

# COMMUNITY HEALTH READING SCHEDULE

## level 5 MBChB 2018

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### SUBUNITS OF COMMUNITY HEALTH

1. Epidemiology
2. Biostatistics
3. Health Systems Management
4. Nutrition
5. Occupational Health
6. Primary health Care
7. Environmental Health
8. CDC and NCDs
9. Maternal Child Health
10. Health Education
11. Health Economics
12. Demography
13. Medical Sociology
14. Leadership

### THE READING SCHEDULE PROPER

#### \* 1. EPIDEMIOLOGY TOPICS

- ✓ Introduction to Epidemiology – Definitions, data sources, natural history of disease, disease determinants, prevention and control, uses of epidemiology.
- Measures of disease frequency; - Incidence (rate and risk), prevalence, relationship between incidence and prevalence, other frequency measures (case fatality rate, cause specific mortality rate, proportional morbidity and mortality.
- Measures of Association – Incidence risk/ rate ratio (relative risk), odds ratio, attributable risk and attributable fraction.
- Study designs –types, uses, advantages, disadvantages
- Screening and diagnostic tests – definition, eligibility of diseases for screening, test accuracy, predictive values, true and apparent prevalence, ROC curves.
- Sampling - Probability sampling and non-probability sampling

#### 2. DEMOGRAPHY TOPICS

- ✓ Introduction to Demography – Definition, components, importance.
- ✓ Rates, ratios and proportions
- ✓ Sources of Demographic data – (census, surveys, VRS, service data/ statistics, international sources) their strengths and limitations
- Measures of fertility
- Measures of mortality
- Measures of migration
- Demographic Transition Theory

• Technical  
• Instrument design

### 3. HEALTH ECONOMICS TOPICS

- Recap of Level II work (i.e. demand and supply etc)
- Application of Economic concepts in the Health Sector – Peculiarities and precautions in the application of economic models, Technical and allocative efficiency
- Introduction to Healthcare Financing – Features of a good health financing model, sources of finance, User fees – reasons for, advantages and goals, failures.
- ✓ • Health Insurance – description, common characteristics, Social Health Insurance - major issues with social health insurance
- Economics of Disease
- Health and Development – Health and growth, Healthcare and Health, Health expenditure and Health.

### 4. NUTRITION TOPICS

#### A. NUTRITION POLICIES, GUIDELINES & PROTOCOLS

- Understanding Malnutrition (review of level II work) – Definition, etiology, factors influencing, conceptual framework (UNICEF 1990), Malnutrition/ infection cycle.
- ✓ • Nutrition Intervention (NI)
  - ✓ Goals, Key interventions,
  - ✓ Strategies - Nutrition Specific NI – High Impact Nutrition Interventions (HINI)  
-Nutrition sensitive NI
  - ✓ Growth monitoring and prevention
- ✓ • Nutrition Sector policies & protocols –Maternal infant & young child Feeding Policy Guidelines.
  - Ten Steps to BFHI
  - Code for Marketing Breast Milk Substitutes *↗ Maternal*
  - Micronutrient Supplementation protocols
  - ✓ *Nutritional Assessment*

#### B. COMMUNITY NUTRITION DIAGNOSIS

- Assessment of nutritional Status –Conceptual framework, Methods (ABCD), Advantages, MUAC, Wt, Ht/length, waist circumference, -Reference data/Growth standards,- Anthropometric indicators –w/h, w/a, h/a, MUAC
- Interpretation of Results and Application
- WHO AnthroPlus
- Nutrition Practicum

### 5. HEALTH EDUCATION TOPICS

- ✓ • Introduction / overview of health and Health education – Health determinants: Health components, contents, stages of adoption, benefits of Health Education.
- ✓ • The Health Education process
- ✓ • School Health
- ✓ • Communication
- ✓ • Models & theories of health behaviour

## 6. HEALTH SYSTEMS MANAGEMENT TOPICS

- ✓ Healthcare Evaluation/ Understanding Health Systems
- Health Systems Perspective in Kenya
- Introduction to County and sub-county Health Management System
- Management of Finances, Accounting procedures and Regulations

## \* 7. PRIMARY HEALTHCARE TOPICS

- ✓ Introduction – definition, Alma ata declaration, Principles, Elements, Social determinants of health
- Health Sector Reforms – Components
  - ✓ Objectives, Challenges of a non- public driven sector
  - ✓ Kenyan Healthcare System
  - ✓ Community Health Strategy (CHS), 2006 – Reading assignment
  - ✓ Structure in Community Health Strategy
- ✓ Health financing for primary care
  - ✓ Options/Sources
  - ✓ Health Insurance- State funded, Social Health Insurance, Community Based Health Insurance, Voluntary/ Private Health Insurance
- Primary Health Care Systems (WHO\_2017\_Primasys Study)

## 8. ENVIRONMENTAL HEALTH TOPICS

- ✓ Introduction – aspects of Environmental health Prof. Mwanthi
- ✓ Introduction (by kellen)
- ✓ Environmental Risk Assessment

- Air pollution
- ✓ Ozone depletion
- ✓ Env't legislation
- Global warming

## 9. OCCUPATIONAL HEALTH AND SAFETY

- Recap of level II work
- Fire Safety \*
- Occupational/work-related Hazards \*
- Occupational Health and Safety Legislations in Kenya

## 10. COMMUNICABLE & NON- COMMUNICABLE DISEASES

### A). CDC o Introduction

- Principles of CDC; prevention and control
- ✓ Transmission of Communicable Diseases
- ✓ Major vector borne Diseases in Africa – Malaria; Schistosomiasis
- ✓ Diarrheal disease & Management of an Outbreak

## B). NCDs

- ✓ Introduction; define NCDs, Compare and Contrast CDs and NCDs → social determinants of health
- ✓ Classification of NCDs (Causally)
  - ✓ Criteria for a risk factor (Hill Postulate)
  - ✓ Causal chain of NCD
- Concept of commonality of Risk Factors for NCDs
- Risk Factors for NCD and Association with common disease outcomes
- Surveillance for Risk Factors
- Unique NCDs – (their roots can be traced to infectious diseases)
  - ✓ Rheumatic Heart Disease
  - ✓ Cancer of the Cervix

## 11. MATERNAL & CHILD HEALTH TOPICS

- ✓ Introduction
  - Rationale for Emphasis on MCH in Developing Countries ✓
  - Goals of MCH
  - History of Health Services in Kenya
  - A Model for Analyzing Child Health
  - A Framework for Analyzing Determinants for Maternal Mortality and Morbidity
  - Millennium Development Goals
- Indicators of MMR  
• Maternal mortality, morbidity & intervention.

## 12. BIostatISTICS TOPICS

- ✓ Recap of Level II work ( by Njeru)
  - ✓ Definition of Statistics and Biostatistics
  - ✓ Core concepts, population, sample, parameter, statistic variable, data
  - ✓ Types of variables qualitative vs. quantitative, Q/Q Steven's classification
  - ✓ Measures of Central Tendency – Mean, mode, Median
  - ✓ Measures of dispersion (also called variability, scatter or spread) – Variance, standard deviation.
  - ✓ Distributions; Population distribution curve, Normal distribution, Sampling methods, Sampling errors (mean and proportion)
  - ✓ Presentation of data; Pictorial, Numerical, Grouped data
    - Tables – Contingency, frequency distribution
    - Graph – Pie chart, histogram, bar chart, line graph
    - Measure of Location and variability
- ✓ Statistical Inference
  - ✓ Introduction to Statistical Inference and Hypothesis testing
  - ✓ Sampling Distribution of a mean and proportion
  - ✓ Comparing two population means & proportions
  - ✓ Chi square & Fisher's Exact tests
  - ✓ Probability Distributions

### 13. MEDICAL SOCIOLOGY TOPICS

- Prof. Olenja's Lectures
  - ✓ Social Issues in Health
  - ✓✓ Community Health Practice
  
- Class presentations based on the following Assignment Questions;
  1. What is the role of Community participation in Healthcare?
  2. Define the cultural model of Health and apply to a disease or condition of your choice.
  3. What is the role of gender in Health? Illustrate with examples
  4. In Kenya, while over 90% of women attend Antenatal care services; just about half deliver in a Health facility. Account for this discrepancy
  5. What are the health challenges that adolescents/youth face accessing Reproductive Health services in Kenya?
  6. To what extent is nutrition a bio-cultural issue?
  7. To what extent does health provider-client interaction affect health seeking behaviour?
  8. HIV starts and ends with behaviour. Everything else is in between (Dazon 2011). Elaborate on this statement.
  9. To what extent would you describe FGM as gender based violence?
  10. Discuss obstetric Fistula in the context of social determinants of Health.
  11. Using two examples of your choice, demonstrate the role of lifestyle in disease.
  12. Persons with disability and in particular women experience poor access to Reproductive Health services. Discuss the reasons for this.