



## COURSE PLAN

### FIRST: BASIC INFORMATION

#### College

College : **Medicine**

Department : **Basic Medical Sciences**

#### Course

Course : **Community Medicine**

Title

Course : **(31505201)**

Code

Credit : **3**

Hours

Prerequisite : None

#### Instructor

Name : **Dr Hatim Jaber**

Office No. : 1

Tel (Ext) : 3574

E-mail : [hjaber@bau.edu.jo](mailto:hjaber@bau.edu.jo)

Office :

Hours

Class Times:	Building	Day	Start Time	End Time	Room No.

#### Text Books

##### COMMUNITY MEDICINE:

1-Park's Textbook of Preventive and Social Medicine 23rd Edition

2-Oxford Textbook of Public Health, Fifth Edition Edited by Roger Detels, Robert Beaglehole, Mary Ann Lansang, and Martin Gulliford

3- An Introduction to Community and Primary Health Care Authors: Diana Guzys, La Trobe University, Victoria Eileen Petrie, University of Canberra

4-Population and Family Health Survey Jordan. 2012

### SECOND: PROFESSIONAL INFORMATION

#### COURSE DESCRIPTION

This course covers the topics of population science, primary health care, mother and child health, ecology, health care systems and health planning, It also covers the concept of environmental health, study the sources of pollution, classification of pollutants; including water, air, soil and occupational pollutants, the relationship between pollution and work and social behavior, the effect of pollution on health and methods of prevention of pollution and equipment used in this regard.

#### COURSE OBJECTIVES

1. Founding the basis necessary for the understanding and appreciation of Community Medicine as the umbrella that address the spectrum of public health problems.
2. Name nutrient categories according to their physiologic roles, and outline the ecology of malnutrition with differential characterization of the various types and classes of nutritional disorders.
3. Identify nutrition-risk groups by application of proper criteria and suggest ideas for the prevention and control of nutrition-related diseases.
4. List the scientific reasons that justify the launching of public campaigns that target at the promotion of breast feeding practice for infants
5. Understand the principles of environmental health, global warming, ozone depletion and its health effects.
6. Describe epidemiology and the special features of environmental and occupational epidemiology
7. Describe diseases that are related to water , food and air pollution and their Control.
8. Define primary health care strategy and its contents.
9. Understand the importance, types and uses of data.
10. Understand the need for demography Introduce concept of demographic transition and components of population dynamics and ways of their measurement
11. Specify the uses of epidemiology and Define epidemic and endemic occurrence of diseases.
12. Enumerate steps in the investigation and control of disease .
13. Identify the theories of disease causation
14. List levels of prevention and differentiate between population strategy and high risk strategy used in disease prevention
15. Describe criteria used in disease screening and surveillance.
16. Understand the principles of prevention and control of communicable and non communicable diseases.
17. Learn about principles of communication, supervision, leadership, resource management, health information management, community participation and coordination, administrative functions etc.
18. Understand the relevance of communication to health of individuals and communities
19. Understand the basic concepts of management and health administration: health policy and health systems. Health Care System and its components, Levels of Health care and Approaches to health care provision

**COURSE LEARNING OUTCOMES****1) Knowledge and Understanding**

At the end of the course, the learner shall be :

1. Aware of the physical, social, psychological, economic, and environmental health determinants of health and disease.
2. Able to think epidemiologically, treat comprehensively and be able to function as community and first contact physician.
3. Able to apply the clinical skills to recognize and manage common health problems including their physical, emotional and social aspects at the individual, family and community levels and deal with public health emergencies.
4. Able to identify, prioritize and manage the health problems of the community after making community diagnosis.
5. Able to perform as an effective leader of health team at primary care level.
6. Describe agent, host and environmental factors determining health and disease.
7. Identify, prioritize and manage common health problems of community.
8. Aware of the importance of health promotion and education effectively in the community
9. Communicate (through writing and speaking) key concepts relevant to community Medicine
10. Understand and apply general concepts of public health to relevant, specific problems
11. Define the health concept and describe the health determinants
12. Identify the indicators for health measurement and locate health information data sources;
13. Describe the functions of modern public health;
14. Explain the fields and core areas of public health;
15. Distinguish the levels of disease prevention;
16. Explain the high-risk and population strategy for disease prevention;
17. Define the concept and main principles of health promotion;
18. List the principles of healthcare organization and financing.

**2) Professional Skills**

The student should be able to differentiate the different aspects of Community Medicine, Public health and Preventive Medicine.

**3) Competences (Transferable skill and attributes)**

The student should be able to differentiate the different approaches required for each aspects of Community Medicine and Public Health.

Week	Course Topic	Notes
Week 1	<b>Introduction to Health and Community Health</b>  <b>Dimensions and Determinants of health</b>	Introduction to course-Community Medicine Health, Public and Medicine Spectrum of public health problems Community versus Clinical Medicine Public Health and Medical Care Health and Disease Disease and factors affecting occurrence of disease Dimensions and Determinants of health
Week 2	<b>Nutrition and Nutrition Assessment and Diet</b>	Introduction and Terminology used in nutrition. Understand and Describe the relation between nutrition and health The Nutrients & their Categories. Macronutrients and micronutrients and their functions Food Pyramid Healthy Diet Nutritional Allowances & Requirements Clinical Nutrition
Week 3	<b>Nutrition and Nutrition Assessment and Diet</b>  <b>Common nutritional disorders -Malnutrition</b>	Identify nutrition-risk groups by application of proper criteria and suggest ideas for the prevention and control of nutrition-related diseases. Spectrum of public nutrition problems: Malnutrition & its Ecology Nutritional Deficiency Diseases Kwashiorkor and Marasmus Prevention of Malnutrition Assessment of Nutritional Status. Tools and Methods of Nutritional Assessments Anthropometric Assessment of Obesity
Week 4	<b>Infant and Breast Milk Characteristics</b>  <b>Formula feeding</b>	Common nutritional disorders in Jordan Vulnerable Groups and Nutrition Pregnancy and Nutrition Breast feeding & Breast milk. List the scientific reasons that justify the launching of public campaigns that target at the promotion of breast feeding practice for infants Formula feeding
Week 5	<b>Public Health and Environmental Health I</b>  <b>Air Pollution</b>	Public Health definition, dimension and components Functions and achievements of public Health Environmental Health : Concepts and Definitions Public Health Approach Hazards and there types and health effects Air Pollution : Definition and Health Impact



		<p>Outdoor and Indoor Air Pollution                  Concept of airborne diseases.                  Global Warming, Ozone Depletion and Temperature Inversion                  Controlling of Air Pollution</p>
<b>Week 6</b>	<p><b>Environmental Health II</b></p> <p><b>Water and food pollution</b></p> <p><b>Occupational Health</b></p>	<p>Water Quality, Quantity and Health                  Water pollution and Sources                  Water and contaminations                  Water related diseases                  Food Safety, security and health                  Food borne Diseases and HACCP                  Waste definition and classification Waste and Health                  Solid Waste Management                  Waste Occupational Health Hazards                  Healthcare/Hospital Waste                  Introduction; definition, rational, goal and objectives, OHS and ergonomics                  Hazards and risks; types and forms                  Prevention and Control Principles of Occupational and Woprkrelated Diseases                  Occupational Health Programs                  OH for Healthcare Workers (HCW)</p>
<b>Week 7</b>	<p><b>Primary Health care and</b></p> <p><b>Maternal and Child Health</b></p>	<p>Concept and principles of PHC, strategies, and function; referral system                  Levels of Health care; Primary Health care                  Principles and Elements of PHC                  Maternal Health Care                  Child Health Care                  Maternity care                  Indicators for safe motherhood, women's care programs                  Family planning                  Levels of objectives, basic components, activities of family planning clinic                  Determine to causes and determinants of infant mortality                  Introduced to risk factors for premature children as they relate to increasing infant mortality                  Understand child growth and development                  Under-five health                  Infant period: Services health problems, goals of services, type of health care services preschool period.</p>

		Sectors that provide health care in Jordan
<b>Week 8</b>	<b>Block Week</b>	<b>Midterm Exam 50 % of Total Grades</b>
<b>Week 9</b>	<b>Demography and Data</b>	<p>Introduction and Definitions of data and variables  Source, types and uses of Data  Data Into Information  Types of Variables  Demographic and Health Surveys, Census and Surveillance systems  Demography and Public health  Introduce components of population dynamics and ways of their measurement  Describe population composition and Population Pyramid.  Introduce concept of demographic transition  Dependency ratio  Demography , Elements, population pyramid, rates measuring growth of the population, world population change</p>
<b>Week 10</b>	<b>Introduction to Epidemiology Measurements of Morbidity and Mortality</b>	<p>Epidemiology – Definition, Types and Uses  Characteristic of Disease – Person, Place &amp; Time  . Epidemiological methods  Identify and interpret the components of the definition of Epidemiology.  Describe the contribution of epidemiology to science and discuss the importance of epidemiology as a research discipline.  Describe the main features of some principal epidemiological study designs (including cross-sectional, case-control, cohort study designs and ) and their use  Explain strengths and weaknesses of common epidemiological study designs  Concepts in the infectious diseases  Estimate, apply, and interpret correctly epidemiological measures of disease frequency Including incidence and prevalence.  Measures of Population Health, Rationale for summary measures  Definitions of Population, Count, Proportion, Ratio And Rate  Measures of morbidity and Mortality</p>
<b>Week 11</b>	<b>Causation , Prevention and</b>	Epidemiology and causation

	<b>Control of Diseases</b>	<p>Identify the theories of disease causation Cause , Risk, factor, confounder and effect Necessary and sufficient cause Application of guidelines/criteria to associations Confounders Prevention and control concepts and definitions Levels of Prevention Uses and characteristics of different levels Prevention and Control principles Applied prevention strategies Health promotion Control of diseases</p>
<b>Week 12</b>	<b>Communication and Health Education</b>	<p>What is communication and why in medicine? Define terms: communication, health education Communication process, types and skills Barriers (personal, environmental) to effective communication Step-Models In Communication Describe basic communication skills Describe facilitators to communication Elements and Types of communication Health education Principles of Health Education Health education methods and materials The principle of counseling Health education planning models</p>
<b>Week 13</b>	<b>Public Health Surveillance and Screening</b>	<p>Screening for diseases: definition Lead time Considerations before Launching a Screening Program Types of screening Strategies in Disease Investigation for screening Criteria Evaluation of Screening Programs Surveillance. Definitions of surveillance Objectives of surveillance Public health vs health care surveillance Surveillance methods Elements of a surveillance system Case definition Reportable and notifiable Diseases National Notifiable Disease Surveillance</p>



		Investigation of Disease Outbreak Surveillance system in Jordan
<b>Week 14</b>	<b>Health Administration and healthcare management</b>	Management, Health Administration and Health Policy General Management principles Management in health care organizations The Four Functions of Management Health Care System and its components Levels of Health care Approaches to health care provision Resources, and Financing Quality and Healthcare Planning, Organizing, Leading and Controlling. Leadership and management. Health Systems Planning .The planning cycle and Health Systems Planning Health policy International health policy Health policy reform Health systems Types and levels of planning Team work Supervision, monitoring and Evaluation
<b>Week 15</b>	<b>FINAL EXAM</b>	<b>50 % of Total</b>

### COURSE LEARNING RESOURCES

Lectures  
Data show  
Handouts including highlights

### ONLINE RESOURCES

The Public Health and Community Medicine web pages

### ASSESSMANT TOOLS

(Write assessment tools that will be used to test students ability to understand the course material and gain the skills and competencies stated in learning outcomes)

ASSESSMENT TOOLS	%
Mid Exam	50
Final Exam	50
<b>TOTAL MARKS</b>	<b>100</b>

### THIRD: COURSE RULES



**ATTENDANCE RULES**

Attendance and participation are extremely important, and the usual University rules will apply. Attendance will be recorded for each class. Absence of 10% will result in a first written warning. Absence of 15% of the course will result in a second warning. Absence of 20% or more will result in forfeiting the course and the student will not be permitted to attend the final examination. Should a student encounter any special circumstances (i.e. medical or personal), he/she is encouraged to discuss this with the instructor and written proof will be required to delete any absences from his/her attendance records.

**GRADING SYSTEM**

Example:

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**REMARKS**

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**COURSE COORDINATOR**

Course Coordinator: Dr. Hatim Jaber

Department Head:

Signature:

Signature:

Date:

Date: