

**CENTER FOR INTERNATIONAL PROGRAMS**

**Course name: Costa Rican Health Care and Tropical Medicine**

**Course code: HIS-3293J**

**Total contact hours: 45 hours**

**Pre-requisite: Must be a Health Sciences student**

**COURSE DESCRIPTION**

Costa Rica’s health care system is unique due to the fact that it’s socialized and has achieved excellent health indicators. The course focuses on the history and development of the public health care system within the context of the Costa Rican sociopolitical and economical situation. It also gives a strong emphasis on how the system actually works and points out not only the strongholds of the systems, but also it’s weak points. A third objective, of fundamental importance in order to understand this system, is the study of Costa Rica as a tropical country. Students will learn about the prevention and transmission of relevant tropical diseases.

**OBJECTIVES**

1. To study the fundamental aspects of the health in a Latin American country
2. To analyze the structure of the Health System of Costa Rica
3. To recognize the main characteristics of the tropical pathology
4. To develop abilities to understand the binomial health and society within the Latin American culture

**CONTENTS**

**Works Schedule:**

<b>WEEK 1</b>		
	<b>Activity</b>	<b>Special Work</b>
Section 1 <b>Monday</b>	<ul style="list-style-type: none"> <li>- Course introduction Basic information about C.R: geography, flora, fauna and other aspects.</li> <li>- Costa Rica Health system and plus. Demography and anthropology.</li> <li>- Costa Rica’s Health Indicators</li> </ul>	Speech topics assignment
Section 2 <b>Tuesday</b>	<ul style="list-style-type: none"> <li>- Costa Rica original inhabitants.</li> <li>- Questions to answer.</li> <li>- Debate Movie “Sicko” by M.Moore</li> <li>- Danny’s case</li> </ul>	Costa Rica’s Private Medicine System
Section 3 <b>Wednesday</b>	<ul style="list-style-type: none"> <li>- Debate: Costa Rica and USA Health Systems</li> <li>- Parasites</li> </ul>	debate

	<ul style="list-style-type: none"> <li>- Common diseases</li> <li>- Pediculosis and Pithiriasis</li> <li>- Skin Diseases</li> <li>- Protozoan-unicellular organism</li> <li>- Helminths</li> <li>- Three main groups of worms</li> <li>- Chaga's disease</li> <li>- Endemic disease in Latin America</li> <li>- Ectoparasites</li> <li>-</li> </ul>	
<b>Activity</b>		
		<b>Special Work</b>
Section 4 <b>Thursday</b>	<ul style="list-style-type: none"> <li>- Some common skin diseases</li> <li>- Cutaneous larva migrants</li> <li>- Subcutaneous problems</li> <li>- Paragonimus</li> <li>-</li> </ul>	
<b>Activity</b>		
		<b>Special Work</b>
Section 5 <b>Friday</b>	<ul style="list-style-type: none"> <li>- <b><u>Test #1 (including health indicators)</u></b></li> <li>- <b><u>Parasite Generalities</u></b></li> <li>- A dangerous parasite</li> <li>- Malaria</li> <li>- Tropical diseases transmitted by mosquitoes.</li> <li>- Filariasis</li> <li>- Leishmaniasis</li> <li>-</li> </ul>	<p style="text-align: center;">Activities at dairy farm Analysis</p>
Section 6 Visit	<ul style="list-style-type: none"> <li>- To an E.B.A.I.S</li> </ul>	<p style="text-align: center;">Team assignments for presentations</p>

<b>WEEK 2</b>		
<b>Activity</b>		
		<b>Special Work</b>
Section 7 <b>Monday</b>	<ul style="list-style-type: none"> <li>- Dengue</li> <li>- Tuberculosis</li> <li>- Sika</li> <li>- Chikenguya</li> </ul>	<p>Team work</p>
Section 8 <b>Tuesday</b>	<ul style="list-style-type: none"> <li>- Ophitic accidents</li> <li>- Physical examination</li> <li>- Patients interview</li> <li>- <b><u>Test 2</u></b></li> <li>- <b><u>Including malaria ,Filariasis and Leishmaniosis</u></b></li> </ul>	<p style="text-align: center;">Check newspapers for Any health news.</p>

Section 9	General review Cases 2 and 7	
<b>Wednesday</b>		
	<b>Activity</b>	<b>Special Work</b>
Section 10	- Case 11 - Case 12 - Case13	Clear -up
<b>Thursday</b>		
Section 10	<b><u>Final Exam</u></b>	
<b>Friday</b>	<b><u>Presentations from visits to clinics or hospitals.</u></b>	

## METHODOLOGY

We intend to achieve the above objectives by a series of theoretical and practical exercises. Students will attend participatory lectures about the history and development of the social health care system and will also learn about the private health sector. Sessions will also include a debate that compares the health system in Costa Rica and in the United States. Discussions and debates will serve as tools, for students to gain some insight in to the differences in these two societies and their concepts of health. Lectures and discussion will be complemented with a visit to one of the main private hospitals in San José, and contrasted with a visit to one of the primary health care clinics of the public system.

The course develops a series of participatory lectures about tropical medicine. In order to build a common background, students will learn the most important concepts on clinical history and exploration, relevant to tropical medicine, as well as demographic, epidemiological and environmental concepts.

There are several units that focus on the study of patho-physiological concepts and specific diseases, all this, in order to understand the fundamentals of prevention and promotion of health in the context of tropical diseases.

## Audience

This course is structured for International Students attending the Study Abroad program at Universidad Veritas. However, courses are not exclusive to foreigners so a few native student could enroll in this course.

## Attendance

Students are only allowed 2 absences (justified or not). The student will fail the course if he/she has more than 2 absences. Students will have a 0 on any assignment evaluated in class (presentations, evaluations, field trips, etc.) if he/she is absent in this class, unless an official document is presented to justify the absence the class after the absence. In this case the assignment will be done this day. **An unjustified absence to a fieldtrip will immediately mean failing the course.** You can only have two total absences in your elective courses **HOWEVER, if you miss more than one day of class in a given month, YOU WILL NOT RECEIVE CREDIT** for that particular course.

## **Electronic devices:**

The use of cell phones, smart phones, or other mobile communication devices is disruptive, and is therefore prohibited during class. **Please turn all devices OFF and put them away when class begins.** Devices may be used ONLY when the professor assigns a specific activity and allows the use of devices for internet search or recording. Those who fail to comply with the rule must leave the classroom for the remainder of the class period.

## **Behavior**

Professors have the right to expel a student from the classroom should he / she:

- 1) be disruptive in the classroom
- 2) be under the influence of alcohol or even smell like alcohol
- 3) Behave in a disrespectful way.

If you tend to be late for class, you will lose 25% of your total grade

## **EVALUATION SYSTEM**

### **60%** Practical work

- Debate about health care systems 20%
- Presentation (Subject will be assigned on the first day) 20%
- Participation and discussion in seminars 10%
- Homework and reading assignments 10%

### **25%** Written Examinations

- Include two brief test 5 points each (10%) and a final exam (15%)

### **15%** Participatory attendance

## **Final Exam**

Evaluation of the ability of the student to face a health problem and be able to incorporate elements of public health and tropical medicine in the context of the Costa Rican health care system.

## **BIBLIOGRAPHY (REFERENCE)**

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- 2- [centralamerica.data.com/es/article/home/Estadisticas\\_de\\_Costa\\_Rica...](http://centralamerica.data.com/es/article/home/Estadisticas_de_Costa_Rica...)  
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- 6- Ophidic accident. Instituto Clodomiro Picado. 2015
- 7- [www.asamblea.go.cr/.../Indicadores Provinciales-24012013.pdf](http://www.asamblea.go.cr/.../Indicadores_Provinciales-24012013.pdf) X *Censo Nacional de Población y VI de Vivienda, Indicadores Provinciales Costa Rica 2011*
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