****

**School: Africa Institute for project management studies**

**Course: Diploma in Public Health**

**Course unit: wash and sanitation [WASH]**

**Course code: AIPMS 200/2018**

**Name: Paul kaka John**

**Year: Two**

**Semester: Two**

**Lecture’s/director name: Mr. karegwa muchiri**

1. **Why is hand washing an essential aspect in WASH interventions?** Proper hand washing is one of the most important ways of preventing the spread of diarrheal diseases. Pathogens cannot be seen on hands, and water alone is not always sufficient to remove them. Soap and wood ash are both cleansing and disinfecting agents when used with water and can be used to kill pathogens on hands and utensils. The most important times that hands should be washed with soap and water are:

• After defecating.

• After cleaning a child who has defecated.

• Before eating or handling food.

**2. What are the main standards in WASH interventions in emergencies?** The main standard in wash interventions are health measures can be undertaken only by the community as a whole; these include water source protection, proper disposal of solid waste and excreta, wastewater drainage, controlling animal rearing and market hygiene. Some of these issues. Individual community members play an important role in community hygiene and have a responsibility to their neighbors and to the community to promote good health and a clean water.

1. **Waste Management is becoming one problem in the emergencies. Why?** it adversely affects health and the wider environment, as well as impact on well-being beyond the spread of disease. During an emergency the disposal of solidwaste or rubbish can become a critical issue as existing disposal and collection methods are likely to cease or be heavily disrupted.
2. **Discuss how environmental health and sanitation affect the nutritional status of the vulnerable groups:** adequate access to water and sanitation impacts the educational success ... place children at increased risk ... most likely to lead to strong and sustained impact on nutritional status. .... the challenges vulnerable and marginalized groups are facing, and unique.

undernutrition is one of the world’s most serious problems, with long-lasting harmful impacts on health and devastating consequences for social and economic development. The three main underlying causes of undernutrition, namely unsuitable or insufficient food intake, poor care practices, and infectious diseases, are directly or indirectly related to inadequate access to water, sanitation facilities, and hygiene practices (WASH). There is a growing base of evidence showing the links between poor WASH conditions, especially exposure to poor sanitation. However, the effects of WASH interventions on wasting and the impact of environmental enteric dysfunction (chronic infection of small intestine caused by extended exposure to faucal pathogens) on undernutrition.

1. **Assuming you have been appointed to head an organization, dealing with health development in your area, describe the critical factors that you will consider in planning for health service in that areas?**

The Planning for health Activities and Terms, there are many planning terms, which need to be understood to clarify the relationship between these planning approaches. A summary of these terms is given below:

|  |  |
| --- | --- |
| Terms | Activity |
| Economic/development planning | National level activity aimed at steering the economic or development of health policies, primarily through public expenditure or fiscal policies |
| Strategic plan | Document outlining the direction an organization is intending to follow, with broad guidance as to the implications for services primary health care or actions. |
| Business plan | Strategic plans prepared by business organization’s setting out their direction, and usually providing income and expenditure projections for health services in the areas. |
| Regulatory planning | Activities of State planning bodies that set planning guidelines for private health sectors activities. |
| Service/programmed planning | Planning focusing on the services to be provided. Used to contrast with capital planning (see below) |
| Capital planning | Planning focusing on the capital developments of an organization such as its building for health facilities. |
| Project planning | Planning focusing on discrete time-limited activities. |
| Human resource planning | Plans focusing on the human resource requirements of an organization or country. |
| Physical plans | Plans relating to construction of health structures elements. |
| Operational plans | Activity plans detailing precise timing and mode for implementation of health services. |
| Work plans | Operational plans referring to the activities of a small unit within projects/programs |

**References:**

**Mr./mrs karegwa muchiri director for distant learning**

**Mrs. Lucy Chege**

Muthaiga shops complex, Limuru 4th floor Nairobi, Kenya, tel: +254727616783/+254723305358