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**COURSE:DIPLOMA IN PUBLIC HEALTH**

**COURSE CODE:**

**REGISTRATION NO:**

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

. public health is defined as“the art and science of preventing disease, prolonging life and promoting health through the organized efforts of society. Activities to strengthen public health capacities and service aim to provide conditions under which people can maintain to be healthy, improve their health and wellbeing, or prevent the deterioration of their health. Public health focuses on the entire spectrum of health and wellbeing, not only the eradication of particular diseases. Many activities are targeted at populations such as health campaigns. Public health services also include the provision of personal services to individual persons, such as vaccinations, behavioural counselling, or health advice.

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

Evidence base practice 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 ...

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

 Steps in Evidence-Based Practice in Nursing

What is Evidence Based Practice in Nursing?

Evidence-based practice is “the use of the best scientific evidence, integrated with clinical experience and incorporating patient values and preferences in the practice of professional nursing

5 Steps in the EBP Nursing Cycle

There are five steps in the evidence based practice (EBP) nursing cycle: **ask, acquire, appraise, apply, assess** (Cleveland Clinic, 2017). As you consider a patient scenario, begin by formulating a clinical question.

1.Develop an initial statement of the issue(**Ask):** What problem or concern do you have for your patient?

2.Quantify the issue(EBP Cycle: Acquire Evidence)

In step 2, you will begin to search for evidence to answer your question. Perhaps you are seeking evidence to determine if music therapy is as effective in helping to relieve pain for a patient after a minor surgical procedure, as compared to medication? In step 2 you will seek out scholarly literature to explore this evidence. This literature may be found in nursing journals, as well as medical and other health care related ones.

EBP Cycle: Appraise & Apply the Evidence

To appraise the evidence you will need to critically review the articles you have found for validity and applicability (Cleveland Clinic, 2017). If for example your patients are older adults, evidence that examines the effectiveness of music therapy for adolescents may not be applicable for your patient because adolescents and older adults have different responses to pain and different needs for pain control. Also appraise the source of the evidence; think back to your nursing research course to help guide you in completing this appraisal to assure that what you are reading can be trusted. Once you locate applicable evidence you may be ready to apply it, in the form of implementing the findings with your patient.

EBP Cycle: Assess the Evidence

The final step in the process will be to assess whether or not your intervention was effective. In the patient example here you would be assessing the patient to determine if his pain was controlled with the use of music therapy. You might compare the responses of two patients, one who received only music therapy and the other who received music therapy along with pain medication.

Let your search for evidence inspire you to be an even better nurse. Do not think of this as busy work or something you can leave for others to do. Think of evidence-based practice as your commitment to being a patient advocate and health care provider who is contributing to the advancement of the profession of nursing, while respecting a patient’s values and preferences. This is not problem solving, it is an avenue to improve patient outcomes and provide quality care to your patients.

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

National centre for Education statistics

National centre for Health statistics

Census bureau

Government agencies

Health care insurance schemes

Housing and urban development

Colleges and universities and

Non-profits organizations.

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

**Prevention**

Primary health care (PHC) first, is the essential [**health**](http://nursingexercise.com/community-health-education-method/) care made universally accessible to individuals and acceptable to them, through full participation and at a cost the [**community**](http://nursingexercise.com/hospital-nurse-community-nurse/) and country can afford. It is an approach to health beyond the traditional health care system that focuses on health equity-producing social policy. Primary health-care (PHC) has basic essential elements and objectives that help to attain better health services for all.

The main overall goal was to prevent disease through actions at primary, secondary and tertiary levels. Most of these actions fall within the role of health professionals and health care providers in primary care, hospitals and community services environment.

Each of the three approaches has an important role to play in disease prevention. However, upstream approaches, e.g. primary prevention, generally tend to be cheaper and more efficient, and they entail lower morbidity and mortality rates. Health promotion enhances disease prevention. Therefore, it relates to three levels of disease prevention as explained below:

1. **Primary prevention:**

Primary prevention aims to prevent disease or injury before it ever occurs. This is done by preventing exposures to hazards that cause disease or injury, altering unhealthy or unsafe behaviours that can lead to disease or injury, and increasing resistance to disease or injury should exposure occur. Examples include:

* legislation and enforcement to ban or control the use of hazardous products (e.g. asbestos) or to mandate safe and healthy practices (e.g. use of seatbelts and bike helmets)
* education about healthy and safe habits (e.g. eating well, exercising regularly, not smoking)
* immunization against infectious diseases.

1. **Secondary prevention:**

Secondary prevention aims to reduce the impact of a disease or injury that has already occurred. This is done by detecting and treating disease or injury as soon as possible to halt or slow its progress, encouraging personal strategies to prevent reinjury or recurrence, and implementing programs to return people to their original health and function to prevent long-term problems. Examples include:

* regular exams and screening tests to detect disease in its earliest stages (e.g. mammograms to detect breast cancer)
* daily, low-dose aspirins and/or diet and exercise programs to prevent further heart attacks or strokes
* suitably modified work so injured or ill workers can return safely to their jobs.

1. **Tertiary prevention:**

Tertiary prevention aims to soften the impact of an ongoing illness or injury that has lasting effects. This is done by helping people manage long-term, often-complex health problems and injuries (e.g. chronic diseases, permanent impairments) in order to improve as much as possible their ability to function, their quality of life and their life expectancy. Examples include:

* cardiac or stroke rehabilitation programs, chronic disease management programs (e.g. for diabetes, arthritis, depression, etc.)
* support groups that allow members to share strategies for living well
* vocational rehabilitation programs to retrain workers for new jobs when they have recovered as much as possible.

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

**mean?**

1. **Social epidemiology**

Is the branch of epidemiology concerned with the wayb the social structures,institutions,and relationships influence health.this research includes both specific features of,and pathways by which societal conditions affect health.

1. **Behavioral epidemiology**

A systematic framework to classify phases of research on health promotion and disease prevention.

1. **Quarantine**

Is a public health practices used to stop or limit the spread of disease,it can also help limit the spread of communicable disease.quarantine and isolation are used to protect the public by preventing exposure to infected persons or to persons who maybe infected.

1. **Eating disorder**

Are illness In which the people experience severe disturbances in their eating behaviors and related thoughts and emotions.the types are anorexia,nervosa and bulimia nervosa.

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

Poor social and Economic circumstance can affect health through life……….such psychosocial risks accumulate during life and increase the chances of poor mental health and premature death.

Long periods of anxiety and insecurity and the lack of supportive friendship are damaging in whatever area life they arise. Stressful circumstances, making people feel worried, anxious and unable to cope, are damaging to health and may lead to premature death.

it can also cause long-term stress.nd lack of control over work and home life,have powerful effects on health. Continuing anxiety,insecurity,low self-esteem, social isolation

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

-high labor turn out rates can be attributed to a number of factors,from issues arising within the hospital.i,e less pay rate,lack of communication between the staffs and management,lack of resources and support within a hospital, capacity building,lack of proper training to the staffs and good desirable physical work settings.eg medicine.

According to my opinion,mr kizito must first consider the hospital as a whole.the first thing is that the employees are the valuable hospital assets,therefore,he should genetate policy based on what is best for clients,customers or the staffs in terms of growth,financial and industrial profile.

He should make sure that he purchase and maintain the medical supplies that will support the hospital for the lifetime period.by doing all this,he will maintain the services within that hospital.

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

i) Community-based prevention marketing (CBPM)

is a community driven framework for programme planning,which applies social marketing concepts and techniques to the development of health behavevior interventions.

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

is a process developed for disease control and prevention(CDC) as a tool to assist communities improve health and quality of life throough community-wide and community-driven strategic planning.

iii) Planned Approach to Community Health (PATCH)

the assistant to state and local public health agencies,in their partnerships with local communities to plan,conduct and evaluate health promotion and disease prevention programmes.

iv) Community-based participatory research (CBPR)

is a partnership approach to research that equitably involves community members,organizational representatives,researchers and others in all aspects of the research process,with all partners in the process contributing expertise and sharing in the decision-making and ownership.its aim is to increase the knowledge and understanding of a given phenomenon and to intergrate the knowledge gained with interventions for policy or social change benefiting the community members.

8.

**a) Define an organization?**

Is any collection of persons,materials,procedures ideas or facts towards archieving organisationalobjectives.

All organizations have a management structurethat determines relationships between the defferent activities and the members,and subdivides and assign roles,responsibilities,and authority to carry out different tasks.organisations are open systems-they affect and are affected by their environment.

b) What are the basic principles of an organization?

The organizing process can be done efficently if the managers have certain guidelines so that they can take decisions and can act.to organize in an effective manner,the following principles of organization can be used;

Coordination

Unity of command

Line and staff

Specialization and division of labour

Departments

Authority and responsibility

Centralization and decentralization

**Reference**

Resources

Cleveland Clinic (2017). Evidence-Based Practice: Nursing: What is EBP? Retrieved from [**http://my.clevelandclinic.libguides.com/nursingebp**](http://my.clevelandclinic.libguides.com/nursingebp).

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