justice and refers to the absence of disparities in controllable or remediable aspects of health.
(eg. deliver health care service to remote areas).

## 03 Social determinants of health

Social determinants of health: the conditions in which people are born, grow, live, work and age. These include income, education, gender, physical environment, social environment, access to health services, and healthy childhood development.

## 04 ecological determinants of health

Ecological determinants of health: ecological processes and natural resources essential for health and well-being. For humans, three further requirements include materials to construct our shelters and tools, energy, and a stable global climate with temperatures conducive to human and other life forms. ( access to the internet is one of the public health services in nowadays).

## Building Blocks of Public Health Practice

**1** **Evidence base** : is a combination of the knowledge acquired through community consultation, surveillance, epidemiology and research. ( knowing that something is problematic)

**2** **Risk assessment** : Prior to taking action on a specific issue, a risk assessment is necessary to estimate the nature and likelihood of negative health outcomes in individuals. It can be applied to conventional public health issues as well as occupational, environmental, social and behavioural risks. Following completion of the risk assessment, response options are identified, and a risk management plan developed. The desired action could be undertaken directly when immediate action is required, for example during a response to an infectious disease outbreak, or through policy and program development processes. ( we assess the risks of this problem)

**3** **Policy** : Each policy and program must be evaluated to determine whether it meets its agreed-to deliverables (output measures) and its desired effect in mediating the issue it was established to address (outcome measures) ( starting doing something to solve the problem)

**4** **Programs and Interventions** : programs or interventions are the specific actions that respond to the policy direction. They address health protection, health promotion and emergency response activities. ( they are the results of the policy)

**5** **Evaluation** : To summarize; the foundation of all public health activities are the concepts of social justice and health equity, which relate to the social and ecological determinants of health. These lenses continually influence and inform each of the five main building blocks that public health practice is based on. ( Ex. if the injuries from car accidents is a problem we're trying to solve, reducing car accidents would be the output, while reducing the injuries from car accidents would be the outcome)

# 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

# Evolution of Public Health

**1** Ancient rome aqueduct system for providing clean water and removing waste

**2** 15th and 16th centuries : quarantining and isolation during bubonic plague

**3** 18th and 19th centuries : hygiene and sanitation practice

**4** 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

**5** 21st century : focus on mental health wellness

# Summary

## Definitions:

- **Community Medicine:** Community Medicine is the branch of medicine concerned with the health of populations.
- **Preventive Medicine:** Refers to measures taken to prevent diseases, rather than curing them (within all areas of clinical medicine).
- **Public Health:** the organized effort of society to keep people healthy and prevent injury, illness and premature death. It is a combination of programs, services and policies that protect and promote the health of all people.
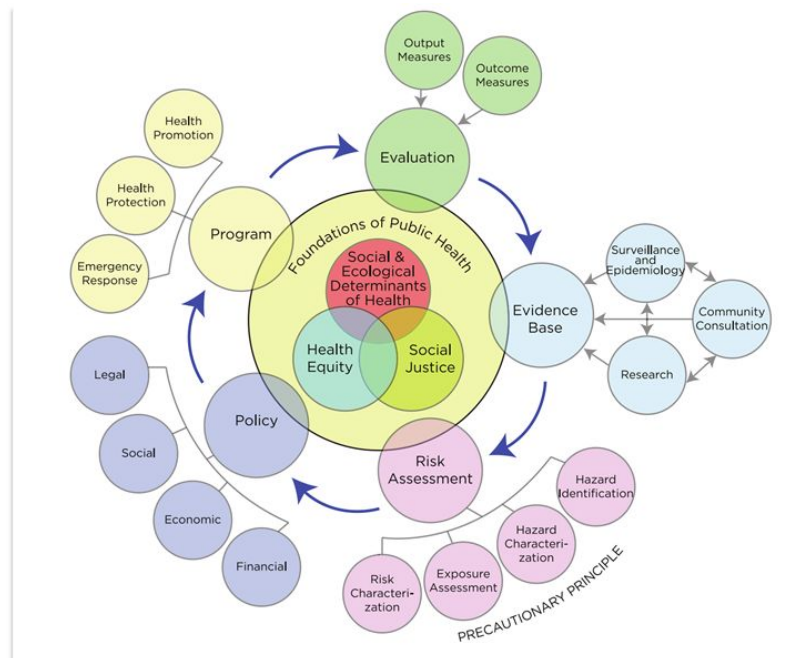
> 🔁 the term community medicine specialist is still often used interchangeably with preventive medicine specialist and public health specialist

### Foundation of Public Health

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

### Building Blocks of Public Health Practice

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



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# Practice Questions

**Q1:** Absence of avoidable or remediable differences in health among groups of people is :

| A. Social justice | B. Health equity | C. Social determinants of health | D. Ecological determinants of health |

**Q2:** Which of the following is part of Building Blocks of Public Health Practice?

| A. Publicity | B. Policy | C. Community medicine | D. Family medicine |

**Q3:** which of the following ensures that the population as a whole has equitable access to all public health initiatives

| A. Social justice | B. Health Equity | C. Social determinant of health | D. Economical determinant of health |

**Q4:** is the branch of medicine concerned with the health of populations.

| A. community medicine | B. Preventive medicine | C. Public Health | D. All of them |

**Q5:** Which of the following is part Public Health Sub-specialties or areas of interest

| A. Demography | B. Biostatistics | C. Epidemiology | D. All of them |

**Q6:** Social justice means: Giving each individual equal health care regardless the health status of the individual?

| A. Yes | B. No | | |

# Team leaders

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## Members                  ## Organizer                       ## Notes taker

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" أمام صبركَ يهوي السقمُ والضرُّ
فزينةُ المرء عند الشدة الصبْرُ
ما اشتدَّ خطبكَ من همٍّ ومن وجعٍ
إلا تعاظم عند الراحمِ الأجْرُ
أبشرْ بعفوٍ من الرحمن يعقبُه
طهرُ الشفاءِ، ويحلو بعدهُ المرُّ
ويشرقُ الوجه بالأفراح مُؤتلقًا
والثغرُ بعد بكاءٍ الروح يفترُّ "