First Course (FC)
Course Goals

Goals

1. Define diversity including language, sexual identity, age, race, ethnicity, disability, socioeconomics, and education—and their implications in healthcare.

2. Employ self-reflection to recognize and examine their own beliefs, biases, and practices—and their implications in healthcare.

3. Conduct culturally appropriate risk and asset assessment, management, and communication with patients and populations.

4. Integrate cultural perspectives of patient, family, and community in development of treatment/interventions.

5. Describe the personal, social, economic, and environmental factors (determinants of health) that influence health—and their implications in healthcare.

6. Describe the components of healthcare systems including health policy, regulatory agencies, payment models, and models of care organization—and their implications in healthcare.

7. Identify individual and system level opportunities to advocate for the health of their patients and populations (e.g. patient-centered care, quality improvement, high value care, community/population health).

8. Describe how culture, health, equity, and society influence and are influenced by societal problems.
Learning Objectives

First Course (FC)

Welcome & Overview - What is health?  
Rita Lee

1. Define health.
2. Provide a systems framework of health.
3. Describe the concept of systems thinking.

Exploring Health  
Therese Jones

1. Analyze how your personal perspectives and experiences may impact your view of health and health care perspectives and experiences may impact your view of health and healthcare.
2. Utilize self-reflection to gain greater insight into self.
3. Identify examples of personal bias that you may experience/observe.

Diversity's Critical Role in Healthcare  
Shanta Zimmer

1. Identify the importance of work force diversity.
2. Describe how bias can impact health and healthcare.
3. Identify steps to mitigate bias.
4. Identify strategies to repair relationships if you accidentally offend someone.

Health Disparities and Determinants of Health  
Rita Lee

1. List at least 3 personal, environmental, and health systems factors that may impact an individual’s health.
2. List at least 3 tools/skills a healthcare provider can use to address the personal, environmental, and/or health systems factors that impact an individual’s health.
3. Describe how the social determinants of health impact an individual's personal health.

Community Activity: Exploring our surrounding neighborhoods  
Rita Lee

1. Describe the determinants of health in a neighborhood surrounding the AMC.
2. Describe how the determinants of health and healthcare systems may impact health, health disparities, and societal problems such as obesity, tobacco use, drug abuse, health care inequity (including homelessness, access to health care), and violence.
Presentation of Photo Essays

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

Improving Health - From Awareness to Action

1. Consider multiple avenues to improving the health of others.
2. Recognize the importance of personal resilience in improving health.
3. Develop an individualized plan to improving health.

Lunch and Opportunity Fair

1. Identify opportunities to do community service or service learning.

What Kind of Doctor Will You Be?

1. Explore what kind of doctor you will be.

Hopes and Fears Reflective Writing

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