



PUBLIC HEALTH

“Within the South African context”

Course Coordinator:

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keeping **US** healthy 

Aims of the module

This course introduces students to the health care system in South Africa and takes a thematic approach. These themes are informed by the determinants of health in the Western Cape, and are grouped as follows: HIV/AIDS and tuberculosis; Non-Communicable Diseases and Infectious Diseases; Substance Abuse; Domestic Violence; mental- and psychosocial health; Sexual and Reproductive Health. The course consists of class room instruction, readings and presentations which are integrated with an experiential component that include exposures to health care facilities in the Western Cape Province where students make observations and/or participate in planned activities on site.

This module further aims to nurture and develop the necessary knowledge, skills and attitudes in students as leaders and future professionals to manage HIV prevention and care in the workplace, both locally and abroad. This module will aim to develop a global understanding of HIV and AIDS through a South African experience of the HIV epidemic.

Course Content:

Introduction to Public Health

The introduction will focus on Public Health within the South African context. An overview of health care in South Africa, relevant health issues and challenges within the current health care systems and the burdens of disease will be discussed. Reference will be made to differences with Africa. The role of a Campus Health Service within this context will be discussed.

Non-Communicable Diseases (NCD)

NCD are recognized as a major contributor to preventable disease and premature mortality in low and middle income countries including South Africa. Behaviors which will reduce risk factors will be discussed including the health sector's response, national policy and strategy for NCD. Reference to challenges facing South Africa and Africa will be integrated in discussions.

Infectious Diseases (ID)

Certain infectious and parasitic disease are leading causes of death amongst South Africans. The impact of communicable diseases such as tuberculosis, influenza, pneumonia and intestinal disease will be covered. Preventative actions such as immunization programs will be discussed. Outcomes of certain parasitic diseases such as Malaria are included in the module. Context of communicable disease in comparison with the rest of Africa will be discussed.

Medical Issues when travelling abroad

The most common medical issues will be discussed and up to date statistics and information will be added to this workshop. Key factors that will be looked at is your

destination of travel, your duration and purpose of visit, the standard of accommodation and food hygiene.

Substance Abuse

Substance abuse are eminent amongst South Africans with alcohol (followed by cannabis) are still the most abused substance. Fetal Alcohol syndrome and the use of methamphetamine (“tik”) amongst the population of the Western Cape and the impact on society will be included in discussions. Furthermore the nature of the drug problem in S.A, causes and individual factors influencing substance abuse as well as the role of the community and preventative measures will be included in this module.

Domestic Violence

Domestic violence (including gender based violence) within the South African context will be defined and a violence prevention model and action plan will be discussed.

Mental Health

One in three South Africans are suffering from mental illness. Besides substance abuse (which are discussed separately), depression, anxiety, bipolar disorder and schizophrenia are the most common diagnosed illnesses. Impact on society and their effective treatment will be discussed. Reference to mental care in South Africa will also be included in this module.

Sexual and Reproductive Health

Sexual and reproductive health within the context of gender will be defined. Factors which will improve the sexual health of both men and women including preventative strategies will be discussed. The discussions will also relate to the impact on general health of an individual.

HIV Attitudes, Worldview & Value Clarification

Any course on HIV cannot be complete without interrogating our own worldview, value systems and attitudes. This exercise (but included throughout the course) will mainly focus on interactive exercises and discussions on gender, sexual orientation, discrimination and stigma.

Statistical overview

The statistical overview will be based upon major findings from the following sources: *the Nelson Mandela HSRC Household Survey, UNAIDS Annual Report, and the Department of Health’s National HIV and Syphilis Antenatal Sero-Prevalence Survey.*

Bio-medical facts, treatment & TB

Topics will include: the immune response, difference between HIV and AIDS, transmission, the natural history of HIV, introduction to treatment, disease progression, opportunistic infections, tuberculosis, and sexually transmitted infections.

MARPS and MSM/LGBTQI

Students will be briefed on current definitions and debates with regards to at risk populations. Lectures will include visits to NGO's involved in interventions aimed at vulnerable groups.

Prevention strategies

Various prevention methods will be discussed, including: voluntary counselling & testing, male & female condoms, abstinence, post-exposure prophylaxis, partner reduction, delayed sexual debut, microbicides, and male circumcision.

Living positively with HIV

Sharing the experiences of a person living with HIV including stigma, the emotional phases of coming to terms with your HIV status, dealing with attitudes & stereotypes and a life on ARV treatment.

Perspectives on Gender, Power and Sexuality and its relation to HIV prevention

Topics will include discussions on the relation between gender, power, health and sexuality and critically explore how these issues impact on vulnerability to HIV.

Academic Weight: 5 US Credits / 10 ECTS Credits

Contact Hours: 75 Hours

Classroom procedures:

- Lectures & power point presentations
- DVDs and video clips
- Class and group discussions
- SUNLearn will be used to upload power point presentations, articles and additional reading
- Visit to NGOs/research organisations or guest lecturers appropriate to the topic on vulnerable groups and Positive living
- Visit Private Hospitals, Public Hospitals, Public Clinics & Treatment Centres

Assessment:

- Students will write a formal test based on the basic facts surrounding HIV (15%).
- Students will submit a written assignment on HIV (20%).
- Class attendance (10%)
- Multiple Choice Questions test on the last day (20%)
- Dissertation – at the end of the programme, 2000-3000 words, a topic of their own choosing based on the lectures presented (35%)

(Further information and guidelines regarding the assignment will be provided in class.)

Study material:

- Handouts and study materials will be issued at the first lecture
- Articles on each topic including the class presentations will be placed on SUNLearn during the course