

## Course Specification

الرعاية الصحية الأولية

1437-1438

Primary health care (PHC- 484)( رعى- 484 )

## T6. Course Specification (CS)

<b>Institution</b> Najran University	<b>Date</b> 25/8/1438		
<b>College/Department</b> College of Medicine/ Family and Community medicine			
<b>A. Course Identification and General Information:</b>			
<b>1. Course title and code :</b> Primary health care (484PHC -4) 484رعى-4			
<b>2. Credit hours</b> 4(2+2)			
<b>3. Program(s) in which the course is offered.</b> (If general elective available in many programs indicate this rather than list programs) f Medicine and Surgery			
<b>4. Name of faculty member responsible for the course:</b> Dr : Abdelraheem Abdallah Ahmed Almhboub			
<b>5. Level/year at which this course is offered:</b> level 8 /4 <sup>th</sup> year			
<b>6. Pre-requisites for this course (if any):</b> According to the bylaws			
<b>7. Co-requisites for this course (if any):</b> None			
<b>8. Location if not on main campus:</b> University Hospital			
<b>9. Mode of Instruction (mark all that apply):</b>			
a. Traditional classroom	<input checked="" type="checkbox"/>	What percentage?	50%
b. Blended (traditional and online)	<input checked="" type="checkbox"/>	What percentage?	20 %
c. e-learning	<input type="checkbox"/>	What percentage?	<input type="text"/>
d. Correspondence	<input type="checkbox"/>	What percentage?	<input type="text"/>
f. Other	<input checked="" type="checkbox"/>	What percentage?	30%
<b>Comments :</b> In addition to the traditional interactive lectures, students are required to write report about a primary health center and fill the logbook about their activities done there.			

## B. Objectives

<b>1. What is the main purpose for this course?</b>	
<b>1. Summary of the main learning outcomes for students enrolled in the course: By the end of this course the students are expected to:</b>	
<ol style="list-style-type: none"> <li>1) Describe the concept of primary health care</li> <li>2) Discuss the current practices of PHC activities in Saudi Arabia with special emphasis on Najran city</li> <li>3) Be able to describe the principles and practices of planning management, administration, implementation and evaluation of the primary health care system.</li> <li>4) Discuss the role of the primary health center, its services, functions, and its contribution towards the improvement of the community health.</li> <li>5) Outline the different steps in planning PHC programs, its administration, management, monitoring, evaluation and the feedback mechanisms.</li> </ol>	
<b>2. Briefly describe any plans for developing and improving the course that are being implemented. (e.g. increased</b>	

**use of IT or web based reference material, changes in content as a result of new research in the field)**

- 1) Continuous updating of the information, knowledge and skills included in the block through the continuous search for new knowledge and skills available in recent publications (books, researches, internet and others).
- 2) Continuous improvements in teaching methods to encourage the students to participate effectively in their various academic activities
- 3) Continuous evaluation of the block content, student level and establish plans for development accordingly.

**C. Course Description (Note: General description in the form used in the Bulletin or handbook should be attached.**

**Course Description :**

In 1978 The WHO and UNICEF in a joint conference at Alma Ata in Russia adopted the Alma Ata Declaration and it stated the following as its main Goal: "The attainment by all people of the world by the year 2000 of a level of health that will permit them to lead a socially and economically productive life. The Declaration meant that the main goal of all Governments and the WHO in the coming years should be committed to the attainment of this GOAL. This came to be known as an International Slogan that states "HEALTH FOR ALL- HFA".

The essential principle of HFA is the concept of "equity in health", that is all people should have an equal opportunity to enjoy good health. The concept of primary health care was defined as: "Essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that the community and the country can afford to maintain at every stage of their development in the spirit of self-determination"

The primary health care approach is based on principles of social equity, nation-wide coverage, self-reliance, intersectoral coordination, people's involvement in the planning and implementation of health programmes in pursuit of common health goals. This approach has been described as "Health by the people placing people's health in the people' hands. The course will address Health education about prevailing health problems and methods of preventing and controlling them, Promotion of food supply and proper nutrition, Adequate supply of safe water and basic sanitation, Environmental Health, Maternal and child health care including family planning, Immunization against infectious diseases, Prevention and control of endemic diseases, Appropriate treatment of common diseases and injuries and; Provision of essential drugs

The primary health care centre activities:

Assessment of a primary health care center: its organization, services, functions, staffing, building, equipment, available drugs, accessibility, efficacy, community participation and involvement.

A report on the major endemic disease (s) in the area, the current control measures and the ways for improvement.

A critical review of the area environment which will include water supply, refuse disposal, sanitation, housing conditions, available food and food supply control measures, the sources of income and the individual income, recreation and the spiritual facilities in the area plus its tradition and customs.

The immunization program of children and pregnant ladies.

The school health program in the area

A report about available Health education programs in the area

1. Topics to be Covered:	lecturer	# Weeks	Contact Hours
List of Topics			
Introductory Lecture+ PHC in KSA	<b>Dr. Abdelrahem Almhboub</b>	0.07 week	1(1+0)
The concept of health care		0.07 week	1(1+0)
SDL		0.21 week	3(3+0)
PHC Centre visits		0.43 week	6(0+6)
General directorate for health affairs of Najran region		0.21 week	3(0+3)
Health education		0.14 week	2(2+0)
Health education		0.07 week	1(1+0)

Principle of PHC & components	0.07 week	1(1+0)
SDL	0.29 week	4(4+0)
PHC Centre visits	0.43 week	6(0+6)
National Immunization Program (NIP)	0.18 week	2(2+0)
National Immunization Program (NIP)	0.09 week	1(1+0)
Nutrition	0.09 week	1(1+0)
SDL	0.09 week	1(1+0)
PHC Centre visits	0.54 week	6(0+6)
Environmental Health: Food hygiene, Solid and fluid waste disposal, Insecticides	0.21 week	3(0+3)
Environmental Health: Food hygiene, Solid and fluid waste disposal, Insecticides	0.07 week	1(1+0)
Environmental Health: Food hygiene, Solid and fluid waste disposal, Insecticides	0.07 week	1(1+0)
SDL	0.21 week	3(3+0)
PHC Centre visits	0.43 week	6(0+6)
Safe water supply	0.08 week	6(0+6)
Occupational Health	0.08 week	1(1+0)
Occupational Health	0.17 week	1(1+0)
SDL	0.17 week	3(0+3)
PHC Centre visits	0.50 week	3(3+0)
Adolescent and Elderly Health	0.07 week	6(0+6)
Definition of health and factors affecting health	0.07 week	1(1+0)
Genetic and chronic diseases prevention department F.V	0.21 week	1(1+0)
SDL	0.21 week	2(2+0)
PHC Centre visits	0.43 week	4(4+0)
Common diseases and injuries	0.07 week	6(0+6)
Maternal and child Health	0.07 week	1(1+0)
Maternal and child Health	0.14 week	2(2+0)
SDL	0.29 week	4(4+0)
PHC Centre visits	0.43 week	6(0+6)
Family planning	0.09 week	1(1+0)
School health	0.09 week	1(1+0)
School health	0.18 week	2(2+0)
SDL	0.09 week	1(1+0)
PHC Centre visits	0.54 week	6(0+6)
Mental health	0.14 week	2(2+0)
Provision of essential drugs	0.07 week	1(1+0)
Provision of essential drugs	0.07 week	1(1+0)
SDL	0.29 week	4(4+0)
PHC Centre visits	0.43 week	6(0+6)
Prevention and control of endemic diseases	0.07 week	1(1+0)
Prevention and control of endemic diseases	0.07 week	1(1+0)
Desalination and water treatment station in Najran	0.21 week	3(0+3)
SDL	0.21 week	3(3+0)

PHC Centre visits					0.43 week	6(0+6)
MDGs& Health for all					0.17 week	2(2+0)
Road traffic accidents					0.17 week	2(2+0)
SDL					0.17 week	2(2+0)
PHC Centre visits					0.50 week	6(0+6)
Total					10.95 Weeks	144 Hour
Learning method	Lecture	Seminar	SDL	Other: field visits	Practical health center visits	Total
Contact Hours	20	16	66	30	12	144
Credit Hours	1.11	0.89	1.22	0.56	0.22	4
3-Additional private study/learning hours expected for students per week					12	
4. Course Learning Outcomes in NQF Domains of Learning and Alignment with Assessment Methods and Teaching Strategy.						

On the table below are the five NQF Learning Domains, numbered in the left column. **First**, insert the suitable and measurable course learning outcomes required in the appropriate learning domains (see suggestions below the table) **Second**, insert supporting teaching strategies that fit and align with the assessment methods and intended learning outcomes. **Third**, insert appropriate assessment methods that accurately measure and evaluate the learning outcome. Each course learning outcomes, assessment method, and teaching strategy ought to reasonably fit and flow together as an integrated learning and teaching process. (Courses are not required to include learning outcomes from each domain).

	NQF Learning Domains And Course Learning Outcomes	Course Teaching Strategies	Course Assessment Methods
<b>1.0</b>	<b>Knowledge</b>		
1.1	Describe the demographic catchment area and the environment of the PHC center	1\Practical visit 1\Interactive lecture	1)MCQs
1.2	Describe the activities, registration system, administrative and organizational structure of the health center	2\ Seminar	
<b>2.0</b>	<b>Cognitive Skills</b>		
2.1	Discuss the interaction and link between the PHC center and the other health care levels i.e. referral system.	1\ Seminar	1)MCQs 2) Report 3) OSPE
2.2	Discuss prevention and control methods of the locally endemic diseases, current practices, problems and ways for improvement.		
<b>3.0</b>	<b>Interpersonal Skills &amp; Responsibility</b>		
3.1	Act as efficient team members.	1\ Seminar	1) Seminar 2) OSPE
<b>4.0</b>	<b>Communication, Information Technology, Numerical</b>		
<b>5.0</b>	<b>Psychomotor</b>		

5. Schedule of Assessment Tasks for Students During the Semester				
Assessment task (e.g. essay, test, Quizzes, group project, examination, speech, oral presentation, etc.)			Week Due	Proportion of Total Assessment
1	Continuous assessment:-	1. Midterm exam MCQs 15 %	6 <sup>th</sup>	40%
		1. Report writing 7 % 2. Logbook 3% 3. Seminar 7 % 4. Assignment 8%	Through all the weeks	

2	<b>Final course exam</b> 1. End course exam (MCQs) 30% 2. OSPE 30 %	12 <sup>th</sup>	60%
3	<b>Total Marks</b>		<b>100%</b>

#### D. Student Academic Counseling and Support

**1. Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice. (include amount of time teaching staff are expected to be available each week)**

- 1) Allocation of office hours by the department
- 2) Academic supervision
- 3) Academic surveillance

#### E. Learning Resources

##### 1. List Required Textbooks :

##### 2. List Essential References Materials (Journals, Reports, etc.)

- 1) Park P. Park's textbook of preventive and social medicine, 23<sup>th</sup>, edition. India, M/S Bandrsida; Bharot, 2015.
- 2) Last JM. Dictionary of Epidemiology, 3<sup>rd</sup> edition. New York, Oxford University Press, 1995.
- 3) Essential Community Medicine: Including relevant social services by Donaldson, L. J; Donaldson, R. J 02/2012
- 4) Mahajan & Gupta Textbook of Preventive and Social Medicine Fourth Edition, 2013
- 5) Sanyal P. Community medicine. A Students Manual 1<sup>st</sup> ed. The Health Sciences Publisher. 2015

##### 3. List Electronic Materials Web Sites, Face book, Twitter, etc.

- 1) [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)
- 2) [pdf version](#). 
- 3) [www.paho.org](http://www.paho.org)
- 4) <http://uk.groups.yahoo.com/group/researchcourse> (web site for the students for resource)

**4. Other learning material such as computer-based programs/CD, professional standards or regulations and software.**

#### F. Facilities Required

**Indicate requirements for the course including size of classrooms and laboratories (i.e. number of seats in classrooms and laboratories, extent of computer access etc.)**

##### 1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)

- 1) Lecture room suitable for students.
- 2) Tutorial room
- 3) Health centers for field work

##### 2. Computing resources (AV, data show, Smart Board, software, etc.)

- 1) Computers, multimedia in lecture room and laboratories.

##### 3. Other resources (specify, e.g. if specific laboratory equipment is required, list requirements or attach list)

- 1) Library supplied with reference text books, electronic resources.

#### G. Course Evaluation and Improvement Processes :

##### 1. Strategies for Obtaining Student Feedback on Effectiveness of Teaching

- 1) Continuously throughout the block by direct interviewing of the students.
- 2) End of block questionnaire

##### 2. Other Strategies for Evaluation of Teaching by the Instructor or by the department.

- 1) Feedback from colleagues.
- 2) Class observation by supervisors.

##### 3. Processes for Improvement of Teaching:

- 1) Continuous updating of course contents.

- |   |
|---|
| 2) Regular meetings where problems are discussed and recommendations made.<br>3) Workshops on teaching methods.<br>4) Review of recommended teaching strategies.  |
| <b>4) Processes for Verifying Standards of Student Achievement (e.g. check marking by an independent member teaching staff of a sample of student work, periodic exchange and remarking of tests or a sample of assignments with staff at another institution)</b><br>1) Arrange with another institution for common test items included in an exam and compare marks given.<br>2) Invitation of an external examiner on regular bases<br>3) Arrange with another staff member of family and community medicine to reassess the students' |
| <b>5. Describe the planning arrangements for periodically reviewing course effectiveness and planning for improvement :</b><br>There will be an evaluation at the end of the block to assess the course execution, outcome and feedback from different sources to arrive at an appropriate modifications needed if any  |

**Name of instructor** Dr. Abdelraheem Abdallah Ahmed Almhoub:

**Signature :**

**Date Report Completed:** 25/8/1438

**Program coordinator:**

**Signature:** \_\_\_\_\_ **Date received:** \_\_\_\_\_