

Primary Health Care

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Definition

- Is the essential health care based on practical, scientifically sound and socially accepted methods and technology made universally accessible to individuals and families in the community through their full participation and a cost that the community and the country can afford to maintain at every state of their development in the spirit of self reliance and self determination.

Important notes

- It forms an integral part health system
- It is the first level of contact of individuals, the family and the community with the national health system
- It is equally valid for all countries, developed and developing.
- A package containing promotive, preventive and curative service.

The eight element of PHC

- 1-Health Education
- 2- Promotion of food supply and proper nutrition
- 3- Provision of comprehensive maternal and childcare
- 4- Immunization of children against major communicable diseases.

- 5- Prevention and control of locally endemic diseases.
- 6- Provision of adequate supply of safe water.
- 7- Appropriate treatment of common diseases and injuries.
- 8- Provision of essential drugs.

Primary Health Care principles

- **Equity:**

- services for all and more services to the needy and vulnerable.

Vulnerable groups:

pregnant

children

Elderly people

Accessibility has to be improved by:

- Increasing number of health care facilities.
- Improving transport conditions.
- Organizing outreach services

- **Appropriate technology**

appropriate means that besides being scientifically sound, it is also acceptable to those who apply it and to those for whom it is used.

- **Examples include:**

- ORT in diarrheal disease control.
- Domiciliary treatment in TB control.
- Weighing for growth monitoring

- **Multi-sectoral approach**

Individual sectors cannot function in isolation. Mutual roles and coordination should be considered.

- **Examples:**

- The role of municipalities in environmental sanitation.
- Provision of portable water and disposal of wastes.
- Ministry of education in school health.

- **Community participation**

social awareness and community self-reliance are the key factor in human development.

- **Examples**

- Involving people in PHC activities for planning, implementation, and evaluation of services.
- Provide a source of free labour.
- Financial contribution.

Strategies For Primary Health Care Implementation

1- By instituting measures for horizontal expansion and insure efficiency in health services delivery in general.

2- By developing good rapport between the health centres and the beneficiaries by:

- Organizing out-reach activities
- Reaching the people through social and religious institutions
- exploring the social problems related to health.

Post operative wound infection:

- It is the infection on incision site after operation.
- It accounts for 20 % of all infections in hospital
- it is caused mainly by staphylococci and gram negative bacilli.

3- By motivating the people to accept health centres as

- An institution of delivering comprehensive health care and not merely the dispensers of drugs.
- To motivate them to decide the preventive and primitive services with the participation of the community itself.

4- By consolidating and strengthening the national control programmes (malaria, billharazia

5- By developing effective coordination with other health service delivery institutions like hospital; by evolving a suitable referral system.

6- By promoting health awareness in the people through:

- Organized health education programme
- Organizes institutional and out-reach programme to improve the utilization of health services

Hospital acquired pneumonia

- It account for 15% of all infections acquired in hospital.
- But it is a leading cause of death in hospital
- **Causative agents:**
 - gram negative bacilli
 - grame positive cocci
 - candida.

- **Risk factors:**

1. Prolonged bed ridden patients
2. Aging
3. Patients underling illness like cardiopulmonary diseases
4. Respiratory assistance equipments like ventilators which lead to mechanical injury of the epithelial lining of the respiratory tract and further colonization.

7- By coordinating with the educational and training institutions like university for the introduction of PHC in academic curriculum

8- By coordinating with health related government sectors such as;

- Ministers of agriculture,
- Municipalities
- Education

 for improvement of the health institution related to services.

9- By providing better quality of services to the high-risk group of the community such as;

- Pregnant mothers
- Preschool children
- Others.

Instruments in delivery of PHC

1. Community surveys and diagnosis.
2. Family health records.
3. Plan of action.
4. Team approach.
5. Information system.

Thank you