

Public Health Policy

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Module Name : Public Health Policy

Module Code : BMHP5013_LON

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Introduction

“Public Health Policies” refers to the “rules, regulations, legislations, laws, steps and conclusions” executed by the government within the community in order to enhance wellbeing. It makes sure that the aims related to health are mitigated. Following the “public health policies”, the report will consist of the background of “coronavirus” and more specifically “Covid-19”. The report will later include the “strategies used to measure, monitor and control the incidence of coronavirus”. The report will later comprise “current public health policy approaches to reduce or control incidence”. Furthermore, the report will involve various models and theories of health behaviour change. The report will later include the “impact of legislation and policies on the health and wellbeing of individuals in a health or social care settings”, “ethical considerations” and “recommendations” towards the “public health policies”.

Background of “coronavirus” and more specifically “Covid-19”

“COVID-19” refers to the disease caused by a virus generated in “Wuhan City, Hubei Province, China”. “COVID-19” is also known as “novel coronavirus”. In this disease, an individual faces a “severe acute respiratory syndrome”, which means that an individual faces respiratory issues due to acute fever and cold. “The “World Health Organization” recognized the “COVID-19” on 31st December 2019. “WHO” announced “COVID-19” as a “global health emergency”, on 30 January 2020 (Mandal *et al.*, 2020). “COVID-19” stated to be a “global pandemic” by the “World Health Organization”, on “11 March”. COVID-19 resulted to be one of the largest and deadliest pandemics the world has ever seen. COVID-19 killed millions of individuals in the entire globe. COVID-19 impacted the entire world drastically, as the economies went down, the population started decreasing, and many more.

“Strategies used to measure, monitor and control the incidence of coronavirus”.

As the number of cases of the COVID-19 in the UK was increasing rapidly. In order to mitigate the pandemic, the government of the UK was first required to measure the cases of the COVID-19. It was very important to analyse the number of cases before implementing any strategy to mitigate the pandemic and save the lives of individuals. The government of the UK, collected the reports of the hospitals, stating what is the average number of cases per day. The government of the UK analysed that the cases are increasing on an average basis of 3000. However, till 10 January 2021, the number of cases in the UK was approx. 55,000 (McKibbin and Fernando, 2020). This was a huge amount for the individuals of the UK, and the government was now facing uncontrolled problems.

In order to monitor the cases of the COVID-19 in the UK, the government is required to analyse the number of deaths. This could be analysed by checking the daily updates in the newsfeed, newspapers, and hospitals. This could help the government to check which are the areas that contain more COVID-19 cases. It can show the actions needed rapidly in particular areas of the country. WHO identified that the “COVID-19” does not spread unless there is no impact between individuals. It means that any individual containing the coronavirus should not come closer towards an individual, or should not get contacted.

The government of the UK decided to take various actions so that the pandemic stops, and individuals do not die. The government activated an entire lockdown in the country. It means

that no individual was allowed to come out of their houses, and perform any activities in public. It was beneficial for the country, as there was no contact between the individuals. However, the public workers, such as doctors, police, soldiers, workers in hospitality, were allowed to perform their activities. The government of the UK provided every possible facility to the doctors and the police so that they could perform effectively to save people. The government of the UK utilized the method of social media and news feed to deliver various messages regarding COVID-19. The messages stated that individuals need to stay away from contacting any individual. Individuals are required to sanitize their hands or wash their hands regularly because hands are the main source of COVID-19, by which the virus can enter the body of the individuals. The messages also included that the individuals are always required to wear a mask.

By the middle of 2019, India became one of the most affected countries in the world. The government of India was required to measure the cases within the country. India started containing the cases of COVID-19 on the 14 of March. In the month of March, India had an average case rate of 100. The government of India analysed the case reports from the hospitals. By reading various case reports, the government recognized that the individuals are required to stop themselves from contacting other individuals.

The government monitored the cases by evaluating the average cases of the COVID-19. The government surveyed various hospitals and analysed the death rates of the individuals. When the government thought that it is high time now, and the cases need to be controlled by implementing various strategies. The government of India noticed that the impact of coronavirus is enormous, so the government decided to lock down the country (Venkatesh and Edirappuli, 2020). However, several individuals of India did not seem to follow the lockdown properly, as they were still out of their houses for various reasons, which impacted the country. The rate of cases was increasing rapidly and it started moving towards its peak by May 8, 2020, with an average rate of "3,91,232".

To stop these individuals, the government decided to take suitable actions on the requirements of the public and the reasons for going out of their houses. The government decided to deliver food materials at houses so that the public do not die because of starvation. After implementing this, the government also decided to make punishments for the individuals not following the rules and regulations forcefully. In these facts, the government noticed that lockdown was not a permanent medicine for the COVID-19 (Paltiel *et al.*, 2021). The government established

meetings with the scientists in order to understand its origin and produce an appropriate vaccine concerning the pandemic all over the country.

“Current public health policy approaches to reduce or control incidence”

In the UK, the government analysed that the “COVID-19” does not impact severely on the young age of individuals, it mostly affects individuals with old age or new birth babies (Levin *et al.*, 2020). In this situation, the government decided to help the old age individuals first, as they have more risk in comparison to the young age individuals. The government of the UK was concerned about the old age individuals and provided reserved beds for them in hospitals. As the cases were increasing and the number of places and beds left in the hospitals were decreasing. This was an important factor to save the high-risk individuals at first (Weitz *et al.*, 2020). It was stated by “WHO” that young age individuals have a good immune system, but old age individuals do not comprise a good immune system (Firth *et al.*, 2020). The government of the UK stopped the students of “Scotland and Manchester” from meeting their relatives as it may increase the risk of getting affected. However, the government provided food facilities and staying facilities to the students so that the health of the society remains good. The government had to forcefully stop the rights of the individuals concerning the health care policies so that the country stays healthy.

India faced various failures while implementing strategies to mitigate the COVID-19 pandemic. It became an uncontrollable pandemic in the country as well as the world. However, the government of India imposed various policies regarding health care, so that the cases started decreasing. The government decided to hire more “health care professionals”, as the country started facing a shortage of “healthcare professionals”. This resulted in a beneficial approach of the government in managing the pandemic all over the country. Due to the “COVID-19”, every department of the country came together to control the pandemic such as “politicians, police, doctors”, and many more. In order to help the individuals to inform about the cases and any sort of information about those cases, the government implemented help desks in various locations of the country. The government converted certain hospitals into “COVID-19 help desks”, and made those hospitals specialized towards the cure of COVID-19. This helped the individuals a lot as they could register their problems and cases to the government, and the government could make the best solutions to it. The various states of India hired professional health workers, who accompanied the guidelines of the country rather than taking locals in the context. These

professionals helped the individuals to cure their diseases other than COVID-19, because there was a shortage of doctors, as many doctors were busy curing the COVID-19 individuals.

Models and Theories of health behaviour change

There are various models in relation to the “health behaviour change”, which includes the “Health Belief Model (HBM), Social Cognitive Theory (SCT), and Relapse Prevention (RP).

“Health Belief Model (HBM)”

The “Health Belief Model (HBM)”, was created in order to investigate the screening of “tuberculosis”. The “Health Belief Model” is also known as the “expectancy-value model” (Rejeski and Fanning, 2019). It purifies the theories from a developed structure of “psychological and behavioural” investigation and fixes the steps for the following approaches (Wallston and Wallston, 2020). For example, an individual consumes a medicine for blood pressure concerning that if not taken, it may affect the brain and can cause brain stroke.

“Social Cognitive Theory (SCT)”

“Social Cognitive Theory” is the description of the effect of the experiences of the individual, the steps of other individuals, and atmospheric elements on the “health behaviour” of the individuals. The “Social Cognitive Theory” assists possibilities for community support through inculcating suppositions and practicing empirical studying and various other augmentations to obtain ethical change (Bouneffouf *et al.*, 2017). The “Social cognitive theory” helps to assess the results of the individual change in terms of behaviour. The “Social Cognitive Theory” provides behaviours ability for determining and containing the attributes to execute a “behaviour” (Inga *et al.*, 2017). The “Social Cognitive Theory” helps in assigning a particular value to the results of the individual behaviours.

“Relapse Prevention (RP)”

“Relapse Prevention” is the model used to manage illness and by implementing medication systems as well as compliance. It has been proved that individuals having serious mental issues have a high risk of relapsing, in order to prevent these individuals are required to take proper medication. It can also help the government to cure mental patients in the term of COVID-19. The “Relapse Prevention” model helps to identify the disease before time and warn the

individuals by giving appropriate signs and implementing certain actions. “Relapse prevention” can save various individuals' lives and protect them from being relapsed.

“Impact of legislation and policies on the health and wellbeing of individuals in a health or social care settings”

The policies and rules can impact the health and care settings of the nation widely and in various ways. The “rules and legislation” can develop, control, and sustain the commodities of the public which encourages a green environment for good social and health care settings. For example, if the government constructs a road or bridge, it can impact the health of society. This means that the charcoal or pieces of machinery used for constructing roads or bridges can affect the environment, which can automatically cause health issues. However, it can also affect the health positively because if an individual gets injured, the ambulance will need a proper track to take the individual to the hospital (Bobu *et al.*, 2020). The policies of the public can also control the “natural resources” in order to secure any sort of harm. It can analyse the “natural resources” and check whether it is safe or not. For example, it can monitor the rate of contamination in “air and water”, which can help society to drink fresh water and breathe fresh air. This can prevent society from drinking contaminated water and breathing contaminated air. If the government does not apply this regulation, the public may face various illnesses by drinking contaminated water.

The legislation can save society from various accidents and injuries. The most common injuries include road accidents, or accidents in the petroleum industry, and many more. For example, the government applies a rule for drivers to wear a seat belt. This can help the individuals to stay safe on any ride and keep themselves safe even after an accident. In the petroleum industry, the government stated a rule to not bring any substance which can carry fire. If any sort of fire catches in the petroleum industry, it can be an enormous threat to society. “Public legislations” can provide various “healthcare” facilities to the employees working within the organization.

“Ethical considerations”

“Ethical consideration” refers to the gathering of prepositions or utility which is required to be accompanied while performing the affairs of humans. The “ethical consideration” ensures that there is no such harm that can affect the community or any person. The “ethical considerations”

help the individuals as well as companies in order to prevent themselves from any conflict. The report used the “secondary method of research” in order to guide the report with particular statistics and relevant data. The report took the help of websites to provide various strategies of the government of the UK and India, which were implemented in order to mitigate the “COVID-19 pandemic”.

The “public health policies” in the UK help the individuals as well as the community to take care of their health and not fall into any injuries. The “public health policies” help the environment of the UK not get polluted. However, if the environment gets polluted, it will affect society on the basis of healthcare.

The “public health policies” impacts India on a wider range. It helps individuals to get rid of the consumption of tobacco. This can affect society as well as the health of a particular individual because consumption of tobacco can be hazardous towards health.

Recommendations

In order to maintain the “public health policies,” the government should continuously inform individuals, organizations, and society about the impacts of not following the legislation. The government should construct various departments so that the individuals can bring their issues to their relevant departments. It can ease the workflow of the government as there will be appropriate departments to solve the issues of society.

The government of India should make a team of “healthcare professionals” and send the team to the areas of slums and develop a free health camp (Walker *et al.*, 2020). This is because the individuals of India get to know about their inner body issues and the individuals take appropriate medications.

The government of the UK is required to reduce the price of the medicines so that individuals can afford to buy the medicines and take proper medications.

Conclusion

The above report consisted of the background of “coronavirus” and more specifically “Covid-19”. The report used the analysis of two countries which included the UK and India. The report later included the “strategies used to measure, monitor and control the incidence of coronavirus”. The report later comprised “current public health policy approaches to reduce or control incidence”. Furthermore, the report involved various models and theories of health behaviour change. The report later included the “impact of legislation and policies on the health and wellbeing of individuals in a health or social care settings”. Lastly, the report consisted of the “ethical considerations” and “recommendations” towards the “public health policies”.

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