Course Code: PHN 013   **Course Name: Public health Nursing**

COURSE AIM:

1. To equip students with knowledge and skill in disease identification, prevention and networking with other agencies in the provision of quality public health services.

Unit Objectives

At the end of the course, the student should be able to:

1. Describe public health trends and organization of public health services in Zambia.
2. Apply knowledge and skills In HIV and AIDS prevention to protect clients in the community
3. Determine the factors that influence the health of the family and community
4. Explain the concepts and principles of Primary Health Care (PHC).
5. Explain the importance of health statistics in the implementation of health care
6. Describe the organisation of school health services in Zambia
7. Apply methods and techniques of effective communication to provide information, education and communication to your clients
8. Describe the approaches used in epidemiology
9. Describe the common types of disasters and emergencies and their management
10. Explain the importance of building partnership and networks in the provision of health care
11. Discuss the concepts of quality assurance and disease surveillance
12. Identify common occupational health hazards and human rights in the workplace
13. Describe health measures for preventing and controlling infection in the community
14. Discuss the principles of home visiting, home based care and counselling

UNIT TITLE	UNIT OBJECTIVES	UNIT TOPICS
UNIT 1: PUBLIC HEALTH TRENDS, ACTS AND POLICIES	2. Define key terms in public health 3. Discuss components of public health 4. Explain public health trends in Zambia, the region and global 5. State the national health policies and strategies 6. Explain "Vision 2030" Zambia and Middle Income dream 7. Describe public health acts and policies 8. Describe the organization of Public Health Services in Zambia 9. Analyse the historical development of public health nursing 10. State the principles of public health nursing practice 11. Describe the major public health problems in Zambia	1.1 Unit Introduction 1.2 Unit Objectives 1.3 Definition of Key Terms 1.4 Components of Public Health 1.5 Public Health Trends in Zambia, Region and Global 1.6 National Health Policies and Strategies 1.7 "Vision 2030" Zambia and Middle Income Dream 1.8 Public Health Act and Policies 1.9 Organization of Public Health Services in Zambia 1.10 Historical Development of Public Health Nursing 1.11 Principles of Public Health Nursing 1. 12 Major Public Problems in Zambia 1.13 Summary 1.14 References
UNIT 2: HIV AND AIDS	2.1. Define key terms used in HIV and AIDS 2.2. Explain the historical background of HIV/AIDS 2.3. Describe the stages of HIV progression 2.4. Explain the epidemic and its impact 2.5. State the modes of spread 2.6. Discuss the prevention strategies 2.7. Discuss the basic principles of nursing management of HIV and AIDS 2.8. Analyse critically the roles of stakeholders in management of HIV/AIDS	2.1. Definition of Key Terms 2.2. Historical Background of HIV and AIDS 2.3. Stages of HIV progression 2.4. The Epidemic and its Impact 2.5. Modes of Transmission 2.6. Prevention Strategies 2.7. Basic Principles of Nursing Management 2.8. Role of Stakeholders in the Management of HIV and AIDs and Related Diseases 2.9. Partnerships in Management of HIV and AIDS

	2.9. Identify partners in the prevention of HIV/AIDS	2.10. Summary 2.11. References
UNIT 3: FAMILY AND THE COMMUNITY	3.1. Define the family and family nursing 3.2. Describe the types of family structures 3.3. Describe the family developmental cycle 3.4. Discuss the types of communities and how to conduct a community health assessment 3.5. Describe 4 methods of ensuring food safety in the community 3.6. Explain the management of water and sanitation in the community 3.7. Discuss how to develop community partnership for health	3.1. Definition of Terms 3.2. Types of Family Structures 3.3. The Family Developmental Cycle 3.4. The Community 3.5. Food Safety 3.6. Water Supply and Sanitation 3.7. Community Partnerships for Health 3.8. Summary 3.9. References
UNIT 4: INTRODUCTION TO PRIMARY HEALTH CARE	4.1. Define key terms 4.2. Discuss the concept of primary health care 4.3. Discuss primary health care in Zambia 4.4. Explain the principles of PHC 4.5. Discuss the elements of PHC 4.6. Explain the millennium development goals (MDGs) 4.7. Describe the essential health package of Zambia health care system	4.1. Definition of Key Terms 4.2. Concept of Primary Health Care (PHC) 4.3. Primary Health Care in Zambia 4.4. Principles of PHC 4.5. Elements of PHC 4.6. Millennium Development Goals (MDGs) 4.7. Essential Health Package of Zambia Health Care System 4.8. Unit Summary 4.9. References

UNIT 5: HEALTH STATISTICS AND DATA MANAGEMENT	5.1. Define key terms in Health Statistics and data management
	5.2. Describe the characteristics and functions of HMIS
	5.3. Discuss the following components of a Health Management Information System (HMIS):
	• Data production
	• Data processing
	• Data analysis
	• Data quality
	• Health management based on health data
	• Data security
	• Information of health informatics
		5.1. Definition of Key Terms
		5.2. HMIS System
		5.3. Components of a HMIS System
		   5.3.1 Data production
		   5.3.2 Data processing
		   5.3.3 Data analysis
		   5.3.4 Data quality
		   5.3.5 Health management based on health data
		   5.3.6 Data security
		   5.3.7 Information of health informatics
		Unit Summary
		References

UNIT 6: SCHOOL HEALTH SERVICES.	6.1. Discuss the organization of school health services in Zambia 6.2. Explain the components of school health services 6.3. Discuss nutritional services 6.4. Discuss the Information, Education and Communication 6.5. Explain other strategies for implementing school health services 6.6. Discuss Accident prevention in schools.	6.1. Organization of School Health Services 6.2. Components of School Health Services 6.3. School Health and Nutrition Services. 6.4. Information, Education and Communication (IEC) 6.5. Strategies for Implementing School Health Services 6.6. Accident Prevention 6.7. Unit Summary 6.8. References
UNIT 7: INFORMATION EDUCATION AND COMMUNICATION	7.1. Define the terms Information, Education and Communication 7.2. State the principles of IEC 7.3. Describe the purpose and barriers to communication 7.4. Explain the methods and techniques of 7.5. Discuss the preparation and selection of teaching	7.1. Definitions of Key Terms 7.2. Principles of Information, Education and Communication (IEC) 7.3. Communication Purpose and Barriers 7.4. Methods and Techniques of Health Communication 7.5. Designing, Preparation and Selection of Teaching Aids 7.6. Teaching methodology

	AIDs 7.6. Discuss teaching methodology	7.7. Unit Summary 7.8. References
UNIT 8: EPIDEMIOLOGY	8.1. Define key terms used in epidemiology 8.2. Describe the scope of epidemiology 8.3. Discuss the approaches to epidemiology studies 8.4. Explain the modes of transmission of diseases 8.5. Discuss the determinants of disease 8.6. Describe epidemiology and health expenditure	8.1. Definition of Terms 8.2. Scope of Epidemiology 8.3. Approaches to Epidemiology Studies 8.4. Determinants of Disease 8.5. Disease Transmission 8.6. Epidemiology and Health Expenditure 8.7. Unit Summary 8.8. References
UNIT: 9 EMERGENCIES AND DISASTER PREPAREDNESS	9.1. Define terms used in emergency and disaster preparedness. 9.2. Outline the principles of emergency and disaster management. 9.3. Discuss the concept of triage 9.4. Describe the types of emergencies and disasters. 9.5. Explain the disaster management plan at national, province and district levels. 9.6. Identify agencies that work in disaster and emergency management	9.1. Definition of key Terms 9.2. Principles of Emergency and Disaster Management 9.3. Triage 9.4. Types of Emergencies and Disasters 9.5. The Disaster Management Plan at National, Province and District Levels. 9.6. Intersectoral Collaboration in Disaster and Emergency Management 9.7. Unit Summary 9.8. References
UNIT 10: PARTNERSHIP FOR HEALTH AND NETWORKING	10.1. Discuss Partnerships for health and networking 10.2. Explain the concept of advocacy 10.3. Discuss communication, including client provider interaction	10.1. Partnerships for Health And Networking 10.2. Advocacy 10.3. Communication, Including Client Provider Interaction 10.4. Social Mobilization

	10.4. Discuss social mobilization 10.5. Discuss intersectoral collaboration	10.5. Intersectoral Collaboration 10.6. Unit Summary 10.7. References
UNIT 11: MONITORING AND EVALUATION	11.1. Describe the concept of monitoring and evaluation 11.2. Discuss the concept of quality assurance 11.3. Explain how to conduct disease surveillance	11.1. Concept of monitoring and evaluation 11.2. Quality Assurance 11.3. Disease Surveillance 11.4. Unit Summary 11.5. References
UNIT 12 OCCUPATIONAL HEALTH AND SAFETY	12.1. Define common terms used in occupational health 12.2. Explain the policies and regulations that relate to occupational health 12.3. Identify common occupational health hazards 12.4. Describe the STI/HIV/AIDS and the work place policy 12.5. Discuss the concept of human rights in the work place	12.1. Definition of Terms 12.2. Policies and Regulations 12.3. Common Occupational health Hazards 12.4. STI/HIV/AIDS and the Workplace Policy 12.5. Human Rights in the Workplace 12.6. Unit Summary 12.7. References
UNIT 13: INFECTION PREVENTION (IP) IN THE COMMUNITY	13.1. Define infection prevention 13.2. Describe the measures of controlling the spread of infection	13.1. Definition of Infection Prevention 13.2. Measures of Controlling the Spread of Infection 13.3. Unit Summary 13.4. References

UNIT 14: HOME VISITING	14.1. State the principles of home visiting	14.1. Principles of Home Visiting
	14.2. Describe the bag technique	14.2. The Bag Technique
	14.3. Discuss home based care	14.3. Home Based Care
	14.4. Describe the qualities and skills of a good counsellor	14.4. Counseling
	14.5. Discuss Networking with stakeholders	14.5. Networking with Stakeholders
	14.6. Describe the referral system	14.6. Referral system
		14.7. Unit Summary
		14.8. References