Health Literacy & Education Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Health Literacy & Education is a critical pillar in strengthening modern healthcare systems, empowering individuals and communities to make informed health decisions. In an era dominated by digital health transformation, AI-driven healthcare, telemedicine, and global health crises, the ability to understand, evaluate, and apply health information is no longer optional it is essential. Health Literacy & Education Training Course is designed to build functional, interactive, and critical health literacy skills aligned with global standards such as WHO health literacy frameworks and Sustainable Development Goal 3 (Good Health and Well-being).

The course focuses on bridging the gap between healthcare providers and communities by improving patient-centered communication, preventive healthcare awareness, and behavioral health change strategies. Participants will gain practical skills to combat health misinformation, improve chronic disease management (NCDs), enhance digital health navigation, and strengthen community health education systems. This program supports the development of resilient populations capable of engaging effectively with modern healthcare ecosystems.

Programme Curriculum

Health Literacy & Education Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Enhance functional health literacy skills for everyday health decisions
2. Strengthen digital health literacy in accessing online medical information
3. Promote patient-centered communication strategies in healthcare delivery
4. Improve understanding of preventive healthcare and wellness behaviors
5. Address and reduce health misinformation and fake news awareness
6. Build capacity in chronic disease (NCDs) self-management education
7. Develop skills in community health promotion and advocacy
8. Integrate AI and digital tools in health education delivery
9. Strengthen telehealth navigation and remote care literacy
10. Improve maternal and child health literacy outcomes
11. Support mental health awareness and stigma reduction
12. Build competency in public health communication strategies
13. Align health education practices with WHO guidelines and SDG 3 targets

Target Audience

- Healthcare professionals (nurses, doctors, clinical officers)
- Community health workers and volunteers
- Public health practitioners and policymakers
- Teachers and school health educators
- NGO and humanitarian workers
- Corporate wellness program managers
- University students in health sciences
- Caregivers and family health supporters

Course Modules

Module 1: Foundations of Health Literacy

- Understanding global health literacy frameworks (WHO standards)
- Functional vs digital vs critical health literacy
- Health communication basics
- Barriers to health understanding in communities
- **Case Study:** Rural community misinterpretation of prescription instructions and intervention success

Module 2: Digital Health & Telehealth Literacy

- Navigating telemedicine platforms effectively
- Evaluating credible online health information

- Mobile health (mHealth) applications usage
- Cybersecurity in health data usage
- **Case Study:** Successful adoption of telehealth in rural chronic disease management

Module 3: Patient-Centered Communication

- Active listening in clinical settings
- Cultural competence in healthcare delivery
- Shared decision-making models
- Breaking down medical jargon
- **Case Study:** Improved patient adherence through simplified discharge instructions

Module 4: Preventive Healthcare & Wellness Education

- Immunization awareness strategies
- Lifestyle disease prevention education
- Nutrition and physical activity literacy
- Early screening importance
- **Case Study:** Community-based diabetes prevention program reducing incidence rates

Module 5: Health Misinformation & Media Literacy

- Identifying fake health news and myths
- Social media influence on health behavior
- Fact-checking health information tools
- Risk communication strategies
- **Case Study:** Vaccine hesitancy reduction through targeted misinformation campaigns

Module 6: Chronic Disease & Self-Management Education

- Understanding NCDs (diabetes, hypertension, asthma)
- Medication adherence strategies
- Lifestyle modification education
- Family-based care models
- **Case Study:** Hypertension control improvement through community education groups

Module 7: Community Health Promotion Strategies

- Designing health education campaigns
- Behavior change communication (BCC) models
- Grassroots engagement techniques
- Monitoring and evaluation of programs
- **Case Study:** Maternal health awareness campaign increasing clinic attendance

Module 8: Mental Health & Psychosocial Literacy

- Mental health awareness and stigma reduction
- Stress management techniques
- Community support systems
- Suicide prevention awareness
- **Case Study:** School-based mental health literacy program improving student wellbeing

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com