

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.
- 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.



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**



- Primary health care (PHC) became a core policy for the World Health Organization with the Alma-Ata Declaration in 1978 and the 'Health-for-All by the Year 2000' Program.

- The commitment to global improvements in health, especially for the most disadvantaged populations, was renewed in 1998 by the World Health Assembly. This led to the 'Health-for-All for the twenty-first Century' policy and program, within which the commitment to PHC development is restated.



What is Primary Health Care?

PHC is essential health care that is a socially appropriate, universally accessible, scientifically sound first level care provided by a suitably trained workforce supported by integrated referral systems and in a way that gives priority to those most in need, maximises community and individual self-reliance and participation and involves collaboration with other sectors. It includes the following:

- health promotion
- illness prevention
- care of the sick
- advocacy
- community development



Primary Health Care (PHC)

- *PHC 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 that community and the country can afford ... (Alma-Ata, 1978)



Principles for PHC

- PHC based on the following principles :
 - Social equity
 - Nation-wide coverage
 - Self-reliance
 - Inter-sectoral coordination
 - People's involvement in the planning and implementation of health programs



Core Activities for PHC

There is a set of CORE ACTIVITIES, which were normally defined nationally or locally. According to the 1978 Declaration of Alma-Ata proposed that these activities should include:



1. Education concerning prevailing health problems and the methods of preventing and controlling them



2. Promotion of food supply and proper nutrition



3. An adequate supply of safe water and basic sanitation



4. Maternal and child health care, including family planning



5. Immunization against the major infectious diseases



6. Prevention and control of locally endemic diseases



7. Appropriate treatment of common diseases and injuries



8. Basic laboratory services and provision of essential drugs.



9. Training of health guides, health workers and health assistants.



10. Referral services



- Mental health
- Physical handicaps
- Health and social care of the elderly



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



Appropriateness

- **Whether the service is needed at all in relation to essential human needs, priorities and policies.**
- **The service has to be properly selected and carried out by trained personnel in the proper way.**



Adequacy

- **The service proportionate to requirement.**
- Sufficient volume of care to meet the need and demand of a community



Affordability

- **The cost should be within the means and resources of the individual and the country.**



Accessibility

- **Reachable, convenient services**
- **Geographic, economic, cultural accessibility**



Acceptability

- 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.



Availability

- Availability of medical care means that care can be obtained whenever people need it.



Assessability

- Assessability means that medical care can be readily evaluated.



Accountability

- Accountability implies the feasibility of regular review of financial records by certified public accountants.



Completeness

- Completeness of care requires adequate attention to all aspects of a medical problem, including prevention, early detection, diagnosis, treatment, follow up measures, and rehabilitation.



Comprehensiveness

- Comprehensiveness of care means that care is provided for all types of health problems.



Continuity

- Continuity of care requires that the management of a patient's care over time be coordinated among providers.



To Summarize

Primary care is an approach that:

- Focuses on the person not the disease, considers all determinants of health
- Integrates care when there is more than one problem
- Uses resources to narrow differences



- Forms the basis for other levels of health systems
- Addresses most important problems in the community by providing preventive, curative, and rehabilitative services
- Organizes deployment of resources aiming at promoting and maintaining health.



THANK YOU

