**AFRICA INSTITUTE OF PROJECT MANAGEMENT STUDIES (AIPMS)**

**COURSE NAME: DIPLOMA IN PUBLIC HEALTH (2019/2020.**

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**CAT 1: INTRODUCTION TO PUBLIC HEALTH.**

Q1: Define public Public health.

Public health is defined as the science and art that prevent disease, prolonging life and the promotion of health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals.

Q2:

1. What is meant by the term “Evidence base public health”

Evidence base Public health is defined as the art of developing, implementation and evaluation of public health programs and policies through the application of scientific reasoning and systematic use of data, information systems, and the application of appropriate use of behavioral science theory with the aim of integrating science base intervention with community preference to improve the health of the population

b): Describe the steps in Evidence base public health:

The steps for achieving Evidence base public health include:

1. To develop the initial statement of the issue
2. Quantification of the issue
3. Research the issue
4. Develop program and policies
5. Create an implementation plan.
6. Name various sources of data in Evidence base health care:

Sources of data are compiled from the following sources.

1. The national Centre for education statistics
2. National Centre for health statistics
3. Bureau for Labour statistics
4. Census bureau
5. Non-profit organizations
6. Some government Agencies
7. Schools (Colleges and Universities)
8. Health care insurance schemes or projects.

Q3: Explain the concept of primary health care and relate it to the three levels of disease

Prevention;

Primary health care are health care systems that provide a practically, scientifically and socially acceptable health care services to individuals families and community. These health services should be accessible to the community. i.e. within easy reach to any community member. It should also be affordable, acceptable, available using existing techniques and resources within the community. All these services must address the health preventive measures , the primary preventive measures such as the use of vaccination for various diseases, provision of health education to the community members that address risky social behavioural practices such as cigarette smoking, drugs and alcohol use, and promoting healthy practices such as the use of insecticide treated mosquito net, and the use of mosquito repellent. Primary health care also address and advocate for early diagnosis and treating of disease within the community ( the secondary treatment) while also putting in measures that address the most critical health issues to the venerable group by providing the necessary rehabilitative services such as the provision of wheel chair, eye glasses and transportation services for the paraplegic group.

Q4:

1. Social Epidemiology.

Social epidemiology deals with the social characteristics or behaviours that undermines health with regards to risk factors of a disease within a population/community. It carries a research on the different aspects of morbidity and mortality base on gender, age, socioeconomic status, race and ethnicity.

1. Behavioral Epidemiology:

Behavioral epidemiology is a research that focus on some specific behaviours that contributes to diseases or any health-related condition related to a life style such as stress management, etc. and also investigates the determinants of those risk factors.

1. Quarantine:

Quarantine is a measure taken to restrict the movement of individuals/persons who are suspected to have been exposed to any contagious disease to limit or reduce its spread. These measures (quarantine) is usually have a specified period of time and in a designated location/area.

1. Eating Disorder:

Eating disorder is define as an abnormal eating habits usually characterize by over- eating or under eating which can negatively impact one’s health either physically mentally and psychologically and can contribute to health risky situations.

Q5:

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

Social environment is one of the aspects that determines an individual or community health status. It deals with the major concepts of all sorts of human life and organizational system in the community which includes beliefs and traditions, customs and religion, community organization and, political and socio-economic status of the community/individual. Hence the social environment can contribute both positively and negatively in a community. In some traditions, believes and religion, Male circumcision is a must for any male child, the use of alcohol and smoking is prohibited so this practice provides a healthy life and benefits to the community.

Q6: 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 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.

As a professional health practitioner, I would advise Mr. Kizito to do the following steps in order to solve the problem of the striking staff members.

1. To call a general consultative meeting of all the staff members to find out the staff grievances that always make them go on strikes i.e. (problem identification and diagnosis).Allow the meeting to be an open forum where each and every staff member is able to express his/herself freely. Listen and list down all their grievances.
2. The points mentioned or raised by the staff members are to be summarised and the final points have to be noted for action. So the administration (Mr Kizito) has to develop action plan and Policies that can address the staff and health services problems.
3. Develop a workable plan that ensures that the policies laid down is followed and implemented by the staff members as well as some community members/elders, and this collaboration between the hospital staff and the community members will greatly improve the delivery of the health services in the hospital

Q7:

1. Community -based prevention Marketing (CBPM).

This is a social change process conducted in the community that utilizes marketing theories and techniques to design, implement and evaluate health promotion and disease prevention programs. It emphasizes on community capacity building principles, behavioral change theories and marketing concepts with the aim of achieving positive health change among individuals within the community.

1. Mobilization for Action through planning and partnership (MAPP):

This is a national strategic plan and as an assessment tool developed collaboratively between the national association of county and city health officials (NACCHO) and the Centre for Disease control and prevention (CDC) to assist communities improve their health and quality of life through community driven planning.

1. Planned Approach to community health (PATCH):

This was a strategy developed in late 1980s as community health planning model that empowered the community with the skills and techniques on the process of how to assess their needs, set up their priorities, formulate solutions and use the skills to own and manage their community health services and programs.

1. Community Base Participatory research (CBPR):

This describes the full participation and involvement of community members in a community base assessment and research activities. It allows the community members participate in research alongside the research partners and experts and collaboratively help define the research problem within the community and set research objectives, design the methodology to be use, and the data collection and interpretation, and use the data to guide the program planning and evaluation.

Q8: Define Organization:

An organization is defined as that collective action of personnel, materials ideas and procedures that are arranged in an order to make a meaningful task to achieve an objective/s.

It involves the following principles:

* Setting up various departments
* Acquisition of human and non human resource
* Application of various specializations and division of labour
* Effective coordination
* Application of authority and responsibilities
* Centralization and de-centralization
* Unity of command.