

PREVENTIVE CARE – DR.P.H.

Program director

Hildemar Dos Santos

The Preventive Care Program is designed to prepare high-level health professionals in wellness and lifestyle-management intervention. Emphasis is on academic preparation, practical skills, and administrative abilities in developing, implementing, and evaluating programs and protocols designed to address a wide spectrum of health issues—particularly those dealing with chronic disease. These programs and protocols include physical and mental health risk appraisal, nutritional assessment and recommendations, exercise testing and prescription, and smoking-cessation counseling.

The program seeks to demonstrate and elucidate the intimate connection between mind and body. Graduates address the combined influences of nutrition, exercise, stress, smoking and other lifestyle factors on the promotion of health and the prevention of disease.

This program is exclusive for health practitioners with a license to practice in the U.S. Physicians, nurses, dentists, physical therapists, registered dietitians, occupational therapists, etc., can apply for this program. Nonphysicians are not able to practice medicine upon completion of this degree.

Learner outcomes

Upon completion of this program, the graduate should be able to

1. Design an addiction prevention program
2. Design a professional practice to assist clients by applying lifestyle modification in a clinical or non-clinical site (community, corporation, church, etc.).
3. Demonstrate successful motivational interviewing skills with at least one client.
4. Design a weight management program for a group or community.
5. Design a preventive program for a specific disease or lifestyle (for instance, Diabetes, Hypertension, heart disease, exercise, healthy diet, etc.).

Educational effectiveness indicators

- Comprehensive examination
- Applied Project Presentation
- Publishable paper
- Doctoral Project Presentation

Prerequisite

In addition to the entrance requirements for all Dr.P.H. degrees (<http://llucatalog.llu.edu/public-health/doctoral-degrees/#admissionstext>), applicants to the Dr.P.H. degree Preventive Care Program must have:

Anatomy and physiology
HPRO 500 Stress Management
HPRO 515 Mind-Body Interactions and Health Outcomes
HPRO 526 Lifestyle Diseases and Risk Reduction
HPRO 565 Tobacco Use: Prevention and Interventions
HPRO 590 Worksite Wellness
(or equivalents to be evaluated by program director)

Program requirements

Corequisites

In addition to standard DrPH corequisites (<http://llucatalog.llu.edu/public-health/doctoral-degrees/#drphstext>), the DrPH program in Preventive Care requires the following courses that can be taken early on in the program in addition to units required for the degree.

HPRO 573 Exercise Physiology I
NUTR 529 Health Aspects of Vegetarian Eating

DrPH Public Health Core

Critical Analysis		
PHCJ 600	Overview of Research Methodologies	3
PHCJ 615	Intermediate Biostatistics	3
Electives (choose from following)		3
HADM 587	Health Policy Analysis and Research	
HPRO 589	Qualitative Research Methods	
PHCJ 630	Concepts and Practical Issues of Secondary Data	
STAT 568	Data Analysis	
Leadership, Management, and Governance		
PHCJ 607	Professional Leadership	3
PHCJ 616	Administrative Systems in Agency Management	3
PHCJ 617	Building Healthy Systems	3
Education and Workforce Development		
PHCJ 614	Pedagogy: The Art and Science of Teaching	2
PHCJ 618	Transformative Communication	2
Policy, Advocacy and Programs		
PHCJ 609	Building Healthy Individuals	3
PHCJ 610	Building Healthy Communities	3
Doctoral Seminar		
PHCJ 608A	Doctoral Seminar for Public Health	1
PHCJ 608B	Doctoral Seminar for Public Health	1
PHCJ 608C	Doctoral Seminar for Public Health	1
Preventive Care Major		
HPRO 527	Obesity and Disordered Eating	3
HPRO 529	Preventive and Therapeutic Interventions in Chronic Disease	4
HPRO 553	Addiction Theory and Program Development	3
HPRO 586	Introduction to Preventive Care	1
HPRO 587	Preventive Care Practice Management	2
HPRO 606	Motivational Interviewing	2
NUTR 556	Nutritional Applications in Lifestyle Intervention	3
Electives		
Elective (choose in consultation with advisor)		0-3
Religion		
RELE 5__	Graduate-level ethics	3
RELR 5__	Graduate-level relational	3
RELT 5__	Graduate-level theological	3
Integrated Learning Experience		
PHCJ 698	Doctoral Project	4
Total Units		62-65

Practicum

Practicum units are in addition to the minimum didactic units required for the degree

PHCJ 795	Applied Practice	2
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Applied practice experience and integrated learning experience

All Dr.P.H students will engage in an applied practice experience that results in a product that is relevant to public health organizations. The culminating activity is an integrated learning experience that includes a field-based project emphasizing advanced practice. Both applied practice experience and integrated learning experience will demonstrate integration of foundational and concentration specific competencies.

Normal time to complete the program

3 years based on full-time enrollment