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MEDICAL UNIVERSITY - PLEVEN

DEPARTMENT OF PUBLIC HEALTH SCIENCES

APPROVE:

DEAN:

/ Prof. Dr. A. Asparuhov, MD, PhD, DSc /

FROM ACADEMIC YEAR 2020/2021

PROGRAMME


SOCIAL MEDICINE INTERNSHIP

MEDICAL STUDENTS

MASTER DEGREE

PLEVEN

2020

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Compulsory

Sixth year

Total hours: 5 days (15 hours)

Faculty

Prof. Dr Silviya Aleksandrova-Yankulovska, MD, PhD, DSc, MAS

Assoc. Prof. Mariela Kamburova, MD, PhD

Assoc. Prof. Stela Georgieva, MD, PhD

Chief Assistant Prof. Dima Tsanova, MD, PhD


ANNOTATION

The state internship in social medicine lasts 5 days. During the internship, students carry out, on their own and under the guidance of an assistant, study tasks related to the stated professional competences. 3-hour seminars are held on a daily basis to discuss basic theoretical problems and practical tasks.

OBJECTIVES

I. Future physicians should have thorough theoretical knowledge in the following areas:


1. Health and disease. Social factors of health.
2. Basic methods of social medicine:
 - Socio-medical approach to the health of the individual
 - Sociological methods for collecting primary sociological information
 - Epidemiological methods
 - Demographic approaches to the study and evaluation of public health
3. Public health. Public health status and trends in developed and developing countries. Socially significant diseases in a particular country (according to the student's origin).
4. The health system as a social system. Structure and functions of the health services. Health policy. Organization of healthcare in a specific country (according to the origin of the student).
5. International health cooperation. WHO strategies. Millennium Development Goals. Sustainable Development Goals. Health 2020 European policy framework.

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6. Organization and peculiarities of the activity of the main levels of health care - primary health care, emergency care, hospital care in a specific country (according to the student's origin).
7. Medico-social problems and health care of priority population groups - female population, children, elderly and disabled people in a specific country (according to the student's origin).
8. Health promotion. Health education.

II. Future physicians should acquire the following practical skills:

1. Skills for independent analysis of the influence of social environment factors and personality traits on the health of individuals:
 - assessment of the medico-social needs and preparation of a plan for medico-social therapy, rehabilitation and prevention
 - Independent preparation of a social history of an individual's health.
2. Practical skills in applying epidemiological methods in:
 - the study and evaluation of public health
 - clarifying the causes of the disease
 - building an individual risk profile, with particular attention to risk factors of style and lifestyle
 - identifying the risks and health needs of population groups in a particular country (according to the student's background).
 - planning and evaluating prevention programs in a specific country (according to the student's background).
3. Practical skills in public health analysis, on their own study of statistical information and preparation of written conclusions on the health and demographic status of the population and related medico-social problems:
 - analysis of demographic processes and their impact on public health in a particular country (according to the student's background).
 - analysis of morbidity as a measure of public health in a particular country (according to the origin of the student).
 - analysis of the level and dynamics of non-communicable socially significant diseases in a specific country (according to the student's origin).

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- analysis of the level and dynamics of the most important infectious diseases, public health problems in a specific country (according to the student's origin) - AIDS, hepatitis, tuberculosis and other infectious diseases.
4. Skills for critical analysis of the advantages and disadvantages of different types of health systems and analysis of the health system in a particular country (according to the student's origin).
 5. Skills for analyzing data in the health records used in the work of the GP and in the work of different types of medical establishments.
 6. Ability to independently calculate and evaluate statistical operational indicators to study the performance of the various health care levels.
 7. Skills for analyzing the health and social needs of persons in the priority groups and organizing health care for them in a specific country (according to the student's background).
 8. Skills for health educational work with healthy persons, persons at increased health risk and patients /counseling, counseling, choosing the right behavioral intervention, etc./.
 9. Skills for health educational and health promotive work with social groups /development of health education programs, health education materials, choice of health education strategy, development of intervention programme/ according to the educational needs of different population groups in specific country (according to the origin of the student).
 10. Skills for analysis of results and planning of preventive activities in the field of primary, secondary and tertiary prophylaxis /immunizations, periodic prophylactic examinations, prophylactic programmes against risk factors, screening programs, etc./.

Educational forms:

- Lectures
- Practicals

Methods of education:

- interactive lectures
- analysis of statistical data
- discussion of practical tasks
- individual assignments


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CONTENT

Day №	TOPIC	Hours
1	Epidemiology	3
2	Demography	3
3	Morbidity	3
4	Health systems	3
5	Special population groups	3
Total		15

THESES OF THE TOPICS

1. **Day 1 – Epidemiology /3 hours/.** Application of epidemiological methods in healthcare. Basic concepts. Measuring disease frequency. Comparing disease occurrence. Epidemiological studies and their applicability in prevention activities.
2. **Day 2 – Demography /3 hours/.** Demography statics – size and structure of the population. Demography dynamics – Fertility, General mortality, Infant mortality. Life expectancy. Application of demographic methods for analysis and assessment of public health in a specific country (according to the student's origin). Working with European health for all database (HFA-DB).
3. **Day 3 – Morbidity /3 hours/.** Analysis of morbidity indicators. Epidemiology of socially significant diseases. Socially significant diseases in a particular country (according to the student's origin). Prevention.
4. **Day 4 – Health systems /3 hours/.** The health system as a social system. Health service. Health policy - trends and priorities in developed countries. Typology of healthcare systems. Global Health for All in the 21st Century Strategy. Organization of healthcare in a specific country (according to the origin of the student).
5. **Day 5 – Special population groups /3 hours/.** Medico-social problems and health care of priority population groups - female population, children, elderly and disabled. Health-promotion and health-promotion work with priority population groups in a particular country

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(according to the student's origin).

CONTROL

During the internship

During the internship students must be present at all topics. Active participation in the discussions of practical tasks and analysis of data is required.


Obligatory requirement for successful completion of the internship is the preparation of the individual assignment on health systems which each student prepares for their own country health system in accordance to predefined structure and technical requirements.

SINOPSIS FOR THE STATE EXAMINATION IN HYGIENE, EPIDEMIOLOGY, INFECTIOUS DISEASES, AND SOCIAL MEDICINE


ACADEMIC YEAR 2019/2020

SECTION. SOCIAL MEDICINE

1. Social medicine as a science. Subject matter. Descriptive and prescriptive parts of social medicine. Methods of social medicine.
2. Concepts of health and disease. Dimensions of health. Positive health. Determinants of health.
3. Sociological approaches to investigation in social medicine - sources and methods of collecting personal data. Questionnaire design - questions and questionnaire formats. Self-administered questionnaire.
4. Sociological approaches to investigation in social medicine - interview: types, methods of conducting, interview process. Observation: types, advantages and disadvantages, observer roles.
5. Epidemiology - definition and scope of epidemiology. Basic concepts - risk, risk factors, population at risk, rate, ratio, proportion. Measuring disease frequency - prevalence, incidence rate, cumulative incidence.

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6. Comparing disease occurrence. Absolute comparison - risk difference, attributable fraction, population attributable risk. Relative comparison - relative risk, odds ratio.
7. Types of epidemiological studies - classification. Descriptive studies. Ecological studies. Cross-sectional studies.
8. Analytical epidemiology. Cohort studies and case control studies - types, design, conducting, advantages and disadvantages, potential errors.
9. Experimental epidemiology - randomized control trials, field trials, community trials: design, conducting, applications.
10. Prevention - scope and levels of prevention. Primordial prevention. Primary prevention - population and high risk strategy of primary prevention.
11. Secondary prevention - screening. Criteria for screening. Evaluation of screening tests.
12. Demographic approaches to health assessment. Population size and composition by sex and residence. Population age structure - types, dependency ratios, medical and social consequences of population aging.
13. Birth and fertility related indicators – definitions, evaluation scales, worldwide trends.
14. Mortality related indicators - definitions, evaluation scales, worldwide trends. Leading causes of death in developed and developing countries.
15. Infant mortality rates and Under 5 mortality rate - definitions, evaluation scales.
16. Worldwide trends and leading causes of infant mortality in developed and developing countries.
17. Life expectancy - definitions, evaluation scales, worldwide trends.
18. Morbidity related indicators as measures of public health – definitions, sources and methods of studying morbidity. International classification of diseases - 0th revision.
19. Measuring the burden of diseases - DALYs. Communicable and noncommunicable diseases - worldwide trends. Major determinants of noncommunicable diseases - life style risk factors, environmental risks, biological and genetic factors, health care services factors.
20. Health system as a social system. Typology of health systems in developed countries. y. Priorities of health policy in developed countries.
21. International health collaboration. World Health Organization. Other UN agencies.
22. WHO strategies "Health for all in the 21st century".

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23. WHO concept of primary health care - elements and principles.
24. Hospital care - definition, basic characteristics, functions. Indicators of hospital activity.
25. Health problems of mothers. Maternal mortality - definition, incidence, causes, preventive and social measures. Family planning.
26. Health care of mothers - antenatal, intranatal, postnatal care. Risk approach.
27. Health problems and health care of children.
28. Health problems and health services for the elderly.
29. Health promotion - definition, development of the concept and practice of health promotion, basic principles. Ottawa charter for health promotion.
30. Health education - definition, objectives, content, principles. Communication in health education. Practice of health education.

REFERENCE MATERIALS:

I. Main reference materials:

1. Textbook: **Public health - basic course**. Autor: Silviya Aleksandrova-Yankulovska. Publishing center of Medical University of Plevna, 2017.
2. Lectures 2017.

II. Additional reference materials:

1. Bonita R, Beaglehole R, Kjellstrom T. Basic Epidemiology, 2nd edition. World Health Organization, 2006.

Free download available in Internet at:

http://www.google.bg/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CB4QFjAA&url=http%3A%2F%2Fwhqlibdoc.who.int%2Fpublications%2F2006%2F9241547073_eng.pdf&ei=ysJMVK7uBay17gay6IGYCg&usq=AFQjCNFolV51nOEG44oePL790x2Uiqc48Q&sig2=cSRihTe8eIU4FYJ4eIJTCg&bvm=bv.77880786,d.bGQ

2. *The Organisation for Economic Co-operation and Development (OECD) Factbook 2014. Health (pp. 236-254).*

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3. WHO. European Health for All database.

Free access available in Internet at: <http://data.euro.who.int/hfad/>

4. WHO. Health 21 – Health for all in the 21st century. An introduction.

Free download available in Internet at:

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5. WHO. Global burden of disease. Definitions and statistics by regions and countries. Free access available in Internet at: http://www.who.int/topics/global_burden_of_disease/en/

6. WHO. Women's health. Facts sheets, links to relevant publications. Free access available in Internet at: http://www.who.int/topics/womens_health/en/

7. WHO. Maternal, newborn, child and adolescent health. Free access available in Internet at: http://www.who.int/maternal_child_adolescent/en/

8. Declaration of Alma Ata. International Conference on Primary Health Care, 6-12 September 1978.

Free download available in Internet at: http://www.google.bg/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=0CB4QFjAA&url=http%3A%2F%2Fwww.who.int%2Fpublications%2Falmaata_declaration_en.pdf&ei=HtFMVITdJc-M7Abho4GACg&usg=AFQjCNFfHojVtggpww73WmyIYsVvaaR4fg&sig2=8LccDbNi7_0jHeQ6dLcWdw&bvm=bv.77880786,d.bGQ

9. Bohm K, Schmid A, Gotze R et al. TranState Working Papers. Classifying OEDC Healthcare systems: A Deductive Approach. Bremen, 2012

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The programme was developed by

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