

## WHY THIS COURSE?



**Gulf countries face major challenges in tackling current health problems such as obesity, diabetes, stress and depression. These problems are not solved by individuals alone; they require collaboration of several professionals who work together across levels and sectors.**

Have you ever wondered how you as a health professional could address these problems in sustainable ways on population, community and individual levels?

This course will provide you with the knowledge and skills to analyze and plan theory and evidence-based interventions in the Gulf country context. Public Health approach is needed for the population interventions; Health Promotion approach for communities and Health and Patient Education approach for individuals. The course will help you to learn to combine these approaches and apply them to real world health problems.

## WHO IS IT FOR?

This course is for professionals, researchers and students in health service, policy making, disease prevention, research and education, who wish to deepen understanding of the current knowledge in public health, health promotion and patient education in dealing with major health challenges in societies. The course can also provide sound foundation for further studies or more specialized courses in the relevant fields.

## ENTRY REQUIREMENTS

- Good English language skills
- Basic knowledge of health sciences, social sciences or other related fields
- Relevant work experience is an asset.

## VENUE

All the onsite course sessions will take place from 08:30 AM to 3:30 PM at King Saud University Medical City.



## CONTACT DETAILS

For general inquiries  
and registration: [InfoTD@ksu.edu.sa](mailto:InfoTD@ksu.edu.sa) | 0547959808

For course content-related inquiries,  
**Prof. Arja R. Aro** at [araro@health.sdu.dk](mailto:araro@health.sdu.dk)



Short Course for Health  
Professionals, Researchers & Students

**30** CME  
CREDITS



**Tackling Major Health Challenges  
on Population, Community and  
Individual Levels:**

From theory to practice

JANUARY 20 - 24, 2019  
KING SAUD UNIVERSITY MEDICAL CITY, RIYADH, KSA

## DURATION



5 Days

## MODE OF STUDY



Onsite

## VENUE



KSUMC, Riyadh

## COURSE FEES

**4,000 SAR**

Early Bird Registration  
until December 1, 2018

**5,000 SAR**

Regular Registration  
until December 16, 2018

## ONLINE REGISTRATION

[medicalcity.ksu.edu.sa/en/training\\_form](http://medicalcity.ksu.edu.sa/en/training_form)

## HOW TO APPLY FOR THE COURSE?

1. Complete the online registration form: [medicalcity.ksu.edu.sa/en/training\\_form](http://medicalcity.ksu.edu.sa/en/training_form)
2. Attach the Copy of Iqama and Copy of Bank Payment receipt (PDF | JPG | DOC | DOCX | PNG) with "TMHC" prefix in filename.

## MODE OF PAYMENT

Details on mode of payment for admitted candidates will be given upon the receipt of the application form. Fees are not reimbursable in case of cancellation of attendance. Fees do not include travel, visa, accommodation and meals.

## PAYMENT METHOD

### ACCOUNT NAME

King Abdullah Institute for Research & Consulting Studies

### SAMBA BANK IBAN NO.

SA424 000000000 26807 40050

## COURSE OUTLINE

This one-week course (January 20<sup>th</sup> -24<sup>th</sup>) consists of 5 days (08:30 - 3:30) and includes lectures and hands-on.

DAY 1



Major health challenges in Gulf countries; analysis based on public health, health promotion and patient education approaches

DAY 2



Theory and evidence-based multi-level and contextual interventions; planning of multilevel disease prevention and management

DAY 3



Public health solutions: health in all policies; cross-sector collaboration and context-relevance

DAY 4



How to plan and develop programs WITH people instead of developing FOR people?

DAY 5



From bioethics to public health ethics to increase participation and empowerment of people and communities

## CERTIFICATE REQUIREMENTS

Individuals who will participate actively in all course sessions and activities will be provided a certificate of participation awarded jointly by KSU and SDU. Course participants will gain **30 CME hours**.

## COURSE FACILITATORS



**Prof. Arja R. Aro** is the course leader. She has experience in public health over 20 years and she has served 10 years as Head, Research Leader of the Unit for Health Promotion Research at SDU. She has published over 200 scientific papers, has experience with teaching, supervision, scientific committee work and research project coordination from different cultural contexts, including Saudi Arabia since 2012.

[More information: www.sdu.dk/ansat/araro](http://www.sdu.dk/ansat/araro)



### **Maria Palianopoulou,**

Research Assistant, Southern Denmark University will also contribute to the course. She holds a MSc in Public Health, a Master of Science in Molecular Medicine and has a 4-year experience of teaching in Saudi Arabia.

[More information: www.sdu.dk/ansat/mpalianopoulou](http://www.sdu.dk/ansat/mpalianopoulou)



**Subash Thapa**, Postdoc, SDU will also contribute to the course. He holds a PhD in Public Health, MSc in Public Health and MA in Social Sciences. He has three years of teaching experience in the field of public health and health promotion as well as research experience, incl. from Saudi Arabia.

[More information: www.sdu.dk/ansat/sthapa](http://www.sdu.dk/ansat/sthapa)