ASSIGNMENT/TEST MODEL

Assignment 1

1. Define clearly the meaning of the word Public Health? This is the science and the art of preventing diseases, prolonging life and promoting human health through organised efforts informed choices of the society and community as a whole.
2. a) Evidenced-based public health is a type of public health policy based on gathered data using information relating to public health that is gathered using scientific methods to support the programs.

b) Steps involved in evidence-based health care are;

* Identifying specific questions to be addressed. A well formulated question should include the population of interest, the intervention in question, the comparison intervention and the outcome.
* Finding the evidence to answer the question identified before. This allows a methodical and thorough search of the literature including the systemic reviews and individual studies as well.
* Assessing the evidence to determine its relevance to the prior question identified, the quality of the evidence and its susceptibility to bias.
* The fourth step will require the combination of relevant scientific and client preferences to make the best clinical decisions possible

c) Sources of data in evidence-based health care are;

* Medical records
* Patient surveys
* Clinical data

1. The concept of Primary Health Care; Primary Health Care refers to the essential health care that is based on scientifically sound and socially acceptable methods and technology which is universally accessible to all individuals and the community and the Country can afford in a spirit of self-reliance. Equity distribution of health care, community participation, health work force development, appropriate use of technology and multi-sectional approach are all basic principles identified that can help in the prevention of diseases and improving the health of the community members.

1. a) Social epidemiology is a branch of epidemiology that focuses particularly on the effects of the social structural factors on states of health. It assumes that the distribution of advantages and disadvantages in a society reflects the distribution of health and diseases.

b) Behavioral Epidemiology is a branch of epidemiology that is related with the psychology. This focuses on the study of the lifestyles and behaviors of people and how they affect their health conditions.

c) Quarantine is a word used to mean restriction of movement of people or animals. It is a restraint upon the activities or communications of the persons or the transport of goods designed to prevent the spread of diseases or pests for a certain period of time.

d) Eating disorders are serious and often fatal illnesses that cause severe disturbances to a person’s eating behaviors. Obsessions with food, body weight and shape may also signify an eating disorder

1. Social level and the effect of socio-economic status can play a role in health. Slow growth and poor emotional support raise the lifetime risk or poor physical health and reduce physical, cognitive and emotional functioning in the adult hood. Things like your education level, exposure to violence, the way that the community is organized and if you can access the health care are some of the factors that can take part in health behaviors which in turn may affect one’s health.
2. Ways of managing Hospital high labor turnout and persistent strikes of workers;

* Improved planning to avoid overstaffing. This requires more information on the staffing situation, the application of more accurate methods for determining personnel requirement and closer coordination between supply of staff and demand or capacity of absorption.
* Better distribution of personnel by categories; for example the proportion of assistants and technicians in order to improve the productivity of the specialized staffs in performing tasks requiring higher skills.
* Recognition of new categories of staffs such as the clinical nurses or giving official recognition to existing personnel such as midwives doctors, and the rest of the cadres.
* Modification of working conditions to promote staff mobility and greater flexibility in personnel deployment or to rationalize methods of remuneration to bring them more in line with the expected performances.
* Improvement of performance; this entails actions such as reviewing incentives systems, the development of new skills, improving work organizations and the adoption of new strategies of professional development.

7(i). Community based preventive marketing 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 or policies.

(ii) Mobilization for action through planning and partnerships (MAPP) is a community-driven strategic planning process for improving community health that applies strategic thinking to prioritize and address health issues.

(iii). Planned approach to community health (PATCH) is a community health planning model designed by CDC in 1983 for application among diverse partners at the local level, but also within the context of vertical collaboration within the governmental public health infrastructure, and horizontal collaborations with voluntary organizations, academia and other partners at all levels.

(iv). Community –based participatory research (CBPR) is a collaborative process between community-based organizations and academic investigators. It has the potential to make research more responsive to existing needs and to enhance a community’s ability to address important issues.

8 a) An organization is an entity comprising of multiple people, such as an institution or an association, that has a collective goal and is linked to an external environment.

(b). The basic principles of an organisation are;

(i). The lines of Authority should be clearly stated and should run from top to bottom of the organisation.

(ii). Each person in the organisation should report to only one boss.

(iii). The responsibility and authority of each supervisor should be established clearly and in writing.

(iv). The higher managers are responsible for the acts of their subordinates.

(v). The authority and responsibility should be delegated as far down the hierarchical lines as objectively as possible.

(vi). The number of levels of authority should be as few as possible.

(vii). The principle of specialization should be applied wherever possible.

(viii). The line function and the staff function should be kept separate.

(ix)The span of control should be reasonable and well established.

(x). The organisation should be simple and flexible.