

The University of Western Ontario School of
Health Studies
**Health Sciences: Chronic Disease Prevention
and Management
HS4740A**

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Office Hours: by appointment

Location:

TA: TBD

Lecture Times:
Tutorials/group discussions:
Location:
Course Website: <https://owl.uwo.ca/>

Prerequisite Checking

Health Sciences 2711A/B; or registration in third or fourth year of the Honours Specialization or Specialization in Global Health Studies at Huron University College.

Course Description

Chronic disease is a major burden for our health care system and an economic burden for Canada. This course will examine the prevalence of chronic disease, key factors associated with the significant increase in chronic diseases, and strategies for primary prevention such as an active lifestyle, good nutrition, healthy weight, as well as secondary prevention of complications.

Learning Objectives

On completion of this course, students will be able to:

1. Identify factors contributing to the increase of chronic disease among the population.
2. Identify and define the relationship between psychosocial health and chronic disease.
3. Recognize the impact of health behaviours such as physical activity and diet on chronic disease prevention.
4. Grasp how smoking and drug/substance use and abuse relate to the development of chronic diseases.
5. Describe most common chronic diseases and their impact on the Canadian health care system.
6. Identify, examine, and critique primary and secondary prevention strategies for chronic disease prevention and management.

Textbook & Reading List

Mandatory textbook: Remington RL. *Chronic Disease Epidemiology, prevention and Control*, 4th edition. APHA, 2016

Public Health Agency of Canada Resources

a. Chronic Diseases:

<http://www.phac-aspc.gc.ca/cd-mc/index-eng.php>

b. Canadian Chronic Disease Surveillance System:

<https://health-infobase.canada.ca/ccdss/data-tool/>

World Health Organization; Chronic Diseases and Health Promotion:

https://www.who.int/chp/about/integrated_cd/en/

Additional readings will be posted in OWL. A main requirement is the arrangement for a strong internet connection for accessing online materials.

Class Schedule (subject to change):

The three sections of this course are designed to systematically address issues related to chronic disease.

Lecture Date	Topic(s) Covered	Required Reading (s)
Section 1: Understanding Chronic Disease		
Week 1	- Course overview -What is a chronic disease -Leading causes of morbidity and mortality -Measurement of the burden of diseases	- Course outline - Remington, Chapters 1, 2
Week 2	-Models of Chronic diseases -Social determinants	- Remington, Chapter 6 - Extra reading on OWL
Week 3	-Prevention	- Remington, Chapter 5 - Extra reading on OWL
Section 2: Major Risk Factors		
Week 4	- Smoking/Alcohol use	- Remington, Chapters 7, 10
Week 5	-Diet/Physical activity	- Remington, Chapters 8, 9
Week 6	-Midterm exam -Obesity	- Remington, Chapter 11
Section 3: Selected Chronic Diseases		
Week 7	-Metabolic issues -Diabetes_Dyslipidemia	- Remington, Chapters 12, 14
Week 8	-Hypertension -Cardiovascular disease	- Remington, Chapters 13, 15
Week 9	-Cancer	- Remington, Chapter 16
Week 10	- Mental Disorders	- Remington, Chapter 18
Week 11	- Respiratory Diseases	- Remington, Chapter 17
Week 12	- Musculoskeletal Diseases -wrap up	- Remington, Chapter 20

Evaluation and assignments

By students will know 20% of their final grade.

Assessment	Weight of Final Mark	Due Date
Midterm	20%	
Group assignment		
Presentation	10%	Varies (After Week 7)
Written report	20%	One week after the presentation
Final Exam	40%	During the exam period ()
Attendance	10%	Ongoing

Attendance In-class and Tutorial Activities: 10% of the overall grade

Upper year students are expected to follow an active learning approach and contribute to creating a dynamic learning environment. There will be opportunities for in-class constructive discussions and structured activities. Some in-class activities, particularly during tutorials, will have follow-up questions and students are expected to submit their work to OWL.

Group Assignment: Presentation 10%; written report 20% of the overall grade

In groups of 6-7 students will be assigned to a specific chronic disease and briefly describe the selected disease and its clinical importance as well as public health significance in Canada. The main components will be the prevalence and incidence of the disease at national and global levels and major variations between demographic (eg. sex, age) or social (eg. Place of residence, income, etc.) groups.

Each group will present their description of the disease in a related section 3 class in 5-7 minutes to a receive peer-evaluation. This can be presented in traditional report format, or via something that is more creative and practical (e.g., an “infographic”, a YouTube video, etc ... creativity is welcomed).

Written report (to be submitted one week after the presentation date) might include additional information such as: Are there sub-populations within Canada that are particularly vulnerable? What are main contextual and individual risk factors for the disease? How do these risk factors affect some Canadian populations? All claims should be supported by reliable evidence such as global and Canadian statistics (PHAC, WHO, ...) and high-quality literature. Teaching team will help students in this process.

Diseases will be assigned randomly but **students are allowed to choose their group members**. Those who do not select a group **by Friday (TBD)**, will be randomly assigned to a vacant spot. Detailed information about this assignment will be provided at the first meeting on

There will be measures to ensure a fair participation within groups for a more equitable experience. Half of the mark for this group assignment will be based on the individual performance either by peer evaluation or by grades for itemized components of the assignment. Therefore, students in the group might receive different grades. Details will be discussed during the semester.

Midterm and Final Exams: 20% & 40% of the overall grade

At the end of section 2 (TBD) an in-class midterm exam will be held. The goal is assessment of understanding topics covered in first two sections before moving to specific chronic diseases.

Final exam will evaluate students' deep understanding of **ALL** course materials and will be scheduled by the Office of the Registrar during the formal exam period ().

Missed Work

Attendance in all classes is **mandatory**, and it is not possible to provide equal opportunity for all students to make-up the missed classes. **All materials** covered in the classes are **testable**.

Missed Exams

If you are too ill to write a quiz or exam or there are other 'extenuating circumstances beyond your control' you **must** document this either with a medical certificate (if available) or by notifying the instructor in writing (with your signature). If you are ill for an extended period of time, it is your responsibility to contact the instructor immediately on your return to campus.

Only **one** make-up time will be scheduled for missed midterm in the week after in the week of .

TENTATIVE final examination make-up dates in will be provided when the Final Exam schedule is released in

MARKS

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is anticipated that the course averages in years 1 through 4 grades will vary and this is the normative breakdown of average grades/year:

Year 1: 68-72

Year 2: 70-74 (core) and 72-76 (elective)

Year 3: 72-76 (core) and 74-78 (elective)

Year 4: 74-80

POLICIES

Prerequisites

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course, and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Covid -19 Contingency Plan for in-person class pivoting to 100% online learning

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, either synchronously (i.e., at the times indicated in the timetable) or asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor.

In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, tests and examinations in this course will be conducted using a remote proctoring service. By taking this course, you are consenting to the use of this software and acknowledge that you will be required to provide personal information (including some biometric data) and the session will be recorded. Completion of this course will require you to have a reliable internet connection and a device that

meets the technical requirements for this service. More information about this remote proctoring service, including technical requirements, is available on Western's Remote Proctoring website at: <https://remoteproctoring.uwo.ca>.

Late assignments

Assignments must not be missed unless there is a medical condition, family emergency, or other unforeseen circumstances. A note from your Physician indicating the nature of your condition must be submitted to the School of Health Studies Main Office, and only upon receipt of such a letter will instructors consider a new due date for an assignment. Late assignments may be docked a certain percentage per day, which is determined by the instructor.

Attendance and Classroom Behaviour (online and/or in-person)

In the School of Health Studies, each course instructor sets specific expectations for attendance and participation that are specific to the course, teaching objectives, and learning outcomes. Regular attendance is expected and essential for all courses, but particularly those that include participation grades in their evaluation schemes. Participation means not only attendance, but active engagement in the class, including (for example) contribution to small and large group discussions, a demonstrated effort to prepare for class by completing assigned readings before class, and following the instructor's guidelines for use of electronic devices during class time. **Students who miss classes, or parts of classes, are responsible for the material they have missed. Instructors are not obliged to review the contents of missed lectures.**

Use of Recording Devices and Course Content

During Exams: Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any electronic devices during ANY tests, quizzes, midterms, examinations, or other in-class evaluations.

During Lectures and Tutorials: Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

Use of Plagiarism Checking Software

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).

Student Code of Conduct

Code of Student Conduct defines the standard of conduct expected of students registered at The University of Western Ontario, provides examples of behaviour that constitutes a breach of this conduct, provides examples of sanctions that may be imposed, and sets out the disciplinary procedures that the University follows. Scholastic offences are taken seriously, and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: [Academic](#)

Academic Consideration

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for Academic Consideration; or
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to academic advising office in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis;
- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to academic advising office within two business days after the date specified for resuming responsibilities**

Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

Health and Wellness

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery (<http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore

your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](#) for a complete list of options about how to obtain help or Thames Valley Family Services (<https://www.familyservicethamesvalley.com/>), a trusted provider within the community. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [Health & Wellness - Western University \(uwo.ca\)](#). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

Common Concerns Guidelines

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question <i>cannot be answered</i> from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc). Email the instructor.
Grade disputes and requests for appeals	<p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal: https://uwo.ca/fhs/policies/appeals.html</p>