



# UNIVERSITÀ DEGLI STUDI DI PALERMO

<b>DEPARTMENT</b>	Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di Eccellenza "G. D'Alessandro"		
<b>ACADEMIC YEAR</b>	2024/2025		
<b>BACHELOR'S DEGREE (BSC)</b>	HEALTHCARE ASSISTANCE		
<b>INTEGRATED COURSE</b>	PREVENTIVE AND COMMUNITY MEDICINE - INTEGRATED COURSE		
<b>CODE</b>	16894		
<b>MODULES</b>	Yes		
<b>NUMBER OF MODULES</b>	3		
<b>SCIENTIFIC SECTOR(S)</b>	MED/42, MED/49, MED/50		
<b>HEAD PROFESSOR(S)</b>	CASUCCIO ALESSANDRA	Professore Ordinario	Univ. di PALERMO
<b>OTHER PROFESSOR(S)</b>	CASUCCIO ALESSANDRA	Professore Ordinario	Univ. di PALERMO
	RANDAZZO CRISTIANA	Ricercatore a tempo determinato	Univ. di PALERMO
<b>CREDITS</b>	15		
<b>PROPAEDEUTICAL SUBJECTS</b>			
<b>MUTUALIZATION</b>			
<b>YEAR</b>	3		
<b>TERM (SEMESTER)</b>	1° semester		
<b>ATTENDANCE</b>	Mandatory		
<b>EVALUATION</b>	Out of 30		
<b>TEACHER OFFICE HOURS</b>	<p><b>CASUCCIO ALESSANDRA</b>            Tuesday 11:00 13:00 Si riceve previo appuntamento con il docente scrivendo alla email: <a href="mailto:alessandra.casuccio@unipa.it">alessandra.casuccio@unipa.it</a>La sede dello studio e sita al primo piano del dipartimento di Promozione della Salute, Materno Infantile, di Medicina Interna e Specialistica di Eccellenza "G. D'Alessandro" (Policlinico), via del vespro, 133, 90127 Palermo</p> <p>Thursday 11:00 13:00 Si riceve previo appuntamento con il docente scrivendo alla email: <a href="mailto:alessandra.casuccio@unipa.it">alessandra.casuccio@unipa.it</a>La sede dello studio e sita al primo piano del dipartimento di Promozione della Salute, Materno Infantile, di Medicina Interna e Specialistica di Eccellenza "G. D'Alessandro" (Policlinico), via del vespro, 133, 90127 Palermo</p> <p><b>RANDAZZO CRISTIANA</b>            Thursday 15:00 17:00 Dipartimento Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di Eccellenza "G. D'Alessandro" (Promise).Piazza delle Cliniche, 2, Edificio 2a -90127, PALERMOPREVIA RICHIESTA a <a href="mailto:cristiana.randazzo@unipa.it">cristiana.randazzo@unipa.it</a></p>		

<p><b>PREREQUISITES</b></p>	<p>The student to approach the study of this course must have the knowledge about the foundations of epidemiology and statistics applied to population studies. It will also have to learn about the natural history of the major and preventable infectious diseases. At the same time is fundamental knowledge of the health characteristics of population groups at risk such as the child population, the woman pregnant and the elderly</p>
<p><b>LEARNING OUTCOMES</b></p>	<p><b>LEARNING EXPECTED RESULTS</b></p> <p>The student must be able to organize the scientific knowledge of technical, methodological and instrumental targeting them to exercise the Health Assistant profession. In particular should be able to apply the working methods of detection of health data and population health, and use tools such as questionnaires, structured and semi-structured interview and the interview; make the observation, study and identification of health needs and the biological and social risk factors by applying methods, techniques and individual character and group tools; prepare a draft health education at different stages of life of the person from the identification of educational needs up to the definition of indicators aimed at assessing the effectiveness of 'intervention; apply specific methodologies for conducting health promotion interventions to the areas of family, work, school and daily life; apply methods of communication to programs for health promotion and health education; apply the organizational and promotional methods related to population-based screening programs; identify individuals or groups of fragile population and / or at risk, and knowing how to apply health promotion methods in these groups of the population; carry out epidemiological investigations, detect health needs and health risks of 'individual and the collectivity, in different situations that may occur in relation to the more' common and widespread diseases in the community.</p> <p>The evaluation will take place with the exams through the oral or written paper and practical tests in the field of the attività 'of training, and with the final exam (dissertation).</p> <p><b>Knowledge and ability to understanding</b></p> <p>The educational tools aimed at achieving the ability to apply knowledge in the field of activity characteristic include, in addition to 'set of educational activities directed to the student (lectures, self-study, etc.), The activities of vocational training, with training periods in public facilities with the guidance of professionals.</p> <p>Other fundamental instruments are represented by the use of computer resources, consultation and / or construction and updating of databases, from the literature search.</p> <p><b>Ability to apply knowledge and understanding</b></p> <p>have the ability to gather and interpret data for the area of health promotion, prevention and 'health education and to reflect on major social issues, scientific and ethical issues to arrive at the formulation of independent judgments that take into account the complexity and the variability of contexts. In particular, be able to express independent judgment in the 'identification of health needs, in the identification of biological and social risk factors, in the design, implementation and evaluation of educational projects and in the identification of priority' preventive intervention, educational and recovery.</p> <p><b>Judgement skills</b></p> <p>participate in the work in multidisciplinary teams helping to achieve prevention strategies.</p> <p><b>Skills communication</b></p> <p>motivate citizens to prevention practices and health promotion of individuals, families, communities.</p> <p><b>Learning ability</b></p> <p>having developed learning skills that enable them to continue studying independently in specific fields of interest, and in particular to be able to identify the interventions of prevention and promotion of the most effective health.</p>
<p><b>ASSESSMENT METHODS</b></p>	<p>The tests consist in verifying oral exam in order to assess the achievement of theoretical and practical training objectives. To this end, questions will be formulated taking into account the preparation of each module individually, but also the interaction between the different knowledge and the fallout from the overall picture in terms of interventions of health promotion and preventive medicine.</p> <p>Each teacher will propose an overall assessment according to the following assessments:</p> <p>Rating 30/30 marks for excellent knowledge of the topics, excellent properties of language, good analytical ability, the student is able to apply knowledge to solve problems proposed</p> <p>26-29 Rating Good mastery of the subjects, full of language, the student is able to apply knowledge to solve problems proposed</p> <p>evaluation</p> <p>24-25 basic understanding of the main topics, discrete properties of language, with limited ability to independently apply the knowledge to the solution of the proposed problems</p>

	<p>21-23 evaluation did not full grasp of the main issues but it has the knowledge, satisfactory property language, poor ability to independently apply the knowledge acquired</p> <p>18-20 minimum basic knowledge of the main topics and teaching of technical language, very little or no ability to independently apply the knowledge acquired less than 18 evaluation does not have an acceptable knowledge of the contents of the topics covered in the teaching.</p> <p>Compensatory tools and dispensatory measures will be guaranteed by the Disability and Neurodiversity Center - University of Palermo (Ce.N.Dis.) to students with disabilities and neurodiversity, based on specific needs and in implementation of current legislation.</p>
<b>TEACHING METHODS</b>	Classroom lessons, professional skills activities

**MODULE**  
**THE PROFESSION OF HEALTH ASSISTANT FOR HALTHY LIFE STYLES**

**SUGGESTED BIBLIOGRAPHY**

Materiale didattico disponibile online nel portale del corso di laurea  
Teaching support available online on the website of the degree course

<b>AMBIT</b>	10361-Scienze dell' assistenza sanitaria
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<b>INDIVIDUAL STUDY (Hrs)</b>	90
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<b>COURSE ACTIVITY (Hrs)</b>	60
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**EDUCATIONAL OBJECTIVES OF THE MODULE**

knowledge and ability to apply the methods and the promotion of health tools for planning interventions for prevention and health promotion directed to the individual and to the community in the field of preventive medicine and community.

**SYLLABUS**

Hrs	Frontal teaching
3	The health assistant, professional in prevention and health promotion. Primary, secondary and tertiary prevention. Areas of intervention.
3	The epidemiological transition. The prevention of infectious diseases and chronic degenerative diseases.
3	The 2030 Agenda. The 17 objectives for sustainable development. The contribution of public health and health professionals.
3	107/5000 From disease prevention to health promotion. Risk factors and health determinants.
3	Surveillance systems: OKkio to health, HBSC, Passi e Passi d'Argento. Analysis of the sides and assessment of the needs of the various targets.
3	Health promotion tools and methods. The Ottawa card and subsequent address documents.
3	Health promotion design. From the analysis of the need to the evaluation. good practices.
3	The project team as an effective tool for health promotion. The health assistant between integration, multidisciplinary and intersectoriality.
3	Health Literacy. How to communicate health. Healthcare assistant communication tools.
3	The stages of change. Trans-historical model of Di Clemente and Prochaska. Proactive communication based on the Short Motivational Interview
3	WHO networks: HPH, SHE, WHP. Examples of intersectoral interventions.
3	Epidemiological data to plan health prevention and promotion activities with a life course approach. Focus on active aging.
3	The quality of life of the guests of the facilities for the elderly. Networks and alliances as strengths to improve the health of the elderly.
3	Promote life skills according to WHO. Life skills education. The development and implementation of life skills programs.
3	Hygiene in schools, surveillance of infectious diseases, school environments, behaviors and lifestyles of children and adolescents. Health care assistant's tools.
3	The inspection in the various communities. Creation / sharing of specific survey cards for each type of community.
3	The Gaining Health program. Nutrition, physical activity, smoking and alcohol. Interventions, programs and projects on the 4 risk factors
3	Cancer screening as secondary prevention. Competences of the health assistant.
6	Brainstorming, reading and discussion of documents, group work, proposals for health promotion interventions in the various settings.

**MODULE  
HYGIENE AND PREVENTIVE MEDICINE**

*Prof.ssa ALESSANDRA CASUCCIO*

**SUGGESTED BIBLIOGRAPHY**

Francesco Vitale, Michele Zagra - Igiene, epidemiologia e organizzazione sanitaria orientate per problemi. Editore: Elsevier, Novembre 2012; ISBN: 8821434249

Materiale didattico messo a disposizione dal docente sul portale nella pagina dell'insegnamento

<b>AMBIT</b>	10361-Scienze dell' assistenza sanitaria
<b>INDIVIDUAL STUDY (Hrs)</b>	90
<b>COURSE ACTIVITY (Hrs)</b>	60

**EDUCATIONAL OBJECTIVES OF THE MODULE**

**OBJECTIVES OF MODULE 1**

"HYGIENE AND PREVENTIVE MEDICINE" MED / 42

To be able to apply the methodology of detection of health data and population health indicators, and use tools such as the questionnaire, the structured and semi-structured interview and the interview; identify health needs and the biological and social risk factors by applying epidemiological methods, techniques and individual character and group tools; to perform a draft health education at different stages of life of the people from the identification of educational needs up to the definition of indicators aimed at the assessment of effectiveness of intervention; to apply specific methodologies for conducting health promotion interventions to the areas of family, work, school and daily life; to apply strategies of communication to programs for health promotion and health education; apply the organizational and promotional methods related to population-based screening programs;

identify individuals or groups of fragile population and / or at risk, and knowing how to apply health promotion methods in these groups of the population; carry out epidemiological investigations, detect health needs and health risks of individual and the collectivity, in different situations that may occur in relation to the more common and widespread diseases in the community.

**SYLLABUS**

<b>Hrs</b>	<b>Frontal teaching</b>
3	Human health: from individual health to community health. • Promoting human health: professional figures involved in the active role of interaction for prevention
3	Key definitions: hygiene, public health, health promotion, quality of life. • Glossary of Health Promotion
3	The health assistant and his professional activity in the relationship between human-environment-health.
7	Knowledge of risk factors and protective factors for human health, with particular reference to the major pathologies associated with greater impact on the population both in infectious and chronic degenerative diseases.
4	The health care assistant and his role in primary, secondary and tertiary prevention. The health assistant's tools: the questionnaire, the epidemiological inquiry.
4	Evaluation of prevention activities in the light of statistical-epidemiological studies of different levels: case-control, cohort, experimental, review and meta-analysis
3	Knowledge about Epidemiology and the prevention of infectious diseases: • Behavior of diseases within the community •
3	Natural history of infectious diseases: Concept of pathogenicity, virulence, infectivity, Host-parasitic relationship, Transmission mode, penetration paths and factors promoting disease onset.
3	Infectious diseases with high burden on public health : Infectious diseases with oral-fecal transmission (polio, hepatitis A, salmonellosis, etc.),
3	Airborne infections (diphtheria, tuberculosis, influenza, meningitis, exanthematic diseases, etc.)
3	Sexual and / or parenteral disease transmission (hepatitis B, syphilis, AIDS , Etc.)
4	Vertical transmission disorders: the TORCH complex • parasitic zoonoses (tetanus, anger, brucellosis): pediculosis, scabies. Opportunistic infections.
7	Instruments for Primary Prevention of Infectious Diseases Vaccinations: Vaccination Strategy and Vaccination Objectives. Vaccination Constituency. Vaccination Calendar for Evolutionary Age.
5	Epidemiology and prevention of chronic-degenerative diseases. Secondary Prevention Tools: Screening and Applications for Major Pathologies prevention. health at different evolutionary ages. Nutrition and health-related: breastfeeding; Overweight and obese.
5	Health promotion at different ages of life. Lifestyles and correlation with major diseases in the population. Physical activity and correlation with health. Behavioural habits and correlation with health: tobacco smoke, alcohol use, etc.

**MODULE  
APPLIED DIETETIC TECHNICAL SCIENCES**

*Prof.ssa CRISTIANA RANDAZZO*

**SUGGESTED BIBLIOGRAPHY**

M. Elia, et al. *Nutrizione Clinica*. Casa Editrice Ambrosiana - ISBN: 9788808680044  
 Riccardi, Pacioni, Giacco, Rivellese. *Manuale di nutrizione applicata*. edizioni idelson gnocchi. V edizione. ISBN: 9788879477352

Materiale didattico fornito dal docente ed articoli scientifici

<b>AMBIT</b>	10361-Scienze dell' assistenza sanitaria
<b>INDIVIDUAL STUDY (Hrs)</b>	45
<b>COURSE ACTIVITY (Hrs)</b>	30

**EDUCATIONAL OBJECTIVES OF THE MODULE**

Develop knowledge and skills on fundamental notions related to body composition assessment, the metabolic use of macronutrients, malnutrition, and the main pathologies of nutritional interest. Develop knowledge and skills for dietary sciences research, training, and prevention projects.

**SYLLABUS**

<b>Hrs</b>	<b>Frontal teaching</b>
3	Nutrients and nutritional requirements
3	Nutrition and metabolism, the metabolic fate of nutrients. The fasting and post-prandial phase
4	Energy balance, basal metabolism, and body composition
2	Nutritional assessment in the individual and population
4	Guidelines for Healthy Eating, Food Intake Estimation, and LARN
4	The role of nutrition in the prevention of non-communicable diseases: Seven Country Study, DPP, DPS, Predimed, Lyon Heart Study, ABCD project
4	Nutrition in different ages, cultures, and physiological conditions: childhood, pre-adolescence, adult, elderly, pregnant, and breastfeeding
4	Undernutrition and over-nutrition: sarcopenia, cachexia, micronutrient deficiencies, macronutrient deficiencies, obesity. Hospital malnutrition
2	Nutritional aspects in the cancer patient, the EPIC study