# Social Medicine

## Prof. Elena Costa

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to explain how the phenomena of health and disease are related and integrated, as well as discuss the interventional means of social medicine and public health.

At the end of the course, students will be able to: describe the fundamental principles and methods for the prevention of socially relevant diseases and health promotion in the context of social and health integration; assess the social consequences of diseases, with particular attention to the most fragile sections of the population (elderly, minors, pregnant women, migrants, etc.).

Students will have acquired a correct scientific language and will know how to evaluate the reliability of information sources on which to base their work; use the epidemiological methodology to acquire knowledge on the social determinants and on the health status of a population; to use the operating methods of health organization and planning and social-health integration.

***COURSE CONTENT***

– The concept of health and its evolution over time.

* Social determinants and health inequalities.

– From health to disease: causal relationships; risk factors; natural history of communicable and non-communicable diseases.

– Introduction to epidemiology: health-related statistics data sources; measures in epidemiology; health indicators; epidemiological descriptive, analytical, and experimental studies; surveillance systems.

– Disease prevention and health promotion: principles and methods; health education.

– Non-communicable diseases: primary and secondary prevention; behavioural risk factors (tobacco, alcohol and drug consumption, poor nutrition, sedentary lifestyle); prevention strategies for patients and the community, population screening.

– Infectious diseases: direct preventive measures; vaccines.

– Epidemiology and prevention of chronic-degenerative diseases: cardiovascular diseases, cancer, diabetes.

– Epidemiology and prevention of socially significant infectious diseases: viral hepatitis, AIDS, tuberculosis, flu, Covid-19.

– Epidemiology and prevention of healthcare-associated infections.

– Healthcare organisation: definitions and principles. The healthcare system: general information and functions. The regional systems and the Lombardy model.

– Healthcare and social planning and assistance. Specific aspects: rare diseases; gender-specific medicine; migrant diseases.

***READING LIST***

F. Auxilia-M. Pontello*, Igiene e Sanità Pubblica. I fondamenti della prevenzione*, Piccin, Padova, 2011.

E. Lanciotti, *Igiene. Medicina preventiva e sociale*, McGraw-Hill Education, 2011. Also available as an eBook.

Lecture presentations made available to students in Power Point format.

Other indications, materials and links to reference scientific and institutional sites will be provided during the course.

***TEACHING METHOD***

Frontal in-class lectures.

***ASSESSMENT METHOD AND CRITERIA***

The exam includes:

Written exam consisting of two parts: a) 15 multiple choice questions b) brief presentation of a topic chosen from a series of suggested titles.

Part a) is aimed at evaluating acquired knowledge, specifically including: natural history and epidemiological characteristics of main infectious and chronic-degenerative diseases, risk factors, disease prevention methods.

Part b) aims to assess the degree of understanding of major socio-health problems that students might encounter during the course of future professions; the potential ability to use the tools acquired; correct scientific language.

The final evaluation of the exam is given by adding the marks of the two parts that should be satisfactory both. Only in special cases, in which the lecturer deems further verification of the profit necessary, the exam can be completed by an oral test.

***NOTES AND PREREQUISITES***

There are no prerequisites to attend this course.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.