Module 1. Assignment: Introduction to Public Health

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**ABSTRACT**

Public Health is a social innovation of the modes how society deals with health risks before and after their occurrence. In this paper the essence of this innovation is sketched out with regard to the importance of public health in our communities. Based on both literature surveys and own research findings several critical aspects of innovation are identified at each of these papers. Public health has been employed worldwide for years. The work of public health professionals is important because public health initiatives affect people every day in every part of the world. It addresses broad issues that can affect the health and well-being of individuals, families, communities, populations, and societies—both now, and for generations to come. Public Health is important due to aiding and prolonging life. Through the prevention of health issues, individuals can spend more of their years in good health. This research proposal is about the important of public health our communities.

1. In your own words, what is your understanding of public health and what are its key elements?

**Public health**, the art and [science](https://www.britannica.com/science/science) of preventing [disease](https://www.britannica.com/science/disease), prolonging life, and promoting physical and [mental health](https://www.britannica.com/science/mental-hygiene), sanitation, personal hygiene, control of [infectious diseases](https://www.britannica.com/science/infectious-disease), and organization of health services. From the normal human interactions involved in dealing with the many problems of social life, there has emerged a recognition of the importance of [community](https://www.merriam-webster.com/dictionary/community) action in the promotion of [health](https://www.britannica.com/topic/health) and the prevention and [treatment](https://www.britannica.com/science/therapeutics) of disease, and this is expressed in the concept of public health.

Ellis, J. (2003).

**Public Health has identified the following 10 essential elements that define public health practice.**

1. **Monitor health status**: to identify community health problems
2. **Diagnose and investigate**: health problems and health hazards in the community
3. **Inform, educate, and empower**: people about health issues
4. **Mobilize community partnerships**: to identify and solve health problems
5. **Develop policies and plans**: that support individual and community health efforts
6. **Enforce laws and regulations**: that protect health and ensure safety
7. **Link People to needed personal health** : services and assure the provision of health care when otherwise unavailable
8. **Assure a competent workforce**: for public health and personal health care
9. **Evaluate effectiveness**: accessibility and quality of personal and population based services
10. **Research for new insights** :and innovative solutions to health problems
11. Explain the three population indicators that aid in decision making for public health practitioners. The three population indicator that aid in decision making of public health practitioners are listed below:

* **Aggregate measurements of public health**: These are measurements (averages, medians, proportions) that provide a summary view of the observations of individuals in each observed group (for example, prevalence of hypertension in women and men within a given age group). In other words, they measure health in the population.
* **Ecological or environmental measurements of public health**: These refer to the physical characteristics of the place where a population group lives or works. Some of these characteristics can be difficult to measure (for example, exposure to air pollution,

hours per day of exposure to sunlight, or exposure to dengue vectors). These factors are external to the individual.

* **Global measurements of public health**: These refer to attributes of the group or place without analogues at the individual level (population density, human development index, per capita gross domestic product, etc.). These are considered as contextual indicators. Bunderärtzekammer. (2015).

1. Explain any five functions of a Public Health Personnel in emergency situations

* Initiating the public health response during the first 24 hours (i.e., the acute phase) of an emergency or disaster.
* Coordinating with the existing emergency response structures in specific types of incidents, such as floods, earthquakes, and acts of terrorism.
* Public health personnel educate, engage, and mobilize the public to be full and active participants in public health emergency preparedness. Epidemiology functions.
* Public health personnel maintain and improve the systems to monitor, detect, and investigate potential hazards, particularly those that are environmental, radiological, toxic, or infectious.
* Public health personnel should protect public safety, health, and well-being. They should minimize the extent of death, injury, disease, disability, and suffering.

Cassel, C. (2014)

1. You have been appointed the head of Public Health in an emergency area with dilapidated sanitation facilities as well as the infrastructure has been destroyed. Explain some of the diseases as well as conditions that you are likely to encounter, and the therapeutic measures that you will put in place to ensure that people in that place lead a dignified life? As a public health head I encounter diarrhea in a emergency area, I will firstly focus on the overall health of communities instead of treating individual patients. I will educate the public on specific health risks and basic healthy living strategies, and also create programs to encourage healthier lifestyles and minimize the risk of illness, disease and infection. Though some types of diarrhea, such as those due to other medical conditions, are unavoidable, infectious diarrhea can be prevented.

The most important way to avoid diarrhea is to avoid coming into contact with infectious agents that can cause it. This means that good hand washing and hygiene are very important. I will implement laws and regulations that secure health and ensure safety such as:

* Drink only bottled water, even for tooth brushing.
* Avoid eating food from street vendors.
* Avoid ice made with tap water.
* Eat only those fruits or vegetables that are cooked or can be peeled.
* Be sure that all foods you eat are thoroughly cooked and served steaming hot.
* Never eat raw or undercooked meat or seafood.
* Obtain hepatitis A and typhoid vaccinations prior to travel, if indicated for that region. Frances, A. (2013).

1. What are the negative impacts of open defecation and as a Public Health officer how will you curb the habit from a society that is deep rooted in the same.

The negative impact of open defecation is that, the environment suffers as a result of open defecation because it introduces toxins and bacteria into the ecosystem in amounts that it cannot handle or break down at a time. At the same time, it can contribute to eutrophication or the formation of algal blooms that form disgusting scum on the surface of the water ways which disturb aquatic life underneath the water by preventing oxygen and light diffusion into the water.

As a public health officer; first, there is a need to ensure that there are enough toilets. Since these regions are usually very poor, it will take the efforts of the government as well as the good will of local organizations such as NGOs to help fix the problem. Public health officer should also try to establish incentives for people to build their own toilets by providing subsidies and putting up public toilets in strategic locations. Gregory, R.J. (2011).

1. Public health is about partnership between the different players. Explain how the role of international non-profit/NGO in terms of
2. recruitment ii) training iii) funding and iv) monitoring for public health projects contribute to the success or failure of those projects in the developing countries

* Recruitment: the role of international non-profit/NGO in terms of recruitment is the Non-governmental organizations (NGOs) have a key role in improving public health

in low- and middle-income countries. Their work needs to be synergistic, complementary to public services, and rooted in community mobilization and collective action. The study explores how an NGO and its health services are perceived by the population that it serves, and how it can contribute to reducing barriers to care.

* Training: NGOs will support training in a broad sense to support both the service and management capacity of Ministries of Health; the goal is to transfer skills to national workers and eventually build sufficient capacity to obviate the need for international NGOs. NGOs will minimize the NGO management burden for ministries.
* Funding: The main tasks of NGOs in the health system are providing services and health advocacy. Provision of services includes medical, social and psychological services as well as, integration activities, care and nursing, material and financial support, educational and information services and training.
* Monitoring for public health projects contribute to the success or failure of those projects in the developing countries: In terms of Monitoring for public health projects, NGOs are generally regarded as valued partners in health research for development, research being viewed as a broad process involving not only the production of knowledge, but also up-stream and down-stream activities needed for its relevance and effectiveness, such as priority setting and knowledge translation. In terms of contributing to the success or failure of those projects in the developing countries: NGOs play a

Critical part in developing society, improving communities, and promoting citizen participation. Donors' funds to projects in developing countries. Intermediation of aid is thus a key role that NGOs play. In fact, as Fowler (1992). They provide services to society through welfare works for community development, assistance in national disasters, sustainable system development, and popular movements. Lane, C. (2012)

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