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PUBH 3131 - Chronic Disease: A Modern Epidemic

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**Jiann-Ping Hsu College of Public Health
Georgia Southern University
Dept. of Community Health Behavior & Education
PUBH 3131—Chronic Disease: A Modern Epidemic
FALL 2016**

Instructor:	Dr. Raymona H. Lawrence, DrPH, MPH, MCHES
Office:	2006 Hendricks Hall
Phone:	912-478-2489
E-mail:	Folio - To be used for all communication.
Office hours:	I can receive a message immediately after it is sent because it comes to my regular e-mail. Every effort will be made to respond in a timely manner (within 48 hours or less of receiving). <i>Please also note: For those of you who are local, please feel free to schedule an appointment with me to discuss any issues or questions regarding the class. IF you are NOT in town, feel free to schedule a chat by phone or through the Folio Chat Tool to address any of your concerns. (Having actual contact with the instructor can sometimes be very helpful!)</i>

Required Text

Harris, Randall E. (2013). *Epidemiology of Chronic Disease: Global Perspectives*, Jones and Bartlett Publishing, (Paperback 723 pages): ISBN: 978-0-7637-8047-0

*This text is available in the bookstore, and can also be purchased online.

Nuovo, J. (2006). *Chronic Disease Management*, Springer Publishing. (Paperback 374 pages): ISBN: 0387329277

*This text is available in the bookstore, and can also be purchased online.

Optional

Mark, H., Beers et al. *The Merck Manual of Diagnosis and Therapy*. Merck Research Laboratories, Rahway, N.J.

Any good medical dictionary.

Supplemental Material: Some of the concepts covered in this course are brushed over in your required text and warrant further instruction. Scanned in chapters, articles, worksheets, power points and study guides may be found in each module within Folio.

Course Description

Chronic conditions (e.g. diabetes, cardiovascular disease, renal disease, obesity) are currently responsible for 60% of the global burden of disease and the World Health Organization predicts this to rise to 80% by the year 2020. This is one of the greatest challenges facing health care systems throughout the world and it places long-term health and economic demands on health care systems as the population ages. This course will provide students with the opportunity to study specific issues related to chronic disease epidemiology and management and their links to practice.

Prerequisite

Completion of Human Anatomy and Physiology 1 (KINS 2531) with a grade of C or better or Permission of the instructor.

Course Objectives

The course will examine major chronic conditions affecting 25 million Americans and others all over the world living with chronic disease: diabetes, cardiovascular disease, cancer, respiratory diseases, renal disease, obesity, depression, chronic pain, neurodegenerative diseases and HIV/AIDS.

1. Describe the epidemiology, risk factors, typical disease process and current strategies for treatment for these conditions.
2. Recognize and describe quality of life issues and the impact of health care disparities on illnesses.
3. Recognize and describe the public health burden of chronic diseases.

4. Examine the ways individuals cope with and live with chronic illness.
5. Discuss patient education and self-management techniques and strategies.

Course Policies:

HLTH 3131 is offered as a NET only class. Therefore, there will be no face-to-face meetings.

Academic Conduct

The minimum penalty for a violation of the Honor Code is an “F” for the course. In an on-line class, an example of this would be if you hired, allowed, or “bribed” a second party to take your quizzes and exams. There are methods that can be used to check this through the Center for On-line Learning. However, to date, this has not been an issue in this course, nor do I expect it to be this term. This is one reason why there are time limits on the quizzes and exams. In addition, all medical, legal and other allied health professions have a “Code of Ethics”. If you violate your professional (as a student) ethical behavior now, what does this say about how you will conduct yourself in the future?

*As members of the campus community, students are encouraged to actively support academic honesty and integrity in both the classroom and on-line. Academic misconduct will be dealt with according to Georgia Southern University policy. Students are encouraged to read and be familiar with such policies. These policies can be found in the *GSU Student Code of Conduct Policies and Procedures, 2015-2016*.*

Policies and Procedures:

- *Georgia Southern University is an Equal Opportunity and Affirmative Action institution committed to providing reasonable accommodations for any person with a disability who meets the definition of disabled as described in the Americans with Disabilities Act. Students requiring academic accommodation should contact the Director of the Student Disability Resource Center for assistance at (912) 478-1566 or TDD: 478-0666*

Professional Dispositions:

BSPH are expected to graduate the program with competent professional skills. Professional skills and dispositions are also expected while completing the internship experience. As a student in this course, you are expected to exhibit professionalism at all times. The following is a list of skills BSPH majors are expected to demonstrate:

- Written communication skills: Student uses appropriate professional title, grammar, structure, punctuation, spelling, tone, etc.
 - Email and other media communication: Student uses appropriate professional title, grammar, structure, punctuation, tone, etc. To write a professional email, please include the following:
 - a salutation,
 - identify who you are,
 - what the contact is in reference to (i.e. PUBH4132), and
 - what you would like me to do.
- At the bottom of the email, please type out your name.
- Oral and non-verbal communication skills:
 - In interpersonal communication, student uses or maintains appropriate tone, language, attitude, interpersonal space, etc.
 - In public speaking, student uses or displays appropriate volume, speed, enunciation, eye contact, structure, etc.
- Organization: Student keeps track of assignments and materials, is prepared for presentations, etc.
- Initiative: Student can begin tasks and work independently, initiate tasks/projects, etc.
- Reliability: Student is punctual, completes assignments, meets deadlines, and is prepared for class etc.
- Collegiality: Student exhibits appropriate positive, helpful interactions with others
- Collaboration: Student collaborates with others on tasks or projects accepts others’ suggestions and criticisms, participates in and provides constructive inputs to discussion and debate, etc.
- Judgment: Student considers options and their implications when making decisions, does not act impulsively, etc.
- Respectful: Student respects confidentiality, treats others with respect, etc.
- Self-Presentation: Student is well groomed, dressed appropriately, well rested, etc.

- Interpersonal interactions: Students will practice civility when interacting with faculty and fellow students; in cases of disagreement or conflict, students will make every effort to resolve such matters in a respectful manner with a goal towards mutual resolution.

****If a student fails to comply with the list of professional skills, the faculty will provide the student a warning for the first offense. If failure to improve behavior or to make progress in the relevant skills, the faculty member will immediately report the student to the University Student Conduct Board for violating the Student Code of Conduct.**

PLEASE NOTE THE LAST DAY TO WITHDRAW without ACADEMIC PENALTY is: **October 10, 2016*

General and Student Discussion Areas – Places to post a common concern; others in the class will have access to this. I will be checking the course daily for messages and student progress. Therefore, if you send an e-mail to me, you can expect a fairly quick response. Please make use of the on-line office for questions and concerns initially.

Assessments

Quizzes

Regular Quizzes: There will also be a regular quiz for each module/topic. Regular quizzes will consist of 10 questions and you will have 2 attempts to complete each one. Each attempt is randomized for different questions in a different order, all from the same test bank, with the average score recorded. Quizzes are timed (**15 minutes**) which should allow for all types of readers to finish them *if you have prepared by reading the provided materials and by taking the practice quizzes BEFORE taking your official quizzes*. There are 11 quizzes. The lowest quiz grade will be dropped resulting in your 10 highest quiz grades being counted towards your final grade. See quiz schedule below.

Exams

There are 3 regular exams. Once the exam has begun, you will have 75 minutes in which to complete it. All exams have 50 questions. Exams are not cumulative and only represent the material covered as listed on the topic outline below. See the exam schedule for dates for each exam. Exams will be available for a 5 day period and open on Monday morning (12:00am) of their scheduled week, and close on Friday at 10:00 pm. **You have one attempt for each exam.**

PLEASE NOTE CHAPTERS 7 – 24 ARE ALL COVERING CANCER. WHERE MOST TEXTBOOKS WOULD PRESENT THIS MATERIAL IN ONE OR TWO LARGE CHAPTERS, YOUR TEXT MADE NUMEROUS VERY SMALL CHAPTERS. THESE CHAPTERS AVERAGE 4.3 PAGES PER CHAPTER EXCLUDING REFERENCE PAGES. CHAPTER LENGTHS RANGE FROM 1 PAGE – 9 PAGES. **DO NOT HAVE ANXIETY DUE TO SIMPLY LOOKING AT HOW MANY CHAPTERS ARE LISTED!!!!**

Case Study Video: The purpose of these case study video is to allow for some practical application for understanding disease management from the perspective of a public health educator as well as that of a clinician (i.e., nurse, physician assistant, MD/OD). There is 1 assigned case-study (involving the diagnosis and/or management of heart disease). You are to develop a 5 minute video response that thoroughly presents the case and answers the questions. It is suggested that you approach each case study as if you were in a real-life setting where you were presenting the case to a high ranking public health official (Dr. Lawrence. ☺). Each question is expected to be addressed with a thoughtfully crafted response. **FULL DIRECTIONS FOR THE CASE STUDY WILL BE INCLUDED ON FOLIO. THE VIDEO WILL BE SUBMITTED VIA DROP BOX –Assessments TAB IN FOLIO.** Due dates are listed in the dates below and under the topic schedule, p.5.

Evaluation Methods

The final grade will be calculated from three, noncumulative exams, ten quizzes, and one case study video.

Your final grade will be calculated as follows:

Quizzes	100 pts
Case Study Video	100 pts
Exam 1	100 pts
Exam 2	100 pts
Exam 3	<u>100 pts</u>
Total	500 pts

The grading scale is as follows:

A = 450-500
B = 400-449
C = 350-399
D = 300-349
F = 299 and below

Exam Schedule

Date

Chapters in the textbook that will covered

Exam 1	Opens Mon.9/19 Closes Fri. 9/23	Ch. 1 – 24 (Harris) Ch. 1 – 2 (Nuovo), Supplemental materials
Exam 2	Opens Mon.10/17 Closes Fri. 10/21	Ch. 30 – 33, portions of Ch. 35 (Harris); Ch. 3 – 6 (Nuovo), Supplemental materials
Exam 3	Opens Mon. 11/28 Closes Fri . 12/2	Ch. 37 – 40, 43, & 47 (Harris); Supplemental materials

Case Study Video due date:

The Case Study Video is due on 11/18

Quiz-Schedule

Each quiz opens on Monday at 12 AM and closes on Friday at 10 PM

Quiz number/Material covered
Quiz 1- Ch. 1
Quiz 2- Ch 2, 3, & 4 (Harris)
Quiz 3 - Ch 5 & 6 (Harris)
Quiz 4 - Ch 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 & 17 (Harris)
Quiz 5 - Ch 18, 19, 20, 21, 22, 23 & 24 (Harris) (Harris)
Quiz 6 – Ch 30 & 31 (Harris)
Quiz 7 - Ch 32 & 35
Quiz 8 - Ch 33(Harris)/Supplemental Readings
Quiz 9 - Ch 37 & 38 (Harris)/Nuovo Ch. 12-Depression
Quiz 10 - Ch 39, 40 & 43(Harris)
Quiz 11 – Ch. 47 (Harris)

Readings by Disease Group

Disease Group 1

Chronic disease and the epidemiological transition	Ch. 1, Epidemiology of Chronic Disease
Heart Disease	Ch. 2 – 4
Stroke and Hypertension	Ch. 5 – 6
Cancer: Part I/II	Ch. 7 – 17
Cancer: Part III/IV	Ch. 18 - 24

Disease Group 2

Respiratory Conditions	Ch. 30 - 31
Diabetes and Kidney Failure	Ch. 32 & 35
Obesity & Depression	Ch. 33 and Supplemental Article

Disease Group 3

Osteoporosis, Arthritis, Low Back Pain (Chronic Pain)	Ch. 37 – 38, Articles
Neurodegenerative diseases (MS, Alzh, Parkinson's)	Ch. 39 – 40 & 43
HIV/AIDs	Ch. 47

Supplemental Chapters/Articles are located in the modules of their respective topics

Topic Outline and Readings

Date/Week	Topics	Readings/Assignments All work should be completed by Friday at 10 PM!
<i>August 15</i> <i>Week 1</i>	Attendance Verification/Introductions Read through syllabus and other materials. Navigate course in Folio.	Module: Start Here - Course Information Begin reading for Module 1, Nothing for Module 1 is due!
<i>August 22</i> <i>Week 2</i>	Epidemiological Transitions	Module – Epidemiological Transitions Article: Epidemiology for Public Health Practice Ch 1 (Harris), Quiz 1
<i>August 29</i> <i>Week 3</i>	Cardiovascular Disease	Module – Cardiovascular Disease Ch 2, 3, & 4 (Harris), Chapter 4-6 pdf. Nuovo Quiz 2
<i>September 5</i> <i>Week 4</i>	Stroke and Hypertension	Module – Cardiovascular Disease Part II Ch 5 & 6 (Harris) Quiz 3
<i>September 12</i> <i>Week 5</i>	Cancer Part I, II	Module – Cancer Part I Ch 7, 8, 9, 10, 11, 12, 13, 14, 15, 16 & 17 (Harris) Quiz 4
<i>September 19</i> <i>Week 6</i>	Cancer Part III. IV Unit I Exam-Closes 9/23	Module – Cancer Part II Ch 18, 19, 20, 21, 22, 23 & 24 (Harris) Quiz 5
<i>September 26</i> <i>Week 7</i>	Respiratory Diseases Asthma & COPD	Module – Respiratory Disease Ch 30 & 31 (Harris) Quiz 6
<i>October 3</i> <i>Week 8</i>	Diabetes & Kidney Disease	Module – Diabetes & Kidney Disease Ch 32 & 35 Quiz 7
<i>October 10</i> <i>Week 9</i>	Obesity & Depression	Module – Obesity and Depression Ch 33 (Harris)/Supplemental Readings- Nuovo Ch. 12 Quiz 8
<i>October 17</i> <i>Week 10</i>	Unit II Exam-Closes 10/21	
<i>October 24</i> <i>Week 11</i>	Osteoporosis & Arthritis	Module – Osteoporosis & Arthritis Ch 37 & 38 (Harris)/Supplemental Readings - Quiz 9
<i>October 31</i> <i>Week 12</i>	Neurodegenerative Diseases: Alzheimer’s, Parkinson’s, & MS	Module – Neurodegenerative Diseases Ch 39, 40 & 43 (Harris) Quiz 10
<i>November 7</i> <i>Week 13</i>	CASE STUDY VIDEO DUE: NOV 18	WORK ON CASE STUDY VIDEO!!!
<i>November 14</i> <i>Week 14</i>	HIV/AIDS	Ch 47 (Harris) Quiz 11 CASE STUDY VIDEO DUE NOVEMBER 18TH
<i>November 21</i> <i>Week 15</i>	THANKSGIVING!!!	GIVE THANKS!!!
<i>November 28</i> <i>Week 16</i>	Review for last exam	Review for last exam due 12/2, 10 pm

