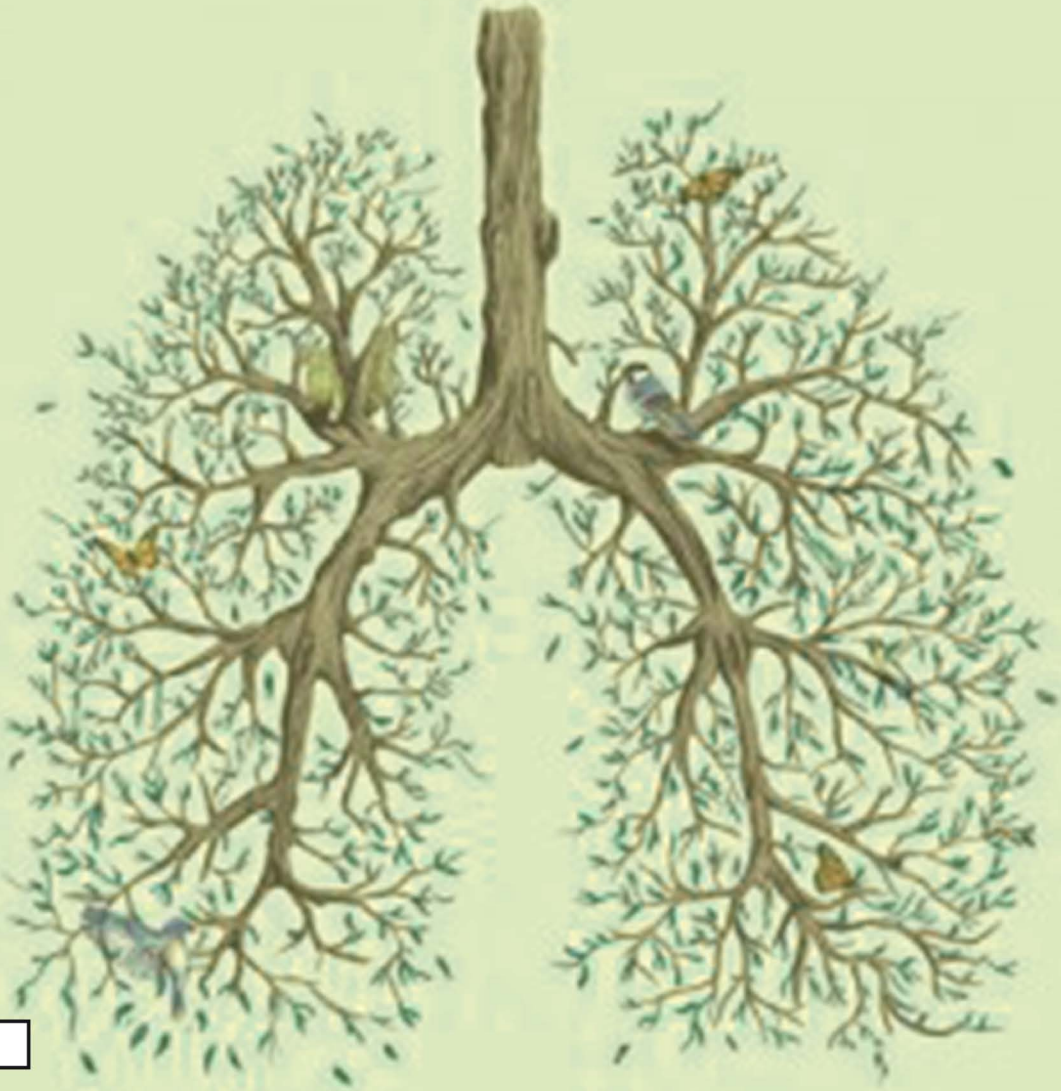


By Mohamed F. Abu Alia



Medical Committee  
The University of Jordan

# Community Medicine



Slides

Sheet

Lecture # 1

Doctor: Dr. Samar Al-Shareif

Date:

Done By: Arwa Nsairat

# Community Lecture Sheet #1

## Introduction

### **About the doctor and the lecture:**

- The Dr's name is: Samar AL-Shareif
- We have three lectures every week
- We have midterm and final exams
- Questions in the midterm are usually 40, and in the final are 60.
- Attending lectures is very important.
- The doctor will provide us with the slides but she sometimes adds some extra pieces of information that are not mentioned in the slides (about 10-20% of the exam questions) so you have to know them .
- Any student who doesn't attend the exam will do make-up exam and the questions will be short essay.
  - Attending the lectures and focusing in it will cover about 70% of the material.
  - Try not to be late at lectures.. 10 minutes maximum.
- You are only allowed to not attend 6 hours for a max (without a considered excuse).
- Mobiles must be silent through the lecture.

### **About the material:**

The material is divided into 5 topics two of them are majors.

- **Primary health care, maternal-child health and non-communicable diseases** (first 5 weeks, about 15 lectures), By Dr. Samar.
- **Health management** which is a part of health because there are many health laws that affect the general health.
- **Nutrition** in general, diseases that need special diet, children and mother nutrition... etc.
- **Demography** (2 lecs), solutions of all population problems around the world...etc.

**-Environmental and occupational health** is given by Dr.Madi (about 6 lecs).

- **Epidemiology** in the world generally and in Jordan especially by Dr. Farouq.

So: Dr. Samar covers 5 weeks, 5 more weeks for Dr. Ahmed who will give us about nutrition, then 3 lecs in management. Environmental and occupational health has (5-6 lecs) ...and finally epidemiology (4 lecs).

NOTE: the Dr. mentioned that there are certain references for the material you can study from them but the slides and the sheets are enough and you don't need to study those references.

So Dr. Samar's part is about: Definitions, services, general indicators for the level of health services in any community, mother and baby health and the chronic diseases that are the main causes of death in the developed world and some parts of the developing world like Jordan.

\*\* What do you think the main reasons that cause death in Jordan?

CARDIOVASCULAR diseases which are becoming number one cause in the developed world and main parts of the developing world. One of the most important cardiovascular diseases is the ischemic heart disease (coronary heart disease).

So one of the indicators that reflects the health situation in the community other than the main death causes is the mortality rate, especially for babies or mothers during giving birth or the elderly in general

### **Mortality rate:**

Health services are related to lifespan. The more developed the services, the longer the lifespan. So lifespans in developed world are higher in comparison with lifespans in developing world, and there is a big range. So what primary health care tries to do is to reduce the large gap between the developing world and the developed world.

For example the infant mortality in Jordan is 19 while in Sweden it's 2 or 3 per thousand life birth, and in some parts of developing world it reaches 100 to 170. As you notice the gap is very wide

So **our aim** and our call in **primary health care services** is to decrease this gap and this aim came in 1978... Now the gap has decreased but we still have a difference.

So infant mortality rate is one of the good indicators of the health situation and health services in the community and the younger the child the more sensitive he is to environmental factors.

In some developed countries, infant mortality rate is very low so they use the neonatal mortality rate which is (the mortality rate in the first month when the babies are at a higher risk of death more than in the 1st year). And there's something called perinatal mortality rate which is (the **highest** rate of mortality rates in babies and it indicates the week before birth and the week after birth).

So the younger the neonate (baby), the higher the risk... 1st hour of birth implies a higher risk of death than the 1st day, the 1st day more than the 1st week, the 1st week more than the 1st month, the 1st month more than the 1st year, and the 1st year more than the first 5 years... After that the mortality increases...

**\*\*** When the neonate or infant mortality rate is low it indicates better services and longer life span.

We always need to compare between before and after to know how is the situation in Jordan among years, and where Jordan stands in the world and to compare between the more and less developed countries.

## **Morbidity rates:**

It's the rate of individuals with poor health in the community.

For example Diabetes morbidity rate for adults above 28 years is up to 27% in Jordan which is epidemic, not only highly rated !!

## Health

When we talk about health in general we don't only mean the absence of disease but the wealth status of the physical, psychological and social health. So any person who doesn't have any physical problem ( diabetes , blood pressure diseases..) is not necessarily healthy, he may have other problems ( depression , schizophrenia, COD..) or he may be socially in a very bad situation, he doesn't eat well , he lives in a very dirty conditions... etc.

So definitions of **health** should be physical, social and psychologically well-being.

### NOTE:

The dr. mentioned that there is something called **demographic health survey**: population and family health survey which is something like health covering they do here in Jordan , they started doing it in 1990 and did it also in 1992 and then they have been doing it every 5 years ( 1997/2002/2007 and last time was in 2012) and it's very important because it reflects the health situation in Jordan .They study in it many indicators like general mortality, fetal mortality, infant mortality, maternal mortality during childbirth, the extent of using contraceptive, age of marriage, the first baby of a women, and a lot of things.

We will discuss and compare between different years (2007, 2012) for example in the next lectures.

## Some definitions of health:

### Health:

- Health has 3 dimensions (physical, social and psychological)
- Health is the status of complete physical, social and psychological (mental which includes the nervous system and psychiatric diseases, not only mental retardation). This is the definition of W.H.O that came out 1978.

#### \* Recent definitions:

-Health is dynamic status of physical, mental, social and spiritual state (which is nourished mostly by religion that makes the psychiatric health better and affects the physical diseases by the immune system).

#### \* There are other definitions:

-The adaptation between physical health and the environment.

## Dimensions of health:

Dimensions of health include: Physical, mental, social, spiritual, environmental, and emotional well-being.

-Physical dimension: body's health.

For example: He is physically ill – he is diabetic-he has an infection.

- Includes perfect body function, physical fitness, and activities of daily living (how is the person adapting to his daily activities).
- State in which every cell and every organ function at optimal level and in perfect harmony with the rest of the body.

-Mental dimension: ability to think clearly, reasonably, objectively, in state of balance between the individual and the surrounding world. Some people have social phobias.

Note: we will discuss phobias later when we talk about mental and psychological illnesses, it's a common thing. There are many types of phobias such as social phobias, height phobias... They affect the psychological and emotional status of the person and it leads to high anxiety and the physical status will be affected (sweating...).

-Emotional dimensions: self-efficacy and self-esteem.

- Social dimensions: ability to have satisfactory relationships and the social part of life.

- Spiritual dimensions: related to religion.

- Environmental dimensions: appreciation of external environment and one's role in caring for it.

ALL THE LUCK =)

Your colleague: Arwa Nsairat