

## COMMUNITY (PREVENTIVE) MEDICINE

Definition	<p>Preventive medicine (PM)/ Community Medicine (CM) is a medical specialty dedicated to the advancement of preventive healthcare, aiming to enhance patient well-being and avert diseases, disabilities, and premature mortality. Physicians in this specialty are experts in both clinical disease prevention and public health services, focusing on disease prevention, safeguarding health, educating communities, and fostering healthy lifestyle choices at an individual level, as well as on a large scale in communities and populations. Their expertise extends to thorough health assessments, strategic planning, and health care management. These physicians are instrumental in formulating, executing, and evaluating public health policies and prevention interventions across primary, secondary, and tertiary healthcare levels.</p>
Scope of practice	<p>Community (preventive) Medicine specialist use data, evidence, public engagement, research, education and more, all toward the ultimate goal of building healthier communities.</p> <p>Community (preventive) Medicine specialist focus on identifying, responding, and addressing the contributors that negatively affect the populations' health, such as people living in poverty, with addictions, in isolation, in marginalized and remote communities.</p> <p>Community (preventive) Medicine specialist are primarily concerned with the social and environmental factors that impact health within specific communities, calling upon their unique population health training and expertise. They identify and work to prevent the root causes of poor health, disease, injuries, and premature death instead of calling on costly medical treatment and hospital care as the go-to response.</p>
Clinical core privileges	<ol style="list-style-type: none"> <li><b>1. Public health-related activities (Health Promotion, Epidemiology, Disease surveillance, and Research) Function effectively in leading and supervising public health activities at the community level:</b> <ol style="list-style-type: none"> <li><b>1.1</b> Conduct a health-based needs assessment to evaluate the health status, disease burden, and morbidity in a specific population, using suitable methods and tools.</li> <li><b>1.2</b> Conduct epidemiological studies and outbreak investigations and translate epidemiologic findings into recommendations for a specific intervention to control the public health issue.</li> <li><b>1.3</b> Design and manage surveillance systems /disease registries to monitor health indicators and report on the public health status of communities.</li> <li><b>1.4</b> Performs communicable disease investigation and intervention of outbreaks, contact tracing, and containment measures.</li> <li><b>1.5</b> Supervise vaccination programs and facilities to ensure effective vaccine management services.</li> <li><b>1.6</b> Develop and implement health promotion and education programs to educate and change behavior of the individuals and communities about health risks and disease prevention.</li> <li><b>1.7</b> Develop, implement, and evaluate the impact of the public health strategies, policies, and population-level interventions.</li> <li><b>1.8</b> Develop and implement public health emergency preparedness plans, ensuring readiness to effectively respond to public health emergencies and pandemics within the community.</li> <li><b>1.9</b> Enhance healthcare organizational performance standards by directing evaluations and quality assessments using process and outcome-based performance measures.</li> <li><b>1.10</b> Collaborate with stakeholders in policy development and health service provision.</li> </ol> </li> </ol>

**1.11** Develop and execute research studies, both qualitative and quantitative, to explore public health questions, track health trends, assess public health initiatives, support evidence-based practices, and produce insights that drive leadership and systemic improvements in community health.

**2. Ethical Practice and Legal Compliance:**

**2.1** Ensure community value and maximize the community benefits from the public health interventions.

**2.2** Ensure patient confidentiality and prioritize patient safety and well-being.

**2.3** Maintain accurate and comprehensive patient records and population data.

**3. Quality Assurance and Improvement Participation:** Participate in quality assurance and improvement initiatives aimed at enhancing patient safety and the overall quality of care.

**4. Clinical Preventative Medicine:** Function effectively to provide optimal clinical care to individuals and their families appropriate to preventative medicine:

**4.1** Prevention, Screening, Diagnosis, and Management:

**4.1.1.** Prevent, screen, diagnose, and refer common health problems where prevention is key, including but not limited to communicable and noncommunicable diseases, maternal and child health, geriatric health, mental health, premarital screening, special group health, travel medicine, smoking cessation, exercise medicine, school health, lifestyle medicine, and occupational medicine.

**4.1.2.** Conduct risk assessments related to lifestyle medicine and noncommunicable diseases including but not limited to Cardiopulmonary and muscular fitness assessment, cardiovascular disease risk assessment, Lifestyle assessment, depression & anxiety assessments, and interpret and manage risk effectively.

**4.1.3.** Provide disease screening services for various common health conditions including but not limited to cancer, mental health, communicable and noncommunicable diseases, MCH screening, Premarital screening, Occupational pre-employment, and periodic screening.

**4.1.4.** Implement preventative measures like immunization, and Smoking cessation.

**4.1.5.** Counsel, assist, and follow-up individuals in maintaining healthy lifestyles and managing disease/health issues.

**4.2.** Comprehensive Patient Primary and Secondary Prevention Care:

**4.2.1.** Medical History: Obtain detailed current and past medical history, family history, surgical history, vaccination record, allergy history, and medication history.

**4.2.2.** Physical Examinations: Perform thorough physical examinations to assess patients' general health and specific concerns in the screening.

**4.2.3.** Investigations: Order and interpret laboratory, radiological, and diagnostic tests used in the screening.

**4.2.4.** Diagnosis and Treatment Planning, and Referral: Utilize clinical judgment and best practice guidelines to screen /diagnose communicable diseases, noncommunicable diseases, occupational diseases, maternal child issues, lifestyle issues, and travel-related diseases. tailored lifestyle interventions, patient education, prescribing medications involved in primary and secondary prevention, and considering safety, efficacy, and potential interactions. Refer the patient to the appropriate providers for continuity of care.

**4.2.5.** Evidence-based Practice: Implement effective clinical practice guidelines and integrate the best available evidence and best practices relevant to preventative medicine.

## References

1. Canada  
In February 2011, the medical specialty of Community Medicine in Canada was renamed as Public Health and Preventive Medicine (PHPM) to better reflect the roles and responsibilities of physician specialists in this field. <http://bcmqi.ca/Published%20Dictionaries/PublicHealthAndPreventiveMedicine.pdf>
2. Saudi board preventive medicine curriculum <https://eservices.scfhs.org.sa/sites/default/files/2022-01/SAUDI%20BOARD%20PREVENTIVE%20MEDICINE%20CURRICULUM.pdf>
3. The royal Australasian college of physician [https://www.racp.edu.au/docs/default-source/trainees/advanced-training/public-health-medicine/public-health-medicine-advanced-training-curriculum.pdf?sfvrsn=77252c1a\\_10](https://www.racp.edu.au/docs/default-source/trainees/advanced-training/public-health-medicine/public-health-medicine-advanced-training-curriculum.pdf?sfvrsn=77252c1a_10)
4. GMC UK <https://www.gmc-uk.org/education/standards-guidance-and-curricula/curricula/public-health-medicine-curriculum>
5. PHCC Qatar
6. The Arab Board of Health Specializations