

Primary Health Care

Primary Health Care: is the first level of contact with the health system to promote health, prevent illness, care for common illnesses, and manage ongoing health problems.

- Primary health care: is "essential health care" that is based on scientifically sound and socially acceptable methods and technology.

Primary Health Care (PHC)

The ultimate goal of primary health care is better health for all.

WHO has identified five key elements to achieving that goal:

- 1.universal coverage to reduce exclusion and social disparities in health;
2. service delivery organized around people's needs and expectations;
3. public policy that integrates health into all sectors;
- 4.leadership that enhances collaborative models of policy dialogue;
- 5.and increased stakeholder participation.

The scope of the nursing role in PHC

- 1.facilitating/providing preventative health education programs.
- 2.delivering quality chronic disease management and care coordination.
3. supporting patients with self-management of chronic conditions
4. monitoring and facilitating patient recall and reminder systems.

Essential Elements of PHC:

1. E- Education concerning prevailing health problems and the methods of identifying, preventing, and controlling them.
- 2.L-Locally endemic disease prevention and control.
3. E- Expanded program of immunization against major infectious diseases.
4. M- Maternal and child health care including family planning.
5. E- Essential drugs arrangement.

6.N-Nutritional food supplement, an adequate supply of safe and basic nutrition.

7.T-Treatment of communicable and non-communicable disease and promotion of mental health.

8.S- Safe water and sanitation.

Extended Elements in 21st Century:

1. Expanded options of immunizations.
2. Reproductive health needs.
3. Provision of essential technologies for health.
4. Health promotion.
5. Prevention and control of non-communicable diseases.
6. Food safety and provision of selected food supplements.

Principles of PHC:

1. **Equity:** Health care services should be accessible to all individuals and communities, regardless of their social or economic status.
2. **Community participation:** Communities should be involved in the planning, implementation, and evaluation of health care services.
3. **Intersectoral collaboration:** Health care services should be integrated with other sectors such as education, housing, and agriculture to address the broader determinants of health.
4. **Appropriate technology:** Health care services should be based on appropriate technology that is affordable, accessible, and culturally acceptable.
5. **Health promotion:** focus on promoting health and preventing illness through education and awareness-raising activities.
6. **Multisectoral action:** Health care services should be supported by multisectoral action to address the social, economic, and environmental determinants of health.

Primary Health Care is different in each community depending on:

1. Needs of the residents;
2. Availability of health care providers;
3. The communities' geographic location; and.
4. Proximity to other health care services in the area.

Role of Community health nursing in PHC services:

1. To improve the health and well, being of the communities
2. To delivery high quality of health care services.
3. To improve the improve health outcomes.
4. Community health nurses are instrumental in creating programs that allow communities to become healthier and often provide treatment for poor.
5. To performing free health care screenings, vaccinations, and other forms of preventative care at reduced costs.
6. Promote healthy lifestyle.
7. Prevent disease and health problems
8. Provide direct care.