**Assignment number one**

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**1. Define clearly the meaning of the word Public Health**

***Answer.***

Public Health refers to the health care and Health promotion which target a population or group of people within the population.

Moreover according to CEA Winslow definition, it is the science and art of preventing disease, prolong life and promoting health through the organized effort and informed choices in the society, organizations, public and private communities and individuals. ***https://www futurelearn.com***

**2. (A) what is meant by the term evidence based Public Health?**

***Answer***.

Evidence based public Health **(EBPH)** is the development, implementation and evaluation of program and policies in public health through application of scientific principle of reasoning which include systematic use of data, information, system and appropriate use of behavioral science theory and program planning models.

According to **Bio med Research International**, it is defined as a process of integrating evidence from scientific research and practice to improve the health of the target population.

The key components of the **Evidence Based Public Health (EBPH)** are

* Decision making on the basis of the best available scientific evidence.
* Using data collection and research method together with engaging the community in the decision making. ***https://www.ncbi.nlm.nih.gov.***

**(b)Briefly describe the steps involved in evidence based health care.**

**Answer**

Evidence Based Health Care **(EBHC)** is the systematic approach to clinical problem solving which allows the integration of the best available research evidence with the clinical expertise and patience values. They include

1. Development of the initiative statement of the issue

2. Quantification of the issue.

3. Research the issue.

4. Development of the program or policy option.

5. Creation of the implementation plan.

**(c) Name various sources of data in evidence based health care.**

**Answers**

* National Centre for health statistics.
* National Centre for education.
* Bureau of labor statistics.
* Census bureau.
* Housing and urban development.
* Health care insurance schemes
* Government agencies
* Non-profit organization
* Colleges and universities
* Research organizations

**3. Explain the concept of primary health care and relate it to the three levels of the disease prevention.**

**Answer**

Primary Health care refers to essential health care that is based on scientifically sound and socially acceptable method and technology which universal health care accessible to all individuals and families in a community.

The concept of primary health care is based on practical, scientifically sound and socially acceptable method and technology. Such as community nursing centers, health maintains organizations and community based clinics.

**The primary Health Care has 3 levels of the disease prevention**.

* ***Primary prevention***.

Those preventive measures that prevent the onset of the illness or injury before the disease process begins. Examples immunization, taking regular exercise, hand washing and circumcision.

* ***Secondary preventions***.

These are preventions aim at early diagnosis and prompt treatment of a disease, illness or injury to prevent more severe problem developing. For example screening of high blood pressure and breast self-examination.

* ***. Tertiary preventions***.

These preventions aimed at rehabilitation following significant illness. At this level, health workers work to retain, re-educate and rehabilitate people who have already developed impairment or disability. Tertiary health care on the other hand refers to those interventions that take place in a hospital setting such as intravenous rehydration or surgery. **https//www.who.int.**

**4. In your own capacity as a public health practitioner what do the following key concepts mean?**

***(a)*** ***Social epidemiology***.

***Answer***

Social epidemiology is an identification of social characteristics that affect the pattern of disease and health distribution in a society and to understand its mechanism. Its concepts are

1. Social inequalities.

2. Social capital.

3. Social relationship.

4. Work stress.

***(b) Behavioral epidemiology.***

***Answer.***

It is the branch of epidemiology that is related with the psychology. In this, people study about the life style and behavior of people and how they affect their health condition.

***(c) Quarantine.***

According to the Medicine Net, it is a period of isolation decreed to control the spread of infectious disease before the era of antibiotics and the other medication. It is a means for halting the spread of infectious diseases.***https://www.medicinenet.com***

***(d) Eating Disorder***

It refers to illness in which the people experience severe disturbances in their eating behaviors and related thoughts and emotions.

On the other hand, eating disorders are serious condition related to persistent eating behaviors that negatively impact your health, your motion and your ability to function in important areas of life. The examples of the most common eating disorders are,

1. Bulimia nervosa
2. anorexia nervosa
3. And binge eating disorder. ***https//www.Psychiatry.org.***

**5. Explain how social environment can affect ones, health**

Social environment consist of the sum total of a society’s belief, customs, practices and behaviors.it is to a large extent an artificial construct that can be contrasted with the natural environment in which we live.

The social environment/social determinants of health reflect the social factors through the environment people

* ***Born***
* ***Live***
* ***Learn***
* ***Play***
* ***Work***
* ***And age***.

Social environmental factors affect ones ‘health include those related to **safety, violence and social disorder** in general and more specific factors related to type, quality and stability of social participation, social cohesion, social capital and collective efficacy of the neighborhood(work) environment.

Examples.

* A long traditional of sociological research links these social features not only to illness but also to risks of violence.
* Social environment may also operate through effects on drug use which also has consequences for violence and mental health related outcome.
* Neighborhood condition can create stress which has biological consequences.

**6. Your friend Kizito is a general manager in a nearby hospital that has recently experienced high labor turnout and persistent strike. He is seeking your advice on the best way to divert the crisis that is about to cripple healthcare service in the health in the hospital. As health practitioners who have been in the industry for the last 10 years, kindly give him advice on the best way to approach the crisis.**

First I will describe the normative framework for choosing the most ethical option, then advise him to apply one framework to the context of strike by health care providers.

Ethics is the discipline and practice of applying value to human behavior (as well as to the constructs of human culture particularly to morality, customs and laws) resulting the meaningful.

***The most Ethical options are as follows:***

***1. Virtue Ethics***

This focuses on the role of one’s character or being, rather than on the nature of one is action.

Under this approach there are certain desirable mainly deal with the honesty and generosity

***2. Deontological Ethics***.

It emphasizes a person’s duty or responsibility. The ethic came from Immanuel Kant, according to Kant the moral action determines whether the action is one that is done willingly and out of respect for one’s duty.

***3. Utilitarian Ethics***.

It focuses on the balance of good and harm. Using this approach, the ethical option is the one that maximizes happiness and minimizes suffering.

In conclusion the risk of harm to patients outweighs the need to use the strike as an object to working condition in most circumstances and that the strike is only an ethical option in exceptional situation. ***https://portfolio.du.edu***

**7. Define the following words as used in Public Health.**

1. ***Community based prevention marketing(CBPM***)

It is a community directed social change and marketing process that applies diverse social marketing strategies and techniques to the design, implementation and evaluation of health promotion and disease prevention programs and policies.

1. ***Mobilizing for action through planning*** ***and partnerships (MAPP).***

This is the community-driven strategic planning process for improving community health.MAPP was developed in 2001 by the National Association of County and City Health Officials (NACCHO) and the Center for Disease Control and prevention (CDC) as a tool to assist community improve health and quality of life through community wide.

***iii. Planned Approach to community Health (PACH)***

It is a guide for local coordination ‘developed in 1983 by United State Center for Disease Control (CDC) and partners to provide model for planning, implementing and evaluating community health promotion and disease prevention programs.

**iv. Community-based Participatory Research (CBPR)**

This is a collaborative approach to research that equitably involves all partners in the research process and recognizes the unique strength that each brings.

In many organization projects, community members’ work with researchers to research problem and set objective, design the methodology and data collection tools as well as collect and interpret and use the results to guide program, planning and evaluation.

**8 (a) Define an organization**

This is a group of individuals working together to achieve one or more objectives.

Another definition is that organization is the collection of persons, materials, procedures, ideas or facts arranged and ordered that the combination of parts makes meaningful whole that works toward achieving the organizational objectives.

**(b) What are the basic principles of an organization?**

The basic principles are as follows;

* Departments
* Acquisition of human and non-human resources
* Specialization and division of labor
* Coordination
* Authority and responsibility
* Centralization
* Unity of command
* Line and staffing

**REFERENCES:**

-Schneider M, (2011*).Introduction to public Health*. New York, Jones & Bartlett Learning.

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