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**COURSE: DIPLOMA IN PUBLIC HEALTH**

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**ASSIGMENT: ONE**

**MODULE 1 ASSIGNMENTS**

1. **Define clearly the meaning of the world public health?**

This refers to health care or health promotion to a target group within the population or a particular group of the population.

Or Public health refers to all organized measures, whether public or private to prevent diseases, promote health and prolong life among the population as a whole.

1. **What is meant by the term ―evidence based public health?**

This is the development, implementation and evaluation of effective programs and policies in public health through application of principles of scientific reasoning including systematic uses of data and information systems and appropriate use of behavioral science theory and program planning models.

b**) Briefly describe the steps involved in ―evidence based health care?**

* Ask questions which help in deciding what kind of question to ask.
* Search or finding evidence- it is good to use the best available evidence from the systematic research.
* Critical appraise is the process of carefully and systematically, examining research to judge its trustworthiness and its value and relevance in a particular context.
* Implementation- it is time to implement that evidence into your practice.
* Evaluation-this involves looking at how you perform in the present.

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

* National Centre for health statistics
* National Centre for Education statistics
* Housing and urban development
* Government Agencies
* Census Bureau
* Health care insurance schemes
* Colleges and Universities.

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

**Prevention**

Primary prevention focuses on activities which forestall the development of pathological condition.

Secondary prevention on the other hand refers to detection of diseases or it`s precursors at an early stage in order to take ameliorative action that can prevent full development or enable measures to keep the problem in check

Tertiary prevention includes the interventions at the later stages of diseases to prevent secondary complications, sustain optimal disease management and ensure the best quality of life.

4**. In your own capacity as a public health practitioner, what does the following key concept**

**mean?**

1. Social epidemiology

It is a subfield concerned with the social characteristics or psychosocial risk factors associated with patterns of disease within and across the population.

1. Behavioral epidemiology

It is a subfield that focuses on the specific behaviors that contributes to the study of disease. It usually target lifestyle factors such as sleep habits, stress management, risk taking and other health-related behaviors and investigates the determinants of the risk factors themselves.

1. Quarantine

It is a practice consisted of a time-limited separation of people and goods that are suspected of being infected

Plaque victims were quarantined for two weeks in their homes or special facilities.

1. Eating disorder

The act of purging, self-induced vomiting, use of laxatives and related unhealthy behaviors has been associated with poor self-esteem in young women, intrapersonal factors strongly influenced the social context in which girls live.

5**. Explain how the social environment can affect one’s health?**

Poor social and economic circumstances affect health throughout life, social and psychological circumstances can cause long-term stress. Continuing anxiety, insecurity, low self -esteem, social isolation and lack of control over work and home life, have powerful effects on health.

6**. Your friend Kizito is a general manager in a nearby Hospital that has recently experienced**

**high labor turnout and persistent strikes. He is seeking your advice on the best way to divert the**

**crisis that is about to cripple healthcare services in the health in the hospital. As an health**

**practitioners who has been in the industry for the last 10 years, kindly give him advice on the**

**Best way to approach the crisis**

To address such issue, I would advise the general manager to create other position like volunteers who does not require much payment, this will give many people opportunity of working and it might discourage other people from overcrowding in one position if no salary is given to the volunteers.

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7**. Define the following words as used in public health**

i) **Community-based prevention marketing (CBPM)**

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

ii) **Mobilizing for action through planning and partnerships (MAPP)**

It was a tool to assist communities improves health and quality of life through community-wide and community-driven strategic planning.

iii**) Planned Approach to Community Health (PATCH)**

It is another community health planning model, allowing for the community variation in the process of assessing needs, setting priorities, formulating solutions and owning programs.

iv**) Community-based participatory research (CBPR)**

This is the active involvement of community members in the community assessment and other research activities.

8.

a**) Define an organization?**

This is any collection of persons, materials, procedures, idea or facts arranged and ordered that the combination of parts makes a meaningful whole that works towards achieving organizational objectives.

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

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