Basic Concepts Of PHC



What is primary Health Care ?

Primary health care is ***essential health care***
based on ***practical***
scientifically sound
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 and country can ***afford*** to
maintain at every stage of its
development in a spirit of ***self-reliance***
and ***self determination***

Primary healthcare is:

-Essential healthcare (E)

-Make universally accessible to individuals (U)

- Acceptable to them (A)

- Through their full participation (P)

-At a cost, the community and country can afford (C).

It is where short-term health issues are resolved, where the majority of chronic health conditions are managed, where health promotion and education efforts are undertaken and where patients in need of more specialized services are connected with care.

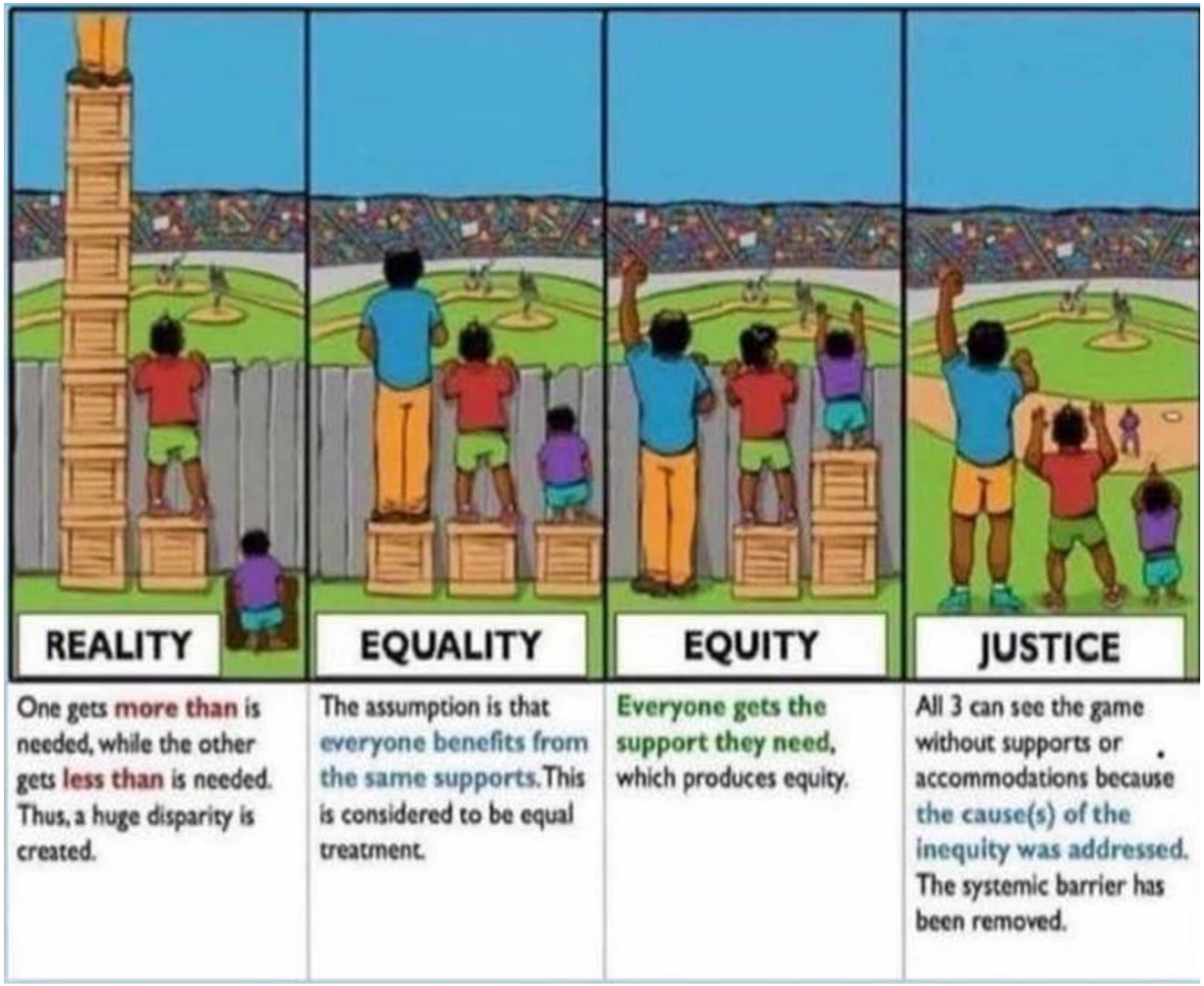
- Thus, it is based on **social equity, nation-wide coverage, self-reliance, inter sectoral coordination, and people's involvement in the planning and implementation of health programs** in pursuit of common health goals.

- This approach has been described as **"health by the people" and "placing people's health in people's hands".**

Basically, the concept involves a concentrated effort to provide the rural population of developing countries with at least the bare minimum of health services.

Principles Of PHC

- Social equity (equitable distribution)
- Nation- wide coverage (universal coverage)
- Appropriate Technology
- Intersectoral coordination (multisectoral approach)
- Community participation



Social equity

(The first key principle)

At present, health services are mainly concentrated in major towns and cities, and the worst hit are the needy and vulnerable groups of population in rural areas and urban slums and this is termed as 'social injustice'.

- Primary health care **aims to shift the centre** of gravity of health care system from cities to rural areas and bring these services to as near the people's homes as possible.

Appropriate technology has been defined as "technology that is scientifically sound, adaptable to local needs, & acceptable to those who apply it & for those whom it is used & that cab be maintained by the people themselves in keeping with the principles of self reliance with the resources the community & country can afford".

Appropriate Technology



Intersectoral coordination

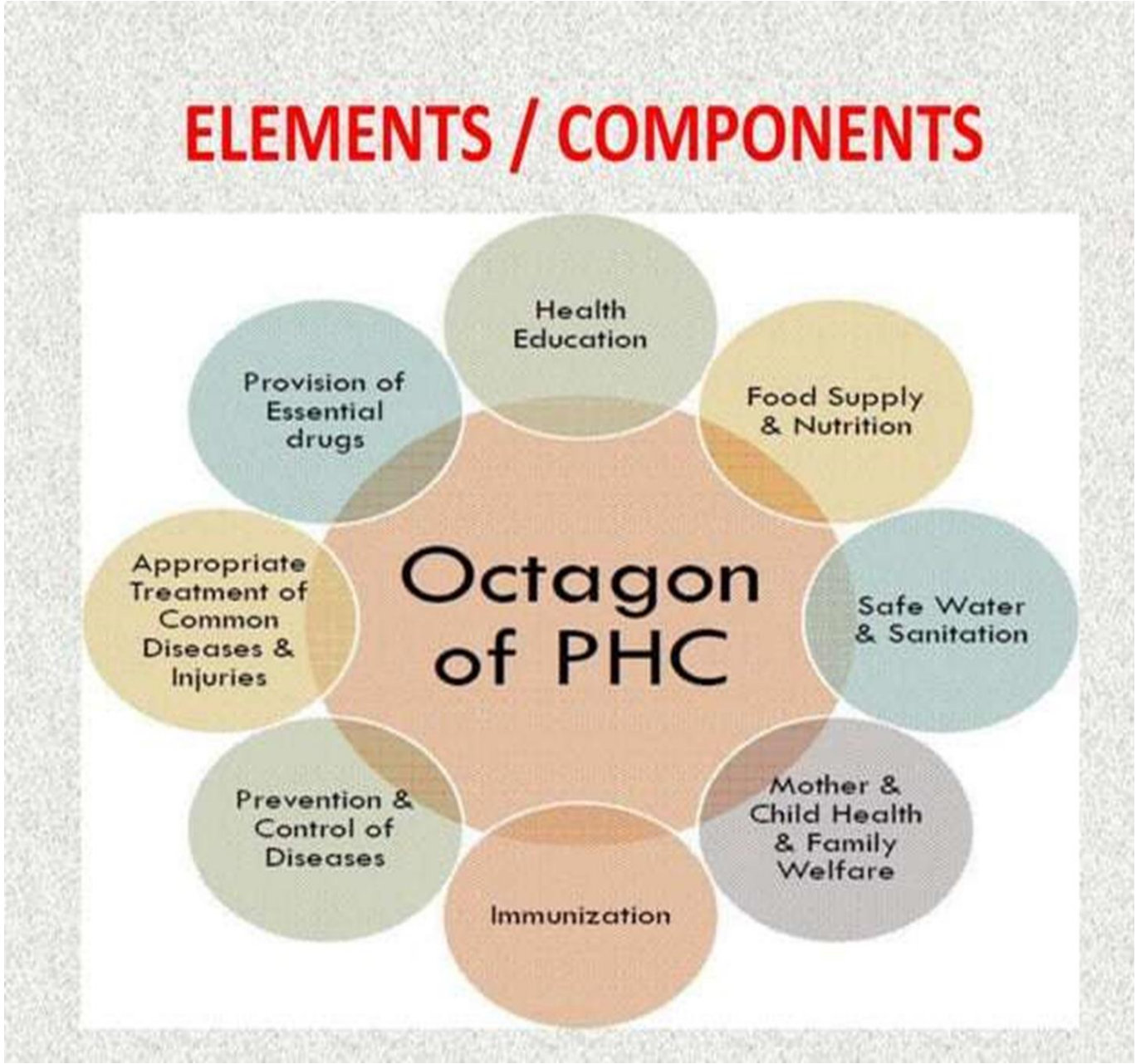
- This is basically, **planning with the other sectors** to avoid unnecessary duplication of activities.

- "Primary health care involves in addition to the health sector, all related sectors and aspects of national and community development, in particular agriculture, animal husbandry, food, industry, education, housing, public works, communication and other sectors".

- To achieve such cooperation, countries may have to review their administrative system, reallocate their resources & introduce suitable legislation to ensure that coordination can take place.
- • This requires a strong political will to translate values into action.
- • An important approach is the inter sectoral approach.

: community participation is the process by which individuals and families assume responsibilities for their own health and welfare and for those of the community and develops the capacity to contribute to their and country's development.

Community participation



ELEMENTS/ COMPONENTS OF PHC

1. **Education** about prevailing health problems and 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 infectious diseases.
6. **Prevention and control** of endemic diseases.
7. **Appropriate treatment** of common diseases and injuries.
8. Provision **of essential drugs.**



Basic Requirements for Sound PHC

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

Availability

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

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.

Assessability

- Assessebility 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.

Primary Health Care Reform

Medical model

- Treatment
- Illness
- Cure
- Episodic care
- Specific problems
- Individual practitioners
- Health sector alone
- Professional dominance
- Passive reception

Primary Health Care

- Health promotion
- Health
- Prevention, care, cure
- Continuous care
- Comprehensive care
- Teams of practitioners
- Intersectoral collaboration
- Community participation
- Joint responsibility

THANK YOU