

## Day 1 – Module 1: Introduction to Communicable Diseases

Time	Session	Content	Methodology
<b>8:30 – 9:00 AM</b>	Participants Registration & Introduction	Welcome & introduction of participants Overview of training objectives Setting ground rules	Interactive group activity
<b>9:00 – 9:30 AM</b>	Opening Remarks & Pre-Test	Importance of communicable disease control in Pakistan Pre-test on epidemiology & infectious diseases	PowerPoint presentation Interactive discussion
<b>9:30 – 11:00 AM</b>	Session 1.1: Introduction to Epidemiology & Patterns of Disease Occurrence	Definition, scope, and importance of epidemiology Concepts: endemic, epidemic, pandemic, outbreak Patterns of disease occurrence	Presentation with visuals Group discussion using local examples
<b>11:00 – 11:15 AM</b>	<b>Tea Break</b>		
<b>11:15 AM – 12:30 PM</b>	Session 1.2: Measures of Disease Frequency & Dynamics of Infection	Incidence, prevalence, morbidity, and mortality rates Chain of infection and host–agent–environment triad	PowerPoint presentation Short exercises/calculations
<b>12:30 – 1:00 PM</b>	Group Activity	Identify communicable diseases in your area and classify them by transmission mode	Group work and plenary sharing
<b>1:00 – 2:00 PM</b>	<b>Lunch &amp; Prayers Break</b>		
<b>2:00 – 3:00 PM</b>	Session 1.3: Understanding Virulence and Disease Transmission	Pathogenicity, virulence, infectivity Modes of transmission and infection control barriers	Presentation & Q&A
<b>3:00 – 3:45 PM</b>	Session 1.4: Disease Surveillance Systems in Khyber Pakhtunkhwa	Overview of IDSR and notifiable diseases Flow of information from facility to provincial level	PowerPoint presentation Interactive plenary
<b>3:45 – 4:00 PM</b>	Day Summary & Reflection	Key takeaways and participant feedback	Open discussion

## Day 2 – Module 2: Communicable Diseases (Direct & Indirect Transmission – Part 1)

Time	Session	Content	Methodology
<b>8:30 – 9:00 AM</b>	Recap of Day 1 & Overview of Day 2	Review of key epidemiological concepts Introduction to Module 2	Interactive Q&A
<b>9:00 – 10:30 AM</b>	Session 2.1: Direct Transmission	Overview and types of direct transmission Sub-session 2.1.1: Contact transmission (skin, sexual, blood) Common examples (STIs, scabies, conjunctivitis)	Presentation Case discussions
<b>10:30 – 11:00 AM</b>	Sub-session 2.1.2: Droplet Transmission	Mechanisms and examples (influenza, COVID-19, pertussis) Prevention measures	Demonstration Role play
<b>11:00 – 11:15 AM</b>	<b>Tea Break</b>		
<b>11:15 AM – 12:45 PM</b>	Session 2.2: Indirect Transmission	Overview and classification Role of environment and vectors	Lecture with Q&A
<b>12:45 – 1:30 PM</b>	Sub-session 2.2.1a: Airborne Transmission	Mechanism, airborne precautions, and examples (TB, measles)	PowerPoint presentation Group discussion
<b>1:30 – 2:15 PM</b>	<b>Lunch &amp; Prayers Break</b>		
<b>2:15 – 3:15 PM</b>	Sub-session 2.2.1b: Major Airborne Diseases	Signs, symptoms, diagnosis, and prevention of TB, measles, varicella	Case-based learning Group activity
<b>3:15 – 3:45 PM</b>	Interactive Review	Group quiz on direct & indirect transmission routes	Quiz / energizer
<b>3:45 – 4:00 PM</b>	Day Summary & Reflection	Key learning points from Day 2	Facilitator-led reflection

### Day 3 – Module 2 (continued): Vehicle-Borne & Vector-Borne Transmission

Time	Session	Content	Methodology
<b>8:30 – 9:00 AM</b>	Recap & Overview of Day 3	Quick review of previous sessions	Group recap
<b>9:00 – 10:30 AM</b>	Sub-session 2.2.2: Vehicle-Borne Transmission	Contaminated food, water, utensils, blood transfusions Common diseases (cholera, typhoid, hepatitis A/E)	Interactive presentation Case study: foodborne outbreak
<b>10:30 – 11:00 AM</b>	Group Exercise	Identify local sources and preventive actions for vehicle-borne diseases	Group work
<b>11:00 – 11:15 AM</b>	<b>Tea Break</b>		
<b>11:15 AM – 12:45 PM</b>	Sub-session 2.2.3: Vector-Borne Transmission	Role of mosquitoes, flies, ticks, and fleas Common diseases (malaria, dengue, leishmaniasis)	PowerPoint presentation Short video on vector control
<b>12:45 – 1:30 PM</b>	Practical Demonstration	Demonstrate environmental control measures and personal protection	Demonstration & practice
<b>1:30 – 2:15 PM</b>	<b>Lunch &amp; Prayers Break</b>		
<b>2:15 – 3:15 PM</b>	Case Study	Investigation of a malaria outbreak in a rural setting	Group work and presentation
<b>3:15 – 3:45 PM</b>	Summary Discussion	Link between environmental health and communicable disease transmission	Plenary discussion
<b>3:45 – 4:00 PM</b>	Day Summary & Reflection	Lessons learned and feedback	Open reflection

### Day 4 – Module 3: Infection Prevention and Control (IPC)

Time	Session	Content	Methodology
<b>8:30 – 9:00 AM</b>	Recap & Overview of Module 3	Introduction to IPC concepts and importance	Interactive review
<b>9:00 – 9:45 AM</b>	Session 3.1: Introduction to Infection Prevention & Control	Principles, goals, and standard precautions	Presentation with visuals
<b>9:45 – 10:30 AM</b>	Session 3.2: Healthcare-Associated Infections (HAIs)	Causes, examples, and prevention strategies	Discussion and short video
<b>10:30 – 11:00 AM</b>	Session 3.3: Hygiene in IPC	Hand hygiene, personal cleanliness, facility hygiene	Demonstration and role play
<b>11:00 – 11:15 AM</b>	<b>Tea Break</b>		
<b>11:15 AM – 12:15 PM</b>	Session 3.4: Health Care Waste Management	Types of waste, segregation, color coding, and safe disposal	Practical demonstration
<b>12:15 – 1:00 PM</b>	Session 3.5: Disinfection, Sterilization & Aseptic Technique	Difference between disinfection & sterilization Steps of aseptic procedures	Demonstration / video
<b>1:00 – 2:00 PM</b>	<b>Lunch &amp; Prayers Break</b>		
<b>2:00 – 2:45 PM</b>	Session 3.6: Personal Protective Equipment (PPE)	Types, use, and disposal of PPE	Demonstration and practice
<b>2:45 – 3:15 PM</b>	Session 3.7: Injection Safety (Do No Harm)	Safe injection practices, needle disposal	Presentation and Q&A
<b>3:15 – 3:45 PM</b>	Session 3.8: Post Exposure Prophylaxis (PEP)	Exposure types, immediate steps, and PEP guidelines	Case scenario discussion
<b>3:45 – 4:00 PM</b>	Post-Test & Closing Ceremony	Post-training assessment Feedback and certificates	Test and closing remarks