INTRODUCTION TO COMMUNITY MEDICINE AND PRIMARY HEALTHCARE (PHC)

What is Community Medicine?

- " A science and art of promoting health, preventing diseases and prolonging life by range of interventions (promotive, preventive, curative, rehabilitative and palliative) in close partnership or association with health care delivery system and with active community participation and inter-sectoral coordination."
- Its primary objective is **prevention of disease and promotion of health.**
- The provider of services in community medicine, can be a physician, advanced practice nurse or, in some settings, a physician's assistant.

Core subjects in community medicine

- The practice of Community Medicine requires a multidisciplinary approach.
- **The core subjects in Community Medicine are:**

1. Epidemiology,
2. health-care delivery system including primary health care.
3. Biostatistics.
4. Public health nutrition.
5. Social, behavioural, environmental, and management sciences.

(Joseph et al., 2018)

Definitions of Health

A state of being sound

Absence of disease

A level of functional and metabolic efficiency of a living being

According to **WHO** :

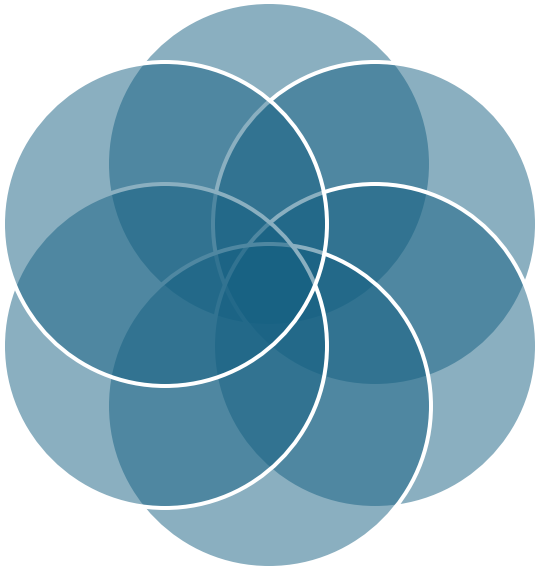
- It's a state of complete physical, mental, social well being & not merely the absence of disease or infirmity.
- **Recent Definition (by WHO):**
- It's a **dynamic** state of complete physical, mental, social & **spiritual** well being & not merely the absence of disease or infirmity.

- Health cannot be defined as a state because it is everchanging.
- Therefore, health is defined as a dynamic state or condition of the human organism who is multidimensional in nature (i.e. physical, mental, emotional, social, spiritual, and environmental).
- A person's health is dynamic in part because of the many different factors that determines one health.
- Health results from a person's interactions with and adaptations to his, her environment.
- Health status is determined by interaction of **five domains:** genetic makeup, social circumstances (e.g. education, income, poverty), environmental conditions (toxic and microbial conditions), behavioural choices (diet, physical activity, substance use and abuse), and the availability of quality medical care.

Health Dimensions

Physical well being.

Environmental well being.



Mental well being.

Emotional well being.

Social well being.

Spiritual well being.

Physical Health

It implies " perfect functioning " of the body

A state where every cell & every organ is functioning at optimum level & with harmony with the rest of the body

Mental Health



Social Health

Harmony and integration between the individual and other members of the society

Gets along well with people around

Has pleasant manners & fulfills responsibility towards others

Can move in the society confidently with others

Spiritual Health

Something transcends physiology and psychology

Feeling as part of a greater spectrum of existence

Emotional Health

Self efficacy and self esteem

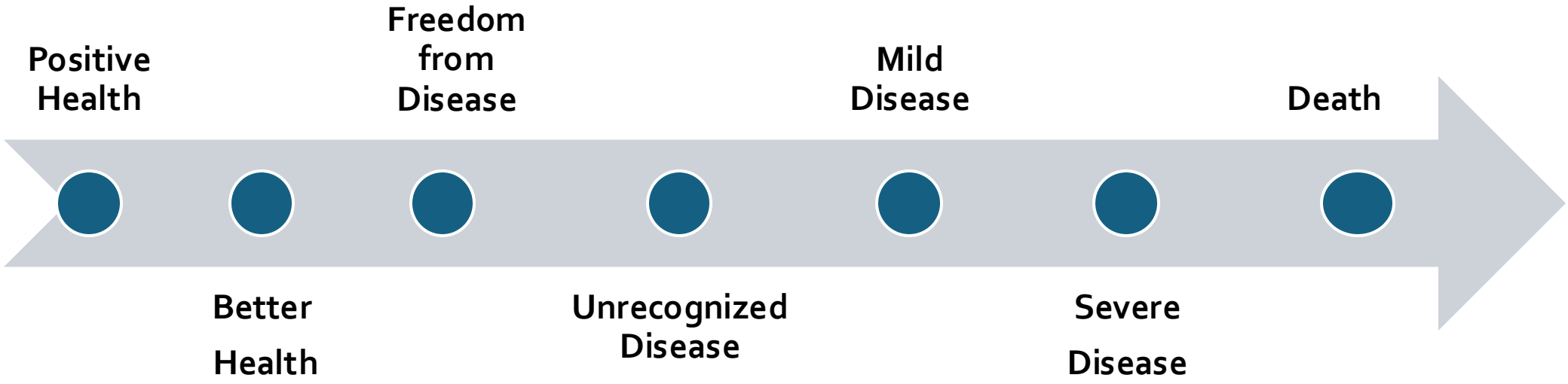
Environmental Health

Appreciation of the external environment and one's role in caring for it

SPECTRUM OF HEALTH

- This concept of health emphasizes that health of an individual is a dynamic phenomenon and a process of continuous change, subject to repeated, fine variations
- Transition from optimum health to ill health is often gradual, and where one state ends and other begins is a matter of judgment.
- Different stages are positive health, better health, freedom from sickness, unrecognized sickness, mild sickness, severe sickness, and death.

Spectrum Of Health



Determinants of Health

- They are factors which determine the health of an individual
- Internal (genetic make up) & external (environmental : biological, physical , social, health services….etc.)
- The social determinants of health (SDOH) are defined by the World Health Organization as "the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life".

Social determinants of health (SDOH)

- SDOH can be grouped into 5 **domains**:

1. Economic stability
2. Education access and quality
3. Healthcare access and quality
4. Neighborhood and Built Environment
5. Social and community context



Economic Stability :

- People with steady employment who earn steady incomes that allow them to meet their health needs ,are less likely to live in poverty and more likely to be healthy.



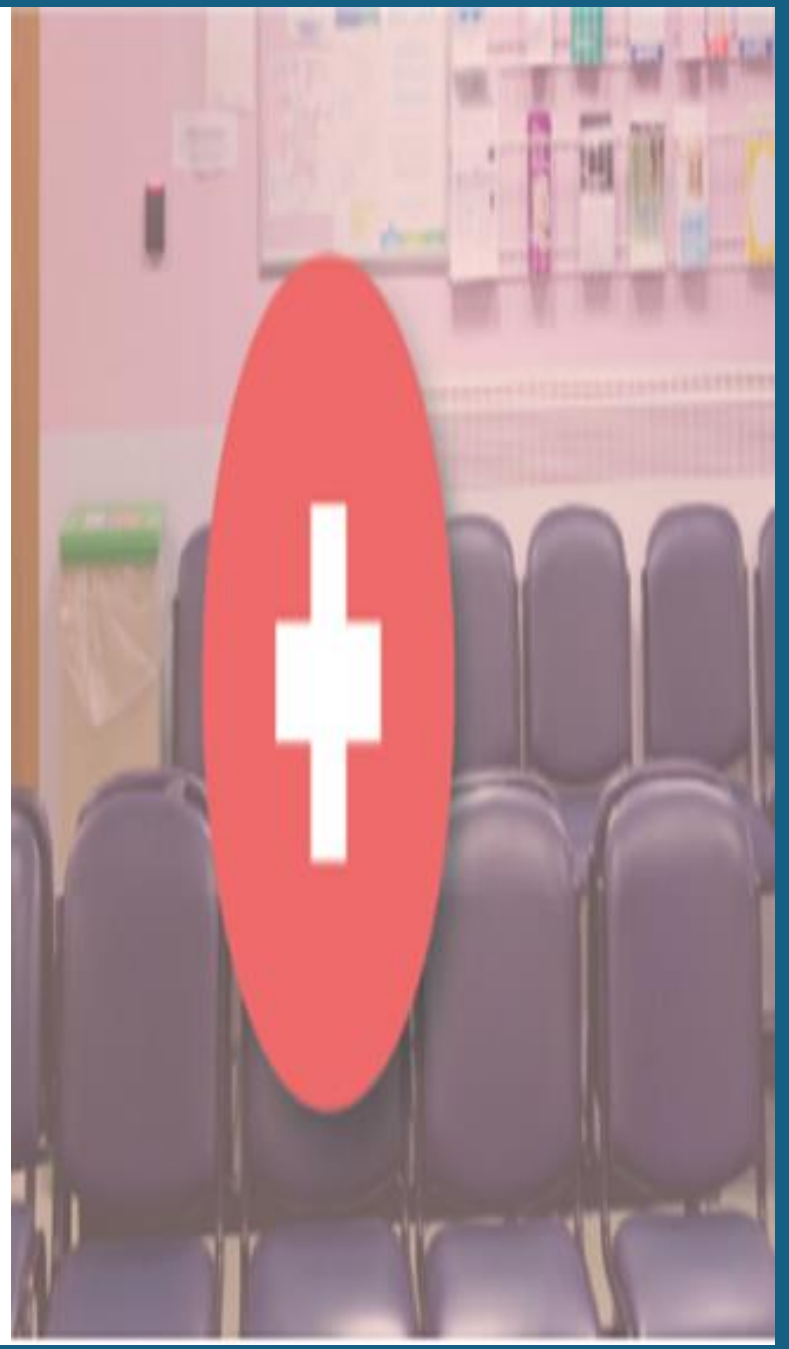
Education access and quality :

- People with higher levels of education are more likely to be healthier and live longer.
- Efforts to Increase educational opportunities and help children and adolescents do well in school should be done



Healthcare access and quality:

- People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need.
- Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses and to increase access to comprehensive, high-quality health care services.





Neighbourhood and Built Environment:

- Create neighbourhoods and environments that promote health and safety.
- Many people in the United States live in neighbourhoods with high rates of violence, unsafe air or water, and other health and safety risks.
- Racial/ethnic minorities and people with low incomes are more likely to live in places with these risks. In addition, some people are exposed to things at work that can harm their health, like second-hand smoke or loud noises.

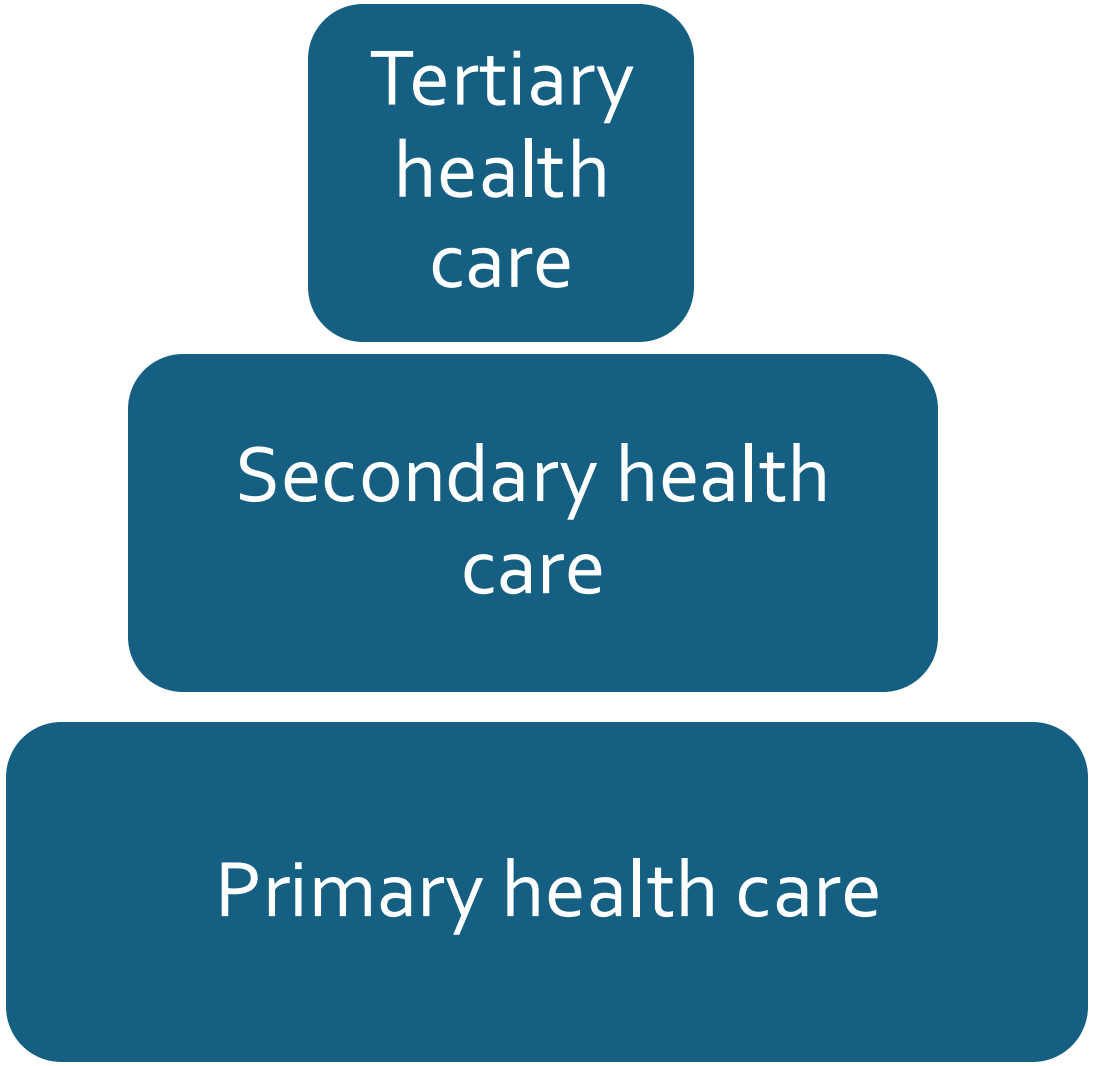
- **Social and community context :**
- People’s relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being.
- social and community support must be increased
- Healthy People 2030 focuses on helping people get the social support they need in the places where they live, work, learn, and play.



Health Care

It’s defined as multiple services rendered to individuals, families or communities by the agents of health services or professionals for the purpose of promoting, maintaining, monitoring or restoring health

Levels of Health Care



Primary Health Care (PHC)

- It's the first level of contact between recipient of care and the health care delivery system.
- Majority of the problems at this level are solved by the people with some guidance and assistance of health workers
- Services like: Health education, preventive health services and referral to other levels of health care are provided.
- Preventive services are the main responsibility of PHC sector
- Examples: PHC Centre, CHC Centre, maternal &child health Centre , dispensaries.

Secondary Health Care

- At this level of care, more complex problems are provided for those cases which can't be handled at PHC sector.
- The first level of referral where patients (cases) having various abnormalities are referred to.
- It provides patients with curative health care facilities
- Examples: district health centers

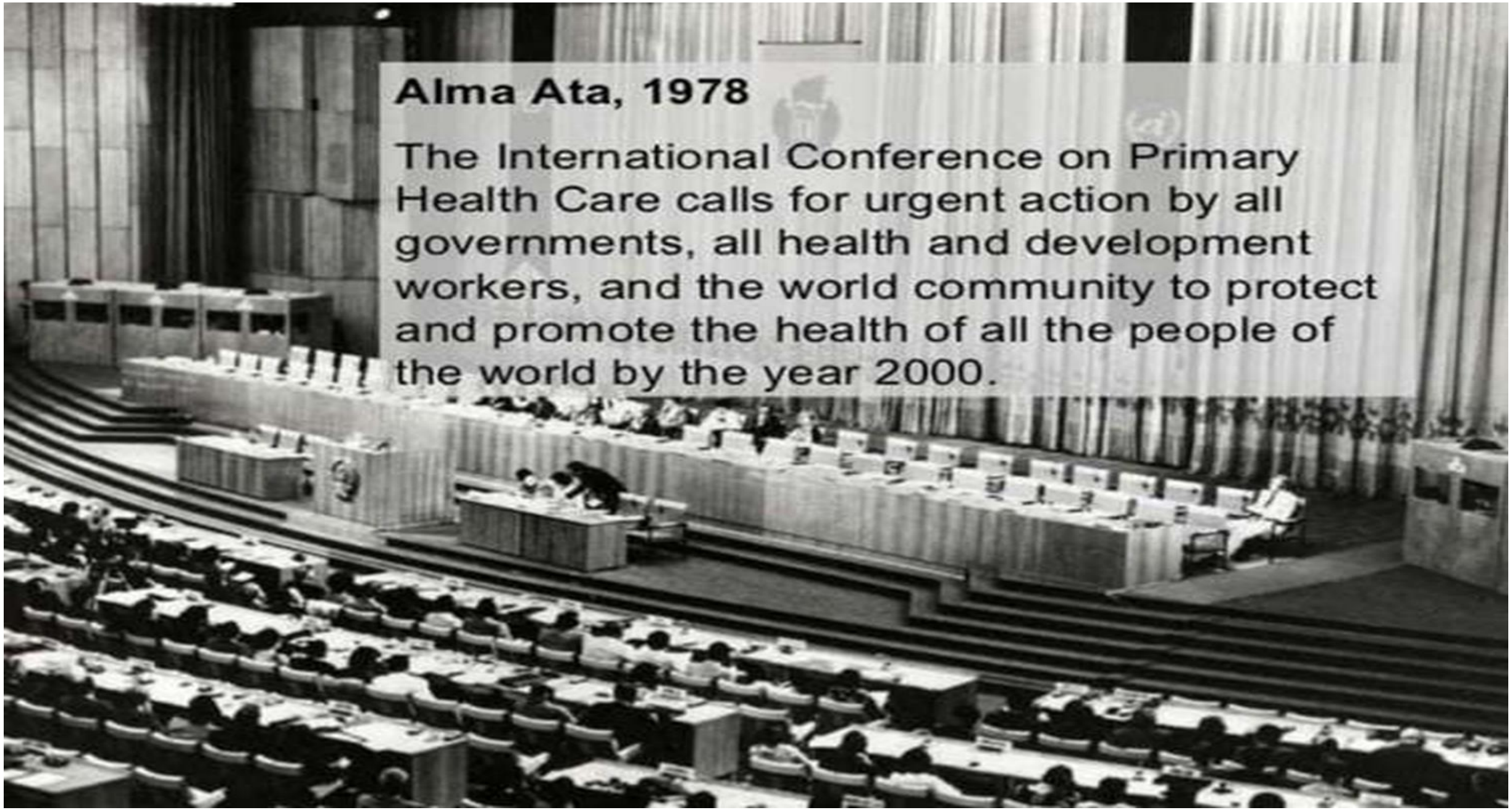
Tertiary Health Care

- The second referral level that provides patients with more advanced curative health care facilities
- For management of cases which can’t be handled at the secondary level
- Could serve as a teaching institution for education and training of various categories of health professionals



Concept of PHC

- It was introduced at the international level joint by WHO and UNICEF at the Alma Atta conference in 1978 to achieve the goal of Health For All (HFA) by the year 2000


Alma Ata, 1978
The International Conference on Primary Health Care calls for urgent action by all governments, all health and development workers, and the world community to protect and promote the health of all the people of the world by the year 2000.

- Delegates to the conference expressed *"the need for urgent action by all governments, all health and development workers, and the world community to protect and promote the health of all the people of the world...."*

- Alma-Ata put **HEALTH EQUITY** on the international political agenda for the first time.

- ***And a way of approaching this equity was through Primary Health Care.***

- WHO, in the year 1977 launched its **HEALTH FOR ALL, BY THE YEAR 2000** strategy.

  And on 12th September 1978, the Alma -Ata conference called for acceptance of the WHO goal of Health for All by 2000 and **proclaimed primary health care as a way to achieving Health for All.**

Alma Atta Declarations

- Health is a fundamental human right and that the attainment of the highest possible level of health is a most important worldwide social goal.
- The existing gross inequality in the health status of the people particularly between developed and developing countries is politically, socially and economically unacceptable.
- The people have the right and duty to participate individually and collectively in the planning and implementation of their health care.

CONT’

- Government have a responsibility for the health of their people which can be fulfilled only by the provision of adequate health and social measures.
- All government should formulate national policies, strategies and plans of action to launch and sustain primary health care.
- All countries should cooperate in a spirit of partnership and service to ensure PHC for all people. An acceptable level of health for all the people of the world by the year 2000 can be attained through a further and better use of the world’s resources

Declaration of Astana International Conference

Kasakhstan,25 October 2018



THANK YOU