



Primary Health Care

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Primary Health Care Definition

"PHC is a whole-of-society approach to health that aims at ensuring the highest possible level of health and well-being and their equitable distribution by focusing on people's needs as early as possible along the continuum from health promotion, disease prevention, treatment, rehabilitation and palliative care in a close and feasible approach within people's everyday environment."



Primary Health Care



- PHC is rooted in commitment to social justice, equity, solidarity and participation. It is based on the recognition that the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction.





Primary healthcare

- The “first” level of contact between the individual and the health system.
- Essential health care (PHC) is provided.
- Most of the 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 hospitals or institutions
- Provide specialized training programs
- Teaching hospitals, like Jordan University Hospital provides Tertiary healthcare





The guiding principles of Primary Health Care

- Accessibility
- Public Participation
- Health Promotion
- Appropriate use of Technology
- Intersectoral Collaboration
- Equitable distribution
- Decentralization



Basic Elements of Primary Healthcare



- Education concerning prevailing health problems and the methods of preventing and controlling them
- Promotion of proper nutrition
- An adequate supply of safe water and basic sanitation
- Maternal and child health care including FP
- Immunization against major infectious diseases
- Prevention and control of local endemic diseases
- Appropriate treatment of common diseases
- Providing essential drugs that are needed at the PHC level.





Extended elements of PHC

- Expanded options of immunization
- Addressing reproductive health needs
- Provision of essential technologies for health
- Prevention and control of noncommunicable diseases
- Food safety and provision of selected food supplements.





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





Alma Ata Declaration



International Conference on Primary Health Care In Alma-Ata, Kazakhstan



- In 1978, ideas about health and health services shifted dramatically at the International Conference on Primary Health Care in Alma-Ata that was organized by WHO and UNICEF.
- Comprehensive Primary Health Care (PHC) was an approach and a philosophy of healthcare that was initiated in Alma Ata.





Alma Ata Declaration

✓ Comprehensive primary healthcare became a core policy for the World Health Organization.

✓ Alma-Ata Declaration goal:

‘Health-for-All by the Year 2000’.

✓ The global aim was attainment of a level of health that will enable every individual to lead a socially and economically productive life through comprehensive primary healthcare





The principles of Alma Ata Declaration

- **Equity** – It acknowledges the fact that every individual has the right to health and the realization of this requires action across the health sector as well as other social and economic sectors.
- **Participation** – It recognizes the need for full participation of communities in the planning, organization, implementation, operation and control of primary health care using national available resource.
- **Shifting towards preventive health**, training of multipurpose paramedical workers and community based workers





The principles of Alma Ata Declaration

- **Partnership and collaboration** between government, World Health Organization (WHO) and UNICEF, other international organizations, multilateral and bilateral agencies, non-governmental organizations, funding agencies, ministries of health, health workers and communities towards commitment to primary health care as well as increasing financial and technical support especially in developing countries.
- **Health promotion** and the effective use of resources.





Comprehensive primary healthcare

- Defines health as complete physical, mental and social wellbeing
- Addresses issues of equity and social justice
- Considers the impact of the social determinants of health
- Acknowledges the value of community development
- Recognises the expertise and the influence of individuals over their own health



3 components of Comprehensive PHC



- integrated health services to meet people's health needs throughout their lives
- addressing the broader social determinants of health through multisectoral policy and action
- empowering individuals, families and communities to take charge of their own health.



Social view of health

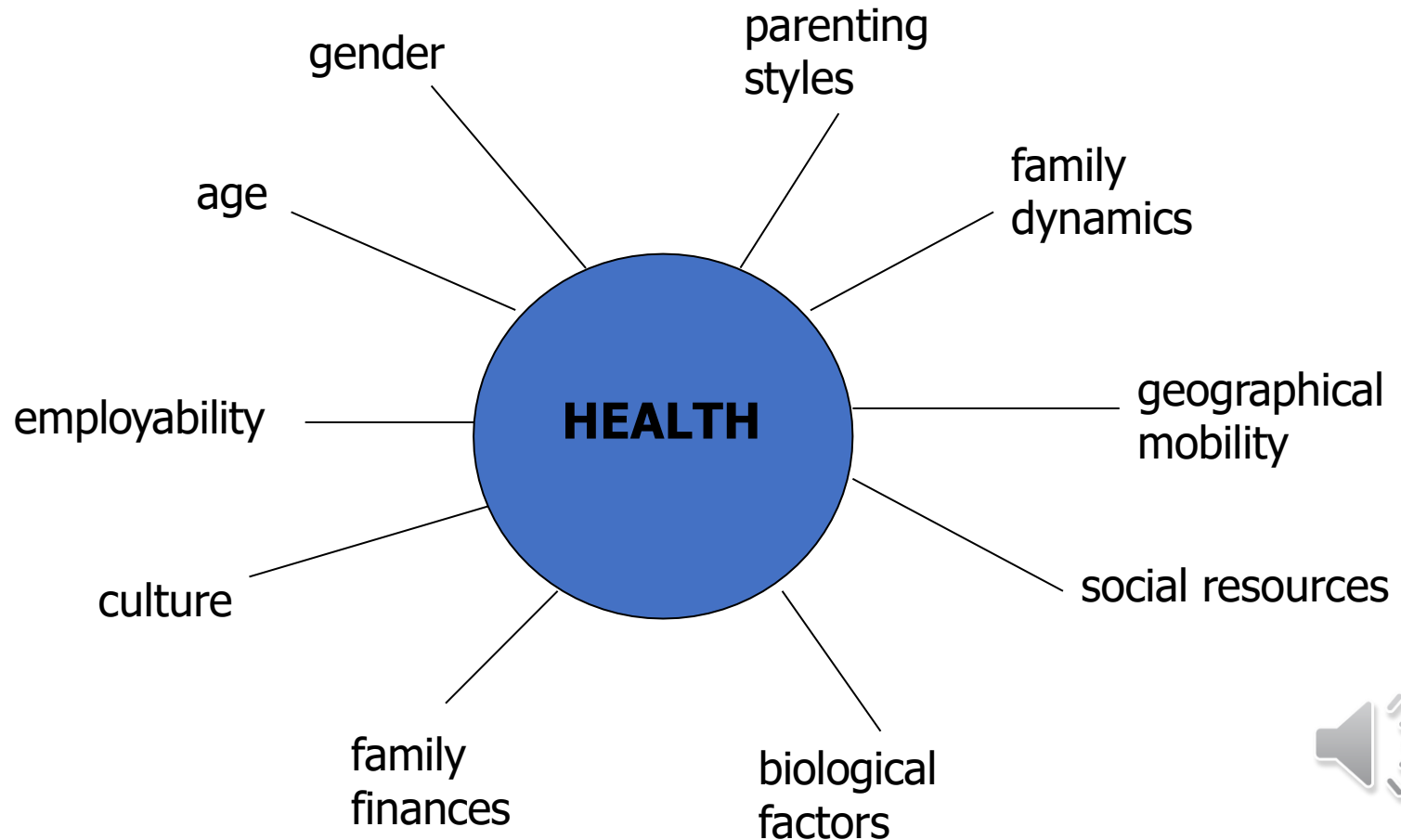


- The social view of health includes factors that can impact on health including diet, housing, transport, education, safety and income, support from family & community, mental and social wellbeing. Access to health services, such as health professionals and hospitals is also considered within this view.





Factors affecting health



Models of primary health care



	Comprehensive	Medical model
View of health	Positive wellbeing	Absence of Disease
Point of control over health	Communities and individuals	Medical practitioners
Major focus	Health through equity and community development	Disease eradication through medical interventions
Health care providers	Multidisciplinary teams	Doctors
Strategies for health	Multi-sectoral collaboration	Medical interventions

Rogers W. & Veale, B. (2000).





The goal of achieving health for all through PHC has not been achieved until today

- Although there have been reasonable improvement in immunization, sanitation and access to safe water, still, there are barriers for providing equitable access to essential healthcare worldwide.
- There is no standard guidelines for Alma-Ata, but individual governments must develop their own strategies to meet their needs.
- Alma Ata failed in some countries because some Governments refused to allocate resources and put strategies towards sustaining a strong PHC.





Reasons for slow progress in “ Health for All

- Misconception that PHC as a 2nd rate health care for the poor.
- Centralized planning and management
- Difficulty in achieving intersectoral action for Health
- Unbalanced distribution of resources





Reasons for slow progress in “ Health for All

- Insufficient political commitment
- Failure to achieve equity in access to all PHC components
- The continuing low status of women
- Slow socio- economic development





Reasons for slow progress in “ Health for All

- Weak health promotion efforts
- Weak health information systems and lack of baseline data
- Pollution, poor food safety, and lack of water supply and sanitation
- Rapid demographic and epidemiological changes
- Inappropriate use and allocation of resources for high-cost technology
- Natural and manmade disasters





Alma Ata founding principles are still relevant until today because

- It brings health care to people's doorstep
- It encourages training of PHC staff and Community health workers to efficiently and effectively deliver health services.
- Access is improved, participation and partnership is encouraged, and health is improved in general.
- Evidence has shown that there is a greater range of cost-effective interventions that can be delivered at the PHC level now





The Alma Ata founding principles are still relevant until today because

- Forty-seven years ago, the values of equity, people centeredness, community participation and self determination embraced by the Alma Ata were considered radical but today these values have become widely shared expectations for health.
- The technological advancement and the increased wealth of knowledge and literature on health.
- The growing health inequalities between and within countries provide a relevant foundation to support the Alma Ata to deliver effective Comprehensive Primary Healthcare Services.





https://www.who.int/publications/almaata_declaration_en.pdf?ua=1

<https://www.paho.org/english/dd/pin/almaata25.htm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6307566/>

<https://nursinganswers.net/essays/the-alma-ata-declaration-health-and-social-care-essay.php?vref=1>

Thank you

