

Primary Health Care

Importance of PHC :

International study of health of all people in 1973 results were worse than that of 1960 ??!

If we look to the **developed countries** there are :

- diseases of modernisation.
- over eating & non balanced diets
- Alcoholism
- Smoking
- overuse of hard drugs
- Worry & distress

In **developing countries** :

- Did not have access to safe water
- Quarter suffered from malnutrition
- Diarrhoea
- High infant mortality rate 150-250 per 1000 (the **most** important indicator of the quality of health care services).
- High maternal rate 3-15 per 1000 (one of the important indicators of health) .

What is the reason behind this ?

1. low access to comprehensive services
2. Services were urban based
3. Services were curative oriented
4. Planning not related to needs
5. Absent statistics leading to maldistribution
6. No community participation
7. Lack of coordination
8. Economical deterioration

Cardinal Features of PHC(WHO 1978):

- PHC is essential health care.
- PHC based on practical, scientifically & socially acceptable methods & technology made universally accessible to individuals & families in the community through their full participation.
- A cost that the country can afford to maintain self-reliance and self-determination.
- Integration between **health system** & the overall **social & economic** parts of the community.
- First level of contact.
- Close as possible to people & constitutes continuing care.

PHC ELEMENTS:

- (1)Health education
- (2)Promotion of nutrition
- (3)Environmental sanitation
- (4)Maternal and child care
- (5)Immunisation
- (6)Prevention , control&eradication
- (7)Treatment of common diseases
- (8)Essential drugs

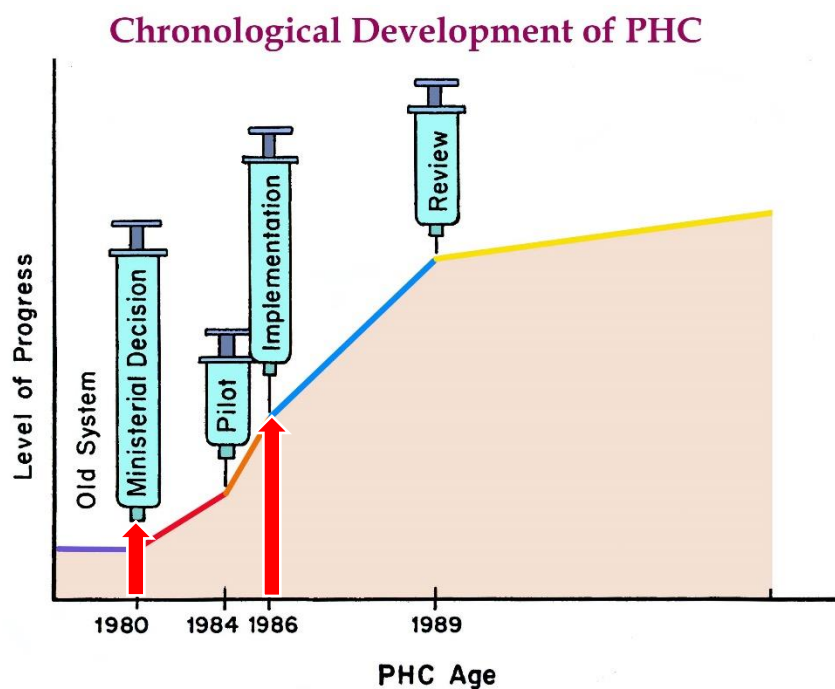
Strategies for applying PHC :

- 1.Expansion and efficiency
- 2.Better relations with community
- 3.Comprehensive health care
- 4.Integration of preventive and curative

5. Promotion of health awareness
6. Coordination with secondary and tertiary care
7. Coordination with academic institutions
8. Multisectorial coordination
9. At risk approach

Now how can we implement ??

1. Define your community
 - (a) community survey
 - (b) community analysis
 - (c) setting effective plans priorities
3. team approach

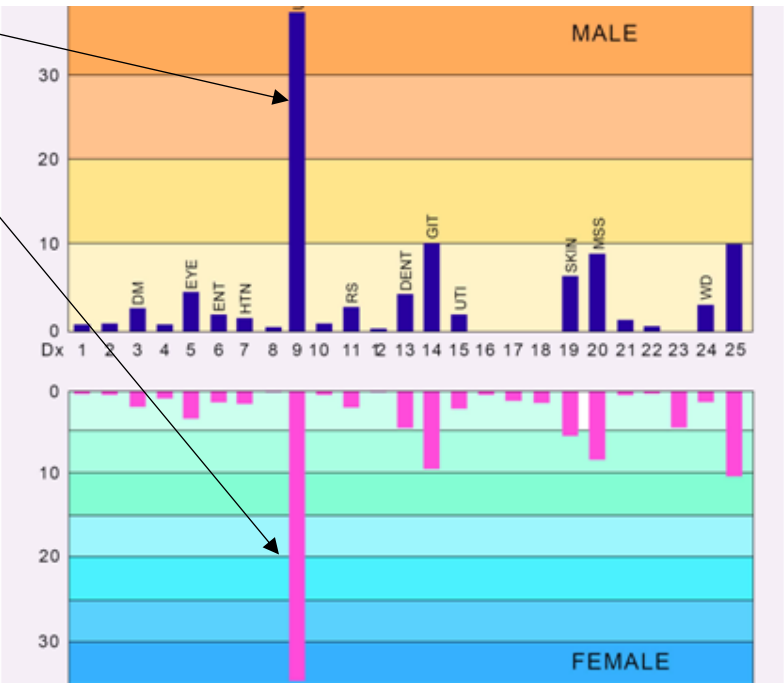


PHC& Hospitals visits in KSA

**83.5 %
PHC Centers**

**16.5 %
Hospitals**

URTI



Good primary health care must include the following “As” It must be:

1. Available
2. Accessible
3. Affordable
4. Acceptable
5. Adaptable
6. Applicable
7. Attainable
8. Appropriate
9. Assessable

Again :

Why Is Primary Care Important?

Better health outcomes

Lower costs

Greater equity in health

Overall, countries that achieve better health levels

- Are primary care-oriented
- Have more equitable resource distributions

- Have government-provided health services or health insurance
- Have little or no private health insurance
- Have no or low co-payments for health services

Contrast between Primary and Specialist Care

	CONTACT	ACCESSIBILITY	PRESENTATION
PHC	1 st	<ul style="list-style-type: none"> • Extended observation allowing a gradual build up of information over a period of time. • Extended diagnosis incorporating relevant psychological and social factors • Comprehensive care • Continuing care • Preventive care 	<ul style="list-style-type: none"> • Early and • Un-differentiated • Neither a major prob nor a threatening prob
SHC	Referral	<ul style="list-style-type: none"> • A few consultation and they need to gather as much as the can of Info. • Their concern with physical and psychological problems. • Continuing care restricted • Preventive care not feasible • Reflect dr interest 	<ul style="list-style-type: none"> • Selected. • Deferred in presentation. • A major threat to life or function, frequently requiring elaborate technology in assessment and/or management

If you want more details about it you can have a look to the lecture
in the center

ARCHIVE----4th y -----433---PHC----A&B G

Done by

Mohammad Alqahtani