**Syllabus**

**Health promotion and protection II**

**Subject type:** compulsory

**Year of studies/ semester:** 5.

**Scope of the study subject:** 2 weeks

**Hours:** 0/60

**Credits:** 4

**Form of teaching:**  seminars, practicals, additional interpretations

**Method of verification of study results:** test

**Additional student requirements:** 80% attendance

**Subject guarantor:** prof. MUDr. Dana Müllerová, Ph.D.

**Teachers:** prof. MUDr. Dana Müllerová, doc. MUDr. Libuše Čeledová,

**Subject syllabus:**

**Learning objectives of the course:**

**Social and Assessment Medicine**

**Academic year 2023/2024**

**General Medicine – year V**

**Guarantor: doc. MUDr. Libuše Čeledová**

The main aim of study subject is to inform medical students about system and organization of health care, provision of health care, development of care for health and social determinants of health, understanding health and disease with their determinants. Students will obtain information about health care system and social services, Medical Assessmnet Service, cooperation primary care, ambulatory care and hospital care. Students will have basic information about social gerontology and history of medicine. Practical training of simulation of old age will help for our students to understand some problems of old age.

**Seminars**

* **Introduction to the study subject**. Social medicine and Public health . Theory of health and disease. Determinants of health and possibilities how to affect them.
* **World Health Organization.** Meaning, activity, programs.
* **History of medicine .** Important personalities and discoveries in the history of medicine.
* **Demography and its meaning for health care**. Health status of population, methods of study, aims and meaning of its study. Heath status indicators.
* **Institute of Health Information and Statistics**. International Classification of Disease and Related Problems. International Classification of Functioning Disability and Health.
* **Health statistics.** Basic concepts.
* **Principles of modern health care**. System approach  for health  and  medical care.  Systems of health care in the world. Health insurance. Financing of health care
* **Health literacy.** Health education .
* **Organization of health care.** Therapeutic preventive care (methods, parts, rules, provision). Ambulatory and hospital care. Primary care. Prevention and regular check-ups.
* **Medical Assessment Service.** System of social security. Sickness insurance. Pension insurance. System of social help.
* **Social gerontology.** Issues of old age and aging of individuals and populations. Health and social problems in old age. Long-term care. Principles and possibilities. Practical simulation of old age   (geronto-suit ).

Literature:

Čeledová,L.,Holčík,J. Social Medicine. An Introduction to New Public Health. Praha: Karolinum. 2019

Lecture in Moodle,

**Credit requirements**

Attendance 80 %, written test (MOODLE), 75% pass.

**Public Health**

**Academic year 2023/2024**

**General Medicine – year V**

**Guarantor: prof. MUDr. Dana Müllerová, Ph.D.**

Exercises will proceed in the Department of Public Health and Preventive Medicine, UNIMEC II, Alej Svobody 76, Pilsen. Subject has 25 lessons; students are going to receive credit. The regular and full participation of all students included in the study group is necessary!

**C u r r i c u l u m**

**Teacher: Prof. MUDr. Dana Müllerová, Ph.D.**

Health and it´s dimension. Health Promotion. Chronic non-communicable diseases. Their prevention and management on population and individual level. Nutrition and health: Energy, macro- and micronutrients needs. Dietary recommendations: General (WHO Global Strategy on diet, physical activity and health), Food based recommendation, Energy and nutrient standards recommendation. Obesity pandemic. Definition of obesity and overweight, and their co-morbidities. Epidemiology of obesity. Environment and genes. Prevention and management of obesity from perspective of community and individual responsiveness.

Planning of Community health projects (identifying priorities, setting aims and objectives, defining target population, identifying resources, strategy, personal responsibility, time schedule, budget and strategy of evaluation) – student`s assay.

**Teacher: MUDr. Monika Bludovská, Ph.D.**

Prevention of health disorders and healthy development of children and youth. Assessment of child growth and development - basic somatometric characteristics, use and interpretation of growth charts for children. Injury prevention. Prevention of child maltreatment and other types of violence against children. Healthy school environment – health risks and health promotion in schools, inadequate school stress. Cyberbullying. Risk behaviour in adolescence.

Mental health and prevention of mental and psychosomatic disorders. Psychosocial stress – key concepts, influence on human organism. Burn-out syndrome – risk factors, symptoms and diagnostics.

Food safety and quality. Health food safety, EU legislation, risk analysis, supervisory authorities, rapid alert system for food and feed. Distinguish safe and quality food. Foreign substances (contaminants, additives). Hand hygiene in health care. Screening of salt in the diet.

**Teacher: MUDr. Pavel Sedláček, Ph.D.**

Epidemiology and prevention of harmful use of tobacco. Adequate lighting, requirements and measurement principles. Noise in public and work areas and health consequences. Non-ionizing and ionizing radiation. Hygienic management of waste. Hygienic demands on the drinking water treatment and supplying. The leading factors of indoor environment, its significance and modes of its measurement and evaluation. Monitoring of outdoor pollution of atmosphere.

**Teacher: MUDr. Pavel Sedláček, MUDr. Monika Bludovská, Ph.D.:**

Nutritional status evaluation - experimental comparison of available methodologies (somatometric examination (body weight, height, body fatness assessment using BIA, caliper skinfold thickness measurement, waist circumference) clinical examination of markers of nutrient deficiency), measuring of volunteers; evaluation of eating habits - an inventory analysis of 24h-dietary recall. Other possibilities of screening examinations in the prevention of cardiovascular diseases.