

Community Medicine

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Introduction to Community Medicine

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Introduction:-

The study of health and disease in the population of defined communities **in order to identify their health needs**, and to **plan, implement and evaluate** health programs to effectively meet these needs.

The field concerned with the **study of health and disease** in the **defined community or group**.

Its **goal is to identify** the health problems and needs of people (community diagnosis) and to plan, implement and evaluate the effectiveness of health care system.

Definitions/ Terms:-

1.Community health: - is ***a major field of study within the medical and clinical sciences*** which **focuses on** the maintenance, protection and improvement of the health status of population groups and communities.

2.Community Medicine: - A **branch of medicine** dealing with health care issues affecting communities as a whole.

3.Definition of health by The WHO :-

"A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

4.Community: -

A collection of people who interact with one another and whose common interests or characteristics form the basis for a sense of unity or belonging.

5.Public health:-

Is defined as the **art and science of maintaining, protecting and improving** the health of the people through organized community efforts.

6.Disease:- deviation complete physical and mental well being.

Types of community:-

1. Geopolitical communities:-

Most traditionally recognized or imagined when considering the term community. A city, town, or neighborhood is a geographic community.

2. Common-interest:

A community also can be identified by a common interest or goal.

3. Community of solution: -

group of people who come together to solve a problem that affects all of them. **For example,** agencies, organizations

Concept of Community Health:-

- ☐ Providing **medical services** in the community
- ☐ Understanding **community resources**
- ☐ Health **promotion** and disease **prevention**
- ☐ **Occupational health**
- ☐ **Knowledge** of communities
- ☐ **Care of populations**
- ☐ **Community participation** in health care activities

Scope & Specialties of community health:-

- 1-Occupational health
- 2-Adolescents' health
- 3-Reproductive health
- 4 Maternal and Child Health (MCH)
- 5Health programs and policies.
- 6-Health systems and services.
- 7-International health
- 8 Health of people with special needs
- 9 Geriatric Health

Historical development of community Health:-

1 The district stage:

This began in **1860 until 1900** with **voluntary home care** for poor people sometimes called "health care". Specialties treated sick and taught wholesome living to patient.

2 The public health stage:

This began in **1900 until 1970**. It was characterized by **consciousness of the general public and their health**. The family became the primary unit of care.

3 The community health stage:

This began in **1970 and has continued to present**. Schools **began to require course** in public health for all baccalaureate graduates. This stage made it clear that community health involved more than merely working in the community.

Components of the community

□ Environment:

Refers to the place where people live in, which has:

- 1 Physical characteristics: as climate, geographic location.
- 2 Biological, chemical: as food supply, water supply, presence of micro-organisms.
- 3 Social characteristics: as economic condition, education, reaction.

□ Boundaries:

Boundaries, like the skin in the individual maintain the integrity of the system and regulate the exchange of community and its external environment or (supra-system) either concrete **تقاسر خلا** or conceptual **بروصت**

□ People:

Refers to the community residents who are the most important resources of the community either cluster or separate based on variety of individual, demographic, health, psychological, economic, and cultural characteristics.

☐ **Needs and goals:**

Vary with the type of the community focused on maximizing the well-being of members, promoting survival and meeting the needs of the community members.

☐ **Services system:**

The community must be of sufficient size to contain services system and should be organized to meet the population needs. Services system includes health, education, social welfare, religion and recreational facilities.

Factors affecting assessment of community

- ☐ Purpose of the assessment.
- ☐ Size of the community being assessed.
- ☐ Time available for assessment.
- ☐ Relationship between cost and benefit of assessment.
- ☐ Methods used in conducting assessment.

Characteristics of a healthy community

- 1-Healthy community is one in which members have a high degree of awareness.
- 2-A healthy community uses its natural resources while taking steps to conserve them for future generations.
- 3-Healthy community is prepared to meet crises.
- 4-A healthy community is problem-solving community; it identifies analysis and organizes to meet its own needs.
- 5-A healthy community has open channels of communication.
- 6-A healthy community seeks to make each of its systems resources available to all members of the community.
- 7-A healthy community has legitimate and effective ways to settle disputes that arise within the community.
- 8-A healthy community encourages maximum citizen participation in decision making.
- 9-A healthy community promotes a high level wellness among all its members.

A.healthy community openly recognizes the existence of subgroups and welcomes their participation in community affairs.

Community health problems:-

Types of health problems in the community:-

- 1-Communicable disease
- 2 Non-Communicable disease
- 3 Nutrition problems
- 4 Maternal and child health problem
- 5 Mental health problems
- 6 Lack of health knowledge and attitude
- 7 Injuries and accidental problem
- 8 Health services problem
- 9 Environmental health problem
- 10 Occupational health problems.

Factors that affect the health of a community:

- 1.Physical factors
- 2.Social and cultural factors
- 3.Community Organization
- 4.Individual behaviors