
 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)		
Faculty of Public Health						

- Evaluation of this document is needed every year

A. DETAILS OF COURSE


1. Course Name	Management and Prevention of Cardiovascular Disease and Stroke
2. Course Code	KME426
3. Credits (SKS)	2 (two) SKS
4. Semester / Term	VI (sixth)
5. Study Program	Bachelor of Public Health
6. Graduate Learning Outcomes	After completing this course, students are expected to be able to compile programs in prevention and mitigation of heart disease and stroke.
7. Course Learning Outcomes	<p>After completing this course, students fulfill the learning outcomes as follows:</p> <p>LO.1. conducting a study and analysis of the situation (analytical/assessment skills)</p> <ol style="list-style-type: none"> 1.1. correctly defining the problem 1.2. determining the usefulness and limitations of data 1.3. using ethical principles in collecting data and information 1.4. making relevant inferences from quantitative and qualitative data 1.5. taking and interpreting data and information related to risks and the environment 1.6. applying the process of data collection and information technology applications <p>LO.2. developing and designing health policies and programs (policy development/program planning skills)</p> <ol style="list-style-type: none"> 2.1. collecting, summarizing, and interpreting information about various health issues 2.2. deciding on actions that are appropriate to the problem at hand <p>LO.3. communicating effectively (communication skills)</p> <ol style="list-style-type: none"> 3.1. communicating through written, oral, or other methods 3.2. leading and participating in groups to formulate specific public health issues 3.3. using media, technology, and networks to disseminate information 3.4. presenting accurate information about demographics, statistics, programs, and science to the professional community

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1st, 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)	

- Evaluation of this document is needed every year


	<p>LO.5. able to carry out community empowerment (community empowerment)</p> <p>5.1. able to identify and maintain relationships with various stakeholders</p> <p>5.2. identifying potentials and resources that exist in the community</p> <p>LO.6. having mastery of public health science (public health science skills)</p> <p>6.1. identifying the obligations of individuals and organizations in the context of essential public health services and basic functions</p> <p>6.2. defining, assessing, and understanding health status in the population, health determinants and diseases, and factors that contribute to health promotion and disease prevention</p> <p>6.3. applying Public Health Sciences, including social and behavioral sciences, chronic diseases, infections, and accidents</p> <p>6.4. applying Public Health Sciences, including social and behavioral sciences, chronic diseases, infections, and accidents</p> <p>6.5. identifying limitations of research and the importance of observation and interconnection (interrelationship)</p>
8. Course Description	This course covers the theory of prevention and control of heart disease and stroke, including risk factors for heart disease and stroke, health financing (direct and indirect costs) and burden of disease, early detection, prevention and management of heart disease and stroke and efforts to improve quality of life in stroke patients or rehabilitation. In addition, the prevention and mitigation of heart disease and stroke from nutritional and sports aspects, the role of stakeholders (government, parliament, civil society) and health promotion efforts in the prevention and control of heart disease and stroke. The learning process is carried out with an integration approach inter-professional education. The learning process is carried out through lectures, discussions, practices, assignments in the form of projects and seminars.
9. Course Prerequisites (if any)	Basic Epidemiology ; Epidemiology of Non Communicable Disease
10. Instructor	Dr. Santi Martini, dr., M.Kes
11. Teaching Assistants	

B. TEACHING PROGRAM

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)	


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
1	Students are able to explain the magnitude of the problem of heart disease and stroke	1. Magnitude of the problem: <ol style="list-style-type: none"> Size of the problem Health impact Economic impact 2. Natural history of heart disease and stroke: <ol style="list-style-type: none"> Prepatogenetic period Pathogenesis period 3. Preventive efforts: <ol style="list-style-type: none"> Primary prevention Secondary prevention 	1. Lectures 2. Discussionss	LCD, Whiteboard, and Laptop	2x50 minutes		1. Discipline 2. Communication		No. 1, 10

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)		
Faculty of Public Health						


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
		c. Tertiary prevention							
2	Students are able to explain the magnitude of the problem of heart disease and stroke	1. Magnitude of the problem: <ol style="list-style-type: none"> Size of the problem Health impact Economic impact 2. Natural history of heart disease and stroke: <ol style="list-style-type: none"> Prepatogenetic period Pathogenesis period 3. Preventive efforts: <ol style="list-style-type: none"> Primary prevention 	1. Lectures 2. Discussionss	LCD, Whiteboard, and Laptop	2x50 minutes		1. Discipline 2. Communication		No. 1, 10

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)		
Faculty of Public Health						


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
		b. Secondary prevention c. Tertiary prevention							
3	Students are able to explain the economic impact of heart disease and stroke	1. Direct financing: a. Definition of direct costs b. Direct cost components c. Direct cost measurement 2. Indirect financing: a. Definition of indirect costs b. Indirect cost components c. Indirect cost measurement	1. Lectures 2. Discussionss	LCD and Laptop	2x50 minutes		1. Discipline 2. Communicati on		No. 2, 3, 7

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
			Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)	


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (<i>hard dan soft skills</i>)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
4	Students are able to explain the economic impact of heart disease and stroke	1. Direct financing: a. Definition of direct costs b. Direct cost components c. Direct cost measurement 2. Indirect financing: a. Definition of indirect costs b. Indirect cost components c. Indirect cost measurement	1. Lectures 2. Discussionss	LCD and Laptop	2x50 minutes		1. Discipline 2. Communicati on		No. 2, 3, 7
5	Students are able to explain health promotion efforts in the prevention and mitigation of heart disease and stroke	1. Health promotion strategies: a. Advocacy b. Empowerment c. Atmosphere-building	1. Lectures 2. Discussionss 3. Practical exercises 4. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communicati on		No. 1, 4, 5, 6

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
			Revision - Date January 1st, 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)	


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (<i>hard dan soft skills</i>)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
		2. Forms of health promotion: a. Education b. Goals							
6	Students are able to explain health promotion efforts in the prevention and mitigation of heart disease and stroke	1. Health promotion strategies: a. Advocacy b. Empowerment c. Atmosphere-building 2. Forms of health promotion: a. Education b. Goals	1. Lectures 2. Discussionss 3. Practical exercises 4. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communication		No. 1, 4, 5, 6
7	Students are able to explain the role of stakeholders in the prevention and mitigation of heart disease and stroke	1. Types of stakeholders: a. Government b. Parliament c. Civil society d. Media	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communication 3. Confidence 4. Teamwork		No. 1, 8, 9, 10

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)		
Faculty of Public Health						


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
		2. Stakeholder roles: a. Organization b. Coordination c. Collaboration							
MID-SEMESTER EXAMINATION									
8	Students are able to explain the role of stakeholders in the prevention and mitigation of heart disease and stroke	1. Types of stakeholders: a. Government b. Parliament c. Civil society d. Media 2. Stakeholder roles: a. Organization b. Coordination c. Collaboration	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communication 3. Confidence 4. Teamwork		No. 1, 8, 9, 10
9	Students are able to explain the role of stakeholders in the prevention and	1. Types of stakeholders: a. Government b. Parliament	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communication 3. Confidence		No. 1, 8, 9, 10

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
			Revision - Date January 1st, 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year Even Semester		(sign)	(sign)	(sign)	


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
	mitigation of heart disease and stroke	c. Civil society d. Media 2. Stakeholder roles: a. Organization b. Coordination c. Collaboration					4. Teamwork		
10	Students are able to explain efforts to prevent and mitigate heart disease and stroke from nutrition and food security aspects	1. Nutrition: a. Role b. Type c. Mechanism 2. Food security: a. Role b. Type c. Mechanism	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communication 3. Confidence 4. Teamwork		No. 1, 9, 10
11	Students are able to explain efforts to prevent and mitigate heart disease and stroke from nutrition and food security aspects	1. Nutrition: a. Role b. Type c. Mechanism 2. Food security: a. Role	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communication 3. Confidence 4. Teamwork		No. 1, 9, 10

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)		
Faculty of Public Health						

- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
		b. Type c. Mechanism							
12	Students are able to explain efforts to prevent and control heart disease and stroke from physical activity aspect	1. Rehabilitation: a. Role b. Mechanism 2. Sports: a. Type b. Objectives and Benefits c. Goals	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communicati on 3. Confidence 4. Teamwork		No. 1, 9, 10
13.	Students are able to explain efforts to prevent and control heart disease and stroke from physical activity aspect	1. Rehabilitation: a. Role b. Mechanism 2. Sports: a. Type b. Objectives and Benefits c. Goals	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communicati on 3. Confidence 4. Teamwork		No. 1, 9, 10

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
			Revision - Date	January 1 st , 2019	Dr. Santi Martini, dr., M.Kes	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)	


- Evaluation of this document is needed every year

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard dan soft skills)	Mark / Grade / Percentage (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
14	Students are able to evaluate prevention and mitigation efforts of heart disease and stroke that have been carried out by the government	1. Program purposes: a. Government Role b. Program Objectives 2. Program evaluation: a. Evaluation methods b. Dissemination of evaluation results	1. Lectures 2. Discussionss 3. Presentation	LCD and Laptop	2 x 50 minutes		1. Discipline 2. Communicati on 3. Confidence 4. Teamwork		No. 1, 9, 10
FINAL TERM EXAMINATION									

C. REQUIRED TEXTS / REFERENCES / ESSENTIAL READINGS

Required Readings :

1. A Public Health Action Plan to prevent Heart Disease and Stroke, U.S. Department of Health and Human Services Centers for Disease Control and Prevention
2. The economic impact of stroke in The Netherlands: the E-restore4stroke study, BMC Public Health 2012, 12:122

 Universitas Airlangga	SEMESTER LEARNING PLAN		Prepared by	Examined by	Approved by	Document Registration Number
	SLP		(Person in Charge)	(Head of Bachelor Program / Head of Department)	Vice Dean I	01/S1Kesmas/RPS/2019
	Revision - Date	January 1st, 2019	Dr. Santi Martini, dr., M.Kes	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
Faculty of Public Health	Valid on Semester (odd/even) / Academic Year	Even Semester	(sign)	(sign)	(sign)	

- Evaluation of this document is needed every year
- 3. The cost effectiveness of an early transition from hospital to nursing home for stroke patients: design of a comparative study, BMC Public Health 2010, 10:279
- 4. Systematic review of mass media interventions designed to improve public recognition of stroke symptoms, emergency response and early treatment, BMC Public Health 2010, 10:784
- 5. Action on The Social Determinants of Health: Learning from Previous Experiences, World Health Organization, Geneva, 2010.
- 6. Health in the post-2015 development agenda: need for a social determinants of health approach. Joint statement of the UN Platform on Social Determinants of Health
- 7. Reducing the Economic Impact of Non-Communicable Diseases in Low- and Middle-Income Countries, WHO, 2011.
- 8. Non Communicable Disease and Poverty, Need for Pro-poor Strategies in the Western Pacific Region, WHO, 2006.
- 9. Priority actions for the non-communicable disease crisis, www.thelancet.com Published online April 6, 2011
- 10. Non Communicable Diseases Country Profiles 2011, WHO, 2011.