[Medicinski fakultet u Rijeci]

Curriculum
2025/2026

[Za kolegij]

Social Medicine

Study program:	**Medical Studies in English (R)** [Sveučilišni integrirani prijediplomski i diplomski studij]
Department:	**[Katedra za socijalnu medicinu i epidemiologiju]**
Course coordinator:	**prof. dr. sc. Rukavina Tomislav, dr. med.**
Year of study:	**1**
ECTS:	**2**
Incentive ECTS:	**0 (0.00%)**
Foreign language:	**Possibility of teaching in a foreign language**

Course information:

The course Social Medicine is a first year compulsory course of Medical Studies in English. The course consists of 15 hours of lectures and 20 hours of seminars, leading to a total of 35 hours (2 ECTS). The course is conducted in the lecture rooms of the University of Rijeka, Faculty of Medicine.

The goals of the course are introducing the students to the basic development of social medicine, the promotion of health and prevention of diseases. Lectures and seminars will explore the determinants of health and health inequalities between populations, how social factors influence medical knowledge, health care, health promotion and disease prevention. Students will learn about basic communication skills and the creation of population based preventive programs. They will get an overview of specific features of of healthcare of special population groups, the basics of health care and social care organization.

Course content: This course will introduce students to the theory and practice of social medicine to enable them to recognize social influence on population health, organization of health and social care, most important health risks, ways of preventive action and health improvement.

LEARNING OUTCOMES:

By the end of this course, students should be able to:

I. COGNITIVE DOMAIN - KNOWLEDGE

- Understand how social medicine can contribute to care by recognizing how social and economic forces influence who gets sick, what disease afflict them, which treatments are available to them
- Appreciate how knowledge of a community can enhance their ability to provide care to people from that community, recognize the social factors influence to health and the influence of population health on the society
- Understand and describe the meanings of health and disease, risk factors and evaluation of population health
- Understand the complex origins of global health problems and how specific strategies can be implemented to change both global health policy and health care delivery
- Recognize the types of disparities that exist according to race, gender, geography, and other parameters

II. PSYCHOMOTORIC DOMAIN – SKILLS

- Apply the insights of social meicine to develop solutions that could improve the delivery of health care on local, national and global scales.
- Imagine system of medicine and public health that might best eclipse the burden of disease
- Examine the influence of the determinants of health as well as ways and possibilities for population preventive actions.

The way the classes are organized: Classes are organized in form of lectures and seminars. Students will actively participate in the course through seminars, which they will prepare in collaboration with the instructors. The lectures will engage students by actively reflecting on various issues. Seminars will prepare students for independent problem solving and integrative thinking. Through seminars, students will be introduced to the impacts of social determinants and their negative influence on health as well as preventive measures. Active participation of students throughout the course will be encouraged through independent reading and seminars. Students need to prepare the reading, which will be discussed in lectures and seminars. The final grade will be the sum of acquired points throughout the course and the final exam. Each student will be assessed on class participation during seminars (demonstrated knowledge, understanding, problem solving, concluding, etc.).

[Ishodi učenja]:

Lectures:

Lecture 1: Definition and Tasks of Social Medicine
Learning outcomes: Understand basic terminology and concepts of social medicine. Describe historical overview. Present the most important roles and tasks of social medicine.
Lecture 2: Determinants of Health
Learning outcomes: Identify and describe the most important factors that affect health.
Lecture 3: Health Inequalities

Learning outcomes: Recognize social inequalities and their impact on health.
Lecture 4: Special Populations and Their Specifics I
Learning outcomes: Define special population groups. Recognize health needs and health care of special population groups.
Lecture 5: Special Populations and Their Specifics II
Learning outcomes: Define special population groups. Recognize health needs and health care of special population groups.
Lecture 6: Health Promotion and Prevention of Diseases
Learning outcomes: Present and list organized activities health promotion and disease prevention at population level.
Lecture 7: Health Education
Learning outcomes: Define and describe basic health education concepts in terms of improving the health status of the population.
Lecture 8: Communication Skills
Learning outcomes: Learn basic communication skills for health professionals.
Lecture 9: Health in the Community - "Healthy Cities", "Healthy Counties"
Learning outcomes: Describe the basics of maintaining and improving health in community. Outline the features of local and regional projects in the organization of public health projects and their impact on community health. Recognize current trends in health promotion at the local and regional level.
Lecture 10: Health and Health Indicators
Learning outcomes: Define health indicators. List the most important indicators and measures of population health.
Lecture 11: International Health Organizations
Learning outcomes: Describe the organization and understand the tasks of the most important international health organizations.
Lecture 12: Leading Health Challenges of the 21. Century
Learning outcomes: Identify the most significant risks for the health of the population. Describe the most important leading causes of mortality and morbidity. Recognize selected health statistics data of population and health condition (Croatia, world). List the main causes of global and local morbidity.
Lecture 13: Health Care
Learning outcomes: Understand and describe the organization of health care.
Lecture 14: Social Care
Learning outcomes: Define and describe legal frameworks of social welfare.
Lecture 15: Globalization and Health
Learning outcomes: Recognize the influence of the modern world and globalization on the health status.

Seminars:

Seminar 1: Lifestyle as a Determinant of Health
Learning outcomes: Recognize the impact of lifestyle on health
Seminar 2: Quality of Life
Learning outcomes: Understand the measurements of quality of life
Seminar 3: Healthy Ageing
Learning outcomes: Recognize determinants of healthy ageing
Seminar 4: Poverty as a Determinant of Health
Learning outcomes: understand the impact of poverty on health and healthcare access
Seminar 5: Health Care System
Learning outcomes: recognized the strengths and weaknesses of different model of health care organizations
Seminar 6: Health Promotion
Learning outcomes: understand the value of health promotion
Seminar 7: Case study – debate
Students will work in subgroups on a given thematic unit with the help of a mentor and present the final seminar paper.

List of assigned reading:

1. Social medicine (the script). University of Rijeka, Faculty of Medicine, Rijeka, 2017.
2. A Conceptual Framework for Action on the Social Determinants of Health. Social Determinants of Health Discussion Paper 2 (Policy and Practice). World Health Organization, Geneva, 2010. (Available at: http://www.who.int/sdhconference/resources/ConceptualframeworkforactiononSDH_eng.pdf)

List of optional reading:

1. Selected articles from relevant journals and books available on the Internet

[Način polaganja ispita]:

II. Final exam (30 credits)

Specific competences are assessed on the final exam. The final exam consists of a test with 30 multiple-choice questions. Credits are awarded only if the student scores at least 50% on the test.

The students who CAN take the final exam are:

Students who acquired min 50% credits during the course (35 credits)

The students who CANNOT take the final exam:

Students who achieved 0 to 49.9 % credits during the course or who have 30% and more absences from classes. That student is **insufficient (1) F** and can not take the final exam, i.e. the course must be re-enrolled in the next academic year.

III. The final grade is the sum of the credits obtained during the course and on the final exam.

Curriculum:

[Predavanja] list (with titles and explanation):

L1: : Definition and Tasks of Social Medicine

Understand basic terminology and concepts of social medicine. Describe historical overview. Present the most important roles and tasks of social medicine.

L2: Determinants of Health

Identify and describe the most important factors that affect health.

L 3: Health Inequalities

Recognize social inequalities and their impact on health.

L4: Special Populations and Their Specifics I

Define special population groups. Recognize health needs and health care of special population groups.

L5: Special Populations and Their Specifics II

Present and list organized ways of population – wide health promotion and disease prevention at the population level

L6: Health Promotion and Prevention of Diseases

Present and list organized activities health promotion and disease prevention at population level.

L7: Health Education

Define and describe basic health education concepts in terms of improving the health status of the population

L8: Communication Skills

Learn basic communication skills for health professionals.

L9: Health in the Community - "Healthy Cities", "Healthy Counties"

Describe the basics of maintaining and improving health in community. Outline the features of local and regional projects in the organization of public health projects and their impact on community health. Recognize current trends in health promotion at the local and regional level.

L10: Health and Health Indicators

Define health indicators. List the most important indicators and measures of population health.

L11: International Health Organizations

Describe the organization and understand the tasks of the most important international health organizations.

L12: Leading Health Challenges of the 21. Century

Identify the most significant risks for the health of the population. Describe the most important leading causes of mortality and morbidity. Recognize selected health statistics data of population and health condition (Croatia, world). List the main causes of global and local morbidity.

L13: Health Care

Understand and describe the organization of health care.

L14: : Social Care

Define and describe legal frameworks of social welfare.

L15: Globalization and Health

Recognize the influence of the modern world and globalization on the health status.

[Seminari] list (with titles and explanation):

S1: Lifestyle as a Health Determinant

Recognize the impact of lifestyle on health.

S2: Healthy Ageing

Understand the measurements of quality of life.

S3: Quality of Life

Recognize determinants of healthy ageing.

S4: Poverty as a Health Determinant

Understand the impact of poverty on health and healthcare acces.

S5: Health Care System

Recognized the strengths and weaknesses of different model of health care organizations.

S6: Health Promotion

Understand the value of health promotion.

S7: Case study – debate

Students will work in subgroups on a given thematic unit with the help of a mentor and present the final seminar paper.

Student obligations:

Students have to prepare seminars based on the assigned reading and participate in discussions. The mentor will evaluate students' participation in and preparation of the seminars (demonstrated knowledge, understanding, conclusions, seminar paper, etc.). The final grade will be the sum of acquired credits throughout the course and the final exam. The final exam is in the form of multiple-choice test.

Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):

Assessment (ECTS credits):

The assessment of students is carried out in accordance to the current **Regulation of studies of the University of Rijeka**, and according to the **Regulation of Student Assessment at the Faculty of Medicine in Rijeka** (adopted by the Faculty Council of the Faculty of Medicine in Rijeka).

The students are evaluated during the course and on the final exam (a total of 100 credits).

Of a total of 100 credits, a student can acquire 70 credits during the course and 30 credits on the final exam.

I. **Assessment during the course (max 70 credits):**

a) Active participation in seminars and paper presentation (10 credits)

b) Written seminar paper (20 credits)

c) Short tests during the course (40 credits)

a) Active participation in seminars and paper presentation (max 10 credits):

Point distribution:

excellent	**10 credits**
very good	**8-9 credits**
good	**6-7 credits**
sufficient	**5 credits**

b) Written seminar paper (max 30 credits):

Point distribution:

excellent	**19-20 credits**
very good	**16-18 credits**
good	**13-15 credits**
sufficient	**10-12 credits**

c) Short tests during the course (max 40 credits):

During the course students will have four short tests of 10 questions each (total of 40 questions).

The schedule and the contents included in the short tests can be found in the following table:

October 20, 2025	**Lectures 1, 2, 3**
October 27, 2025	**Lectures 4, 5, 6**
November 03, 2025	**Lectures 8, 10, 11**

November 17, 2025	**Lectures 7, 9**

The sum of the results of all four tests will be graded . The results of all test will be summarized and graded as follows:

Point distribution:

excellent	**36-40 credits**
very good	**31-35 credits**
good	**25-30 credits**
sufficient	**20-24 credits**

Other notes (related to the course) important for students:

Seminars are held during the course. For each class students should be prepared for discussion. It is mandatory to consult with the mentors. Mentors follow the progress of a group and of individual students. The seminar papers will be presented in the final seminar. Students are required to submit their seminar paper (based on the instructions for writing seminar papers) and PowerPoint presentation not later than November 13, 2025. (one week before the seminar presentation). Materials and all notices related to the course are on the platform Merlin.

COURSE HOURS 2025/2026

Social Medicine

[Predavanja] (Place and time or group)	**[Seminari]** (Place and time or group)
13.10.2025	

L1: : Definition and Tasks of Social Medicine:
• [P08] (08:00 - 09:00) [169]
  ○ SMed
 	
L2: Determinants of Health:
• [P08] (09:00 - 10:00) [169]
  ○ SMed
 	
L 3: Health Inequalities:
• [P08] (10:00 - 11:00) [335]
  ○ SMed	

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · prof. dr. sc. Rukavina Tomislav, dr. med. [169]	
14.10.2025	

	S1: Lifestyle as a Health Determinant:
	• [P05] (13:00 - 16:00) [333]
	  ○ SM_A
	
	S6: Health Promotion:
	• [P04] (13:00 - 16:00) [1495]
	  ○ SM_B

dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495] · prof. dr. sc. Vasiljev Vanja, dipl. sanit. ing. [333]	
20.10.2025	

L4: Special Populations and Their Specifics I:
• [ONLINE] (08:00 - 09:00) [3327]
  ○ SMed
 	
L5: Special Populations and Their Specifics II:
• [ONLINE] (09:00 - 10:00) [3305]
  ○ SMed
 	
L9: Health in the Community - "Healthy Cities", "Healthy Counties":
• [P08] (10:00 - 11:00) [336]
  ○ SMed	

doc. dr. sc. Benjak Tomislav [3305] · nasl. izv.prof. dr. sc. Racz Aleksandar, dr.med. [3327] · doc. dr. sc. Roviš Darko, prof. [336]	
21.10.2025	

	S1: Lifestyle as a Health Determinant:
	• [P05] (13:00 - 16:00) [333]
	  ○ SM_B
	
	S6: Health Promotion:
	• [P04] (13:00 - 16:00) [1495]
	  ○ SM_A

dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495] · prof. dr. sc. Vasiljev Vanja, dipl. sanit. ing. [333]	
27.10.2025	

L11: International Health Organizations:
• [ONLINE] (08:00 - 09:00) [3305]
  ◦ SMed
 	
L8: Communication Skills:
• [P15 - VIJEĆNICA] (09:00 - 10:00) [335]
  ◦ SMed
 	
L10: Health and Health Indicators:
• [P15 - VIJEĆNICA] (10:00 - 11:00) [169]
  ◦ SMed	

doc. dr. sc. Benjak Tomislav [3305] · izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · prof. dr. sc. Rukavina Tomislav, dr. med. [169]	
28.10.2025	

	S2: Healthy Ageing:
	• [P04] (13:00 - 16:00) [335]
	  ◦ SM_A
	
	S3: Quality of Life:
	• [P05] (13:00 - 16:00) [1495]
	  ◦ SM_B

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495]	
03.11.2025	

L6: Health Promotion and Prevention of Diseases:
• [P08] (08:00 - 09:00) [333]
  ◦ SMed
 	
L7: Health Education:
• [P08] (09:00 - 10:00) [333]
  ◦ SMed	

prof. dr. sc. Vasiljev Vanja, dipl. sanit. ing. [333]	
04.11.2025	

	S3: Quality of Life:
	• [P05] (13:00 - 16:00) [333]
	  ◦ SM_A
	
	S2: Healthy Ageing:
	• [P06] (13:00 - 16:00) [335]
	  ◦ SM_B

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · prof. dr. sc. Vasiljev Vanja, dipl. sanit. ing. [333]	
10.11.2025	

	S5: Health Care System:
	• [P08] (08:00 - 10:00) [1495]
	  ◦ SM_A
	
	S4: Poverty as a Health Determinant:
	• [P07] (08:00 - 10:00) [335]
	  ◦ SM_B

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495]	
11.11.2025	

	S5: Health Care System:
	• [P06] (13:00 - 16:00) [1495]
	  ◦ SM_B
	
	S4: Poverty as a Health Determinant:
	• [P05] (13:00 - 16:00) [335]
	  ◦ SM_A

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495]	
17.11.2025	

L12: Leading Health Challenges of the 21. Century:
• [ONLINE] (08:00 - 09:00) [333]
  ◦ SMed
 	
L13: Health Care:
• [ONLINE] (09:00 - 10:00) [169]
  ◦ SMed
 	
L14: : Social Care:
• [ONLINE] (14:00 - 15:00) [335]
  ◦ SMed
 	
L15: Globalization and Health:
• [ONLINE] (15:00 - 16:00) [169]
  ◦ SMed	

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · prof. dr. sc. Rukavina Tomislav, dr. med. [169] · prof. dr. sc. Vasiljev Vanja, dipl. sanit. ing. [333]	
20.11.2025	

	S7: Case study – debate:
	• [P06] (13:00 - 15:00) [1495]
	  ◦ SM_A
	• [P08] (13:00 - 15:00) [335]
	  ◦ SM_B

izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing. [335] · dr.sc. Marinović Glavić Mihaela, mag. sanit.ing. [1495]	

List of lectures, seminars and practicals:

[PREDAVANJA] (TOPIC)	Number of hours	Location
L1: : Definition and Tasks of Social Medicine	1	[P08]
L2: Determinants of Health	1	[P08]
L 3: Health Inequalities	1	[P08]
L4: Special Populations and Their Specifics I	1	[ONLINE]
L5: Special Populations and Their Specifics II	1	[ONLINE]
L6: Health Promotion and Prevention of Diseases	1	[P08]
L7: Health Education	1	[P08]
L8: Communication Skills	1	[P15 - VIJEĆNICA]
L9: Health in the Community - "Healthy Cities", "Healthy Counties"	1	[P08]
L10: Health and Health Indicators	1	[P15 - VIJEĆNICA]
L11: International Health Organizations	1	[ONLINE]
L12: Leading Health Challenges of the 21. Century	1	[ONLINE]

L13: Health Care	1	[ONLINE]
L14: : Social Care	1	[ONLINE]
L15: Globalization and Health	1	[ONLINE]

[SEMINARI] (TOPIC)	Number of hours	Location
S1: Lifestyle as a Health Determinant	3	[P05]
S2: Healthy Ageing	3	[P04] [P06]
S3: Quality of Life	3	[P05]
S4: Poverty as a Health Determinant	3	[P05] [P07]
S5: Health Care System	3	[P06] [P08]
S6: Health Promotion	3	[P04]
S7: Case study – debate	2	[P06] [P08]

EXAM DATES (final exam):

1.	24.02.2026.
2.	24.11.2025.
3.	07.09.2026.