Strengthening Community Health System

to Support Ageing Society

By School of Nursing, Panyapiwat Institute of Management

Course Outline

1. **Course Title:**

   Strengthening Community Health System to Support Ageing Society

   (การพัฒนาความเข้มแข็งของระบบสุขภาพชุมชนเพื่อรองรับสังคมสูงวัย)

2. **Duration:**

   April, 17th – 28th 2023 (2-week online training)

3. **Background:**

Thailand International Cooperation Agency (TICA)

TICA is a national focal point for Thailand's international development cooperation. It was established in 2004 to realize Thailand's aspiration to be a contributor to international development cooperation. Believing that global challenges are best addressed through international cooperation and global partnership, TICA continues to work closely together with its development partners to realize the global development agenda through various capacity-building and human resources development programs. In response to the recent changes in the global landscape of development cooperation, TICA has strengthened its partnerships to harness the synergy of South-South and Triangular Cooperation to tackle global development challenges, including expediting the implementation of Sustainable Development Goals (SDGs). It also continues to realign our focuses in order to deliver Thailand's commitments as a global reliable partner.

Since 1991, TICA, in collaboration with educational institutions in Thailand, has offered short-term training courses under its Annual International Training Course (AITC) program. The

number of courses offered each year varies between 25 to 35 courses for 20-35 participants per course. AITC not only fosters good and friendly relations which Thailand has already enjoyed with recipient countries across regions, but also helps Thailand to reach out to those countries with which we desire to engage more closely. The courses offered by TICA in 2023-2025 are categorized into 5 themes: Sufficiency Economy Philosophy (SEP), food security, climate change and environmental issues, public health, BCG Model related.

Organization/Institution

Panyapiwat Institute of Management (PIM) is Thailand's first and largest Corporate University, founded in 2007 under CP All Plc., a member of the C.P. Group. To strengthen corporate values and sustainability for society, Work-based Education has been pioneered by PIM, leveraging the expertise of CP All Plc. with the commitment to produce academically skilled and job-ready graduates, developing human resources whose knowledge and skills are better aligned with market needs, including partners and stakeholders in various businesses. PIM maintains well-established quality assurance mechanisms and has gained good standing in the accreditation review by the Office of the Higher Education Commission (OHEC). In addition to institutional strength and effective leadership, PIM's outstanding work-based learning programs are also highlighted in the OHEC review.

The institute practices "Work Based Learning" which requires the students to do internships in CP All PLC itself and its partner companies. CP All is the franchisee of 7-Eleven stores in Thailand with over 10,000 stores nationwide, as of June 2017. It also has other businesses including food processing, retail equipment, marketing, information technology etc. Consequently, students will learn of how to offer qualified services to customers in real situation.

School of Nursing (SON) of PIM was established in 2020 to offer the bachelor degree in nursing science. The school and program have been officially approved by Thailand Nursing and Midwifery Council (TNMC) and the Ministry of higher education, science, research, and innovation (MHESI). SON has qualified faculty members with long experiences in teaching- learning, research, and in particular, the arrangement as the host of several international training programs. SON offers the bachelor of nursing science in the academic year 2022. SON has followed to perform 4 missions of PIM, including provision of teaching and learning, conducting research, provision of community service, and preservation Thai culture. In the mission of "provision of

community service", SON has focused to promote health and wellness of customers across the age. Especially in elderly care and healthy ageing which has been implemented by CP Group.

Background on Ageing Society

By 2030, 1 in 6 people in the world will be aged 60 years or over. At this time the share of the population aged 60 years and over will increase from 1 billion in 2020 to 1.4 billion. By 2050, the world's population of people aged 60 years and older will double (2.1 billion). The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million. The pace of population ageing is much faster than in the past. All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift (UN,2019)

By 2050, two-thirds of the world's population over 60 years will live in low- and middle-income countries. Ageing explained the biological changed which leads to a gradual decrease in physical and mental capacity, a growing risk of disease and death. Besides the biological changes, Ageing is often associated with other life transitions such as retirement, relocation to more appropriate housing and the death of friends and partners.(WHO,2021)

Common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. As people age, they are more likely to experience several conditions at the same time.

Older people are often assumed to be frail or dependent and a burden to society. Public health professionals, and society as a whole, need to address these and other ageist attitudes, which can lead to discrimination, affect the way policies are developed and the opportunities older people have to experience healthy aging.

The United Nations General Assembly declared 2021–2030 the Decade of Healthy Ageing and asked WHO to lead the implementation. The Decade of Healthy Ageing is a global collaboration bringing together governments, civil society, international agencies, professionals, academia, the media and the private sector for 10 years of concerted, catalytic and collaborative action to foster longer and healthier lives.

The Decade builds on the WHO Global Strategy and Action Plan and the United Nations Madrid International Plan of Action on Ageing and supports the realization of the United Nations Agenda 2030 on Sustainable Development and the Sustainable Development Goals.

The Decade of Healthy Ageing (2021–2030) seeks to reduce health inequities and improve the lives of older people, their families and communities through collective action in four areas: changing how we think, feel and act towards age and ageism; developing communities in ways that foster the abilities of older people; delivering person-centered integrated care and primary health services responsive to older people; and providing older people who need it with access to quality long-term care.

With rich of learning resources and experiences in organizing international training courses. PIMSON would like to offer the training course on "Strengthening community health system to support ageing society"

4. Objective
The program is designed to:

4.1 Enhance the participant's knowledge and understanding of global ageing situations

4.2 Understand the community health system and SDGs and Sufficiency Economy Philosophy

4.3 Identify factors influencing healthy ageing

4.4 Understand the challenge in responding to ageing population

4.5 Share knowledge and experiences in community empowerment, community health development

4.6 Identify working strategies, roles of local community organizations, NGO's community leaders, health volunteers and groups in working together toward healthy ageing

4.7 Community Project development to support ageing population in the community/society

4.8 Develop networking among participants and organizations.

5. Course Contents:

5.1 Core Contents:

1. Health care delivery systems
2. Sustainable Development Goals
3. Sufficiency Economy Philosophy
4. Global Ageing situations and responds

5. Principle concepts and tools for community health development

6. Community health development process

7. Community data management and utilization

8. Working strategies, roles of local community organizations, NGO's, community leaders and volunteers in working together to support healthy ageing

9. Healthy public policy development to support healthy ageing

10. Planning and Project development to strengthen community health system in supporting healthy ageing

5.2. Practicum

1. Community development tools

2. Community data management

3. Community health planning and Project development to strengthen community health system

5.3. Virtual Field study

1. "The Aspen Tree" The Forestias (The Holistic life-time care residential project)

2. "Theparat Garoon" Health promotion and rehabilitation center for ageing (under Red Cross)

3. Somdej Phra Sangharaj Nganasamvara Geriatric Hospital

4. Community self-governance to support healthy ageing

6. Participants' Criteria:

Applicants must fulfill the following requirements:

☐ Be nominated by their respective governments;

☐ Education: Bachelor degree in health science or related fields

☐ Language: proficiency in English (speaking, reading and writing)

7. Attendance and Evaluation

Participants who complete the training will receive a certificate based on:

☐ Real-time online class attendance (not less than 80%)

☐ Interactive class participation

☐ Presentation and report

☐ Evaluation

8. Training Method:

The course will be conducted in online platform via Zoom meeting.

9. Expected Results: After attending the training course the participants will be able to;

9.1 Describe the important of Ageing Society

9.2 Describe the concepts and process in community health system development to foster healthy ageing

9.3 Develop the community strengthening project to support healthy ageing

10. Organization/ Institution:

☐ Implementing Agency: Panyapiwat Institute of Management, School of Nursing
☐ Contact Person: 1. Professor Dr.Wipada Kunawictikul.
                              2. Associate Prof. Wilawan Senaratana.

Panyapiwat Institute of Management (PIM), Eastern Economic Corridor (EEC) campus
Address: 1 Moo 7, Baan Rai Suk Bot Road,
                 Na Chom Thian subdistrict, Sattahip district, Chonburi 20250
Email: wipadakun@pim.ac.th

11. Expenditure/Funding:

Thailand International Cooperation Agency (TICA)
Government Complex, Building B (South Zone), 8th Floor,
Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND
Website: https://tica-thaigov.mfa.go.th/en/index
Email: aitc@mfa.go.th

Schedule for the Training Programme:

Strengthening community health system to support ageing society

April, 17th – 28th 2023 (10 days)

Online Training via Zoom Meeting

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Day 1 : April, 17th 2023				
	9.00-10.30	-0pening session -Ice breaking -Orientation to the course	Vice President for Health Science Project	
	10.30-12.00	-Sustainable Development Goals	Invited Speaker	
	12.00-13.00	Lunch Break		
	13.00-15.00	-Health care delivery system in Thailand	Invited Speaker	
	15.00-16.30	-Sufficiency Economy Philosophy (SEP)	Invited Speaker	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Day 2 : April, 18th 2023				
	9.00-12.00	-Global ageing situation and responds -Principle concepts policy driving and supportive measures for ageing society	Invited Speaker	
	12.00-13.00	Lunch Break		
	13.00-16.30	-Healthy public policy development -Community assessment tools	Lecturer from PIM School of Nursing	
Day 3 : April, 19th 2023				
	9.00-10.30	-Community data management and utilization	Invited Speaker	
	10.30-12.00	-Workshop on Community data management and utilization	Lecturer team from PIM School of Nursing	Breakout room for workshop
	12.00-13.00	Lunch Break		
	13.00-16.30	-Planning for community health system development to support ageing society -Working guideline and strategies to support ageing society	Lecturer from PIM School of Nursing	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
Day 4 : April, 20th 2023				
	9.00-12.00	-Workshop on Community project development to support ageing society in individual country (Individual project assignment)	Lecturer team from PIM School of Nursing	Breakout room for workshop
	12.00-13.00	Lunch Break		
	13.00-16.30	-Self-study for project assignment		
Day 5 : April, 21st 2023				
	9.00-12.00	-Virtual Field study to Community self-governance to support ageing society -Wrap up session	Presents via Video virtual tour and Q & A session with Invited Speaker (Community Leader)	virtual tour video will be specially produced by PIM
	12.00-13.00	Lunch Break		
	13.00-16.30	-Virtual Field study to Somdej Phra Sangharaj Nganasamvara Geriatric Hospital -Wrap up session	Presents via Video virtual tour and	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
			Q & A session with Invited Speaker (Hospital director)	
Day 6: April, 24th 2023				
	9.00-12.00	-Virtual Field study to "Theparat Garoon" Health promotion and rehabilitation center for ageing (under Red Cross) -Wrap up session	Presents via Video virtual tour and Q & A session with Invited Speaker (Hospital director)	virtual tour video will be specially produced by PIM
	12.00-13.00	Lunch Break		
	13.00-16.30	-Virtual Field study to "The Aspen Tree" The Forestier (The Holistic life-time care residential project) -Wrap up session	Invited Speaker from The Aspen tree, MQDC	
Day 7 : April, 25th 2023				
	9.00-12.00	-Special Discussion Forum : "Social engagement to support Aging society"	Moderator & 4 Special guest speakers	

Date/ Period /Topic	Time (Thailand time)	Content	Speaker	Note
	12.00-13.00	Lunch Break		
	13.00-16.30	-Self-preparation for Project presentation		
Day 8 : April, 26th 2023				
	9.00-16.30	-Project presentation & Discussion	Commentator team from PIM School of Nursing	
Day 9 : April, 27th 2023				
	9.00-16.30	-Project presentation & Discussion	Commentator team from PIM School of Nursing	
Day 10 : April, 28th 2023				
	9.00-10.00 10.00-11.30 11.30-12.00	-Wrap up session -Course evaluation -Memorable session -Closing session	Lecturer from PIM School of Nursing Vice President for Health Science Project	

APPENDIX

The training course will be conducted by School of Nursing

Panyapiwat Institute of Management (EEC Campus)

Topic: Strengthening Community Health System to Support Ageing Society

By School of Nursing, Panyapiwat Institute of Management

TICA: Thailand International Cooperation Agency is a department under the Ministry of Foreign Affairs of Thailand and a national focal point for international development cooperation with development partners and other developing countries around the world. TICA was established in 2004 to realize Thailand's aspiration to be a contributor of development cooperation. TICA's mission is to promote sustainable socio-economic development through sharing of knowledge and best practices. In response to the recent changes in the global landscape of development cooperation, especially through the concept of South-South and Triangular Cooperation, TICA continues to realign our focuses in order to deliver Thailand's commitment to be a relevant partner in global agendas including the 2030 Agenda for of Sustainable Development Goals (SDGs).	

Theme: Public Health	Course Objectives
Main Goal: To share knowledge on public health management such as primary health care, community health care, and universal health coverage, etc. **Areas of focus:** ☐ Strengthening communities' capacity in public health management to foster community health such as promotion of community health systems, development of public health volunteers, establishment of community health funds, formulation of community health plans, community database development, etc. ☐ Strengthening health systems in terms of policies, budgets and universal health coverage. ☐ Enhancing primary health care such as maternal and child health management, pre-school health, children empowerment in the community, and prevention of social problems among children such as mental illnesses, unplanned pregnancy, etc. ☐ Preparing for an aged society to reduce the overall socio-economic impacts caused by changes in the demographic structure, including the application of technology, innovation and automation to support the aged society. ☐ Promoting occupational health by ensuring safe environment at workplaces, providing proper occupational tools for the safety of workers and preventing work-related diseases	The program is designed to: 4.1 Enhance the participant's knowledge and understanding of global ageing situations 4.2 Understand the community health system and SDGs 4.3 Identify factors influencing healthy ageing 4.4 Understand the challenge in responding to ageing population 4.5 Share knowledge and experiences in community empowerment, community health development 4.6 Identify working strategies, roles of local community organizations, NGO's community leaders, health volunteers and groups in working together toward healthy ageing 4.7 Community Project development to support ageing population in the community/society 4.8 Develop networking among participants and organizations. ....

or symptoms such as respiratory diseases as a result of air pollution exposure, musculoskeletal disorders, office syndrome, etc.	

Course Contents:	Attendance and Evaluation
1.Lecture	Participants who complete the training will receive a certificate based on:
1.1. Health care delivery systems	
1.2. Sustainable Development Goals	☐ Real-time class attendance (not less than 80%)
1.3. Global Ageing situations and responds	☐ Interactive class participation
1.4. Principle concepts and tools for community health development	☐ Presentation and report
1.5. Community health development process	☐ Evaluation
1.6. Community data management and utilization	....
1.7. Working strategies, roles of local community organizations, NGO's, community leaders and volunteers in working together to support healthy ageing	....
1.8. Healthy public policy development to support healthy ageing	**Venue:**
1.9. Planning and Project development to strengthen community health system in supporting healthy ageing	The Tara Pattaya, the training center under facilities of Panyapiwat Institute of Management at EEC campus, located on South Pattaya, Banglamung District Chonburi Province
2. Practicum	
2.1. Community development tools	
2.2. Community data management	**Expenditure/Funding:**
2.3 Community health planning and Project development to strengthen community health system	Thailand International Cooperation Agency (TICA) Government Complex, Building B (South Zone), 8th Floor, Chaengwattana Rd. Laksi District, Bangkok 10210 THAILAND
3. Field study	
1. The Forestias project	
2. "Theparat Garoon" Health promotion and rehabilitation center for ageing (under Red Cross)	**Website:**
3. Wat Yan Sang Wararam Worawihan (Hospital for ageing)	https://tica-thaigov.mfa.go.th/en/index

    4. Community self-management for healthy ageing

Lecture Outline

- Health care delivery system in Thailand
- Sustainable Development Goals
- Global ageing situation and responds
- Principle concepts and tools for community health development
- Community health development process
- Community data management and utilization
- Working strategies to support healthy ageing
- Healthy public policy development to support healthy ageing
- Community health planning
- Planning for community health system development
- Community project development for healthy ageing.

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