

### Effective Strategies for Workshops on Communicable and Non-Communicable Diseases: A Case Study of Rift Valley Technical Training Institute

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#### Abstract

The escalating burden of communicable and non-communicable diseases (NCDs) demands innovative approaches to equip future healthcare professionals with the necessary knowledge and skills. This case study investigates the design and implementation of workshops on communicable and non-communicable diseases at the Rift Valley Technical Training Institute (RVTTI) in Kenya. The study delves into the effectiveness of these workshops in enhancing student awareness, comprehension, and practical skills for tackling public health challenges. We explore how the workshops fostered interdisciplinary collaboration, a critical skill for effective disease management. A collaborative approach was employed. Workshops were developed in partnership with the Uasin-Gishu county government, ensuring alignment with regional public health priorities. Two comprehensive three-day workshops were conducted: one on NCDs (hypertension, diabetes, cancer) and another on sexually transmitted infections (STIs) with an emphasis on HIV/AIDS. A mixed-methods approach assessed the workshops' effectiveness. Pre- and post-workshop surveys measured student knowledge gain regarding disease causes, symptoms, prevention, and management. Qualitative interviews with instructors and participants explored the impact on skill development and interdisciplinary collaboration. The workshops achieved promising outcomes in terms of student engagement and knowledge acquisition. With 320 participants in the NCD session and 650 in the STI session, pre-and post-workshop surveys revealed a statistically significant increase in student knowledge regarding the causes, symptoms, prevention, and management of NCDs and STIs. Qualitative interviews with instructors indicated a noticeable improvement in students' ability to identify risk factors and discuss preventative measures for these diseases. This case study demonstrates the effectiveness of collaborative workshops in equipping healthcare students with the knowledge, skills, and collaborative spirit necessary to address public health challenges. To maximize impact, workshops should prioritize collaboration with local health authorities and incorporate a mixed-method evaluation for continuous improvement. This two-pronged approach ensures workshops remain relevant, equipping future healthcare professionals with the knowledge, skills, and collaborative spirit to tackle evolving public health challenges.

**Key words:** Communicable Diseases, Non-Communicable Diseases, Workshops, Collaboration.