

COMMUNITY HEALTH 1 - PRIMARY HEALTH CARE AND COMMUNITY BASED HEALTH CARE (CBHC)

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UNIT 3 - PRIMARY HEALTH CARE AND CBHC

Learning Outcomes

- ◉ Definations,
- ◉ Characteristics of PHC ,
- ◉ Principles of PHC,
- ◉ Elements of PHC,
- ◉ MDGs-concepts and definitions

Unit Objectives

- ◉ The learner should participate in the process of planning and implementation of primary health care and community based care activities

OBJECTIVES

- ◉ Define Primary Health Care
- ◉ Outline the concepts and principles of primary Health care(PHC) in Kenya
- ◉ Explain the organisation of primary health care in Kenya.
- ◉ Assess the primary health needs in a community
- ◉ Initiate and implement co-ordinated primary health care activities.
- ◉ Describe the strategies of primary health care

OBJECTIVES ...

- Healthcare services in Kenya
- Primary health care - working together for better health

ORGANIZATION OF HEALTH SERVICES IN KENYA

- They can be based on
- Type - Promotive, Preventive, Curative; and Rehabilitative
- Cohorts (Target group)
- Tiers (Level)- Community, Primary health care, Secondary health care and 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. (Health Centers/Dispensaries)

SECONDARY HEALTH CARE

- ◉ More complex problems are dealt with.
- ◉ Comprises curative services
- ◉ Provided by the County level /Sub county
- ◉ 1st referral level

TERTIARY HEALTH CARE

- Offers super-specialist care
- Provided by regional/central level institution.
- Provide training programs
- National Teaching and Referral Hospitals
- Medical care versus Health care
- Medical care: personal services provided by physicians

TERTIARY HEALTH CARE...

- Health care: services provided to individuals or communities by health service professionals for purpose of
 - Promoting
 - Maintaining
 - Monitoring
 - Restoring health

PRIMARY HEALTH CARE

- All people, everywhere, deserve the right care, right in their community.
- This is the fundamental premise of primary health care.
- Primary health care (PHC) addresses the majority of a person's health needs throughout their lifetime.
- This includes physical, mental and social well-being and it is people-centred rather than disease-centred.

PRIMARY HEALTH CARE...

- PHC is a whole-of-society approach that includes
 - health promotion,
 - disease prevention,
 - treatment,
 - rehabilitation and
 - palliative care.
- At least half of the world's people still lack some or all essential health services.

PRIMARY HEALTH CARE...

- PHC focuses on the person rather than the disease,
- It is an approach that moves away from over-specialization.
- In PHC, the goal is to work through multidisciplinary teams with strong referral systems to secondary and tertiary care when needed.
- PHC goes beyond providing health care services to individuals.

PRIMARY HEALTH CARE...

- It is a whole-of-society approach that seeks to address the broader determinants of health, such as
 - community-level disease-prevention efforts, and
 - to empower individuals, families and communities to get involved in their own health.
- “Primary care” is a subset of PHC and refers to essential, first-contact care provided in a community setting.

PRIMARY HEALTH CARE...

- A primary health care approach includes three components:
 - Meeting people's health needs throughout their lives;
 - Addressing the broader determinants of health through multisectoral policy and action;
 - Empowering individuals, families and communities to take charge of their own health.

PRIMARY HEALTH CARE...

- PHC addresses not only individual and family health needs, but also the broader issue of public health and the needs of defined populations.
- PHC it is about how best to provide health care and services to everyone, everywhere in the community
- Care through the community is the most efficient and effective way to achieve health for all.

PRIMARY HEALTH CARE...

- The principles of PHC were first outlined in the Declaration of Alma-Ata in 1978, a seminal milestone in global health.
- Forty years later, global leaders ratified the Declaration of Astana at the Global Conference on Primary Health Care which took place in Astana, Kazakhstan in October 2018.
- In 1981 WHO determined that HFA by 2000 could have been best achieved through primary health care

PRIMARY HEALTH CARE...

- This was - ATTAINMENT OF A LEVEL OF HEALTH THAT WILL ENABLE EVERY INDIVIDUAL LEAD A SOCIALLY AND ECONOMICALLY PRODUCTIVE LIFE

ALMA-ATA DECLARATION

- In 1978, leaders from around the world gathered in Alma-Ata, Kazakhstan, for what would prove to be a seminal moment in global health.
- The Declaration of Alma-Ata was the first to call for urgent and effective national and international action to develop and implement primary health care throughout the world.”
- The international conference on primary care reaffirmed HFA as social goal of the governments.

ALMA ATA DECLARATION...

- Based on a bold vision, the 2018 Declaration of Astana centers focuses on 4 commitments:
 - Making bold political choices for health across all sectors;
 - Building sustainable primary health care - adapted to each country's local context;
 - Empowering individuals and communities;
 - Aligning stakeholder support to national policies.

ALMA ATA DECLARATION...

- 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.
- Moving to a primary health care approach helps to strengthen health systems and is the most effective way to achieve universal health coverage.

ALMA ATA DECLARATION...

- The PHC Operational Framework outlines a series of levers that can be actioned to align health systems according to a PHC approach.
- These include:
 - Political commitment and leadership;
 - Governance and policy frameworks;
 - Adequate funding and equitable allocation of resources;
 - Engagement of community and other stakeholders to jointly define problems and solutions and prioritize actions;

ALMA ATA DECLARATION...

- Models of care that prioritize primary care and public health functions
- Ensuring the delivery of high-quality and safe health care services
- Engagement with private sector providers;
- PHC workforce;
- Physical infrastructure and appropriate medicines, products and technologies;
- Digital technologies;
- Purchasing and payment systems;
- PHC-oriented research;

ALMA ATA DECLARATION...

- Monitoring and evaluation
- ◎ The Operational Framework is currently undergoing review by Member States and a final version is anticipated to be presented for endorsement in 2020.

WHAT IS PRIMARY HEALTH CARE?

- PHC is essential health care that is
 - 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.

WHAT IS PRIMARY HEALTH CARE?...

- It includes the following:
 - health promotion
 - illness prevention
 - care of the sick
 - advocacy
 - community development

WHAT IS PRIMARY HEALTH CARE?...

Definition of PHC by ALMA ATA

- “It is the 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 the community and country can afford to maintain at each stage of their development, in the spirit of self-reliance and self-determination”.

ABOUT PRIMARY HEALTH CARE (PHC)

- It is the first level of contact with the health system to
 - promote health,
 - prevent illness,
 - care for common illnesses, and
 - manage ongoing health problems.
- It includes:
 - Primary Care (physicians Clinical Officers & nurses)
 - Health promotion, illness prevention;
 - Health maintenance & home support;

ABOUT PRIMARY HEALTH CARE (PHC)...

- It includes....
 - Community rehabilitation;
 - Pre-hospital emergency medical services; &
 - Coordination and referral to other areas of health care.
- Services are generally provided in the community
- Some services are also provided in hospitals

ABOUT PRIMARY HEALTH CARE (PHC)...

- Primary Health Care is different in each community depending upon:
 - Needs of the residents;
 - Availability of health care providers;
 - The communities geographic location; &
 - Proximity to other health care services in the area.
- Primary Health Care extends beyond the traditional health sector

ABOUT PRIMARY HEALTH CARE (PHC)...

- It includes all human services which play a part in addressing the inter-related determinants of health.

PRINCIPLES OF PHC

- PHC based on the following principles :
 - Equity
 - Social equity-equitable distribution
 - Decentralization- nation-wide coverage
 - Self-reliance
 - Inter-sectoral coordination
 - Community participation-people's involvement in the planning and implementation of health programs
 - Accessibility(physical access, affordability and acceptability)

PRINCIPLES OF PHC...

- Health promotion and disease prevention
- Effectiveness
- Efficiency
- Integration of health programmes
- Appropriate technology

ELEMENTS OF PRIMARY HEALTH CARE

- Health Education concerning prevailing health problems and the methods of preventing and controlling them
- Prevention and control of local endemic diseases
- Provision of essential drugs and basic laboratory services
- Maternal and child health care including family planning (FP)
- Expanded immunization against major infectious diseases

ELEMENTS OF PRIMARY HEALTH CARE...

- Promotion of food supply and proper nutrition
- Appropriate treatment of common diseases and injuries
- An adequate Safe water Supply and basic sanitation
- Countries have added more elements depending on their specific situation e.g. Kenya have added
 - mental health, dental health and more recently HIV/AIDS

SELECTIVE PHC ACTIVITIES-

(GOBI-FFF)

- ◉ Growth monitoring
- ◉ Oral rehydration
- ◉ Breast feeding
- ◉ Immunization
- ◉ Supplementary feeding
- ◉ Family planning
- ◉ Female literacy

THE BASIC REQUIREMENTS FOR SOUND PHC

- ◉ Appropriateness
- ◉ Availability
- ◉ Adequacy
- ◉ Accessibility
- ◉ Acceptability
- ◉ Affordability
- ◉ Assessability
- ◉ Accountability
- ◉ Completeness

THE BASIC REQUIREMENTS FOR SOUND PHC...

- ◉ Comprehensiveness
 - ◉ Continuity
- (the 8 A's and the 3 C's)

STRATEGIES OF PHC

1. Reducing excess mortality of poor marginalized populations:

- PHC must ensure access to health services for the most disadvantaged populations,
- It should focus on interventions which will directly impact on the major causes of mortality, morbidity and disability for those populations.

STRATEGIES OF PHC...

2. Reducing the leading risk factors to human health:

- PHC, through its preventative and health promotion roles, must address those known risk factors, which are the major determinants of health outcomes for local populations.

3. Developing Sustainable Health Systems:

- PHC as a component of health systems must develop in ways, which are financially sustainable, supported by political leaders, and supported by the populations served.

STRATEGIES OF PHC...

4. Developing an enabling policy and institutional environment:

- PHC policy must be integrated with other policy domains, and play its part in the pursuit of wider social, economic, environmental and development policy.