

heiGRADE
POSTGRADUATE STUDIES



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**MASTER OF SCIENCE IN
INTERNATIONAL HEALTH**

IMPRINT

Publisher

Heidelberg University
Heidelberg Institute of Global Health
Im Neuenheimer Feld 365
69120 Heidelberg

Editing

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Realisation

Universität Heidelberg
Communication and Marketing
Layout: Print + Medien

Photo

istock.com/duncan1890
Heidelberg Marketing
shutterstock.com / Radu Bercan
Heidelberg Institute of Global Health

Last revised

01.2020

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WELCOME

Global Public Health is a highly interdisciplinary field of study that has gained increasing importance and interest in recent years in the face of global health challenges. I am pleased to present the longstanding efforts of the Heidelberg Institute of Global Health (HIGH) in teaching Public Health for global concerns.

The HIGH has introduced the first Master's course in this field in Germany in 1989, and has since continuously expanded its activities and outreach with its Master of Science and Short Courses in International Health. All courses are taught in English, and all degrees are from the prestigious Heidelberg University – one of the oldest universities in Europe.

The Master of Science in International Health (MScIH) has participants from all over the world. This diversity is integral to the excellence of our programme. The MScIH focuses on:

- 1) Methods for Public Health, basic and applied health research with quantitative and qualitative methods,
- 2) Health Policy, 3) Health Economics and Finances, and
- 4) Programme Planning.

Participants usually have practical Public Health experience, either with Non-Governmental Organisations (NGOs), Ministries of Health (MoHs), Bilateral Agencies (BAs) or International Agencies (IAs). The interactive nature of our courses facilitates practical and theoretical knowledge acquisition through continuous exchange of information and experience among participants. Participants are mostly returning to the field of Public Health after our courses, very often in a more global context, and/or in a more responsible position.

Our short course programme is part of the MScIH, but is also open to course participants of the tropEd network and external participants. The HIGH currently offers 17 short courses of mostly one or two weeks' duration, including but not limited to the following topics: 1. Programme Development, 2. Cultural Context of Health, 3. Communicable and Non-communicable Diseases, including Global Mental Health, 4. Population-specific Approaches, and 5. Climate Change and Health.

HIGH has a very active alumni network that creates links between alumni for practical public health collaborations, but also for research and work opportunities. Our course participants usually stay in contact with HIGH after graduation, often to pursue further qualifications, e.g. a PhD in International Health as part of one of the HIGH's very exciting research groups: 1. Epidemiology and Statistics, 2. Health Economics, 3. Qualitative Health Research, 4. Disease Control, and 5. Health Policy.



Welcome to Heidelberg
A View of the old Bridge and
Heidelberg Castle

There are so many factors to consider when choosing a graduate programme. Please do not hesitate to contact us for any further questions you may have. Contact details are available on our website. The academic excellence of Heidelberg University and HIGH are reflected in numerous international rankings.

I hope you will join us in supporting the promotion of health locally, nationally and globally and working together on future initiatives in Global Public Health.

Best wishes,

PD Dr. Olaf Horstick, FFPH (UK)
Director of Teaching

INTRODUCTION

The Heidelberg Institute of Global Health, formerly known as the Institute of Public Health and formerly known as the Department of Tropical Hygiene and Public Health, was founded in 1962 and is part of the Medical Faculty of Heidelberg University. The Institute contributes to the improvement of health through research, teaching and direct services in low- and middle-income countries and at home. The Institute has about 60 members of staff from over 30 countries working within seven thematic units: (1) Epidemiology and Biostatistics, (2) Disease Control in Disadvantaged Populations, (3) Climate Change, Nutrition and Health, (4) Reproductive Health and HIV/AIDS, (5) International Health Economics and Financing, (6) Global Health Policy and Health Systems, and (7) Health Systems Research.

The Heidelberg Institute of Global Health was the first institution of its kind in Germany to offer a Master's programme taught in English with a focus on international health. The Master of Science in Community Health and Health Management in Developing Countries ran successfully for over 20 years until it was restructured into a modular programme in line with EU initiatives to ensure comparability in standards and quality of higher education in Europe. Since 2005, the Heidelberg Institute of Global Health offers the nationally and tropEd accredited continuing Master's degree programme in International Health (MSciH). As a tropEd member institution, the Heidelberg Institute of Global Health promotes and facilitates international student mobility, interdisciplinarity, and the establishment of education and training standards.

tropEd

tropEd is an international network of institutions for higher education in international health. It collaborates closely with institutions in Africa, Asia and Latin America. tropEd provides postgraduate opportunities for education and training contributing to sustainable development. It focuses on improving the management of health services for disadvantaged populations. The innovative approach is based on mobility of people, the exchange of experiences in different disciplines and the establishment of a common standard in education and training.

■ www.troped.org

MSciH 2009/10
Course Participants
in Heidelberg





OVERVIEW

The Master of Science in International Health (MScIH) focuses on poverty-related health problems in low- and middle-income countries. There is a need for improved health policy, more efficient organisation and management at all levels of health systems as well as sustainable financing. In order to make health services accessible to the people who need them most, reforms are urgently needed both at the policy-making level and on the delivery side. The MScIH programme was developed with these factors in mind. It provides participants with a solid foundation in international public health principles and equips them with the knowledge and competencies necessary to run and initiate sustainable programmes for disease control, health promotion, and health services development across a wide range of populations and countries.

The Master of Science in International Health welcomes participants from all cultural and ethnic as well as professional and educational backgrounds, resulting in a very rich learning environment. Lecturers and academic staff have both extensive research and teaching experience. Besides our own international staff, we also invite external experts from international organisations, research and training programmes, governmental sectors, and NGOs to facilitate courses on selected topics. Teaching staff are committed to creating a positive and supportive learning environment with participatory teaching methods and group activities.

OUTLOOK

MScIH graduates possess the skills to collect and critically analyse and appraise qualitative and quantitative data relevant for the improvement of health and health care in low- and middle-income countries. They are able to identify and analyse interrelated determinants of health and major health problems of populations in a cross-disciplinary perspective. Graduates have the competences and necessary knowledge to plan sustainable improvements of health systems considering diverse intercultural settings as well as social and ethical responsibilities.

The degree prepares graduates to work more effectively in multicultural environments and qualifies them to take up policy, planning, management or teaching positions in international organisations, ministries of health, national health programmes, non-government organisations, and universities.

GENERAL

The Master of Science in International Health is a modular programme that can be completed within one year of full-time study or up to five years of part-time study. Before commencing the programme, applicants should decide which mode of study they want to follow. Both study options have the same credit point requirements and lead to the same final degree, but differ in terms of time and flexibility.

PROGRAMME STRUCTURE

The Master's programme in International Health offered at the Heidelberg Institute of Global Health and other tropEd member institutions consists of an introductory core course, specialised advanced modules and a research project submitted as a thesis. Course participants have to gain a total of 60 ECTS credit points to successfully complete the programme and obtain the Master's degree.

Core Course (20 ECTS)

Participants first have to complete the introductory core course at the Heidelberg Institute of Global Health, which consists of six modules of study. Each module focuses on a specific topic in the context of international health, e.g. health problems and their determinants, research methods, and health policy and management. The core course runs over a period of 14 weeks from September to December every year and accounts for a total of 20 ECTS credit points.

Advanced Modules (20 ECTS)

Advanced modules allow participants to gain in-depth knowledge on selected topics and to specialise in specific aspects of international health based on personal interests and needs. Advanced modules also expose participants to other participants and researchers in the field of international health. After successfully completing the core course participants must enrol in a series of advanced modules and gain a total of 20 ECTS credit points. Modules run for one or two weeks and participants can gain 2 or 3 ECTS respectively.

Thesis and Exam (20 ECTS)

Under the supervision of an academic adviser, participants have to write a thesis on an important health issue. Once the thesis has been completed and submitted, participants have to take a final oral exam covering content from the core course, advanced modules, and thesis.

FULL-TIME / PART-TIME

Both full-time and part-time participants have to complete the same course components: introductory core course (20 ECTS), specialised advanced modules (20 ECTS), thesis/exam (20 ECTS). Because the two modes of study differ in their overall course duration, the parttime programme offers participants more flexibility than the full-time programme choosing advanced modules.

Full-time participants have to complete a set of four mandatory advanced modules accounting for 12 of the total 20 ECTS credit points. For the additional 8 ECTS credit points they can choose to complete any of the elective advanced modules offered at Heidelberg University.

Part-time participants may choose to complete any of the advanced modules offered at Heidelberg University or at other tropEd member institutions to gain the required 20 ECTS credit points.

PROGRAMME OBJECTIVES

Upon successful completion of the MScIH programme, participants should be able to:

- Critically collect, analyse and appraise qualitative and quantitative data relevant for the improvement of health and health care in low- and middle-income countries.
- Identify and analyse interrelated determinants of health and major health problems of populations in a cross-disciplinary perspective in low- and middle-income countries.
- Plan sustainable improvements of health systems considering the diversity of intercultural settings as well as social and ethical responsibilities.
- Clearly communicate and work professionally in an interdisciplinary team.

CORE COURSE**Core Module 1: Creating a Learning Community**

This module introduces participants to relevant facilities and services of the Heidelberg Institute of Global Health and Heidelberg University. They learn about the basic concepts of self- and time-management, as well as group dynamics. Introductory lectures on the history and scope of international public health facilitate a common understanding of key concepts and perspectives. The module also includes an introduction to life in Germany and the city of Heidelberg.

Core Module 2: Introduction to International Health and Health Systems

This module introduces participants to the health systems approach which includes identification of the elements, structure, and essential services of health systems in low- and middle-income countries and the roles and responsibilities of various stakeholders in international health. Course participants learn about major endemic communicable and non-communicable diseases and how to appraise their impact on the health of populations. Current global initiatives for disease control are presented and strategies which promote cooperation at the international, national and local level are explored.

Core Module 3: Determinants of Health

Health care services are essential for treating the sick and thus make a direct contribution to the health of individuals. However, the health status of a population is determined to a large extent by factors which lie outside the direct influence of health care such as gender, nutrition, culture, and environment. This module provides participants with

an overview of social determinants and reflects on potential tools to address them. Special attention is given to medical anthropology, reproductive and infant health, the integrated management of childhood illnesses, and environmental health issues.

Core Module 4: Qualitative and Quantitative Research Foundations in International Health

This module familiarises course participants with both qualitative and quantitative research methods. For the latter, participants are introduced to the basics of biostatistics and learn how to critically appraise epidemiological findings in literature. Participants learn how to write appropriate applied research proposals, to analyse determinants and/or risk factors of health and disease, and to assess the impact of a given intervention. Special emphasis is placed on how to use research findings for better planning and management of health interventions. More over, tutorials are offered to effectively use statistical software for data management and analysis (e.g. Stata). Based on the understanding of socio-cultural factors developed in Module 3, this module includes research methods such as interviews, focus groups and participant observation, used to study and explain views of individuals, groups and communities on health, illness and health care seeking behaviour. Participants practise how to design, analyse and present qualitative studies. Ethical issues in research are also discussed.

MSciH 2015/16 Course Participants
on Excursion to the United Nations
Organisations in Geneva



MScIH 2017/18 Course Participants
at the Heidelberg Institute of Global
Health**Core Module 5: Health Policy and Economics**

In this module, the relationship between health policy and the health status of a population is explored with the aim to enable participants to identify policies that discriminate against certain sectors of a population, to do a stakeholder analysis, and to propose modifications that improve access to disadvantaged population groups. Emphasis is placed on health economic principals and evaluation methods.

Core Module 6: Health Planning and Management

Health planning and management are central in getting improved health programmes to work. This final module covers the basics of organisational behaviour and communication in managing international health systems and organisations, methods to appraise organisational performance using the fundamentals of budgeting and financial analysis, as well as methods and tools of planning, assessment, monitoring and evaluation (project cycle management). It also explores opportunities and methodologies for quality improvement initiatives within a variety of health care settings, leading participants to be able to plan realisable and sustainable programmes aimed at the improvement of the health and health systems of low- and middle-income countries.

ADVANCED MODULES**Mandatory Modules****Public Health Anthropology: Concepts and Tools (3 ECTS)**

This course introduces participants to cultural ideas and practices relevant to health and disease as a key to understanding peoples' behaviour. It gives an overview on medical systems as cultural systems, explanatory models, and health seeking behaviour. Course participants apply qualitative research methods (ethnographic and rapid appraisal methods), tools used for data-collection (in-depth interviews, focus group discussions, observations) and analysis of data using Nvivo.

This course enables participants to apply anthropological approaches to public health care looking at case studies in the field of: reproductive health, malaria, diabetes, interdisciplinary and transcultural competences.

Global Challenges in Reproductive Health: Evidence and Tools for Programme Implementation (3 ECTS)

This course gives participants an overview of sexual and reproductive health policy in its historical context, including its changes and adaptations since the establishment of the Maternal Child Health programme by the World Health Organization in 1948. It introduces participants to the human rights approach to reproductive health as well as strategies, frameworks and tools for improving and managing reproductive health in the health system with a special focus on appropriate indicators, planning processes and service provision.

Disease Control: Policies and Strategies (3 ECTS)

Building on the basic knowledge of major diseases and specific experience in their control as well as quantitative and qualitative research methods, this course equips participants with the skills to successfully establish, strengthen, and systematically review disease control programmes in low- and middle-income countries. The course uses global, regional, and local examples to analyse strengths and weaknesses of strategies and policies. A special focus is put on multi-disciplinary and inter-sectoral collaboration as well as community and patient involvement.

Improving Quality of Health Care Services in Resource Poor Settings (3 ECTS)

This course focuses on practical tools and methods to improve health care services in low- and middle-income countries. It introduces participants to major steps and trends in health care quality and patient safety movements with a focus on challenges to improving quality in resource-poor settings. Course participants learn how to adapt quality improvement tools, methods, and techniques to national and local settings with a special emphasis on managing and motivating people and designing sustainable health improvement programmes. A two-day skills development workshop strengthens individual and team skills in evaluating the quality of health care services.

Elective Modules**Consultancy Skills in International Cooperation in Health: Evaluation of Health Facilities, Projects and Programmes (3 ECTS)**

This course provides practical knowledge and experience in the evaluation of programmes and projects with focus on low- and middle-income countries. Participants strengthen essential consultancy and evaluation skills in international health cooperation through writing an individual consultancy career plan; and in teams using evaluation implementation and planning exercises and case studies. The course includes sessions on effective writing techniques, how to design and provide effective feedback to different stakeholders and cultural and ethical aspects of evaluation.

Proposal Writing as a Consultancy Skill (2 ECTS)

This course provides practical knowledge and experience in writing funding proposals, in developing essential global health consultancy skills and the do's and don'ts of working in the international arena. It gives participants an introduction to consultancy and current trends in international cooperation and enables them to apply concepts and principles of proposal writing, development and design within the context of international health. Participants learn about proposal formulation according to the rules of an international donor and how to use analytical and design tools such as situational analysis and log-frames. The course also focuses on improving participants' personal writing skills.

Financing Health Care: Concepts, Challenges and Practices (3 ECTS)

Health financing systems are critical for reaching universal health coverage. This module provides an overview on

the history of health care financing and the basic features of health care financing mechanisms in high-, middle-, and low-income countries. It looks at the positive and normative foundations of health care financing and the features of different health care financing arrangements, e.g. resources collection and risk pooling, benefit package, provide contracting and quality assurance.

Public Health and Disasters – Assessing and Responding to Health Care Needs in Natural Disasters and Complex Emergencies (3 ECTS)

This module focuses on understanding health and health system impacts as well as health care needs in natural disasters (e.g. floods, earthquakes) and complex emergencies (e.g. armed conflicts). It looks at the role of public health in disaster situations, disaster preparedness and response, needs assessment methods and prioritisation. This course aims to create awareness about the relief and development context in which international organisations work as well as the driving forces and determinants of inter-agency coordination in the field.

Leadership and Change Management in International Health (3 ECTS)

This module explores advanced topics in leadership as it pertains to change management in dynamic health care environments found in low- and middle-income countries. It introduces participants to principles of emotional intelligence, conflict management, cultural sensitivities, and decision making. It aims to equip future organisational leaders with the skills necessary to assess, plan, and implement organisational change in complex and uncertain conditions within the context of global health.

ADDITIONAL MODULES**Quality Management in International Health (4,5 ECTS)**

This course introduces participants to the global context for quality improvement including quality management frameworks, quality improvement principles and health care quality and safety evaluation mechanisms and tools. Using practical exercises and case studies, participants work individually and together to identify and design context-specific, sustainable, resilient quality improvement initiatives in middle- and low-income countries. A two-day skills development workshop strengthens individual and team skills in evaluating the quality of health care services.

Mixed Methods in International Health Research (3 ECTS)

As research in international health is becoming increasingly complex, mixed methods research represents an opportunity to build on the specific strengths of quantitative and qualitative methods and to foster synergies between the two. This course gives an overview of epistemology of research and assesses how theories of knowledge are generated and retained. It looks at the theory and practice of mixing quantitative and qualitative research methods in high-, middle- and low-income countries as well as controversial aspects of using mixed methods in international health research. Course participants learn to conduct mixed methods research by planning, designing, and writing an individual research protocol.

Health Systems Strengthening in Low- and Middle-Income Countries (2 ECTS)

The catalytic role of health systems strengthening (HSS) for the improvement of populations' health and the protection against health-related financial risks in low- and middle-in-

come countries is well-documented. This module introduces participants to different competing conceptual frameworks and approaches for strengthening health systems. It aims to provide participants with the necessary tools to develop and successfully implement interventions for strengthening health systems in low- and middle-income countries in order to maximize the impact of national disease-control programmes such as HIV, TB, malaria, maternal and child health.

Applying the Rights Based Approach in Achieving Health Related SDGs (2 ECTS)

This course covers the theoretical framework and general concepts and principles of human rights, their relationship to and impact within the health sector. It looks at the rights based approach in achieving the promise of the 2030 Agenda for Sustainable Development to “leave no one behind” with particular emphasis on health related SDGs. The course will use country case studies about integration of a human rights based approach into health policies, strategies, programming, implementation as well as monitoring and evaluation, with relation to indicators of health related SDGs. Policy briefs for advocating application of human rights principles in the health sector will be addressed and the roles of state and non-state actors in terms of rights- holders and duty-bearers examined.

Facing the NCD Epidemic in Low- and Middle-Income Countries: From Data to Service Delivery (2 ECTS)

Heart disease, stroke, cancer, diabetes and chronic lung disease are the major non-communicable diseases (NCD) which account for about 70% of all deaths worldwide. This NCD burden is not restricted to high income countries anymore. Nowadays, almost 75% of the global NCD deaths occur in low- and middle-income countries (LMICs). More

and more LMICs are facing major changes in their disease pattern. The improving control of infectious diseases results in a higher life expectancy which together with rapid lifestyle changes leads to an increase of chronic conditions and diseases. This transition bears extreme challenges for health policy and the health systems. Prevention and service delivery are key to address the NCD burden especially in LMICs.

Global Mental Health: Public health Approaches (2 ECTS)

Mental disorders in low- and middle-income countries (LMICs) do not attract local, national or global health policy attention, although accounting for a considerable burden of disease. The majority of people with mental disorders do not receive evidence-based care, leading to chronicity, suffering and increased costs of care. Strengthening care and services for people with mental disorders is a priority and needs additional investment in human resources and piggy backing on existing public health programmes. This course explores the different concepts of mental health, in their respective cultural settings and addresses programme planning for this much neglected field of health affecting very marginalised populations.

THESIS / EXAM

In the final stage of the programme, full-time and part-time participants have to develop and submit a research thesis under the guidance of an academic staff member from the Heidelberg Institute of Global Health. There are three possible ways participants can choose to complete their thesis research project: a systematic literature review, a data analysis, or a field research. Once their master's thesis has been reviewed and accepted, they have to pass a final oral exam.

MSciH 2018/19
Graduation Ceremony
Great Hall,
Old University Building



General

The application deadline for the Master of Science in International Health is every year in April. All applications for the MScIH should be submitted online. The programme starts once a year in September. Detailed information and dates can be found on our website (■ www.ukl-hd.de/ph/MScIH).

Entry Requirements

For admission to the Master of Science in International Health, applicants should:

- hold a four-year Bachelor's degree or an equivalent qualification in a relevant field (medical degrees and others).
- have at least one year of relevant work experience, including public health experience in low- and middle-income settings
- meet the English language entry requirements and provide proof of their level of English language proficiency:

TOEFL (paper-based):	580
TOEFL (computer-based):	237
TOEFL (internet-based):	92-93
IELTS (academic training):	6.5 overall band score

**Full-time**

€ 14,100 (Core Course, Advanced Modules, Thesis/Oral Exam)

Part-time

€ 7,863 (Core Course + Thesis/Oral Exam)
+ approx. € 1,000* for a two-week Advanced Module at Heidelberg University (average total cost for Advanced Modules approx. € 6,000)

*Different fees may apply within the tropEd network.

Scholarships

The German Academic Exchange Service (DAAD) provides a number of scholarships to international applicants pursuing higher education in Germany. A limited number of scholarships are available for development-related post-graduate courses such as the MScIH programme at Heidelberg University. Applications for the Master of Science in International Health with DAAD scholarship request (EPOS) are administered by the Heidelberg Institute of Global Health and have to be submitted in the beginning of October, one year ahead of the desired course entry. More detailed information about this and other scholarship programmes can be found online.

TEACHING UNIT

**PD Dr. Olaf Horstick,
FFPH (UK)**
Director of Teaching

Dr. sc. hum. Pauline Grys
Teaching Coordinator



Anke Nitschke-Edert
MScIH Admissions Manager
DAAD Project Manager



Katharina Sommer
MScIH Programme Manager



Anne-Kathrin Fabricius
Short Course Programme Manager
TropEd Coordinator



Ankita Ansruti from India



Mudassar Ben Abad from Pakistan

»Education is the most powerful weapon which you can use to change the world.« - Nelson Mandela

My best study experience by far!

Although I have had an opportunity to study in various European and Asian institutes, I never realized the essence of this statement until I studied MScIH in Heidelberg. The programme and the way it was taught to us was phenomenal. The lectures and the study environment was tailored to suit each and every single student's needs and expectations. We had professors from all over the world and from prestigious organizations like the United Nations, European Commission, GIZ etc. The professors were all very approachable and ensured the best possible quality of education.

The institute is more like a family and nurtures an international and multicultural environment. Finally, I thank the entire team of MScIH for giving me the privilege to be a part of it and wish the future applicants and participants good luck!

Ankita Ansruti from India
2014 MScIH Graduate

On the last academic day in the "Alte Aula" where we had our graduation ceremony of the Masters in International Health in 2008, myself and all other graduates had vowed to "Reduce the Know-Do gap" when we return to our countries and that's what I have been trying to do in my responsibilities.

It has been tough and challenging but the knowledge and skills which I gained during my one-year intensive course empowered me to find better and efficient solutions. Some of the areas of my work have been: contribution to health care management at district level, policy level discussion on communicable disease control including TB and HIV, Avian Influenza preparedness plan and strategies for enhancing human resource for health. Heidelberg University has been a continuous source of inspiration and its dynamic Heidelberg Institute of Global Health has always been able to offer something new and innovative to quench my thirst for knowledge.

Mudassar Ben Abad from Pakistan
2008 MScIH Graduate