COMMUNITY MEDICINE

DOCTOR 2019 | MEDICINE | JU

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Lecture 1

1

هُوَ الَّذِي خَلَقَكُم مِّن تُرَابٍ ثُمَّ مِن نُّطْفَةٍ ثُمَّ مِنْ عَلَقَةٍ ثُمَّ يُخْرِجُكُمْ طِفْلًا ثُمَّ لِتَبْلُغُوا أَشُدَّكُمْ ثُمَّ لِتَكُونُوا شُيُوخًا ۚ وَمِنكُم مَّن يُتَوَفَّىٰ مِن قَبْلُ ۖ وَلِتَبْلُغُوا أَجَلًا مُّسَمًّى وَلَعَلَّكُمْ تَعْقِلُونَ (67)

ابحث عن معنى الآية في المحاضرة

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

(which are central to community medicine).

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

8 World 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

→ which implies the importance of community in this medical specialty.

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.
  - Community medicine is considered as a subsection of public health.

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

- It can be viewed as a medical specialty that concentrate on physical and mental well being of the people in a specific geography region.

✓ The importance of community medicine is in the early diagnostic disease.

✓ Examples of promotion of health:
  - promoting breast feeding among mothers.
  - promoting child and family nutrition.
  - promoting physical activity.
  - establishing sense of smoking cessation programs.

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)

- **Active community participation** (Active community engagement):
  → We will talk about this in more details in primary healthcare.

- **Inter-sectoral coordination:**
  → Coordination between various sectors to achieve the primary objective of community medicine.

✓ One of the goals of health promotion, which is essential in community medicine, is to reduce the demand in curative and rehabilitative services.

Public health

▪ Public health is defined as "the science of protecting and improving the health of people and their communities."

→ has some similarities with the definition of community medicine.
→ Public health not only providing a preventive action, they also work to understand the spread of a disease in certain populations, particularly after a health-related outbreak.

- 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.

Core subjects in community medicine

- The practice of Community Medicine requires a multidisciplinary team approach, could include physician, nurses, pharmacist and any other health care professional, to obtain an optimal effect.

- **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.

(Joseph et al., 2018)

What is health?

- Health is not only absence of disease, it includes several dimensions like physical, social and psychological well being of the individual.

Definitions

➢ " Health is a state of complete Physical, mental & social well being & not merely the absence of disease or infirmity". (WHO)

The first definition of health by the World Health Organization (WHO) in 1978

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

This definition includes two additional parts (underlined).

Other definitions for health:

Hans's Definition-adaptation

Maslow's definition- satisfaction of physiological needs.

- NOTES:
  - Infirmity means physical or mental weakness
  - Physical well being means physiological problems like diabetes, hypertension, cardiovascular diseases,…
  - Mental well being like psychiatric disorders.
  - People find spirituality through the true religion, which makes them find meaning in things, hope, comfort and a peace in your life.
  - The true spiritual well being will impact positively on physical and mental well being.

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:** 1)genetic makeup, 2)social circumstances (e.g. education, income, poverty), 3)environmental conditions (toxic and microbial conditions), 4)behavioural choices (diet, physical activity, substance use and abuse), and 5)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

The highest point: **Positive health** — Corresponds to the WHO definition

Better health

Freedom from disease

Unrecognized disease

Mild disease

Sever disease

The lowest point: **Death**

- Health and disease lie along a continua, and there is no single cut of points.

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

  → So, what is considered maximum maybe considered minimum tomorrow.

- 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.
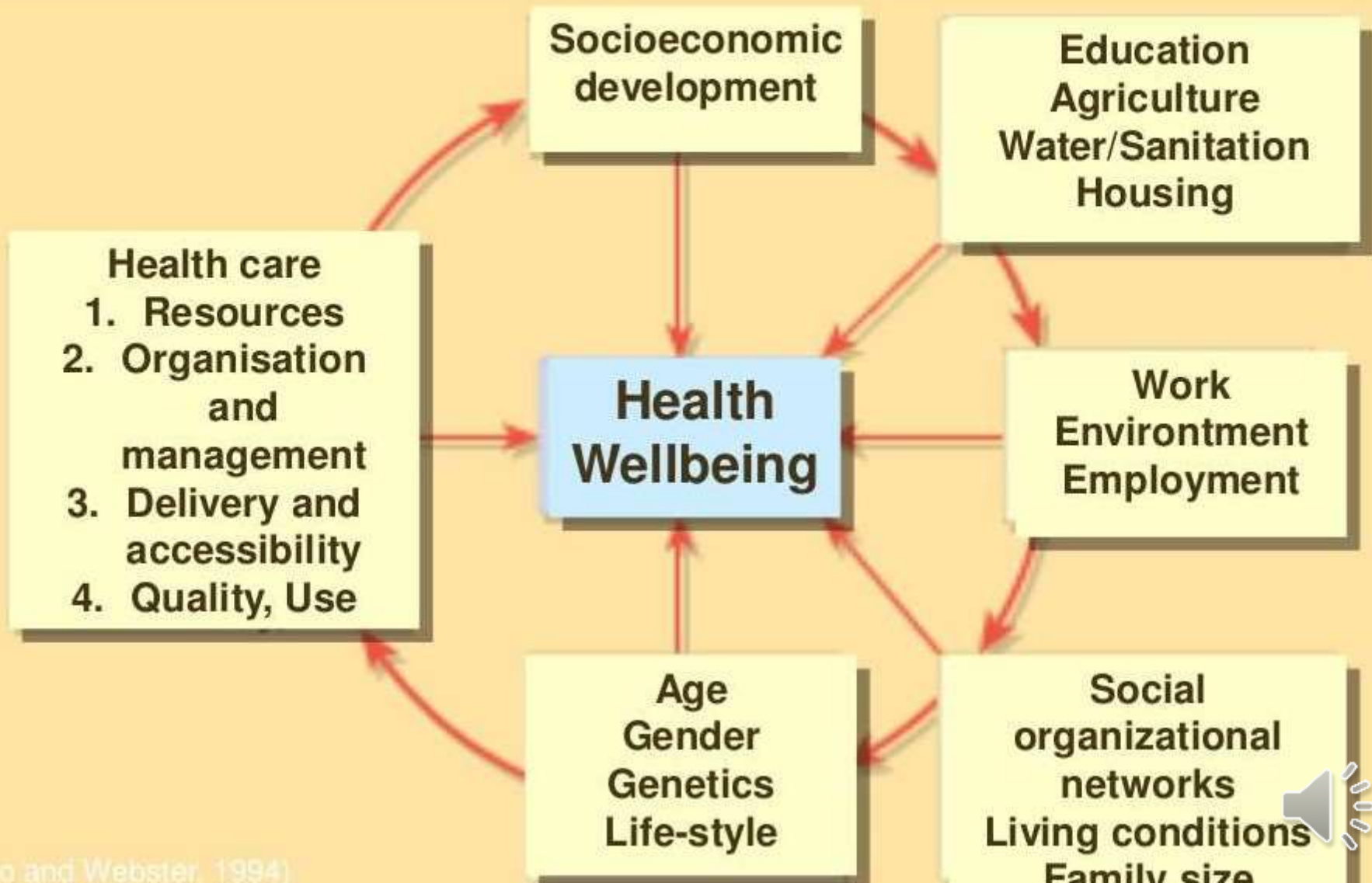
Determinants of health

- Health is influenced by many <u>factors</u>, 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

Socioeconomic development

Education
Agriculture
Water/Sanitation
Housing

Health care
1. Resources
2. Organisation and management
3. Delivery and accessibility
4. Quality, Use

Health Wellbeing

Work
Environtment
Employment

Age
Gender
Genetics
Life-style

Social
organizational
networks
Living conditions
Family size

(Tarimo and Webster, 1994)

- Socioeconomic development:

✓ related to financial status of the country.

✓ The better the economic status of the country, the better health care services that can be provided to the population, so the better health.

- Water/Sanitation:

✓ an adequate supply of fresh clean and uncontaminated water is essential for individual and public health.

✓ It is essential social determinant of health.

- Work/Environment/Employment:

✓ A good job in a safe working conditions can provide numerous benefits critical to maintaining proper health

✓ Unemployment is associated with negative health effects, also the environment that the workers operate in it.

- Health care delivery and accessibility:

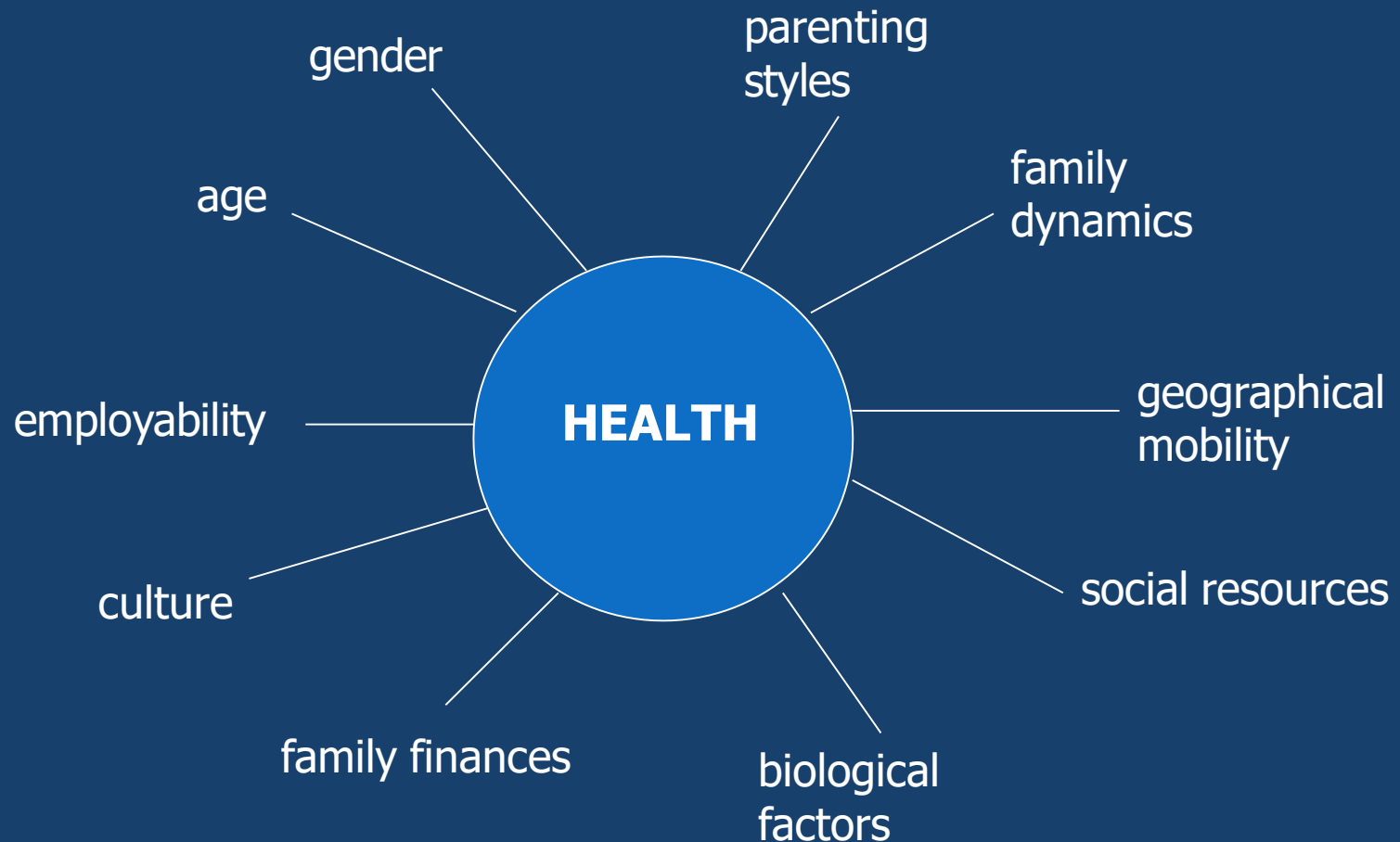✓ The availability of good health services within reasonable reach for those who need them.

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

gender

parenting styles

age

family dynamics

HEALTH

employability

geographical mobility

culture

social resources

family finances

biological factors

McMurray, A. (2003) pg.12

Slide 8

Primary Health Care (PHC)

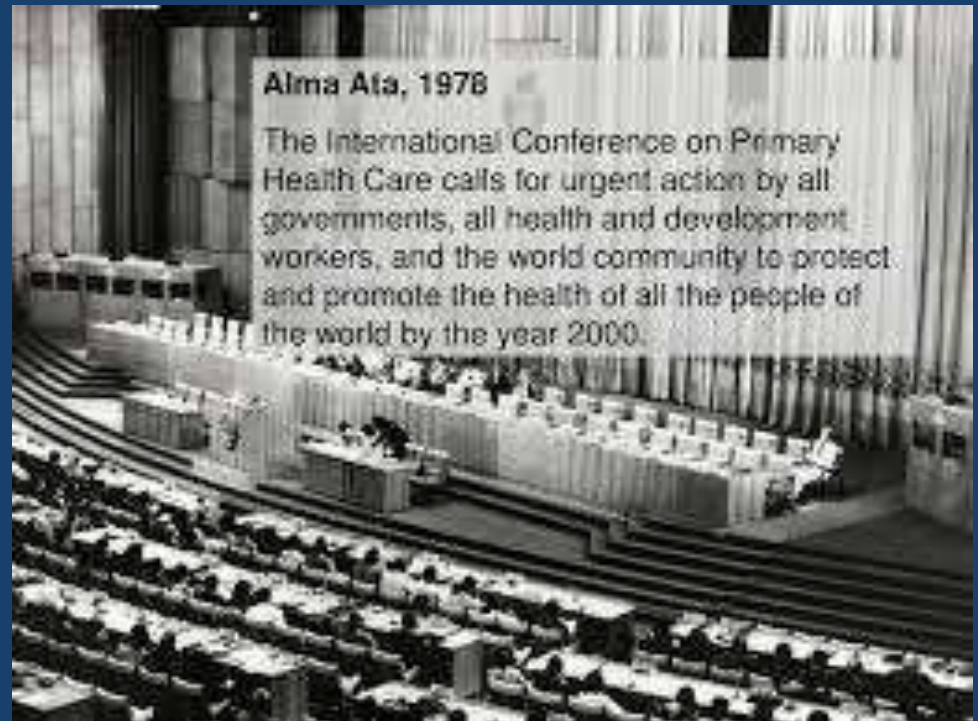**What is the difference between primary care and Primary Health Care?**

- → **Primary health care (PHC)**: represents the most basic package of essential health services needed to prevent disease through for example immunization, promote health through health educational programs, for example, and manage illness.

- ** PHC typically covers about 80% of a person's health needs during lifetime

- → **Primary care**: represents one aspect of PHC, which is only related to managing illness and happens when a trained health care provider diagnose a patient to a disease and treat this patient from this disease. It can also take place, most commonly, in clinic or in a hospital.

Declaration of Alma-Ata International Conference

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

- It was the first international declaration underlining the importance of PHC.

Alma Ata, 1978

The International Conference on Primary Health Care calls 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 by the year 2000.

- 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.

    → NIEO is a group of proposal that have been placed by some developing countries in 1970s in order to promote economic development among the poor countries.

- 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?

- Health for all means that health is to be accessible for everyone in each country.

- Health for all requires the removal of obstacles to health.
  → For example, to achieve health for all you need to eliminate the malnutrition, you need to eliminate ignorance among people and improve their level of education, you need to provide people with fresh, clean and uncontaminated drinking water, you need to reduce unhygienic housing for people.

- Health for all (holistic concept, comprises various sectors) depends on continuous progress in medical care and public health. However, if we improve medical care only, we are not going to achieve health for all.
  → For example, medical care alone can't bring health to hungry people.

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 (PHC) is provided.
- A majority of prevailing health problems can be satisfactorily managed.
- The closest to the people.
- Provided by the primary health centers.
- The first contact when a person has any issue, other than emergency.

Secondary health care

- **More complex problems are dealt with.**
- **Comprises curative services**
- **Provided by the district hospitals** → That's why sometimes they call it hospital care
- **The 1st referral level**
- This care is also found in <u>hospital emergency department</u>.

Tertiary health care

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

Additional note for tertiary health care:

- Usually, referral from primary and secondary health care.
  Examples: plastic surgery, treatment for burns and any other complex medical and surgical interventions.

Primary vs Secondary vs Tertiary Healthcare

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 trtiary 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?

Knowledge Check

Thank you