UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Health Care and Disease Prevention

2627-1-I0302D004

Aims

The course *Health Prevention* aims to provide students with an interdisciplinary understanding of the principles of health prevention by integrating historical, biological, psychological, clinical and regulatory perspectives. The course addresses the historical evolution of medicine and healthcare professions, health promotion and the prevention of occupational and environmental risks, the biological effects of ionising radiation and the principles of radiation protection, together with the fundamentals of patient management and the preanalytical phase of laboratory practice. The overall objective is to develop an integrated understanding of prevention as a cornerstone of professional practice and the protection of individual and public health.

At the end of the course, students are expected to be able to:

1. Knowledge and understanding
Know and understand the historical evolution of medicine and healthcare professions, the principles of health prevention and health promotion, the fundamentals of occupational medicine, health psychology, radiobiology, radiation protection and appropriate patient management, recognising their role in protecting individual and public health.

2. Applying knowledge and understanding
Apply the acquired knowledge to critically interpret the evolution of healthcare professions and prevention systems, identify major risk situations in healthcare and occupational settings, adopt behaviours aimed at protecting patients, healthcare workers and the environment, correctly describe patient preparation and biological sample management procedures, and understand the contribution of psychological factors to health-related behaviours.

3. Making judgements
Develop independent judgement in the assessment of health prevention issues by integrating historical, scientific, psychological, organisational and regulatory perspectives to understand the determinants of health, the evolution of healthcare professions and strategies for ensuring safety in healthcare and occupational settings.

4. Communication skills

Communicate the core concepts of the course clearly and appropriately using accurate scientific terminology, demonstrating the ability to discuss issues related to health prevention, health promotion, occupational safety, radiation protection and patient management.

5. Learning skills
Autonomously integrate the knowledge acquired throughout the different modules of the course, developing professional awareness, lifelong learning skills and the ability to apply the principles of health prevention in future professional practice.

Contents

The course provides an interdisciplinary overview of the main principles of health prevention by integrating historical, clinical, psychological, occupational and radiation protection perspectives. It examines the evolution of medicine and healthcare professions, the principles of health promotion and risk prevention in healthcare and occupational settings, the psychological aspects of patient care, the biological effects of ionising radiation and radiation protection measures, as well as appropriate patient management and the preanalytical handling of biological specimens. The course provides the fundamental knowledge required to understand the role of prevention in protecting individual and public health and in professional healthcare practice.

Detailed program

The course consists of the following modules:

- History of Medicine
- Occupational Medicine
- Psychology
- Radiobiology
- Radiation Protection
- Patient Management

Each module addresses a specific area of health prevention, contributing to a multidisciplinary understanding that integrates historical, clinical, psychological, occupational, biological, regulatory and organisational aspects of health protection.

For the detailed programme, extended contents, teaching materials and module-specific information, students should refer to the respective syllabi of the individual course units.

Prerequisites

As specified in the Degree Programme Regulations.

Teaching form

The course consists of six modules employing teaching methods consistent with their specific learning objectives.

The *History of Medicine*, *Occupational Medicine*, *Psychology*, *Radiobiology* and *Radiation Protection* modules are mainly delivered through face-to-face lectures, complemented, where appropriate, by classroom discussions designed to encourage active student participation and critical thinking.

The *Patient Management* module includes practical sessions conducted on campus, including simulation-based activities aimed at developing competencies in patient preparation and the preanalytical management of biological specimens.

All teaching activities are delivered on campus. The language of instruction is Italian.

Textbook and teaching resource

Teaching materials are module-specific and include textbooks, teaching materials provided by the lecturers, handouts, scientific articles and additional learning resources.

For detailed information on the teaching materials required for each module, students should refer to the respective module syllabi.

Semester

First year, Second semester

Assessment method

Assessment is designed to verify the achievement of the intended learning outcomes of the course, in accordance with the Dublin Descriptors, by evaluating students' knowledge and understanding, ability to apply knowledge, independent judgement and communication skills.

The course assessment consists of an integrated written examination including questions prepared by the lecturers responsible for the individual modules.

The examination includes multiple-choice questions designed to assess knowledge and understanding of the core disciplinary contents and, where applicable, open-ended questions or critical analysis tasks aimed at evaluating students' ability to apply knowledge, establish interdisciplinary connections, critically interpret the course contents and use appropriate scientific terminology.

The final mark is expressed on a 30-point scale and takes into account the completeness and accuracy of the acquired knowledge, analytical and critical skills, independent judgement, quality of argumentation and appropriate use of scientific terminology.

For detailed information on the assessment methods adopted in each module, students should refer to the respective module syllabi.

Office hours

Lecturers are available by appointment, to be arranged via e-mail.

The course coordinator can be contacted at: michele.riva@unimib.it.

For information on the office hours and contact arrangements of the lecturers responsible for the individual modules, please refer to the respective module syllabi.

Sustainable Development Goals

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