



University of Jordan  
Faculty of Medicine



Medical Committee  
The University of Jordan





# Community Medicine

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Lecturer:	<b>Dr. Samar Al-Shareef</b>				
Done By:	<b>Mohammed Jaradat</b>				
Price:	.....				

DESIGNED BY:  
WASEEM KAMAL

M.D. University of Jordan  
Class of 2018

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



# In The Name Of Allah The Most Merciful

## Primary health care :-

The Doctor began the lecture with a quick review about previous things:-

- The primary health care differ from one community to the other, because it depend on the needs , immunology ,and economy and policy, social environment , income , psychological & physical problems ...etc.
- (there are many sectors )
- Primary Health care services should be supported by government and nongovernmental organizations because ( 90% of primary health care should be promotional services )
- Main goal of Alma –Ata is promote the health of all people by the year of 2000.
- The services should reach all people not just rich ones .

## **HOW WE CAN PRACTICE THE PRIMARY HEALTH CARE ON THE REAL LIFE?**

As we mention the family health care should deal with the unit of family , because the family is a unit of the community , and the community is a unit of population , so we don't deal with the smallest unit in human being because the smallest unit in human being is human being himself or herself , so we have family then community and then population .

Remember that health is not only not being sick ... it means also being social, psychological and physical well being.

employment , work conditions , culture and social affect health.

So the primary health care should be started from the family mainly in newborn

# Working conditions affect the family health care because it affects the income of the family. .

If I want help children I deal with them as growing human being , and also if I want help the overage people (elderly ) I deal with them as special persons (Physical factors)..growing deseases

Family → newborns → Elderly

The most diseases that we should concerned in the childhood are congenital abnormalities and the immune diseases but in the elderly persons we should concerned diabetes , hypertension , renal failure .....

# Social support is a must in order to have health well being like lJntna our ( medcommitte) .

for elderly, pregnant women & children.

Early experiences of the child affect the adenosin and adenosin affect the adult personality ,sometimes there will be a missing factor during childhood and it will continue with child if he didn't take the treatment in earlier stage .

Behavioral psychological and physical properties.

Level of education affect the health services (No awareness) ex: A pregnant woman does not want to go to the clinic (بتحكي بحالها انا مو اول وحدة بتكون حامل فعادي) → no detection of early problems.

(( PHc is a team)) → poorest service : Counseling ... psychological problems

Well-being: Child care immediately after birth to the age of five and it include vaccination , nutrition and counseling and early detection of problems.

# So in briefly primary health care is a team of nursing , physicians , dentist , social workers , psychological counselors .

Q: in Jordan what is poorest primary health care service?

Counseling

we should improve it in schools, universities & families.

90% of PHC is health maintenance and community rehabilitation,, coordination ( PHC and GP)

there should be a policy that improve PHC → Family doctor

There should be a PHC center to go to it before hospitals  
some services Of PHC is supported by Hospitals.

PHC Differ according to : population , needs and economy.

→ health care providers and needs of patients.

→ GP must know how to deal with patient coming for PHC. (we need specialists )

#As we mention before primary health care differ from community to the other & it depends on the needs ....

# some disease spread in specific areas depend on the geography of the country ex : in the Scandinavian areas there is common disease called ( MS) It is an immune disease( تصلب لويحي ) immune disease start in eye and spreads in all of the body (immune disease that infect kids not elderly) .

# Infection disease spread in the hot areas.

# Immune diseases affect the child but degenerative disease affects the overage persons.

So the essential features (principles) of primary health care:

- Accessibility ( physical accessibility , economic accessibility )
  - Availability
  - Acceptability
  - Continuity
  - Appropriateness ... (official care) .
  - Referral/support
  - Essential elements
  - Affordable
  - Community Participation
  - Efficiency (deseases should be followed and monitored )
  - intersectoral
- population health start from the human being

# Patient treatment at an early stage is much better than late treatment.

PHC focus on keeping people healthy and addressing illness early.

it is applicant (according to risk factors )

patients must have accessible and appropriate care

Services matches community needs

PHC have a positive impact on health and social services.

→ healthy community & healthy people will cause stable economy.

**\*\*What is the difference between primary health care and the medical care?**

1. Medical care is the treatment (sick people) but primary health care is the prevention (healthy people).

Medical care's Goal: to Cure

PHC: Prevent, care and then Cure

Medical care :special problems

PHC: Comprehensive care

Medical care :individual Practitioners

PHC: Team of Practitioners

Medical care: Health sector alone

PHC : intersectoral

Medical care: Professional dominants

PHC: community Participants

passive perception join responsibility

Medical care:

Definition Of Alma Ata : Change the medical model to PHC

2. Health sickter alone in the medical care but inter sickter alone in primary health care.

What are the elements?

- Accessibility
- Acceptability
- Effective
- Equality

- Reaching out (excessible)

set Of Activities :

- Health Education
- Adequate food & Nutrition
- Safe water & Basic Sanitation
- Maternal and child health care
- Prevention and control of endemic diseases
- provision of Essential Drugs
- Vaccination → Pre disease and Pro disease
- Basic treatment
- PHC for elderly (Diabetes)
- Basic managements and treatment
- Follow up.
- 24 Hour services of PHC
- Follow up with patients.
- Care of pregnant woman
- Screening for silent diseases such as hypertension & Cancer & Sectual transmitted desease.

How we can prevent and control chronic diseases?

By vaccinations.

# the most important preventive care is vaccination.

# Sexual transmitted diseases are as in tomatic so vaginal fluids of the married woman are very important so at least every 6 months she should visit the doctor.

Secondary prevention of chronic diseases ex: diabetics should go to doctor every month at least once.

To achieve this care there must be clinical support center, population registration for diseases(infectious and non-infectious) support services and medical supply.

Chronic Vs. infectious diseases.

Training of Staff is very important → education of new staff & continuing education opportunities.

Management system of health care : Financial  
many political issues decide if this vaccination must be given.

PHC branches: Appropriate visiting dental services ..etc (as in the handout)  
special programs : New diseases such as H1N1  
Education against substance Misuse (such as Drugs )

Registration disease is very important whether the disease was contagious or non-contagious.

Accidents is the main reason for death in youth.

# Sometimes some problem (diseases recently appeared)like influenza ,need a special programme.

PHC : working together for a better health

**Note:**anything was mention in the record not included her you will find it in the handout .

That's it osalamtkom 7abayb 3omri

I'm really sorry for any mistake or missed information ..... I try my best 😊

Done by : Mohammed AlnaqlahJaradat