

Family medicine course objectives & related SDGs

COM116 course

1. The Determinants of Health – SDG 1, 2, & 3

- Identifying the major determinants of health
- Understand the interface between determinants of health and public health & primary healthcare
- Appreciate the importance of social determinants of health on the health of the community by discussing global and local examples

2. The New Era of Health Promotion: A Narrative Perspective – Book chapters covers all SDGs.

- A comprehensive book containing research articles each covering one SDG related topic.

3. Maternal and Fetal Health – SDG 3, 5

- Defining maternal health, maternal morbidity, and maternal mortality
- Understand determinants of maternal mortality & morbidity and medical causes contributing to it
- Identify WHO recommendations on antenatal care for a positive pregnancy experience
- Develop knowledge about the recommended vaccinations in pregnancy
- Understand the importance of postnatal period and family planning options.
- Knowledge about infant mortality.

- Identify the leading causes of infant mortality and factors that led to decreased infant mortality rates.
- Understand that injuries are a leading cause of death in children ages 1-19.

4. Vaccines across the lifespan – SDG 3

- Introduce immunity and vaccinations as medical terms.
- Develop knowledge about the types of immunity and its relation to vaccination.
- Identify the different types of vaccinations, pros, and limitations of each one
- Study the financial impact of vaccinations on the world economy.
- Identify the vaccination schedule that is recommended by CDC and compare it with the one that is recommended by Ministry of Health in Saudi Arabia.
- Develop a general understanding about different common viruses and bacteria and their preventative vaccinations.
- Recognize the required vaccinations in Hajj and other special cases.
- Conclude that the benefits of vaccination outweigh the risks.

5. Oral Health – SDG 3

- WHO definition of Oral Health
- Oral Health is strongly related to the all-over health
- Oral Health is an indicator of a health system comprehensiveness.
- Common oral health diseases

- The effect of “Interprofessional Collaboration” on health outcomes

6. Healthful Living – SDG 3

- Understand that healthful living is the umbrella of multiple measures for a community to live healthier and stronger.
- Analyze the measures of healthy living and mention how to tackle each one of them.
- Develop knowledge about smoking, its related diseases, prevention and treatment of smoking addiction, as it is a major public health concern.
- Explain how to promote a healthy lifestyle and how to apply policies to maintain it.

7. Climate Change – SDG 7, 11, 12, 13

8. Refugee Health – SDG 16 add SDG10 (Reduced inequalities)

COM358 course

1. Self-care & Work-life Balance – SDG 3
2. Environmental Health – SDG 6, 7, 11, 14, 15 & SDG13
 - Show the importance of Environmental Health.
 - Raise Important Issues and Questions about The Relation between Environment and Health.
 - Highlights the Danger of an unhealthy environment.
 - Discuss the Lead as environmental hazard in details.
 - Environmental factors and conditions that affect human health.
 - Environmental health addresses all the physical, chemical, and biological factors external to a person, that can potentially affect health.
3. Preventive Medicine – SDG 3
 - Highlight the importance and fundamentals of disease prevention in Family Medicine
 - Identify the main recommendations related to the prevention of cancer, cardiovascular diseases, and others.
 - Discuss clinical scenarios to highlight the role of family physicians in early detection of diseases.
 - Appreciate the value of “equitable preventive healthcare.”
 - Get introduced to “Choosing Wisely” & “less is more” international movement

4. Approach to Addiction in Primary Healthcare – SDG 3, add SDG16 (Peace and Justice Strong Institutions due to the societal and governance factors involved in addiction).
5. **Occupational Medicine – SDG 3, 8 (decent work conditions):**
 - Know what questions to ask in order to take an appropriate and relevant occupational history
 - Identify factors or patterns in a patient's history that may indicate a work related contribution to ill health
 - Consider a work related health dilemma and reach a conclusion with reasons
 - List 3 causative agents and related work activities for occupational asthma, allergic contact dermatitis and cancer.
 - Specify what information is necessary to make a fully informed assessment of an individual's medical fitness for work
6. Sports Medicine & Rehab Medicine – SDG 3
7. Precision Medicine – SDG 3, 9 (innovation)
8. Common acute and Chronic presentations in Family Med – SDG 3

COM366 course

1. Geriatric Medicine – SDG 3

- Identify the definition of frailty, associated risk factors, and management
- Understand the approach to diagnose and manage common clinical complaints in elderly patients including those related to GU systems
- Compare between clinical presentations in average age adult and the elder
- Recognize red flags of elder's negligence and abuse
- Appreciate the importance of caregiver support
- Identify the definition of frailty, associated risk factors, and management
- Discuss Dementia and Depression as examples of functional deterioration in the elder
- Understand the approach to diagnose and manage common clinical complaints in elderly patients including those related to GI and GU systems
- Compare and contrast between clinical presentations in average age adult and the elder
- Recognize the “Choosing Wisely” recommendations in relation to care of the elderly context.

- Appreciate the role of caregivers and discuss measures to prevent elder's abuse

2. Palliative Care – SDG 3

3. Women's Health – SDG 3, 5

- Understand “Women's Health” from Family Medicine perspective.
- Appreciate that certain clinical entities present differently or exclusively in women.
- Develop knowledge about the common gynecological problems and their management
- Learn about common breast presentations and their management.

4. Antenatal Care – SDG 3

- Appreciate the importance of antenatal care to all pregnant women of all ages and ethnic backgrounds
- Recognize comprehensive components of antenatal care visits including history taking, physical examination, Investigations (labs, US, others) & counselling
- Understand the role of family physicians as clinical practitioners in offering antenatal care to low risk patients
- Develop an idea about Down Syndrome and how to screen it
- Summarize the important issues that are related to postnatal care

5. Child & Adolescent Care – SDG 3

- Appreciate the role of Family Physicians involvement in screening and health maintenance programs not only for adults rather for babies, school aged children, and teenagers
- Introduced to the “Rourke Baby Record” as an infant/child health maintenance practical and evidence-based tool
- Understand the most important components of the Well infant/child/adolescent visits
- Identify other relevant and easily accessible Child’s periodic health maintenance tools & resources

6. Complementary & Alternative Medicine – SDG 3

- Know the meaning of complementary and alternative medicine
- Define complementary and alternative medicine.
- Recognize the different types of complementary and alternative medicine
- Analyze facts related to complementary and alternative medicine in Saudi Arabia
- Recognize traditional alternative medicine few techniques, their uses and side effects.
- Recognize body related alternative medicine techniques, their uses and side effects.

7. Men's Health – SDG 3

8. Office Procedure Skills – SDG 3, 4 (quality education for healthcare professionals)

- Understand the main parenteral injection routes commonly used in the office,
- Discuss certain features and characteristics.
- Hands –on practice of subcutaneous, intramuscular and intradermal injections techniques.