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# **Introduction to Community Medicine and Primary Healthcare (PHC)**

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## Learning Objectives

**At the end of the following sessions, you will be able to:**

1. Identify definition of community medicine.
2. Identify the core subjects of community medicine.
3. Identify various definitions of health and disease.
4. Describe principles and components of Primary Health Care
5. Describe the status of Primary Health Care in Jordan

# What is community?



- A group of people living in the same place or having particular characteristics in common (such as geography, interests, experiences, concerns, or values).

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# What is Community Medicine?

- “ A science and art of promoting health, preventing diseases and prolonging life by range of interventions (promotive, preventive, curative, rehabilitative and palliative) in close partnership or association with health care delivery system and with **active community participation** and **inter-sectoral coordination**.”

(Joseph et al., 2018)

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# Objective of Community Medicine

- Its primary objective is **prevention of disease and promotion of health.**

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# Community Medicine

- The provider of services in community medicine, at least in the US, can be a physician, advanced practice nurse or, in some settings, a physician's assistant.

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## Core subjects in community medicine

- The practice of Community Medicine requires a multidisciplinary approach.
- **The core subjects in Community Medicine are:**
  1. Epidemiology,
  2. health-care delivery system including primary health care.
  3. Biostatistics.
  4. Public health nutrition.
  5. Social, behavioural, environmental, and management sciences.

**(Joseph et al., 2018)**

# What is health?





# *Definitions*

- <sup>9</sup>“Health is a state of complete Physical, mental & social well being & not merely the absence of disease or infirmity”. (WHO)
- Recent definition: health is a dynamic state of complete physical, mental & social & spiritual well being & not merely the absence of disease & infirmity.(WHO)

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## Important notes

- Health cannot be defined as a state because it is everchanging.
- Therefore, health is defined as a dynamic state or condition of the human organism that is **multidimensional** in nature (i.e. physical, mental, emotional, social, spiritual, and environmental).
- Health results from a person interactions with and adaptations to his, her environment.

## Important notes

- A person health is dynamic in part because of the many different factors that determines one health.
- Health status is determined by interaction of **five domains**: genetic makeup, social circumstances (e.g. education, income, poverty), environmental conditions (toxic and microbial conditions), behavioural choices (diet, physical activity, substance use and abuse), and the availability of quality medical care.

# HEALTH DIMENSIONS

- Physical well being
- Mental well being .
- Social well being is.
- Spiritual well being: focuses on self, consciousness, intuition.
- Environmental well being
- Emotional well being

Dimensions of Health



## Physical dimension

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Includes perfect body functioning, physical fitness, Activities of Daily Living (ADL), a state in which every cell and every organ is functioning at optimum level, and in perfect harmony with the rest of the body.

## Mental dimension

- Ability to think clearly, reason objectively. A state of balance between the individual and surrounding world.
- Free from internal conflict
- Aware about himself
- Having a good self control
- Coping with stress

Emotional dimension

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–Self-efficacy and self-esteem

Social dimension

Ability to have satisfying relationships

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## spiritual dimension

Feeling as part of a greater spectrum of existence

Environmental dimension

Appreciation of the external environment and one's role in caring for it.

# Spectrum of Health

## SPECTRUM OF HEALTH

- This concept of health emphasizes that health of an individual is a dynamic phenomenon and a process of continuous change, subject to repeated, fine variations
- Transition from optimum health to ill health is often gradual, and where one state ends and other begins is a matter of judgment.
- Different stages are positive health, better health, freedom from sickness, unrecognized sickness, mild sickness, severe sickness, and death.



## spectrum of Health



## Determinants of health

- Health is influenced by many factors, which may be known as **determinants of health**.
- The social determinants of health (SDOH) are defined by the World Health Organization as "the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life".

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# Social determinants of health (SDOH)

- SDOH can be grouped into 5 domains:
  1. Economic stability
  2. Education access and quality
  3. Healthcare access and quality
  4. Neighborhood and Built Environment
  5. Social and community context



## 20 Economic Stability

- Goal: Help people earn steady incomes that allow them to meet their health needs.
- People with steady employment are less likely to live in poverty and more likely to be healthy.



## 21 Education access and quality

- Goal: Increase educational opportunities and help children and adolescents do well in school.
- People with higher levels of education are more likely to be healthier and live longer.



## 2 Healthcare access and quality

- Goal: Increase access to comprehensive, high-quality health care services.
- People without insurance are less likely to have a primary care provider, and they may not be able to afford the health care services and medications they need.
- Strategies to increase insurance coverage rates are critical for making sure more people get important health care services, like preventive care and treatment for chronic illnesses.



# 23 | Neighborhood and Built Environment

- Goal: Create neighborhoods and environments that promote health and safety.
- Many people in the United States live in neighborhoods with high rates of violence, unsafe air or water, and other health and safety risks.
- Racial/ethnic minorities and people with low incomes are more likely to live in places with these risks. In addition, some people are exposed to things at work that can harm their health, like secondhand smoke or loud noises.



## 24 Social and community context

- Goal: Increase social and community support.
- People's relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being.
- Healthy People 2030 focuses on helping people get the social support they need in the places where they live, work, learn, and play.



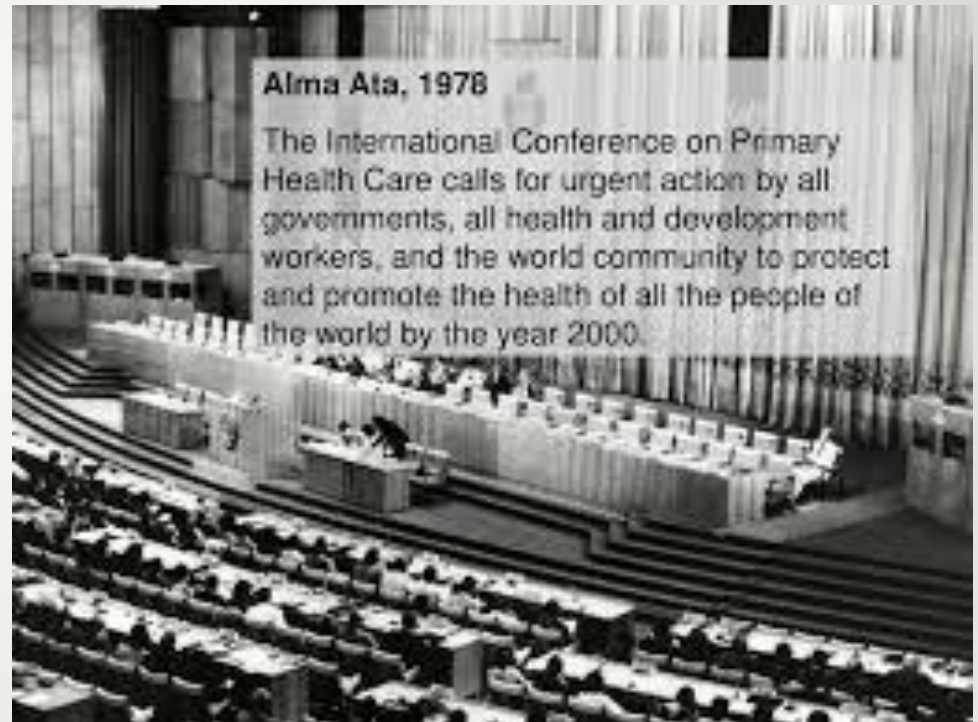


# Primary Health Care (PHC)

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## Declaration of Alma-Ata International Conference

- Declaration of Alma-Ata International Conference on Primary Health Care, Alma-Ata, USSR, 6-12 September 1978.



# Primary Health Care

- Primary health care (PHC), as the key health system strategy for attaining optimal health, gained global prominence with the 1978 Alma Ata Declaration.
- Its strategic role was reaffirmed 30 years later in the 2008 World Health Organization (WHO) World Health Report.
- The International Conference on Primary Health Care, was expressing the need for urgent action by all governments, all health and development workers, and the world community to protect and promote the health of all the people of the world, hereby makes the following

- Health is a fundamental human right and that the attainment of the highest possible level of health is a most important worldwide social goal.
- The existing gross inequality in the health status of the people particularly between developed and developing countries is politically, socially and economically unacceptable.
- The people have the right and duty to participate individually and collectively in the planning and implementation of their health care.

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- Government have a responsibility for the health of their people which can be fulfilled only by the provision of adequate health and social measures.
- All government should formulate national policies, strategies and plans of action to launch and sustain primary health care.
- All countries should cooperate in a spirit of partnership and service to ensure PHC for all people. An acceptable level of health for all the people of the world by the year 2000 can be attained through a further and better use of the world's resources

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## Declaration of Astana International Conference

Kasakhstan, 25 October 2018

“The Astana Conference Declaration reflects obligations of countries, people, communities, health care systems and partners to achieve healthier lives through sustainable primary health care.”



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- While the 1978 Declaration of Alma-Ata laid a foundation for primary health care, progress over the past four decades has been **uneven**. At least half the world's population lacks access to essential health services – including care for noncommunicable and communicable diseases, maternal and child health, mental health, and sexual and reproductive health

# Levels of Care

- Primary health care
- Secondary health care
- Tertiary health care





# Primary vs Secondary vs Tertiary Healthcare

More Information Online [WWW.DIFFERENCEBETWEEN.COM](http://WWW.DIFFERENCEBETWEEN.COM)

## Primary Healthcare

The tier of the healthcare services that first comes into contact with a patient.

## Secondary Healthcare

The patients having various abnormalities are referred to the secondary healthcare facilities.

## Tertiary Healthcare

When there are not enough facilities or specialized health care for the management of a particular patient they are referred to tertiary healthcare

## RESPONSIBILITY

Preventive health care is the main responsibility of the primary health care sector.

Provides patients with the curative healthcare facilities.

Provides patients with more advanced curative healthcare facilities.

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THANK  
YOU!

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