
Postgraduate Institute of Medical Sciences (PGIMS) UNIVERSITY OF PERADENIYA



Master of Public Health (MPH)

1. INTRODUCTION

As Sri Lanka progresses through the demographic and epidemiological transition and its society and economy experience rapid technological change, the consequences of climate change and globalization, its public health system also needs to change to meet many new challenges. The practice of public health now must encompass the continuing challenge of communicable diseases, but also non-communicable diseases and other problems of health and well-being caused by socio-economic transformation and an aging population. Good population health is essential for economic development and poverty reduction, and therefore tackling disease and ill health is of national importance.

Public health has been defined as ‘the science and art of promoting and protecting health and well-being, preventing ill-health and prolonging life through the organised efforts of society’. It focuses on population health, human systems and interventions made to improve health, and the interactions between these. Population health includes involvement with all social, economic, physical, chemical, and biological conditions that influence or interact with the health of the members of the population. Human systems and interventions made to improve health include all types of health services, social services, and all interventions and policies intended to improve health. The concept of “interaction” refers to real influences of human systems on population health. Public health focuses on improving the health of a population while reducing health inequalities within and between populations.

There are increasing concerns about the adequacy of current training in the principles and practice of public health and the access to such training for health and health related professionals other than those with a medical qualification. By its nature public health practice requires the collaboration – in research, teaching and practice - of inter-disciplinary teams, all members of which have a thorough training in the core competencies essential to effective public health practice. The MPH course is designed to teach relevant disciplines required to engage in contemporary public health practice, whether this is service work, teaching, or research.

The Postgraduate Institute of Medical Sciences (PGIMS) within the University of Peradeniya is well organized and supported with a trained academic staff with access to relevant institutions for practical training. In addition, the PGIMS have access to all the resources of the Faculty of Medicine and has the opportunity of obtaining services from academic staff members with postgraduate qualifications from other Faculties of the University, which is essential given the inter-disciplinary nature of the course. The members of the teaching panels are drawn from all the faculties of the University of Peradeniya, as well as from other universities and institutes. The research facilities available at the PGIMS and other faculties of the University of Peradeniya and research institutions in the country will be used to provide research training to students.

The teachers of the course will be those who have been teaching population, social and environmental sciences as applied to health, both theory and practice in epidemiology, demography, sociology, environmental studies, policy and management, and information and communication technology. In addition, there are experts with field experience in all aspects of public health practice including community development for health, public health communications and campaigns, public health service

management and applications of epidemiological principles in disease surveillance and monitoring, control of disease outbreaks and responding to public health emergencies. Teaching will be carried out through lectures and seminars and practical sessions. Seminar discussions will focus on current issues and innovation and development in public health policy and practice. The practical sessions will involve data collection, data entry and processing, analysis, interpretation of results and discussions. Furthermore, small working groups will be formed among the participants to discuss a variety of public health concepts and problems. Extensive reading and critical analysis of published scientific literature of global and national importance will be stressed.

2. AIMS AND OBJECTIVES

Key features of this new programme are:

- a) A clear focus on the principles of advanced public health practice.
- b) Targeted at those with existing professional or vocational health backgrounds having obtained a first degree from a recognised higher education institute.
- c) Offering routes to a Masters (MPH) qualification in public health with opportunities for further academic progression.
- d) Flexibility in delivery to maximise student recruitment from diverse professional backgrounds and to promote inter-professional collaboration.
- e) Academic design to provide both an integrated postgraduate programme, and the opportunity to enhance learning and obtain certification for small packets of study.
- f) Timetabled to encourage attendance whilst engaged in full or part-time work from students living within and outside the Central Region.
- g) Emphasising inter-professional, team-based public health practice, informed by theory and evidence.

The program will provide students with an understanding of the main scientific disciplines that contribute to modern public health practice, including an understanding of the concepts of health and disease, and factors which may affect these. The resulting knowledge, skills and attitudes should enable them to put public health principles into effect in a variety of settings including research and practice.

On completion of the program, students will be able to:

- Demonstrate knowledge and understanding of theory and practice in the core public health disciplines (epidemiology, statistics, social sciences, health policy and management).
- Demonstrate knowledge and understanding of a broad range of current issues and topics significant for Sri Lankan public health.
- Apply this knowledge and these skills to identify and assess public health problems in the community.
- Formulate public health strategies for controlling health problems and promoting health, which are appropriate to different community settings.
- Monitor and evaluate activities and programs designed to improve health and reduce health inequalities.
- Demonstrate competence in investigating community health problems, including the ability to find and evaluate critically research findings and synthesize knowledge from public health literature.
- Demonstrate competence in communication and presentation skills; skills in multi-disciplinary team working; and skills essential to building intra- and inter-sectoral collaborations to address complex public health problems.

3. PROGRAMME ELIGIBILITY

Applicants for admission to the program must have successfully completed a bachelor's degree in any subject from an institution acceptable to the PGIMS and the University of Peradeniya.

4. PROGRAMME FEE

Type of students	Program fee (MPH)
Local candidates	Rs. 360,000.00
SAARC Countries	US \$ 2,000.00
Other countries	US \$ 4,000.00

Program fee can be paid in four installments (*25% at the registration and the other 75% within six months of registration.*) Other payments including registration fee, medical fee, examination fee and deposits (science and library) should be paid according to the procedure stipulated by the PGIMS.

5. THE PROGRAMME STRUCTURE AND DURATION

This program is structured to be taken as either a full or part-time program consisting of course work and a research project. Course work will be conducted over a period of two semesters of 15 weeks each, which will involve 12 months.

In addition, work packages of three credits will form units of delivery and can be taken by students not enrolled in the programme as part of a continuing professional development relationship for individuals or/and their employers. Over a period not exceeding five years, accumulations of credit will entitle students eventually to the award of the MPH. Individual work package assessments that are passed will earn a certificate in that work package. The governing principle is to enhance opportunities for advanced study for all cadres of public health professional, and those seeking a career in public health, rewarding successful students with a postgraduate qualification, and promoting inter-professional collaborations. This will facilitate and enrich relationships between the University and employers such as the Ministry of Health, Ministry of Agriculture, Department of Animal Production and Health, NGOs, and INGOs.

The programme is organised in three parts. Part I is principally focused on scientific disciplines that contribute to modern public health; in Part II the principles and approaches of the different scientific disciplines are applied in an integrated manner to the analysis, prevention, and control of public health problems. In Part III the student uses the knowledge and skills developed in the previous two parts to undertake supervised public health research of relevance to health in Sri Lanka.

The MPH awards require passing 36 credits of study comprising 30 credits of coursework and 6 credits of research. The research module has 30 past credits as a prerequisite. After 30 credits have been passed, the student can continue with the research module, undertaking a systematic review of a relevant topic of importance to public health in Sri Lanka, OR continue as above with a research project involving primary data collection. Both awards can only be granted over maximum period of study of five years.

Programme Summary

Course Code	Course Title	Lecture hours	No. of Credits
PART I (15 credits)			
MPH 501	Introduction to public health principles and practice	30	2
MPH 502	Public health epidemiology	30	2
MPH 503	Critical appraisal, including the use of public health literature to improve public health programs and practice	45	3
MPH 504	Health Education – Understanding the determinants of health-related behaviour and its modification	15	1
MPH 505	Community development for positive health outcomes	15	1
MPH 506	Wider determinants of community health and wellbeing	15	1
MPH 507	Management of public health programs, including community health services	30	2
MPH 508	Public health policy and systems, including health economics and health system financing	45	3
PART II (15 credits)			
MPH 509	Prevention and control of non-communicable disease	45	3
MPH 510	Prevention and control of communicable disease and disease caused by environmental pollutants and public health emergencies	45	3
MPH 511	Maternal, newborn, child, and adolescent health	45	3
MPH 512	Promoting mental wellbeing in communities and families	45	3
MPH 513	Mental and physical disability, including vulnerabilities associated with older age	45	3
	Total	450	30
PART III - RESEARCH PROJECT			
MPH 514	Research Project	12 months	6

Credits will be issued for attendance for successful completion of any module and work packages covering individual work package certificates relating to Modules 503,508,509,510,511,512,513 and module combinations 504 plus 505 plus 506 (Health Promotion), and 507 plus 504 or 505 or 506 (Management of Community Health).

6. PROGRAMME CONTENTS

Course Code: MPH 501

Course Title: Introduction to public health principles and practice

Credit value: 2

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge on public health principles and practices.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Define and describe the major definitions of public health.
- Recall significant aspects of the history of public health theory and practice.
- Explain basic definitions, models and concepts of health and disease including the relationship between disease, health, and wellbeing.
- Explain the concepts of mental and somatic diseases and their practical implications.
- Discuss the concepts of distal and proximal causes of disease and ill health and the relevance of these concepts to improving population health and reducing health inequalities.
- Describe the major ethical theories and concepts relevant for public health, including human rights concepts.

Time allocation (Hours): Lectures 30

Course Content:

- Historical roots of public health; public health and health services; primary health care; national health systems
- Disease vectors and other proximal causes of morbidity and mortality
- Social, economic, and environmental determinants of health and wellbeing
- Health inequalities in relation to disease causation and mitigation
- Significant aspects of the history of ethics relevant to ethical public health practice

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 502

Course Title: Public health epidemiology

Credit value: 2

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on public health epidemiology.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Describe epidemiological concepts and definitions
- Define rates, risks and odds, measures of effect
- Explain sampling, bias, confounding, levels of evidence
- Describe meta-analysis
- Define and describe correlation, causation and attribution
- Discuss public health research methods
- Explain basic quantitative and qualitative methods used in public health work e.g. phenomenological and positivist approaches, validity and reliability, data distribution
- Describe standardization
- Illustrate use and abuse of public health data
- List the sources of public health data at local and national level
- Discuss the use of public health statistics in formulating health policy issues and strategies
- Demonstrate the use of public health epidemiology for rapid appraisal, health impact and needs assessments
- Discuss EpiInfo as an epidemiological tool

Time allocation (Hours): Lectures 30

Course Content:

- Foundations of epidemiology, risk and uncertainty, reliability, and validity, assessing differences and associations, confounding and bias, attributing causation
- Research methodology and methods, surveys and questionnaire design, case-control, cohort and experimental designs, qualitative methods used in public health research
- Public health informatics, collection, use and abuse of routine and statutory data, registries, community surveys
- Investigations of outbreaks of disease
- Health needs assessments, rapid appraisal, health care service evaluation, health impact identification and measurement

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 503

Course Title: Critical appraisal, including the use of public health literature to improve public health programs and practice

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on critical appraisal using public health literature.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Define and discuss statistical error and confidence, probability, descriptive and inferential statistics and the foundations of multivariate analysis
- Discuss bias and confounding and their control through design and analysis
- Describe the key design features of well conducted research studies
- Describe quality assessment methods and tools
- Illustrate publication bias
- Interpret evidence and reach balanced conclusions
- Define and describe critical appraisal of community surveys
- Define and describe critical appraisal of case control studies
- Define and describe critical appraisal of experimental designs
- Define and describe critical appraisal of systematic reviews
- Define and describe critical appraisal of qualitative studies
- Define and describe critical appraisal of health economic studies

Time allocation (Hours): Lectures 45

Course Content:

- Descriptive and inferential statistics used in the public health research literature
- Key design features of well-designed surveys, case control studies and systematic reviews of randomised trials
- Practical critical appraisal skills, unbiased literature searching strategies, quality appraisal, integrating research finding in literature reviews, identifying research results applicability and value

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 504

Course Title: Health education - understanding the determinants of health-related behaviour and its modification

Credit value: 1

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge on health education and behaviour modification.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Describe major social, behavioural and biomedical theories and models underlying health education, including behaviour change, stages of change theory, social-psychological theory and diffusion theory
- Discuss theories underlying communication skills including the principles of learning processes, strategic communication and marketing
- Define and describe principles and methods used in behaviour change communication including information on methods for behavioural modification relating to basic health assessment, common risk factors, common factors improving health and the relevant use of health services
- Identify population health challenges relevant for behaviour change communication at personal, family, community and societal levels
- Illustrate effectively public health messages including risk analysis by use of modern media

Time allocation (Hours): Lectures 15

Course Content:

- Cultural, social, and psychological determinants of personal health related behaviour
- Role of legislative, fiscal, and other social policy measures in the promotion of health
- Health education and other methods of influencing personal lifestyles which affect health
- Theory and practice of communication regarding health education
- Social marketing for health-related behaviour change

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 505

Course Title: Community development for positive health outcomes

Credit value: 1

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on community development for positive health outcomes.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Describe the central concepts applied in health promotion, including empowerment, community development including an assets approach, participation, capacity building, social marketing and health advocacy
- Explain population health challenges relevant for health promotion at various levels of social and political organisation, from national to local
- Discuss the central concepts and approaches to inter-sectoral collaborations and partnership working
- Identify and describe a health promotion strategy, using standard public health tools
- Discuss community ownership and direction of public health interventions at the community level
- Discuss intra and inter-sectoral collaborations and partnerships to achieve public health goals

Time allocation (Hours): Lectures 15

Course Content:

- Benefit and means of community development including the roles and cultures of partner organisations; an assets approach to community development
- Methods of development and implementation of health promotion programmes in various community and social settings
- Personal and professional competencies for community development activities
- Benefit and means of appropriate health advocacy

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 506

Course Title: Wider determinants of community health and wellbeing

Credit value: 1

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge on determinants of community health and wellbeing.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Discuss the models concerning economic, social and environmental determinants of health, especially poverty, income inequality and neighbourhood deprivation
- Describe the level and trends of the main population socio-economic indicators in Sri Lanka and the region
- Explain the impact of these trends on determinants of health such as family structure, culture and ethnicity, housing, education, occupation and employment
- Identify population groups with elevated health risks, discuss their health needs and identify how these needs can be addressed

Time allocation (Hours): Lectures 15

Course Content:

- Early environment (physical and economic), parenting and education (especially early education) in ‘giving every child the best start in life’ and the importance of this for the child and society
- Individual and community health of enabling all children, young people and adults to maximise their capabilities and have control over their lives
- Access to fair employment and good work for all in improving health and reducing health inequalities
- Housing, water and sanitation in meeting basic human needs and the impact of these for developing healthy communities
- Importance of healthy and sustainable places (both the natural and built environments) in promoting healthy communities; the common obstacles to creating healthy and sustainable places, including non-sustainable transport policy; how these are being tackled in different countries of the world and the relevance to Sri Lanka
- Population health consequences of climate change
- Multi-sectoral collaborations and partnerships for tackling the wider determinants of health

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 507

Course Title: Management of public health programs, including community health services

Credit value: 2

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on management of public health programs for community health.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Describe strategy targets/objectives, operational management and coordination of activities, organisational governance and programme implementation
- Discuss management information, project and program management, inputs, outputs, outcomes, process outcome and impact indicators, monitoring and evaluation
- Describe human resource management, leadership style, management of change, the learning organisation and teamwork
- Develop and describe a public health strategy based on standard public health methods and guidelines, including the identification of structural, cultural and behavioural barriers to the implementation of strategies
- Prepare annual operational plans and budgets, use management and financial information to construct and monitor service and programme budgets
- Develop, lead and manage multi-professional health teams

Time allocation (Hours): Lectures 30

Course Content:

- Diversity and choice of community health service systems
- Public health administration system in Sri Lanka
- Mid-term and annual planning of area/district/provincial (or NGO) public health services and programmes
- Managing the annual service and/or programme budget
- Health management information system and its use
- Personnel management
- Leading and managing public health teams

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 508

Course Title: Public health policy and systems, including health economics and health system financing

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on public health policy, health economics and health system financing.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Define and describe the main principles and methods of evaluation of public health policies, strategies, programmes, and institutions including health economic evaluation
- Define and describe the main principles underlying health impact assessment, limitations of market principles in the finance and organisation of health care
- Discuss efficiency, effectiveness, quality adjusted life years and disability adjusted life years
- Explain the principal drivers of contemporary global public health policy and its relevance to Sri Lanka
- Compare and contrast Sri Lanka's national health policy with regional and global policy trends
- Use SWOT analysis to identify opportunities for improvement of health policy and systems

Time allocation (Hours): Lectures 45

Course Content:

- Modern history of Sri Lankan health policy and its relation to global health policy concerns, including sector reform and role of the private sector
- Health and social services, legislation affecting health and health services and NGOs operating in the public health arena
- An introduction to the principle concepts and methods of health economics, their use and limitations
- An introduction to the main principles for the organisation of health systems
- An introduction to the main options for financing health systems and their respective strengths and limitations
- Global health policy and local health action – contemporary public policy and strategy trends that are shaping present and future public health practice
- Health system implications of globalisation

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 509

Course Title: Prevention and control of non-communicable disease

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge on critical appraisal including public health literature.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Explain the level and trends of cardio-vascular, cerebro-vascular, diabetes, cancer, respiratory and injury morbidity and mortality
- Describe the indicators of occurrence and time (incidence, prevalence, duration) and evidence for risk factors for cardio-vascular, cerebro-vascular, diabetes, cancer, respiratory and injury morbidity and mortality
- Discuss the level and trends in indicators of health behaviour development, including in population subgroups (males/females, elderly, ethnic groups, socially disadvantaged, other socially, culturally and/or religiously distinct groups), such as, exercise activity, dietary behaviour, tobacco use and injury-prone behaviour
- Define the types of disease prevention: primary, secondary and tertiary prevention
- Describe and discuss the major strategies commonly adopted for the prevention of Non-communicable diseases (NCDs)
- Explain the role of national and international commerce in supporting or hindering the development of public health interventions to improve population health, including tobacco, alcohol and food industries
- Produce epidemiological documentation on the relationships between the socio-economic environment and the health of populations and population groups
- Identify population groups with elevated health risks and recognise their health needs, e.g. adults both within-and without the labour market, elderly and underprivileged groups
- Develop and deliver community level interventions to prevent and control NCDs

Time allocation (Hours): Lectures 45

Course Content:

- Descriptive epidemiology of the NCDs having a major current and/or future impact on population health in Sri Lanka
- Concepts of primary, secondary and tertiary prevention and how these are used in health care, including screening for NCDs
- Determinants and trends of health behaviour development, the strategies commonly used to influence these trends globally and in Sri Lanka, the evidence (including its deficiencies) upon which these strategies are based, including exercise activity, dietary behaviour, tobacco use and injury-prone behaviour
- The role of public policy and health policy in creating an environment ‘where the healthy choice is the easy choice’

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 510

Course Title: Prevention and control of communicable disease and disease caused by environmental pollutants and public health emergencies

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge on prevention and control of communicable diseases and public health emergencies.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Describe the level and trends of mortality due to the major prevalent water, food and vector borne diseases and environmental pollutants
- List the indicators of occurrence and time (incidence, prevalence, duration) water, food and vector borne diseases and environmental pollutants
- Explain the basic concepts of the natural sciences (chemistry, physiology, genetics, toxicology, microbiology, radiation, immunology) that are important to understand principles underpinning the control of communicable diseases
- Explain the basic principles of measurement and monitoring of environmental components
- Describe the population health consequences of climate change
- Discuss the major strategies commonly adopted for the prevention of the major prevalent communicable diseases
- Describe the principles of preparedness, response, recovery and resilience as applied to public health emergencies
- Develop, implement, manage, monitor and evaluate the major prevention and control strategies and programs at a community level for the major prevalent communicable diseases
- Prepare public health emergency response plans and be able to implement the plan in an emergency

Time allocation (Hours): Lectures 45

Course Content:

- Water-borne diseases
- Food-borne diseases
- Vector borne diseases (malaria, dengue)
- Preventing and managing STDs and promoting young people's sexual health
- Chemical agents and health
- Preparedness for, response to and recovery following public health emergencies

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 511

Course Title: Maternal, newborn, child, and adolescent health

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on nutrition, newborn, child, adolescent, and maternal health.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Define and describe the level and trends of neonatal, infant, child and maternal mortality, cause specific mortality due to malnutrition and infections in the newborn, children, adolescents and women of childbearing age
- Describe the indicators of occurrence and time for diseases and practices associated with under-nutrition and infectious and other diseases and injuries in the newborn, children, adolescents and women of childbearing age
- Describe the level and trends in indicators of health behaviour associated with development in the newborn, children, adolescents and women of childbearing age
- Discuss the major strategies and programs commonly used to promote health and prevent disease and respond to life-threatening events in relation to the newborn, children, adolescents and women of childbearing age
- Discuss the major strategies and programs commonly used to promote oral health and prevent disease in relation to children, adolescents and women of childbearing age
- Identify the risks to safe motherhood, child and adolescent health in families and communities
- Develop and deliver community level services and programmes to promote safe motherhood, protect children and adolescents from communicable and other prevalent disease of childhood and adolescence
- Discuss inter-sectoral collaboration and partnerships at community level to improve the nutritional status of women and children

Time allocation (Hours): Lectures 45

Course Content:

- Nutrition
- Antenatal, intra-natal and post-natal services and programmes
- Family planning services and programmes
- Expanded Programme on Immunization
- Integrated Management of Childhood Illness
- Reproductive health
- Oral health

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 512

Course Title: Promoting mental wellbeing in communities and families

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge and skills on mental health.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Explain the level and trends of mortality caused by mental disease
- Describe the indicators of occurrence and time for mental disease
- Describe the level and trends in indicators of gender-based violence and child abuse
- Describe the level and trends in indicators of health behaviour development important for mental wellbeing, including in population subgroups (males/females, elderly, ethnic groups, socially disadvantaged, other socially, culturally and/or religiously distinct groups), and in alcohol use and abuse, drug abuse, physical, cultural and other social activities in adult and older age
- Discuss the current best practice globally in policies and strategies for promoting mental wellbeing across the life course
- Describe the risks to mental wellbeing in families, communities and in social norms and trends
- Design interventions to raise awareness of issues such as gender-based violence and violence against women and children, and the effects of substance misuse on family and community life
- Design innovations to ensure services for those with mental illness are respectful of the rights and dignity of people living with mental disease, including severe and enduring mental illness
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Time allocation (Hours): Lectures 45

Course Content:

- Mental well-being in children and young people
- Gender based violence and violence against women and children
- Substance (alcohol and illegal drugs) misuse
- Mentally active older life

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 513

Course Title: Mental and physical disability, including vulnerabilities associated with older age

Credit value: 3

Prerequisites: None

Core/optional: Core

Aims: This course aims to provide an opportunity for students to acquire knowledge mental and physical disability and the aged.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Describe the health expectancy indicators (life expectancy (mean; median) at birth and at later ages, population survival curves, disability-adjusted life years (DALYs)) for people with mental and physical disability
- Describe the indicators of occurrence and time for mental and physical disability
- Explain the relationship between disability and handicap
- Discuss the causes and consequences of discrimination, including institutional discrimination, against people with disability
- Discuss current and emerging best practice globally in policies and strategies for improving the quality of life across the life course for people living with mental and physical disability
- Describe risks to good health and wellbeing and in families, communities and in social norms and trends for people living with disability
- Design interventions at family and community level to enable people with mental and physical disability to live a full and productive life within the constraints of their disability
- Identify service gaps and design innovations in services to ensure rehabilitative and other services are respectful of the rights and dignity of people for those with mental and physical disability

Time allocation (Hours): Lectures 45

Course Content:

- Learning difficulties
- Down's syndrome
- Autistic Spectrum Disorders
- Hearing impairment
- Impaired vision
- Impaired movement

Assessment:

Type of assessment	Percentage marks
In-course	30%
Assignments	20%
End of course examination	50%

Course Code: MPH 514

Course Title: Research Project

Credit value: 6

Prerequisites: Should have followed all courses in the program

Aims: The aim of this course is to either, develop and demonstrate the student's skills in obtaining, appraising, and summarizing a body of public health evidence, OR, for suitable candidates to engage on a research project involving primary or secondary data collection.

Intended Learning outcomes:

On successful completion of the course the students should be able to:

- Develop a research proposal
- Describe data summarizing
- Prepare data collection forms and collect data
- Analyse data
- Produce research report

Time allocation (Months): 12

Course Content: The project will consist of a self-directed course of supervised study either of a:

- 1. Systematic review of a significant public health issue
OR
- 2. Collection and analysis of secondary data on a topic of public health significance
OR
- 3. Field investigation of a community health problem in Sri Lanka

Each student will be supervised by a member of the University staff with an interest or experience in the topic selected. For 1, above, the involvement of Faculty of Medicine library staff would be advisable. For 2, above, co-supervision from the institution supplying the data is recommended, For 3, above, an experienced researcher with knowledge of research governance and ethics would be recommended.

In all cases the supervisor should review and agree a formal protocol for the study with the student prior to any further work on the dissertation topic. Research data should be managed in accordance with the PGIMS research governance procedures.

Assessment:

Type of assessment	Percentage marks
Oral presentation	40%
Research report	60%

7. PROGRAMME COORDINATOR

Prof. Samath D. Dharmaratne

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8. ADDITIONAL REQUIREMENTS

This program will be conducted during weekends.