# Why is hand washing one of the most important aspect of WASH interventions?

A number of infectious diseases can be spread from one person to another by contaminated hands. These diseases include gastrointestinal infections, such as Salmonella, and respiratory infections, such as influenza. Washing your hands properly can help prevent the spread of the germs (like bacteria and viruses) that cause these diseases. Some forms of gastrointestinal and respiratory infections can cause serious complications, especially for young children, the elderly, or those with a weakened immune system.

# What are the main standards in WASH interventions in emergencies?

Water, sanitation, and hygiene (WASH) interventions are needed in nearly all emergency contexts. From natural disasters to conflict zones and disease outbreaks, the aim of emergency WASH interventions is to reduce the risk of disease by providing safe water, reducing open defecation and promoting hygiene practices. Within the scope of WASH, interventions were identified, including;

* Water supply standards:access and water quality
* Excreta disposal standards: access to, and number of toilets.
* Vector control standard:Individual and family protection.
* Solid waste management standard:collection and disposal.
* Drainage standard:drainage works.
* Hygiene promotion standard : programme design and implementation

# Waste management is becoming one problem in the emergencies. Why?

Waste management affect greatly both the public health and environment. Ranging from air pollution to water pollution all are consequence of improper management of wastes that has exacerbated the quality of air, drinking water and sanitation.

During emergencies such as floods, wars, terror attacks existing collection and waste disposal systems will be disrupted as people will assemble in concentration camps or refugee camps. If the solid waste is not properly managed, serious health issues will develop which will demoralise the community already traumatised by the emergency. Disasters like floods, hurricanes etc will produce rubble that might be a danger to the people, block access roads, block drainage channels , conceal trapped persons and may even hinder access to emergency services like relief food and medical services.

In the concentration camps, sudden large number of occupants will stretch the sanitary facilities such as toilets which might lead to sewage spill overs and possible improper excreted disposal leading to water contamination and spread of waterborne diseases such as Cholera.

Improper disposal of domestic waste will attract flies and vermin which will spread diseases.

Other specialised waste such as medical waste and radioactive waste m.ay spread communicable diseases and may cause harm to the occupants of the camp

# Discuss how environmental health and sanitation affect the nutritional status of the vulnerable groups

Undernutrition (nutritional status) 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, and stunting (low height for age ratio).When there is not enough food, or if the diet does not contain the right balance of food-stuffs, people become more prone to illness and may become undernourished or malnourished. Children, in particular, are vulnerable to poor nutrition. Undernourishment and malnourishment can lower their resistance and make them more likely to suffer from infectious diseases

Indirect links between WASH and nutrition refer primarily to a broader socio-economic environment such as access and affordability of water, sanitation, and hygiene services, distance from the household to a water point, education, and poverty. Time wasted on water collection translates into decreased productivity, lower school attendance, and less time for caring for children ( cooking) and the household .Inadequate access to water and sanitation impacts the educational success of school-age children, resulting in reduced opportunity to work, perpetuated poverty, and undermined household food security – the underlying causes of maternal and child undernutrition.

# 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 health service in that area?

Planning health services is complex and a vigorous process. The all process relay on evidence based approach with the main aim being to improve services to meet the future health needs of the population. As the head of an organization I will prioritize on specifying future goals and then set up courses of action to achieve. These goals and blue print will focus in areas of strategy, operational, budgetary, service enabler (including assets, clinical support services, funding, information and communication technology and workforce) and individual performance planning.

With the understanding that Delivery of health services occurs in an increasingly dynamic environment with ever changing community expectations, government priorities and technological advances. Health budgets are constrained, yet there are ever-increasing pressures and demands on the public sector health system.in my area most of the pressure on future health systems will result from the ageing of the population and the increasing prevalence of chronic diseases. In this context, it is essential that services are well planned and I ensure structure are in place to respond to evolving changes in order to meet community needs. The following will be areas that I will place more focus in ensuring a well-functioning health system is in place.

**Changing populations and population needs**

the organization will Assess population characteristics (e.g. growth, age groupings, cultural diversity and socioeconomic status) and anticipated changes in these will guide the most appropriate service response. Similarly, by identifying population risk factors (e.g. obesity, smoking and excessive alcohol consumption) that contribute to various health issues, services can be designed to reduce these risks for targeted population groups.

**Emerging clinical evidence and technologies**

Understanding and assessing the potential impacts of advances in clinical evidence and technologies helps inform the way future services need to be organized and delivered. This includes being aware of changes in the knowledge and understanding of diseases and disease trends, treatment techniques and service delivery models.

**Projecting future service**

My organization need to Understand future demand for services influenced by changes in populations, disease patterns and treatment technologies (all noted above) is an important element of health service planning. By assessing how demand may grow or decline, decisions about future service developments are better informed.

**Prioritizing allocation of resources**

The resources available to invest in health services are limited. Health service planning can identify health service resources required to meet health needs. The prioritization of health needs and service issues identified through a rigorous health service planning process will support resources being directed towards the areas of greatest need.