***MODULE 1 ASSIGNMENTS***

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

It is the science and art of preventing disease, prolonging life and promoting health through organized efforts and informed choices of the society, organizations, public and private communities and individuals. Public health is thus an interaction of complex determinants of health such as individual character, lifestyle and behavior, physical, social and economic environment.

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

It is the development, implementation and evaluation of effective programs and policies in public health by applying principles of scientific reasoning such as systematic use of data and information systems, appropriate use of behavioral science theory, and program planning models.

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

There are five steps involved in an evidence based care as mentioned below

1. Developing an initial statement of the issue enhances the likelihood that a systematic and focused planning process can be followed, leading to successful outcomes and achievement of objectives. This is developed at the earliest step of an evidence based process.
2. Quantify the issue using data sources to help understand the magnitude of the problem.
3. Research the issue to provide evidence in terms of data, status etc.
4. Develop program or policy to guide the implementation
5. Create an implementation plan to aid in monitoring and evaluation

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

1. The national Center for Health statistics
2. Bureau of Labor statistics
3. Census Bureau
4. The National center for Education statistics
5. Housing and Urban development
6. Health care insurance schemes
7. Government agencies
8. Others include Non profit organizations
9. Colleges and universities
10. Explain the concept of primary health care and relate it to the three levels of disease

Primary health care is an essential health care that is based on scientifically sound and socially acceptable methods and technology making universal health care accessible to all individuals, families and community. With the WHO definition of Health as a state of physical, mental, and, social well being and not merely the absence of diseases, primary health then encompasses the three dimensions of addressing the occurrence of a disease at primary, secondary and tertiary levels.

The primary level focuses on activities that prevent the development of a pathological condition, while secondary level detects the disease at an early stage for monitoring to prevent it from full development or enable measures for monitoring, whereas tertiary includes interventions at a later stage to prevent secondary complications, sustain disease management and endure best quality of life

Hence Primary health care aims to increase access by individuals, families and communities in addressing not only their physical, mental but also social wellbeing.

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

mean?

1. Social epidemiology

It is a branch of epidemiology concerned with social characteristics or psychosocial risk factors associated with disease patterns within and across populations. Its research is often linked to morbidity and mortality differences segregated by age, gender, socioeconomic status, and race or ethnicity.

1. Behavioral epidemiology

This field focuses on specific behaviors that attribute to the etiology of a disease. For example, lifestyle factors such as sleep habits, stress management, risk taking, and other related behaviors, and investigates the risk factors

1. Quarantine

It is a process of isolating persons or suspected contaminated materials of a certain infection such as Ebola for a given period of time in specialized facilities or homes for observation and disinfection to ensure an effective control of an infection. This is aimed at protecting the un infected populations that are highly vulnerable if they get in contact with the infected materials or persons.

1. Eating disorder

This is a practice of purging, use of laxatives, self induced vomiting and related unhealthy behaviors associated with poor self esteem among young women as influenced by the social context. It leads to malnutrition condition often less noticed neither identified as malnutrition.

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

Since the social environment comprises of different human groups, social systems and institutional setting the humans belong to and interact with, it influences the outcome of one’s health. For example, if the social system is of low economic status, it means the population is highly exposed to high risks of morbidity and mortality including diseases of outbreak potential. This group often lacks social support and in most cases suffers from lack of emotional with minimal instrumental support. The social economic status of an individual, community and or population is linked to most health problems related to income inequalities, relative wealth and deprivation, limited resources, psychosocial stress, health selection, early life exposure, access to health care and health behavior. Thus the socioeconomic status is one of the strongest and most consistent predictors of morbidity and premature mortality.

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 handle the crisis, he needs to hold frequent meetings to understand the challenges the staff are having. Through the meetings he will be able to identify strengths and weaknesses of each staff and work on a carrier development strategy to motivate the staff and retain their capacities.
* Kizito should initiate a one on one approach with the staff to further strengthen his team once the situation stabilizes.
* He should delegate roles and responsibilities to engage the staff and make them accountable. This will maintain a working relationship at workplace and strengthen capacities within departments.
* He needs to maintain a consistent attitude and demeanor to help him build a feeling of stability
* Engage team members in team building activities on a regular basis to break the tension and identify new strategies of addressing stress.
* Ensure that the organizational policy includes a code of conduct the staff ought to sign on inception.
* He should institute a clear monitoring and evaluation plan while engaging the staff at each level
* Finally, Kizito need to recruit new staff to fill in human resource gaps. During the process, clear job descriptions should be shared and signed by the staff. While on the other hand ensure timely staff performance review that will help them understand that they are being monitored.

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7. Define the following words as used in public health

i) Community-based prevention marketing (CBPM)

This is a community directed social change process that applies marketing and techniques to the design, implementation and evaluation of health promotion and disease prevention programs. It integrates community capacity building principles and practices, behavioral theories, and marketing concepts and methodologies into synergistic framework for directing positive change among selected audience’s segments.

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

This is a process that was developed in 2001 by the National association of County and City health officials ( NACCHO) and the centers for Disease Control and prevention (CDC) as a tool to assist communities improve health and quality of life through community-wide and community driven strategic planning. This is done through four assessment process of community themes and strengths, local public health system, community health status assessment and forces of change assessments.

iii) Planned Approach to Community Health (PATCH)

Is a community health planning model that allows community variation in the process of assessing needs, setting priorities, formulating solutions and owning programs that was developed in the 1980s.

iv) Community-based participatory research (CBPR)

This is an active involvement of community members in community assessment and research activities. Here the community members work with researchers to define the research problem and set research objectives, design the methodology and data collection instruments, collect and interpret data, and use results to guide program planning and evaluation.

8.

a) Define an organization?

An organization is any collection of persons, materials, ideas 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?

1. Departments
2. Acquisition of human and non human resources
3. Specialization and division of labor
4. Coordination
5. Authority and responsibility
6. Centralization and de-centralization
7. Unity of command
8. Line and staff