

Primary Health Care

Community Health Nursing Department - lecture -5

What is Primary Health Care?

Primary Health Care: is the first level of contact with the health system to promote health, prevent illness, care for common illnesses, and manage ongoing health problems.

The Alma-Ata Conference defined PHC as follows: - "Primary health care is essential health care based on practical, scientifically sound, and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost the community & country can afford to maintain at every stage of their development in the spirit of self-determination".

PHC services must have the following characteristic

Accessibility, Availability, Affordability and Acceptability of Health Services

Primary Health Care (PHC)

The ultimate goal of primary health care is better health for all.

WHO has identified five key elements to achieving that goal:

- 1.universal coverage to reduce exclusion and social disparities in health;
2. service delivery organized around people's needs and expectations;
3. public policy that integrates health into all sectors;
- 4.leadership that enhances collaborative models of policy dialogue;
- 5.and increased stakeholder participation.

The scope of the nursing role in PHC

- 1.facilitating/providing preventative health education programs.
- 2.delivering quality chronic disease management and care coordination.
3. supporting patients with self-management of chronic conditions
4. monitoring and facilitating patient recall and reminder systems.

Essential Elements of PHC:

1. **E-** Education concerning prevailing health problems and the methods of identifying, preventing, and controlling them.
2. **L-** Locally endemic disease prevention and control.
3. **E-** Expanded program of immunization against major infectious diseases.
4. **M-** Maternal and child health care including family planning.
5. **E-** Essential drugs arrangement.
6. **N-** Nutritional food supplement, an adequate supply of safe and basic nutrition.
7. **T-** Treatment of communicable and non-communicable disease and promotion of mental health.
8. **S-** Safe water and sanitation.

Extended Elements in 21st Century:

1. Expanded options of immunizations.
2. Reproductive health needs.
3. Provision of essential technologies for health.
4. Health promotion.
5. Prevention and control of non-communicable diseases.
6. Food safety and provision of selected food supplements.

Principles of PHC:

1. Improvement in the level of health care of the community.
2. Favorable population growth structure.
3. Reduction in the prevalence of preventable, communicable and other disease.
4. Reduction in morbidity and mortality rates especially among infants and children.
5. Extension of essential health services with priority given to the underserved sectors.

6. Improvement in basic sanitation.

7. Development of the capability of the community aimed at self- reliance.

8. Maximizing the contribution of the other sectors for the social and economic development of the community.

9. Equitable distribution of health care– according to this principle, primary care and other services to meet the main health problems in a community must be provided equally to all individuals irrespective of their gender, age, and caste, urban/rural and social class.

10. Community participation-comprehensive healthcare relies on adequate number and distribution of trained physicians, nurses, allied health professions, community health workers and others working as a health team and supported at the local and referral levels.

11. Multi-sectional approach-recognition that health cannot be improved by intervention within just the formal health sector; other sectors are equally important in promoting the health and self- reliance of communities.

12. Use of appropriate technology- medical technology should be provided that accessible, affordable, feasible and culturally acceptable to the community.

Primary Health Care is different in each community depending on:

- 1.Needs of the residents;
2. Availability of health care providers;
3. The communities' geographic location; and.
4. Proximity to other health care services in the area.

Role of Community health nursing in PHC services:

- 1.To improve the health and well, being of the communities
2. To delivery high quality of health care services.
3. To improve the improve health outcomes.

4. Community health nurses are instrumental in creating programs that allow communities to become healthier and often provide treatment for poor.
5. To performing free health care screenings, vaccinations, and other forms of preventative care at reduced costs.
6. Promote healthy lifestyle.
7. Prevent disease and health problems
8. Provide direct care.

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