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## **Syllabus: *PUH197 Introduction to Public Health & Health Careers***

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<b>Course Information</b>	
Course Prefix/Number: PUH197 Semester: Fall Class Days/Times: <b>M/F 2:30-3:34</b>	Credit Hours: 3 Course Title: <b>Introduction to Public Health &amp; Health Careers</b> Room: GSK 3

<b>Instructor Information:</b> Name: Rebecca Drummond	Phone/Voice Mail: 520.955.4430 E-mail: rdrummond@tocc.edu Office location: TBD Office hours: Upon request
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<b>Course Description:</b>  Introduction to Public Health and Health Careers covers the principles of public health, prevention, and public health systems.  A variety of health related careers will be “mapped out” demonstrating the educational requirements and pathways available.  Emerging topics in health promotion and health care on the Tohono O’odham Nation will be covered. Guest speakers from the Nation’s healthcare system will present on contemporary health issues in the community and describe the services and programs to address them, as well as speak to the needed job training and education involved.  Students will research a variety of health careers, and outline an educational pathway for a career of interest.
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<b>Course Objectives:</b>  <b>During this course students will .....</b>
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1. Define the meaning of “population health”
2. Describe key categories of social determinants of health including impacts of socioeconomic status
3. Describe the burden of non-communicable disease on the Tohono O’odham Nation and in the US
4. Describe ways that population interventions can be combined with individual interventions to more effectively reduce disease burden
5. Identify the range of interactions that occur between human beings and the physical environment
6. Identify goals of governmental public health
7. Explain the concept of primary care and differentiate between secondary and tertiary care
8. Identify variety of healthcare settings such as clinics, hospitals, and public health settings including examples from the Nation.

**Assessment Measures:**

1. Group discussion / Participation
2. Bi-weekly Quizzes: based on lecture learning objectives. Example: Give specific examples of services and programs the Nation’s health organizations perform
3. Homework assignments: Written responses and reflections to materials and presentations.
4. Student project: outline an educational plan and pathway (degree/certificate) that meets the needs of the individual student

**Student Learning Outcomes (SLOs):**

After completion of the course students will be able to

1. Describe the difference between population health and individual health.
2. Provide an overview of health careers in general terms.
3. Discuss health and human services that address health concerns on the Tohono O’odham Nation.

**Course Structure:**

This course will take place Mondays and Wednesdays from 2:30-3:45.

The course will use a combination of in-class lectures, guest speakers, take-home assignments, handout and online reading assignments, and a student health careers project.

In general each week will emphasize one public health topic and one health career topic with related readings and activities TBA.

The course will conclude with a student presentation and accompanying written assignment describing a health career of interest and the education and training needed.

**Texts and Materials:**

There is no text book.

Materials will be handed out in class and posted to Canvas.

Please keep track of all materials as they will be referred to throughout the course and you may need them for your final project and other assignments.

Students are expected to use Canvas and access materials as directed in class, even if no handout is provided. This includes visiting websites and accessing its information and materials.

**Evaluation and Grading & Assignments:**

**15% Participation:** Participation will be assessed on a weekly basis and includes the following components.

- Attendance
- Punctuality
- Group discussion & activity
- Engaging with Guest Speakers
- Submission of assignments on due dates
- Cell phones silenced and put away

**20% Quizzes:** Quizzes will be based on learning objectives of in-class Public Health and Health Careers lectures. They may be in-class or take-home, TBA.

**25% Homework and Reflection Assignments:** Written take-home assignments will ask you to reflect on or respond to materials or lectures presented in class, TBA.

**40% Student Project:** Your project consists of and be graded on the following components:

- 2 written preliminary assignments (20%)
- Final presentation and report (20%)

**Himdag Cultural Component:**

For each lecture and discussion, students are encouraged to think about their own village, community, or life in general for O'odham people. How do public health principles fit with O'odham ways of life? What are the opportunities and challenges of pursuing a health profession on the reservation? Off the reservation?

Keep in mind the core values of the TOCC:

**T-Wohocudadag – Our Beliefs**

At Tohono O'odham Kekel Ha-Maşcamakuđ we believe that T-Wohocudadag provides balance, strengthens, and helps us respect ourselves, other people, and cultures.

Things in our lives (e.g. nature, people, the environment, animals) keep us in balance. Everything is here for a reason, to learn from, to care for, and to respect.

**T-Apedag – Our Well-Being**

We, at Tohono O'odham Kekel Ha-Maşcamakuđ, believe that T-Apedag includes what is healthy and good for us (physically, spiritually, emotionally and mentally) and all that is around us.

How we interact with the world and our relationships influences our health. Well-being is how you give, how others give to you, and how to take care of yourself and others – (mentally, spiritually, emotionally and physically). Self-reflection provides understanding of one's place in the world, one's effect on others, and vice versa.

### **T-Pi:k Elida – Our Deepest Respect**

We, at Tohono O'odham Kekel Ha-Maşcamakuđ, believe that T-Pi:k Elida is a deep sense of respect for the land, the people, and the things upon the land, yourself, and your life.

This includes valuing the people and the culture.

### **I-We:mta – Working Together**

We, at Tohono O'odham Kekel Ha-Maşcamakuđ, believe that I-We:mta is crucial for the success of the college.

In years past, when someone shot a deer they shared it with the people. This was also true when planting and harvesting the fields where everyone helped one another. Providing food was not just for oneself; it included the concept of sharing, taking care of others, and giving back to the community. Tohono O'odham provided help when help was needed, particularly in times of loss and death.

**College Motto:** "Nia, oya g t-taccui am hab e-ju." (See, our dream fulfilled.)

## **Policies and expectations-**

**Communication:** Students are expected to check email daily and read and respond to Instructor messages in a timely manner, i.e. within 48 hours. Acknowledging and responding to Instructor communication is a sign of respect and demonstrates a student's desire to do well in the course. Lack of communication demonstrates otherwise.

**Office Hours:** Office hours are upon request. Please do not hesitate to request a meeting or phone call to discuss assignments, questions, or concerns. The Instructor is here to help and wants you to do well.

**Attendance:** Students are expected to attend ALL classes. If a student is unable to attend a class s/he should inform the Instructor **prior** to class.

**Missed Classes:** It is the student's responsibility to contact the Instructor about missed classes, and request any handouts or special instructions. If a class is missed the student is still responsible for the information that was presented, as it will be reflected in subsequent assignments and/or quizzes.

**Late Assignments:** It is at the Instructor's discretion to accept late assignments or not. If a student is unable to turn in an assignment by the due date, s/he must notify the Instructor **prior** to the due date, and discuss expectations and options.

**Cell Phones:** Cell phones must be silenced or set to vibrate. Students are expected to refrain from checking email or texting during class. Class is one hour and fifteen minutes and students are expected to give their full attention. Use of cell phones may impact the student's Participation grade. It is also not respectful behavior toward the Instructor or fellow students.

**Group Activities and Discussion:** Your overall experience will be better the more you participate in activities and discussion. We can all learn from each other. Guest speakers also learn from you so be encouraged to ask questions and share your own thoughts and viewpoints. Let's have fun!

**Course Outline:**

As this course relies on guest speakers, the outline and schedule are subject to change. Assignments and quizzes are TBA and ample notification will be given as they are scheduled. Likewise, reasonable time will be given to complete any announced assignment or quiz, which will most likely not be more than one per week.

Please check Canvas for updated schedule as Instructor will not bring copies as schedule changes. Instructor will make announcement in class as circumstances change.

TOCC PUH197  
Fall 2017 Schedule  
**Introduction to Public Health & Health Careers**

Week	Day	Topic / Activity	Readings / Assignment (completed by same class day/time)
1	Mon 8/14	Introductions Overview of Course & Syllabus	None
	Wed 8/16	Discussion: Share what you already know....What is Public Health? What are the Health Professions?	Website: Indian Health Services <a href="http://www.ihs.gov">www.ihs.gov</a>  Explore for 30 -60 minutes: "For Patients" > "Health Topics", "Improve your health", "Social Media". Be prepared to discuss next week.  Sign up for social media, or follow a Facebook page
2	Mon 8/21	What is Pubic Health?	
	Wed 8/23	Health Professionals & the Health Workforce	Website: <a href="http://www.explorehealthcareers.org">www.explorehealthcareers.org</a> Read "Why a Career in Health?"- "FAQ" Sign up for newsletter
3	Mon 8/28	Social Determinants of Health	<b>Drop class deadline</b>
	Wed 8/30	What is Allied Health?	Website: <a href="http://www.explorehealthcareers.org">www.explorehealthcareers.org</a> Read "Career Explorer"- "Types of Health Careers"
4	Mon 9/4	<b>Labor Day- TOCC closed</b>	
	Wed 9/6	Fundamentals of Epidemiology & Infections Disease Control	Zika handout
5	Mon 9/11	Injuries and Non-Infectious Diseases	SDPI handout
	Wed 9/13	Career Mapping: Certificate Programs	Website: Pima Community College

			Review "Credit Programs & Degrees"- "Health Related Professions"
6	Mon 9/18	Environmental Health	TBA
	Wed 9/20	Career Mapping: Nursing	
7	Mon 9/25	Emergency Preparedness	Ready Indian Country- Southwest & Tribal Leaders Brochures
	Wed 9/27	Career Mapping: Physical & Occupational Therapy	
8	Mon 10/2	Public Health Institutions & Systems	TBA
	Wed 10/4	St. Francis Day- TOCC closed	Work on Career Mapping Project
9	Mon 10/9	GUEST SPEAKER	Work on Career Mapping Project
	Wed 10/11	GUEST SPEAKER	Work on Career Mapping Project
10	Mon 10/16	GUEST SPEAKER	Work on Career Mapping Project
	Wed 10/18	Career Mapping: Primary & Specialty Care	Work on Career Mapping Project
11	Mon 10/23	GUEST SPEAKER	Work on Career Mapping Project
	Wed 10/25	Career Mapping: Pharmacy	Work on Career Mapping Project
12	Mon 10/30	GUEST SPEAKER	Work on Career Mapping Project
	Wed 11/1	GUEST SPEAKER	Work on Career Mapping Project
13	Mon 11/6	GUEST SPEAKER	Work on Career Mapping Project
	Wed 11/8	GUEST SPEAKER	Work on Career Mapping Project
14	Mon 11/13	Building Healthy Communities	TBA
	Wed 11/15	Public Health Leadership	TBA
15	Mon 11/20	Student Presentations	All Student Projects DUE This day
	Wed 11/22	Student Presentations	Students must attend all days, even if not presenting. Not attending will impact your Project Grade!!!!
16	Mon 11/27	Student Presentations	
	Wed 11/29	Student Presentations	

**DISCLAIMER:** This syllabus is designed to evolve and change throughout the semester based on class progress and interests. You will be notified of any changes as they occur.