

# HEALTH EMERGENCIES IN LARGE POPULATIONS

THE REGIONAL H.E.L.P. VIRTUAL COURSE IN INDIA

06 – 17 DECEMBER 2021, NEW DELHI

**HOSTED 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)



Indian Red Cross Society



## ABOUT THE COURSE

The H.E.L.P. 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. At present, the course is offered by the ICRC in partnership with different academic institutions, the WHO and National Red Cross and Red Crescent Societies in eight countries around the globe: The USA, Iran, India, Cuba, Switzerland, Benin, Lebanon and Japan, and to date, it has been attended by over 5,000 health professionals and aid workers from about 160 countries.

## 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 crisis and to adapt activities as needed. 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.

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

## ORGANISATION

The 5th Regional H.E.L.P. Course will be hosted online by the 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

The course is in English.

## COURSE FEES

USD 225 for International participants  
INR 9000 for Indian participants

The H.E.L.P. Course fee should be transferred to the International Institute of Health Management Research (IIHMR) bank account in Jaipur.

## OTHER REQUIREMENTS

- A stable internet connection and a web camera are essential.
- Connecting from a computer is recommended to achieve better performance and obtain the best results out of the online-based course.
- The time commitment is extremely important: Please be sure that you have undisturbed time during the course hours.

## PROGRAMME CONTENT

The programme explores key elements in the principles and practice of humanitarian assistance in emergencies and major crises. It opens with key concepts, including public health tools, ethical principles, and ethical decision-making process, to make appropriate and effective decisions in a large population crisis. 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. Some of the topics covered are assessing health needs, constraints, available health services, prioritization of action, and results-based management.

## PRACTICAL ETHICS IN HUMANITARIAN ACTION

Respecting the affected persons and protecting their dignity and life is a core duty in any relief operation. Taking relevant decisions and implementing appropriate action in response to a crisis involves a strong commitment to ethics, respecting fundamental ethical values and humanitarian principles. It also involves the recognition of dilemmas and the need for a structured and ethical decision-making 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' in such situations. The course will look into 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 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 crises.

## 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 incidents 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 crisis.

## OTHER TOPICS

Special sessions are organized according to local needs, experience and interests. 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 and scenario-based learning and reflections.

## CERTIFICATION

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

## REGISTRATION

The number of participants is, in principle, limited to 25. Please download and complete an application form available on the following URL:

<https://bit.ly/3Bwn7Jh>

Duly filled application forms must be submitted to the H.E.L.P. Administration Office or emailed to [helpcourse.india@gmail.com](mailto:helpcourse.india@gmail.com) by 07 November 2021. The minimum number of participants is 10.

## PRE-LEARNING

Selected participants are recommended to complete pre-learning online courses at the following websites, prior to the course starting date.

## MEET AND GREET & REHEARSAL

A one-hour virtual Meet and Greet & Rehearsal is scheduled for the 4th week of November 2021, which all selected participants are requested to attend. The time and date will be informed together with the selection result.

*For further information regarding H.E.L.P. Course, please contact:*

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