

EXAMINABLE AREAS FOR DIPLOMA HEALTH PROMOTION

FOLLOW APPROPRIATE STEPS TO ENTER A COMMUNITY

1. Collect background information on community
2. Schedule visit
3. Notify community leaders
4. Use appropriate channel to reach chief/elders/community leaders
5. Establish access to community
6. Use appropriate exit processes

IDENTIFY AND RECOGNIZE EXISTING STRUCTURES IN VARIOUS SETTINGS

1. Observe activities, record observations and discuss findings with stakeholders
2. Identify various community structures
3. Recognize community structures, issues of cultural beliefs and practices including health promotion activities
4. Meet with various actors in different settings and identify the health promotions programmes they run
5. Write reports and discuss all issues pertaining to each setting visited with stakeholders
6. Participate in DHMT activities

ASSESSMENT OF HEALTH PROBLEMS AND NEEDS OF INDIVIDUALS AND COMMUNITIES/SETTINGS

1. Meet with individuals, groups or community members
2. Meet stakeholders to set objectives for the needs assessment
3. Develop a tool for data collection
4. Determine priority health needs using Participatory Learning and Action (PLA) tools.
5. Probe to identify the root cause and associate factors
6. Meet all stakeholders to discuss needs assessment findings
7. Develop an action plan for the priority problem(s)

PATIENT HEALTH EDUCATION

1. Determine patient diagnosis from folder
2. Identify the cause and associate factors
3. Determine beliefs and practises associated with the condition
4. Educate patient on compliance to treatment
5. Educate patient on mode of spread and prevention of condition
6. Identify possible obstacles to practice and help resolve them.
7. Evaluate activities

PLAN AND IMPLEMENT HEALTH EDUCATION COMPONENTS OF OTHER HEALTH PROGRAMMES AT HOSPITAL SETTING

1. Determine the health educational components of EPI, Nutrition, Disease Prevention, Reproductive and Child Health (RCH) and diet-related diseases.
2. Recognize the health issue or concern that needs to be addressed

3. Formulate knowledge, attitude and behavioural objectives for the activity
4. Develop an action for the programme
5. Mobilize health educational resources for programme
6. Implement health educational activity
7. Monitor and evaluate the health activity

APPLYING EFFECTIVE COMMUNICATION PRINCIPLES AND APPROACHES

1. Communicates effectively with others using all communication methods appropriately
2. Present tailored communications to a range of audiences considering cultural and other differences
3. Communicate information/messages to influence behaviour and improve health
4. Facilitate communication among individuals, groups, and organisations
5. Convey the roles of the health service and other partners in improving the health of the community
6. Use current technology to communicate effectively
7. Write a report for a variety of audiences and purposes

DEVELOP SIMPLE COMMUNICATION STRATEGY

1. Identify the key audiences/target group that should be reached
2. Determine their information/communication needs
3. Develop appropriate audio/visual and audio-visual communication materials
4. Identify and select appropriate channels of communication
5. Use a variety of channels to deliver the information/message to the audience
6. Monitor and evaluate if suggested actions have been taken by the audience

PLANNING AND IMPLEMENTING HEALTH PROMOTION PROGRAMMES

1. Prioritise the health problems and select the most pressing one based on need assessment
2. Formulate achievable and realistic goals and objectives
3. Identify and select appropriate health promotion strategies for meeting objectives
4. Develop an action plan for the health promotion
5. Develop monitoring and evaluation indicators
6. Mobilize resources for the proposed programme
7. Implement, monitor and evaluation health promotion programmes

COMMUNITY MOBILIZATION OF HUMAN AND MATERIAL RESOURCES FOR HEALTH PROMOTION

1. Determine the baseline information
2. Identify the health issue of concern together with the community members.
3. Identify and list all identifiable structure, groups, key actors and stakeholders in the community/setting
4. Mobilize these key actors, stakeholders and the community members for action

5. Facilitate the community/setting to recognize the importance of issue and need for action
6. Support the community/setting to draw an action plan
7. Facilitate community/setting members to organize resources for implementing action plan
8. Determine indicators for monitoring and prepare monitoring checklist.
9. Follow action as blue print for implementation
10. Monitor implementation of action plan
11. Facilitate the community/setting to evaluate the outcome of the mobilization effort

PARTNERSHIPS, COLLABORATION AND ADVOCACY

1. Identify and collaborate with partners inside and outside the health sector in addressing public health issues
2. Develop effective partnerships with key stakeholders, gatekeepers, and target group representatives
3. Identify issues for advocacy
4. Engage stakeholders at different levels and across sectors
5. Advocate for healthy public policies and services that promote and protect the health and well-being of individuals and communities
6. Lobby politicians, community leaders etc. to act on proposals that seek to improve the health of the community

SCHOOL HEALTH PROMOTION

1. Establish rapport with school management
2. Facilitate the provision of adequate sanitation and safe water
3. Facilitate the mobilization of resources for implementing school health programme
4. Facilitate the involvement of families and communities in school health programme
5. Facilitate the development of personal skills such as care of the mouth, hair, nails, pubic/private parts, hand washing, use of toilet facilities, and cleanliness of the environment
6. Promote the prevention of sexually transmitted infections (STIs) and HIV/AIDs pupils and staff
7. Collaborate with staff and school management to create healthy school atmosphere and environment
8. Facilitate the establishment of healthy working relationships between the school and the DHMT/particular health facilities

HEALTH PROMOTION TRAINING

1. Identify the training needs of participants/stakeholders
2. Formulate training objectives

3. Budget for the training/workshop
4. Mobilize resources/materials for the training/workshop
5. Inform participants and facilitators about the impending training/workshop
6. Welcome and orient participants
7. Use appropriate teaching and learning methods
8. Evaluate training
9. Write report on workshop/training

BEHAVIOUR CHANGE COMMUNICATION

1. Assist client to analyze problem
2. Identify causes and associated factors
3. Identify client's level in the stages of change model.
4. Analyze effects of current practice to the individual's health, family, economy, social life and work
5. Help client explore solutions and identify feasible solution
6. Help client to plan action noting that nature abhors vacuum
7. Identify obstacles during implementation and assist client oh how to overcome them
8. Encourage and support client to practice agreed action.
9. Make follow-up.

HEALTH EDUCATION ON HEALTHY LIVING AND DISEASE PREVENTION AT THE OPD AND REPRODUCTIVE AND CHILD HEALTH CONTACT POINTS OR CLINICS

1. Determine problems and prioritize the problem
2. Determine the target group
3. Formulate goals and objectives
4. Identify health educational strategies
5. Organize communication materials (audio-visual aids) needed
6. Organise health educational sessions in community.
7. Effectively use audio-visual aids in educational process
8. Employ combination of participatory methods in educating the populace.
9. Evaluate activities
10. Make follow up on activities conducted