HEALTH EMERGENCIES IN LARGE POPULATIONS
THE REGIONAL H.E.L.P. COURSE IN INDIA

NEW DELHI, INDIA
03 – 14 DECEMBER 2018

ORGANISED BY
INTERNATIONAL INSTITUTE OF HEALTH MANAGEMENT RESEARCH (IIHMR)
IN COOPERATION WITH
WORLD HEALTH ORGANISATION, INDIA (WHO)
INDIAN RED CROSS SOCIETY (IRCS)
NATIONAL INSTITUTE OF DISASTER MANAGEMENT (NIDM)
INTERNATIONAL COMMITTEE OF RED CROSS (ICRC)
**COURSE**

The HELP course – Health Emergencies in Large Populations – is a two weeks on site training course on the principles and practice of humanitarian interventions in response to the needs of people affected by acute and protracted crises and natural disasters. It was created in 1986 by the International Committee of the Red Cross (ICRC) in partnership with the World Health Organisation (WHO) and the University of Geneva, to professionalise the provision of humanitarian assistance during emergencies. The course provides a multidisciplinary learning experience of humanitarian relief in disasters and emergencies through a public health approach taking into account emerging issues.

Additional information is available at: https://www.icrc.org/en/document/helpcourse

**OBJECTIVE**

To enhance professionalism in the response during health emergencies in large populations due to natural disasters, complex crises or disease outbreaks, with an emphasis on decision making in crises. It considers affected people at the centre, in their context, and uses a public health approach, fostering multidisciplinary responses and bringing out challenges, dilemmas, norms, standards and principles.

**ORGANISATION**

The 3rd Regional HELP Course will be locally hosted by International Institute of Health Management Research (IIHMR) in cooperation with the World Health Organisation (WHO), Indian Red Cross Society (IRCS), the National Institute of Disaster Management (NIDM), and the International Committee of the Red Cross (ICRC).

**PARTICIPANTS**

The course is for professionals with a health background such as medicine, nursing, public health and nutrition, for engineers in water and sanitation, or with strategic or management responsibilities in humanitarian emergencies.

Participants have work experience in humanitarian emergencies (1–3 years), and have had will have responsibilities in managing operations or programmes.

**LANGUAGE**

Course is in English

**COURSE FEES**

USD 1000 for International participants
INR 40000 for Indian participants

The H.E.L.P. Course fee should be transferred in to the International Institute of Health Management Research (IIHMR) bank account in Jaipur. Participants are expected to cover their travel costs, tickets and visa expenses.

**VISA**

IIHMR will facilitate the visa issuance for the participants. The selected applicants will be contacted in due time regarding visa application process.

**PROGRAMME CONTENT**

The programme explores key elements in the principles and practice of humanitarian assistance in emergencies and major crisis. It opens with key concepts, including public health tools, ethical principles and ethical decision-making process, in order to make appropriate and effective decisions in crisis involving large populations. The focus is on needs assessment, planning and evaluation of activities, as much as on humanitarian principles and ethics in the practice of humanitarian action. The course develops essential aspects regarding health care, nutrition and economic security, water, habitat and environmental health. It also covers prevention and control of infectious diseases, practical epidemiology in the field, International humanitarian law, security and stress of professionals. During the course, participants are invited to share their field experiences and reflections.

**PROGRAMME CYCLE MANAGEMENT**

An overview of the main steps of the planning process provides the participants with common terminology. Assessing health needs, constraints, available health services, prioritisation of action and results-based management would be some of the topics covered.

**PRACTICAL ETHICS IN HUMANITARIAN ACTION**

To respect the affected persons, to protect their dignity and life is a core duty in any relief operation. Taking relevant decisions and implementing appropriate action in response to a
situation of crisis involves a strong commitment
to ethics, to respect fundamental ethical values
and humanitarian principles. It also involves
the recognition of dilemmas, and the need for a
structured and ethical decision-taking process.

NUTRITION AND ECONOMIC SECURITY
Malnutrition, lack of income and lack of
economic security at household level are
serious determinants of disease and mortality
in crisis. Insufficient food supply and poverty
create significant health risks. The course will
address nutritional assessment and planning,
measuring nutritional status of the population,
restoring economic security, ways to deal with
malnutrition, methodological guidelines for
planning, implementation and surveillance of
general and specific food-aid operations and
feeding.

ENVIRONMENTAL HEALTH
Survival without water is impossible. The
provision of an adequate supply of safe water
is an absolute priority in any emergency action.
Poor hygiene, overcrowding and pests are the
main killers such situations. The course will
look in to the linkages between them and health.
Basic methods for emergency water supply,
garbage disposal and energy assistance will also
be explored.

EPIDEMIOLOGY
Epidemiology is an essential tool when dealing
with population’s health. In an emergency
situation the initial health assessment, the
monitoring of assistance programmes and the
evaluation of the impact of the relief operation
must be documented by an effective health
information system.

COMMUNICABLE DISEASE CONTROL
Control of communicable diseases is a major
task in disaster situations, especially where
there are large concentrations of people, or
precarious conditions of hygiene. Early warning
and response systems, outbreak preparedness,
investigation and response will be discussed.

HEALTH CARE SERVICES
Disasters are characterised by a heavy demand
for curative care, which may overwhelm existing
health services. But prevention of illness and
injury is also a key component of primary health
care services in emergencies, and should be
closely integrated with curative services. Special
consideration must be given to vulnerable groups
such as women and children. Reproductive
health and management of childhood illnesses,
and health services management are major
challenges during crisis situations.

MENTAL HEALTH
Mental health is an important area to be
addressed among victims of disasters. This
dimension has been long neglected & must be
addressed in a professional manner.

THE LEGAL FRAMEWORK
Any response to emergencies, no matter if man-
made or natural disasters or outbreaks of diseases
need to be developed within the framework
of applicable national and international
laws e.g. international disaster response law
(IDRL), international health regulations (IHR),
international humanitarian law (IHL) etc.

SECURITY AND WELL-BEING OF
PROFESSIONALS
Humanitarian professionals have a duty to ensure
the security of their teams and themselves in the
field. In response to critical incident or to chronic
challenges, they must manage the stress and
ensure the well-being and safety of all.

PRESENTATION BY THE PARTICIPANTS
Participants are invited to make a short
presentation on an activity or relief operation
in which they have been involved. The purpose
is to share experience, reflect on its strengths
and weaknesses, and to open a discussion on
operational challenges, ethical dilemmas and the
proper ways to address them in humanitarian

OTHER TOPICS
Special sessions are organized according to
local needs, experience and interest. These may
include mass casualty and triage, management of
dead bodies, violence and health, or vulnerability
and resilience in crises.

LEARNING METHODS
Methods used would be lectures, case studies,
focus group discussions, presentations,
field work and scenario-based learning and
reflections.

CERTIFICATION
Upon successful completion of the course, participants will be awarded a certificate of attendance.
REGISTRATION

The application form should be filled out and returned to the IIHMR by 22 November 2018 through the following email address: helpcourse.india@gmail.com

Participants are selected according to their professional experience and background.

For further information regarding HELP Course, please contact:

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