Primary Health Care (PHC)

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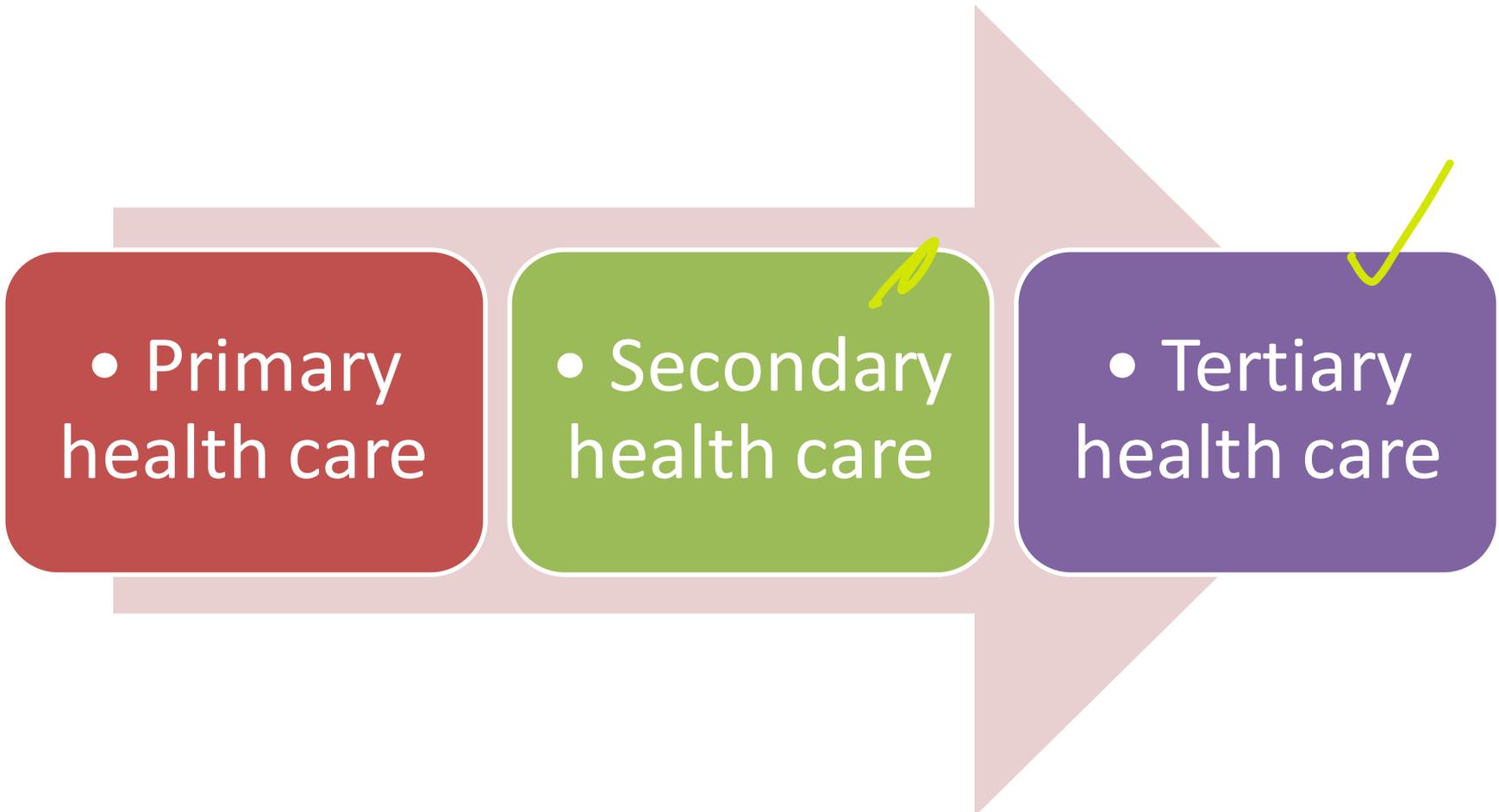2023

PRIMARY HEALTH CARE

USSR·ALMA·ATA 1978

World Health Organization·WHO·United Nations Children's Fund·UNICEF

Lecture objectives:

- Define and learn how PHC was developed.

- Describe principles, components and elements of Primary Health Care.

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 when they have a health problem.

- Essential health care (PHR) is provided

- A majority of prevailing health problems can be satisfactorily managed التعامل مع اغلب المشاكل السائدة

- The closest to people

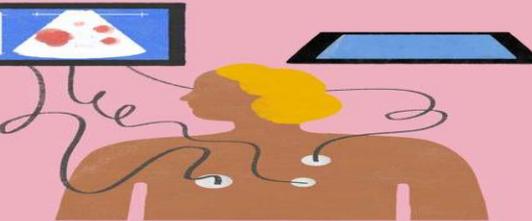- Provided by the primary health centers صيدلية
طبيب عام

Differences Between Primary, Secondary, and Tertiary Care

Primary
For illness, injury, acute medical problems, and referrals

Secondary
Requires specialists with specific expertise in health issue

Tertiary
Requires highly specialized equipment and expertise

Secondary health care

More complex problems are dealt with

Comprises curative services علاج يشمل

Provided by the district hospitals تقدمها المستشفيات

The 1st referral level يعني اول اشي يوصله المريض

Tertiary health care

Offers super-specialist care

Provided by regional/central level institution

Provide training programs

World Health Organization (WHO) and UNICEF → the International Conference on Primary Health Care in 1978 in Alma-Ata, (Kazakhstan).

Representatives from 134 states

تصريح

- **"Declaration of Alma-Ata":**

➤ **Health For All by the year 2000.**

➤ Recognition of centrality of PHC

عدم
➤ Government responsibility for it

➤ Acknowledgement of عدم المساواة unacceptability of inequality
عدم قبول

➤ Right and duty of citizens to participate   قرى

➤ Intersectoral collaboration
التعاون بين القطاعات

PAHO/WHO

The International Conference on Primary Health Care at the Lenin Convention Center in Alma-Ata in September 1978.

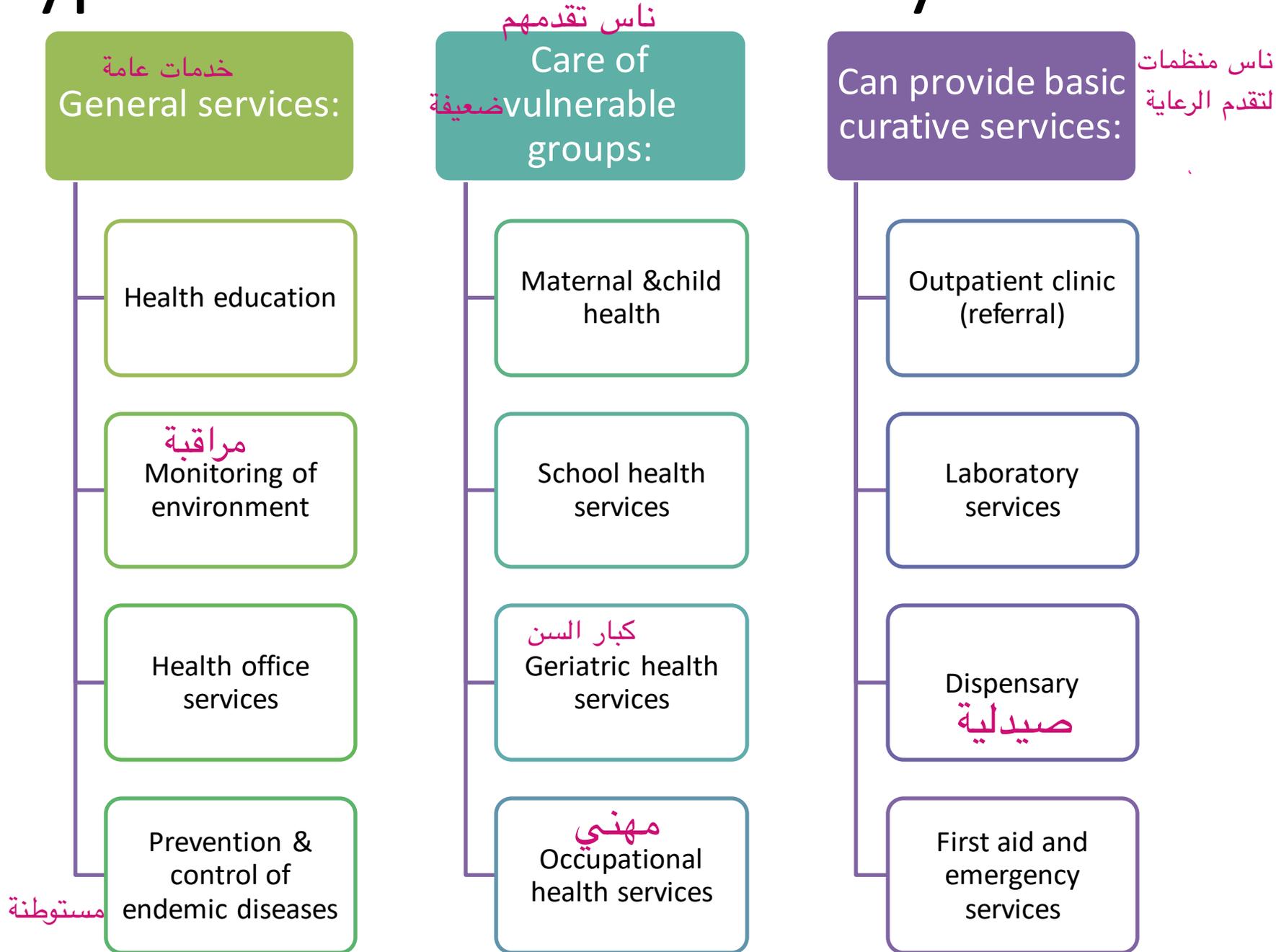**Primary health care** is a critical foundation for universal health coverage.

World Health Organization

غير قابلة للعلاج

- Before this time health was perceived as a responsibility of medical professionals
مجتمعات communities were not involved on decisions and responsibilities related to health. تدهور

- This lead to deterioration of health among populations especially in the developing countries of the world.

- Most of the health problems that people suffered from were preventable and lead to high mortalities especially of women and children.

- health services favored the privileged while fundamental right to health denied to millions of poor people

• Universal healthcare is a health care system in which all residents of a particular country or region are assured access to health care.
لازم كل الناس ينالوا الخدمة الصحية

Type of services covered by PHC:

خدمات عامة
General services:

- Health education
- مراقبة
  Monitoring of environment
- Health office services
- Prevention & control of endemic diseases

مستوطنة

ناس تقدمهم
Care of vulnerable groups:
ضعيفة

- Maternal &child health
- School health services
- كبار السن
  Geriatric health services
- مهني
  Occupational health services

ناس منظمات لتقدم الرعاية
Can provide basic curative services:

`

- Outpatient clinic (referral)
- Laboratory services
- Dispensary
  صيدلية
- First aid and emergency services

Concept

- "Essential health care based on scientifically sound and socially acceptable methods, universally accessible to individuals and families with their full participation at a cost that the community and country can afford in a spirit of self-reliance and self-determination".

روح

عزم

إعتماد

WHO 1978

The Alma-Ata declaration

HEALTH FOR ALL

Essential:

يركز على

➤ It meets the **actual** health needs of the community (Focus on priorities). Every community is different!

شاملة
ترويج

➤ It is **comprehensive**: includes **promotion**, **preventive**, **basic curative** care.

علاج اساسي   وقاية

➤ It forms **continuous** care of the population starting from the intra-uterine life to the end of life **(from womb to tomb)**

Primary health care covers the majority of a person's health needs - promotion, prevention, treatment, rehabilitation, palliation - from birth to the final days of life.

PRIMARY HEALTH CARE

World Health Organization

Health is a human right for everyone, at every age.

World Health Organization

Principles of PHC

- Equity عدالة
- Acceptability قبولها
- Accessibility وصول
- Community participation مشاركة المجتمع
- Appropriate technology التكنولوجيا المستخدمة
- Multi-sectorial approach نهج متعدد القطاعات

عدالة
1. Equity

- *Equity* is the absence of avoidable (unfair) differences among groups of people, (i.e. socially, economically, demographically, or geographically etc.).

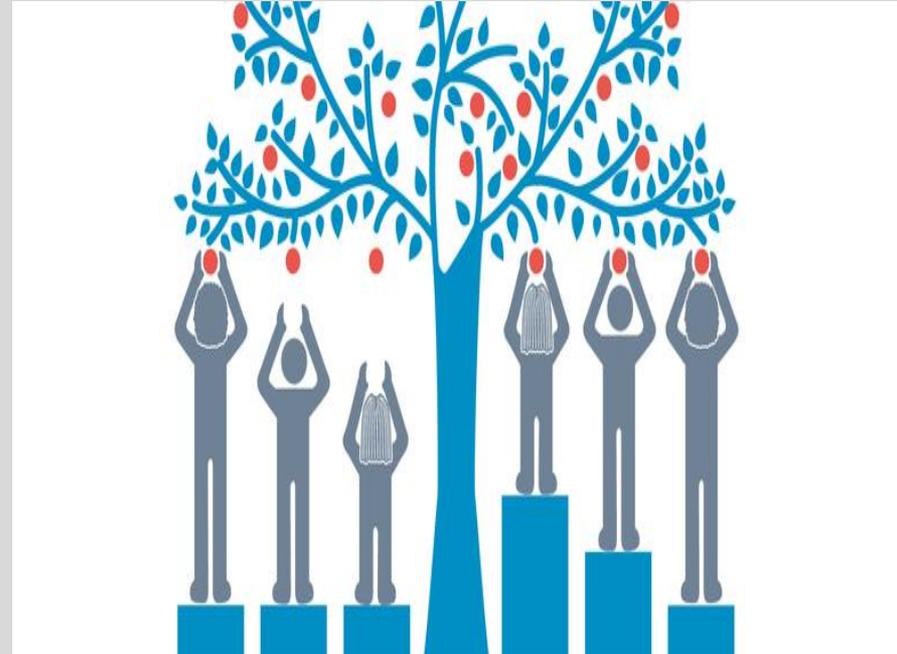- Equitable distribution of healthcare means *'universal access to health services irrespective of differences'.*

بغض النظر

استثمار

موارد

- It also means investing more resources in areas where it is needed more. Higher priority needs to be given to high risk groups (e.g. under-privileged segments and under served areas)

اهمية

الصحة لتحقيق المفتاح التوزيع العادل

Equitable distribution is the key to attain health for all

لتأكيد الحصول على العدالة
Examples to ensure equity

زيد عدد المراكز لتغطي الكل

- Increase the number of health centers to cover all the population of the community.

توزيع على المناطق المحروسة

- Disperse the health services into the remote rural areas and under-served urban ones.

تحسين وسائل النقل

- Improve the means of transportation.

تجديد المطلوب منهم عدد السكان

- Determine the population to be served in the catchment area of the PHC centers and identify the vulnerable groups to be reached through organized الاقليات out-reach services (such as ethnic minorities , women, children, adolescents, older persons, persons with disabilities ,and populations in rural areas).

الفئات الضعيفة

مراهق

2. Acceptability

مدى   تدخل

- **Acceptability:** ***the extent to which people delivering or receiving a healthcare intervention consider it to be appropriate, based on anticipated or experienced cognitive and emotional responses to the intervention.***

تلقى

مناسب

يعني ردة الفعل تبعت تدخل المجتمع لتدخل

الرعاية الصحية بحياتهم

- Political, economical and social(culture-sensitive) acceptability.

سياسة

يعتمد على عوامل مختلفة

- **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.

تواصل مرضي

السرية

Can you give examples?

3. Accessibility

- Physical
- Economic
- Information

I.   Physical accessibility

- "the availability of good health services within reasonable reach of those who need them and of opening hours, appointment systems and other aspects of service organization and delivery that allow people to obtain the services when they need them".

حجوزات

يحصل

مجالات

II. Economic accessibility, or affordability

- "is a measure of people's ability to pay for services without financial hardship صعوبات ماليه. It takes into account not only the price of the health services but also indirect and opportunity costs (e.g. the costs of transportation to and from facilities and of taking time away from work)."
- Affordability is تعزز influenced by the country's health financing system and by household income مدخلات العائلة.

III. Information accessibility

طلب حق

Includes the right to seek, receive and report information and ideas الحق في طلب معلومات عن الحالة المرضية concerning health issues.

This access to information, however, عليه ان يضعف حق "should not impair the right to have personal health data treated with confidentiality".

4. Community participation

The involvement of individuals, families, and communities in promotion of their own health and welfare is an essential ingredient of primary health care.

PHC coverage cannot be achieved without the involvement of community in planning, implementation and maintenance of health services.

مشاركة

تعزيز

رفاهيه

تطبيق

4. Community participation

- Financial supply to cover the cost of some activities of the PHC (equipment معدات, drugs, audiovisual aids وسائل سمعية و بصرية, furniture, etc)

- Through adopting healthful behaviours, people can participate يشارك in **prevention** منع of communicable diseases الامراض المعدية and in management of non-communicable disease. Examples?

- Volunteering..examples?

"barefoot doctors" China 1957

4. Community participation

- Appropriate utilization of health services especially maternity care, child care, reporting of births and deaths, curative services at appropriate time, Maintaining health facilities), etc.

الاستخدام المناسب

امومة

Benefits of community participation

- People are more likely to accept preventive health care. الصحة الوقائية

- It addresses the felt health needs of the people. يعالج الاحتياجات الصحية الملموسة

- It ensures social responsibility among the community. تؤكد المسؤولية المجتمعية

- Increase health awareness of the population. وعي صحي

- Community participation is an additional resource to those provided by government so decreases the burden on the government. مشاركة مصادر زيادة

- It is considered a great support to health care workers. يعثر

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5. Appropriate Healthcare Technology

- Technology that is scientifically sound, adaptable للتكيف to the local needs الاحتياجات المحلية, and acceptable to those who apply it يطبقون عليها and those for whom it is used تستخدم من اجلهم and can be maintained يتم المحافظة عليها by the people themselves with the resources of the community and country can afford تمنح.

- Particularly important for the resource-poor countries

Examples of appropriate technology

technology امثلة على

- ORS instead of expensive intravenous replacement of fluids in mild and moderate dehydration.
- Breast feeding in spacing between pregnancies.
- Growth charts: these can be maintained by health workers
  مخططات النمو
- Vaccine Vial Monitor (VVM) instead of lab testing of potency of vaccine due to possible exposure to heat.
- A first-aid kit needs to be devised using appropriate materials easily available locally
- Simple safe water measures:
  o Chlorination with tablets in individual houses in water containers. These are very cheap and available.

  o Educating the mothers to boil water- ·at least, the water that is to be used for the babies and children under 5 years of age.

6. Multi-sectorial collaboration

- In addition to the health sector, all related sectors and aspects of national and community development, in particular education, agriculture, food, industry, education, housing, public works and communication, social development. To achieve cooperation, planning at country level is required to involve all sectors.

قطاع

جوانب

تعاون

يتضمن

Team approach

- PHC needs a variety of personnel مand mainly medical, paramedical and non medical

موظفين

- **The team is** a group of persons with different levels of knowledge, experience and skills who work together to provide comprehensive services to the individuals, families and community.

غرباء

شامل

Who provides PHC?

موظف

- 1. Medical personnel: one or more physician(s) for each center or unit, and a dentist in some centers.

- 2. Paramedical personnel: nurses, nurse midwives, health visitors, and technicians.

- 3. Health related personnel: **Persons from health related sectors** available in the catchment area of the PHC center (agriculture, municipality, school…etc), social workers, sanitarians, food inspectors;

  زراعة   البلدية   عمال نظافة   مفرش طعام

- 4. **Community members** including religious leaders, school teachers and social workers..

Elements of PHC

مرافق صحيّة

1. **Water and sanitation**

حيوي   نفايات   تخلص

A safe water supply and the clean disposal of wastes are vital for health.

2. **Education**

The community should be informed of health problem and methods of prevention and control.

3. **Food and Nutrition**

متوازن   معقول   مناسب

The family's food should be adequate, affordable and balanced in nutrients. امومة وطفولة

4. **Maternal and child care**

Pregnant women and women of child bearing age (15-49 years) are the target group for special care. Children under 5yrs of age are also vulnerable to childhood killer disease.

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Elements of PHC

5. Immunization

معدية   حصبة

An increasing number of infectious diseases can be prevented by vaccinations example-measles, Meningitis, Pertusis, tuberculosis, yellow fever etc

السل

سعال ديكي

6. Prevention & control of locally endemic diseases.

امراض مستوطنة

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

القضاء   حيوان

7. Appropriate treatment of common diseases & injuries

ناقلات

Adequate provision of curative services for common illnesses and injuries should be available to the community.
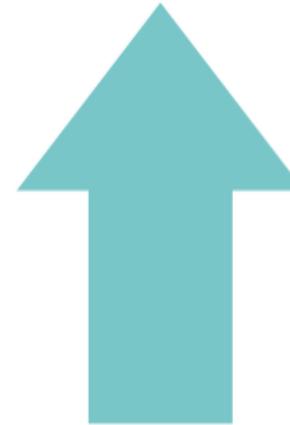
توفير   توفير الخدمات

8. Essential drugs

The most vital drugs should be available and affordable at all levels.

Significant health gains achieved since the introduction of PHC.

➢ Decrease both infant and under five mortality. وفاة

➢ Increase life expectancy for males and females. مدى

➢ Increase vaccination coverage. تغطية المطاعيم

➢ Slight improvement in the environmental conditions. تحسين طفيف

Improves:
- Outcomes, such as
  - Life expectancy
  - Mortality rates, incl. infant and under-5, cardio-vascular mortality etc.
  - Low birth weight
  - Cancer detection etc.
- Equity

Reduces:
- Relative cost
- Adverse events
- Negative effects of social inequality

Activate Windows
Go to Settings to activate Windows.

Watch

- https://www.youtube.com/watch?v=QX7Q0a8GxaA

- **In Arabic:** https://www.youtube.com/watch?v=3MPUs5rMmrc

Health for All

Adding life to years and years to life

THANK YOU