POPULATION HEALTH MANAGEMENT

Introduction

This course is designed to equip participants with the knowledge, practical skills, and strategic competencies required to improve health outcomes across defined populations while optimizing the use of healthcare resources. The programme introduces participants to the principles, frameworks, and best practices of Population Health Management (PHM), emphasizing proactive, data-driven, and patient-centered approaches to improving population health. Participants will explore the determinants of health, population risk stratification, disease prevention, health promotion, care coordination, health informatics, quality improvement, and performance measurement. The course also examines health equity, community engagement, integrated care models, value-based healthcare, and the application of digital technologies in managing population health. Through practical case studies, group discussions, simulations, and hands-on planning exercises, participants will strengthen their ability to design, implement, monitor, and evaluate population health interventions that improve health outcomes, reduce disparities, and enhance healthcare system efficiency.

Course Objectives

- Understand the principles and frameworks of Population Health Management.
- Identify determinants influencing population health outcomes.
- Apply population health assessment and risk stratification techniques.
- Design preventive and health promotion interventions.
- Strengthen care coordination and integrated healthcare delivery.
- Utilize health data and analytics for decision-making.
- Promote health equity and reduce health disparities.
- Measure population health outcomes and programme performance.
- Apply digital health technologies to improve population health.
- Develop sustainable population health management strategies.

Course Modules

> Module 1: Introduction to Population Health Management
- Concept and principles of Population Health Management
- Population health versus public health
- Determinants of health
- Burden of disease
- Health equity and social determinants
- Global trends in population health

> Module 2: Population Health Assessment
- Population needs assessment
- Risk stratification
- Community health profiling
- Epidemiological indicators
- Health surveillance systems
- Priority setting

> Module 3: Disease Prevention and Health Promotion
- Health promotion strategies
- Preventive healthcare
- Behavior change interventions
- Community engagement
- Screening programmes
- Chronic disease prevention

> Module 4: Integrated Care and Care Coordination
- Integrated healthcare models
- Patient-centred care
- Care coordination
- Case management
- Referral systems
- Continuity of care

> Module 5: Health Data, Informatics and Analytics
- Health information systems
- Electronic Health Records

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- Population health dashboards
- Data analytics
- Artificial Intelligence in healthcare
- Performance monitoring

> Module 6: Quality Improvement and Performance Measurement

- Healthcare quality improvement
- Key Performance Indicators (KPIs)
- Patient safety
- Outcome measurement
- Continuous quality improvement
- Benchmarking

> Module 7: Leadership, Policy and Financing

- Health leadership
- Health policy
- Value-based healthcare
- Health financing
- Resource allocation
- Stakeholder engagement

> Module 8: Future of Population Health Management

- Digital transformation
- Predictive analytics
- Precision public health
- Climate change and population health
- Emerging health technologies
- Developing a Population Health Management Action Plan