**COURSE: DIPLOMA IN PUBLIC HEALTH**

**CODE NO: D012**

**Subject: Public Health**

Q1**. Define clearly the meaning of the world public health.**

The world Public health is an area for study, research and practice that put a priority on improving health achieving equity in health for all people worldwide. It emphasized transnational health issues determent and solutions, involves many discipline within and beyond the health science and is a synthesis of population, based prevention with individual’s level, clinical care. Although world health placed greater priority on prevention and also curative, rehabilitative and other aspects of clinical medicine and the study of basic science (Kaplan 2009)

According to WHO (who. inter 2007) it define, public health is the activities required both practice and reaction to minimize vulnerability to acute, public health events that endanger the collective health of the population living across geographical regions and international boundaries. Health is a state of complete physically mentally and socially well-being and not merely, the absence of disease or infirmity.

The meaning of public health, the science of protecting and improving the health of people and their communities by promoting health lifestyles, researching disease and injury prevention, detecting, preventing and intervention to any outbreak of the disease. The main aim of public health is to prevent disease and injuries, second to promote health of people and environment, this is through educating, policy development and research for disease and injury.

**Q2. What is meant by the term-evidence based public health**?

1. Briefly describe the steps involved in evidence based health care.
2. Name various sources of data in evidence based health care.

The term evidence based public health are the development, implementation and evaluation of effective programs 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.

1. The steps involved in evidence based health care, is a method of providing health care by using the most current evidence that has been collected from previous research and the steps such as

1-Develop an initial statement of the issue;

Your planning to find out, is to define the population, the intervention and what to compare this intervention to as well the outcome of finding.

2-Search for the evidence, fundamental to the concept is finding previous research after finding the data, get or find the solution

3-Appraise the evidence by using set of criteria, evaluate the quality of data, critically appraise.

4-Implement; put the evidence into practices used the evidence to improve practices through the development of guideline and protocol that can used in practice that mean develop your program for action.

5-Evaluate; create an implementation plan and monitor what has been done, ensure that it is effective and provide feedback for the progress of performance.

1. The various sources of data in evidence based health care

Health care analytic is.

The sources of data used in evidence based health care are including population survey data developed during time of survey such as physician, hospital nursing are some of the sources information or is the contentious and judicious use of current best evidences in conjunction with clinical and patient value to guide health care, the below are some of the source of data in evidence based health care, such as;

* National center for education
* National center for health statistic
* Bureau of labor statistic
* Census bureau
* Housing and urban development
* Health care insurance scheme
* Government agencies
* Non-profile organization
* Colleges and universities
* Other research organizations

**Q3- Explain the concept of primary health care and related to the three levels of disease prevention**.

The concept of primary health care is the goal of medicine to promote and to preserve health, to restore health when it is impaired and to minimize suffering and distress. The core knowledge of primary health care on word prevention which includes a wide range of activities known as interventions, aimed at reducing risks or threats to health. The three levels are:

1. Primary prevention
2. Secondary prevention
3. Tertiary prevention

a-**Primary Prevention**: is concerned with preventing the onset of disease, it aims to reduce the disease or injury, e.g protection against the effect of a disease agents as with vaccination, change behaviors, environmental changes. That means to remove causative risk, other examples of primary health care such as smoking cessation, preserving good nutrition status, physical fitness through excises, immunization, improving roads, water supply and sanitation. The concept of primary health care is to improving the overall health of the population.

b-**Secondary Prevention**: is concerned with detecting a disease in it earliest stage, before symptoms appear and intervening to slow or to stop its progression. It includes the use of screening test or other suitable procedures to detect serious disease. Secondary prevention is based on idea that intervening early in the clinical course will be more effective for improvement.

c-**Tertiary Prevention:** is referring to intervention to stop or arrest the progress of the disease and to control its negative consequences to reduce disability and minimize suffering caused by existing departure from good condition to promote the patients’ adjustment to irremediable conditions. Tertiary prevention is to improve treatment and recovery.

**Q4. In your own capacity as public health care practitioner, what does the following key concept means?**

a-**Social epidemiology:**

The subfield of epidemiology concerned with the social characteristic or psychosocial risk factors associated with patterns of disease within and across population. Social epidemiologic research often pose question about differences in morbidity and mortality by gender, age, socioeconomic status and race.

b-**Behavioral epidemiology**

The subfield, which focus on the specific behaviors that contributes to the etiology of disease. Behavioral epidemiology usually targets lifestyle factors such as sleep habits, eating habits, stress management, risk taking and other health related behaviors and investigates the determinant of the risk factors.

c-**Quarantine:**

Is a state, period, or place of isolation in which the new comes waited for medical check eg in borders, people been exposed to infectious or contagious disease are placed. In public health quarantine are legal procedures, to isolated, to prevent the spread of communicable diseases, to protect the population by preventing exposure to infected people.

d-**Eating Disorder:**

An eating disorder is a mental disorder defined by abnormal eating that negatively affect a person’s physical or mental health, people who eat a large amount in short time of period are call anorexia nervosa, while those who eat very little after many hours, and thus have a low body weight are call bulimia nervosa. Many people around the world died of eating disorder some disease like non communicable such as diabetic, hypertension and obesity.

Q5**. Explain how the social environment can affect one’s health.**

Social level and the effect of socioeconomic status can play a role in health, slow growth and poor emotional support raise the life time risk of poor physical health and reduce physical, cognitive and emotional function in adulthood.

Social factors are things that affect lifestyle such as religion, culture, family or wealth, these can change overtime, food developer need to be aware of these changes to make food that meet the needs of consumers, various social environment, economic and physical factors impact how individual interact with their communities, religion and influence overall security health and well- being.

**Q6.** Your friend Kizito is a general manager in a nearby hospital that has recently experienced high labor turnout and persistent strike. He seeking your advices on the best way to divert the crisis, that is about to cripple health care services in the health. As health practitioner, who has been in the industry for ten years, kindly give him advice on the best way to approach the crisis.

Organizational conflict is emerging as a key workplace issue among the people, maybe there is a lack of will or skill to deal with conflict and have many theories why it occurs and what happen when it takes root. Conflict in a team or department can quickly spread, to damage relationship, lower productivity and morale and in extreme cases lead absenteeism, sabotage, litigation and even strike like friend Kizito. My advices would be on five key style for managing conflict.

1. **Forcing**; using your formal authority or power to satisfy your concern without regard to the other party’s concern.
2. **Accommodating**; allowing the other party to satisfy their concern while neglecting your own.
3. **Avoiding**; not paying attention to the conflict and not taking any action to resolve it.
4. **Compromising**; attempting to resolve the conflict by identifying a solution that is partially satisfactory to both parties but completely satisfactory to neither.
5. **Collaborating**; co-operating with the other party to understand their concern in an effort to find a mutually satisfying solution.

Collaboration is the way to deal with important issues, although forcing can sometime be appropriate if time is an issue. Talk with individual if group became difficult, focus on behaviors and event not on personalities, Listen carefully, identify points of agreement and disagreement, prioritize the areas of conflict, develop a plan to work on each conflict, make follow up through on your plans and build new relationships, and build your success. Express an organization’s purpose in a way that inspire support and on going commitment.

**Q7. Define the following words as used in public health,**

1. Community based prevention marketing (CBPM):

Community direct social changes process that applies marketing Theories and technique to the design implementation, and evaluation of health promotion and disease prevention programs. Community based prevention marketing integrate community capacity building principles and practices behaviors’ theories and marketing concept and methodology into a synergistic framework for directing positive change among selected audience segments.

1. Mobilizing for action through planning and partnership (MAPP):

This is a process developed in 2001 by the national association of county and city Health officials and the center for disease control and prevention as a tool to assist community improve health and quality of life through community wide and community –driven strategic planning, the four assessment are;

1. Community theme and strengths
2. Local public health system assessment
3. Community health status assessment
4. Forces of change assessment.
5. Planned approach to community health (PATC):

This was developed in the 1980s as another community health planning method allowing for community variation in the process of assisting needs, setting priority, formulating solution and owning programs.

1. Community based participatory Research(CBPR)

It is describing the active involvement of community members in community assessment and other research activities. In many communities’ organizations projects, community members work with researchers to define the research problems and set research objectives, design the methodology and data collection instruments, collect and interpret data and use result to guide program planning and evaluation.

Q8. a- **Define an organization**

An organization is a collection of personal, material, procedures, ideas or facts arrange and ordered that combinations of parts makes a meaningful, while that works towards achieving organization objectives or goal, is the process of organized implies to the arrangement of human and non- human resources in an orderly fashion to make reliability or meaningful so that to accomplish organization goal.

**b-What are the basic principles of an organization**.

The basic principles of an organization are

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