

Health Care of Rural Areas

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Content

معايير

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- ✓ **Factors behind rural health problems**
- ✓ **عوائق**
Obstacles related to delivery of health care in rural areas

Health Care Of Rural Areas

- The term **Rural** is defined as areas where **Agriculture**^{زراعة} is the chief occupation of population and where there is **lack of diversity**^{تنوع} of organized community services.

Criteria Of Healthy Village

1. Availability of ^{كافي}adequate environmental services (water supply, ^{مياه المجاري}sewage and refuse disposal).
2. The health care should be Available And Accessible (^{مواصلات}geographically, financially and functionally) for all rural population.

Criteria of healthy village

الوعي الصحي

3. High level of health awareness of population regarding their health problems and factors behind them.
4. The basic needs of the population such as employment, food supply, education and recreation should be satisfied.

Factors Behind Rural Health Problems

1. Poverty: ^{فقر} it leads to

- Lower standard of living,
- Poor nutritional status, ^{قلة أكل}
- High morbidity ^{مرض} and mortality ^{وفاة} rates.

1. *Thiamine **deficiency** is a medical condition of low levels of thiamine (vitamin **B1**). A severe and chronic form is known as **Beriberi**. There are two main types in adults: wet beriberi, and dry beriberi. ... Wernicke encephalopathy and Korsakoff syndrome are forms of dry beriberi.*
2. *Vitamin **B2 deficiency** is also known as **Ariboflavinosis**. ... Vitamin **B2 deficiency** can cause the following symptoms: dryness and cracking of the skin around the nose and mouth. red, dry tongue – called magenta tongue. skin rash.*
3. *Vitamin **B3 deficiency** is also known as **Pellagra** is a disease caused by a lack of the vitamin niacin (vitamin **B 3**)*

Factors behind rural health problems

- **Poverty** is significantly higher in rural areas in Jordan, where **37%** are poor compared to **29%** in the urban areas.
- But since **82%** of the population lives in urban areas, the number of the urban poor is **three times** the number of the rural poor.

Factors behind rural health problems

2) ^{الأمية} Illiteracy: ^{تشكل} It constitutes a ^{حاجزا} barrier to ^{للنشر} dissemination of health knowledge.

Factors behind rural health problems

حواجز ثقافية

3) Cultural And Psychological Barriers

A. The Tradition of keeping women and children inside doors is an important determinant of rickets and osteomalacia.

محدد

B. The Belief In Fate, and the minimal relation between individual behavior and health outcomes.

الإيمان بالقدر

علاقة بين تصرفاته واللي بصير معه صحيا

Factors behind rural health problems

النا ناس بتعتقد أنه أسلوبها بالحياة هو أفضل أسلوب

C. People believe that their own mode of life is the best, thus they ^{رفض}reject any new ^{القابلة}concept e.g. the belief that **Dayas** are more efficient and more experienced than the health team of the village center.....**Midwife, TBA** Traditional birth, attendance


Factors behind rural health problems

يفضل الكبير على الصغير أو الولد على البنت أو الولد على البنت
D. Relative Values*: e.g. value of adult relative to child and the boy vs. girl.

تصور مختلف
E. Different Perception*: e.g. public
يتصور الروث وقود
perceive dung as fuel, while the health
مصدر إزعاج يهيج
team receive it as nuisance (irritant).

Factors behind rural health problems

4) Environmental Factors

- A. Poor village planning (houses are haphazard and roads are narrow and tortuous.  عشوائية ضيقة متعرج
- B. Poor housing (Bad Ventilation, Overcrowding, Poor Lighting and Indoor Animals) إضاءة ضعيفة تهوية سيئة اكتظاظ حيوانات داخلية
- C. Lack of Safe Water Supply inside the dwellings. قلة المساكن



الرجل الهندي الذي شق الجبل
الرجل الذي في الصورة اسمه Dashrath Manjhi يسكن في قرية نائية ومعزولة في الهند.
أصيبت زوجته إصابة خطيرة جدا وبسبب بعد المسافة بين المستشفى والقرية والطريق الطويل المعوج (70 كيلومترا)
لم تصل سيارة الإسعاف في الوقت المناسب وماتت رفيقة الدرب بين يدي زوجها وهو عاجز لا يملك من أمره شيئا.
طلب من الحكومة أن تشق نفقا في الجبل لاختصار الطريق إلى القرية حتى لا تتكرر هذه الحادثة لأناس آخرين ولكنها
تجاهلته؛ فقرر هذا الفلاح قليل الحيلة أن يتصرف بنفسه لكي ينهي تلك المأساة التي يعيشها هو وأهل قريته؛ فأحضر
فأسا ومعولا وقرر الحفر بيديه طريقا صخريا بريا بين الجبل.
سخر منه جميع أهل القرية واتهموه بالجنون، وقالوا إنه فقد عقله بعد وفاة زوجته.
أمضى هذا الفلاح 22 عاما (من 1960 إلى 1982) يحفر في الجبل، يوميا من الصباح إلى المساء، دون كلل ولا
ملل، ولا يملك إلا فأسه ومعوله وإرادة تواجه الجبال وصورة زوجته في ذهنه وهي تموت بين يديه.
ونجح في الأخير في أن يشق طريقا في الجبل بطول 110 أمتار، وبعرض 9 أمتار، وبارتفاع 7 أمتار، لتصبح المسافة
بين قريته والمدينة فقط 7 كيلومترات بعد أن كانت 70 كيلومترا؛ وأصبح باستطاعة الأطفال الذهاب إلى المدرسة
وأصبح بإمكان الإسعاف الوصول في الوقت المناسب.
لقد فعل هذا الرجل بيديه العاريتين وبارادته التي تغلب الجبال لمدة 22 عاما ما كانت تستطيع أن تفعله الحكومة في 3
شهور، وقد سُمي هذا الفلاح برجل الجبل، وتم إنتاج فيلم سينمائي عنه يروي قصته.

Factors behind rural health problems

- D. Poor ^{التخلص من النفايات} **sewage** and ^{الصرف الصحي} **refuse disposal**
- E. Prevalence of ^{انتشار} **vector and animal** ^{ناقلات وتخزين الحيوان} **reservoir**** of diseases (insects, ^{قوارض} rodents, dogs, sheep and ^{ماشية} cattle's)
- F. Poor ^{الصحة الغذائية} **food hygiene**.

- *Reservoir* ^{مستودع العدوى} of infection: Any person, animal, plant, soil or substance in which an infectious agent normally lives and multiplies ^{تكاثر}.

حاملة الأمراض -

- *Vector*: In medicine, a carrier of disease. For example, in malaria a mosquito is the vector that carries and transfers the infectious agent.

Rural health problems

1. Problems Related To Vital Events

- ✓ Births: ارتفاع معدل المواليد الخام high crude birth rate
- ✓ Deaths: high mortality rates, especially maternal and child mortality rates
- ✓ Life expectancy : short

Rural health problems

2. Morbidity :

- ✓ **Epidemics*** ^{أوبئة}
- ✓ **Endemic diseases*** ^{مرض متوطن} are numerous ^{عديد} (e.g. trachoma, ophthalmias, streptococcosis, gastro-enteritis, amoebiasis, ascariasis, schistosomiasis,)
- ✓ **Nutritional diseases:** the most common nutritional diseases in rural areas are Anemia, Rickets, ariboflavinosis, Vitamin A Deficiency And Pellagra. ^{مرض بسبب نقص فيتامين B ثلاث}

ملاريا بالهند

Endemic: a disease that exists permanently in a particular region or population.

Malaria is a constant worry in parts of Africa.

ملاريا بفرنسا

Epidemic: An outbreak of disease that attacks many peoples at about the same time and may spread through one or several communities.

كورونا

Pandemic: When an epidemic spreads throughout the world.

Rural health problems

3. Health Problems Related To Agriculture:

A. Parasitic infestation

B. Zoonotic disease (Brucellosis, Anthrax)
مرض من أصل حيواني حمى مالطية جمرة خبيثة

C. Accidents due to increased agricultural machinery
تعامل مع الآلات فأدى إلى حوادث

D. Intoxication by pesticides
تسمم المبيدات الحشرية

E. Occupational lung diseases: (inhalation of organic
غبار dusts as (Cotton Dust: Byssinosis)



Obstacles Related to Delivery of Health Care in Rural Areas

مستهلكين

- 1) Obstacles related to the **consumers**
- 2) Obstacles related to **health care itself.**

1) Obstacles Related To The Consumers

1. **Low utilization of preventive services** as family planning, child care, and maternity care (except for compulsory immunization)
استفادة تنظيم الأسرة الأمومة التطعيم الإجباري
2. **Low utilization of the available beds in health care centers.**
3. **Inadequate community participation.**
عدم كفاية المشاركات المجتمعية

Obstacles related to the consumers

4. High morbidity and mortality among mothers and children.
5. Sustained **unhealthy life styles** as lack of personal hygiene, inappropriate food consumptions.
6. ^{الأمية} **Illiteracy and lack of awareness** about health problems and their risk factors.

2) Obstacles Related To Health Care Itself

1. Limited multi-sectorial approach.
2. Poor and inadequate referral services.
التحويل للمستشفيات صعب
3. Low outreach for all services except for postnatal care.
انخفاض مستوى التغطية لجميع الخدمات ما عدا بعد الولادة
4. Insufficient covering of population by basic environmental services and emerging of other environmental health determinants such as pesticides and fertilizers.

Obstacles related to health care itself

5. Inadequate human resources:

A. Inadequate performance due to unsuitable working conditions, low salary, lack of motives and training.

لا يوجد حوافز

سوء توزيع

B. Shortage of skilled nurses and technicians and maldistribution of physicians.

نقص الموارد الغير بشرية

C. Inadequate non-human resources: shortage of drugs, equipment, transportation facilities, electricity as well as limited and inequitable resources allocated for preventing activities.

