

An Introduction to Community
Medicine and
Primary Healthcare (PHC)

Lecture 1



Learning objectives

At the end of the following four sessions, you will be able to:

1. Identify various definitions of community medicine.
2. Identify the core subjects of community medicine.
3. Identify various definitions of health and disease.
4. Describe principles and components of Primary Health Care
5. Describe the status of Primary Health Care in Jordan



References:

- 1 Primary Health Care Systems and Services.
WHO 1997.**
- 2 Primary Care The Future
NHS. June 2005**
- 3 Health in Jordan WHO 2005**
- 4 Population and Family Health Survey
Jordan. 2007**



5 Population and Family Health Survey

Jordan. 2012

6 Population and Family Health Survey

Jordan. 2017

7 The World Health Report **2008**

Primary Health Care

8World health statistics 2018: monitoring health for the SDGs,
sustainable development goals

9 Department of Statistics , Jordan 2016



References

- Declaration of Alma-Ata-
http://www.who.int/publications/almaata_declaration_en.pdf
- Healthy People 2020
<http://www.healthypeople.gov/2020/about/default.aspx>
- Naidoo, J. & Wills, J. (2005) Public health and health promotion. Edinburgh: Bailliere Tindall
- Whitehead, D. (2009). Reconciling the differences between health promotion in nursing and 'general' health promotion: A discussion paper. *International Journal of Nursing Studies*, doi:10.1016/j.ijnurstu.2008.12.014.





Community Medicine

Community + Medicine



What is community?

A group of people living in the same place or having particular characteristics in common (such as geography, interests, experiences, concerns, or values).



What community medicine means?

Community Medicine developed as a branch of **medicine** distinct from Public Health.

Its primary objective is **prevention of disease and promotion of health.**



Community Medicine

The provider of services in community medicine, at least in the US, can be a physician, osteopath, advanced practice nurse or, in some settings, a physician's assistant.



What is Community Medicine?

“ A science and art of promoting health, preventing diseases and prolonging life by range of interventions (promotive, preventive, curative, rehabilitative and palliative) in close partnership or association with health care delivery system and with **active community participation** and **inter-sectoral coordination**.”

(Joseph et al., 2018)



Public health

Public health is defined as “the science of protecting and improving the health of people and their communities.”



Community health has a similar goal, but takes a slightly different approach to keeping a population healthy.

Instead of studying diseases directly, community health focuses on how factors such as socioeconomic hardship and cultural standards affect overall health.

The work of community health professionals, according to the Centers for Disease Control and Prevention (CDC), “helps to reduce health gaps caused by differences in race and ethnicity, location, social status, income, and other factors that can affect health.” Often, they design health education programs to reach communities and encourage healthy behaviours.



The practice of Community Medicine requires a multidisciplinary approach.

The core subjects in Community Medicine are:

1. Epidemiology,
2. health-care delivery system including primary health care.
3. Biostatistics.
4. public health nutrition.
5. Social, behavioural, environmental, and management sciences.

Core subjects
in
community
medicine

(Joseph et al., 2018)



Definitions

- “ Health is a state of complete Physical, mental & social well being & not merely the absence of disease or infirmity”. (WHO)
- Recent definition: health is a dynamic state of complete physical, mental & social & spiritual well being & not merely the absence of disease & infirmity.(WHO)

Hans's Definition-
adaptation

Maslow's definition-
satisfaction of
physiological needs.

Important notes

Health cannot be defined as a state because it is everchanging.

Therefore, health is defined as a dynamic state or condition of the human organism that is multidimensional in nature (i.e. physical, emotional, social, intellectual, spiritual, and occupational).

Health results from a person interactions with and adaptations to his, her environment.



Important notes

A person health is dynamic in part because of the many different factors that determines one health.

Health status is determined by interaction of **five domains**: genetic makeup, social circumstances (e.g. education, income, poverty), environmental conditions (toxic and microbial conditions), behavioural choices (diet, physical activity, substance use and abuse), and the availability of quality medical care.



HEALTH DIMENSIONS

- Physical well being
- Mental well being .
- Social well being is.
- Spiritual well being: focuses on self, consciousness, intuition.
- Environmental well being
- Emotional well being



Physical dimension

Includes perfect body functioning, physical fitness, Activities of Daily Living (ADL), a state in which every cell and every organ is functioning at optimum level, and in perfect harmony with the rest of the body.

Mental dimension

- Ability to think clearly, reason objectively. A state of balance between the individual and surrounding world.
- Free from internal conflict
- Aware about himself
- Having a good self control
- Coping with stress



Emotional dimension

–Self-efficacy and self-esteem

Social dimension

Ability to have satisfying relationships



spiritual dimension

Feeling as part of a greater spectrum of existence

Environmental dimension

Appreciation of the external environment and one's role in caring for it.



spectrum of Health

Positive health
↓
Better health
↓
Freedom from disease
↓
Unrecognized disease
↓
Mild disease
↓
Sever disease
↓
Death



Spectrum of Health

SPECTRUM OF HEALTH

- This concept of health emphasizes that health of an individual is a dynamic phenomenon and a process of continuous change, subject to repeated, fine variations
- Transition from optimum health to ill health is often gradual, and where one state ends and other begins is a matter of judgment.
- Different stages are positive health, better health, freedom from sickness, unrecognized sickness, mild sickness, severe sickness, and death.



Determinants of health

Health is influenced by many factors, which may generally be organized into five broad categories known as **determinants of health**.

The social determinants of health (SDH) are defined by the World Health Organization as "the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life".



DETERMINANTS OF HEALTH



Social determinants of health (SDH)

Income and social status

Stress – control over our life

Early childhood development and education

Employment and work conditions

Social support

Addiction

Physical environment

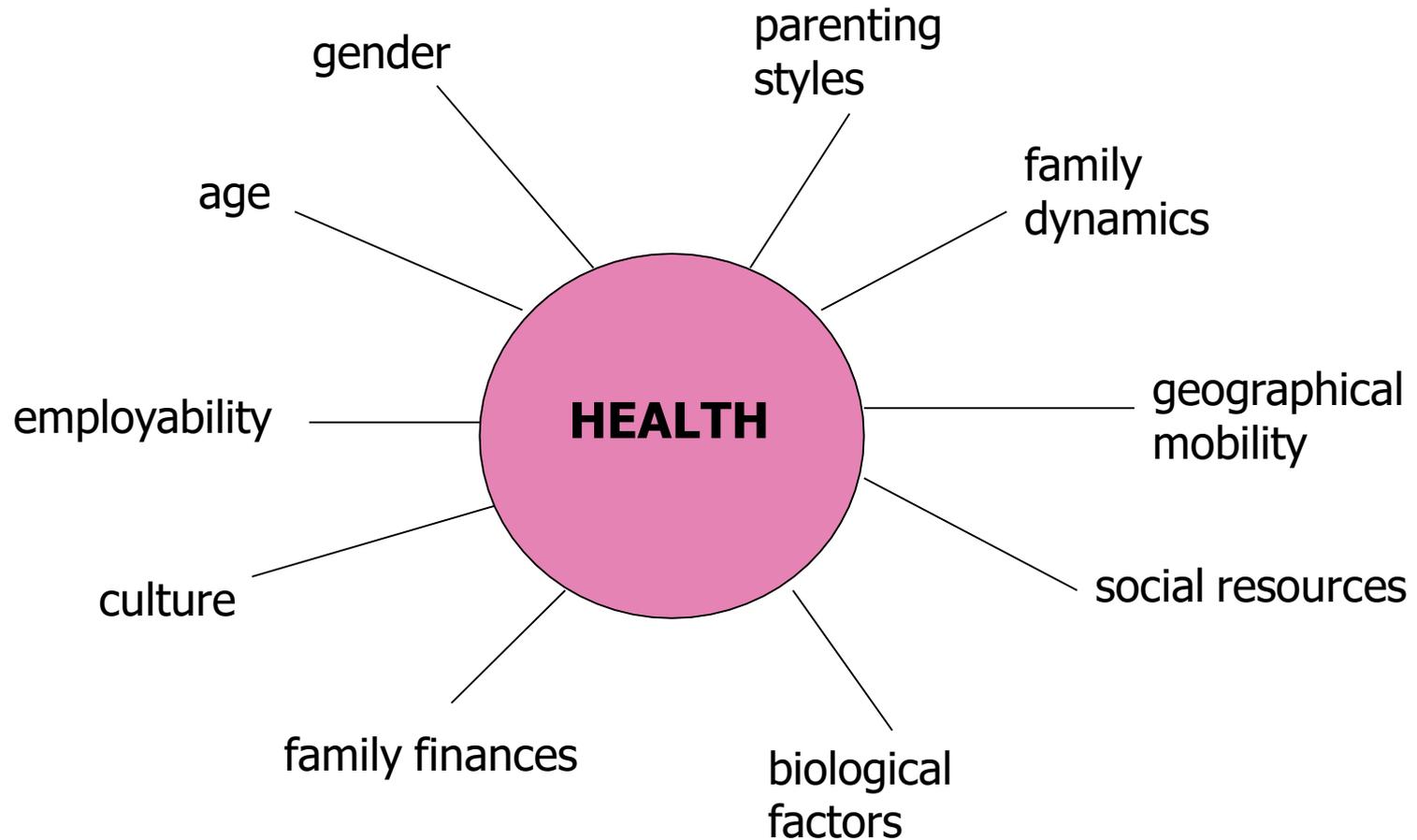
Exercise and transport

Diet and lifestyle choices

Smith, JD (2007)



Factors affecting health



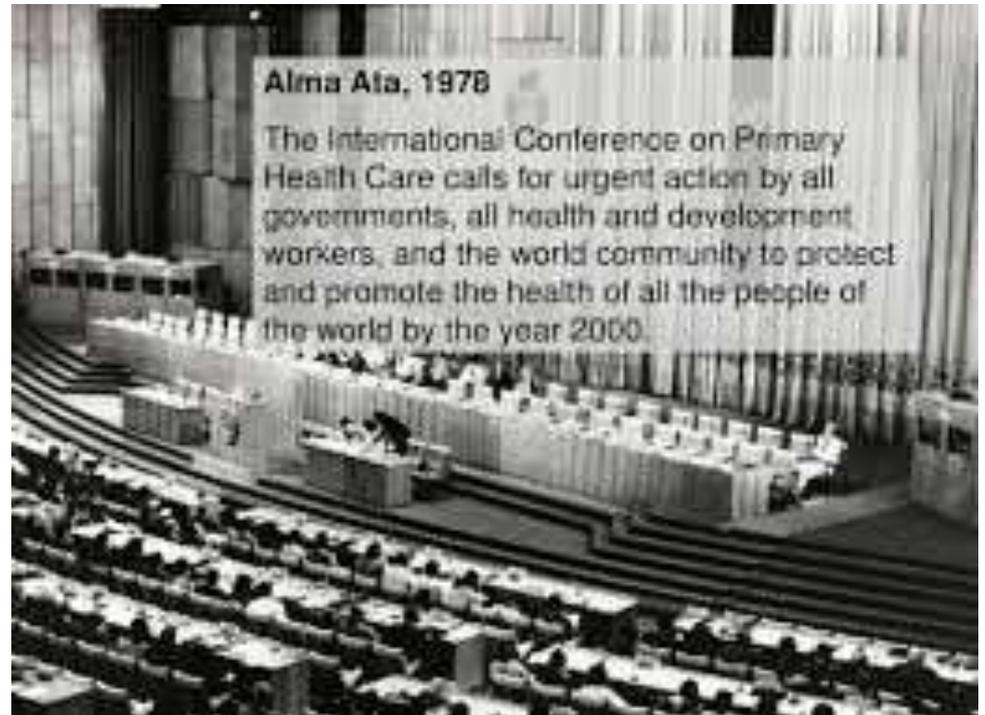
Primary Health Care (PHC)

What is the difference between primary care and Primary Health Care?



Declaration of Alma-Ata International Conference

Declaration of Alma-Ata
International Conference on
Primary Health Care, Alma-
Ata, USSR, 6-12 September
1978.



Primary health care (PHC), as the key health system strategy for attaining optimal health, gained global prominence with the 1978 Alma Ata Declaration.

Its strategic role was reaffirmed 30 years later in the 2008 World Health Organization (WHO) World Health Report.



The International Conference on Primary Health Care, meeting in Alma-Ata this twelfth day of September in the year Nineteen hundred and seventy-eight, expressing the need for urgent action by all governments, all health and development workers, and the world community to protect and promote the health of all the people of the world, hereby makes the following



ALMA ATA DECLARATION

Health is a fundamental human right and that the attainment of the highest possible level of health is a most important worldwide social goal.

The existing gross inequality in the health status of the people particularly between developed and developing countries is politically, socially and economically unacceptable.



Economic and social development, based on a new international economic order (NIEO) is of basic importance to the fullest attainment of health for all.

The people have the right and duty to participate individually and collectively in the planning and implementation of their health care.



Government have a responsibility for the health of their people which can be fulfilled only by the provision of adequate health and social measures.

All government should formulate national policies, strategies and plans of action to launch and sustain primary health care.

All countries should cooperate in a spirit of partnership and service to ensure PHC for all people.



An acceptable level of health for all the people of the world by the year 2000 can be attained through a further and better use of the world's resources



Health for all?



Levels of Care

- Primary health care
- Secondary health care
- Tertiary health care



Primary health care

- The “first” level of contact between the individual and the health system
- Essential health care (PHR) is provided
- A majority of prevailing health problems can be satisfactorily managed
- The closest to people
- Provided by the primary health centers



Secondary health care

- More complex problems are dealt with
- Comprises curative services
- Provided by the district hospitals
- The 1st referral level

Tertiary health care

- Offers super-specialist care
- Provided by regional/central level institution
- Provide training programs



Primary vs Secondary vs Tertiary Healthcare

More Information Online WWW.DIFFERENCEBETWEEN.COM

Primary Healthcare

The tier of the healthcare services that first comes into contact with a patient.

Secondary Healthcare

The patients having various abnormalities are referred to the secondary healthcare facilities.

Tertiary Healthcare

When there are not enough facilities or specialized health care for the management of a particular patient they are referred to tertiary healthcare

RESPONSIBILITY

Preventive health care is the main responsibility of the primary health care sector.

Provides patients with the curative healthcare facilities.

Provides patients with more advanced curative healthcare facilities.



Discussion Questions?

Why health is considered as a dynamic state?

What is the definition of spectrum of health?

What is the significance of Alma-Ata declaration?

Explain the meaning of “Health for all” concept?

What are the different levels of healthcare?

What is the responsibility of each level?



Thank you

