**MODULE 1 ASSIGNMENTS**

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

* Public health is defined as the science of protecting the safety and improving the health of communities through education, policy making and research for disease and injury prevention. The definition of public health is different for every person.

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

* Public health is the medical discipline concerned with the prevention and control of disease through population surveillance and the promotion of healthy behaviors. Strategies used to promote public health include patient education, the administration of vaccines, and other components of preventive medicine

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

* it means integrating individual clinical expertise with the best available external clinical evidence from systematic research.it is the integration of clinical expertise, patient values, and the best research evidence into the decision-making process for patient care.

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

the course of consulting engagements, actuaries almost always find they need one or more of the

following resources:

* Healthcare data, which may be at the individual patient level or on a population
* Health services research studies which describe, summarize, try to alter, or predict patients’

use of health resources

* Health policy information, which describe public or private actions which affect the access,

cost and quality of medical care.

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

**Prevention**

* The declaration also defined eight essential components of primary health care, which helped outline a means of providing health care globally.
* Public Education. ...
* Proper Nutrition. ...
* Clean Water & Sanitation. ...
* Maternal & Child Health Care. ...
* Immunization. ...
* Accessible Treatment.

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

* monitor health status to identify community health problems.
* Diagnose and investigate health problems and health hazards in the community.
* Inform, educate, and empower people about health issues.
* Mobilize community partnerships to identify and solve health problems.

1. **Social epidemiology**

* Social epidemiology is a branch of epidemiology that focuses particularly on the effects of social-structural factors on states of health. Social epidemiology assumes that the distribution of advantages and disadvantages in a society reflects the distribution of health and disease
* Behavioral epidemiology
* Behavioral epidemiology is the branch of epidemiology that is related with the psychology. In this we can study about the lifestyle and behaviors of people and how they affect their health conditions

C. **Quarantine**

* quarantine is used to separate and restrict the movement of people; it is 'a restraint upon the activities or communication of persons or the transport of goods designed to prevent the spread of disease or pests', for a certain period of times.

1. **Eating disorder**

* The findings show anorexia to be the deadliest psychiatric diagnosis. The anorexia mortality rate of 5.86 is dramatically higher than: Schizophrenia, which increases death risk 2.8-fold in males and 2.5-fold in females. Bipolar disorder, which increases death risk 1.9-fold in males and 2.1-fold in females

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

* Poor social and economic circumstances affect health throughout life. ... Social and psychological circumstances can cause long-term stress. Continuing anxiety, insecurity, low self-esteem, social isolation and lack of control over work and home life, have powerful effects on health
* 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.

* anticipate Crises.
* Identify Your Crisis Communications Team.
* Identify and Train Spokespersons.
* Spokesperson Training.
* Establish Notification and Monitoring Systems.
* Identify and Know Your Stakeholders. ...
* Develop Holding Statements.
* Assess the Crisis Situation

**PUBLIC HEALTH COURSE MANUAL 118**

1. **Define the following words as used in public health?**

* the works 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.
* Community-based prevention marketing.
* Mobilizing for action through planning and partnerships.
* Planned Approach to Community Health.
* Community-based participatory research.

a) **Define an organization**?

* social unit of people that is structured and managed to meet a need or to pursue collective goals. All organizations have a management structure that determines relationships between the different activities and the members, and subdivides and assigns roles, responsibilities, and authority to carry out different tasks. Organizations are open systems--they affect and are affected by their environment.

b) **What are the basic principles of an organization**?

* principle of Specialization.
* Principle of Unity of Objectives.
* Principle of Coordination. ...
* Scalar Chain. ...
* Unity of Command. ...
* Delegation and Decentralization.
* Accountability and Responsibility.
* Optimum Resource Utilization.