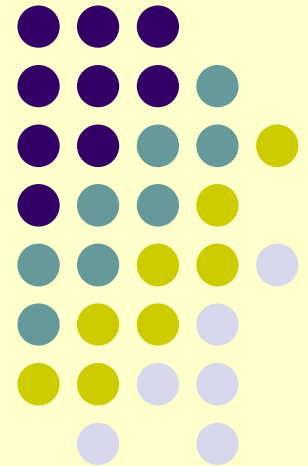


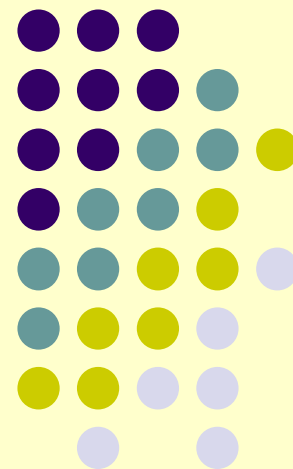
PRIMARY HEALTH CARE (PHC)

Professor Dr Salwa Sh Abdul-wahid
Lecture - 2

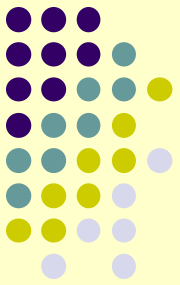


HEALTH FOR ALL

*Attainment Of A Level Of Health
That Will Enable Every
Individual Lead A Socially And
Economically Productive Life*

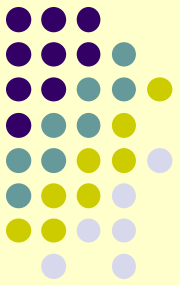


Levels of Care



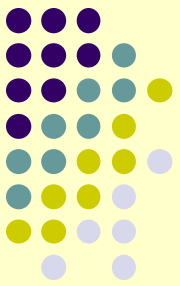
- Primary health care
- Secondary health care
- Tertiary health care

CONTD.



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.**



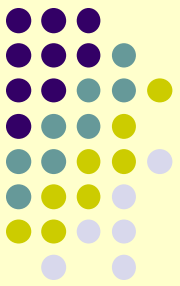
CONTD.

Secondary health care

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

Tertiary health care

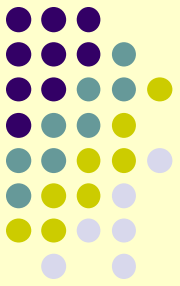
- Offers super-specialist care
- Provided by regional/central level institution.
- Provide training programs



WHAT IS PRIMARY HEALTH CARE

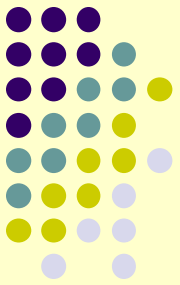
- *Primary Health Care Is Essential Health Care Made Universally Accessible To Individuals And Acceptable To Them, Through Full Participation And At A Cost The Community And Country Can Afford*

Contd.

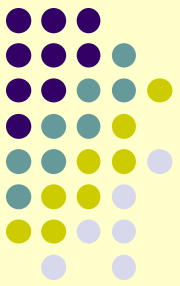


- **Primary Health Care** is different in each community depending upon:
 - Needs of the residents;
 - Availability of **health care** providers;
 - The communities geographic location; &
 - Proximity to other **health care** services in the area.

ELEMENTS OF PRIMARY HEALTH CARE



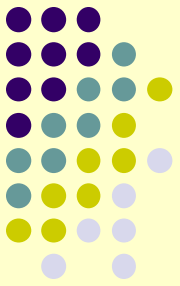
- Education concerning prevailing health problems and the methods of preventing and controlling them
- Promotion of food supply and proper nutrition
- An adequate supply of safe water and basic sanitation
- Maternal and child health care including FP



Contd.

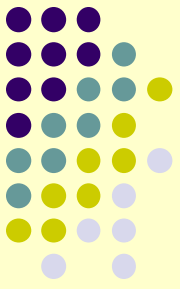
- Immunization against major infectious diseases
- Prevention and control local endemic diseases
- Appropriate treatment of common diseases
- Provision of essential drugs

PRINCIPLES OF PRIMARY HEALTH CARE



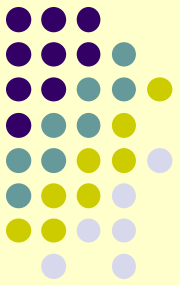
- EQUITABLE DISTRIBUTION
- COMMUNITY PARTICIPATION
- INTERSECTORAL COORDINATION
- APROPRIATE TECHNOLOGY
- DECENTRALISATION

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

Strategies of PHC



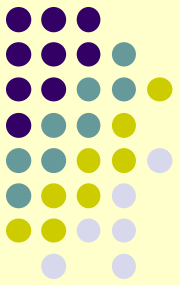
1.Reducing excess mortality of poor marginalized populations:

PHC must ensure access to health services for the most disadvantaged populations, and focus on interventions which will directly impact on the major causes of mortality, morbidity and disability for those populations.

2. Reducing the leading risk factors to human health:

PHC, through its preventative and health promotion roles, must address those known risk factors, which are the major determinants of health outcomes for local populations.

Strategies contd.



3. Developing Sustainable Health Systems:

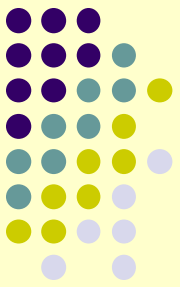
PHC as a component of health systems must develop in ways, which are financially sustainable, supported by political leaders, and supported by the populations served.

4. Developing an enabling policy and institutional environment:

PHC policy must be integrated with other policy domains, and play its part in the pursuit of wider social, economic, environmental and development policy.

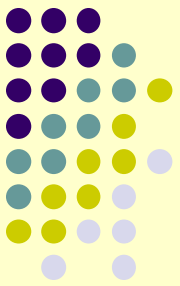
Reasons for slow progress

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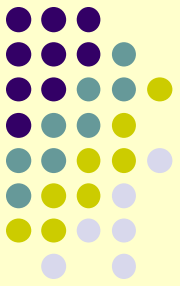
- Widespread inequity of health promotion efforts
- Weak health information systems and lack of baseline data
- Pollution, poor food safety, and lack of water supply and sanitation
- Rapid demographic and epidemiological changes
- Inappropriate use and allocation of resources for high cost technology
- Natural and man made disasters

Obstacles to the implementation of the PHC strategy



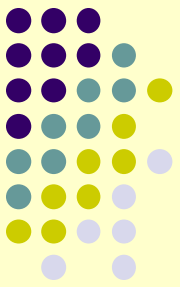
- Misinterpretation of the PHC concept
- Misconception that PHC is a 2nd rate health care for the poor.
- Selective PHC strategies
- Lack of political will
- Centralized planning and management

The Challenges of changing World



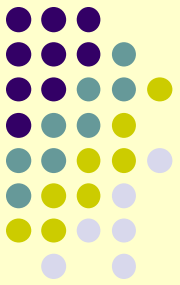
- Unequal growth, unequal outcomes
- Adapting to new health challenges
- Trends that undermine the health systems' response
- Changing values and rising expectations
- PHC reforms: driven by demand

EXTENDED ELEMENTS OF PHC



- Expanded options of immunization
- Reproductive health needs
- Provision of essential technologies for health
- Prevention and control of non communicable diseases
- Food safety and provision of selected food supplements.

FOUR SETS OF PHC REFORMS



- UNIVERSAL COVERAGE REFORMS
- SERVICE DELIVERY REFORMS
- PUBLIC POLICY REFORMS
- LEADERSHIP REFORMS