



University of Jordan  
Faculty of Medicine



Medical Committee  
The University of Jordan



# Community Medicine



|                                 |   |   |                                       |                 |   |
|---------------------------------|---|---|---------------------------------------|-----------------|---|
| Lecture Title:                  | <i>Primary Health Care (PHC)</i><br>..... |   |                                       |                 |   |
| Date:                           | 16  | 9 | 2013                                  | Lecture Number: | 1 |
| <input type="checkbox"/> Slides | <input checked="" type="checkbox"/> Sheet |   | <input type="checkbox"/> Other: ..... |                 |   |
| Lecturer:                       | <i>Dr. Samar Al-Shareef</i><br>.....      |   |                                       |                 |   |
| Done By:                        | <i>Lana Makahleh</i><br>.....             |   |                                       |                 |   |
| Price:                          | .....                                     |   |                                       |                 |   |

DESIGNED BY:  
WASEEM KAMAL

M.D. University of Jordan  
*Class of 2018*



f groups/Doctor2012  
W <http://medstudygroup.weebly.com>

## ***Primary Health Care (PHC)***

Primary health care is the first level of health care

**\*\*health care services can be divided into 3 levels:**

-Primary health care:

The main objective is health promotion and prevention "NOT treating" it is for the whole community.

-Secondary health care:

In which a disease has started, so it includes the treatments, however it is not complicated; such as, treatment of diabetes, hypertension and treatment of bronchial asthma.

-Tertiary health care:

In where the care take place in hospitals rather than Outpatient clinics , after the disease has become very complicated



Many of these complications lead to lifelong disability, such as paralysis.

It may have started with simple hypertension and it ends up with a stroke or paralysis.

Primary Health Care definition "SHORT":

The first contact between the human beings "community member" and the health services.

### **Notes:**

\*It covers mainly more than 80% (in the developed countries it covers more than 90% (preventive services) , the 10% comes for emergency and vaccination )

\*It deals with the family as a unit of the community

\*It started at the developed countries then it spread to the developing ones.

\*Jordan: we need to memorize the statistics about Jordan. There is no need to to memorize them for other countries

\* Is near to the developed countries because of the improvement in the primary health care services

"we started as a developing country"

## ***Primary Health Care (PHC)***

---

\*Primary health care services are the base of the pyramid of health care services.

"An excellent level of PHC services means better levels of secondary and tertiary health care".

---

When did the PHC start?

-it started in the declaration of Alma-Ata "in Russia"

-the international conference on the primary health care, Alma-Ata, USSR, 6-12 September 1978. Before 1978, they used to deal with treatment. They used to manage the diseases not prevent them.

\*the aim of the conference:

Protect and promote the health of all the people of the world by the year of 2000.

---

|   |
|---|
| It expresses the needs of urgent action by all the governments to protect and promote the health of the world . |
|---|

---

\*\*\*Remember that:

Most important thing in the PHC :

That It should apply to all the communities not only the developed and rich ones, in fact it is needed more in the developing countries (poor countries) as it will prevent the secondary and tertiary health care that need a lot of money in order to be treated.

EXAMPLE:

- Hypertension or hypercholesterolemia will end up in open heart surgery ""IF NOT treated", which will need more money than the original disease and they also don't leave a long life disability.

Vaccination is preventive!

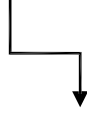
-pregnant women may end up with Preeclampsia (*toxemia of pregnancy*).

\*\*NOTE:

Many diseases if they are controlled, they will be simple and straight forward diseases, however if uncontrolled ,they will end up with secondary and tertiary health care "the complications will be so nasty" Most of the diseases start as simple diseases but develop to become dangerous ones.

## *Primary Health Care (PHC)*

For example: renal transplantation (uncontrolled), simple urinary infection (controlled)



Cost cheaper and the complication is less.

Question:

\*what is the major preventive service in dealing with Infectious and communicable diseases?

Vaccinations

\*Remember:

The PHC services are more concerned with the developing countries. The developing world cannot afford this type of care. (nutrition is an important part)

**\*\*Main aspects of the declaration\*\***

- 1) Health is fundamental human right.
- 2) The existing gross inequality in the health status of the people is politically, socially and economically unacceptable. In developed countries some diseases are gone, however, some diseases are more spread in developed countries (ex. AIDS). In Jordan the priority is for diabetes. In more developed countries AIDS is the priority

Equal social, political and economical status all over the world will decrease the gap between the developing and developed countries.  
**ECONOMICAL PROBLEMS ARE THE MOST IMPORTANT**

- 3) Economic and social development is the basic important to the fullest attainment of health for all and the reduction of the gap between the health status of the developing and developed countries.
- 4) The people have right in planning the implementation of their health care
- 5) Governments have a responsibility for the health of their people which can fulfilled only by providing of adequate health and social measures.
- 6) primary health care is essential health care based on practical

scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community.

## *Primary Health Care (PHC)*

---

Through their full participation and at a cost that the community and country can afford to maintain every stage of their development in the spirit of self-reliance and self-determination.

Some services are considered socially unacceptable ,such as family planning services ((used to be)) and sexually transmitted diseases tests (in Jordan ,Lebanon..etc)

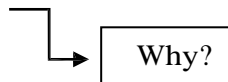
7) Primary health care:

A) Reflects and evolves from the economic conditions and social cultural and political characteristics of the country and its communities and is based on the application of the relevant results of social biomedical and health services research and public health experience.

B) Addresses the main health problems in the community, providing promotive, preventive, curative and rehabilitative services accordingly .

NOTES:

\*PHC system differs from one country to another ,so the most difficult thing to do is to build up a proper PHC system that covers the needs of the community (socially ,economically and physically).



Because studying of all the indicators and all the needs of the community before building a proper PHC system is required.

---Always in the health services when we start to build a system,each community should have priorities

For example: In Jordan → The priority is for diabetes, almost 1/3 the population after the age of 40 start to have an abnormal blood sugar.

In another countries the priority is for some infectious diseases like AIDS "HIV" .

\*UN:

It decides the priorities for the health services depending on the infectious and non-infectious diseases and it also gives funds.

## *Primary Health Care (PHC)*

---

\* Definition of "Health":

It is the absence of physical, psychological and social, NOT the access of the disease or the physical well-being.

\*\*How can we improve these services??

By education.

\*\*health education is the skeleton of the primary health care system, to educate the community so that they accept the PHC system and use the services.

---

--What are the least things that should be included?

- a) Education concerning preventing health problems and controlling them.
- b) Promotion of food supply and proper nutrition.
- c) An adequate supply of safe water and basic sanitation.
- d) Maternal and child health care, including family planning.

The most important category in the community :

- |   |  |
|---|--|
| a) They (maternal and child) compose 80% of the society | b) They are under physiological stress |
|---|--|
- e) Immunization against the major infectious diseases.
  - f) Prevention and control of locally endemic diseases.
  - g) Appropriate treatment of common diseases and injuries.
  - h) Provision of essential drugs.