



## **SAHA**

**raiSe libyAn Higher education heAlth sector for the  
benefit of local society**



**Training courses Report (WP,3)**

**October 17-30, 2023**

**Submitted to: SAHA Project Coordinator**

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## 1. Introduction

### 1.1 Background

This report provides a comprehensive overview of three training courses held by the International Cooperation Office in cooperation with the University Training Center, for the SAHA project and related to the 3<sup>rd</sup> Work Package of the project, that requires holding courses for those targeted in the stakeholder's health sector in Misurata municipality Libya.

The courses included three different titles:

First Aid course presented by Ms. Raja Abu Rawis.

Healthcare information management course presented by Dr. Ali Abdel Shahed.

The relationship between public health and mental health course that was presented by Dr. Mustafa Al-Shaqmani.

### 1.2 Aims


Since the launch of the project, the main goal of the SAHA project has been to raise the level of the health sector for the benefit of the local community in general. And as the courses are diverse and related to health in Libya, each course has its objectives, which are the following;

#### **First Aid objectives: -**

- Identify the importance of First Aid to preserve human life.
- Providing First Aid for various types of injuries and illnesses .
- Teaching the basics and necessities of First Aid to save people with chronic diseases from complications.

#### **Healthcare information management objectives: -**

- Identify the importance of information systems related to the quality of health services and the problems they included.

- 
- Ability to provide solutions to problems related to information management.
  - The ability to deal with the important problems that health organizations suffer from in this field.
  - Continuous evaluation, including information used to describe the service provided.
  - Knowledge of the stages of measuring and indicators of quality in health services.

### **Relationship between public health and mental health objectives: -**

Know...

- How to achieve social prosperity by improving the psychological state of community members.
- How can it be inferred that a person has a psychological problem?
- The risk factors that warn of the occurrence of psychological problems.
- The relationship of nutrition, educational and social environment to mental health.

### **1.3 Target group**

Those who works in the health sector:

- Paramedics, ER doctors, Nurses for the First Aid course.
- Managers and heads of health facilities departments, workers in health information management, managers and health care workers and those wishing to develop their capabilities in this field for Healthcare information management course.
- Workers in the public health field and Health guidance and social workers in educational institutions for Relationship between public health and mental health course.



## **1.4 Venue and date**

The courses were organized at Health sciences college: -

First Aid, 17-19 Oct, 10am -12:30pm. -

Healthcare information management, 24-26 Oct, 9am to 11:30am. -

- Relationship between public health and mental health, 29-30 Oct, 10am  
-12:30pm.

## 2. Training Description & Content

### 2.1 First Aid

Professor Rajaa Abu Rwais presented the course for three days, for approximately two and a half hours, during which she presented the concept of first aid, its purpose and importance, in addition to the correct procedures for dealing with those injured in several cases, which are as follows:

- Recovery position
- Cardiopulmonary resuscitation process (CPR)

Furthermore, she explained them First aid for several injuries such as:

#### Breathing

- In case of fainting and shock
- Electric shock
- In case of drowning
- In case of choking on food
- In case of swallowing the tongue

#### Bleeding

- Capillary bleeding
- Venous bleeding
- Arterial bleeding

#### Bones Fractions

- Compound fractures
- Splints
- Simple fractures

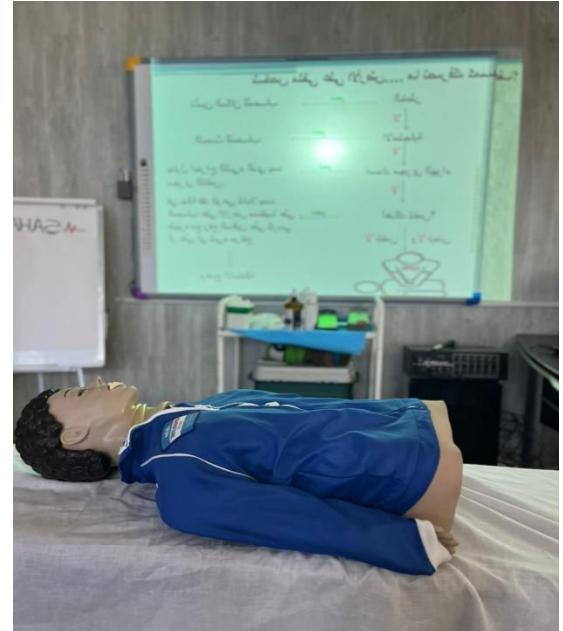


## Burns

- First degree burns
- Second degree burns
- Third degree burns

## First aid for other injuries

- Sunstroke and frostbite
- Low and high diabetes
- Environmental disasters and accidents

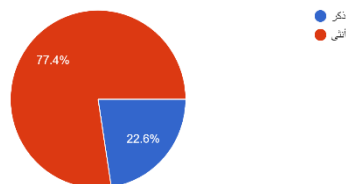


An image of a practical application

## Poisoning

- Poisoning by inhalation
- Poisoning by swallowing chemicals and incendiary substances
- Poisoning by insect stings, insect bites, and animal bites
- Food poisoning

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31 responses

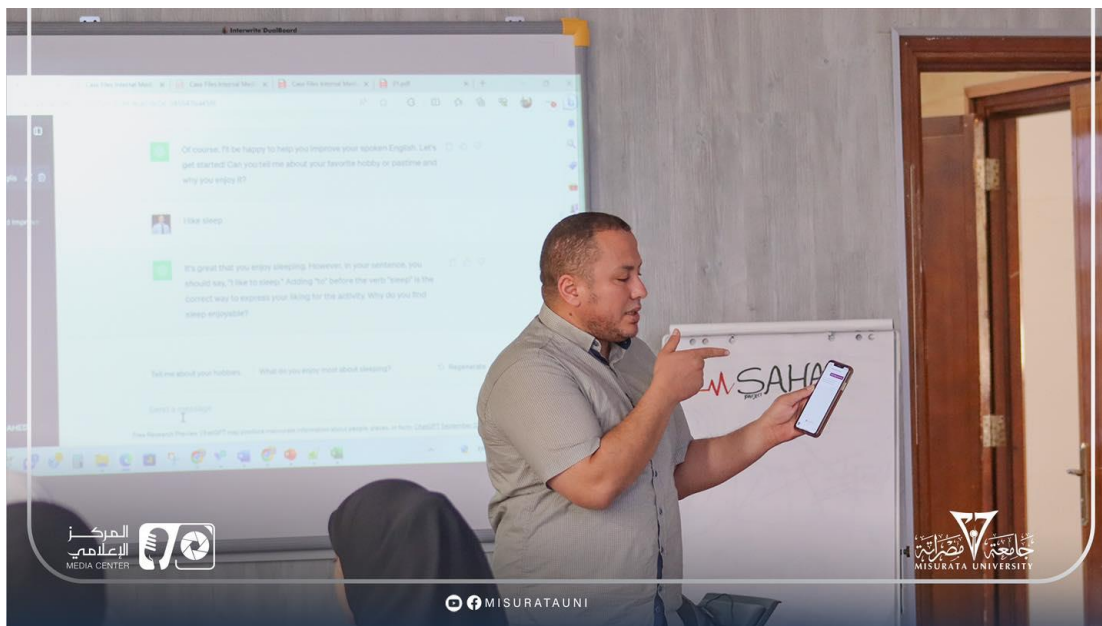


The highest percentage of participants in the course were females

## 2.2 Healthcare information management & AI

In this session Dr Ali Provided the participants with an overview of healthcare information management and AI, and reviewed several applications of AI in healthcare to help participants' Developing their skills in using AI tools and technologies to solve healthcare problems

The workshop featured a variety of activities, including lectures, hands-on exercises, and group discussions. Participants also learned about the latest trends in healthcare information management and AI, furthermore they had the opportunity to apply their knowledge to solve real-world healthcare problems. He also provided them some information about



**Dr. Ali explaining about some applications related to the course title.**

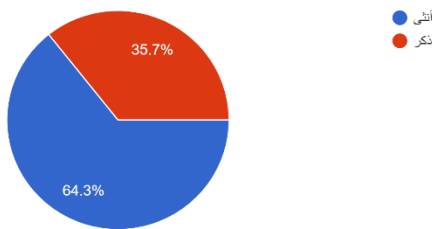
electronic health record (EHR) system that can improve the quality of healthcare delivery by providing doctors with access to a patient's complete medical history, even if the patient is being treated at different facilities.

The workshop was a success in achieving its objectives. Participants gained a better understanding of healthcare information management and AI, which could assist them develop skills they need to use AI to improve healthcare delivery in Libya.



The Health Care Information Management and AI Workshop was an important step in the development of the Libyan healthcare sector, that will help to improve the quality and efficiency of healthcare delivery in Libya.

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14 responses



Females constitute the largest percentage of participants in the health care information management course



## 2.3 Relationship between public health and mental health

This training course was presented by Dr. Mustafa professor of psychology at the College of Arts and Human Sciences at the University of Misurata, in which he touched on several topics, starting with an introduction to mental health globally and locally, and the concept of health in general, in addition to mental health in particular.

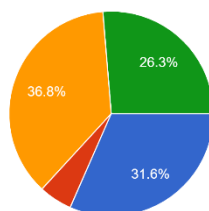
He also explained how psychological pressures can negatively affect a person's thoughts and explained how to deal with them to get rid of it.

Moreover, teaching them ways to combat obsessive-compulsive disorder and depression, commenting on the phrase, "Change your thoughts by changing your lifestyle." He also highlighted the impact of disasters and crises on mental health, giving example about what happened nearly two months ago in Libya in Derna, Daniel Hurricane, and how its impact was on affected and unaffected people at the same time.

In conclusion, the trainer applied practical exercises with the trainees' participation in relaxation process and other training.



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19 responses



- أنثى
- ذكر
- نعم
- لا

Most of the participants were females



### **3. Pre & post Training assessments of the participants**

#### **3.1 Pre-Training assessments of the participants**

Most of the participants in the three courses confirmed the importance of the selected titles and the extent of their impact on the local community in Libya, especially under the circumstances of the decline in the level of the health sector after the events of February 2011 and beyond, as a result of instability and political division in the country.

#### **3.2 Post Training assessments of the participants**

The general post-evaluation of the three training courses was positive, collective participation prevailed among the training participants, the training materials were clear and understandable to most of the trainees, which contributed to achieve the objectives of the courses provided, that is in addition to the good level in the organization of the courses, which helped the trainees to achieve their expectations and encouraged them to join additional subsequent training courses.

### **4. Recommendations**

After successfully completing the courses, the trainees stressed the need to work on increasing such courses that would develop this vital sector.

## 5. Conclusion

It was a successful three weeks full of information and skills, during the courses participants shared their experiences with their colleagues, each in their specialty, whether they were paramedics, psychologists, or administrators, which enriched the training courses.

### 5.1 Annex 1: Facebook page posts links:

Click here please

<https://www.facebook.com/profile.php?id=100082074824126>

<https://www.facebook.com/photo/?fbid=295118146567344&set=a.144984778247349>

<https://www.facebook.com/photo/?fbid=312225648189927&set=pcb.312227958189696>

### 5.2 Annex 2: Misurata university website link:

Click here please

<https://misuratau.edu.ly/ico/news.php?number=VFdwTk1VMW5QVDA9>

### 5.3 Annex 3: pre & post surveys + the attendance sheets for the 3 training courses:

Click here please

[https://drive.google.com/drive/folders/1yeQs9clJxvmNFj\\_-if-7LO6U\\_ZhnFCaS?usp=sharing](https://drive.google.com/drive/folders/1yeQs9clJxvmNFj_-if-7LO6U_ZhnFCaS?usp=sharing)