

NATIONAL POSTGRADUATE MEDICAL COLLEGE OF NIGERIA



POSTGRADUATE DIPLOMA CURRICULUM FOR
POPULATION AND REPRODUCTIVE HEALTH

FACULTY OF PUBLIC HEALTH AND COMMUNITY
MEDICINE

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**FACULTY OF PUBLIC HEALTH AND COMMUNITY MEDICINE
NATIONAL POSTGRADUATE MEDICAL COLLEGE OF NIGERIA
(NPMCN)**

**TRAINING CURRICULUM
FOR POSTGRADUATE DIPLOMA**

IN

POPULATION AND REPRODUCTIVE HEALTH

2022

TABLE OF CONTENTS

Page

1. INTRODUCTION.....	2
2. EDUCATIONAL OBJECTIVE.....	2
3. AIM OF THE PROGRAM.....	3
4. ADMISSION REQUIREMENT.....	3
5. COURSE DURATION.....	3
6. MODUS PERANDI.....	4
7. COURSES.....	4
8. LEARNING OUTCOMES.....	8
9. SKILLS TO BE ACQUIRED.....	9
10. PROJECT.....	10
11. ASSESSMENT.....	11

1.0 INTRODUCTION: The National Postgraduate Medical College of Nigeria (NPMCN) was established by the National Postgraduate Medical College Decree No. 67 of 24th September, 1979, now Cap N59 Laws of the Federation 2004. The Faculty of Public Health and Community Medicine, one of the faculties under the National Postgraduate Medical College is responsible for training of specialist public health physicians in Nigeria with skills and competences to practice public health in Nigeria and beyond. Such training has often required very rigorous procedures and involving Primary, Part 1 and Part 2 examinations and spanning a period of at least six years. Since then the College has trained many doctors in the field of public health. Despite this laudable effort there still remains a need for more manpower specialists in public health to take care of the ever challenging health issues in Nigeria.

The NPMCN has encouraged the establishment of a postgraduate diploma program in Faculty of Public Health and Community Medicine (FPHCM) to fill-in this manpower gap and also provide knowledge and competences in certain subspecialties of public health to doctors in other specialties of medical practice. Therefore, this curriculum is a guide to the training of these doctors in Population and Reproductive Health (PRH) subspecialty of Public Health and Community Medicine (PHCM).

1.1 MISSION STATEMENT

The mission of the Faculty of Public Health and Community Medicine is to promote the highest level of academic and professional training for doctors in Public Health and Community Medicine in line with the best global standards and practices.

1.2 VISION: To develop human resource for health that meets international standards utilizing global best training standard in the subspecialty of Population and Reproductive Health.

2.0. EDUCATIONAL OBJECTIVES

The educational objectives are to:

- i. Strengthen accredited training institutions to ensure that trainees are exposed to the best academic and professional training.
- ii. Ensure and maintain the highest standards for learning and practice of Public Health and Community Medicine for continued academic development.
- iii. Evaluate and certify trainees using phased, reliable, and valid assessment methods.

- iv. Promote academic excellence and professionalism through the inculcation of attitudes of honesty and accountability, with sincerity and precision in academic and professional thoughts, words, and actions.

3.0 AIM OF THE PROGRAM

The aim of the program is to enable trainees acquire Population and Reproductive Health (PRH) knowledge and skills that would enable them apply same in their own work environment.

3.1 SPECIFIC OBJECTIVES OF THE PROGRAM

The program is expected to aid medical doctors working in the area of Population and Reproductive Health develop and acquire knowledge and skills to enable them:-

- i. Explain the role of quantitative and qualitative methods and sciences in describing and assessing population health as relates to reproductive health.
- ii. Explain the social, political and economic determinants of health and how they contribute to population health and health inequalities as relates reproductive health.
- iii. Develop awareness concerning Population and Reproductive health matters of major causes and trends of morbidity and mortality as well as how to reduce them.
- iv. Improve on their capabilities to plan, implement and evaluate relevant programs and interventions related to Population and Reproductive Health.
- v. Assess a variety of strategies that could be used to improve Population and Reproductive Health.
- vi. Appreciate and interpret basic principles related to Epidemiology, qualitative and quantitative research methods and its application in Population and Reproductive health

4.0 ADMISSION REQUIREMENTS

To be eligible for enrolment into the program trainee must-

- i. be a medical doctor with permanent registration with the Medical and Dental Council of Nigeria (MDCN)
- ii. have completed the one-year internship.
- iii. in addition, the trainee must be computer literate, have access to the internet
- iv. be ready to devote 10-15 hours per week to the postgraduate diploma course
- v. have passed the admission screening test.

5.0 COURSE DURATION

The candidate admitted shall spend a minimum of twelve (12) months.

Candidates shall participate in a 6-moduled activity each lasting six (6) weeks with one (1) week in between modules for assessments.

5.1 CREDIT UNIT: 34

6.0 MODUS OPERANDI:

The mode of teaching shall be hybrid: with online component that requires that the candidate spends 10-15 hours per week where the candidate is part of a group demonstrating self-directed learning guided by a facilitator.

There shall be a Physical component that focuses on practical and field competencies acquisition.

The candidate is also required to participate in group activities such as seminars.

Modular Approach is adopted; a total of six modules shall be covered with each module lasting for a period of six weeks.

6.1 TRAINING STRUCTURE. The teaching of the course shall be undertaken by Fellows from the Faculty of Public Health & Community Medicine and other relevant Departments and Ministries that have been approved by the Faculty who has specific needed expertise relevant to participate in some aspects of the program.

6.2 LOCATION OF POSTING

Approved Institutions for Practical and Field training will include:

- i. Urban and Rural Primary Health Care Centers
- ii. Designated Family Planning units in General Hospitals, State Specialist Hospitals, Teaching Hospitals, or LGA Health Departments.
- iii. Other designated institutions recognized for the training of candidates such as Population agencies, Non-governmental Organizations (NGO)s, Ministry of Health, Faith-based health agencies, bilateral and multi-national health partner's offices, etc.

7.0 COURSES

7.1 COURSE MODULES

S/N	Module	Courses	Credit Units	Weighting (%) of Course coverage
1	Module 1: PRH 800	Introduction to Population and Reproductive health Concepts	4	15
2	Module 2: PRH 801	Components of Reproductive health	3	12

3	Module 3: PRH 802	Key issues of concern in Population and Reproductive Health, global efforts and programs to address them	5	20
4	Module 4: PRH 803	Gender equity and safe Motherhood	4	15
5	Module 5: PRH 804	Adolescent and School health services	4	20
6	Module 6: PRH 805	Population and Reproductive health Seminar	2	5
	Elective Courses	Contemporary Demographic trends	2	3
		Analysis of Survey and Population Data	2	
		Study Design, Writing a grant application	2	
	PRH 806	Research Project	6	10
		TOTAL	34	100

A candidate must offer at least one elective course and must have acquired total credit of 30 units to qualify to graduate

7.2 COURSE CONTENTS

PRH 800: INTRODUCTION TO POPULATION AND REPRODUCTIVE HEALTH CONCEPTS (4 credit Units)

i. Basic concepts of Demography and Population studies

Population Dynamics and Public health

Basic demographic frameworks and Methods for public health

Relationship between demographic variables and health processes

Population Policy and projection, Program Management and Evaluation

Strategies to improve population health

ii. The modern ideological concept of Reproductive Health

a. Its evolutionary background including landmark global efforts at addressing population, health and development issues

b. The International Conference on Population and Development

(Cairo 1994) and Fourth World Conference on Women in Beijing 1995 etc.

PRH 801: COMPONENTS OF REPRODUCTIVE HEALTH (3 Credit Units)

i. Definitions, rights based and life cycle approach

ii. Family-planning counselling

iii. Information, education, communication and services

- iv. Education and services for prenatal care, safe delivery, and post-natal care, especially breastfeeding, infant and women's health care
- v. Prevention and appropriate treatment of infertility
- vi. Prevention of abortion and the management of the consequences of abortion
- vii. Treatment of reproductive tract infections; sexually transmitted disease and other reproductive health conditions
- viii. Information, education and counselling, as appropriate, on human sexuality, reproductive health and responsible parenthood.

PRH 802: KEY ISSUES OF CONCERN IN POPULATION AND REPRODUCTIVE HEALTH AND GLOBAL EFFORTS AND PROGRAMS TO ADDRESS THEM (5 credit Units)

- i. Reproductive health demographic data
- ii. Maternal morbidity and mortality, levels, trends, determinants in Nigeria and contemporary developing countries; interventions for reducing them and objectively verifiable indicators for measuring progress and evaluating reduction programs; Roll Back Malaria (RBM) and malaria in pregnancy.
- iii. Management of the complications of abortion and post abortion care.
- iv. Maternal mortality audit.
- v. Millennium Development Goals relevant to maternal mortality ratio reduction.
- vi. Newborn, infants and under-fives morbidity and mortality -levels and determinants of morbidity in the newborn, infants and under-fives in general.
- vii. Child-care services as offered within PHC context.
- viii. Priority health problems of this group and global and national initiatives for addressing them; i.e., IMCI and other child survival strategies.
- ix. Reproductive Tract Infections (RTIs) especially HIV/AIDS including Prevention of Mother To Child Transmission (PMTCT), prevention and management of RTIs; trends in national sentinel surveys for HIV, national programmes (NACA, SACA, LACA, etc.) and efforts for the control of HIV/AIDS and PMTCT; global efforts to contain the disease including mother to child transmission including the 3 by 5 Initiative. Care and support and gender based violence-elimination of harmful traditional practices, violence against women and men, spouse abuse and battering etc.
- x. Adolescent Reproductive Health needs and services -developmental processes, patterns of adolescent behaviour, parental influences socialization and factors influencing adolescent developmental outcomes.
- xi. Major causes of morbidity and mortality during adolescence. Identifying Reproductive Health needs of adolescents and programming for them.

- xii. Implementation challenges and policy issues.
- xiii. Male involvement and participation in Reproductive Health –Reproductive Health services for men-routine and special care including screening for prostatic enlargement and testicular malfunctions
- xiv. Menopause, andropaus and the health needs of ageing populations - identify and design programmes to meet the Reproductive Health needs of this growing population. Screening for reproductive tract cancers and management of conditions associated with andropause/menopause

PRH 803: GENDER EQUITY AND SAFE MOTHERHOOD (4 credit Units)

i. Gender equity

- a. Meeting the Reproductive Health rights of all -male responsiveness to family
- b. Reproductive Health needs; Girl-child developmental issues; Status of women; Gender index

ii. Safe Motherhood

- a. Historical background, global efforts of support
- b. Component services viz. prenatal care (focused ANC), essential obstetric care, basic and comprehensive, essential care for safe delivery by skilled birth attendant; Perinatal & neonatal care, Post-natal care and breast feeding, Family Planning information and services

PRH 804: ADOLESCENT AND SCHOOL HEALTH SERVICES (4 credit Units)

i. Adolescent Reproductive Health information and services

- a. Concept of adolescent/youth friendly services
- b. Life planning education for adolescents
- c. Programming for the adolescents

ii. School Health

- i. Objectives of the school health program
- ii. Health problems of school children
- iii. Components of the school health program
- iv. School health services
- v. School health environment
- vi. School health education
- vii. Organization of a school health program
- viii. Concept of health promoting schools

PRH 806: PROJECT (6 Credit Unit)

Research methodology.

- i. Conduct of research in a particular module or area of interest
- ii. Plan, implement and evaluate population and reproductive health program at sub-national level
- iii. Demonstration of self-directed learning.

7.3 AREAS COVERED

- i. Knowledge, practical skills and competencies with regards to population concepts, strategies and practice of safe motherhood,
- ii. Planning and implementation of family planning services, intervention and programs. Planning and implementation of infertility, sexual dysfunction management and prevention services and programs.
- iii. Planning and implementation of complications of abortion management and interventions programs.
- iv. Planning and implementation of reproductive tract infections prevention and treatment services, interventions and programs.
- v. Planning and implementation of adolescent reproductive and sexual health problems prevention, control and treatment services, interventions and programs.
- vi. Planning and implementation of gender-based violence and harmful practices prevention, control and treatment services, interventions and programs.
- vii. Planning and implementation of reproductive cancers prevention, control and treatment services, interventions and programs.
- viii. Knowledge, practical skills and competencies on reproductive health measurements and indicators.
- ix. Management of community-based population and reproductive health services, interventions and programs.

8.0 LEARNING OUTCOMES:

By the end of the program, students will be able to:

- i. Understand the key concepts, principles and elements of Population and Reproductive Health.

- ii. Identify common Population and Reproductive Health problems.
- iii. Demonstrate general understanding of the epidemiology, presentation, prevention and control of Population and Reproductive health problems and conditions seen in the sub-region.
- iv. Identify resources needed for prevention and treatment of Population and Reproductive Health problems.
- v. Describe the organization of Population and Reproductive Health Services.
- vi. Describe and discuss current global and national policies and programs in Population and Reproductive Health.
- vii. Describe the ethical issues regarding Population and Reproductive Health practices and conduct of research.
- viii. Discuss evidence-based Population and Reproductive Health intervention within the context of sustainable development.
- ix. Plan, implement and evaluate Population and Reproductive Health programs at sub-national level.

9.0 SKILLS TO BE ACQUIRED

- i. Analysis of Population Health issues with reference to transition frameworks
- ii. Provision of Maternal and Child Health (MCH) services namely antenatal care, post-natal care, family planning, normal vaginal deliveries, lifesaving skills, sick child and child welfare clinics.
- iii. Delivery of immunization services
- iv. School Health Services including treatment for minor ailments, preschool and screening for physical challenges.
- v. Inspection and management of school environment e.g. light, ventilation, water supply, refuse and sewage disposal.
- vi. Counselling PMTCT, Birth preparedness and complication readiness, Family Planning.
- vii. Proficiency in use of Family Planning commodities, insertion of IUCD/Jadell and implanon
- viii. School outreach including programme for in and out of school adolescents
- ix. Training and management of Food handlers
- x. Short courses and other training exposures in Population and Reproductive Health.

10.0 Project PRH 806

Candidates shall develop and submit projects before the final examinations. This shall be either an assessment of an existing project/intervention (secondary data) identified by the candidate or a review of any relevant topic in Public Health. That is, both primary and secondary data are allowed. The project shall have the following format and structure.

Title page: The title is to be written as **“Project for Final Examination.”** This is then followed by the name of the candidate, his/her training institution's address; followed by statement: **“submitted to the Faculty of Public Health and Community Medicine, in partial fulfilment of the requirements for the award of postgraduate diploma in Population and Reproductive Health in Faculty of Public Health and Community Medicine, of the National Postgraduate Medical College of Nigeria”.** Finally, the month and year of the examination at which the book is presented, for example “November 2022”.

The student project shall consist of the following opening pages and chapters

Certification page (*Should contain Name, Signature, Date and Address of Supervisor*)

Dedication (optional)

Acknowledgements (optional)

Table of contents

Chapter One. Introduction

Chapter Two: Literature Review

Chapter Three. Methods

Chapter Four. Results/Findings

Chapter Five. Discussion, Conclusions and Recommendations

- The conclusions and recommendations for all stakeholders including the Faculty, the training institution, the department, as well as, for colleagues and future Trainees
- Referencing style should be Harvard applying Vancouver Referencing in the text and listing the references at the end of the report.

11.0 ASSESSMENT

Level Grade	Mark	Grade Point
A	70 and above	5
B	60-69	4
C	50-59	3
F	0-49	0

11.1 Final Examination Format

Components	Assessment type	How will it be assessed	Resources	Time
Theory	MCQ	Standard Setting Method (Angoff)	CBT	60 minutes
Project defense/ Orals	Candidate will be examined on theory and Practice of Population and Reproductive Health	60% on Principles and practice of PRH and 40% defense of Field Posting Report	Examiners	30 minutes 60 minutes

11.2 ASSESSMENT SCORING AND GRADING OF PERFORMANCE

Scoring of the different components of the assessment shall be as follows:

Scores	Level of Pass	Grade	Grade Level
≥ 70	Very Good Pass	A	P+1
60 – 69	Good Pass	B	P+
50 – 59	Pass	C	P
40 – 49	Borderline	D	P -
< 39	Fail	E	P -1

11.3 GRADUATION REQUIREMENTS

To qualify for Postgraduate Diploma in Population and Reproductive Health, candidates must have registered for at least 34 credit units and passed all including 24 units of core courses and 2 unit of elective, 2 credit units of seminar and 6 credit units for project. Total minimum credit units for graduation is 34

11.4 AWARDING THE POSTGRADUATE DIPLOMA DEGREE

Any student whose CGPA falls below 2.50 in any semester/Module shall withdraw from the programme. Students must complete the course work before being allowed to defend project. Any student who fails to complete course work and defend project within the stipulated maximum period of stay (18 months) will be considered to have abandoned the programme.

