



MSc Public Health (Open Distance Learning)

**MScPH 102**

**Population Health**

**(4 Credits)**

Module Guide

**TITLE: Population Health**

**COURSE CODE: MScPH 102**

**PROGRAMME: MSc Public Health (ODL)**

**CONTENT SYNOPSIS:**

This module has 3 basic streams, women and child health and elderly health. Women's health gives an introduction to principles of reproductive health. It includes the basic programmes of reproductive health such as safe motherhood and high-risk approach in MCH care.

It will also include STD/HIV and common cancers seen among women. The child health component will provide the basic concepts of child health, including growth and development, immunization and breast-feeding and the common diseases of children. Topic will include perinatal care, fetal growth factors.

Communicable diseases such as ARI and CDD will also be included. Adolescent and elderly health care discusses common health problems among these vulnerable groups. Nutrition in the life cycle and school health are highlighted. The learning is further enhances by field visits and seminars.

**LEARNING OUTCOMES:**

At the completion of this module, the students shall be able to achieve the following outcomes:

CLO 1	Make a community diagnosis in women and child health based on selected indices.
CLO 2	Develop and implement community health programmes to improve health in the population they serve.
CLO 3	Evaluate health programmes pertaining to women and child health.
CLO 4	Develop health programmes in collaboration with other agencies for the elderly and adolescent.

**OBJECTIVES**

At the completion of this module, the students shall be able to achieve the following objectives:

**Expected Knowledge**

1. Women's health issues
2. Child health services
3. Adolescent and elderly health
4. Basic population demographics

**Skills**

1. Diagnosis on health problems in the community
2. Carry out community and health development in target population groups
3. Develop and implement health programmes in target population groups

**Expected Attitude**

1. Appreciate the importance of women's health in community health development efforts
2. Appreciate that adolescent and elderly health are emerging problems

**TOTAL STUDENT LEARNING TIME (SLT):**

SLT	Face to Face				Online				Total Student Learning Time (TSLT)
	L	T	P	O	L	T	P	O	
L=Lecture T=Tutorial P-Practical O=Others				45	42		20	45	152

**ASSESSMENTS:**

In –course Assessment	40%
End of Module Assessment	60%

**MODULE COORDINATOR:** Associate Professor Dr Tan Kok Leong  
**ASSOCIATED LECTURERS:** Associate Professor Dr Chandrashekhar  
 Associate Professor To' Puan Dr Safurah binti Ja'afar

**SYLLABUS:****Unit 1: Maternal and Antenatal Health****1.1 Population Dynamics** (Lecture – 40min)

- a. Population structure
- b. Age–sex composition
- c. Measures of fertility and reproduction
- d. Measures of mortality

**1.2 Maternal Health** (Lecture – 120min)

- a. Scope of Maternal Health
- b. Safe Motherhood Initiative
- c. Maternal Health Care Services

**1.3 Evaluation of Maternal Care Services** (Lecture – 30min)

- a. Direct Indices
- b. Indirect indices

**1.4 Confidential Enquiry into Maternal Deaths** (Lecture - 70min)

- a. Malaysia experience
- b. Process of inquiry
- c. Dissemination of results

**1.5 Antenatal Care** *(Lecture – 150min)*

- a. High risk approach
- b. Implementation of high risk approach
- c. Problems in implementation

**1.6 Maternal Mortality** *(In-course assessment)*

- a. Global scenario
- b. Empowerment of women
- c. Social and economic strategies in reducing maternal mortality

**Unit 2: Women's Health**

**2.1 Family Planning** *(Lecture - 140min)*

- a. Control of Fertility
- b. Methodologies

**2.2 Organization of Family Planning Services** *(Lecture - 70min)*

- a. Formulation of policies
- b. Implementation of programmes
- c. Community involvement
- d. Problems of acceptance
- e. Abortion policies

**2.3 Common Cancers in Women** *(In-course assessment)*

- a. Breast cancer
- b. Cervical cancer
- c. Preventive strategies

**2.4 Violence Against Women** *(In-course assessment)*

**2.5 Women and Human Rights** *(In-course assessment)*

**Unit 3: Child's Health**

**3.1 Child Health** *(Lecture – 70min)*

- a. Convention on Rights of Children, 1990
- b. Factors affecting child health
- c. Growth faltering
- d. Unicef GOBI-FFF strategy

**3.2 Breast Feeding and Childhood Nutrition** *(Lecture – 95min)*

- a. Promotion of breast feeding
- b. Baby friendly hospitals
- c. Nutrition in Children
- d. Weaning
- e. Nutritional problems among children

**3.3 Immunization in Children** *(Lecture - 100min)*

- a. Diseases preventable by immunization
- b. Immunization schedules
- c. Delivery of immunization services

- d. Problems in service delivery

#### **Unit 4: Adolescent and School Health**

##### **4.1 Introduction to Adolescent Health** (*Lecture – 35min*)

- a. Definition
- b. Growth pattern of the adolescent
- c. Psychosocial changes in adolescent

##### **4.2 Sexual and Reproductive Health in Adolescent** (*Lecture – 80min*)

- a. Adolescents pregnancy
- b. Complications
- c. Preventive strategies

##### **4.3 School Health Programme** (*Lecture – 45min*)

- a. Scope and objectives
- b. Components of School Health Programme
- c. Activities

#### **Unit 5: Elderly Health**

##### **5.1 Introduction to Elderly Health** (*Lecture – 60min*)

- a. Definition of elderly
- b. Demographic changes
- c. Social and health implications

##### **5.2 Healthy Ageing & Healthcare Services for the Elderly** (*In-course assessment*)

- a. Trends of elderly population globally and in Malaysia
- b. Health care for the elderly in Malaysia
- c. Assessment of health care for elderly in Malaysia
- d. Planning for the future of elderly in Malaysia

#### **Unit 6: Field Visit**

##### **6.1 Field Visit** (*Field Visit and In-course assessment*)

Maternal and Child Health Clinic

##### **6.2 Field Visit** (*Field Visit and In-course assessment*)

Population and Family Planning Board

##### **6.3 Field Visit** (*Field Visit and In-course assessment*)

Old Folks Home/ Elderly Health Care

#### **Unit 7: End of Module Assessment**

## RECOMMENDED TIMELINE TO COMPLETE THE MODULE

UNIT	SUBUNIT	Topic	Week
Unit 1: Maternal and Antenatal Health	1.1	Population Dynamics	1
	1.2	Maternal Health	
	1.3	Evaluation of Maternal Care Services	
	1.4	Confidential Enquiry into Maternal Deaths	2
	1.5	Antenatal Care	
	1.6	Maternal Mortality (Assessment)	
Unit 2: Women's Health	2.1	Family Planning	3
	2.2	Organization of Family Planning Services	
	2.3	Common Cancers in Women (Assessment)	4
	2.4	Violence Against Women (Assessment)	
	2.5	Women and Human Rights (Assessment)	5
Unit 3: Child's Health	3.1	Child Health	6
	3.2	Breast Feeding and Childhood Nutrition	
	3.3	Immunization in Children	
Unit 4: Adolescent and School Health	4.1	Introduction to Adolescent Health	8
	4.2	Sexual and Reproductive Health in Adolescent	
	4.3	School Health Programme	
Unit 5: Elderly Health	5.1	Introduction to Elderly Health	9
	5.2	Healthy Ageing & Healthcare Services for the Elderly (Assessment)	
Unit 6: Field Visit	6.1	Maternal and Child Health Clinic	Scheduled in Week 7
	6.2	Population and Family Planning Board	
	6.3	Old Folks Home/ Elderly Health Care	
Unit 7: End of Module Assessment		End of Module Assessment	10