

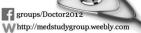




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In The Name Of Allah The Most Merciful

Primary health care :-

The Doctor began the lecture with a quick reviewabout 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 <u>Alma Ata</u> 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 PRACTICETHE PRIMARY HEALTH CARE ONTHEREAL 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 <u>congenital</u> <u>abnormalities</u> and the immune diseases but in the elderly persons we should <u>concerned diabetes</u>, <u>hypertension</u>, <u>renal failure</u>

<u>Social support</u> 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 adenosis and adenosis 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 ofnursing , 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 rehabitation,, 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 (نصلب 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 (healthypeople).

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 menical model to PHC

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

What are the elemants?

- 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 ©

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