

COURSE SPECIFICATION

Name of Institution Mahidol University
Campus/Faculty/Program ASEAN Institute for Health Development

Section 1 General Information

1. **Code and Course Title:** ADPM 651 Primary Health Care for Aging Society
สอสม ๖๕๑ สาธารณสุขมูลฐานสำหรับสังคมสูงวัย
2. **Total Credits:** 3 (3-0-6) credits (Lecture - Practice - Self Study)
3. **Curriculum and Course Category**
Master of Primary Health Care Management (International) (Elective Course)
4. **Course Coordinator/Course Instructors**
 - 4.1 **Course Coordinator**
Assoc.Prof. Dr.Orapin Laosee
Contact: ASEAN Institute for Health Development
Tel. 02 441 9040 ext 62
 - 4.2 **Course Instructors**
Assoc.Prof. Dr. Orapin Laosee Tel. 02 441 9040 ext 62
Prof. Dr. Ratana Somrongthong
5. **Semester / Academic Year of Study:** 2/2023
6. **Pre-requisite:** There are no specific prerequisite courses, but learners must be able to work with equations and perform basic mathematical calculations.
7. **Co-requisite:** none
8. **Venue:** ASEAN Institute for Health Development, Mahidol University
9. **Latest Date of Course Specification Development or Modification:** 1 September 2023

Section 2 Aims and Objectives

1. Course Aims

Upon successful completion of this course, the learners will be able to:

- 1.1 Describe the nature and characteristic of aging including demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity and disability

- 1.2 Identify the national and international policy to increase access health promotion and wellness opportunities for older adults
- 1.3 Analyze an appropriate primary health care services for ageing population respect to the culture and context
- 1.4 Purpose the health policy to support healthy aging

2. Objectives of Course Development/Modification

This course is designed to introduce students to important theories, concepts, and empirical findings in the study of aging, giving them a deeper understanding of the issues people encounter as they grow older. The learners will be exposed to the national and international policies to support healthy aging. In addition, learners could be able to analysis the primary health care approach for aging population respect to the social and context.

Section 3 Course Description and Implementation

1. Course Description

Primary health care for aging; its implications for individuals, families, and society, and the background for health policy related to older persons; overview on aging from different perspectives; demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity and disability; primary health care services for ageing population; social aspects of aging, and ethical issues in the care of older individuals

สุขภาพปฐมภูมิสำหรับผู้สูงวัย ผลกระทบต่อบุคคล ครอบครัวและสังคม และภูมิหลังสำหรับนโยบายสุขภาพที่เกี่ยวข้องกับผู้สูงวัย ภาพรวมเกี่ยวกับความชราจากมุมมองที่แตกต่างกัน ประชากรศาสตร์ชีววิทยา ระบาดวิทยาของโรค ความผิดปกติของร่างกายและจิตใจ ความสามารถในการทำกิจกรรมและความพิการ บริการสาธารณสุขมูลฐานสำหรับผู้สูงอายุ มุมมองด้านสังคมเกี่ยวกับความสูงวัย ประเด็นจริยธรรมเกี่ยวกับการดูแลผู้สูงอายุ

2. Number of Hours per Semester

Lecture	45	Hours
Tutorial	0	Hour
Practice / Field Experience /Practicum	0	Hour
Self-Study	90	Hours

3. Number of hours provided for academic advice and guidance to an individual student

Every Friday 14.00-16.00 at Building 1, 2nd floor ASEAN Institute for Health Development; Office hours (at least 2 hours/week)

Section 4 Development of the expected learning outcomes

1. A brief summary of the knowledge or skills expected to develop in students; the course-level expected learning outcomes (CLOs)

On completion of the course, students will be able to:

CLO 1 Describe the nature and characteristic of aging including demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity and disability

CLO 2 Identify the national and international policy to increase access health promotion and wellness opportunities for older adults

CLO 3 Analyze an appropriate primary health care services for ageing population respect to the culture and context

CLO 4 Purpose the health policy to support healthy aging

2. How to organize learning experiences to develop the knowledge or skills stated in number 1 and how to measure the learning outcomes

CLOs	Teaching and learning experience management			Learning outcomes measurements			
	Lecture	Individual Work	Group Work	Test	Assignment quality	Individual Reports	Group Reports
CLO1	x			x	x		
CLO2	x			x	x		
CLO3	x	x			x	x	
CLO4	x		x		x		x

Section 5 Teaching Plan and Evaluation Plan

1. Teaching Plan

Week No.	Topic	Hrs.			Teaching and Learning Activities	Instructor(s)
		Lecture	Practice	Self-study		
1	Introduction to Primary health care for aging society, theoretical background and key concepts	3	0	6	Lecture, Discussion	Assoc.Prof. Dr. Orapin Laosee
2	Centenarians, nature and characteristic of aging, epidemiology of diseases, physical and mental disorders, functional capacity and disability	3	0	6	Lecture, Class activities, case study	Assoc.Prof. Dr. Orapin Laosee
3	Framework for implementing national programmes for age-friendly cities and communities	3	0	6	Assignments	Assoc.Prof. Dr. Orapin Laosee
4	International guideline for healthy aging	3	0	6		Assoc.Prof. Dr. Orapin Laosee
5	Brain health and cognitive functions in aging	3	0	6		Assoc.Prof. Dr. Orapin Laosee
6	Physical and psychological support for aging	3	0	6		Assoc.Prof. Dr. Orapin Laosee
7	Social support and welfare for elderly	3	0	6		Prof Dr Ratana Somrongthong
8	Primary health care services for ageing population I	3	0	6	Lecture, discussion, case study	Assoc.Prof. Dr. Orapin Laosee
9	Primary health care services for ageing population II	3	0	6		Assoc.Prof. Dr. Orapin Laosee
10	The future of care and healthcare provision to community-dwelling elderly people	3	0	6	Lecture, discussion	Guest lecture
11	Health promotion and wellness	3	0	6	Lecture, example	Prof Dr Ratana Somrongthong
12	Health policy to support healthy aging: case study I	3	0	6	Lecture, case study	Guest lecture
13	Health policy to support healthy aging:	3	0	6	Lecture,	Guest lecture

Week No.	Topic	Hrs.			Teaching and Learning Activities	Instructor(s)
		Lecture	Practice	Self-study		
	case study II				Case study	
14	Student presentations	3	0	6	Presentation	Assoc.Prof. Dr. Orapin Laosee
15	Student presentations	3	0	6	Presentation	Assoc.Prof. Dr. Orapin Laosee
	Total	45	0	90		-

Primary health care for aging; its implications for individuals, families, and society, and the background for health policy related to older persons; overview on aging from different perspectives; demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity and disability; primary health care services for ageing population; social aspects of aging, and ethical issues in the care of older individuals

2. Evaluation Plan

No.	Learning Outcomes	Evaluation Method	Week of Evaluation	Evaluation Allotment
1.	Describe the nature and characteristic of aging including demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity and disability	Quiz	2	10%
		Assignments	5	10%
2.	Identify the national and international policy to increase access health promotion and wellness opportunities for older adults	Quiz	3	10%
		Assignments	4	10%
3.	Analyze an appropriate primary health care services for ageing population respect to the culture and context	Assignments	7, 9	5%
		Individual report	11	25%
4.	Purpose the health policy to support healthy aging	Assignment	12-13	5%
		Group presentation	14-15	25%

1. Measurement and evaluation of student achievement

A = 85-100 %

B+ = 75– 84 %

B = 65 – 74 %

C+ = 55 – 64 %

C = 45 – 54 %

F = 0- 44 %

Section 6 Teaching Materials and Resources

1. Main Textbook and Course Materials

- Avan, A., Hachinski, V., Aamodt, A. H., Alessi, C., Ali, S., Alladi, S., . . . Act, G. (2022). Brain health: Key to health, productivity, and well-being. *Alzheimer's and Dementia*, *18*(7), 1396-1407. doi:10.1002/alz.12478
- Aybar-Damali, B., McGuire, F., & Kleiber, D. (2021). Adaptation to the COVID-19 pandemic among older adults in the United States. *World Leisure Journal*, *63*(3), 244-254. doi:10.1080/16078055.2021.1957009
- Bolaños, T. G., Scheffran, J., & Costa, M. M. (2022). Climate Adaptation and Successful Adaptation Definitions: Latin American Perspectives Using the Delphi Method. *Sustainability (Switzerland)*, *14*(9). doi:10.3390/su14095350
- Boyle, P. A., Wang, T., Yu, L., Wilson, R. S., Dawe, R., Arfanakis, K., . . . Bennett, D. A. (2021). The “cognitive clock”: A novel indicator of brain health. *Alzheimer's and Dementia*, *17*(12), 1923-1937. doi:10.1002/alz.12351
- Chum, K., Fitzhenry, G., Robinson, K., Murphy, M., Phan, D., Alvarez, J., . . . McGrath, C. (2022). Examining Community-Based Housing Models to Support Aging in Place: A Scoping Review. *Gerontologist*, *62*(3), E178-E192. doi:10.1093/geront/gnaa142
- Dayılar Candan, H., Doğan, S., Güler, C., & Carroll, K. (2022). Roy Adaptation Model: Theory-Based Knowledge and Nursing Care With a Person Experiencing COVID-19. *Nursing Science Quarterly*, *35*(3), 304-310. doi:10.1177/08943184221092434
- Donofry, S. D., Stillman, C. M., Hanson, J. L., Sheridan, M., Sun, S., Loucks, E. B., & Erickson, K. I. (2021). Promoting brain health through physical activity among adults exposed to early life adversity: Potential mechanisms and theoretical framework. *Neuroscience and Biobehavioral Reviews*, *131*, 688-703. doi:10.1016/j.neubiorev.2021.09.051
- Duque-Calvache, R., Torrado, J. M., & Mesa-Pedrazas, Á. (2021). Lockdown and adaptation: residential mobility in Spain during the COVID-19 crisis. *European Societies*, *23*(S1), S759-S776. doi:10.1080/14616696.2020.1836386
- Erol Ursavaş, F., & Karayurt, Ö. (2021). Effects of a Roy's Adaptation Model-Guided Support Group Intervention on Sexual Adjustment, Body Image, and Perceived Social Support

- in Women With Breast Cancer. *Cancer nursing*, 44(6), E382-E394.
doi:10.1097/NCC.0000000000000854
- Gao, Y., Cui, M., Yang, C., Wu, Y., Long, Y., Chen, Y., . . . Li, X. (2020). Validity and reliability of the Brain Health Self-Efficacy Scale for the elderly. *General Psychiatry*, 33(5).
doi:10.1136/gpsych-2020-100208
- Gow, A. J. (2022). Opportunities for enhancing brain health across the lifespan. *BJPsych Advances*, 28(2), 102-111. doi:10.1192/bja.2021.26
- Gu, Y., Beato, J. M., Amarante, E., Chesebro, A. G., Manly, J. J., Schupf, N., . . . Brickman, A. M. (2020). Assessment of Leisure Time Physical Activity and Brain Health in a Multiethnic Cohort of Older Adults. *JAMA Network Open*, 3(11).
doi:10.1001/jamanetworkopen.2020.26506
- Maasackers, C. M., Weijs, R. W. J., Dekkers, C., Gardiner, P. A., Ottens, R., Olde Rikkert, M. G. M., . . . Claassen, J. A. H. R. (2022). Sedentary behaviour and brain health in middle-aged and older adults: A systematic review. *Neuroscience and Biobehavioral Reviews*, 140. doi:10.1016/j.neubiorev.2022.104802
- Olsen, P. O., Tully, M. A., Del Pozo Cruz, B., Wegner, M., & Caserotti, P. (2022). Community-based exercise enhanced by a self-management programme to promote independent living in older adults: a pragmatic randomised controlled trial. *Age and Ageing*, 51(7). doi:10.1093/ageing/afac137
- Panyawattanakit, C., Wongpradit, W., Kanhasing, R., & Kulalert, P. (2022). Cognitive Impairment and Associated Factors among Older Adults with Diabetes in a Suburban Primary Health Center in Thailand. *Dementia and Geriatric Cognitive Disorders*, 51(2), 175-181. doi:10.1159/000524132
- Rendeiro, C., & Rhodes, J. S. (2021). Dietary flavonoids and brain health in aging: Food for thought. In *Factors Affecting Neurological Aging: Genetics, Neurology, Behavior, and Diet* (pp. 589-601).
- Santos, F. H., Zurek, J., & Janicki, M. P. (2022). Efficacy of Healthy Aging Interventions for Adults With Intellectual and Developmental Disabilities: A Systematic Review. *Gerontologist*, 62(4), E235-E252. doi:10.1093/geront/gnaa192
- Vandermorris, S., Au, A., Gardner, S., & Troyer, A. K. (2022). Initiation and maintenance of behaviour change to support memory and brain health in older adults: A randomized controlled trial. *Neuropsychological Rehabilitation*, 32(4), 611-628. doi:10.1080/09602011.2020.1841656
- Wang, Z., Shepley, M. M., & Rodiek, S. D. (2012). Aging in Place at Home Through Environmental Support of Physical Activity: An Interdisciplinary Conceptual Framework and Analysis. *Journal of Housing for the Elderly*, 26(4), 338-354. doi:10.1080/02763893.2011.625289
- World Health Organization. (2022). *Optimizing brain health across the life course: WHO position paper*. Retrieved from Gevena:

Zhang, J., Guo, L., Mao, J., Qi, X., Chen, L., Huang, H., . . . Yang, X. (2021). The effects of nursing of Roy adaptation model on the elderly hypertensive: a randomised control study. *Annals of Palliative Medicine*, 10(12), 12149-12158. doi:10.21037/apm-21-2803

2. Important Documents and Information

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3. Suggested Learning Resources

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Section 7 Course Evaluation and Improvement

1. Evaluation Strategies for Course Effectiveness by Students

Strategies for effective course evaluation by students

1.1 Evaluation of students by peer students to be done by the Faculty of Graduate Studies (Education Services Section)

1.2 Student evaluation to be done by Course Directors at the end of the course

- Course content
- Course management
- Suggestions
- Overall opinion

2. Teaching Evaluation Strategies

- Observation of student behaviors, attitudes, and academic contents during activities of class participation
- Students self-assessments and analysis
- Peer assessments and feedback
- Question and answer
- Volunteering in class organization and designing in summarization of class activities

3. Teaching Improvement

Presentation of course development, techniques used in teaching, and improvement with the participation of program management committee members of AIHD at program management committee meetings.

4. Verification of Students Achievements in the Course

- Analysis of students' learning outcomes using scores from class attendance, individual report activity and presentation

- Observing changes in perception and attitude of individual students and development i.e. personality, presentation, participation in working group, participatory action

5. Course Revision and Improvement Plan

- Meeting with all lecturers teaching the course to discuss and review the course before the semester starts and before each period of teaching
- Teaching materials sharing among lecturers for mutual learning, understanding, and development
- Meeting with all lecturers teaching the course to discuss and review after the course closed to consider requests, feedback, and suggestions of students and make minor improvements to the course syllabus and materials before the next academic year.

Appendix

Relations between the Course and the Program

Program Learning Outcomes

PLO1 Exhibit responsibility, discipline, and honesty according to organizational rules, academic and professional ethics, and morality.

PLO2 Explain the interconnection of multidisciplinary knowledge associated with primary health care management.

PLO3 Design research in primary health care management based on systematic process.

PLO4 Defend in significant ways with questions or points of view or controversies about the area of the primary health care system.

PLO5 Interact professionally when working as a team as both leader and member for solving and managing work assigned.

PLO6 Perform statistical data analysis as they support evaluating, planning, and managing the primary health care system.

PLO7 Communicate clearly and effectively to an array of audiences for a range of purposes.

PLO8 Use information technology effectively to support the study, research, and their efforts to accomplish a specific purpose.

Course	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO8
Elective course								
ADPM 651 Primary Health Care for Aging society Research 3 (3-0-6)	R	R	R	P	R	I	P	P

I = ELO is introduced & assessed P = ELO is practiced & assessed

R = ELO is reinforced & assessed M = Level of Mastery is assessed

Curriculum Mapping

● Primary responsibility

○ Secondary responsibility

Course Objectives (CLOs)	Program learning domains												
	1. Morality and ethics			2. Knowledge		3. Intellectual skills			4. Interpersonal Skills and Responsibility		5. Numeral Analysis Skills, Communication and Use of Information Technology		
	1.1	1.2	1.3	2.1	2.2	3.1	3.2	3.3	4.1	4.2	5.1	5.2	5.3
CLO1 Describe the nature and characteristic of aging including demography, biology, epidemiology of diseases, physical and mental disorders, functional capacity and disability				●	○	●	○						
CLO2 Identify the national and international policy to increase access health promotion and wellness opportunities for older adults	●	●		○		○							
CLO3 Analyze an appropriate primary health care services for ageing population respect to the culture and				○	○	●		●					

Course Objectives (CLOs)	Program learning domains												
	1. Morality and ethics			2. Knowledge		3. Intellectual skills			4. Interpersonal Skills and Responsibility		5. Numerical Analysis Skills, Communication and Use of Information Technology		
	1.1	1.2	1.3	2.1	2.2	3.1	3.2	3.3	4.1	4.2	5.1	5.2	5.3
context													
CLO4 Purpose the health policy to support healthy aging			●		○			○	●	●		●	●

Expected Outcome (TOF.2)

1. Morality and Ethics

- 1.1 Exhibits discipline, honesty, and punctuality
- 1.2 Behave according to morals and ethics of academic and professional practice
- 1.3 Avoid academic plagiarism

2. Knowledge

- 2.1 Explain the theoretical and practical knowledge associated with primary health care management
- 2.2 Explain the interconnection of various fields of knowledge in primary health care management

3. Intellectual skills

- 3.1 Perform the manners of continuously seeking knowledge

3.2 Design the research to solve the problem identified in the primary health care management system

3.3 Defend in significant ways with questions or points of view or controversies in related fields.

4. Interpersonal Skill and Responsibility

4.1 Perform interpersonal communication skills to establish and enhance personal and work-based relationships.

4.2 Perform the role of a leader and working team member appropriately

5. Numeral Analysis Skills, Communication, and Use of Information Technology

5.1 Demonstrate the statistical analysis and its interpretation

5.2 Communicate clearly and effectively to an array of audiences for a range of purposes.

5.3 Use information technology effectively to support the study, research, and efforts to accomplish a specific purpose

Relations between CLOs and PLOs

Course Objectives (CLOs)	PLOs							
	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO8
CLO1 Describe the nature and characteristic of aging including demography, biology, epidemiology of diseases, physical and mental disorders, functional	√	√						

Course Objectives (CLOs)	PLOs							
	PLO1	PLO2	PLO3	PLO4	PLO5	PLO6	PLO7	PLO8
capacity and disability								
CLO2 Identify the national and international policy to increase access health promotion and wellness opportunities for older adults				√				√
CLO3 Analyze an appropriate primary health care services for ageing population respect to the culture and context		√		√	√			
CLO4 Purpose the health policy to support healthy aging						√	√	√

Program Learning Outcomes

PLO1 Exhibit responsibility, discipline, and honesty according to organizational rules, academic and professional ethics, and morality.

PLO2 Explain the interconnection of multidisciplinary knowledge associated with primary health care management.

PLO3 Design research in primary health care management based on systematic process.

PLO4 Defend in significant ways with questions or points of view or controversies about the area of the primary health care system.

PLO5 Interact professionally when working as a team as both leader and member for solving and managing work assigned.

PLO6 Perform statistical data analysis as they support evaluating, planning, and managing the primary health care system.

PLO7 Communicate clearly and effectively to an array of audiences for a range of purposes.

PLO8 Use information technology effectively to support the study, research, and their efforts to accomplish a specific purpose.