# Reflective log

**As you work through this course, what you write in this log forms an important part of the learning process. You will want to revisit the log regularly and you may want to look at it again after you’ve completed the course, or use it as evidence of what you’ve achieved and of your development.**

**Make sure that you save this reflective log after you start to fill it in. Use a filename like ‘social-determinants-log’ so that it’s easy to find. The next time you are prompted to add to the log, you should open the file you saved and add the new material to it.**

## 1 Introduction

### Global trends in death and dying

**Record your thoughts after watching the introductory video**

## 2 Patterns in death and dying

### 2.1 Death and dying: The facts

**How many people die in the world every year?**

**Record your thoughts about causes of death and your own personal or professional experience or how death is portrayed in the media.**

### Global Top 10’

**Record your thoughts on the top 3 causes of death in the global context.**

### 2.3 Cardiovascular Disease

**Record your thoughts of the key points after watching the video**

### 2.4 What is the ‘Global Burden of Disease’?

**Make a note of your impressions of the concept ‘Global Burden of Disease’.**

### 2.5 Variations in death by geography and income

**Reflect on the patterns in relation to your thoughts about the top three causes of death in section 2.2. Your ‘Global Top 10’.**

**Where do the three causes you identified sit in each of the three tables?  Note down what you think the reasons are for the differences.**

### 2.6 What links poverty and poor health?

**Make a note of the key points**

### 2.7 The rise of Non-Communicable Diseases

**Make notes of the key points you learned from the article. Reflect on whether this has challenged existing ideas you had about global health, and if so, make a note of your response to this challenge.**

### 2.8 ‘Western Diseases’ and other unhelpful simplifications

**Make notes of the key points you learned from the article. Reflect on whether this has challenged existing ideas you had about global health, and if so, make a note your response to this challenge.**

## 3 Towards the homogenisation of global death

### 3.1 Income, poverty and death

**Why are there differences in death between rich and poor countries, despite similar diseases?**

**Note the key points from the Save Our Children report. From your reading of the report what would you consider to be the key global challenges? Take a note of your ideas now.**

### 3.2 The challenges of child mortality

**Note the key points from the data.**

### 3.3 Infant and maternal mortality

**Why do the mothers of those infants have inferior health with anaemia and iron deficiency?**

### 3.4 The social determinants of health

**Think about what you observed in the video. What do you feel are the most important features of the BRAC programme? Make a note of any interventions that you feel would be valuable in other contexts that you are aware of.**

### 3.5 Suicide

**You might want to write some initial thoughts about this article. Are you convinced by the author’s explanation; if not, why not?**

### 3.6 A humanitarian death

**What do we mean by a humanitarian crisis?**

### 4.0 Summary and conclusions

**Where deaths cannot be prevented – what are the ways in which care and comfort can be brought to people in their end of life?**

**Looking back at your notes in what ways have your ideas about end of life changed?**

**What did you find unhelpful or difficult? Why?**

**What are your three main learning points from the course?**