



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Igiene Generale e Applicata - M-Z

2021-1-E1901R140-MZ

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#### Course title

*The meaning of education in the field of health promotion and in the context of disease and care.*

#### Topics and course structure

The course offers students the essential tools to read the traditional subjects of hygiene and public health in the light of new scenarios. At the end of the course the students: - includes the concepts of health, prevention and health education; - the foundations of public health; -the evolution of health systems: - the Italian health system; - is aware of the fundamentals of epidemiology and prevention of major infectious diseases; - is aware of the role of the educator in promoting healthy lifestyles; - is aware of the correlation between environment and health; - is able to apply the foreground to protect and promote health.

What is health? What does it mean to be sick? And to cure?

Constantly educators working alongside doctors, nurses, different therapists are to manage health, the illness, the care of people often without having activated a deep reflection on these issues and on the meaning that they are personally attributed to them in their formation. Health is undergoing a period of rapid and intense transformation at various levels: political, economic, organisational, scientific, epidemiological and demographic. For the educator, therefore, it becomes fundamental to answer the questions in the foreword from the pedagogical point of view. Mental health policies and services will be addressed in the monographic section.

## Objectives

At the end of the course the student must:

- know the concepts of health promotion and prevention (primary, secondary and tertiary);
- understand the aims of health literacy (Health Literacy) and all processes aimed at involving the population in decisions affecting their health;
- to know the main determinants of health and the measures to protect it;
- know the promotion, prevention, rehabilitation and educational work in mental health.

## Methodologies

The teaching includes moments of experience, individual and group activation, accompanied by moments of educational communication and restructuring of the theoretical frameworks of reference.

Synchronous and asynchronous lessons will alternate according to a schedule that the teacher will communicate from time to time to the students.

## Online and offline teaching materials

## Programme and references for attending students

Sidoti E. (2012), *Igiene e promozione della salute. Per scienze della formazione*, Piccin Nuova Libreria, Padova.

Ongaro Basaglia F. (2012), *Salute/Malattia. Le parole della medicina*, Alpha & Beta, Merano.

Articles:

M. Colucci, (2006), *Medicalizzazione*, SISSA - International School for Advanced Studies Journal of Science Communication ISSN 1824 - 2049 <http://jcom.sissa.it/>

[https://jcom.sissa.it/sites/default/files/documents/jcom0501%282006%29C02\\_it.pdf](https://jcom.sissa.it/sites/default/files/documents/jcom0501%282006%29C02_it.pdf)

C. Palmieri, M.B. Gambacorti Passerini, L. Zannini, (2017), *Bene comune e salute mentale di comunità: il contributo dell'educazione*, MeTis. VII - 2 - 12/2017, vol. 13, *Mondi educativi. Temi. indagini, suggestioni* ISSN 2240-9580, pp.141-164.

[https://www.researchgate.net/publication/340457674\\_Bene\\_comune\\_e\\_salute\\_mentale\\_di\\_comunita\\_Il\\_contributo\\_dell'educazione](https://www.researchgate.net/publication/340457674_Bene_comune_e_salute_mentale_di_comunita_Il_contributo_dell'educazione)

The program and the bibliography are the same for students attending and not.

### **Programme and references for non-attending students**

The program and the bibliography are the same for students attending and not.

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### **Assessment methods**

Written test with the possibility to request a subsequent oral test at the request of student or teacher.

The examination methods are not different for attending students or not.