

The programme content is delivered through 12 modules that are carefully designed to embrace both the theory and practical aspects of community health. These modules are:

PRINCIPLES OF COMMUNITY HEALTH

DURATION: 1 week

This module aims at sensitizing learners to basic issues and concepts of community health. It introduces general themes in community health, community-based health care, rural community health, health behaviour and applied epidemiology, the details of which are then dealt with in respective modules. In addition to class teaching, field visits to community forms an important component to the module. Learners are exposed to a community for the purpose of seeing and of discussing with people in the community of the issues and factors affecting health; ideas, beliefs and experiences they have or hold on health and diseases. They also have an opportunity to study different health systems. The learners will then apply the knowledge obtained in fostering community participation in disease prevention and health promotion.

BASIC COMPUTER APPLICATION

DURATION: 2 weeks

This module is designed to enable the learner to understand the concept of computer and its application in information day-to-day activities.

EPIDEMIOLOGY AND BIostatISTICS

DURATION: 4 weeks

The purpose of this course is to provide participants with skills in this module is designed to enable the learner to develop skills in measuring the health and characteristics of a community and to use such skills in making appropriate decisions regarding health care delivery.

This module is taught in three units, which are closely inter-linked and reflect three different aspects of measuring health and population. The units are: Biostatistics, Epidemiology and Demography

RESEARCH METHODOLOGY

DURATION: 4 weeks

This module is designed to equip learners with skills to enable them identify and prioritise health needs of the community through research.

COMMUNITY BASED HEALTH CARE

DURATION: 3 weeks

This module is designed to equip the learners with the skills and attitudes needed to facilitate community development and self-reliance. The skills cultivated will be those enhancing communication, listening, community participation and group formation, the psychosocial method of adult learning and democratic leadership and management.

BEHAVIOR, HEALTH EDUCATION AND HEALTH PROMOTION

DURATION: 3 weeks

This module will address concepts, skills and applications derived from disciplines such as sociology, anthropology, social psychology and education and their relationship with improvements of health and health behavior at individual, family and community level.

The module is divided into the following themes:

- Concept in behavioral sciences and their application to health promotion
- Communication and behavior change
- Culture (beliefs, attitudes, practices) and their relationship with health promotion and development.

This module is integrated with other modules such as, Family Health and Nutrition, Environmental and Occupational Health, Communicable and Non-communicable Diseases, Primary Health Care / CBHC, Applied Epidemiology, Research Methodology and Teaching Methodology

FAMILY HEALTH & NUTRITION

DURATION: 3 weeks

This module is designed to strengthen and improve the knowledge and skills of learners in promoting family health and nutrition. The module, which is divided into two units, namely Family Health and

Nutrition, will address basic concepts of:

- Reproductive health (including population and family planning, safe motherhood, abortion and post abortion care, etc) focusing on the individual, family and community. The module will give an overview on emerging issues in Reproductive Health (e.g. HIV/AIDS, sexual abuse, violence and sexuality).
- Nutrition with focus on maternal and child nutrition, growth monitoring, breastfeeding and family nutrition
- Food security with special focus at nutrition requirements and approaches towards improved food security at family and community level.

This module is closely related to the following modules: Behavior, health education and health promotion, Environmental Health, Prevention and control of common diseases, Community Based Health Care, and Epidemiology.

PREVENTION AND CONTROL OF COMMON DISEASE

DURATION: 3 weeks

This module aims to up-date the learner's knowledge of communicable and non-communicable diseases, which stimulates practical applications in health problem solving. The understanding of the basic principles of disease in general and specific examples in particular is vital if the learner is to contribute to decision making with regard to the many health aspects of an individual disease. In addition, the module aims at increasing the learner's awareness of the changing burden of disease depending on the socio-economic circumstances of a population.

ENVIRONMENTAL & OCCUPATIONAL HEALTH

DURATION: 3 weeks

This module is divided into two units, namely, Environmental Health and Occupational Health and Safety (OHS). The module is designed to enhance learners' knowledge, skills and attitudes of environmental health issues (e.g. food hygiene, water supply (in both urban and rural areas), management of liquid and liquid wastes, environmental pollution and control); occupationally and environmentally related health problems; public health laws and community-based occupational and environmental health programmes.

TEACHING METHODOLOGY

DURATION: 2 weeks

This module is intended to equip the learners with knowledge; skills and attitude to enable them make critical analysis of training needs and plan appropriate strategies for addressing those needs. The module primarily introduces learner-center philosophy of education and encourages learners to carry out task analysis and to demonstrate effective teaching using various methods.

HEALTH SERVICES MANAGEMENT

DURATION: 3 weeks

This module is designed to provide learners with knowledge, skills and cultivate the appropriate attitude and exposure to being health managers focusing at community and district levels. Learners shall be able to use management and health information to set priorities and be able to make choices in utilisation of scarce resources.

DISASTER MANAGEMENT

DURATION: 2 weeks

This module is designed to equip the learner with knowledge and skills required in effectively handling disasters and emergency events