Course title: Family Health
Audiences: International Med Stu, Term 3, Basic Sciences
Unit number: 2 theoretical units
Time and Place: Tuesdays, 10-12 AM, Medical School
Course Director: Dr. Ali Azizi, Community Medicine specialist

Overall Objective: Students become familiar with a family's health and indicators

Overall objectives of the sessions:
Students become familiar with:
1. Definition and scope of comprehensive family health services
2. Pre-pregnancy care
3. Prenatal care
4. Care during delivery and after delivery, and high risk pregnancies
5. Normal and premature neonatal care
6. Breastfeeding
7. Nutrition with infant formula
8. Growth and development in children
9. Care of children with disabilities
10. Clinical aspects of family planning
11. Care for aging
12. Demographics and population structure
13. Population movements (natural and spatial movements of the population)
14. The process of changing the population of the world and Iran - Important Indicators in Family Health
15. Schools Health
16. Health during puberty and adolescence
17. Mental health

Special-purpose to the overall objectives of each session:

Session 1: Familiarity with the definition and scope of comprehensive family health services
Special goals: In the end, students will be able to:
1-1. Define family health.
1-2. Explain the goals of family health.
1-3. Explain the risk factors in the family
1-4. Explain the causes of maternal and child mortality.
1-5. Interpretation of effective factors in reducing the mortality and morbidity of vulnerable groups in society
1-6. Define the physician's responsibility for family health.

Session 2: Pre-pregnancy care
Special goals: In the end, students will be able to:
2-1. Describe the history of prenatal care.
2-2. Explain laboratory tests for prenatal care
2-3. Educate and counsel on prenatal care
2-4. Immunization and supplements in prenatal care
Session 3: Prenatal care
Special goals: In the end, students will be able to:
3.1. Explain the goals of prenatal care.
3.2. Describe the number and frequency of prenatal care.
3.3. Explain the steps to be taken in each care.

Session 4: Care during delivery and after delivery, and high risk pregnancies
Special goals: In the end, students will be able to:
4.1. Describe the goals of care during and after childbirth.
4.2. Explain how to care for mother and baby during childbirth.
4.3. Describe the number and frequency of postpartum care.
4.4. Explain the steps that are taken at each time of postpartum care.
4.5. Describe the causes and types of postpartum hemorrhages.
4.6.7. Explain the common causes of postpartum infections.
4.7. Explain the country plan for postpartum care.
4.8. List the cases of referral in the postpartum period.

Session 5: Normal and premature neonatal care
Special goals: In the end, students will be able to:
5.1 explain neonatal examination.
5.2. Describe the current screening tests in newborns.
5.3. Explain the physiological jaundice of the newborn and its difference with pathological jaundice.
5.4 Identify and classify high-risk infants.
5.5. Describe the most common and most important risk factors in the neonatal period.
5.6. Identify effective factors in the early birth and delayed intrauterine growth of the infants.

Session 6: Breastfeeding
Special goals: In the end, students will be able to:
6-1. Explain the physiology of milk secretion.
6-2. Briefly describe the various components of breast milk and the major differences between breast milk and cow's milk.
6.3. Explain the differences between breast milk compositions at different stages of breastfeeding and during each meal-feeding period.
6-4. Explain the immunological factors in breast milk.
6-5. Explain the role of breastfeeding in protecting infants from illness.
6-6. Explain the benefits of breastfeeding to the benefits of the child, mother, and socio-economic benefits.
6-7. Advantages of early mother and infant contact and breastfeeding immediately after birth.
6-8. Lactation in mothers who work, keep and use the milk used.
6-9. Explain the use of medications during breastfeeding.

Session 7: Nutrition with infant formula
Special goals: In the end, students will be able to:
7.1 Indications for the prescription of infant formula.
7-2. Describe the benefits of breast milk and the disadvantages of other milk.
7-3. Describe the start time and how to continue the supplement.

Session 8: Growth and development in children
Special goals: In the end, students will be able to:
8.1 Defines growth and development and highlights its importance.
8.2. Identify effective factors on growth.
8.3. Explain the different stages of child development at different ages.
8.4. Explain the physical development of children and anthropometric indices
8.5. Describe changes in weight, height, and head circumference during growth.
8-6. Explain the country's plan for healthy baby care.
8.7. Completely explain Mana Country Program.

**Session 9: Care of children with disabilities**

**Special goals: In the end, students will be able to:**
9.1 NCHS charts and its application to explain Iranian children.
9.2. Explain the growth index.
9.3. Explain the concepts of slimming, short-acting nutrition, and underweight.
9.4. Describe the growth charts of the WHO and the charts used in Iran.
9.5. Describe the application of Growth Chart.
9.6. Know the major causes of mental retardation.

**Session 10: Clinical aspects of family planning**

**Special goals: In the end, students will be able to:**
10.1. Define family planning and its objectives.
10.2. Describe family counseling advice and counseling steps.
10.3. List various contraceptive methods and their categorization types.
10.4. Failure rates Different methods of contraception are compared
10.5. Explain the effectiveness, mechanism of action, benefits and side effects of hormonal methods.
10-76. Prescribing and contraindications for hormonal hormonal contraceptives to describe different types of hormonal methods.
10.7. List various forms of non-hormone methods.
10.8. Explain the mechanism of action, effectiveness, side effects, use and contraindications for non-hormone methods.
9.10. Explain the various methods and the use of emergency contraception.

**Session 11: Care for aging**

**Special goals: In the end, students will be able to:**
11.1. Define the aging, the purpose of expressing old age, aging.
11-2. Demographics and population changes in the elderly population.
11.3. Describe how to care for the elderly.
11.4. Explain the aging of nations.
11.6. Mention the factors affecting the increase in the elderly's life span.
11.7. Epidemiology of common diseases in the elderly.
11.8. Describe the immunization of the elderly against vaccine-related diseases

**Session 12: Demographics and population structure**

**Special goals: In the end, students will be able to:**
12.1 Explain demographic definitions.
12.2. Explain the concept of demography and its cycle.
12.3. Describe the objectives and theories of demography.
12.4. Explain the demographic information sources.
12.5. Explain the variety of populations.

**Session 13: Population movements (natural and spatial movements of the population)**

**Special goals: In the end, students will be able to:**
13.1. Explain the determinants of population composition.
13.2. Identify vital events and explain their impact on population structure.
13.3. Calculate the sex ratio of a population.
13.4.4 Calculate the urban, rural and biological densities of a given population
13.5. Identify migration indicators and calculate each one.
13.7. Calculate population growth

**Session 14: The process of changing the population of the world and Iran - Important Indicators in Family Health**
Special goals: In the end, students will be able to:
14.1. Explain the general trend of population development in Iran and the world.
14.2. Describe the stages of population transfer.
14.3. Explain the situation of Iran, developed countries and developing countries in terms of population transfer.
14.4. List important indicators in family health.
14.5. Describe the trend of changes in key indicators of family health in Iran.
14.6. Describe changes in fertility indexes in the world.

Session 15: Schools Health
Special goals: In the end, students will be able to:
15.1. Describe the importance, objectives, and strategies of school health.
15.2. Describe the concepts and principles of health services in schools.
15.3. Describe the health education in schools.
15.4. Demonstrate life skills and list healthy life skills in schools.
15.5 Define the school health promotion.
15.6. Describe the principles of school nutrition and nutrition at school.
15.7. Describe the titles of health and safety facilities and environmental health specifications.
15.7. Provide the main ways of preventing accidents in school and the school path.
15.8. Describe the basic health needs of healthy students.

Session 16: Health during puberty and adolescence
Special goals: In the end, students will be able to:
16.1. Explain the symptoms of puberty in girls and boys.
16.2. Explain the importance of puberty health.
16.4. Explain the role of physicians and health staff, parents and educators in juvenile health.
16.5. Explain the factors affecting girls 'and boys' maturity.
16.6. List the cases of adolescent referral to the physician.

Session 17: Mental health
Special goals: In the end, students will be able to:
17.1. Define mental health and explain its history.
17.2. Describe the importance of mental health.
17.3. Describe the characteristics of people who are mentally healthy.
17.4. Explain the priorities of mental health.
17.5. Mention the three levels of prevention in mental health, with an example.

References:

Teaching method:
The lecture method, using slides and whiteboard, is in line with the questionnaire. In order to create a student participation in conducting a lecture, a question and answer method is used.

Educational tools:
A class with visual-audio features (computer, video projector, whiteboard or smartboard)
### Evaluation

<table>
<thead>
<tr>
<th>Exam</th>
<th>Date</th>
<th>Share of total score (in percent)</th>
<th>Exam Type</th>
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<td>Midterm exam</td>
<td>22 Nov 2017</td>
<td>50%</td>
<td>MCQ and Descriptive</td>
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<tr>
<td>End of Term Exam</td>
<td>According to college education</td>
<td>50%</td>
<td>MCQ and Descriptive</td>
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One absence is allowed, the second absent is 0.25 and the third absent is 0.5 score (except by providing acceptable evidence) and more than three absences are treated in accordance with the training regulations.

### Class rules and expectations of Students:
Students should avoid any disturbance during teaching, such as:

1. Entering the class after the teacher
2. Eating and drinking during class
3. Long talk, laugh and make noise

Use of mobile phones and other audio and video equipment

### Name and signature of the teacher:

### Name and signature of Head of Department:

### Name and signature of the EDO Director of the School of Medicine:
<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Subject</th>
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<tr>
<td>1</td>
<td>26 Sep 2017</td>
<td>Definition and scope of comprehensive family health services</td>
<td>Dr. Azizi</td>
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<tr>
<td>2</td>
<td>3 Oct 2017</td>
<td>Pre-pregnancy care</td>
<td>Dr. Azizi</td>
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<td>3</td>
<td>10 Oct 2017</td>
<td>Prenatal care</td>
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<td>Care during delivery and after delivery, and high risk pregnancies</td>
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<td>5</td>
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<td>Normal and premature neonatal care</td>
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<td>6</td>
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<td>Breastfeeding</td>
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