

International Health

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Learning Objectives

By the end of this lecture, the students of 3rd year MBBS will be able to

- Describe International health regulations and their importance, describe international health regulations 2005
- Describe preventive measures for travelers visiting disease endemic areas

What is International Health

- International health, also called geographic medicine, [international medicine](#), or [global health](#), is a field of [health](#) care, usually with a public health emphasis, dealing with health across regional or national boundaries

INTRODUCTION:

- The IHR are legally binding set of regulations adopted by WHO which helps countries to save lives caused by diseases spread internationally and other health risks.

THE INTERNATIONAL HEALTH REGULATIONS EVOLUTION

- **1948: WHO Constitution**
- **1951: Adopted ISR International Sanitary Regulations**
- **1969: Revised to IHR**

1969 IHR(Cholera, plague, YF, small pox, relapsing fever and typhus)

In early 1990s, emergence of Ebola hemorrhagic fever

- **1995: 48th World Health Assembly ; Call for revision**
- **2001: Links to Global health Security strategy**
- **2005: Adopted IHR 2005**
- **2007: IHR(2005) comes into effect**

Why were the IHR revised?

1. Increase in cross-border travel, trade and communication technology
2. Focus on just three diseases (cholera, plague and yellow fever) - not equipped to address the growing and varied public health risks
3. Reluctance to promptly report outbreaks of these diseases for fear of unwarranted and damaging travel and trade restrictions

IHR (2005)

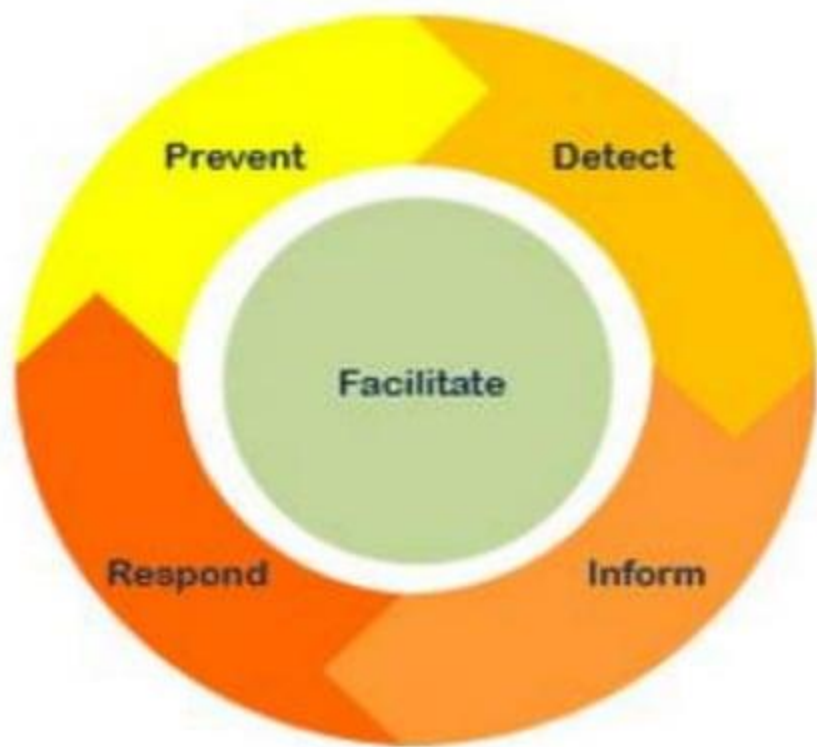


1. From control of borders to containment at source
2. From diseases list to all threats
3. From pre-set measures to adapted and real time response

PURPOSE AND SCOPE OF IHR:

- ▶ “To prevent, protect against, control and provide a public health response to the international spread of disease in ways that are commensurate with and restricted to public health risks,
- ▶ and which avoid unnecessary interference with international traffic and trade.”


Core functions of the IHR



- ▶ The IHR require that all countries have the ability to do the following:
- ▶ **Detect:** Make sure surveillance systems and laboratories can detect potential threats
- ▶ **Assess:** Work together with other countries to make decisions in public health emergencies
- ▶ **Report:** Report specific diseases, plus any potential international public health emergencies, through participation in a network of National Focal Points
- ▶ **Respond:** Respond to public health events

PUBLIC HEALTH EMERGENCY OF INTERNATIONAL CONCERN: (PHEIC)

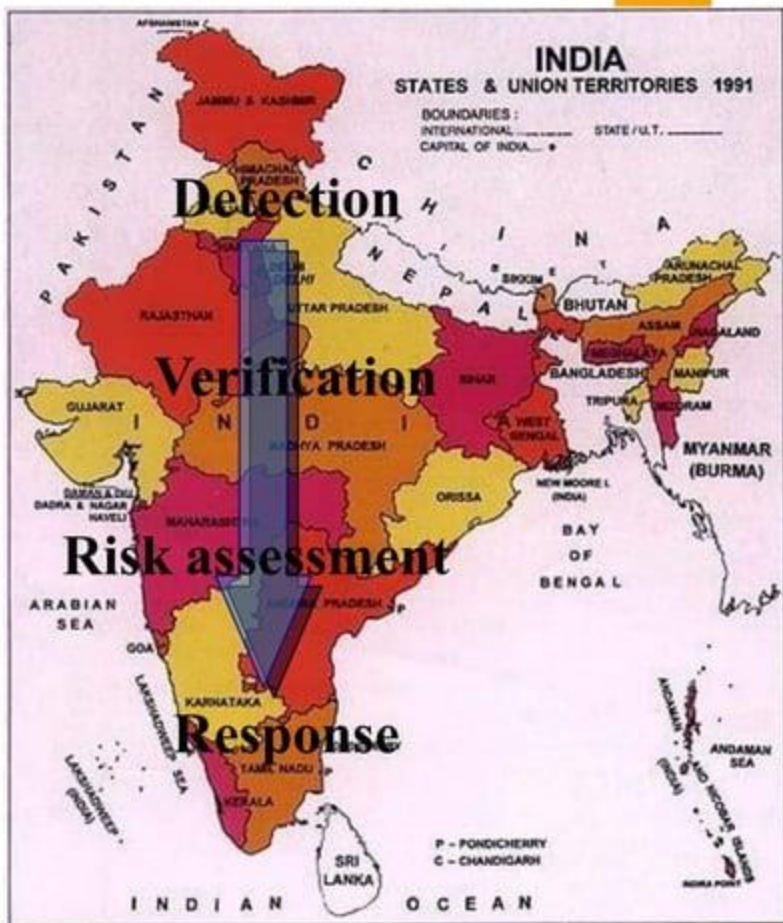
- ▶ Defined as “ An extraordinary event which is determined to constitute a public health risk to other states through the international spread of disease and to potentially require a coordinated international response”.
- ▶ These events of potential international concern, which require States Parties to notify WHO, can extend beyond communicable diseases and arise from any origin or source.



Under IHR, a PHEIC is declared by the World Health Organization if the situation **meets 2 of 4 criteria:**

- Is the public health impact of the event serious?
- Is the event unusual or unexpected?
- Is there a significant risk of international spread?
- Is there a significant risk of international travel or trade restrictions?

Alert & Response Operations



Articles Under IHR 2005

- ▶ Article 1
- ▶ **“Isolation”**- separation of ill persons from healthy people
- ▶ **“quarantine”**- the restriction of activities and/or separation from others of suspect persons who are not ill or of suspect baggage, containers, conveyances or goods in such a manner as to prevent the possible spread of infection or contamination
- ▶ **“temporary recommendation”** means non-binding advice issued by WHO for application on a time-limited, risk-specific basis, in response to a public health emergency of international concern, so as to prevent or reduce the international spread of disease and minimize interference with international traffic

ARTICLE 4

Relates to *responsible authorities*

PUBLIC HEALTH RESPONSE (ARTICLE 5-14)

ARTICLE 5

surveillance

ARTICLE 6

notification

ARTICLE 7

Information-sharing during unexpected or unusual public health events

ARTICLE 8

consultation



ARTICLE 9

Other reports

ARTICLE 10

Verification

ARTICLE 11

Provision of information by WHO

ARTICLE 12

Determination of a public health emergency of international concern

ARTICLE 13

Public health response

ARTICLE 14

Cooperation of WHO with intergovernmental organizations and international bodies

WHO Responsibilities

- ▶ Coordinating implementation of the IHR.

They are working to:

- ▶ Foster global partnerships
- ▶ Strengthen national disease prevention, surveillance, control and response systems
- ▶ Strengthen public health security in travel and transport

- ▶ Strengthen WHO global alert and response systems
- ▶ Strengthen the management of specific risks
- ▶ Sustain rights, obligations and procedures
- ▶ Conduct studies and monitor progress

Travel Medicine

- One subset of international medicine, [travel medicine](#), prepares travelers with immunizations, prophylactic medications, preventive techniques such as bednets and residual pesticides, in-transit care, and post-travel care for exotic illnesses

Traveler's guide to avoiding infectious diseases

- Diseases vary in different places in the world. You will need to take different preventive steps, depending on where you are going. The following things should be considered:
 - Insects and parasites
 - Local climate
 - Sanitation

Before Travel

- Talk to your health care provider or visit a travel clinic 4 to 6 weeks before you leave for your trip. You may need several vaccinations. Some of these need time to work.
- You also may need to update your vaccinations. For example, you may need "booster" vaccines for:

Vaccination

All travelers

Routine Vaccination:

- ▶ These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and yearly Rotavirus shot.

COVID19 Booster shot



Other Vaccines:

Hepatitis A/B

Typhoid

Japanese Encephalitis

Rabies

Yellow Fever

Other advice to travellers:

Malaria medication

Tetanus Booster

Food and Water Safety

- Certain countries have required vaccinations. You may need proof that you have had this vaccine in order to enter the country.

- People who may have different vaccine requirements include:
 - a) Children
 - b) Older people
 - c) People with weakened immune systems or HIV
 - d) People who expect to be in contact with certain animals
 - e) Women who are pregnant or breastfeeding

- Check with your provider or local travel clinic.

FOOD AND WATER SAFETY

- You can get some types of infections by eating or drinking contaminated food or water. Stay away from the following foods:
 - i. Cooked food that has been allowed to cool (such as from street vendors)
 - ii. Fruit that has not been washed with clean water and then peeled
 - iii. Raw vegetables
 - iv. Salads
 - v. Unpasteurized dairy foods, such as milk or cheese
- Drinking untreated or contaminated water can lead to infection. Only drink the following liquids:
 - i. Canned or unopened bottled beverages (water, juice, carbonated mineral water, soft drinks)
 - ii. Drinks made with boiled water, such as tea and coffee

OTHER STEPS TO PREVENT INFECTIOUS DISEASES

- Clean your hands often. Use soap and water or an alcohol-based cleanser to help prevent infection.
- Do not stand or swim in fresh-water rivers, streams, or lakes that have sewage or animal feces in them. This can lead to infection. Swimming in chlorinated pools is safe most of the time.

Assignment

- Log in to your KGMS LMS IDs.
- Go to International Health in courses by Community Medicine.
- Open and Download both the lectures by Dr. Aleina.
- Read the additional blog updated.
- Take a screenshot and share on aleyna.a.shaw@live.com
- Enjoy your Vacation

THANK YOU

5 reasons why the IHR matter



HEALTH THREATS HAVE NO BORDERS

The IHR strengthen countries' abilities to control diseases that cross borders at ports, airports and ground crossings



TRAVEL AND TRADE ARE MADE SAFER

The IHR promote trade and tourism in countries and prevent economic damage



GLOBAL HEALTH SECURITY IS ENHANCED

The IHR establish an early warning system not only for diseases but for anything that threatens human health and livelihoods



DAILY THREATS ARE KEPT UNDER CONTROL

The IHR guide countries to detect, assess and respond to threats and inform other countries quickly



ALL SECTORS BENEFIT

The IHR prepare all sectors for potential emergencies through coordination and information sharing



World Health
Organization

Until all sectors are on board with the IHR, no country is ready