

International Health & Wellness Program
Empowering Individuals and Communities in Self-help & Self-care

Purpose:

The purpose of this program is to equip evangelical missionaries in wellness and preventative health care practices and to appropriately communicate those principles cross-culturally by planting indigenous medical programs.

Course Description:

This course prepares missionaries in health, wellness, and prevention of disease. Attendees will also gain an understanding of typical diseases encountered on an international level as well as appropriate treatments. A primary focus will be given throughout the program on how to appropriately communicate this knowledge and skills cross-culturally in order to empower communities to improve their own health.

Learning Objectives:

- Define health, wellness, and preventative health care.
- Identify factors influencing physical, emotional and spiritual health.
- Evaluate the participant's current level of wellness.
- Identify 20 various means of disease transmission.
- Describe preventative measures utilized against infectious and communicable diseases.
- Exercise problem-solving skills in identifying diseases from a given list of symptoms.
- Identify diseases that are indigenous to the participant's field of service, as well as preventative measures and appropriate treatments.
- Accurately calculate drug dosages.
- Describe principles and effective strategies in establishing an indigenous medical program cross-culturally.
- Identify health-related community development projects.

Teaching methods:

- Lecture
- Independent and group exercises
- Demonstrations:
 - Nasogastric (stomach) tube insertion
 - Preparation of oral rehydration solution (ORS)
- Individualized hands-on practice sessions
 - Blood pressure measurement
 - Administering injections (subcutaneous)
 - Use of the otoscope
- Case studies
- Audiovisual aids (slides, videos)