

**The University of Southern Mississippi
2010 Caribbean Studies in Jamaica Program**

Course Title: CHS 792: Public Health in Jamaica

Prerequisite: Permission of the Director of Caribbean Study Program

Credits: 4 credits

Instructor: Lorene Wedeking, PhD, RN
Adjunct Professor
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Office Hours: No formal office hours as this is an International Studies course. I will be available after lectures and community visits. I am always happy to meet with students and will welcome your e-mail messages before we depart.

Caribbean Studies Program Mission:

This mission of the Caribbean Studies Program offered by the University of Southern Mississippi is to provide students and faculty the opportunity to live and learn in Jamaica – a Caribbean center of life, culture, commerce and education—and to study social, economic, political, artistic, and educational transitions throughout Jamaica.

Course Description: This course explores public health issues in Jamaica. Students learn about public health challenges facing Jamaica with particular attention to the prevention and planning models for public health programs, disease management, and the sustainability and organizational structures of care management systems (both government and NGOs). The course requires students to identify similarities and differences between the Jamaican experience and the public health models they are familiar with in the USA.

Note Carefully: The **detailed schedule** of daily assignments, course events, and site visits will be available 1-2 weeks before the course begins on the web site for the Caribbean Studies Program. *Note carefully, too*, the text and journal articles needed for this course as well as an assignment that must be started before leaving the United States.

Major Content Topics of the Course:

Food safety
Maternal/Child Health Care
Violence as a public health issue
HIV/AIDS in Jamaica
Fluoridation

Student Learning Objectives: Upon completion of this course students will be able to:

1. Describe how food safety is ensured within the tourism industry facilities in Jamaica;
2. Relate the Jamaican violence problem and strategies for prevention of deaths and morbidity due to violence to the determinants of health model;
3. Contrast the HIV prevention strategies in Jamaica with those used in the United States;
4. Identify strategies being used in Jamaica to work towards achievement of the Millennium Goals for Maternal-Child Health status in Jamaica;
5. Explain how oral health is promoted in Jamaica through fluoridation strategies;
6. Apply the public health intervention model to observed or studied strategies for the improvement of public health in Jamaica.

Teaching/Learning Approaches: Lectures, assigned readings, discussion, independent library or web research, interaction with guest speakers or persons met during site visits, class presentations, and reflective journals.

Special Notes regarding Learning Approaches:

1. This is indeed a course, not a vacation at the beach.
2. Some of the material will be presented in lectures format. Students are expected to read assigned materials, to be attentive and engaged in class, to take good notes, to ask questions, to contribute to discussions, and to study during unstructured time in order to learn the assigned content.
3. Some of the course material will be presented during site visits, where students will interact with Jamaican government officials, public health officials, scientists, teachers, agency staff, and perhaps other students.

Grading Scale:

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|---|-----------------|
| A | 90% and greater |
| B | 89-80% |
| C | 79-70% |
| D | 69-60% |
| F | 59% and less |

Graded Course Components

Final Exam –75 points

Journals – 50 points

Participation—25 points

Community Observation Paper – 75 points

Guest Lecture – 100 points – Note plans for this assignment must be presented to the course instructor before leaving the United States. See details below under Assignments.

Assignments:

Final Exam – The final exam will be a short essay exam completed on the last day of the class. It will cover assigned textbook and journal articles, lecture content, and content from site visits.

Journals – Students will prepare 5 journal submissions. The first journal entry will relate to observations on the trip from Montego Bay to Ocho Rios. Students are to observe for evidence of strategies to prevent health problems or protect residents and visitors from injury. This assignment is due no later than 48 hours after arrival to Ocho Rios.

Requirements related to the content for the next four journal entries will be provided during the first class. Journals will be due periodically during the stay in Jamaica, and all journals must be submitted before departure from Jamaica. No credit will be given for journals submitted after departure.

Participation – Participation will be based upon on time participation, professional attire and behavior, and engagement in class activities and site visits.

Community Observation Paper – Students will select either the topic food safety or HIV/AIDS prevention. During the Studies Program they will observe the presence or absence of strategies used to protect population health. More detailed guidelines relating to this assignment will be provided in the first classes held in Jamaica.

Graded Course Components for *Graduate Students*

Graduate students will complete all of the above course components plus an additional course component.

Guest Lecture: 100 points

Each graduate student will conduct a *scholarly library research project* on some aspect of Caribbean public health or specifically Jamaican public health **BEFORE** leaving for Jamaica. Each graduate student will submit an annotated outline, including source citations of the lecture and present a 20 minute course lecture while in Jamaica. You will not have robust Internet access while in Jamaica. This research must be completed before leaving.

The topic must be approved by Dr. Wedeking well in advance of departing for Jamaica. Begin by selecting the proposed topic and sending that topic for approval immediately after registration for this course. The draft lecture and a first draft of the annotated outline must be submitted to Dr. Wedeking electronically (use a Microsoft Word document attachment) no later than December 18, 2009. Response will be sent as soon possible after receipt so that students will have time to make adjustments while still in the United States with access to resources. Evaluation will be based on both the plan and then the subsequent presentation. A rubric for this assignment is available from the course instructor.

Class Schedule: The class schedule will be available 1-2 weeks prior to the start of the Study Abroad experience. However students are advised to begin by reading Chapters 1, 2 and 3 from the assigned textbook. This reading is to be completed before the class on December 31, 2009.

Required Text and Additional Readings:

Text

Skolnik, R. (2008). *Essentials of Global Health*. Sudbury, MA: Jones and Bartlett.

This textbook is readily available through academic bookstores as well as general commercial book operations such as Amazon.

Journal Articles

The following articles are readily available through the type of electronic databases provided by universities. Locate, print, and bring these articles with you.

- Ashley, D. Gordon-Strachan, G., Reece, M.H. & Ashley, D.E.C. (2004). Challenges for health and tourism in Jamaica. *Journal of Travel Medicine*, 11: 370-373.
- Ashley, D. & Holder, Y. (2002). The Jamaican injury surveillance system: lessons learnt. *Injury Control and Safety Promotion*. 9 (4), 263-264.
- Ashley, D., Walters, C., Dockery-Brown, C., McNab, A, & Ashley, D.E.C. Interventions to prevent and control food-borne diseases associated with a reduction in traveler's diarrhea in tourists in Jamaica. *Journal of Travel Medicine*, 11: 364-369.
- Figueroa, J.P., Duncan, J., Byfield, L., Harvey, K, Gebre, Y., Hylton-Kong, T., Hamer, F., Williams, E., Carrington, D., and Brathwaite, A.R. (2008). A comprehensive response to the HIV/AIDS epidemic in Jamaica: A review of the past 20 years. *West Indian Medical Journal*, 57(6), 563-576.
- Fletcher, S. M., Maharaj, S. R., & James, K. (2009). Description of the food safety system in hotels and how it compares with HACCP standards. *International Society of Travel Medicine*, 16(1), 35-41. doi: 10.1111/j.1708-8305.2008.00271.x (Special Note: This article may be on embargo in some databases because it is very new. Contact Dr. Wedeking if you are unable to find this article.
- Jones, S., Burt, B. A., Petersen, P.E., and Lennon, M.A. (2005). The effective use of fluorides in public health. *Bulletin of the World Health Organization*. 83(9), 670-676.
- McCaw-Binns, A. (2005). Safe motherhood in Jamaica: from slavery to self-determination. *Paediatric and Perinatal Epidemiology*, 19, 254-261.
- Smith, D.E. & Green, K.E. (2007). Violence among youth in Jamaica: a growing public health risk and challenge. *Pan American Journal of Public Health*, 22(6), 417-424.

Web Sites

Read about some of the sites we anticipate visiting while in Jamaica, or find data that will help you better understand population health status in Jamaica.

Jam Stats, available at www.jamstats.gov.jm/Home/tabid/36/Default.aspx

Malnutrition and Child Mortality: Program Implications of New Evidence. Available at www.basics.org/documents/pdf/MCM-English.pdf

Jamaican Ministry of Health. Available at www.moh.gov.jm/ministry/health

Northeast Regional Health Authority. Available at www.nerha.org.jm/

Pan American Health Organization Office in Jamaica. Available at www.jam.paho.org/

American with Disabilities Act (ADA)

If a student has a disability that qualifies under the Americans with Disabilities Act (ADA) and requires accommodation, he/she should contact the Office of Disability Accommodations (ODA) for information on appropriate policies and procedures. Disabilities covered by ADA may include learning problems, physical disabilities, psychiatric health or chronic health disorders. Students can contact ODA if they are not certain whether a medical condition/disability qualifies for services.

Postal Address:

The University of Southern Mississippi
Office of Disability Accommodations
118 College Drive, #8586
Hattiesburg, MS 39406-5024

ODA Voice Telephone: 601-266-5024

ODA Fax: 601-266-6035

Individuals with hearing impairments can contact ODA by using Mississippi Relay Service at 800-582-2233 (TTY) or by e-mail to Suzanne.hebert@usm.edu

Policies and Procedures for Public Health in Jamaica

Read this Before Leaving the United States

Professionalism, Courtesy, Dress Code

- ▶ Be courteous, polite, and respectful at all times, to your classmates and other students, to faculty, and everyone we meet in Jamaica.
- ▶ Jamaica is *a more conservative culture* than most of the cultures in the United States. Students are expected to respect this difference when choosing their clothing for professional site visits, eating at restaurants, or even walking on errands.
- ▶ Shorts, T-shirts, and sandals are acceptable classroom/hotel attire, but they are NOT acceptable for professional site visits.
- ▶ Students must bring at least one professional outfit, which they could wear several times. Acceptable professional attire includes:
 - Shirt or blouse with sleeves or with wide shoulder seams if sleeveless. Spaghetti straps or tank tops are not acceptable.
 - Men are not required to wear ties, but must wear a shirt that meets the above standards.
 - Full length trousers for men or women; dressy Capri pants or gauchos are acceptable for women during professional site visits.
 - Knee length skirt or dress (NO mini skirts)
 - Closed toe shoes are preferred, and are particularly required for visits in the Kingston area, but sandals will also be acceptable at times.
- ▶ Some clothing attire is too casual or informal and is NOT considered professional attire or public attire for course site visits. These include:
 - Short tops/blouses or low slung clothing that display the bare belly and/or lower back may not be worn; women should not display décolletage.
 - Visible underwear is NOT acceptable.
 - Do not wear shorts or blue jeans in professional or public situations.
 - No flip-flops
- ▶ Service Project Clothing: We will interact with Jamaican public during our service project. You may get dirty if you paint or do other heavy work. Wear clothing that can be used for work, but is at the same time, clothing that meets standards for appearing in public.

Course Requirements

- ▶ Students will always conduct themselves in a manner that is consistent with the behavioral expectations defined in the **USM Caribbean Studies Handbook**. Students must participate respectfully and sensitively in every interaction with Jamaican society and culture.
- ▶ Students will present themselves in the community at all times as *professionals*, in terms of both behavior and dress, so as to reflect positively on the USM Caribbean Studies Program and as representatives of the United States.
- ▶ Students will be proactive learners and will assume and demonstrate personal responsibility for their own intellectual growth. Students must be on time and prepared for class, site visits, and other required learning activities. Active participation, not mere attendance, is required for all class activities.
- ▶ On time attendance is required for all scheduled course activities. All anticipated attendance issues requiring a special adjustment must be approved by the instructor in advance. One non-excused absence from any activity will result in the drop of one letter grade in the student's final grade

► All assignments must be turned in on time, before leaving Jamaica. Late assignments will not be evaluated.

Course Supplies: Read and Shop before leaving the United States.

You will not have access to computers while in Jamaica, other than at internet cafes. You will NOT need to use a computer in Jamaica. If you bring a laptop, realize that you are doing so at your own risk.

Bring the following supplies:

- A small notebook with spiral binding, such as a “steno pad, that you can easily carry with you as you travel around, to use for jotting down daily observations;
- A three ring binder to organize all your study materials;
- Regular college ruled loose leaf notebook paper for taking lecture notes, for writing journal entries, for the Final Exam, and for other course assignments as outlined previously in this syllabus. You will use a lot of paper, 100+ sheets;
- School supplies, such as pens, pencils, erasers, paper clips and white out (remember we won't have a computer with a delete button!);
- Highly recommended – a clip board to write on in class; class settings will be living room/conference room settings rather than classrooms with tables and chairs.

Health Concerns: Review well in advance of leaving the United States.

Review carefully the Travel Health site for Jamaica provided by the Centers for Disease Control and Prevention (www.cdc.gov/travel/destinations/jamaica.aspx). Consult with your health provider well in advance of leaving the United States about immunizations you may need before traveling.

Check List

1. You **MUST** have a valid US Passport for travel to Jamaica and re-entry into the United States.
2. Check with your airline to determine what luggage you may carry on the plane as well as the airline's requirements for checked luggage, including charges for checked luggage.
3. Remember there is a TSA security ban on fluids, gel solutions, and aerosols in **carry on baggage**. Pack these items in checked luggage. See /// for exact and up to date information.
4. If you take any prescription medication, carry this in your carry on baggage in a bottle clearly marked by a pharmacy with your health provider's name. See // for exact and up to date information about carrying medications.
5. Get Travelers' Checks. You will not be able to cash personal checks or a cashier's check. ATM cards may work for withdrawal of cash, but do not count on this for 100% of your funds. Credit cards are accepted at better restaurants and some higher end stores, but they are NOT accepted in many other venues.

REQUIRED Items for Travel

- _____ Passport and Student Identification Card
- _____ Traveler's Checks for the bulk of your money (\$700 on average); bring no more than \$200 in cash and these must be small bills, no larger than \$20. Bring some \$1.00 bills for tipping purposes.

Necessary Items for Stay and Study in Jamaica

- _____ Textbook, articles, copy of syllabus
- _____ School supplies
- _____ Backpack for overnight trip to Kingston
- _____ Sunscreen, sunglasses, hat, water bottle
- _____ Camera, small and inexpensive
- _____ Old clothing to wear for service project
- _____ Suitable professional attire and public attire
- _____ Toiletries, personal hygiene products, and other sundries such as facial tissues;
- _____ Prescription medications and over-the-counter medications in original labeled containers; Bring band-aids, acetaminophen or ibuprofen, motion sickness remedies for long rides on curvy mountain roads, insect repellent; and
- _____ Battery operated or wind-up alarm clock.

Donation if possible for Service Project

- _____ Painting supplies (trays, rollers, refills for paint rollers, brushes)

HIGHLY RECOMMENDED, USEFUL, BUT OPTIONAL

- _____ Food for breakfast the first day (dry cereal, granola bars, tea bags, coffee filters, and ground coffee);
- _____ Plastic clothes hangers
- _____ Short clothes line and pincher type pins
- _____ Flashlight and extra batteries
- _____ Large plastic bag to use for dirty laundry
- _____ Manual can opener, bottle/can opener, and a paring knife
- _____ Dishwashing soap, laundry soap
- _____ Folding umbrella
- _____ Small calculator for currency transactions – don't count on using a cell phone for this purpose
- _____ Snorkel equipment –one faculty member will give lessons; such equipment may also be rented in Jamaica

WHAT NOT TO BRING

Valuable jewelry

Laptops, Ipods or MP3 players, and cell phones may be brought at your own risk. None of these are needed for your study in Jamaica.