Primary Health Care
Health has been declared a fundamental human right. National governments all over the world are striving to expand and improve their health care services. The current criticism against health care services is that they are:

a. Predominantly urban oriented

b. Mostly curative in nature.

c. Accessible mainly to a small part of the population.
The present concern in both developed and developing countries is not only to reach the whole population with adequate health care services. But also to secure an acceptable level of health for all, through the application of primary health care programs. The term "Medical care" is not synonymous with health care. It refers chiefly to those personal services that are provided directly by physicians or rendered as a result of physician's instructions. It ranges from domiciliary care to resident hospital care. Medical care is a subset of health care system.
Health services are designed to meet the health needs of the community through the use of available knowledge and resources. It is not possible to define a fixed role for health services when the socio-economic pattern of one country differ so much from another. The stress is on the provision of these services to the people- representing a shift from medical care to health care and from urban population to rural population.
Two major themes have emerged in recent years in the delivery of health services:

a. First that health services should be organized to meet the needs of entire populations and not merely selected groups. Health services should cover the full range of preventive, curative and rehabilitation services.

b. Secondly it is now fully realized that the best way to provide health care to the vast majority of underserved rural people and urban poor is to develop effective "Primary health care" services supported by an appropriate referral system.
### Difference between MCS: help after illness. & Primary Health Care (PHC): prevents disease.

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<th>MCS</th>
<th>PHC</th>
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<td>1</td>
<td>Medical system is vertical system i.e. separate from other governmental department.</td>
<td>1-.This function best through inter sectoral cooperation.</td>
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<td>2</td>
<td>A curative system, emphasizing on treatment, drug, doctors &amp; hospital, or auxiliaries and dispensaries.</td>
<td>2-mainly preventive, promotive, emphasize on water sanitation, immunization, nutrition and health education.</td>
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<td>Emphasis on improvement and development &amp; specialization.</td>
<td>5- emphasis on common conditions, ex: risk groups and reduction infant mortality</td>
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<td>Auxiliary are regarded as substitute for doctors.</td>
<td>Auxillary are the main element in PHC services</td>
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<td>Health is seen as a technology brought in from outside.</td>
<td>7- Encourage the health positive aspects of traditional medicine and culture.</td>
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<td>Is expensive system, with strong bias towards urban areas</td>
<td>- Is less expensive with a bias toward equal distribution</td>
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<td>Often paid by central government finance.</td>
<td>-partly supported by the community itself.</td>
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<td>9</td>
<td>Causes the patient to be dependent on the doctors, nurses and health services.</td>
<td>Helps the individuals and community to become more capable of looking after themselves.</td>
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The limitation of medical care

- 1-Economic: impossible to provide sufficient doctors and hospitals for all population.
- 2-Brain drain: many indigenous doctors became increasingly dissatisfied with inadequate facilities and migrated to the developed world, this lead to shortage of doctors in developing countries.
- 3-The more medical science develops the less appropriate it became to be the basic needs of people (sophisticated technologic practiced in urban teaching hospitals were recognized as irrelevant to the health needs of people).
- 4- Development of drug resistance: drug is the only solution and lead to inflation of drug prices,
Assessment of priority in PHC

- Incidence and prevalence
- Mortality and morbidity
- Curability
- Coast benefit, coast effective
- Traditional medical system
- Health education
- Community participation
- Relevant to the main health problems
- Provision of essential drugs
- Coast-effective and self-reliant.
Concept of Health care

Since health is influenced by a number of factors such as adequate food, housing, basic sanitation, healthy lifestyles, protection against environmental hazards and communicable diseases. The frontiers of health extend beyond the narrow limits of medical care.

Health Development

Increase income, Better nutrition, Better housing, Better education, and Better access to health services.
Thank you