

Primary healthcare

lecture 2



Review: *In the previous lecture we talked about :*

- Community medicine / the core subjects of community medicine
- Why it's important to study community medicine
- What community medicine involves such as : inter-sectoral coordination and active community participation, Which are essential components of community medicine
- Different definition of health
- We said that health is a dynamic state/phenomenon
- Spectrum of health and it 's related to dynamic state phenomenon of health
- How health is subject to fine and repeated variations
- Various dimensions of health which we should be familiar with which is : physical , emotional , mental, environmental, spiritual dimension
- You must be familiar with the aspects that related to each of these elements
- Then we start talking about Alma-Ata declaration and how this is an important event in the history of PHC
- What is the significant of Alm-Ata declaration
- The difference between the PC & PHC : PHC it involves treating disease , prevention of disease and promotion of health / PC mainly related to treating disease of patients by health care provider and it does not involve active community participation as it in primary healthcare Which is a very important point you need to consider
- Spectrum of health
- Levels of healthcare (1 2 3)
- Determinants of health (social economic development such as the better economic status of country / the better services provided to the population)
- Age (some diseases affect children more than adults)
- Gender (some diseases affect females more than males)
- Genetics also the determinant of health lifestyle ,for example : sedentary lifestyle[behavior]may affect the health of the patient , so it's a very important factor/determinant that impacts health of population

Learning objectives

- By the end of this session, student should be able to:
 1. Define the concept of Primary HealthCare (PHC).as WHO
 2. Describe the activities of PHC.
 3. Identify the basic elements of PHC.
 4. Describe the principles of PHC.
 5. Identify the basic requirements of PHC.
 6. Describe healthcare reform.



What is Primary Health Care ?

As we see in this slid, PHC is a comprehensive health care , it provides (essential) health care services, promotion of health and prevention of diseases for every member of family <from the newborn to the elderly>



What is Primary Health Care?

PHC is essential health care that is a socially appropriate,^[2] universally accessible,^[3] scientifically sound first level care provided by a suitably trained workforce supported by integrated referral systems^[4] and in a way that gives priority to those most in need,^[5] maximises community and individual self-reliance and participation and involves collaboration with other sectors.^[6] It includes the following:

- health promotion
- illness prevention
- care of the sick
- advocacy
- community development



Additional explanation of the previous slide :

1. **PHC is basic health care that is provided to population /community**
2. **Socially appropriate (main PHC requirement) = culturally appropriate . It's appropriate for this particular community / society / context that is delivered in , for example Some services are appropriate some healthcare are appropriate . For example, in Islamic countries it's more socially appropriate to have the women seen by female doctor , but in European countries this issue isn't present.**
3. **Universally accessible = It should be available for everyone in the country without exception (It should be available for people who are living in major cities or rural areas .Even on the level of the countries, it should be available for every country [developed and developing])**
4. **Integrated referral system >> secondary health care is the first referral system<<**
5. **This is one of the most important points on PHC; You should know the priority of your community to be able to direct all the resources that are available in healthcare .Also, there are most commonly like limited resources and we need to direct those limited resources to those group/people who are most in need.**
6. **Collaboration with other sectors is very important point to achieve health for all. For example medical Care only will not improve the life of poor people, but you need coordination between various sectors like industry, agriculture ,education ,housing and communication and other sectors.**



Primary Healthcare

- **Primary healthcare is:**
 - Essential healthcare (E) = basic healthcare
 - Make universally acceptable to individuals (U)
 - Acceptable to them (A)
 - Through their full participation (P)/**engagement**
 - At a cost the community and country can afford (C).

All these points are important . You need to be familiar and recognize all these points. We will talk about these points in details in the next lecture .



Primary healthcare

- Primary healthcare (PHC) is, for most people, the first point of contact with the healthcare system, usually through a family physician.
- It is where short-term health issues are resolved, where the majority of chronic health conditions are managed, where health promotion and education efforts are undertaken and where patients in need of more specialized services are connected with care.

As we said referral to the secondary or tertiary healthcare. So health education is an essential part of PHC

You will see that the difference between PHC & PC

PC>>> involves only diagnoses & treatment of the diseases

PHC>>> involves in addition to diagnoses & treatment the disease , health promotion and disease prevention through many ways that we will talk about in this lecture.



THE FUNCTIONS OF PRIMARY HEALTH CARE

1. To provide continuous and comprehensive care
2. To refer to specialists and/or hospital services
3. To co-ordinate health services for the patient
4. To guide the patient within the network of social welfare and public health services
5. To provide the best possible health and social services in the light of economic

considerations. or (economic restrictions) that are available and present in the healthcare system almost in many countries, especially developing countries, where healthcare should be affordable to every member in the community at the cost affordable to individual and to the community in general.



Principles for PHC

- PHC based on the following principles :
 - Social equity
 - Nation-wide coverage
 - Self-reliance
 - Inter-sectoral coordination
 - People's involvement in the planning and implementation of health programs



Additional explanation of the previous slide

- Social equity, should be available for everyone (it is an essential and very important point in the field of the healthcare system)
- Nation-wide coverage, should be available for everyone in the country , not only for those live in major cities, it should be available for those living in rural areas
- Self- reliance on the resources of the country and community participation
- * النقطه مهمه * Inter-sectoral coordination, between various sectors to achieve the objective. it is a very important point .[You have to read the related ARTICLE !]
- People's involvement in the planning and implementation of health programs,so people will need to be involved and participated in planning and implementation of their health or the healthcare services that will be provided to them.



Core Activities for PHC

There is a set of CORE ACTIVITIES, which were normally defined nationally or locally. According to the 1978 Declaration of Alma-Ata proposed that these activities should include:

- There is a group of core activities that is proposed by Alma-ata declaration in 1978 which is the main event that related to the history of PHC
- All of these activities we will talk about in the next slid are proposed on this Alma-ata declaration and they are profiled under the umbrella of PHC.



BASIC ELEMENTS OF PRIMARY HEALTH CARE

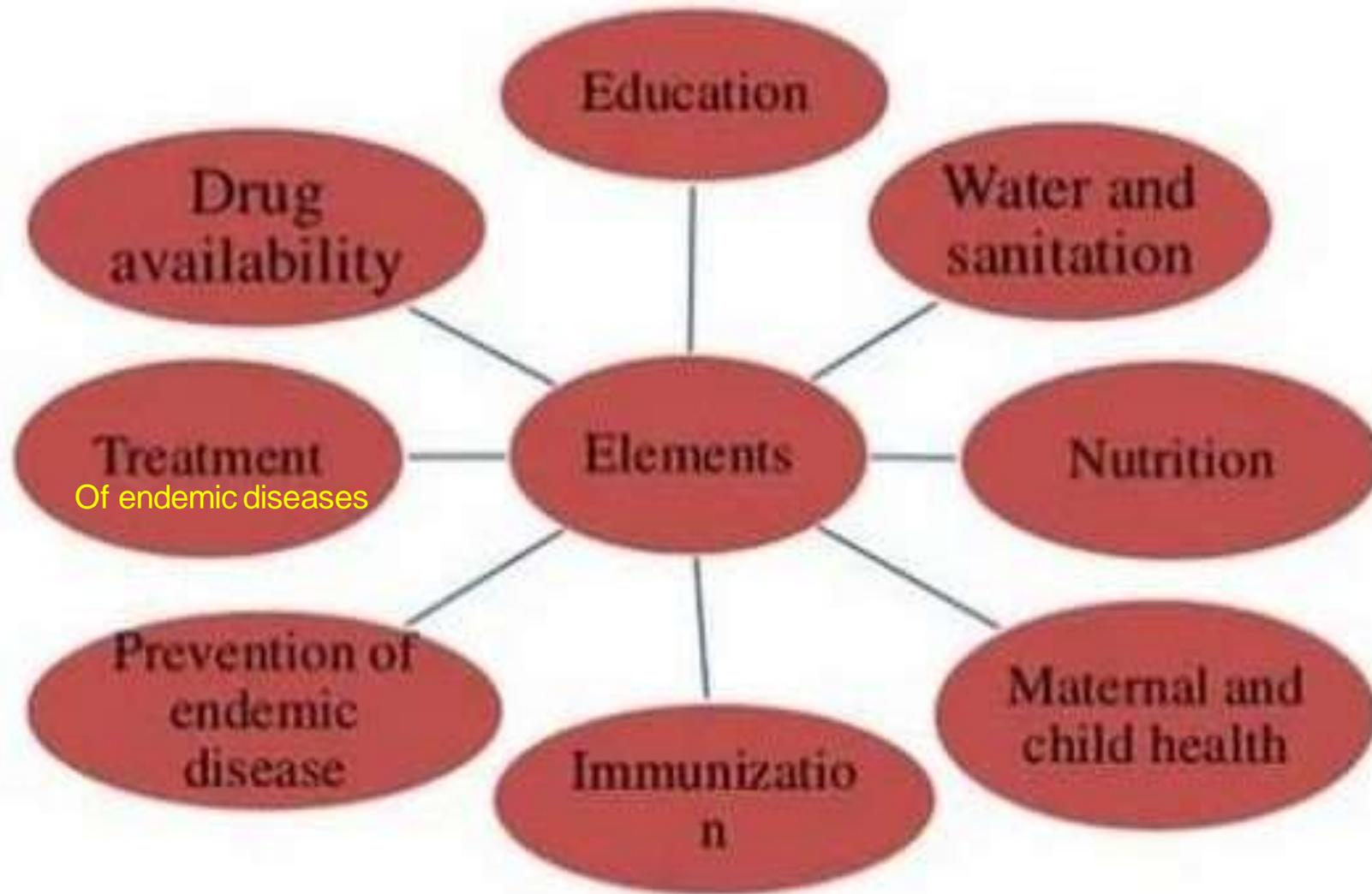
(According to Alma-Ata declaration)

ملاحظة: كقطة أساسية في نظام الرعاية الصحية
ف ٠ شقوة لاسلاي او تستخدمه للمراجعة بس

- Health education On the top of this list , so the community should be informed of health problems and methods of prevention and control that's available in their community
- Identifying & controlling prevailing health problems
- Food supply and proper nutrition The family food should be adequate, affordable, and balanced in nutrients
- Provision of safe water and basic sanitation It means clean disposal of wastes Both are vital for health
- Maternal & child health care, including family planning (maternal) Pregnant and women of childbearing age (from 15 to 49 years of age) need special care which can be provided by the primary healthcare, also children who are under 5 years are vulnerable to particular problems and they need special care.
- Immunization Which is vaccination (to prevent increasing number of infectious diseases) like measles, meningitis, tuberculosis and so on..
- Prevention and control of endemic disease
- Appropriate treatment of common diseases and injuries Endemic infection diseases can be regulated through the control or eradication of vectors and animal reservoirs
- Promotion of mental health
- Provision of essential drugs



Elements of primary health care (again)



So again, the elements of primary health care include:

1. Education concerning prevailing health problems and the methods of preventing and controlling them

On the top of the list , so the community should be informed of health problems and methods of prevention and control that's available in their community.



2. Promotion of food supply and proper nutrition

(The family food should be adequate, affordable, and balanced and nutrients)



3. An adequate supply of safe water and basic sanitation

Basic sanitation=clean disposal of wastes



4. Maternal and child health care, including family planning

(There is a separate lecture for it)

Pregnant women and women of childbearing age (from 15 to 49 years of age) need special care which can be provided by the primary health care, also children who are under 5 years are vulnerable to) عرضة ل(particular problems and they need special care.



5. Immunization against the major infectious diseases

Immunization=**vaccination** (لإصحاح) prevent infectious diseases
(like **measles** (حصبة), **meningitis** (التهاب السحايا),
tuberculosis (السل) and so on..)



6. Prevention and control of locally endemic diseases

Endemic infection diseases can be regulated through the control or eradication of vectors and animal reservoirs



7. Appropriate treatment of common diseases and injuries



8. Basic laboratory services and provision of essential drugs.



9. Training of health guides, health workers and health assistants.



10. Referral services



We are talking about

(Mental health) treatment of for example: (mental disorder like Schizophrenia (الذهان) Depression

- Mental health
- Physical handicaps **Physical handicaps provision of physiotherapy services ,rehabilitation services and so on.**
- Health and social care of the elderly

Health and social care of the elderly

Elderly are particular group of people who need a special care. The number of elderly on developed country are increasing now and there is an increase in life expectancy of people in developed country,(so they need particular care), so let's say on developed countries the patient of elderly is a bite higher than that on developing countries like Jordan .

Contd.

Primary health care **is not** the same in every community

- **Primary Health Care** is different in each community depending upon:
 - Needs of the residents;
 - Economy of the country **The better economy of the country the better the health care services provided to the patient**
 - Availability of **health care** providers;
 - The community's geographic location; &
 - Proximity to other **health care** services in the area.
- There are an issue all over the world which is about health care providers shortage and this may negatively impact the provision and quality of health care services provided to the patient**



The Basic Requirements for Sound PHC (the 8 A's and the 3 C's)

- Appropriateness
- Availability
- Adequacy
- Accessibility
- Acceptability
- Affordability
- Assessability
- Accountability
- Completeness
- Comprehensiveness
- Continuity

Important slide
8 A's: 8 requirements start
with (A)
3C's: three requirements start
with c

Appropriateness ملاءمة

The primary health care must be suitable /fitting for a particular purpose person whether the service... policies.

Appropriate health technologies are an important strategy for improving the availability and accessibility of health care services.

- **Whether the service is needed at all in relation to essential human needs, priorities and policies.**
- **The service has to be properly selected and carried out by trained personnel in the proper way.**

For example: the nurse should know how to give an injection correctly and safely and use the ultrasound to provide antenatal care for pregnant woman.



Adequacy

- **The service proportionate to requirement.**
- Sufficient volume of care to meet the need and demand of a community

Adequacy mean ability to provide reasonable health care services for a particular purposes to meet the need and demand of a community and country .

So adequacy doesn't indicate excellence of the health care provided or even more than what is absolutely necessary, for example having 200,000 of children in need polio vaccine or any other vaccine the amount of vaccine should be equal to the demand .



Affordability

- **The cost should be within the means and resources of the individual and the country.**

Affordability means a person or a community able to pay health care cost , so the cost of the health care provided should be cheap enough for people and resources of the individual as well as for a country



Accessibility

Primary healthcare services should be:

- **Reachable, convenient services**
- **Geographic, economic, cultural accessibility**

For example, It should be:

1- primary healthcare center.

2- equally distributed (throughout the country).

3- reachable by transportation to people.



Access to healthcare means having the timely use reachable and convenient health services to:

- Achieve the best health outcomes of community and country people.



Acceptability

- Acceptability of care depends on a variety of factors, including satisfactory communication between health care providers and the patients, whether the patients trust this care, and whether the patients believe in the confidentiality and privacy of information shared with the providers.



Acceptability is considered to be:
socially pleasing to the receiver or s.th that is
tolerable by patients.

For example: if a maternal clinic is not good,
and a pregnant woman will visit it only when
suffering from severe pain or bleeding and
avoid recommended check-ups.

The healthcare need to be acceptable to
achieve its objective.



Availability

- Availability of medical care means that care can be obtained whenever people need it.

Availability and healthcare means: the sufficient supply of resources and competent and skilled health workers that is of community people for emergency or urgent services needs.



If services are available and there is an adequate supply of equipments , then the opportunity to obtain healthcare exists and can easily improve community people health.

For example: TB drugs or Tuberculosis drugs must be available in the primary healthcare center.



Assessability

- Assessability means that medical care can be readily evaluated.

People must be able to evaluate the services that are provided to them.



Accountability

In PHC it should be possible to review how the resources have been used to provide services to patients

- Accountability implies the feasibility of regular review of financial records by certified public accountants.

Accountability: the procedures and the processes by which healthcare workers justify and take responsibility for their action and activities.



Accountable healthcare providers are constantly striving to improve quality and efficiency by using:

- 1- performance management systems
- 2- quality improvement initiatives

To improve the quality of healthcare provided to their patients

Requirements for accountability:

- 1- making the boundaries of everybody role very clear and ensuring have the right training to carry out them safely and effectively
- 2- ensuring adequate support and supervision for healthcare providers



3- providing a great protocol for healthcare professionals to guide them in healthcare provision to their patients offering opportunities to develop in the room, providing them with professional development training programs and making issues around delegation of some duties for example from highly experienced nurses to lower less experienced nurses (this is called delegation and this delegation needs clear and explicit guidance around it.)



Completeness

- Completeness of care requires adequate attention to all aspects of a medical problem, including prevention, early detection, diagnosis, treatment, follow up measures, and rehabilitation.

Completeness: the quality of being whole or perfect and having nothing missing



Primary healthcare completeness is suitable and hold care to all aspects of medical problems such as:

- Prevention
- Screening
- Early diagnosis
- Treatment
- Follow up measures
- Rehabilitation without any restriction

For example:

1- Providing physiotherapy for Hemiplegia after vascular stroke.

2- continuous follow-ups for diabetic patients after describing drugs to them.



Comprehensiveness

- Comprehensiveness of care means that care is provided for all types of health problems.

Its specializes to all types health problems not just medical and physical ones.

Healthcare providers provide multiple physical and emotional health support of a patient over a period of time, and relationship to family life events and environment and so on.



Continuity

It means provide quality health care to community people within over time

- Continuity of care requires that the management of a patient's care over time be coordinated among providers.

It's a method by which community people and health care team are cooperatively comprised in continuous healthcare management toward the goal of high quality healthcare.



Continuity is important for chronic diseases such as:

- Diabetes
- hypertension
- ischemic heart diseases

Because these diseases if not controlled, they will cause severe problems.

If they are controlled; the mortality rate from these diseases will be greatly reduced.



To Summarize

Primary care is an approach that:

- Focuses on the person not the disease, considers all determinants of health
- Integrates care when there is more than one problem
- Uses resources to narrow differences

Between different group of different population=equity



here we can come to the one of the main/basic principles of primary health care which is equity

provision of equitable health services provided to patient(fairness)

We have two types of equity and delivery of health care : horizontal equity and vertical equity

- **Equity of health services:** The absence of differences in access to services for equivalent health needs (horizontal equity) and increased access and/or resources for socially, demographically, or geographically defined populations with greater health needs (vertical equity)



***so people who have equivalent health needs need to have an equal access to the services this is called horizontal equity .**

***people who have greater health needs need to have greater health services this what we call vertical equity .**



- PHC**
- Forms the basis for other levels of health systems
 - Addresses most important problems in the community by providing preventive, curative, and rehabilitative services
 - Organizes deployment of resources aiming at promoting and maintaining health.



- PHC is rooted in contemporary conceptualizations of health as a bio-psycho-social phenomenon and not simply the absence of disease. PHC provides **not only** health care for physical problems ,it provides health care for it aims to promote mental health directed as a social determinant of you for example.
- PHC embodies a spirit of self-reliance and self-determination. it is driven by and implies building community capacity and resilience: “ **Community development**



The fundamental premise of community development is that when people in the community are given the opportunity to work out their own problems they will find solutions that will have a more lasting effect than when they are not involved in such problem solving ,thus PHC implies essential community based health care that's universally accessible to individuals families groups, communities and population it's driven by community participation in identifying health issues involves community participation and decision making regarding appropriate solution for them and is sustainable by the community .



- **Intersectoral collaboration**
 - An important concept in primary healthcare
 - what we can call as a multi-sectoral approach: means that the production of health is not something that the health sector alone can do it, however it involves an effort or imports from other sectors such as : education, agriculture industry, housing, communications and so on



Primary Health Care Reform

Medical model

Primary Health Care

- Treatment → Health promotion
- Illness → Health
- Cure → Prevention, care, cure
- Episodic care → • Continuous care
- Specific problems → Comprehensive care
- Individual practitioners → • Teams of practitioners
- Health sector alone → • Intersectoral collaboration
- Professional dominance → Community participation
- Passive reception → • Joint responsibility

Of health care for the patient

Between healthcare provider
, community and so on



Primary Health Care Reform

Primary Health Care Reform:

Means that prior to primary health care model it was what we call medical model that dominated the healthcare system

There are several differences between both models. For example, the medical model focuses on treatment however primary health care focuses on health promotion and so on

- Episodic care mean when for example emergency health care provided in the case of acute illness(not involving follow-up and so on)

in medical model Health care provider is the only person who's responsible and accountable for provision of health care to patient while in PHC it depends on community participation



Conclusion

PHC centers should be working together for better health for every member in the family *so primary health care should provide for all family members from newborn to elderly*

Primary Health Care:
Working Together for Better Health



Discussion Questions

For what the material that have been covered in this lecturer

1. What are the **functions** of PHC?
2. What are the **principles** of PHC?
3. What are the **basic requirements** of PHC?
4. Mention the two **types of equity** in healthcare?
5. What is the difference between **medical model** and **primary healthcare model**?

