

Principles of Health care Management

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The principles of primary health care are **accessibility**, **public participation**, health promotion, appropriate technology and intersectoral cooperation. **Accessibility** means that the five types of health care are universally available to all clients regardless of geographic location.

Primary health care promotes health and wellness and seeks to prevent injuries and illness. It's about more than delivering health care services. It's about creating the conditions that help people to become and stay healthy and well. It's also about extending the reach of health care providers into communities. Canada is a world leader in advancing the concept of primary health care. Ottawa hosted the World Health Organization's (WHO) first International Conference on Health Promotion in 1986. At this conference, a seminal document called the Ottawa Charter was launched. It outlined a plan for action to "achieve health for all by the year 2000 and beyond". It also defined five guiding principles for primary health care. These are:

Accessibility — or making sure that primary care services are available, affordable and provided equally to all individuals irrespective of their gender, age, ethnicity or location, we believe that access to comprehensive, compassionate, family and community-centred health care is the right of all individuals regardless of their ability to pay.

Public or community participation — or involving all of community's resources in promoting health and addressing health problems at the grass roots level. We embrace this approach, knowing that it helps a community to take ownership for the health and wellness of its people.

Health promotion — or helping a community to strengthen the socioeconomic conditions that contribute to good health. The Ottawa Charter defines the prerequisites for health as peace, shelter, education, food, income, sustainable resources, social justice and equity, we believe

in treating the whole person and that means taking into consideration how and where they live and the everyday struggles they face.

Appropriate use of technology — or using medical technologies that are affordable, feasible and culturally acceptable to individuals and the community, we integrate the most recent technology into our daily work to ensure the effective and efficient delivery of our services.

Intersectoral collaboration — or recognizing that any community's health and well-being doesn't depend solely on effective health care services. Governments, businesses and organizations in other sectors are equally important in promoting the health and self-reliance of communities.

Concept of Primary Health Care

PHC is for all especially the needy. Regardless of social and economic status every individual in the nation must have access to good health care.

The services should be acceptable to the community and there must be active involvement of the community. The health services must be effective, preventive, promotive and curative. The services should form an integral part of the country's health system. The programme must be efficient, multi-sectorial because health does not exist in isolation

Levels of Health Care

There are 3 level of health care service:

1. Primary care level
2. Secondary care level
3. Tertiary care level

Primary care level

First level of contact of individual, family and community with health system. It is most effective and close to the people and includes:

- PHC
- BHU, RHC, THQ
- Clinics

- RMO
- GP

Secondary care level

Higher level of care at which more complex problem are dealt with. It includes:

- DHQ
- THQ
- Health centers
- Hospitals

Tertiary care level

Specialized health care is provided at tertiary care level. Specific facilities are available. Specialized health workers are present. It involves

- Teaching hospitals,
- Regional hospitals
- Central hospitals
- Specialized hospitals

Essential Component / Elements

1. Education concerning prevailing health problems and the methods of identifying, preventing and controlling them
2. Promotion of food supply and proper nutrition, an adequate supply of safe water and basic sanitation
3. Maternal and child health care including family planning
4. Immunization against major infectious diseases
5. Prevention and control of locally endemic diseases
6. Treatment of common diseases and injuries
7. Promotion of mental health
8. Provision of essential drugs

Millennium Development Goals

MDG's place health at the heart of development and represent commitments by governments throughout the world to reduce poverty and hunger and to tackle ill health

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equity
4. Improve maternal health
5. Reduce child mortality
6. Combat HIV/AIDS, malaria, and other communicable diseases
7. Ensure environmental sustainability
8. Develop global partnership for development

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