

ANNUAL INTERNATIONAL TRAINING COURSES: AITC

Theme: Public health

1. Course title: Promoting Healthy Communities through Community Health Management and Empowerment (Online Training Course)

2. Course duration: 19th - 30th September 2022 (2 weeks)

3. Background and Rational

Community health is comprised of the health of the individuals living within that community, the resources available within the community, as well as external factors such as the support provided by the government to ensure the health and well-being of its residents. Many health programs for the community utilize a top down approach; well-meaning policy makers who are not from the community and do not consult with them, develop programs that may be successful in some respects, but ultimately do not meet the needs of the community. Through community empowerment, community residents can work in partnership with one another as well as those charged with serving the community to take charge of and take responsibility for changing and influencing the many factors that impact health. A holistic approach to community health involves addressing social determinants such as lifestyle, economy, society, culture, the environment and even the mentality of those living in and serving the community. By integrating and addressing these determinants, community health programs can be developed which will have a lasting effect on creating long-term change that will promote healthy communities.

This short training course touches on several factors from the UN's Sustainable Development Goals, but most closely relates to #3 Ensuring healthy lives and promoting well-being for all at all ages. Our course brings workshop participants in direct contact with successful community-based

programs that been developed with inclusiveness. Not only will participants learn theory, but will also meet and experience how these methods are put into action. They will also have a chance to talk to community members to better understand the process for developing these community programs and how they can adapt these methods to their own community in their home country. It is important to emphasize that the objective is not to develop a health program alone, but to develop the capacity of the community to be an active partner in advocating for the health of its residents.

The Chiang Mai University Faculty of Nursing has a long history of working closely with the community to develop health programming. In the 50+ years that we have been working in Northern Thailand, we have developed the trust of various communities and are proud of our role in supporting communities to improve their circumstances. We are also internationally recognized as leaders in the health field. We have developed several international short training courses for participants in Southeast Asia at the request of WHO, UNDP, UNFPA, and UNICEF. We worked closely with TICA for close to 10 years and look forward to continuing the relationship.

4. Objectives

Participants will be able to:

- 4.1 Comprehend principles and concepts related to the health care system
- 4.2 Understand principles and strategies of community health development
- 4.3 Identify principles and processes for community empowerment focused on strengthening community action and health innovation
- 4.4 Analyze the process of community health management in real world settings
- 4.5 Understand essential skills for community health management including critical thinking, collaboration, cross-cultural understanding, communication, problem solving, leadership, and team work

- 4.6 Identify roles of local community organizations, NGOs, community leaders, health volunteers, and groups, in working together to promote healthy communities
- 4.7 Share knowledge and experiences in community empowerment and community health development
- 4.8 Initiate community development networks among participants

5. Course Contents

5.1 Course Outline (Lectures and discussion)

- 5.1.1 Health care system
- 5.1.2 Characteristics of an effective health care delivery system: availability, accessibility, acceptability, affordability, and appropriate, considering both technology and cross-cultural issues
- 5.1.3 Community health development: concepts, principles, and strategies
- 5.1.4 Community empowerment: significance, concepts, principles, and process
- 5.1.5 Community health management:
 - 1) Process: assessment, planning, intervention, and evaluation
 - 2) Essential skills: critical thinking, collaboration, cross-cultural understanding, communication, problem solving, leadership, and team work
 - 3) Community health promotion: concept, strategies, and indicators Community practice

5.2 Practical Skills

- 5.2.1 Community health assessment and problem identification
- 5.2.2 Community health strategic planning based on community problems (includes plan for community health intervention, health innovation development, and indicators for the success of the program)

5.3 Field studies

- 5.3.1 Saraphi Community Hospital, Chiang Mai Province
- 5.3.2 Saraphi Baworn Pattana Hospital, Chiang Mai Province
- 5.3.3 Mae Hia Municipality, Maung District, Chaing Mai Province
- 5.3.4 Happiness sharing club, Umong Municipality, Lamphun Province

5.4 Advanced assignments

- 5.4.1 Country report: participants will prepare a report about their country which includes the following information:
 - 1) National demographic data and health problems
 - 2) National health care system
 - 3) National health policy and strategies for achieving national goals

6. Participants Criteria

Participants should meet the following criteria:

- 6.1 Under 45 years old
- 6.2 Experience working as a health personnel for at least 2 years
- 6.3 Able to participate in the training course for the full time
- 6.4 In good health both physically and mentally
- 6.5 Sufficient command of spoken and written English
- 6.6 Computer literacy
- 6.7 Be nominated by their government

7. Venue

This two-week course will be conducted in September 2022 (19 – 30 September 2022) through virtual online platform

8. Expected results

Participants will be able to apply knowledge, experiences, and skills learned during the workshop to communities in their home country. They will be able to promote community empowerment and help guide communities to developing health programming tailored to their needs.

9. Evaluation

- 9.1 Learning exercises
- 9.2 Class participation and discussions
- 9.3 Presentations and reflection
- 9.4 Evaluation form

10. Institution

10.1 Executing/Implementing Agency

- Thailand International Development Cooperation Agency (TICA)
- Faculty of Nursing, Chiang Mai University
Dr. Thanee Kaewthummanukul
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10.2 Collaborative organizations

- Saraphi Community Hospital, Chiang Mai Province
- Saraphi Baworn Pattana Hospital, Chiang Mai Province
- Mae Hia Municipality, Maung District, Chaing Mai Province
- Hapiness sharing club, Umong Municipality, Lamphun Province

11. Expenditure/Funding

Thailand International Cooperation Agency (TICA)

Government Complex, Building B (South Zone), 8th Floor,
Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND

Website: <http://tica-thaigove.mfa.go.th/en/index>

Email: aitc@mfa.mail.go.th

ONLINE SHORT INTERNATIONAL TRAINING COURSE
Promoting Healthy Communities Through Community Management
and Empowerment

19th -30th September 2022

Faculty of Nursing, Chiang Mai University, Thailand

Time/ Date	Topic	Speaker/ Facilitator	Hour
<u>Week 1</u>			
<u>Mon,</u>			
<u>Sep 19th 2022</u>			
08.30-09.00 a.m.	Registration	FON staff	
09.00-10.00 a.m.	Opening session	FON staff	
10.00-11.00 a.m.	Getting to know you	FON staff	P=1
11.00-12.00 p.m.	Orientation to the course	Dean	L=1
13.00-16.00 p.m.	Community health development: concepts, principles, and strategies	Dean	L=3
<u>Tue,</u>			
<u>Sep 20th 2022</u>			
08.30-12.00 p.m.	Health care system	Guest lecturer	L=3.5
13.00-16.00 p.m.	Characteristic of effective health care delivery system: availability, accessibility, acceptability, affordability, and appropriately both technology and cross-cultural	Guest lecturer	L=3
<u>Wed,</u>			
<u>Sep 21th 2022</u>			
08.30-12.00 p.m.	<u>Field Study:</u> Saraphi Community Hospital and Saraphi Baworn Pattana Hospital, Chiang Mai	FON staff	P=3.5

Time/ Date	Topic	Speaker/ Facilitator	Hour
13.00–16.00 p.m.	<u>Lesson learned from field study</u> (Saraphi Community Hospital and Saraphi Baworn Pattana Hospital, Chiang Mai) Lesson learned Presentation	FON staff	P=3
<u>Thur,</u> <u>Sep 22th 2022</u> 08.30–12.00 p.m.	Process of community health management: assessment and planning, intervention and evaluation	FON staff	L=3.5
13.00–16.00 p.m.	Essential skills for community health management	FON staff	L=3
<u>Fri,</u> <u>Sep 23th 2022</u> 08.30–12.00 p.m.	<u>Field Study:</u> Mae Hia Municipality, Chaing Mai	FON staff	P=3.5
13.00–16.00 p.m.	<u>Lesson learned from field study</u> (Mae Hia Municipality, Chiang Mai) Lesson learned Presentation	FON staff	P=3
<u>Week 2</u> <u>Mon,</u> <u>Sep 26th 2022</u> 08.30–12.00 p.m.	Community health promotion: concept, indicators and strategies	FON staff	L=3.5
13.00–16.00 p.m.	Community empowerment: significance, concepts, principles, and process	FON staff	L=3

Time/ Date	Topic	Speaker/ Facilitator	Hour
<u>Tue,</u> <u>Sep 27th 2022</u> 08.30-12.00 p.m.	<u>Field Study:</u> Umong Municipality, Lamphun	FON staff	P=3.5
13.00-16.00 p.m.	<u>Lesson learned from field study</u> (Umong Municipality, Lamphun) Lesson learned Presentation	FON staff	P=3
<u>Wed,</u> <u>Sep 28th 2022</u> 08.00-12.00 p.m.	<u>Practicum:</u> Preparation for country presentation	FON staff	P=4
13.00-16.00 p.m.	<u>Practicum:</u> Preparation for country presentation (cont.)	FON staff	P=3
<u>Thur,</u> <u>Sep 29th 2022</u> 08.30-12.00 p.m.	<u>Practicum:</u> Planning for solving community health problems in each country	FON staff	P=3.5
13.00-16.00 p.m.	<u>Practicum:</u> Planning for solving community health problems in each country	FON staff	P=3
<u>Fri,</u> <u>Sep 30th 2022</u> 08.30-12.00 a.m.	<u>Practicum: Presentation of community health planning</u>	FON staff	P=2
13.00-15.00 p.m.	<u>Practicum: Presentation of community health planning</u>	FON staff	P=2
15.00-15.30 p.m.	Course evaluation	FON staff	P=1
15.30-16.00 p.m.	Closing ceremony		

Hour Conclusion; L= 23.5 Hours, P= 39 Hours, Total = 62.5 Hours

