

PJ Safarik University in Kosice, Faculty of Medicine
Department of Social and Behavioural Medicine

SYLLABUS

Academic year 2025/2026

Course:	Social Medicine	
Study Programme:	General Medicine	Type of study: daily
Course Type:	Compulsory	Study Period: 3rd semester
Content:	Lectures/Practical Lessons	Length of the course: 14/28
Evaluation:	Exam	Credits: 3

Week	Lectures – Wednesday 16:00-16:45 - P4	Practical Lessons
1. (38.) 15.09.-19.09.	Global health: challenges and opportunities. <i>Iveta Rajnicova Nagyova, PhD</i> 17.09.2025	Introduction – informing students about the content of the course and the conditions for completing the course. <i>Alexandra Husivargova Theofanidis, PhD</i>
2. (39.) 22.09.-26.09.	Social medicine and its place in past, current, and future medical practice. <i>Zuzana Katreniakova, MD, PhD</i> 24.09.2025	Unemployment and homelessness as a health and social problem. <i>Alexandra Husivargova Theofanidis, PhD</i>
3. (40.) 29.09.-03.10.	Social determinants of health and related inequalities. <i>Zuzana Katreniakova, MD, PhD</i> 01.10.2025	Selected health and social aspects of people with mental disabilities. <i>Zuzana Katreniakova, MD, PhD</i>
4. (41.) 06.10.-10.10.	Behavioural and cultural insights for health. <i>Iveta Rajnicova Nagyova, PhD</i> 08.10.2025	Health of children and adolescents. <i>Vladimira Timkova, PhD</i>
5. (42.) 13.10.-17.10.	Comprehensive approaches to health promotion and health protection. <i>Zuzana Katreniakova, MD, PhD.</i> 15.10.2025	Dependence on cigarettes, alcohol, and other drugs as a health and social problem. <i>Pavol Mikula, PhD</i>
6. (43.) 20.10.-24.10.	Disease prevention – Why it matters? <i>Zuzana Katreniakova, MD, PhD.</i> 22.10.2025	Health-related social issues of minority populations: the specifics of health and social care for migrants and Roma population. <i>Alexandra Husivargova Theofanidis, MSc</i>
7. (44.) 27.10.-31.10.	Patient-reported outcomes and health-related quality of life. <i>Iveta Rajnicova Nagyova, PhD</i> 29.10.2025	The specifics of health and social care for people in the end-stage of disease. <i>Zuzana Katreniakova, MD, PhD</i> 30.10.2025 Dean's Day off 31.10.2025 Rector's Day off

Week	Lectures – Wednesday 16:00-16:45 - P4	Practical Lessons
8. (45.) 03.11.-07.11.	Value-based, patient-centred and integrated care. <i>Iveta Rajnicova Nagyova, PhD</i> 05.11.2025	Selected health and social aspects of people with physical disabilities and hearing impairments. <i>Alexandra Husivargova Theofanidis, MSc</i>
9. (46.) 10.11.-14.11.	Non-pharmacological interventions for prevention and management of diseases. <i>Dagmar Breznoscakova, MD, PhD</i> 12.11.2025	Selected aspects of health and social care for children and adolescents at risk. Family and domestic violence. Child abuse and neglect. <i>Vladimira Timkova, PhD</i>
10. (47.) 17.11.-21.11.	Health systems as a determinant of health. (political, social, and cultural) <i>Zuzana Katreniakova, MD, PhD.</i> 19.11.2025	The specifics of health and social care for people in older age. <i>Zuzana Katreniakova, MD, PhD</i>
11. (48.) 24.11.-28.11.	Social medicine in the digital age. (AI) <i>Pavol Mikula, PhD</i> 26.11.2025	Selected health and social aspects of people with physical disabilities and visual impairments. <i>Alexandra Husivargova Theofanidis, PhD</i>
12. (49.) 01.12.-05.12.	Social prescribing as a key component of universal personalized care. <i>Zuzana Katreniakova, MD, PhD.</i> 03.12.2025	The specifics of health and social care from students' perspectives I. – presentations on selected topics. <i>Alexandra Husivargova Theofanidis, PhD</i> <i>Pavol Mikula, PhD</i> <i>Vladimira Timkova, PhD</i>
13. (50.) 08.12.-12.12.	Perspectives for future health systems and policies. (health workforce) <i>Zuzana Katreniakova, MD, PhD.</i> 10.12.2025	The specifics of health and social care from students' perspectives II. – presentations on selected topics. <i>Alexandra Husivargova Theofanidis, PhD</i> <i>Pavol Mikula, PhD</i> <i>Vladimira Timkova, PhD</i>
14. (51.) 15.12.-19.12.	Evidence-based social medicine. <i>Iveta Rajnicova Nagyova, PhD</i> 17.12.2025	The specifics of health and social care from students' perspectives III. – presentations on selected topics. Checking the conditions for passing the exam, and students' feedback on the course. <i>Alexandra Husivargova Theofanidis, PhD</i> <i>Pavol Mikula, PhD</i> <i>Vladimira Timkova, PhD</i>

Requirements for passing the course:**1. At minimum attendance at 10 practices and 5 lectures.**

Non-participation in practical lessons shall be properly excused by the teacher, who shall determine a substitute in the corresponding form. The student may replace the excused practical exercises within three weeks at most during the semester (UPJS FM Study rules, Internal regulation No. 3/2016, Art. 12,7).

The proper declaration of non-participation has to be brought in the week following non-participation in the practical lesson.

If the student comes later than 15 minutes after beginning the practical lesson he/she has to substitute it in another group or it will be considered as non-participation in a practical lesson.

- 2. Successful completion of presentation on the selected topic** (minimum 24 points).
- 3. Successful completion of the final test** (minimum 36 points).
4. If the teaching takes place in a distance form, through the MS Teams application, we ask students to have an audio-visual connection, i.e. the opportunity to communicate with the teacher through speakers and camera.

	Minimum	Maximum	Final mark	
Presentation	24	40	A 91 - 100 B 84 - 90 C 75 - 83 D 68 - 74 E 60 - 67	
Final test	36	60		
Cumulative points	60	100		

Recommended literature:

1. NAGYOVA I, KATRENIKOVA Z (eds.). Textbook of Social Medicine. SafarikPress Publishing, Kosice. 2019.
2. BOCCIA S, VILLARI P, RICCIARDI W (eds.). A Systematic Review of Key Issues in Public Health. Springer International Publishing Switzerland. 2015. ISBN 978-3-319-13620-2.
3. DETELS R, GULLIFORD M, ABDOL KARIM Q, TAN CC. (eds.) Oxford Textbook of Global Public Health. Oxford University Press; 6th edition. 2015. ISBN-13: 978-0198810131.
4. NAYOVA I (ed.). Measuring health and quality of life in the chronically ill. Kosice, Slovakia, EQUILIBRIA Ltd. 2009.

Zuzana Katreniakova, MD, PhD.
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Course assignment – Presentation (alone or in pairs)

Content

The assignment aims to learn how to search for, work with, and forward relevant information in the field of social medicine. Once you pick your topic, focus on an depth analysis of it and incorporate your own opinions and experience as well as what is already known about the subject. Study reports, statistical data, graphs, and your creative spin on the topic are welcome. Searching databases like EBSCO, Medline, PubMed, Google Scholar, or SCOPUS is encouraged. Avoid using presentations from other courses or older colleagues.

Formal aspects of PowerPoint presentation

PowerPoint presentation should consist of 10-15 slides, not full text! (5-7 minutes per person) and the following structure is suggested:

- 1st slide – theme selected, name and surname of students
- 2nd slide – content (structure) of presentation
- 3rd slide ... elaboration of content
- Before last slide – summary (conclusion)
- Last slide – references

Good graphic features of the presentation and way of presenting will be evaluated as well. (*Reason: In medical practice sharing information in a well-organized and not confusing manner is crucial*).

Information sources (references) should be quoted on each slide.

References

Norm STN ISO 690 2012 - Harvard system

Please cite the references (literature resources) properly. Below you can find some examples of how to do that.

book/textbook

KELLEY, W.N, HARRIS, E.D., RUDDY, S., SLEDGE, C.B. 1997. *Textbook of rheumatology*. W.S. Saunders Company, Philadelphia, ISBN: 80-969224-3-2

scientific article

PEYROT, S.M., MARTIN, B.M. a HARLAND, R.M. 2010. Lymph heart musculature is under distinct developmental control from lymphatic endothelium. In: *Developmental Biology*. Vol. 339, iss. 2, p. 429-438. ISSN 0012-1606

internet resources

SPEIGHT, J. G. 2005. *Lange's Handbook of Chemistry* [online]. London: McGraw-Hill, [accessed 2009-06-10]. ISBN 978-1-60119-261-5.

http://www.knovel.com/web/portal/basic_search/display?_EXT_KNOVEL_DISPLAY_bookid=1347&_EXT_KNOVEL_DISPLAY_fromSearch=true&_EXT_KNOVEL_DISPLAY_searchType=basic

Evaluation of presentation – each student separately

Maximal point gain for this assignment is **40 points** – based on the content (maximum 20 points), form (maximum 12 points), and way of presenting (maximum 8 points).

Themes for the presentation

1. The Impact of Patient - Healthcare Professional Communication on Health Outcomes

Investigate how effective communication between healthcare professionals and patients can influence health outcomes. Describe the main strategies to improve communication with patients.

2. The Role of Healthcare Professionals in Health Promotion

Explore how healthcare professionals contribute to health promotion initiatives, focusing on patient education and behavioural change (nutrition, physical activity, sleep hygiene). Provide examples of in/efficient interventions (e.g. counselling, campaigns) from your country.

3. The Role of Healthcare Professionals in Disease Prevention

Explore how healthcare professionals contribute to disease prevention initiatives, focusing on patient education and behavioural change (nutrition, physical activity, sleep hygiene). Provide examples of in/efficient interventions (e.g. counselling, campaigns) from your country.

4. The importance of Cultural Competence: Challenges and Opportunities for Healthcare Professionals

Describe the importance of cultural competence among healthcare providers and how it affects patient care, especially in multicultural societies.

5. Addressing Health Inequities: The Role of Healthcare Professionals in Marginalized Communities

Explore how healthcare professionals can manage health inequities in marginalized populations (e.g. marginalized population in your country or any marginalized population according to your choice such as migrants, low-income population, LGBTQ+ people etc.), including barriers they face and strategies for overcoming.

6. Health gap: Strategies for Reducing Health Inequities

Identify effective policies, strategies, and interventions to bridge the health gap and promote equitable healthcare access.

7. Help and Healthcare for People Experiencing Homelessness

As case studies or cross-country comparisons: Investigate the forms of help available to homeless people and the challenges they face in accessing care. Explore strategies to improve healthcare access for homeless people.

8. Ethical Dilemmas in Health Care

Examine common ethical dilemmas faced by healthcare professionals and how to navigate these challenges.

9. Perceptions of Death and End-of-Life Care in High-Income and/or Low-Income Countries

Using examples from your country, present how end-of-life care is managed for terminally ill patients and their families. How does cultural perception of death shape this care?

10. Solving Gender Gaps in Women's Health

Discuss the costs of the lack of gender-specific research data in healthcare and the danger of healthcare systems and medical practices based predominantly on male physiology.

11. Solving Gender Gaps in Men's Health

Examine the specific health challenges faced by males, including higher suicide rates, mental health stigma, lower life expectancy, and reluctance to seek healthcare. Discuss how these challenges should be addressed.

12. Social Ties and Health

Social participation, social isolation, loneliness. Cross-cultural comparisons.

13. Ján and Franz “(Case studies of) Health Disparities in Central/Eastern Europe”

A Comparative analysis of life expectancy, morbidity, mortality, and social determinants of health including lifestyle, social participation, social isolation, loneliness, healthcare accessibility.

14. Doctor Google: Promoting Patient Self-Management and Treatment Adherence

Discuss how healthcare providers can help patients manage their own health while battling misinformation and hoaxes from the internet. Identify barriers and solutions in doctor-patient communication. Discuss healthcare professionals' communication strategies, challenges, and ethical responsibilities.

15. Battling the Anti-Vax Movement

Examine the role healthcare professionals play in fighting vaccine misinformation. Present examples of effective communication strategies and campaigns to combat vaccine resistance. Focus on what works at the individual level.

16. The Role of Healthcare Professionals in Managing Child Abuse: Strategies, Barriers, and Best Practices

As case studies or cross-country comparisons: Legal responsibilities and reporting requirements for suspected child abuse, effective managing and intervening strategies, including collaborative efforts. Discuss ethical dilemmas healthcare professionals may face.

17. The Role of Healthcare Professionals Intimate Partner Violence: Strategies, Barriers, and Best Practices

As case studies or cross-country comparisons: Effective managing and intervening strategies, including collaborative efforts. Discuss ethical dilemmas healthcare professionals may face. Management of male vs. female patients and where they can seek help.

18. Elderly Care: Home vs. Facility-Based Care

As case studies or cross-country comparisons: Discuss the advantages and disadvantages of each approach.

19. Urban vs Rural Healthcare: Challenges and Solutions

Examine healthcare challenges specific to cities and rural areas, including in/accessibility of care, and pollution-related illnesses. Discuss ways to improve healthcare systems.

20. How Urban Design Influences Population Health

Explore how the design of cities, including green spaces, walkability, housing, and transportation systems, affects the physical and mental health of residents. Investigate how the architecture of hospitals and healthcare facilities influences patient recovery, staff well-being, and overall health outcomes. Provide examples of effective designs that prioritize health.

21. Physical Disability and Technological Help

Explore how advancements in technology changed the lives of people with different disabilities. Use Case studies or Cross-Country Comparisons. Discuss new technologies that may further improve the quality of life for these patients.

*Zuzana Katreniakova, MD, PhD.
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