Faculty of Medicine in Rijeka

Curriculum
2026/2027

For course

Public Health

Study program:	**Medical Studies in English (R)** University integrated undergraduate and graduate study
Department:	**Department of Social Medicine and Epidemiology**
Course coordinator:	**izv. prof. dr. sc. Bilajac Lovorka, dipl. sanit. ing.**
Year of study:	**6**
ECTS:	**4**
Incentive ECTS:	**0 (0.00%)**
Foreign language:	**No**

Course information:

The Public Health is a compulsory course in the VI. year of the Integrated Undergraduate and Graduate University Study of Medicine, which takes place at 11th semester, and consists of 30 hours of lectures, 15 hours of seminars and 15 hours of exercises, i.e. a total of 60 hours (4 ECTS). The course takes place in the lecture halls of the Faculty of Medicine of the University of Rijeka and online.

The method and form of teaching may be changed depending on the epidemiological situation related to the epidemic COVID -19, about which the students will be informed in time.

The aim of the course is to familiarise students with the development, role and functioning of the public health system in our country and in the world, as well as with the way the health system functions and is organised.

The content of the course is as follows: Students will learn what public health is, what are the main public health challenges of the 21st century, how health care is organised for all population groups and in different emergency situations. In addition, students will acquire knowledge of the peculiarities of the organisation of health care in the community, the peculiarities of the organisation of health and social care, methods of financing and the basics of management in health and social care, health economics and the implementation of public health interventions.

LEARNING OUTCOMES FOR THE COURSE:

I. COGNITIVE DOMAIN – KNOWLEDGE At the end of the course, students will be able to:

- Analyse major determinants of health and disease at the population level.
- Evaluate the organisation, financing, governance and quality of healthcare systems.
- Interpret population health indicators and public health data for decision-making.
- Apply principles of prevention, health promotion and lifestyle medicine to public health challenges.
- Critically appraise scientific evidence and use evidence-based approaches in public health practice.
- Assess the health needs of vulnerable populations and propose equity-oriented interventions.
- Evaluate the impact of contemporary public health challenges, including climate change, mental health and digital transformation.
- Design and communicate a public health intervention based on identified population needs

II.PSYCHOMOTOR DOMAIN - SKILLS At the end of the course, students will be able to identify and relate the methodology used in public health research to practise and develop methods of evaluation.

Delivery of teaching:

Classes are delivered in the form of lectures, seminars and exercises. Active participation of students in the curriculum is achieved by conducting seminars, which students prepare in advance, and during the exercises they conduct research in the community. During lectures, students are actively involved in thinking about thematic issues. The seminars prepare students for independent problem solving and integrative thinking. Students' active participation in the curriculum is achieved through independent **reading of available and peer-reviewed literature, drawing correct conclusions, conducting research in the community and writing seminar papers. During the exercises, students are divided into groups to create a programme/project for a specific public health priority. This is done based on a mentor-led analysis of databases, selection of an individual priority and creation of a specific programme/project. The student is required to prepare the material discussed.**

The lecturer will assess the student's participation in the seminar work (demonstrated knowledge, understanding, ability to pose problems, concluding, etc.).

[Ishodi učenja]:

- Analyse major determinants of health and disease at the population level.
- Evaluate the organisation, financing, governance and quality of healthcare systems.
- Interpret population health indicators and public health data for decision-making.
- Apply principles of prevention, health promotion and lifestyle medicine to public health challenges.
- Critically appraise scientific evidence and use evidence-based approaches in public health practice.
- Assess the health needs of vulnerable populations and propose equity-oriented interventions.
- Evaluate the impact of contemporary public health challenges, including climate change, mental health and digital transformation.
- Design and communicate a public health intervention based on identified population needs

List of assigned reading:

1. Oxford Textbook of Global Public Health (6 ed.). Roger Detels, Martin Gulliford, Quarraisha Abdool Karim, and Chorh Chuan Tan (eds.), Oxford Medicine Online, 2015.

2. Oxford Handbook of Clinical and Healthcare Research. Sumantra Ray, Sue Fitzpatrick, Rajna Golubic, Susan Fisher, and Sarah Gibbings (eds.), Oxford University Press, 2016.

List of optional reading:

1. Selected databases and articles from relevant literature freely available on the Internet

Method of examination.:

Assessment (ECTS credits):

The assessment of students is carried out in accordance to the current Regulation of studies of the University of Rijeka, and according to the Regulation of Student Assessment at the Faculty of Medicine in Rijeka (adopted by the Faculty Council of the Faculty of Medicine in Rijeka). The students are evaluated during the course and on the final exam (a total of 100 credits).

Of a total of 100 credits, a student can acquire 50 credits during the course and 50 credits on the final exam.

I. Assessment during the course (max 50 credits):

Activity	Points
Exercise 1 – Identification of a public health challenge	10
Exercise 2 – Behaviour change and lifestyle medicine case analysis	10
Exercise 3 – Literature search and evidence review	10
Exercise 4 – Data analysis and interpretation	10
Exercise 5 – Public health intervention and communication product	10
Total	**50**

The requirement for participation in the final exam is a minimum of 50% (25 credits) achieved during the class.

II. Final examination (up to 50 credits)

The final examination tests important, specific competences. The final exam consists of a written part (in the form of an essay in which the student elaborates on a given topic) and followed by an oral exam.

· Written examination (essay and short-answer questions) – 30 points

· Oral examination – 20 points

Who can take the final examination:

• Students who have obtained at least 50% of the credits(25 credits) during the classes are entitled to take the final written and oral examination; both parts of the final examination being cumulatively assessed.

Who cannot take the final examination:

• Students who have scored 0 to 49.9 points in class or who have 30% or more absences from class. Such a student is unsuccessful (1) F and cannot take the final examination, i.e. he/she must take the course again in the following academic year.

III. The final grade is the sum of the ECTS grades obtained during the course and the final examination:

I. A (90-100%) excellent (5)
II. B (75-89,9%) Very good (4)
III. C (60-74,5%) good (3)
IV. D (50-59,9%) sufficient (2)
V. F (0-49,9%) or less than half of the credits that can be earned during the course or less than half of the credits that can be earned in the final examination insufficient (1)

Curriculum:

Lectures list (with titles and explanation):

Lecture 1: Definition and evolution of public health

Learning outcomes: Recognise basic concepts of public health

Lecture 2: Historical development - Why history matters?

Learning outcomes: Explain the evolution from classical to modern public health

Lecture 3 Determinants of health, health indicators, burden of disease

Learning outcomes: Identify the most important indicators of health and disease in the population in our country and in the world, focusing on health status assessment

Lecture 4: Healthy public policy

Learning outcomes: Recognise the main roles and responsibilities of public health.

Lecture 5: Organisation of the health care system

Learning outcomes: Explain the method and levels of health care delivery using examples. Describe the way health care is organised in the Republic of Croatia

Lecture 6: Health Insurance and legal framework

Learning outcomes: Name the organisation of health insurance, discover the rights and obligations of users, distinguish between compulsory and voluntary health insurance, recognise the basics of the health insurance contract with Croatian Health Insurance Fund, who has the possibility to conclude a contract and what rights and obligations the contracting parties have

Lecture 7: Leading public health challenges in the 21st century.

Learning outcomes: Identify the key public health challenges in the modern world. Analyse major global health threats

Lecture 8: Health promotion and behavioural science

Learning outcomes: Identify key factors in the behaviour change theories

Lecture 9. Social marketing

Learning outcomes: Explain the idea of implementing public health projects and programmes

Lecture 10: Quality of life and well being

Learning outcomes: Understanding the public health approach to mental health and well being

Lecture 11: Health communication Health literacy

Learning outcomes: Developing effective communication strategies for public health messaging. Using media and technology to promote health literacy.

Lecture 12: Health for All in the 21st Century.

Learning outcomes: Consider key strategic documents. Introduce key objectives, value principles and key strategies. Presentation of key goals, value principles and key strategies. Identify current trends in health improvement at local, regional and international levels

Lecture 13: Public health research

Learning outcomes: Explain the various research methodologies used in public health, Discuss the process of translating research findings into public health practice and policy.

Lecture 14: Example of research (EH-UH 2

Learning outcomes: Evaluate successful public health projects, identifying key factors that contributed to their success.

Lecture 15: Public health interventions, primary, secondary, and tertiary prevention.

Learning outcomes: Define terms and levels of public

Lecture 16: Public health campaigns - What's your number? ; Hunt on a silent killer

Learning outcomes: Identify and discuss best practices and strategies employed in these projects to address public health challenges

Lecture 17: Lifestyle medicine

Learning outcomes: Explain the fundamental principles of lifestyle medicine and its role in preventing and managing chronic diseases

Lecture 18: Vulnerable Populations and Community Health

Identify vulnerable population groups and their specific health needs and analyse the impact of social determinants on health inequalities.

Lecture 19. Mental health

Assess mental health as a public health priority and identify major determinants of mental health across the life course.

Lecture 20: Social Welfare Law of the Republic of Croatia.

Learning outcomes: State the way social welfare is organised in the Republic of Croatia. Recognise the legal framework in which social assistance is organised, the rights of beneficiaries and the main institutions in which social assistance is im

Lecture 21: Organisation of palliative care, hospice

Learning outcomes: To present the organisation of the system of rehabilitation and palliative care and hospice in the Republic of Croatia. Identification of the field of action of palliative care.

Lecture 22: International Organisations in Global Health (WHO, UNICEF, Red Cross, MSF).

Learning Outcomes: Identify the main international organisations and their role in society; Broaden the scope to include other key organizations like WHO, UNICEF, and Médecins Sans Frontières, and their roles in global health

Lecture 23-New technologies in public health

Learning outcomes: Define new technologies in the field of public health

Lecture 24-Digital Health and Artificial Intelligence in Public Health,

Learning outcomes: Assess opportunities and limitations of digital health technologies in public health and evaluate the role of artificial intelligence in surveillance, prevention and health service delivery.

Lecture 25:Climate change and health

Learning outcomes: Define and classify exceptional circumstances. Recognise the impact of violence, conflict, and other exceptional circumstances on population health. Evaluate impact of climate change on population health

Lecture 26: Health and social strategy and policy.

Learning outcomes: To consider health and social strategy and policy planning. Introduce definitions, strategies and the way health and social strategy is interrelated.

Lecture 27: Health Care Financing, Economics in health care

Learning outcomes: Critically analyse the way health care is financed in our country and in the world; Describe the economic organisation of health care and distinguish between different systems. Basic economic concepts in health care

Lecture 28 Health policy and Management in public health care.

Learning outcomes: Explain the way of management in the public health system, discuss the advantages and disadvantages of the system.

Lecture 29: Health care quality assessment, standards and norms. Quality of care and patient safety

Learning outcomes: Introduce methods for evaluating the quality of health care and ensure standards and norms for quality assurance

Lecture 30: Health care planning, selection of priorities.

Learning outcomes: Outline the planning of the health care system in the Republic of Croatia and select the most important priorities.

Seminars list (with titles and explanation):

Seminar 1. Defining a public health problem & use data

Learning outcomes: Define a public health problem using epidemiological indicators.

Interpret basic public health data and trends.

Seminar 2. Health communication & behaviour change

Learning outcomes: Explain key theories of health behaviour change.

Analyse communication strategies used in public health.

Seminar 3. Research methods for public health projects

Learning outcomes: Distinguish between quantitative and qualitative research methods.

Select appropriate methods for public health research questions

Seminar 4. Evidence-based public health & literature search

Learning outcomes: Conduct a structured literature search. Critically appraise scientific evidence.

Seminar 5. Ethics, equity and vulnerable populations

Learning outcomes: Discuss ethical principles in public health practice. Identify health inequalities and vulnerable populations.

Practicals list (with titles and explanation):

Exercise 1. Identifying a Public Health Challenge

Learning outcomes: Identify and define a public health problem; Justify its public health relevance; Define the target population..

Exercise 2. Design a behaviour-change intervention for adults with obesity and cardiovascular risk."

Learning outcomes: Identify behavioural and lifestyle-related risk factors; Apply principles of behaviour change and lifestyle medicine; Develop recommendations for prevention and health promotion.

Exercise 3. Searching for Evidence and Existing Interventions

Learning outcomes: Conduct a literature search using public health databases; Identify evidence-based interventions; Summarise key findings relevant to the selected problem.

Exercise 4. Finding and Interpreting Public Health Dana

Learning outcomes: Analyse epidemiological data related to the selected public health problem; Interpret indicators and trends; Present findings using tables or visualisations.

Exercise 5. Designing a Public Health Intervention

Learning outcomes: Design a public health intervention targeting a selected population; Define objectives, activities and evaluation indicators; Develop a communication product suitable for the target group..

Student obligations:

The student is required to prepare the material discussed in the lectures and the seminars and to participate actively in the exercises. The teacher evaluates the student's participation in the work in the seminar (demonstrated knowledge, understanding, ability to pose problems, argumentation, etc.) and during the exercises. The "earned" points are added to the points obtained in the final examination. The final exam is written in the form of an essay and oral.

Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):

Assessment (ECTS credits):

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Other notes (related to the course) important for students:

Teaching contents and all information related to the course are available on the **Merlin** system.

COURSE HOURS 2026/2027

Public Health

Lectures (Place and time or group)	**Practicals** (Place and time or group)	**Seminars** (Place and time or group)
01.10.2026		

Lecture 1: Definition and evolution of public health:
• P14 - PATHOLOGY of lecture halls (08:00 - 11:00) [335]
  ○ PH
 	
Lecture 2: Historical development - Why history matters?:
• P14 - PATHOLOGY of lecture halls (08:00 - 11:00) [335]
  ○ PH
 	
Lecture 3 Determinants of health, health indicators, burden of disease:
• P14 - PATHOLOGY of lecture halls (08:00 - 11:00) [335]
  ○ PH
 	
Lecture 4: Healthy public policy:
• P08 (12:00 - 14:00) [333]
  ○ PH
 	
Lecture 5: Organisation of the health care system:
• P08 (12:00 - 14:00) [333]
  ○ PH
 	
Lecture 6: Health Insurance and legal framework:
• P08 (14:00 - 15:00) [169]
  ○ PH		

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02.10.2026		

Lecture 7: Leading public health challenges in the 21st century.:
• ONLINE (10:00 - 11:00) [335]
  ○ PH
 	
Lecture 8: Health promotion and behavioural science:
• ONLINE (11:00 - 12:00) [336]
  ○ PH
 	
Lecture 9. Social marketing:
• ONLINE (12:00 - 13:00) [333]
  ○ PH
		Seminar 1. Defining a public health problem & use data:
		• P09 - TEACHING IN ENGLISH (13:00 - 16:00) [169]
		  ○ PH

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05.10.2026		

Lecture 10: Quality of life and well being:
• ONLINE (15:00 - 16:00) [335]
  ○ PH
 	
Lecture 15: Public health interventions, primary, secondary, and tertiary prevention.:
• ONLINE (16:00 - 17:00) [333]
  ○ PH
 	
Lecture 12: Health for All in the 21st Century.:
• ONLINE (17:00 - 18:00) [336]
  ○ PH
	Exercise 1. Identifying a Public Health Challenge:
	• P08 (09:00 - 12:00) [334]
	  ○ PH
		Seminar 2. Health communication & behaviour change:
		• Department of Medical Biology and Genetics - Practicum (12:00 - 15:00) [335]
		  ○ PH

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06.10.2026		

Lecture 11: Health communication Health literacy:
• P15 - TOWN HALL (12:00 - 13:00) [335]
  ○ PH
 	
Lecture 13: Public health research:
• P09 - TEACHING IN ENGLISH (13:00 - 14:00) [333]
  ○ PH
 	
Lecture 14: Example of research (EH-UH 2:
• ONLINE (14:00 - 15:00) [2836]
  ○ PH
	Exercise 2. Design a behaviour-change intervention for adults with obesity and cardiovascular risk.":
	• P07 (08:00 - 11:00) [335]
	  ○ PH	

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07.10.2026		

Lecture 16: Public health campaigns - What's your number? ; Hunt on a silent killer:
• ONLINE (14:00 - 16:00) [2836]
  ○ PH
 	
Lecture 17: Lifestyle medicine:
• ONLINE (14:00 - 16:00) [2836]
  ○ PH
 	
Lecture 30: Health care planning, selection of priorities.:
• ONLINE (16:00 - 17:00) [335]
  ○ PH
	Exercise 3. Searching for Evidence and Existing Interventions:
	• P13 - ENT (otolaryngology) (11:00 - 14:00) [335]
	  ○ PH
		Seminar 3. Research methods for public health projects:
		• P15 - TOWN HALL (08:00 - 11:00) [333]
		  ○ PH

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08.10.2026		

Lecture 20: Social Welfare Law of the Republic of Croatia.:
• ONLINE (13:00 - 14:00) [3305]
  ○ PH
 	
Lecture 19. Mental health:
• ONLINE (14:00 - 15:00) [336]
  ○ PH
 	
Lecture 21: Organisation of palliative care, hospice:
• ONLINE (16:00 - 17:00) [335]
  ○ PH
	Exercise 4. Finding and Interpreting Public Health Dana:
	• P15 - TOWN HALL (12:00 - 14:30) [334]
	  ○ PH
		Seminar 4. Evidence-based public health & literature search:
		• P15 - TOWN HALL (08:00 - 10:00) [336]
		  ○ PH
		• P08 (10:00 - 11:00) [336]
		  ○ PH

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09.10.2026		

Lecture 25:Climate change and health:
• ONLINE (08:00 - 09:00) [2836]
  ○ PH
 	
Lecture 23-New technologies in public health:
• ONLINE (09:00 - 11:00) [1626]
  ○ PH
 	
Lecture 24-Digital Health and Artificial Intelligence in Public Health,:
• ONLINE (09:00 - 11:00) [1626]
  ○ PH
 	
Lecture 22: International Organisations in Global Health (WHO, UNICEF, Red Cross, MSF).:
• ONLINE (14:00 - 16:00) [336]
  ○ PH
 	
Lecture 26: Health and social strategy and policy.:
• ONLINE (14:00 - 16:00) [336]
  ○ PH
 	
Lecture 29: Health care quality assessment, standards and norms. Quality of care and patient safety:
• ONLINE (16:00 - 17:00) [169]
  ○ PH
		Seminar 5. Ethics, equity and vulnerable populations:
		• NZZJZ - Aquarium (11:00 - 14:00) [335]
		  ○ PH

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12.10.2026		

Lecture 27: Health Care Financing, Economics in health care:
• P15 - TOWN HALL (11:00 - 13:00) [169]
  ◦ PH
 	
Lecture 28 Health policy and Management in public health care.:
• P15 - TOWN HALL (11:00 - 13:00) [169]
  ◦ PH
 	
Lecture 18: Vulnerable Populations and Community Health:
• P15 - TOWN HALL (13:00 - 14:00) [335]
  ◦ PH
	Exercise 5. Designing a Public Health Intervention:
	• NZZJZ - Aquarium (08:00 - 11:00) [169] [335]
	  ◦ PH	

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List of lectures, seminars and practicals:

LECTURES (TOPIC)	Number of hours	Location
Lecture 1: Definition and evolution of public health	1	P14 - PATHOLOGY of lecture halls
Lecture 2: Historical development - Why history matters?	1	P14 - PATHOLOGY of lecture halls
Lecture 3 Determinants of health, health indicators, burden of disease	1	P14 - PATHOLOGY of lecture halls
Lecture 4: Healthy public policy	1	P08
Lecture 5: Organisation of the health care system	1	P08
Lecture 6: Health Insurance and legal framework	1	P08
Lecture 7: Leading public health challenges in the 21st century.	1	ONLINE
Lecture 8: Health promotion and behavioural science	1	ONLINE
Lecture 9. Social marketing	1	ONLINE
Lecture 10: Quality of life and well being	1	ONLINE
Lecture 11: Health communication Health literacy	1	P15 - TOWN HALL
Lecture 12: Health for All in the 21st Century.	1	ONLINE
Lecture 13: Public health research	1	P09 - TEACHING IN ENGLISH
Lecture 14: Example of research (EH-UH 2	1	ONLINE
Lecture 15: Public health interventions, primary, secondary, and tertiary prevention.	1	ONLINE
Lecture 16: Public health campaigns - What’s your number? ; Hunt on a silent killer	1	ONLINE
Lecture 17: Lifestyle medicine	1	ONLINE
Lecture 18: Vulnerable Populations and Community Health	1	P15 - TOWN HALL
Lecture 19. Mental health	1	ONLINE
Lecture 20: Social Welfare Law of the Republic of Croatia.	1	ONLINE
Lecture 21: Organisation of palliative care, hospice	1	ONLINE
Lecture 22: International Organisations in Global Health (WHO, UNICEF, Red Cross, MSF).	1	ONLINE
Lecture 23-New technologies in public health	1	ONLINE
Lecture 24-Digital Health and Artificial Intelligence in Public Health,	1	ONLINE

Lecture 25:Climate change and health	1	ONLINE
Lecture 26: Health and social strategy and policy.	1	ONLINE
Lecture 27: Health Care Financing, Economics in health care	1	P15 - TOWN HALL
Lecture 28 Health policy and Management in public health care.	1	P15 - TOWN HALL
Lecture 29: Health care quality assessment, standards and norms. Quality of care and patient safety	1	ONLINE
Lecture 30: Health care planning, selection of priorities.	1	ONLINE

PRACTICALS (TOPIC)	Number of hours	Location
Exercise 1. Identifying a Public Health Challenge	3	P08
Exercise 2. Design a behaviour-change intervention for adults with obesity and cardiovascular risk."	3	P07
Exercise 3. Searching for Evidence and Existing Interventions	3	P13 - ENT (otolaryngology)
Exercise 4. Finding and Interpreting Public Health Dana	3	P15 - TOWN HALL
Exercise 5. Designing a Public Health Intervention	3	NZZJZ - Aquarium

SEMINARS (TOPIC)	Number of hours	Location
Seminar 1. Defining a public health problem & use data	3	P09 - TEACHING IN ENGLISH
Seminar 2. Health communication & behaviour change	3	Department of Medical Biology and Genetics - Practicum
Seminar 3. Research methods for public health projects	3	P15 - TOWN HALL
Seminar 4. Evidence-based public health & literature search	3	P08 P15 - TOWN HALL
Seminar 5. Ethics, equity and vulnerable populations	3	NZZJZ - Aquarium

EXAM DATES (final exam):

1.	09.12.2026.
2.	26.02.2027.
3.	06.05.2027.
4.	21.06.2027.
5.	05.07.2027.
6.	03.09.2027.
7.	17.09.2027.