**MODULE 1 ASSIGNMENTS**

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

* Public health can be define at the same time as the art and science of preventing the spread of diseases in a given communities and individuals through public campaign, promotion and awareness. The objectives is to prolong the life of the communities and individuals through the organized efforts of both the receivers of the messages and the campaigners.

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

* It’s define as development, implementation and evaluation of effective program and policies in public health through application of principles of scientific reasoning, including systematic use of data and information system and appropriate use of behavioral science theory and program planning models.

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

* Develop an initial statement of the issue, is to speak about the problems and make the populations aware of the occurrence of the problems and how it started.
* Quantify the issue, is to count the number of occurrence, the event and how many time as well.
* Research the issue, is to get a clear information about the problems, and condition to be improve. This give an insight view on how the issue can be handle.
* Develop program or policy options, is to develop a principle that will guard implementers of the program.
* Create an implementation plan, is to create a work plan base on the information mentioned above.

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

* National center for education statistics
* National center for health statistics
* Bureau of labor statistics
* Census bureau
* Housing and urban development
* Health care insurance scheme
* Government agencies
* Non-profit organization
* College and universities
* Other research organization

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

Prevention.

* Primary health care is refers to as **“essential health care”** given the facts that it’s base on the scientifically sounded and socially acceptable methods which make universal health care assessable to all individuals and families in a given community.
* However, primary health care in relations to the below three preventive levels embraces five health cars approaches:
* Promotive
* Preventive
* Curative
* Rehabilitative
* Supportive/palliative

All these approaches deliver messages under primary health care with the main objectives of preventing illnesses and promoting health making them highly related to the three levels of prevention as explain below.

Prevention itself involve wide range of activities sometime refer to as “intervention” as the objectives is to reduce risks and threats that might be involve in the general public health. However, below are three level of intervention.

* **Primary intervention**: This aims to prevent diseases or injuries before they occurs. It’s mostly done just to prevent the exposures or the hazardous nature of the situation that can cause diseases or injury.
* **Secondary prevention**: This aims to reduce the impacts of the disease or injuries that had already occurred. This is done by detecting and treating diseases or injury as soon as possible to slow it progress.
* **Tertiary prevention**: This aims to soften the impacts of an ongoing illnesses or injuries that has the lasting effect. This done through helping people to manage long term and often health problems and injuries of a long nature.

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

mean?

1. Social epidemiology:

* Social epidemiology is a branch of epidemiology that deal directly with the effects of social structure, which is the belief of certain community on the issue related to health.

1. Behavioral epidemiology

* It’s a science that deal with the evidence base studies and intervention directly at the given population. It’s always done in five phases:
* Establish links between behaviors and health
* Develop measures of the behaviors
* Identify influence on the behaviors
* Evaluate intervention to change behaviors
* Translate research into practices

C. Quarantine:

* Is a time, period or state under which an animal or person is kept away from other animals or people so that the disease can’t be spread any more.

D. Eating disorder:

* Its abnormal eating habits that affects people physical and mental health and also disorganize ability to function in the important areas of life negatively. The best example of eating disorder is obesity.

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

In the community where we lives, there are many social and environmental factors or determinants that influences our health. One effect is what is in our genes and biology, the other one is an individual behaviors. Social factors are the conditions we live, learn, work, play and age. These condition can influences our health and the one of our communities. They includes but not limited to the following:

* Level of education
* Level of income
* Housing (proper accommodation)
* Access to health care
* Access to nutritious food
* Socioeconomic status
* Religious/spiritual value
* Social stressors like exposure to violence
* Social status like integrated or isolated from the community
* Sexual identification
* Gender issues in some communities
* Ethnicity and cultures
* Access to clean drinking water

All these are some of the social environment factors that affects our health and will need some stems to improve them so that they can improve our health and the one of the public.

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.

* I would advise Kizoto to adopt **Alternative Staffing method** that refers to hiring individuals on a part-time or a need basis, mostly under a short term contract and for specific services until Kizoto find a durable solution to the high level turnout and persistent strike by his staff in the hospital so that the hospital be under functioning state before the solution is found.

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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 change theories and techniques to design, implementation and evaluation of health promotion and diseases prevention programs.

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

* This is the assessment process developed in 2001 by the National Association of county and city health officials and the center for the diseases control and prevention as a tool to assist “communities to improve health and quality of life through community wide and community driven strategic planning” the four assessment are: Community Themes and Strengths Assessment, Local Public Health System Assessment, Community Health Status Assessment and Force of Change Assessment.

iii) Planned Approach to Community Health (PATCH)

* This is the process or approach that was develop in 1980s as a community health planning model, allowing for community variation in the process of assessing needs, setting priorities, formulating solution and owning program.

IV) Community-based participatory research (CBPR)

* CBPR is the process that involve the activeness of the community members in the community assessment and other research activities. In many community organization projects, community members work with researchers to define the problems and set research objectives, design the methodology data collection instruments, collect and interpret data, and use result to guide program planning and evaluation.

8.

a) Define an organization?

* Organization is any collection of person, materials, procedures, ideas or facts arranged and ordered that the combinations of parts makes a meaningful whole that works towards achieving organizational objectives.

b) What are the basic principles of an organization?

* Departments
* Acquisition of human and non-human resources
* Specialization and division of labor
* Coordination
* Authority and responsibilities
* Centralization and de-centralization
* Unity and command
* Line and staff