October 2021

An Introduction to Community Medicine and Primary Healthcare (PHC)

Learning Objectives

At the end of the following sessions, you will be able to:

1. Identify definition of community medicine.
2. Identify the core subjects of community medicine.
3. Identify various definitions of health and disease.
4. Describe principles and components of Primary Health Care
5. Describe the status of Primary Health Care in Jordan

References:

1- Primary Health Care Systems and Services.
WHO 1997.

2- Primary Care The Future
NHS. June 2005

3- Health in Jordan WHO 2005

4- Population and Family Health Survey Jordan. 2007

References:

5- Population and Family Health Survey

Jordan. 2012

6- Population and Family Health Survey

Jordan. 2017

7-*The World Health Report* **2008**

Primary Health Care

8-World health statistics 2018: monitoring health for the SDGs, sustainable development goals

9-Department of Statistics , Jordan 2016

References

- Declaration of Alma–Ata- http://www.who.int/publications/almaata_declaration_en.pdf
- Healthy People 2020 http://www.healthypeople.gov/2020/about/default.aspx
- Naidoo, J. & Wills, J. (2005) Public health and health promotion. Edinburgh: Bailliere Tindall
- Whitehead, D. (2009). Reconciling the differences between health promotion in nursing and 'general' health promotion: A discussion paper. *International Journal of Nursing Studies*, doi:10.1016/j.ijnurstu.2008.12.014.

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Community Medicine

Community + Medicine

What is community?

- A group of people living in the same place or having particular characteristics in common (such as geography, interests, experiences, concerns, or values).

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."

(Joseph et al., 2018)

Objective of Community Medicine

- Its primary objective is **prevention of disease and promotion of health.**

Community Medicine

- The provider of services in community medicine, at least in the US, 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)

The following are included in the study of community medicine:

The Knowledge of	Termed As
Population to be served	Demography
Patterns of Health and disease	Epidemiology
Collection, compilation and analysis of data	Biostatistics
Behavioral factors and their effect on Health	Behavioral sciences
Control and prevention of diseases	Preventive Medicine
The food people eat	Nutrition
Environmental factors and their effects on Health	Environmental Health
Delivery of Health Care	Health Administration and Planning

What is health?

Definitions

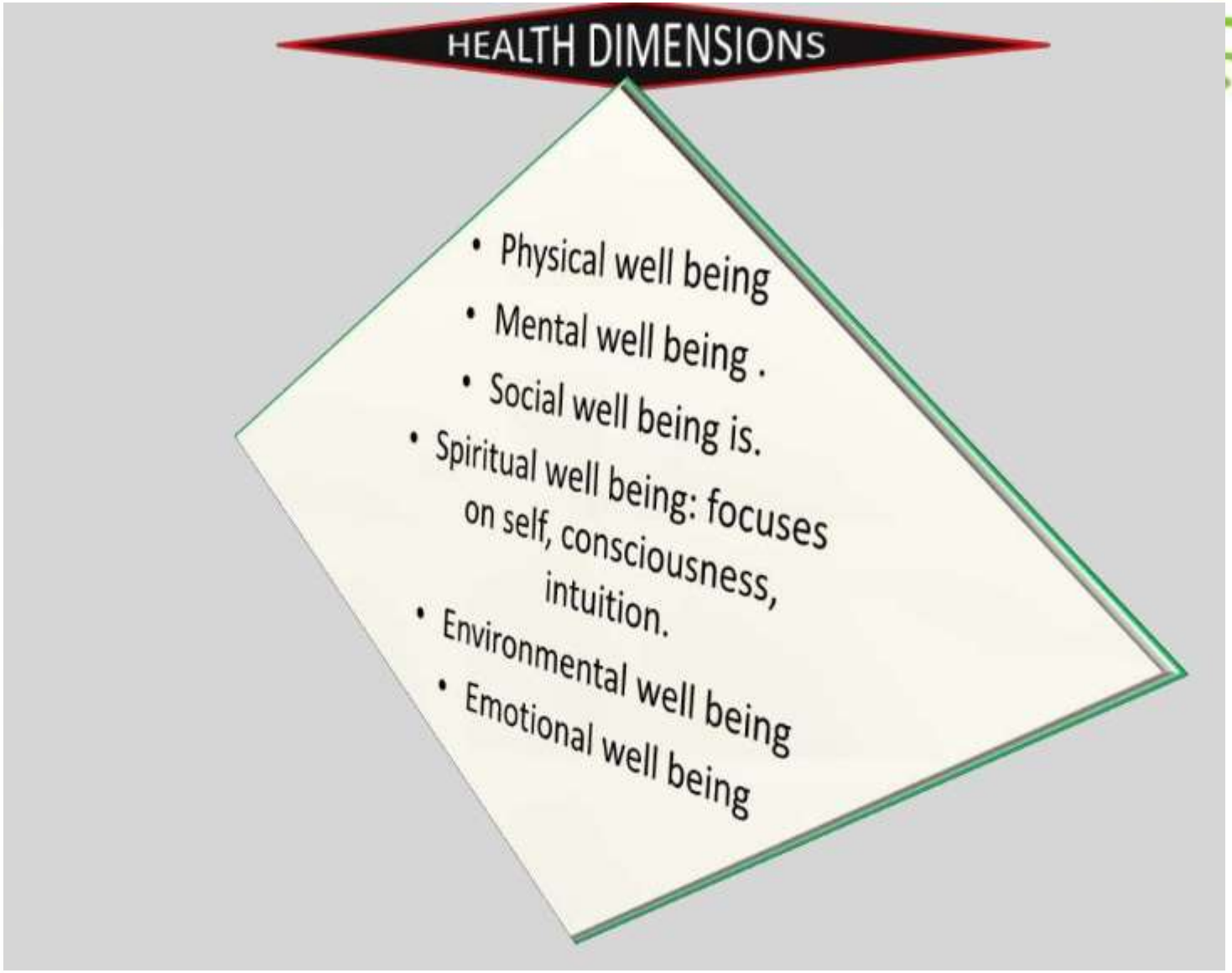
- " Health is a state of complete Physical, mental & social well being & not merely the absence of disease or infirmity". (WHO)
- Recent definition: health is a dynamic state of complete physical, mental & social & spiritual well being & not merely the absence of disease & infirmity.(WHO)

Important notes

- 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 that is multidimensional in nature (i.e. physical, mental, emotional, social, spiritual, and environmental).
- Health results from a person interactions with and adaptations to his, her environment.

Important notes

- A person health is dynamic in part because of the many different factors that determines one health.
- 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
• Mental well being .
• Social well being is.
• Spiritual well being: focuses on self, consciousness, intuition.
• Environmental well being
• Emotional well being

Physical dimension

Includes perfect body functioning, physical fitness, Activities of Daily Living (ADL), a state in which every cell and every organ is functioning at optimum level, and in perfect harmony with the rest of the body.

Mental dimension

- Ability to think clearly, reason objectively. A state of balance between the individual and surrounding world.
- Free from internal conflict
- Aware about himself
- Having a good self control
- Coping with stress

Emotional dimension

–Self-efficacy and self-esteem

Social dimension

Ability to have satisfying relationships

Spiritual dimension

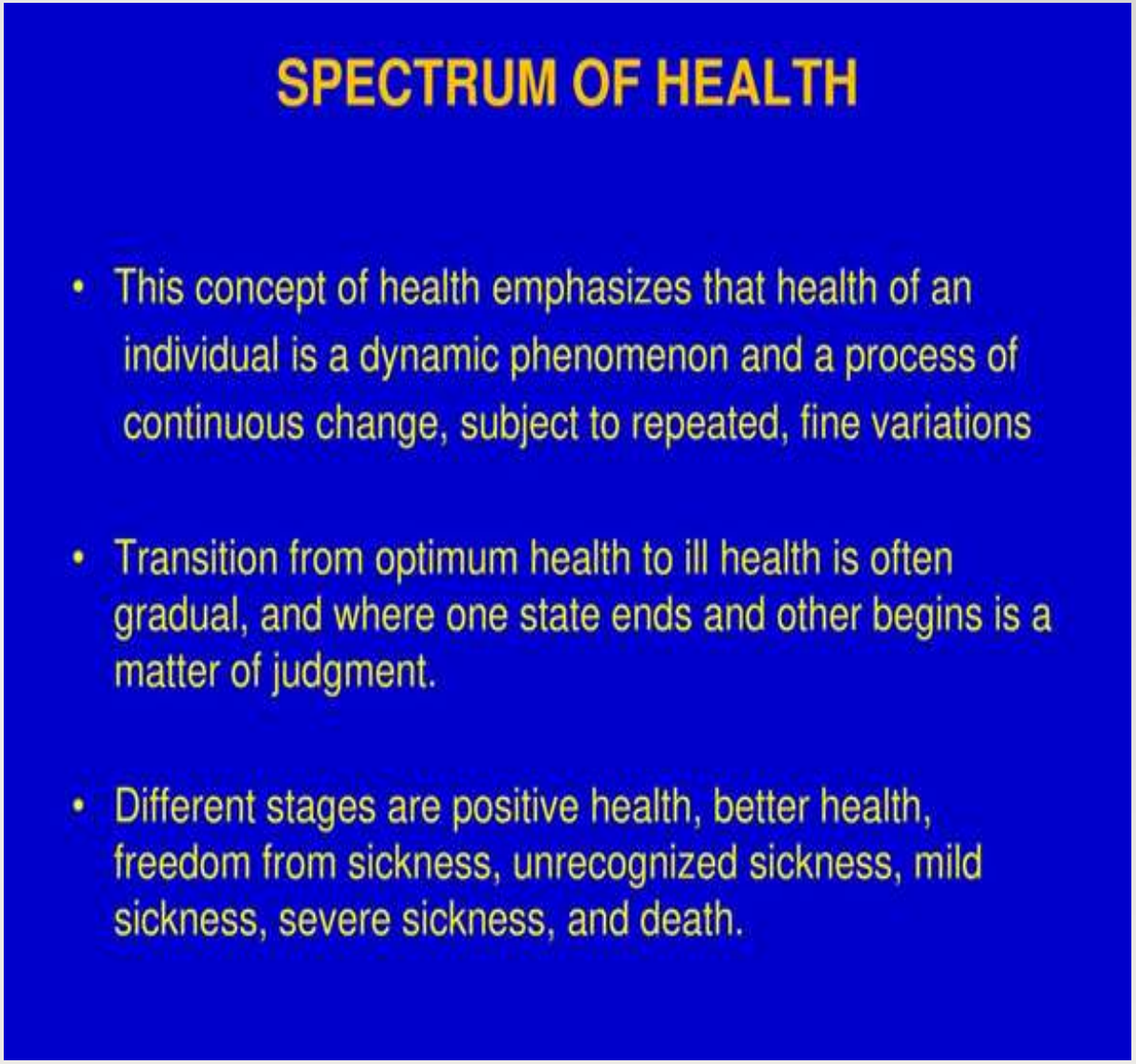
Feeling as part of a greater spectrum of existence

Environmental dimension

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

Spectrum of Health
Positive health
Better health
Freedom from disease
Unrecognized disease
Mild disease
Sever disease
Death

Spectrum of Health



Determinants of health

- Health is influenced by many factors, which may be known as **determinants of health.**

- 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)

- Income and social status
- Stress – control over our life
- Early childhood development and education
- Employment and work conditions
- Social support
- Addiction
- Physical environment
- Exercise and transport
- Diet and lifestyle choices

Smith, JD (2007)

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

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

Education access and quality

- Goal: Increase educational opportunities and help children and adolescents do well in school.

- People with higher levels of education are more likely to be healthier and live longer.

Healthcare access and quality

- Goal: Increase access to comprehensive, high-quality health care services.
- 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.

Neighborhood and Built Environment

- Goal: Create neighborhoods and environments that promote health and safety.

- Many people in the United States live in neighborhoods 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 secondhand smoke or loud noises.

Social and community context

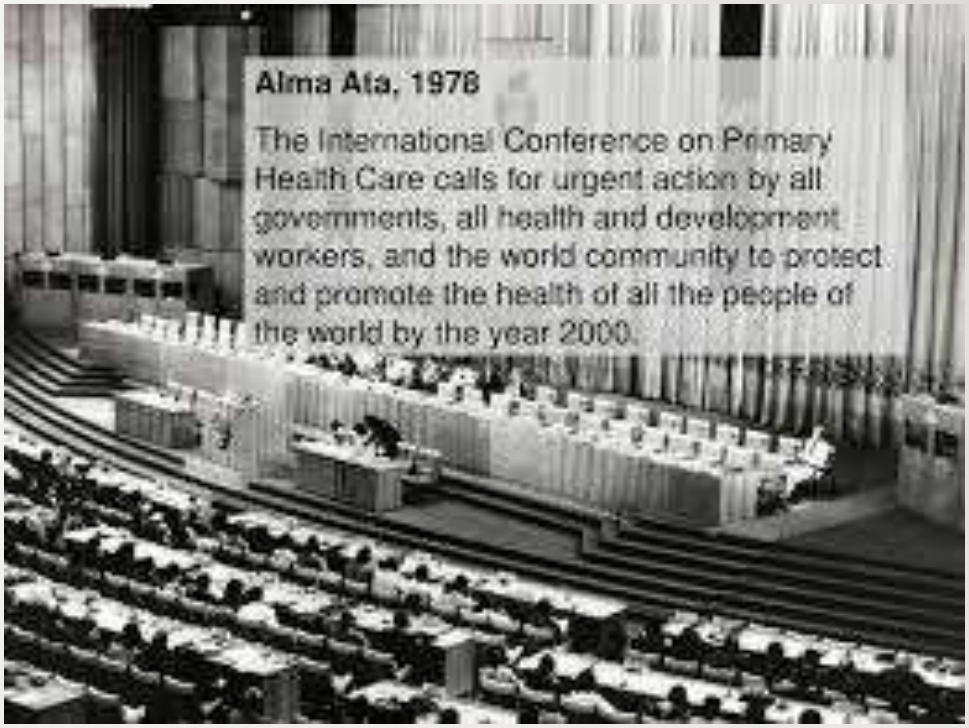
- Goal: Increase social and community support.
- People's relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being.
- Healthy People 2030 focuses on helping people get the social support they need in the places where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

Primary Health Care (PHC)

What is the difference between primary care and Primary Health Care?

Declaration of Alma-Ata International Conference

- Declaration of Alma-Ata International Conference on Primary Health Care, Alma-Ata, USSR, 6-12 September 1978.



Primary Health Care

- Primary health care (PHC), as the key health system strategy for attaining optimal health, gained global prominence with the 1978 Alma Ata Declaration.
- Its strategic role was reaffirmed 30 years later in the 2008 World Health Organization (WHO) World Health Report.

Primary Health Care

- The International Conference on Primary Health Care, meeting in Alma-Ata this twelfth day of September in the year Nineteen hundred and seventy-eight, expressing 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, hereby makes the following

ALMA ATA DECLARATION

- 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.

Primary Health care

- The people have the right and duty to participate individually and collectively in the planning and implementation of their health care.

Primary Health Care

- 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.

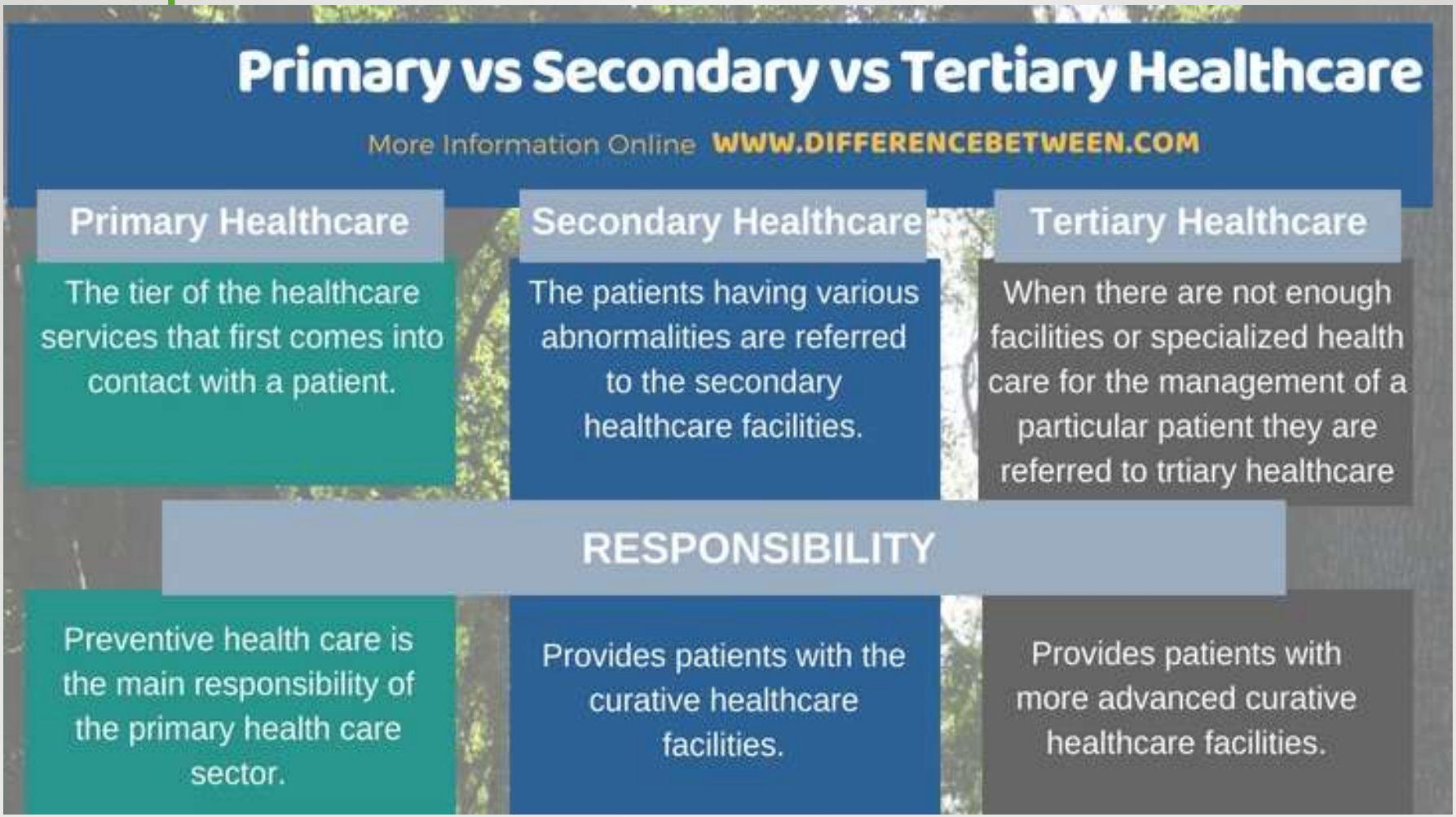
Primary Health Care

- 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

Health for all?

Levels of Care

- Primary health care
- Secondary health care
- Tertiary health care


Primary vs Secondary vs Tertiary Healthcare
More Information Online WWW.DIFFERENCEBETWEEN.COM
Primary Healthcare
Secondary Healthcare
Tertiary Healthcare
The tier of the healthcare services that first comes into contact with a patient.
The patients having various abnormalities are referred to the secondary healthcare facilities.
When there are not enough facilities or specialized health care for the management of a particular patient they are referred to trtiary healthcare
RESPONSIBILITY
Preventive health care is the main responsibility of the primary health care sector.
Provides patients with the curative healthcare facilities.
Provides patients with more advanced curative healthcare facilities.

THANK
YOU