SDG 17
PARTNERSHIP
FOR THE GOALS







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LIAQUAT UNIVERSITY
OF MEDICAL & HEALTH SCIENCES
JAMSHORO

Elective Course: Health and Wellbeing During Disasters

Overview and Scope

Liaquat University of Medical and Health Sciences offers a non-credit elective course titled *Health and Wellbeing During Disasters*, designed to prepare young graduates for effective response in emergency and crisis situations. Offered by the Department of Community Medicine in collaboration with provincial health authorities, disaster management bodies, and partner organizations, the course strengthens students' competencies in disaster preparedness, emergency medical care, and public health management. It emphasizes the physical, psychological, and environmental challenges faced by affected populations and trains students to deliver timely, coordinated, and ethical healthcare services. Beyond classroom learning, the course integrates hands-on simulations, field exposure, and case-based exercises that develop practical problem-solving abilities. LUMHS's commitment extends far beyond academic training; the university actively deploys medical teams, mobile health units, and faculty volunteers to disaster-affected regions across Sindh, providing essential healthcare, disease surveillance, first aid, and psychosocial support. Through continuous collaboration with government agencies and humanitarian partners, LUMHS plays a vital role in strengthening community resilience, supporting emergency response efforts, and contributing to public health protection during floods, heatwaves, epidemics, and other crises.

Course Layout and Major Topics

1. Introduction to Disaster Management

- Types and classification of disasters
- National and global disaster frameworks
- Role of healthcare professionals in crisis settings

2. Disaster Preparedness

- Risk assessment and vulnerability mapping
- Early warning systems
- Emergency planning and coordination

3. Emergency Medical Response

- Triage and mass casualty management
- Trauma care in disaster settings
- Rapid assessment of health needs

4. Public Health in Disasters

- Communicable disease control
- Water, sanitation, hygiene (WASH)
- Nutrition and maternal-child health during emergencies

5. Mental Health and Psychosocial Support

- First aid Psychological
- Managing stress and trauma
- Supporting vulnerable groups

6. Logistics and Resource Management

- Coordination of relief supplies
- Field hospital operations
- Use of mobile medical units

7. Rehabilitation and Post-Disaster Recovery

- Community resilience and rebuilding
- Long-term health system recovery
- Monitoring and evaluation of interventions

8. Fieldwork, Case Studies, and Simulation Exercises

- Disaster drills
- Community outreach activities

Course Layout, Duration, and Major Topics

Course Type: Non-credit elective
Total Duration: 3 weeks
Weekly Schedule: 6 hours per week (2 sessions × 3 hours)
Total Contact Hours: 18 hours

The course is open for enrolled students and faculty of LUMHS

The course is offered twice a year and each semester it is announced for students and faculty

The scope of course is extended to NGO and health professionals from other organizations

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SUSTAINABLE DEVELOPMENT GOAL NO.17