

Qassim University

College of public health and health informatics

Department of public health

Internship Training Plan

No.	Departments	Domain	Skills to be learn	Duration
1	Public health- Health Affairs	Infection control.	<ol style="list-style-type: none"> 1. Fill the infectious diseases notification form. 2. Conduct control measures for contacts of infectious diseases. 3. Set immunization targets based on population data. 4. Calculate monthly /annual immunization coverage 5. Participate in investigation of outbreak and national programs for control of infectious diseases and NID 	20 weeks
		Communicable disease control	<ol style="list-style-type: none"> 1. Conduct rapid health assessment: <ul style="list-style-type: none"> - Identifying main disease threats, including potential epidemic diseases - Obtain data on the host country, on the country of origin of displaced persons and on the areas through which they may have passed - Identifying priority public health interventions - Identifying the lead health agency - Establish health coordination mechanisms 2. Prevent communicable diseases: <ul style="list-style-type: none"> - Select and plan sites - Ensure adequate water and sanitation facilities - Ensure availability of food - Control of vectors - Implement vaccination campaigns (e.g. seasonal influenza) - Provide essential clinical services - Provide basic laboratory facilities 	

			<ol style="list-style-type: none"> 3. Set up surveillance/early warning system: <ul style="list-style-type: none"> - Detect outbreaks early - Notify diseases of epidemic potential immediately - Monitor disease trends 4. Control outbreaks: <ul style="list-style-type: none"> - Preparation (outbreak response team ,stockpiles, laboratory support and standard treatment protocols) - Detection (surveillance/early warning system). - Confirmation – laboratory tests - Response – investigation, control measures - Evaluation. 	
		School health	<ol style="list-style-type: none"> 1. Booster and seasonal vaccinations and when entering schools. 2. Health awareness activities and programs. 3. Initial Physical/Medical examination of new students 4. Familiarity with the most prominent health problems and diseases 5. Identifying the mechanism of monitoring the school environment. 6. Identifying the school environment: location, school buildings, furniture and equipment, sanitation - vectors and disease control 7. Identifying the mechanism of food control within the school 8. Familiarity with food poisoning prevention methods 	
		Vectors Control	<ol style="list-style-type: none"> 1. Identify vector borne diseases 2. Identification of different species of common vectors 3. Medical importance and biology of vector borne diseases (mosquitoes ,flies, cockroaches ,fleas, and rodents) 4. Safe use of Insecticides 5. Identify strategies to control vector borne diseases 	
		Environmental and occupational health	<ol style="list-style-type: none"> 1. Identifying Physical, chemical & biological hazards in work environment. 2. Safety precautions in the work place. 3. Application of environmental 	

			<p>measurements devices.</p> <ol style="list-style-type: none"> 4. Identifying type of wastes in work place 5. Local regulation regarding occupational illness and injuries 6. International regulation regarding occupational illness and injuries 7. Insurance and compensations 8. National and international standards for work places 9. Personal protection and protective equipment 10. Local regulations regarding occupational illness & injuries 11. Review medical records for occupational diseases & injuries in work-places. 	
		Health and treatment programs	<ol style="list-style-type: none"> 1. Identifying Participate in the planning of health and treatment programs 2. Participate in supervising health programs and writing reports 3. Understand the strategy of monitoring the implementation of health and treatment programs 4. Access to evidence and regulations governing the work of health programs 5. Any other skills related to public health. 	
		Health promotion	<ol style="list-style-type: none"> 1. Appraisal of health promotion needs and priorities. 2. Identifying and evaluate health promotion strategies and policies. 3. Review and analyze the constraints of health promotion practice. 4. Evidence based health promotion 	
		Solid waste management	<ol style="list-style-type: none"> 1. Determine the quantities, types, sources and characteristics of waste. 2. Knowledge of tiring ways to sort, collect, transport and dispose of waste 3. Understand the processes taking place at landfills 4. Identifying ways to reduce, reuse and recycle waste 5. Knowledge of waste treatment techniques used in the Kingdom 6. Identifying the wise decision-making processes related to the application of integrated solutions for 	

2	Municipalities		<p>the safe disposal of waste in the urban and rural environment</p> <p>7. Participate in planning and analysis of waste disposal budgets</p>	4 weeks
		Food hygiene and safety	<ol style="list-style-type: none"> 1. Familiarity with the health requirements of restaurants, buffets, bakeries and various food factories 2. Participate in the investigation and health surveys to identifying the causes (epidemics - food poisoning ... etc). 3. Take different food samples from the food establishments. 4. Participate in reporting of food poisoning. 5. Identifying the health requirements of slaughterhouses and inspect the methods of disposal of dry and liquid waste 6. Familiarity with the health requirements of animal sheds 7. Implement awareness programs that enable the community to choose safe food. 8. Know the methods of monitoring, conducting surveys to find out the causes of health problems related to food health and safety, and propose the best possible solutions 9. Knowledge of methods and rules to contain outbreaks of epidemics 10. Understanding and analyzing risks related to food quality and safety 11. Access to legislation related to food control 	
		Vectors Control	<ol style="list-style-type: none"> 1. Identifying the different types of vectors and ways of controlling them 2. Characterization of insects of medical importance and geographical distribution (flies - mosquitoes - rodents ... etc). 3. Identifying policies to prevent health problems related to pesticide misuse. 4. Evaluation and evaluation of preventive programs for diseases transmitted by medical insects (vectors) such as mosquitoes, flies, cockroaches, fleas and rodents 5. Participate in the collection and conservation of insects for laboratory 	

			<p>purposes</p> <ol style="list-style-type: none"> 6. Know the methods of calculating carrier density 7. Knowledge of the methods of conducting insect surveys 	
		Administrative work	<ol style="list-style-type: none"> 1. Participate in writing technical reports 2. Ensure the correct ways to make a decision 3. Check how health plans are developed 4. Any other administrative work related to public health 	
3	Hospitals	Disinfection & sterilization	<ol style="list-style-type: none"> 1. Apply methods of infection control and disinfection and sterilization. 2. Follow up the procedures of infection control in the hospital. 3. Report the notifiable diseases. 4. Recording and keep the data of the diseases of the national and regional concern. 5. Supervise the collection, transportation and disposal of medical waste. 6. Applying and promoting the health education activities in the hospital. 7. Identification of the process of hospital patient nutrition. 8. The activities of the hospital accreditation for the application of national and international standards. 9. The internal organization of the department of quality assurance in the hospital. 10. Ideas to improve hospital performance. 11. Criteria and indicators of hospital performance improvement projects. 12. The policies and procedures for the organization of programs and training activities in the field of science and quality. 13. The organizational structure for the management of quality assurance. 14. Distribution of employees by organizational structure for better quality of services provided to patients. 	16
		Statistic center		
		Medical waste management		
		Therapeutic Nutrition Unit		
		Quality management		

4	Ministry of water and electricity (Department of water)	Water supply	<ol style="list-style-type: none"> 1. Identifying sources and methods of treatment and distribution of drinking water 2. Evaluate the quantitative and qualitative needs of the drinking water community 3. Identifying the indicators (chemical, physical and biological) of drinking water. 4. Knowledge of methods of collecting water samples for laboratory testing 5. Take water samples from wells, tanks and taps. 6. Pack and transport water samples to the lab. 7. Test chlorine concentration in water. 8. Applying some basic analyzes such as measuring dissolved oxygen, temperature, PH, turbidity and chlorine. 9. Identifying national standards for drinking water and compare it with international standards. 10. Assess the health effects of inadequate water supply and sanitation systems. 11. Understand and estimate the financial cost of water treatment, storage and distribution 	4
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		Sanitation	<ol style="list-style-type: none"> 1. Identifying the sources and methods of wastewater treatment 2. Identifying the indicators (chemical, physical and biological) related to the treated wastewater 3. Identifying the uses of treated water 4. Knowledge of the methods of collecting samples from different stages of treatment for laboratory examination. 5. Perform some basic analysis such as measuring the proportion of plankton, temperature, BOD, nitrogen and others 6. Identifying the national standards for the outputs of purification plants and compared with international standards. 7. Assess the health effects of inadequate sanitation systems. 8. Understand and estimate the financial cost of processing 	
5		Occupational Health	<ol style="list-style-type: none"> 1. 2. Skills acquired must: 3. 4. Ergonomic factors which might affect worker's health 5. Conditions of occupational hygiene and factors such as physical, chemical, biological exposures which may generate risks to the health of workers 6. Exposure of workers to adverse psychological factors and aspects of work organization 7. Risk of occupational accidents and major hazards 8. Collective and personal protective equipment 9. Control systems designed to eliminate, prevent or reduce exposure 10. Identification of occupational health hazards 11. Identification of workers or groups of workers exposed to specific hazards 12. Analysis of how the hazard may affect the worker 13. Identification of individuals and groups with special vulnerabilities 	2

6		Food industries	Student should acquire skills about Food Inspections Process which include: <ul style="list-style-type: none"> • Factory contact detail • Product description • Pictures • Key tests to perform on-site • Defects to look for • Sampling method • Random sampling (determined according to product type) • Visual check • Product-specific tests • Defect sorting and counting • Packing and labeling check 	2
Total Duration				48 weeks

***Note:** All students must submit a brief report on what they have trained at the end of each training period.

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Dr. Adel Abalkhial

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Qassim University

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Field Follow - up Committee for Internship Program

No	Faculty Name	Follow-up Place	Date of follow-up	Remarks