



University of Jordan
Faculty of Medicine



Medical Committee
The University of Jordan



Community Medicine



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In this lecture we will talk about:

Generally: Primary Health Care in Jordan.

- **Team Work in PHC.**
- **Essential characteristics of team work.**
- **Indicators that reflect PHC.**
- **Reasons for PHC visits.**
- **The difference between Mortality and Morbidity.**
- **Main Providers of PHC in Jordan.**

- **Team Work:**

When we talk about medical services we talk about team work.

“you cant have a PHC clinic for your own”

-Most important thing in team work → all work is done for one purpose (the same pool).

Team:

1) **General practitioners (GP)-Family physicians**

In England -for example- anyone who wants to be a family physician he/she has to specialized for 4-5 years residency but in **Jordan** anyone who just finished his (مرحلة الامتياز) can be a family physician and this is **WRONG!**

→ The GP we mean here must be trained and a Family Medicine specialist not a new graduate without any speciality.

2) **Dental practitioners (DP)**

Dental health`s effects reflect on the whole body and it is very important for the quality of life, good sleep for example. So, dental practitioners are important in the team for screening and for treatment.

Screening, especially in children, It`s necessary because they have lots of teeth problems like dental caries (تسوس الأسنان) or the teeth are growing in wrong directions. Once in a screening that dr. Samar participated in, they found that 30% of 1st grade students have dental problems.

3) **Opticians:** they are also important, as in the same screening mentioned above, they found that 38% of 1st grade students have optical problems.

- 4) **Pharmacist:** Help the doctors with medicines and make sure that the medicines prescribed by doctors won't cause problems when taken together. There are also doctor-pharmacists who are allowed to prescribe medications as well.

- 5) **Community health services (أطباء المجتمع):** Not common in **Jordan** because we don't have services that reach patients' houses, but in developed countries that can afford it, if there is –for example- a woman who is giving birth and can't reach them they go to her at home, and if a woman has a newborn and can't reach the PHC center for some reason they go to her house and teach her how to take care of her baby.

- 6) **Physiotherapist (العلاج الطبيعي):** helps people recover from injuries or dysfunctions. Not common in **Jordan** → we still need a lot of pushing in this field because it's expensive and usually not covered by insurance. But in developed countries → its insurance's responsibility to cover it. أصلا (': عادي)

- 7) **Counseling:** a preventive service that helps people to deal with their problems and prevents them from facing depression or suicide. Pregnant women, women after menopause, students with social or academic problems, unemployed men → all these people need counseling. But we, in Jordan, still need a lot of work in this field. Counseling needs money –since it's a very expensive service even in developed countries- and skilled people. Primary problems → counseling but in some severe cases → psychiatrists (after the counseling).

- 8) **Administrative:** Healthy administrative, if there is no good administrative there will be poor quality services, and the patients won't be satisfied. (إذا كانت الإدارة فاشلة: الخدمات أفضل) طبعا بنحكي عن المستشفيات الخاصة مش المستشفيات P: الحكومة اللي أصلا مش فارقة معها

- 9) **Reception:** Appointments. Standard policy for appointments (if there is an emergent situation the appointment must be in early time. In **Jordan** we don't have these policies :P Everyone working there from the receptionist to the manager should be trained. P: عندك موعد؛ عجبك أهلا و سهلا... ما عجبك مع السلامة.

Essential characteristics of team work:

- 1) One purpose.
- 2) Each member should know his job description (what is required from him) so that the team can reach their purpose.
- 3) The team should pool the knowledge, skills and resources of the members. And they should all share the same responsibility of the outcome.

- **Indicators that reflect the level of health services in a community:**

- 1) **Mortality (الوفاء):**

Infant mortality VS. Child mortality

Infant: still in his first year.

Child: between 1 year of age and 4 years.

The infant is more sensitive than the child.

The risk to die in the first hour > in the first day > in the first week > in the first month > in the first year.

The younger the child, the risk of death becomes bigger.

Neonatal mortality rate: percentage of death in infants during their first month. And it is more sensitive than Infant mortality rate (which is during the whole first year).

The numbers has improved in Jordan during the last quarter of century.

We measure infant mortality per 1000 life birth.

Studies in **Jordan** for infant mortality: 130 (1960), 22 (2002), 19 (2007), 17 (2012)

Just notice how it decreased from 130 to 17 in 52 years!

- 2) **Life expectancy: (LE)**

Why is it important? If the average of it is low → indicator that the health services are bad ☹ and vice versa.

Health services include prevention, early detection, early treatment and a better health that can tolerate diseases, that's why health services affect life expectancy.

In Developed countries average of LE is 80-81 years.

In Developing countries average of LE is 57-58 years.

Studies in **Jordan** for LE: 49 years (1965), 72 years (2004), 73 (2012)

→ Indicator: improving the services.

In developing and developed countries the LE ranging between 57 and 77 years.

JORDAN: 73 years → near the developed countries ;).

😊 الدكتورة حكمت مش رح تسألنا عن الارقام كلها بس يمكن تسأل عن آخر رقم

3) **Total fertility:** average no. of births given by a lady during her age of fertility. Fertility is also very important.

Developing countries → more fertility → more mortality.

In western countries with a total fertility of 2 or 3 children, they have a very low mortality, unlike developing countries with the average of 7 children.

In **Jordan:** if we take 7 members family and a 4 members family –for example- we'll find that all the services (education, health services, etc.) for the second family is much better than the first one, so they have a better chances of living.

***FERTILITY DROP!!**

Studies in **Jordan** for fertility dropped to the half: 7% (1988), 5.6% (1994), 3.7% (2002), 3.6% (2007), and 3.5% (2012)

→ Notice that the drop in the last 3 studies was less than the drop between the first 3 studies! **WHY?!?**

Because there is something called (social believes):

The Arabian family usually wants more than 2 kids but in developed countries they think that 2 kids is more than enough! (Differ in cultural beliefs).

*little note: Also in Islamic world the Birth control isn't accepted!

So, religious, social and cultural factors in Jordan affect the total fertility.

4) **Eradication of certain infectious diseases :**

Example: small pox الجذري which was eradicated in 1979 in Jordan. In other developed countries many other infectious diseases were eradicated such as Measles or Polio.

More eradication for diseases → indicates better preventive services.

• **Reasons for PHC visits: 1) Curative 2) Preventive**

***Studies:** 1) In developed countries the % of the people who visit the PHC centers for preventive reasons: 90%.

2) In developing countries the % of the people who visit the PHC centers for curative reasons: 90%, because they suffer from more diseases so they don't have enough time to think about preventive services.

*studies in **Jordan**: (old study: 80s) when PHC centers started to appear.

The percentage of people who visited the centers for preventive reasons almost equal to those who visited for curative reasons.

People who visited the centers for curative reasons 57% : (Digestive problems 10%, parasitic-infectious problems 14%, respiratory problems 33%)

But if we make a new study we will find that the % of the people who visit the PHC centers for curative reasons decreased! But this study wasn't repeated.

Question ?!?

Which diseases are most common; Infectious or not-infectious (chronic and degenerative) diseases?

The answer is : Not-infectious. But **WHY?!?**

Because of :

- 1) Vaccination, so its % decreased.
- 2) Improvement of nutrition.
- 3) Early Diagnosis.

This increases the life span, and makes chronic diseases more common, this is no.1

No.2 is that those degenerative diseases are more diagnosed now. Before, people used to die because of them but no one would know they were the reason.

(no.1 and no.2 are the reasons that now we see chronic diseases as more common and why they are the main reasons for death)

*main reasons for death determine if the country is developed or developing!!

If the main reason for death was infectious disease → Developing

If the main reason for death was Chronic → Developed

***Summary:**

- 1) Higher fertility → higher mortality → more infectious diseases.

2) lower fertility → lower mortality → more chronic diseases .

*In **Jordan**→ we measure chronic diseases but in certain developing countries the main reason for death is still infectious diseases.

- **The differences between Mortality and Morbidity (indicators for PHC) (ATTENTION: THIS IS IMPORTANT!!)**

Morbidity (نسبة المرض) Mortality (نسبة الوفيات)

Morbidity is more sensitive than mortality! WHY?!?

Morbidity is higher than mortality because not everyone who gets ill dies.

For example, in some diseases for every 20 ill person 1 dies, in other diseases for every 200, 1 dies, so morbidity is higher.

And in PHC→ main purpose is to prevent the disease not just to prevent “death”. Of course we can’t prevent the disease 100% but at least we can improve the quality of life.

مش كل حدا بيمرض بموت! مشان هيك نحنا بيهنا نسبة المرض

- **Main providers for PHC in Jordan:**

1) Public sectors (MOH and RMS).

2) Jordan University Hospital.

3) UNRWA.

4) Private sections (not common in Jordan)

بالدول العربية اي مرأة حامل بتروح عند طبيب النسائية او اي طفل مريض امه بتاخده عند طبيب الاطفال بس بالدول المتقدمة لازم يروحوا بالاول عند طبيب الأسرة و ممكن يتحولوا بعده لطبيب مختص.

“IF YOU CAN DREAM IT YOU CAN DO IT” – WALT DISNEY.

Sorry for any mistake and best of luck for you all 😊