

Primary Healthcare

Lecture 2



Learning objectives

- By the end of this session, student should be able to:
 1. Define the concept of Primary HealthCare (PHC).
 2. Describe the activities of PHC.
 3. Identify the 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 ?



What is Primary Health Care?

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

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



Primary Healthcare

- **Primary healthcare is:**

- Essential healthcare (E)
- Make universally acceptable to individuals (U)
- Acceptable to them (A)
- Through their full participation (P)
- At a cost the community and country can afford (C).



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.



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.



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



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:

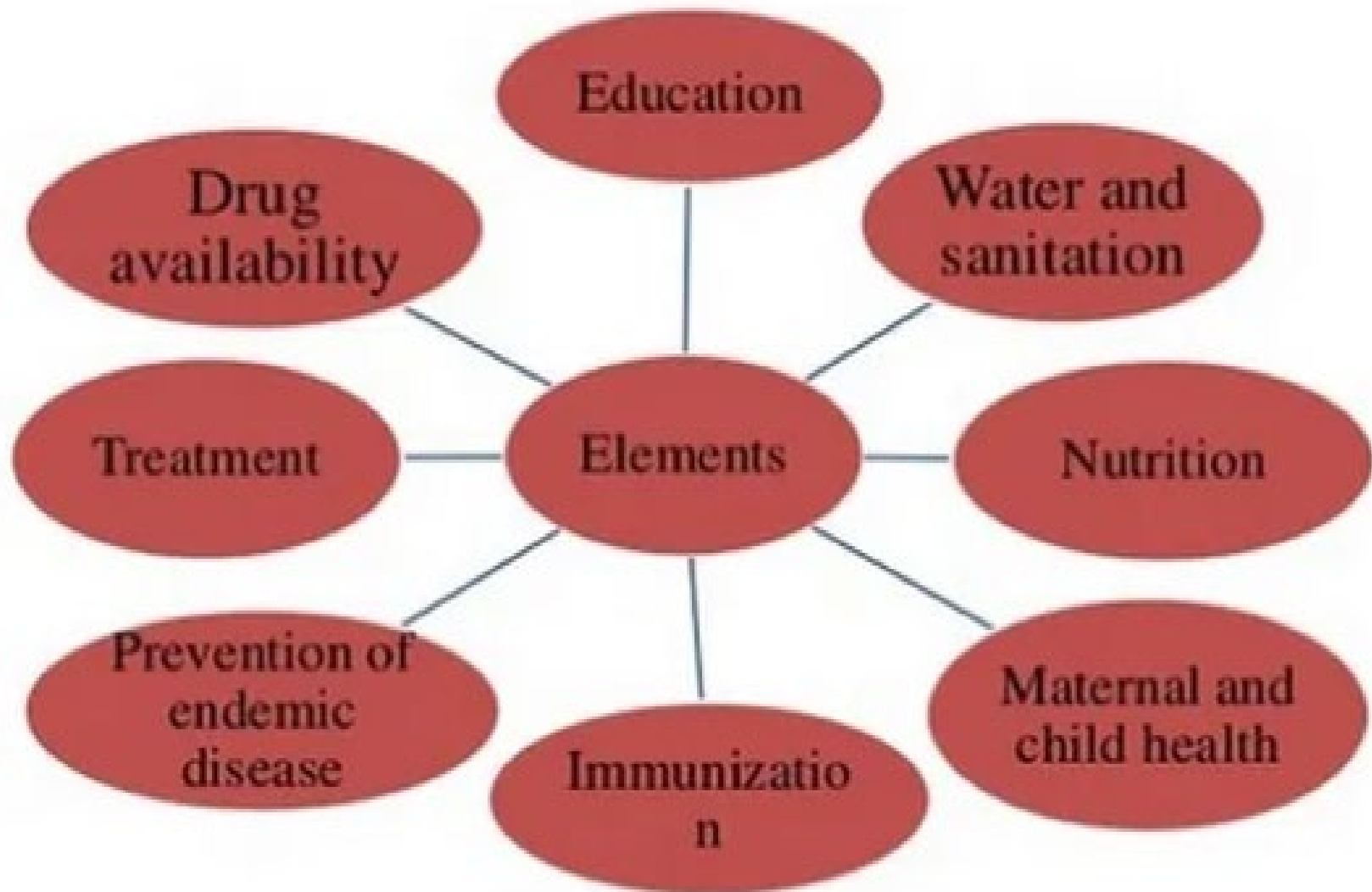


BASIC ELEMENTS OF PRIMARY HEALTH CARE

- Health education
- Identifying & controlling prevailing health problems
- Food supply and proper nutrition
- Provision of safe water and basic sanitation
- Maternal & child health care, including family planning
- Immunization
- Prevention and control of endemic disease
- Appropriate treatment of common diseases and injuries
- Promotion of mental health
- Provision of essential drugs



Elements of primary health care



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



2. Promotion of food supply and proper nutrition



3. An adequate supply of safe water and basic sanitation



4. Maternal and child health care, including family planning



5. Immunization against the major infectious diseases



6. Prevention and control of locally endemic diseases



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



- Mental health
- Physical handicaps
- Health and social care of the elderly



Contd.

- **Primary Health Care** is different in each community depending upon:
 - Needs of the residents;
 - Economy of the country
 - Availability of **health care** providers;
 - The community's geographic location; &
 - Proximity to other **health care** services in the area.



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



Appropriateness

- **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.**



Adequacy

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



Affordability

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



Accessibility

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



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.



Availability

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



Assessability

- Assessability means that medical care can be readily evaluated.



Accountability

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



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.



Comprehensiveness

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



Continuity

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



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



- 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)



- 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 embodies a spirit of self-reliance and self-determination. it is driven by and implies building community capacity and resilience: “



- Intersectoral collaboration



Primary Health Care Reform

Medical model

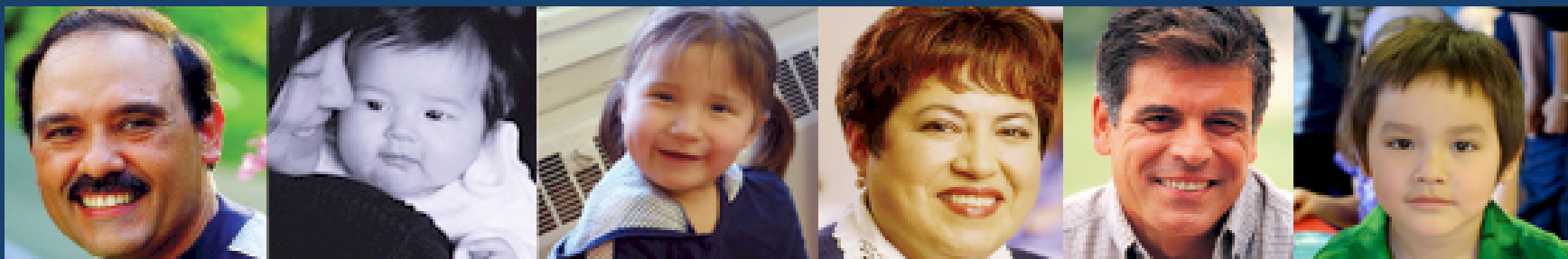
Primary Health Care

- 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



Conclusion

Primary Health Care:
Working Together for Better Health



Discussion Questions



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?

