

A simple summary of Community Medicine

The first part (Primary health care)

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Health care can be divided into three levels :

- Primary health care (PHC) : contains promotion and prevention the disease not treatment (here the disease usually has not begun yet .. or it has begun but without discovering it .**
- Secondary health care : contains simply treatment in outpatient clinics (not surgical) such as diabetes by insulin doses (here the disease has begun) .**
- Tertiary health care : the treatment must be in hospitals because the disease has reached complicated and dangerous level .**

**** Example : the hypertension or hypercholesterolemia is common disease Especially when obese men and older needs the doses or diet (secondary health care) but When neglect stroke or thrombosis that needs surgical treatment (tertiary or development become health care) .**

**** The excellent level of PHC services means better levels of secondary and tertiary health care services : means the country that has the high level of PHC it also must have high level of tertiary and secondary health care .**

- The PHC starts in the declaration of Alma Atam (Kazakhstan , soviet union previously) in 1978 .**
- Drs before this conference were using therapeutic methods and not preventive but after the announcement they interested about preventive methods and protection and promotion the health of the people by the year 2000 .**

The axes of this conference :

- The main objective of this conference is to focus on the urgent need for the development of health, which should be the focus of governments for the overall development process.**
- The PHC Must be spread in all states (developing and developed countries)**
- Health is not just recovery from the disease, but (good condition physically, mentally and socially)**
- The developing countries need PHC More because they can not afford the operations and treatments (tertiary and secondary health care) .**
- The disparity in the health conditions of the population of the world because of social , political and economic inequalities .**
- The duty of governments and international organizations to reach people by the year 2000 to a healthy level allows them to configure the life of a socially and economically productive and thus achieve social justice .**
- Primary health care is the first level of contact with individuals and family, which is the first element to contribute to the process of public health .**
- The improvement of the social, political and economic situation works to reduce the difference between developing and developed countries in health affairs**

- **The citizens have the right to develop plans to ensure the health of your life**
- **Governments are responsible for providing adequate health care for citizens to ensure them a good healthy life**
- **PHC depends on practical scientifically sound and socially acceptable methods and technology that make it accessible to individuals and families in the community .**
- **During the public participation and prices that members of the community can afford each slice society can benefit from PHC**
- **PHC Includes all economic, cultural and social conditions, and depend on the biomedical and health services, health tests and patients statuses in this country, and then determine the health problems to provide appropriate medical solutions.(preventive or promotive or curative or rehabilitative services)**

(Remember : The economic side of him the most important aspect in the development of the health aspect is the basic rule for it.)

Primary health services in Jordan

Introduction

- **: Family health services administered by the FHSAs (family health services authorities), which include general practitioners (GP) and dental practitioners (DP), pharmacists and ophthalmologists (opticians)**
- **Community health services include: (community doctors, dentists, nurses, midwives and (visitors for patients and psychiatrists and chiropody (feet treatment) .**

It is well known that we can provide primary health services (PHC services) through the work of teams only

Teams >>> (include :)

- 1. GPs: You must have experience specialist family doctor and do not graduate without experience**
- 2. Dental practitioners: an important role in the team for the examination and treatment (30 percent of first-graders have dental problems)**
- 3. : Have an important role in screening and diagnosis (38 percent of first-graders to have visual problems)**
- 4. Pharmacists: their role to make sure that doctors who oversee certain condition agree (Dr. Pharmacist has a role in determining the medicines needed to treat)**
- 5. community health services : non-existent in Jordan because we do not have the ability to deliver medical services to patients' homes, because the cost is high ... But in developed countries, it facing this kind of doctors.**
- 6. physiotherapist : is uncommon in Jordan because its high costs, the insurance services in developed countries be responsible for this type of treatment**

7. counseling: enables patients to identify the problems of health, psychological and handled to avoid situations psychological edge that you need to psychiatrists, and an example: pregnant women, women in menopause, the students in their problems Academy, we note that this kind of preventive health exists in Jordan and the developed countries but also needs to be developed further because it is expensive.

8. administrative : You should know that if good governance would be a good medical services and will have a positive impact on patients

9. Reception: The policy in appointments, we had that if there is an emergency situation must be submitted on all appointments .But what is happening in Jordan is the opposite

Notes:

- **A high percentage of people registered at family physicians or general practitioners, who are the first link to connect with the National Health Service NHS**
- **General practitioners are responsible for major medical incidents outside the hospital and they decide whether to enter the patient to the hospital or not**
- **The budget needed by general practitioners GP to able to offer their services , they take from the health authorities, but the NHS controls this budget expenses and supervision .**
- **The full supervision of the NHS general practitioners (GP) through : cash limited funds for GP practice – indicative prescribing budgets – medical audits – information technology).**
- **Characteristics of team work**
 - 1. One goal**
 - 2. Everyone in the team is his or her duties**
 - 3. Is everyone participating his experiences and information with all members and work responsibly.**

**** American Academy of Family Physicians Remember that primary health primary health:**

Health is equipped with family doctors trained specialists able to communicate with patients and continue with therapy and persons with undiagnosed syndromes and undifferentiated cases.

And include the provision of support, prevention, and health care and counseling, health education, and provide financial support and patient subsidy on the cost of treatment for their cooperation and shared with public health services, and strengthen the role of the patient as a partner in health care .

- **Primary health include a range of activities including:
(Health education - the provision of food - good nutrition - proper water supply and sewage disposal - to provide maternal and child health services - to provide vaccines**

for infectious diseases - Prevention of chronic diseases - to provide treatments for common diseases) .

NOTES

- *To build a healthy and preventive system we must study all the factors that belong to the place in which we want to build it because the disease priorities vary from one place to another, for example, the priority in Jordan diabetic patients, who make up one-third of the elderly who are over the age of forty, while in other countries the priority of AIDS.*
 - *Health education is the skeleton for PHC in the world .*
 - *The most important category in the community are infants and mothers who make up eighty percent of the population*
 - *Vaccination is one of the important means in PHC .*
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Methods that include in PHC

- *Education and awareness of health problems and control*
 - *Proper food and the water and sanitation*
 - *Prevent the spread of communicable diseases*
 - *Provide appropriate treatment and proper medication*
 - *Immunity against infectious diseases*
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- *The primary health care differs from country to another because depends on : (the needs of the community – immunology – economy – policy – social environment – income- psychological and physical diseases) .*
 - *90% of primary health care is promotional services .*
 - *PHC Is to deal with the family as a basic unit and not with individuals, it starts from the family through the community and then the population .*
 - *HEALTH : does not only mean that the patient does not have rights but they mean safety in the physical and social aspects .*
 - *Working conditions affect the preventive health system because they affect the monthly income .*
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- *Dealing with the disease is different if they were infants or children if they are or if they are elderly, we as physicians must take into account the expected diseases occur when all of them*
- *1. When children: congenital malformations increase in abundance and immune diseases as well*
- *2. When the elderly: kidney(renal) failure, high cholesterol level (hypercholesterolemia) , diabetes .*
- *PHC It helps us to discover the disease early, before its development before the Lord with us by how the situation develops from the accumulation of cholesterol and high blood level to turn as a result of the neglect of the initial diagnosis to clot :*

EXAMPLES :

1. Hyperplasia التَضَخْم فِي الغدد (adenosis) can take advantage of diagnosed at a young age, rather than be turned into a difficult condition in the event of negligence at puberty.

2. Early diagnosis and ongoing visits for pregnant women to the doctor can reveal to us if there is a disease or abnormalities in pregnancy

- Preventive health team (primary health services team) can provide advice and tips and doctors must know that we are a part of this team, which includes (doctors, nurses, dentists, doctors, physiotherapy).

- The spread of diseases depends on the geography of the area:

*** Scandinavia (In the northern part of Europe) : Infested immune diseases such as multiple sclerosis (MS) , which is an immune disease, starts in eyes then spreads to all parts of the body, which affects only young.**

*** Tropical: has the honor of infectious diseases.**

Indicators that reflect the quality of health services in the community

1. Death rate: the mortality rate for children (1-4 years old) is lower than the mortality rate for infants (less than a year) because whenever was smaller , the more likely exposure to risk , and vice versa .

- The rate of neonatal mortality include those who die in the first month because they are exposed to greater risk than others

- Measure the rate of infant mortality and the number of deaths per thousand births.

- Note that the mortality rate in Jordan for infants decreased (from 130 to 17 over 52 years old).

2. Life expectancy : is a statistical measure of the rate of the additional years that an individual may live if current mortality trends continue unchanged.

If a low life expectancy rate this indicates that the level of health services badly and vice versa.

- The average life expectancy in Jordan , 73 years old , so Jordan is close to the developed countries in the development of health services .

3. Fertility rate (births) : Is the number of births that give it during the period of female fertility (ability to conceive)

- Developing countries have high fertility rate and hence the mortality rate for infants is high

- dropping of fertility : note that Jordan 's fertility fell from 7 percent in the eighties to 3.5 percent in 2012 as a result of the presence of customs , traditions and religious values that do not allow the reduction of reproduction.

4. Education for certain infectious diseases : the elimination of these diseases shows that preventive health services is very good (like : smallpox , measles and polio)

Reasons to visit PHC

1. Therapeutic (curative) -----→ (The number of people who visit the health centers for therapeutic purposes in developing countries, 90 percent)

2. Preventive> (The number of people who visit the health centers for preventive purposes in developed countries, 90 percent).

Note: chronic disease: Status of chronicity of the disease, which lasts in the body for more than three months and is considered a chronic disease in the general sense

- **Chronic (non-communicable) diseases are more common infectious diseases because the control of infectious diseases in many ways such as pollination, food, health and early diagnosis.**
- **The leading cause of death in developed countries is a chronic diseases**
- **The leading cause of death in developing countries is infectious diseases**

- **Although Jordan is a developing country ..But can be considered as a developed country, from the medical side and therefore consider that the main cause of death which is a chronic disease is not infectious diseases, but other developing countries, the cause of death is still mainly infectious diseases**

- **The (morbidity), which is the proportion of the disease is more sensitive than (mortality), a death rate because not everyone gets sick will die, and you should know that preventive services (PHC) focuses on reducing disease and not reduce death where he must take the reasons for treatment only, but the results OF treatment BY God ability .**

- **There are a lot of suppliers and supporters FOR (PHC) .. including public sectors (such as the Royal Medical Services and the Ministry of Health) And the Jordan University Hospital and the UN Relief and Works Agency for Refugees (UNRWA).... In addition to the private sectors (but do not participate in support in Jordan) .**

Important points about primary health care

1. The success of primary health depends on adaptation to local conditions
- 2 . Rely on mass participation and the use of available sources, because it is a model for people and arises only by people (because health is everyone's responsibility)
- 3 .Include the sectors of health, education and industry

4 . Supported by governments and international organizations such as the World Health Organization and UNICEF

5. Primary health care has an important role in the evolution of the economic and social aspects in the community because if we were healthy we will be productive

6. The components of the eight elements of primary health are: (Health Education - Safe water supply and sewage disposal - child care and maternity - immunity from infectious diseases - control of chronic diseases - appropriate treatment of common diseases - supply of the right medications) .

Notes

- For the supply of the drug: (a continuous supply by governments - reasonable - prices - the development of policies for the import of medicine)
For water supply and sewage disposal (I've been done properly in Jordan) .

(Primary health care in Jordan)

*** Life expectancy for newborns: increased from 49 in 1965 to 66 in 1990, but according to the World Health Organization 70 in 2000, but according to International Data Base 78.5 in 2007

Summary: 57 in developing countries, 76 in developed countries. (Numbers are not required to save as stated in the sheet No. 3) .

*** Neonatal mortality rate: continues to drop (the numbers are not needed to save (Smallpox was eradicated in 1979 - measles and polio decreased rates)

*** Visit primary health reasons: (33% of respiratory diseases - 14% infectious parasitic diseases - 10% of digestive diseases .

***** Infectious diseases (or communicable or transmitted) : Is a disease which is causing microbe or virus transmissible to others such as smallpox and plague .

***** Chronic diseases or degenerative diseases are: is a long-term illness that lasts the general concept for more than three months on a permanent basis, such as arthritis or asthma - Cancer - Diabetes – AIDS .

***** The high proportion of chronic and degenerative diseases with a low incidence of infectious diseases , However Infectious Diseases still take a high percentage in the morbidity and infant mortality rate, especially in rural areas .

***** Jordan community recipes

Sparsely populated civilian population - an abundance of medical personnel, and lack of helpers, such as nurses - water pipes and sewage disposal

***** Infectious diseases (communicable disease) : are diseases that are transmitted from one person to fall down through direct communication, sexual contact and mother-to-child infection

******* Ways to control infectious diseases: (reports - testing of expatriates and this road is suitable for diseases such as AIDS and malaria - send teams to the regions wars and epidemics - cooperation with ministries such as the Ministry of Agriculture to detect the disease brucellosis) .**

******* Note: polio reached its peak in 1979 and then gradually decreases, and then returned to rise in 1992 and then came back down**

****** Ways to reduce the infant mortality rate + raising Life expectancy ::: education - the provision of clean water and the disposal of sewage - good nutrition - attention to the services of childhood and motherhood - taking into account the problem of poverty and its relationship to health - to develop policies to study the changes that may occur in the categories of the few community poverty health in the nation based :on several pillars, including**

1. Socio-economic status: poverty - malnutrition - unemployment - ignorance – shelter

2. Public health measures : the safety of drinking water - sewage disposal

3 .Health care system : through the balance between primary health (education - prevention - maternity and childhood services) and secondary Health (specialist (services) and tertiary health super specialists services) .

(Explain the previous points : according to handout)

1 . Socio-economic status: a high rate of poverty, infant mortality rate is high (because the high birth rate, low life expectancy, high mortality rate (in general)

***** Based on that poverty indicators were identified: high population growth, high rates of births .**

***** Health requires the absence of poverty .**

***** Low infant mortality rate shows: a humanitarian goal, the process of the evolution of society heading towards true**

*****Nutrition: note malnutrition in developing countries and high prices, while the prevalence of obesity in the developed countries This shows the failure of the overall global policy in economic affairs, which is reflected in the health field**

*****Housing: recipes houses suitable for Disease Control are: thermal insulation, resistance to cold and rain, abundant water, sewage disposal, remove the rodents .and disease-bearing insects**

***** Poor homes are the manifestation of poverty and lack of social justice**

*****the ventilated houses (opening houses) and the overcrowding are the reasons to spread Diseases such as whooping cough, flu and diarrhea) .**

*****Literacy and education is important to know the health problems and the possibility of treatment**

*****The rate of literacy for adults in developing countries is 28 percent, and 80 to 100 percent in industrialized countries, 13 percent for females in developing countries**

***** Siding basic education for children, and the disproportionate spending on secondary and tertiary education, and the neglect of basic education in rural areas to the unwillingness of teachers to work in rural**

***** Basic education is not free in cities in the developing world due to poverty**

*****The lack of schools in rural areas and the disproportionate number of large distances, therefore decreasing the number of students**

*****The factors that control the level of education and literacy: is the ratio of the presence of literacy in the population, and the number of people enrolled from ages 5 to 19**

***** Unemployment fundamental problem in the Third World: The general concept * not mean the capacity to pay the rent or buy enough food**

2. World Health measures: provision of adequate water and sewage disposal

3 .The health care system: -

*** as defined by the World Health System 1970: primary health care: providing preventive and curative tips and advice to individuals through a specialist or a full .team**

*** Declaration of Alma-Ata 1978: focuses on the health problems in the community * and the provision of health services and preventive, curative and rehabilitation., And primary health care for the diseases dependent on the economic and social development , and taking into account the relationship between poverty and disease.**

Essential elements of primary health care:

Accessible economically and physically - available - acceptable - continuous access to individuals - appropriate - supportive - essential elements

The differences between medical care and primary health care

PHC : Preventive and curative services- Tips and comprehensive care - practitioners team - the support of a number of public and private sectors and international .organizations

While medical care: treatment services only - private problems and symptoms - individuals practitioners (doctors specialists) - is a supporter of the health sector

****Note: Diabetics must visit the doctor every month**

****Note: As we talked about infectious diseases, and one way of moving sexual contact, especially when the female vaginal fluids, must be married or pregnant women visit the doctor every six months for testing .**

General observations:

*****National population strategies (NPS) : produces reproductive health plan that emphasizes the importance of giving family planning by providing important . information about the methods of family planning and having kids**

****** Jordan suffers the problem of maternal and child health services unmet , and also suffers from the problem of the spread of chronic diseases , but because of the political (GOJs) of AIDS associated with several social standards in society Jordan .unexpected spread of AIDS .**

***** Cooperation USAID (united states agency for international development) in Jordan with the Ministry of Health to support programs , health services and to provide maternal and child health services and family planning services , life expectancy and infant mortality and morbidity**

******* USAID (united states agency for international development) Focused on the development and completion of the national health communication for the implementation of health programs for the citizens Jordanians**

**** USAID (united states agency for international development) started working with (GOJs : government organization) for primary health strategies and programs for the prevention of chronic diseases , and this cooperation is on so many levels , but especially at the local level , where health care workers interact with citizens.**

This cooperation includes:

1. Development of health systems through a formal legal framework for the health sector through decentralization of hospitals - the restructuring of Insurance - the development of the health education - support incentives for suppliers

2. NGO : (non- governmental organization) that means voluntary organization Focused on the delivery of primary health services of (USAID) to all the poor class

3 . (USAID) Works Giver leader of the health sector in collaboration with the () for the development of health in the Kingdom.

4 . (ministry of health + USAID+ National population council) : Political development of the health sector environment : through the development of a monitoring system pathology of acute and chronic diseases and this includes the development of the national strategy and gather information to help decision - . makers to develop health sector development policies

***** How is the development of primary health services at the clinical level ?**

Through the provision of furniture and advanced medical instruments - good clinical training - development of performance monitoring systems - the development of the information management system under (USAID- funded health care project)

**(وما توفيقي إلا بالله :)
(زميلكم السابق : نور أبوزنط)**