

**Academic Year/course:** 2021/22

## **66858 - Principles of health promotion**

### **Syllabus Information**

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**Academic Year:** 2021/22

**Subject:** 66858 - Principles of health promotion

**Faculty / School:** 105 - Facultad de Veterinaria

**Degree:** 617 - Master's in Global Health: Integration of Environmental, Human and Animal Health

**ECTS:** 3.0

**Year:** 1

**Semester:** Second semester

**Subject Type:** Optional

**Module:**

## **1. General information**

### **1.1. Aims of the course**

The general goal of this course is to acquire the necessary knowledge to implement strategies to fight the disease with a specific emphasis on the prevention of its impact on PUBLIC HEALTH, which implies knowing the different possibilities of health promotion and disease prevention in human medicine as well as the strategies to prevent, control and eradicate the disease in animals as a starting point for emerging zoonoses, all of this considering the environment, environment and anthropology, as a nexus of interaction between them.

Together with this general objective, the course fulfils the objective of analysing the role of the main health tools used in the promotion, prevention, control and eradication of emerging diseases, such as surveillance, diagnosis, vaccinations, education or the organization of health systems.

### **1.2. Context and importance of this course in the degree**

This optional course aims to define the strategies to be used in health emergency situations that would be included in an ONE HEALTH approach where multidisciplinary is one of the bases of success in the prevention, control and eradication of diseases, especially when they are zoonotic in nature.

The final meaning of this course will be the understanding that, in a global health context, the fight against emerging diseases must be a chain where different professions in the health field, and even sometimes non-health professions, interact.

The process begins in the animal world where the key will be the prevention, control or eradication of animal diseases, continues with the protection of the environment and in general of the media where people interact with other living beings and ends with the promotion of health and prevention of disease in humans, or its control in the event that in the previous stages the measures have failed.

It is a subject that completes the competences acquired in other subjects that have been developed in the obligatory module I (ONE HEALTH and ONE WELLFARE) as well as some subjects of the speciality of PUBLIC HEALTH such as Emerging Diseases, Ecology and Ecotoxicology or Food Safety.

### **1.3. Recommendations to take this course**

It is convenient that the student has previous knowledge of module I of the Master's itself as well as basic concepts of Biology, Epidemiology, Infectious Diseases, Immunology and Preventive Medicine. If necessary, the student will be provided with the basic material necessary for the understanding of the subject at the beginning of the classes.

## **2. Learning goals**

### **2.1. Competences**

**By taking this course the student will achieve the following specific skills:**

- Understand disease models and outbreak research.
- Knowing and applying European and national regulations on public health and travel.
- Understand the aspects of disease prevention and control and health surveillance.
- Understand and be able to apply the basic tools of health promotion.

- Know the measures for the promotion and protection of human health, as well as the prevention of disease.
- Understand the measures of prevention, control and eradication of animal diseases.
- Know the strategies of environmental health promotion.
- Identify the most important tools used in those strategies of fight proposed in human medicine, veterinary medicine and ecology.
- Understand the organization of health systems in order to effectively execute those strategies.

## 2.2. Learning goals

In order to pass this course, the student must demonstrate the following results:

- Understand the fundamentals of health promotion.
- Learn how to conduct a disease outbreak investigation.
- Analyze disease prevention and control strategies.
- Know the main contingency plans and how to execute them.
- Identify the needs and options of education in the population as well as the communication strategies in global health.

## 2.3. Importance of learning goals

This course will train the student to develop the study of a disease outbreak, using and managing the sanitary tools that allow the prevention, control and eradication of diseases in people, animals and the environment in which they interact. In addition, it will be able to implement an action strategy in front of an emerging disease of zoonotic character within the context of ONE HEALTH. Finally, he will be familiar with the structure and operation of health systems and will be able to fit his proposal to combat the emerging disease into that structure.

## 3. Assessment (1st and 2nd call)

### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

The student must demonstrate that he/she has achieved the planned learning outcomes through the following assessment activities:

#### ACTIVITY 1: GROUP WORK

The practical classes, consisting of the resolution of cases based on the Problem Based Learning (PBL) method. Sessions 1, 2 and 3 will be evaluated by the teaching staff, through a final presentation of each case and its discussion at the end of each session. Session 4 will take each group to the elaboration of a POSTER proposing a health strategy to solve the case. The poster will be exhibited in a public session and evaluated by the teacher in charge as part of the student's portfolio.

In all these sessions, the teacher will evaluate the proposed strategy to solve the case, but also the development by the student of transversal competences such as the ability to take decision, to communicate, debate or reasoning of the case. The grade will be from 0 to 10.

Summary table of the evaluation activities and their reflection in the final grade of the student:

Assesment activities	Assessed contents	% Final grade
Individual and group work	Continous evaluation of the practical sessions 1, 2 and 3.	50 %
Poster of activity 4		50 %

#### Global assessment:

Students who have not chosen the continuous assessment or who have not passed the subject by this procedure will have the right to sit for a global assessment that will consist of a written exam of 10 short open-ended questions based on the theoretical content of the subject (60 % pf the final grade) and the presentation of a case similar to those discussed in the different sessions (40 % pf the final grade). This test will have a score between 0 and 10 points.

#### Marking system

According with the Regulation of Learning Assessment Standards of the University of Zaragoza (Agreement of the Governing Council of 22 December 2010), the results obtained by the student will be graded according to the following numerical scale from 0 to 10, with the expression of one decimal place, to which the corresponding qualitative grade may be added:

- 0-4.9: FAIL.
- 5.0-6.9: PASS
- 7.0-8.9: GOOD (NT).
- 9.0-10: EXCELLENT (SB).

Students with a grade over 9.0 might be awarded with honours and it could be given to more than the 5% of the enrolled

students during the academic year.

In application of Article 158 of the Statutes of the University of Zaragoza, the provisional examination grades will be publicly displayed for a minimum of 7 days, and the students will be able to review their examinations, for which the place, date and time foreseen for this purpose will be indicated.

## 4. Methodology, learning tasks, syllabus and resources

### 4.1. Methodological overview

The learning process that has been designed for this subject is based on a combination of the following methods:

The theoretical part of the subject is structured in 13 theoretical topics given in 20 hours of master classes of 50 minutes duration. The master classes will develop the theoretical concepts and discuss their application in different health situations drawn from real experiences.

All the material used in the classes, as well as other recommended bibliographical references will be uploaded to the ADD of the subject before the classes.

The second part of the subject will correspond to 10 hours of face-to-face practice organized in 4 different sessions. They will be carried out in the computer rooms or in laboratories and seminar rooms depending on each situation and the need for presentation and discussion of the results and proposals made.

They will be carried out at all times under the permanent supervision of the teachers, who will also be responsible for coordinating and moderating the debates that arise in the presentation of results.

At the end of the practical sessions, the students, individually or in groups depending on the number of students enrolled in the subject, will have to present their results to the rest of their classmates and to the teacher, who will also be in charge of evaluating the presentation made.

Summary table of the time distribution in the different teaching activities

Teaching activity	
Lecture	20 face to face hours
Practice sessions (assignments)	10 face to face hours
Student's autonomous work	43 non face to face hours
Assessment test	2 face to face hours
<b>Total</b>	<b>75h</b>

### 4.2. Learning tasks

The program offered to the student to help him/her achieve the expected results includes the following activities:

Theory sessions: 20 hours of master classes where 13 different topics will be taught. They will be given in a single group.

Practice sessions: 10 hours of practical activities, distributed in 4 different sessions that will be carried out in a single session although, when working on specific cases, students will be divided into groups of 2 to 4 (unless the number of students is very small in which case they will work individually).

### 4.3. Syllabus

#### THEORY SESSIONS: (20 hours)

Presentation of the subject. Estimated duration: 30 min

Topic of the course:

1. Disease prevention and control strategies.
2. Health promotion principles.
3. Diseases outbreak investigation.
4. Health crisis management: control and contingency plans.
5. Preventive medicine strategies against antimicrobial resistance.
6. Vaccines in the immunization of populations Keys points in vaccination.
7. Importance of vaccination programmes and their design.
8. Nutritional components and health. Associated problems.
9. Health education in the process of lifestyle changes.
10. Environmental health education.
11. Vaccinable diseases and public health programs

12. Organisation of public health systems and veterinary services
13. Disease response strategies from a veterinary perspective (in conjunction with practical session 4)

#### **PRACTICE SESSIONS (10 hours)**

**Practice session 1: CRITICAL ASSESSMENT OF HEALTH PROMOTION PRINCIPLES:** Examples and discussion of cases in which health promotion and disease prevention measures have been implemented - 2 hours The seminar room will be held to encourage debate and discussion.

**Practice session 2: HEALTH CRISIS AND CONTINGENCY PLANS:** Presentation of some examples of contingency plans and their discussion - 2 hours The seminar room will be held to encourage debate and discussion.

**Practice session 3: ORGANIZATION OF HEALTH SYSTEMS:** Discussion on the organization of national health systems following emergencies that have emerged in recent years. 1 hour

It will be a class session that will take place in the same classroom as the theoretical classes as a continuation of them.

**Practice session 4: PREVENTION, CONTROL AND ERADICATION STRATEGIES IN VETERINARY MEDICINE I** work with cases of emerging zoonotic diseases that have appeared in animals and proposals for action against them with a view to protecting public health. It will use the PBL strategy simultaneously with theoretical concepts that will be introduced with the work on the cases. 5 hours

It will take place in the computer room and each group will make a POSTER of their case that will be exposed publicly and evaluated by the corresponding teacher.

#### **4.4. Course planning and calendar**

The calendar of the master and the programming of the theoretical and practical sessions of the course will appear throughout the month of September on the website of the Faculty of Veterinary Medicine, at the following address:

<http://veterinaria.unizar.es/>

The dates for the theoretical assessment test will be scheduled each year according to the Master's Degree in Global Health and will be available to the student at the time of registration. Teaching assignments will be delivered, at the latest, one week after the end of the other teaching activities.

**C o o r d i n a t o r :**  
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#### **Tutorials:**

Tutorial schedules will be set on the start day of the course in each academic year.

#### **4.5. Bibliography and recommended resources**

The list of updated bibliography, presentations and recommended resources will be displayed in the ADD.