

# FC

## First Course

### Course Goals

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1. Generate a broad definition of health.
2. Describe at least one determinant of non-communicable diseases.
3. Characterize differences in health globally and across the US and Colorado.
4. Identify two barriers to health in the US.
5. Formulate personal goals in professional formation as a physician.
6. Demonstrate use of core curricular tools.

# First Course

## Session Learning Objectives

### **Community Activity: Exploring our Surrounding Neighborhoods**

1. Describe how the determinants of health and healthcare systems may impact health outcomes.
2. Describe the determinants of health of a neighborhood.

### **Diversity's Critical Role in Healthcare**

1. Define a diversity in a few ways and discuss the relative advantages of those definitions.
2. Appreciate the diversity within and among your classmates at CU SOM.
3. Describe the advantages of diverse communities at work and in school.
4. Examine the value of knowing your patients in the context of their lives rather than their diseases.

### **From Awareness to Action**

1. Consider multiple avenues to improving the health of others.
2. Develop an individualized plan to improving the health of patients and populations.

### **Health Disparities and Determinants of Health**

1. Describe how the determinants of health and healthcare systems impact health outcomes.
2. Describe the personal, social, economic, and environmental factors (determinants of health) that influence health.

### **Hopes and Concerns Reflective Writing**

1. Reflect and record personal goals and personal concerns on entering medical school.
2. Identify and explore Gawande's five suggestions for becoming a positive deviant in medicine.
3. Define and describe the Positive Deviant approach.

### **Lunch and Opportunity Fair**

1. Identify opportunities to participate in community service, service learning, quality improvement, and population health.

### **Presentation of Photo Essays**

1. Recognize potential opportunities to improve the health of neighborhoods surrounding AMC.
2. Distinguish the assets and barriers to health in neighborhoods surrounding AMC.
3. Appraise the determinants of health in neighborhoods surrounding AMC.

## **Resilience**

1. Define resilience.
2. List the core pillars to build resilience.
3. Draft a personal mission statement.

## **Structural Framework**

1. Describe the evidence demonstrating that racism is a determinant of health.
2. Distinguish between individual/person-centered racism and structural/institutional racism.
3. Describe the framework of structural competency in context of health and health care.

## **Welcome & Overview - What is Health?**

1. Define health.
2. Provide a systems framework of health.

## **What Happened, and Why? (Lecture)**

1. Recognize acts of bias and discrimination.
2. Consider the implications of discriminatory and/or biased acts on ourselves, our peers, and our patients.
3. Develop strategies to address acts of discrimination and/or bias.
4. List resources to address acts of bias or discrimination.

## **What Happened, and Why? (Small Groups)**

1. Recognize acts of bias and discrimination.
2. Consider the implications of discriminatory and/or biased acts on ourselves, our peers, and our patients.
3. Develop strategies to address acts of discrimination and/or bias.
4. List resources to address acts of bias or discrimination.