

CAT 124: Introduction to Practical Public Health

University of California, San Diego

Sixth College

Winter Quarter 2020

Time: Tuesdays 13:00-14:50

Place: SmartClassroom, room 240 on the second floor of Pepper Canyon Hall

Faculty Director(s): Ryan Moran, MD, MPH

Email: rjmoran@ucsd.edu

Office Hours: Scheduled upon request

Course Description: This course is designed to serve as an introduction and practicum for students to gain an understanding of healthcare from a variety of public health perspectives. Topics will include core areas of public health that will serve as the basis of group discussions and a launch pad for students to explore areas of interest. These core areas will include: an introduction to the US healthcare sector; the role of public health; community health promotion; chronic disease prevention; and digital health. In addition to contributing to class discussions, students will be required to proactively seek out opportunities to explore various healthcare settings, issues, and careers outside of the classroom. For example, the course instructors will help facilitate students volunteering at the [Health Fair hosted by Linda Vista Health Care Center](#), shadowing research staff in the [Exercise and Physical Activity Resource Center](#), and visiting public health resources throughout San Diego County. As locations vary, access to transportation (private vehicle, public transportation, ride sharing like Uber or Lyft) is required. Professional decorum, including dress/wear, behavior/timeliness, and attitude is a core value for success in this course. The knowledge, skills, and experience gained in this course will be applicable to careers in public health, medicine, and other healthcare professions including the digital health and wellness industries.

Course Objectives:

- To gain a better understanding of the role of public health as it relates to the US healthcare system
- To gain a better understanding of the spectrum of public health in application
- To better appreciate how public health can lead to better health outcomes
- To realize practical experience in the public health sector by becoming involved in a variety of settings in the community
- To further develop professional skills by resume building and active communication and interaction in real-time practicum experiences, and
- To develop competency in professional behavior as it relates to interacting with clients and patients in a healthcare setting

Class Dates, Topics, and Assignments:

- Jan 7th - Introduction to public health and the US healthcare sector; Course Overview and Expectations; Professionalism in Healthcare Settings (Ryan Moran, MD, MPH)
 - Assignments: CITI training
- Jan 14th - Medical and public health ethics + Health Screening (Ryan Moran, MD, MPH)
 - Due: CITI certificates
 - Assignment: Health Screening Protocols
- Jan 21st - Environmental Health (Michael Austin, DO, and Angelo Asheh, DO)
 - Due: Health Screening Outline
 - Assignment: Outline health presentation: Asylee Shelter, Refugee clinic, or EPARC attendance
- Jan 28th - Digital Health (Job Godino, PhD)
 - Due: Health Screening Protocol
 - Preparation of health presentation; Asylum Shelter, Refugee clinic, or EPARC attendance;
- Feb 4th - Refugee Health (Anastasia Maletz, DO)
 - Due: Health Presentation outline
 - Assignment: Read *Live Well San Diego Community Health Assessment*, and outline public health essay; Asylum Shelter, Refugee clinic, or EPARC attendance;
- Feb 11th - Military Medicine and Public Health History (Matthew Humphreys, MD MPH)
 - Due: Public Health Presentation
 - Assignment: Asylum Shelter, Refugee clinic, or EPARC attendance
- Feb 18th - Health Policy and Public Health; the Patient Protection and Affordable Care Act (Janani Sankara, MD MPH)
 - Due: Public Health Essay Outline
 - Assignment: Asylum Shelter, Refugee clinic, or EPARC attendance
- Feb 25th - Health Promotion, Behavior and Lifestyle (TBD)
 - Due: Public Health Essay
 - Assignment: Professional school essays and resumes; Asylum Shelter, Refugee clinic, or EPARC attendance
- March 3th - Health Disparities (Marsha-Gail Davis, MD)
 - Due: Professional school essays and resumes
 - Assignment: Asylum Shelter, Refugee clinic, or EPARC attendance;
- March 10th - Infectious and Chronic Disease (TBD)
 - Assignment: Reflections on CAT 124
 - Due: Reflections on CAT 124

Note that the above is subject to change pending availability of lecturers and topics of interest to the class. You will be notified ahead of time of schedule changes. Please also remember that this is *your* class and as such your active engagement is necessary.

The presentations that you will prepare on a public health topic are intended to give you an opportunity to develop a professional presentation on a topic of your choice (with approval). You may be required to use these presentations in real-time application during the academic quarter, such as at refugee clinics and health fairs. The essays on a public health topic that you will prepare are intended to be more academic in nature. You will be encouraged to use class time to stimulate your own interests in the field of public health. This assignment will allow you to explore the role of public health in a topic of your choice (with approval). A formalized outline and expectations will be discussed in class, but you can expect this to include research and the dissemination of ideas with appropriate citations (MLA, APA, or AMA). The environmental audits will expose you to methods used in public health research, and the creation of professional school essays and resumes will prepare you for applying to graduate school and/or positions in industry.

The practicum experiences will largely be overseen by physicians in the UCSD/SDSU General Preventive Medicine Residency Program. They will include the attendance of refugee clinics, EPARC testing sessions, health fairs, or other clinical arenas subject to availability. Additional experiences will be added throughout the academic quarter and will include the attendance of public seminars or talks that occur on campus. You are expected to show up these on-time, in appropriate wear/professional clothing (eg, **not** sweats and sandals).

Grading:

1. Class attendance and participation 30%
 - One excused absence may be permitted pending a priori approval/notification
2. Assignments 50%
 - CITI certification
 - Health Screening Protocol
 - Health presentation
 - Public health essay
 - Reflection on Rotation and Experience
3. Practicum experience attendance 20%

Attendance and Punctuality: Attendance will be taken at the beginning of every class.

Students with greater than two excused absences per quarter will automatically receive a grade of NP. In the case of anticipated absence or tardiness, please notify the faculty director as soon as possible. If you are greater than thirty minutes late, you will receive an absent mark for the day. If you are less than thirty minutes late, please approach the faculty director at the end of class to assure you are marked present for the day. Emergencies and/or extenuating circumstances will be considered on an individual basis. Missing, failing to show up, or showing up late to non-class activities (eg Practicum experiences) will impact your grade and may not be able to be made up without appropriate notification to the faculty director.

Academic Ethics: Cheating will not be tolerated. Anyone caught cheating will face disciplinary action per UCSD protocol. For essays, Turnitin.com will be utilized through TritonEd.

Assignments

1. CITI Certification – Register under UCSD’s agreement with the CITI Program at :
https://www.citiprogram.org/index.cfm?pageID=154&icat=0&clear=1&_ga=2.157482547.887992952.1543180185-394941766.1543180185
You will register for, and complete the **Biomedical Research – Basic**. Print the Certificate and bring it to class
10 points
DUE January 14th 2019
2. Health Screening Protocols – You will design a protocol to screen individuals for a problem of your choice. You must consider the specific population / sub-population, and consider available, acceptable, and reasonable resources. You should remember the important aspects of screening, per the World Health Organization, and at least address why your protocol satisfies three (3) of their requirements
2 pages, double spaced
10 points
DUE January 28th 2019
3. Health Presentation – You will select a public health topic and create a presentation to disseminate important health-related information to “lay” populations. Your presentation should cite relevant source(s) and be designed to be approximately 10 minutes in length. PowerPoint is acceptable, see me if you opt for a different presentation style/medium
10 points

DUE February 11th 2019

4. Health Essay – You will write an essay on a public health topic of your choosing – different than what you present on in the Health Presentation – and include at least 3 peer-reviewed references. You should include, at minimum, background/importance and epidemiology, current implications to health and populations, and why you think based on your reading there should be more attention/resources to combat/address this topic.
3 pages, double spaced; proper citations.

10 points

DUE February 25th 2019

5. Reflection paper – You will write a paper to describe an activity you experienced in CAT124, and reflect on how this changed your perspective of public health or health care—or how it did **not** change your perspective. Be sure to include specific examples that you were involved with or witnessed. Minimum 2-page, 12 font, double spaced.

10 Points

DUE March 10th 2019