

Public Health





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INTRODUCTION

The continuous professional development in public health is necessary for all public health workforce. This is mainly to sharpen their skills, update their knowledge and meet the ever-growing needs in the health system.

The number of trained practitioners in this field is very small compared to the need for this specialization in health sector, hence the importance of designing training programs that include knowledge and skills in the field of public health which are considered as the link to bridge this gap between health system needs and human resources with expertise and skill.

Public health specialization is the mainstay and foundation for all sub-specialties in the areas of public health.

Short Courses: There are 15 courses under three programs:

Foundations in Public Health

- Course 1: Introduction to Public Health
- Course 2: Basics in informatics and statistics
- Course 3: Basic Epidemiology
- Course 4: Basic Concepts in Research Methodology
- Course 5: Management and Leadership

Communicable & Non-Communicable Diseases

- Course 6: Noncommunicable Diseases
- Course 7: Social determinants and inequity
- Course 8: Primary health care and quality of service
- Course 9: Communicable diseases
- Course 10: Principles of Public Health Emergency Management

Priority Programs in Public Health

- Course 11: Health promotion
- Course 12: Women's health
- Course 13: Environmental and occupational health
- Course 14: Health economics
- Course 15: Governance of population health and well-being

Each training course is delivered in (30) Learning Hours. These courses can be taken as part of the three-month programs for a Technical Diploma, or as stand-alone courses. Upon meeting the course requirements, the participant will be awarded a Successful Completion Certificate by the International Academy of Public Health (IAPH) and accredited by the Agency for Public Health Education Accreditation (APHEA).

Training Delivery Methods:

- In-class method
- Online method

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Introduction to biostatistics
- Introduction to statistical programs
- Introduction to Descriptive Stat.
- Normal distribution and hypothesis testing
- Computer session
- Be familiar with SPSS
- Displaying and summarizing data
- Interpret statistical test
- Advanced statistical methods
- SPSS advanced statistics analysis
- Epi Info

Description

The main objective of this Module is to prepare residents to: (a) use information in public health practice with a special emphasis on system management of public health information as a key strategic resource of organizations dealing with public health, and (b) use information and communication technology in order to increase their own effectiveness and efficiency as experts in the field of public health.

Health informatics comprises a systematic application of information, computer sciences, and technologies in research and practice of public health. Work in the field of public health depends on the possibility and capability of information to be collected, organized, processed, evaluated, interpreted, and distributed. Computer and telecommunication technologies support these operations.

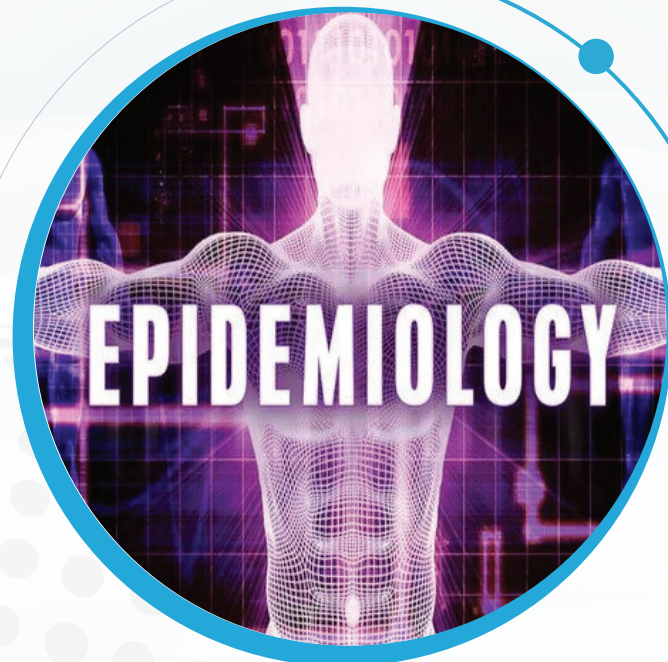


Learning Outcomes

By the end of this course, participants will be able to:

- 1- Discuss informatics as used in public health
- 2- Identify and demonstrate various tools used in information and communication technology
- 3- Investigate solutions by using web and other research tools
- 4- Describe the steps involved in database development and implementation of information systems for public health
- 5- Understand the meaning and proper application of a wide array of relevant statistical techniques
- 6- Collect and prepare health-related data for analysis
- 7- Recognize and apply appropriate analytical techniques to specific sets of public health-related data
- 8- Interpret statistical output
- 9- Critically evaluate reasoning processes involved in specific analyses

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Introduction to Epidemiology
- Descriptive Epidemiology
- Introduction to Biostatistics Part 1
- Introduction to Biostatistics Part 2
- Public Health Surveillance
- Data Analysis and Displaying
- Outbreak Investigation Part 1
- Outbreak Investigation Part 2
- Writing Outbreak Investigation Report
- Data Quality

Description

This course is designed to introduce participants to basic epidemiological concepts and methods and provide them with core skills in epidemiology, that is with working knowledge of the acquisition, analysis, and interpretation of information about disease occurrence in populations.

Learning topics will include concepts of causality, measurement of geographical and temporal distribution of diseases and their outcomes, risks, biases, and study designs (descriptive, case-control, cohort and intervention studies). Participants will gain practical experience in planning epidemiological research studies along with the appraisal of epidemiological literature.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Discuss the role of epidemiology within the broader field of public health and identify its relationship to the fields of medicine, environmental health, social and behavioural sciences and health policy
- 2- Demonstrate a sound knowledge of basic concepts and methods of epidemiology
- 3- Use descriptive epidemiological concepts such as person, time, and place to describe the distribution of disease
- 4- Calculate and interpret epidemiological measures taught in the course (e.g. incidence, prevalence, risks, odds ratio, etc.)
- 5- Plan and design public health research
- 6- Demonstrate the application of epidemiological research for the formulation, implementation and evaluation of health policies

4 Basic Concepts in Research Methodology

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Materials and Methods, Study Designs
- Study Design Selection, Study Area/Setting
- Study Population and Sampling
- Basics of Sample Size
- Study Variables, and Data Collection Tools and Techniques
- Data Analysis and Presentation
- Potential Errors in Research and Critical Appraisal

Description

This Module aims at applying and deepening the basic epidemiological methods and amending them with the competent use of qualitative methods. It includes assessment/measurement of population health status, the basics of health demography, evaluation of the most used instruments for health assessment, knowledge necessary for the right application of those instruments, and classification and evaluation of databases.

The main objective of the Module is to comprehend the basic concept of measuring health, basic characteristics, advantages and disadvantages of certain instruments, and to train the residents to adequately assess the health status of the population - in accordance with multiple indicators.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Demonstrate skills in the general principles of research design, data collection and management
- 2- Critically evaluate the significance and application of quantitative and qualitative methods in public health research
- 3- Comprehend the strengths and weaknesses of quantitative and qualitative research methods
- 4- Design and discuss a small research project using a quantitative and qualitative approach

Duration: 30 Learning Hours
25 CPD Points

Course Outline

- Teambuilding
- Leadership Styles and Theories
- Project Management
- Health Program Planning Building Health Programs that work
- Stakeholder Analysis
- Resource Management
- Health Policy
- Organizational Management
- Health Service Delivery
- Change Management
- Interpersonal Communication Skills
- SelfAwareness and SelfAssessment
- Conflict Management
- Problem Analysis
- Manage your time and manage your stress

Description

This course provides participants with basic concepts and principles of health systems, health policy, planning and management.

It enables them to analyze the key aspects of health policy in developing health systems and the changing role of governments and ministries of health in health care delivery. It provides the opportunity to understand and critically analyze issues like health system development and reforms, policy change and centralized versus decentralized health systems.

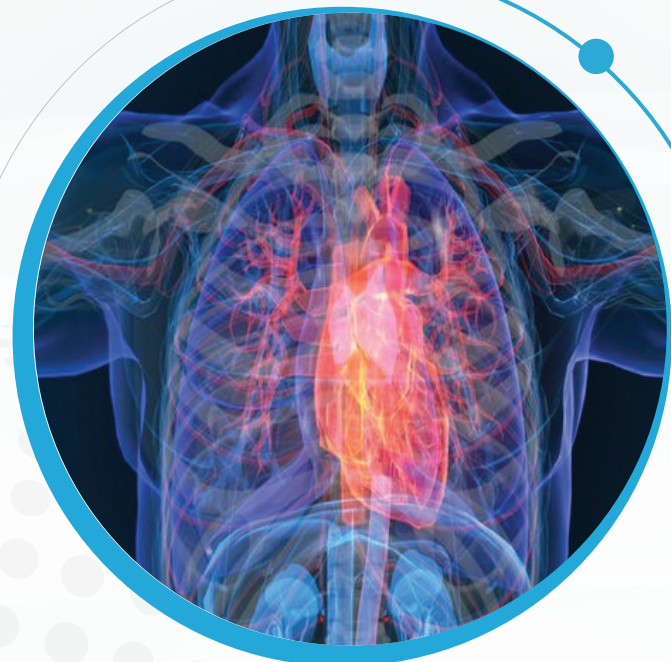


Learning Outcomes

By the end of this course, participants will be able to:

- 1- Distinguish and apply log frames, results and rights-based approaches in developing health plans
- 2- Identify key principles of policy development, planning, and management of health resources
- 3- Apply management skills and functions according to the principles of organizational management
- 4- Recognize and apply Change Management
- 5- Demonstrate the skills of teamwork and communication skills
- 6- Develop and assess leadership management skills and styles, specifically: delegation, active listening, conflict resolution and time management

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- NCDs risk factors
- Obesity
- Diabetes Mellitus-Part 1
- Diabetes Mellitus-Part 2
- Coronary Heart Diseases
- Stroke
- Hypertension
- Epidemiology of Cancer
- Epidemiology of NCDs and Global Burden of Diseases

Description

The objective of this Module is to provide scholars with the knowledge of main epidemiological characteristics of cardiovascular, endocrine, mental, neurological, and respiratory (COPD) diseases, cancers, and injuries and their burden on the population. Modifiable risk factors such as lifestyle (i.e. smoking, alcohol consumption, unhealthy nutrition, and physical inactivity), environmental, and socio-economic factors will be discussed.

Attention will also be paid to methodological issues of epidemiological and genetic research studying the impact of these factors on health and disease and the prevention and control of major diseases. Emphasis will be put on risk factors for non-infectious diseases and possibilities of their prevention and/or mitigation.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Estimate the burden of the most important health disorders in terms of Years of Life Lost (YLL) and Disability Adjusted Life Years (DALY) and or analogous concepts (QALY, PYLL)
- 2- Recognize the most frequent risk factors for non-communicable disease
- 3- Discuss the importance and basic epidemiological characteristics of chronic non-communicable diseases
- 4- Discuss the epidemiological characteristics of injury
- 5- Understand the importance of primary prevention and screening in the prevention of certain health disorders
- 6- Apply principles of prevention of the most common health disorders in their environment (family, workplace, community)

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Challenges of population growth
- Challenges of population growth 2
- The Dynamics of Aging
- Role of Urbanization
- Studying burden of Disease and Injuries Part 1
- Theory of the Burden of Disease
- Burden of Disease and Disease Classification System
- Quantifying the Burden of Disease and Injuries
- Projected Burden of Disease and Injuries
- Introduction to Inequalities in Health
- Models of Social Determinants of Health
- Underlying Social Determinants of Health Including Gender
- Social Determinants: Inequities in Health
- Social Determinants: Health and Wellbeing
- Lifestyle Changes to Overcome Burden of Disease

Description

There is a considerable body of literature indicating a consistent relationship between socio-economic factors and health. The principal measures of socio-economic status have been education, income, and occupation. Education has been the most frequent measure as it does not usually change after early adulthood. Information about education can be obtained easily and it is unlikely that poor health in adulthood influences level of education. Recent research has developed specific instruments for assessment of individual socioeconomic circumstances or conditions.

These include material deprivation and self-perceived deprivation as important psycho-social pathways to ill-health. This Module aims to provide the trainees with knowledge of how social determinants work at different levels and also provide them with skills that enable them to assess the main social and economic determinants of population health.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Understand that health is not only a medical issue but also a social one
- 2- Define how social determinants operate at different levels (i.e. individual, household, community, national and international)
- 3- Understand the impact of the socio-economic environment on health
- 4- Critically appraise the differential burden of ill-health across populations and population sub-groups
- 5- Assess the main socio-economic determinants of health in their own populations according to education, income, occupation, absolute (material) deprivation, and relative deprivation
- 6- Apply the social determinants and gender framework to shape and inform health policies and interventions
- 7- Advance strategic thinking on tackling health inequalities

8 Primary health care and quality of service

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Introduction to Primary Healthcare
- Introduction to Universal Health Coverage
- Quality Dimensions of Healthcare
- Total Quality Management (TQM) Concepts
- Quality Improvement Using Quality Tools
- Cost of quality
- Basics Quality systems

Description

The Module intends to provide a broad overview of concepts, methods, and tools used for setting community priorities in primary health care, managing community health programs, the related policy making, and assessment and development of an advocacy and partnership collaboration for sustainable improvement of community health.

The specific focus will be put on setting priorities for public health projects as a method for continuous improvement of community health outcomes and quality of health care services.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Define the essentials of primary health care in the community
- 2- Explain the role of Total Quality Management/the example of community health care
- 3- Organize and lead health programs in the community
- 4- Observe the principles conceptualized by Donabedian

Duration: 30 Learning Hours
25 CPD Points

Course Outline

- Communicable Diseases Control Approaches During Emergency Situation and Disaster
- Rapid Health Assessment
- Introduction to Communicable Diseases
- History and Importance of Infectious Diseases
- Outbreak Investigation
- Communicable Disease Surveillance
- Disinfection
- Disease Prevention and Control
- Communicable Diseases Control Approaches During Emergency Situation and Disaster

Description

The objective of this Module is to provide scholars with knowledge about the natural history of disease, prevention, and control of the most frequent and important communicable diseases.

The program will cover the following topics: epidemiological (public health) surveillance, application of epidemiological methods in outbreak investigation, design and management of immunization programs, application of molecular epidemiology in diagnosis of some communicable diseases and international aspects of prevention and control of important infectious diseases.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Inform the community about relevant infectious diseases and potential risks
- 2- Organize a surveillance system
- 3- Investigate outbreaks and initiate/organize appropriate measures
- 4- Introduce preventive measures and immunization programs

Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Introduction to Disaster Management
- Disaster and Public Health
- Common Diseases in Natural Disasters
- Ethics and Humanitarian Values during Emergencies
- Disasters and Development
- Disaster Recovery and Reconstruction
- Risk Assessment and Risk Management
- Emergency Planning
- Emergency Operations Center
- Incident Command Center
- Management of Complex Incidents

Description

Disasters, whether natural or human made, are special situations where there is an imbalance toward needs over resources. To effectively manage such situations, in-depth understanding of the causes and determinants is necessary. Special competencies and skills are also needed to ensure proper management to minimize the risks, meet the demands, and maintain services. Thus, this Module aims at explaining general concepts and principles of disasters and their management.

It is intended to be the foundation Module for those who have no experience in emergency management or those who received no prior training on disaster management.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Apply various terms used in disaster management domain
- 2- Understand the concept of risk assessment and risk management
- 3- Develop various emergency plans
- 4- Understand the regional and national emergency management systems
- 5- Maintain coordination within emergency management systems

Duration: 30 Learning Hours
25 CPD Points

Course Outline

- Health Promotion Approaches and Principles
- Health Protection, Health Education, and Prevention Overlap as HP
- Theories and Models of Behavioral Change Towards Health
- Health Promotion and vulnerable population groups
- Health promoting hospitals
- Priorities in Health Promotion
- Health Promotion Through Social Networks
- Implementation of Health Promotion at the Community Level
- Management of Health Promotion Programs
- Promotion of sexual and reproductive health of youth

Description

The Module will prepare scholars to design, implement, and evaluate health promotion programs at all levels from international to local. Health promotion is fundamental to public health and forms an integral part of all public health activities. Scholars will review the development of health promotion, study key documents such as the Ottawa Charter, Jakarta Declaration, and related international statements.

Both the theoretical and practical aspects of health promotion will be examined, exploring different models of health and methods of achieving behavioural change on a population and individual basis. The evidence base for effective health promotion will be explored alongside evaluation methods and indicators.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Describe the development of health promotion and explain the importance of the key international and national health promotion documents
- 2- Explain a range of different theoretical models of health promotion and describe the processes involved in achieving behaviour change
- 3- Justify priority topics for health promotion programs in the national context
- 4- Critically analyse a range of different methods for use in health promotion activities
- 5- Justify the importance of an evidence-based approach within health promotion
- 6- Discuss the principles of early detection and prevention of major diseases
- 7- Plan and organize screening programs in the community
- 8- Apply adequate evaluation methods



Duration: 30 Learning Hours
25 CPD Points



Course Outline

- Common Types of Cancer in Women
- Life Expectancy and Response to Violence
- Societal and Socioeconomic Issues in Women's Health
- Promotion of sexual and reproductive health of youth
- Screening and Prevention of Women's Health Issues
- Sexually Transmitted Diseases and Women's Health
- Human Rights and Health Ethics
- Human Rights Ethics and the Gender Perspective
- Role of Women in Public Health and Leadership

Description

This Module provides a public health perspective of current women's health issues. Scholars will have opportunities to critically explore a broad array of women's health concerns, considering the contextual factors. The Module content will emphasize the social, economic, environmental, cultural, behavioural, and political factors associated with women's health.

Scholars will examine the programs and interventions, services, and policies that affect women's health and methodological issues of gender-based research. Topics also include the following aspects: epidemiology of major women's health concerns, different reproductive health issues, gender and health, health care and access to health care services, violence, and aging.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Analyze women's health issues relative to its public health implications
- 2- Identify trends in major health conditions that affect women
- 3- Understand the life Module perspective on women's health and health care interventions, programs, and policies
- 4- Identify major demographic, behavioral, and environmental factors that are associated with women's health and how such factors may be incorporated into public health interventions, programs, and policies
- 5- Describe current recommendations for prevention and early detection of cancer in women
- 6- Comprehend the concept of gender-based research and basic health differences between women and men
- 7- Understand how data collection and measurement problems can affect the validity of some women's health indicators
- 8- Understand the value and limitations of various tools that are used to measure and monitor women's health
- 9- Identify global perspectives and initiatives on women's health

Duration: 30 Learning Hours
25 CPD Points

Course Outline

- Introduction to Environmental and Occupational Health
- Occupational Health Regulations
- Catalogue of Professional Diseases
- Injuries at work
- Health Promotion Programs For The Work Environment
- Noise and Health
- Organization of Occupational Health Services
- Environmental Pollution, Historical Development and Future Perspectives
- Environmental Health at Home
- Pollution and Interaction in Air, Water and Soil
- Treatment of Hospital Waste

Description

The industrialization leads to the contamination of the environment and our living space transgressing national borders and continents. Preventive measures in the legislation certainly could and should help to reduce this problem, which has a major public health significance.

This Module will offer the scholars an overview on current environmental problems (surface and ground water pollution, drinking water quality and supply, food and beverages contamination, community or outdoor and indoor air pollution, community noise, soil pollution, waste water treatment and disposition, solid waste treatment and disposition) and proposed solutions as well as national and international regulations, agreements, and ongoing negotiations.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Define the most important environmental problems
- 2- Discuss safe drinking water supply, wastewater treatment and other environmental problems at the national and international levels
- 3- Analyse the main outdoor and indoor air pollution sources, main contaminants (chemical, physical, and biological), and their influence on human's health
- 4- Present practical proposals for appropriate preventive measures
- 5- Describe the importance of healthy food consumption (its controlled production, safety storage, suitable transport, and distribution)
- 6- Recognize the most important factors that endanger the health of workers
- 7- Demonstrate knowledge in the history, organization, and development of occupational health
- 8- Describe different organizational models in environmental and occupational health



Duration: 30 Learning Hours
25 CPD Points

Course Outline

- Introduction to Health Economics
- Demand Supply and the Price System
- Health Insurance
- Health Care Financing and Expenditure
- Principles of Costs and Costing
- Budgeting- Part 1
- Budgeting- Part 2
- Burden of Diseases
- Economic Evaluation of Healthcare Policy
- The Importance of a Multidisciplinary Approach
- Allocation of Resources Based on the Analysis of Marginal Costs
- Decentralization and Rationing of Healthcare
- Allocation of Scarce Resources
- The Role of Health Economics, Research and Planning

Description

The goal of this module is to inform the decision-makers in the health care system, planners, doctors, and managers, about the principles of health economics and to train them to use analytical methods of economic science.

They will use these methods for solving practical problems they are facing in everyday work - that includes knowledge and skills regarding how to allocate resources in the health care system, how to plan the development of the service, how to evaluate its work, how to set priorities among services and programs, how to provide financial sustainability of the health care system, and how to regulate the private practice. The objective of this Module is to provide scholars with the economic perspective of health care.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Recognize the basic principles of health economics, as well as basic microeconomic theory of supply and demand
- 2- Distinguish between different techniques of economic evaluation: cost-minimization analysis, cost-effectiveness analysis, cost-utility analysis, and cost-benefit analysis
- 3- Understand the market mechanisms in health care systems
- 4- Know how to measure and value costs and effects of health care interventions
- 5- Demonstrate a basic knowledge of how economics applies to research projects on evaluation of care
- 6- Understand managerial issues related to purchasing



Duration: 30 Learning Hours
25 CPD Points

Course Outline

- Introduction to Governance
- Introducing the Health System
- Health Policy and The Policy Cycle
- International Organizations and their role in Public Health
- Development of the Health Workforce
- Indicators of Health
- Health System Performance
- Framework for Assessing Health System Governance
- Health Technology Assessment
- Economics and Financing of Health
- Health System Performance Appraisal

Description

The Module focuses on public health policy by using the policy management cycle (priority setting, establishing goals, outcome objectives and indicators, adoption of a policy through legislative procedure, budgeting and implementation, and evaluation of the entire process).

The Module is to raise awareness about the role of governance in strengthening health systems and public health and its overall contribution to policy development.



Learning Outcomes

By the end of this course, participants will be able to:

- 1- Define governance and governance for health and well-being
- 2- Position public health governance within a health policy framework
- 3- Optimize policymaking in the 21st century
- 4- Identify limitations of addressing health and well-being issues
- 5- Define good governance and governance indicators
- 6- Consider the impact of major UN agreements on governance
- 7- Identify key future governance policy criteria





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