

Running An Effective Primary Health Care Centre

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2015

Primary Health Care

PHC is:

- *Essential health care based on practical, scientifically sound and socially acceptable methods and technology made universally accessible to individuals and families in the community through their full participation and at a cost that community and the country can afford ... (Alma-Ata, 1978).*

Cont'd

- PHC is a people-centred approach to health that makes prevention as important as cure.
- As part of this preventive approach, it tackles the root causes of ill health also in non-health sectors.

Declaration of Alma-Ata

- The Declaration of Alma-Ata in 1978 was the first international declaration advocating primary health care as the main strategy for achieving WHO's goal of "health for all".

Principles of PHC

(Declaration of Alma - Ata)

1. Reflects and evolves from the economic conditions, sociocultural and political characteristics of the country and its communities
2. Addresses the main health problems in the community, providing promotive, preventive, curative and rehabilitative services
3. Components of PHC :
 - Health Education (preventing and controlling)
 - Proper nutrition
 - Clean water and sanitation
 - Maternal and child health care, including family planning
 - Immunization
 - Prevention and control of endemic diseases
 - Appropriate treatment of common diseases
 - Provision of essential drugs

Principles of PHC

(Declaration of Alma - Ata)

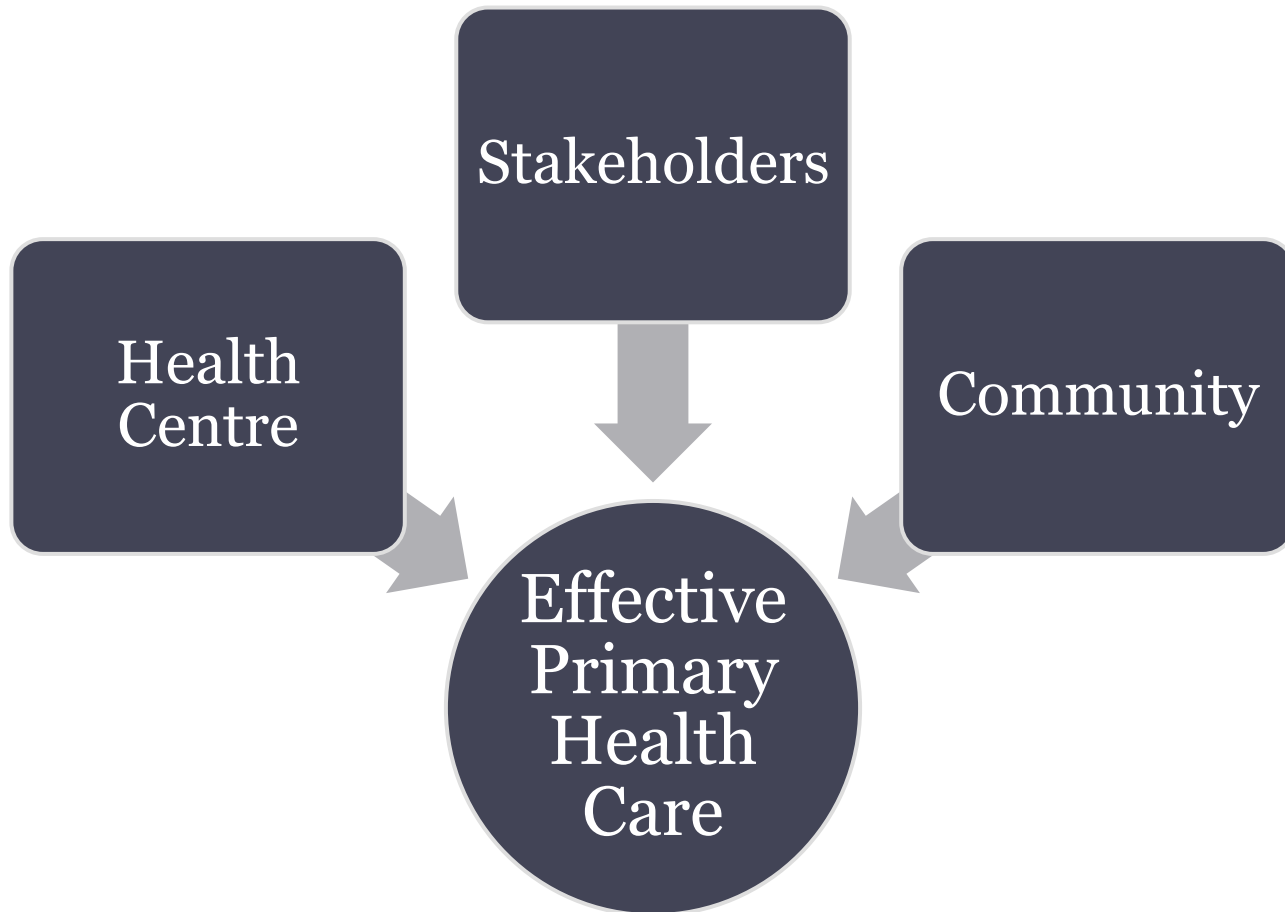
4. Involves all related health sectors, in addition to the health sector (agriculture, animal husbandry, food, industry, education, housing, public works, communications and others)
5. Promotes maximum community and individual self-reliance and participation in the planning, organization, operation and control
6. Sustained by integrated, functional and mutually supportive referral systems, leading to the progressive improvement of comprehensive health care for all, and giving priority to those most in need
7. Relies, at local and referral levels, on health workers (physicians, nurses, midwives, auxiliaries and community workers)

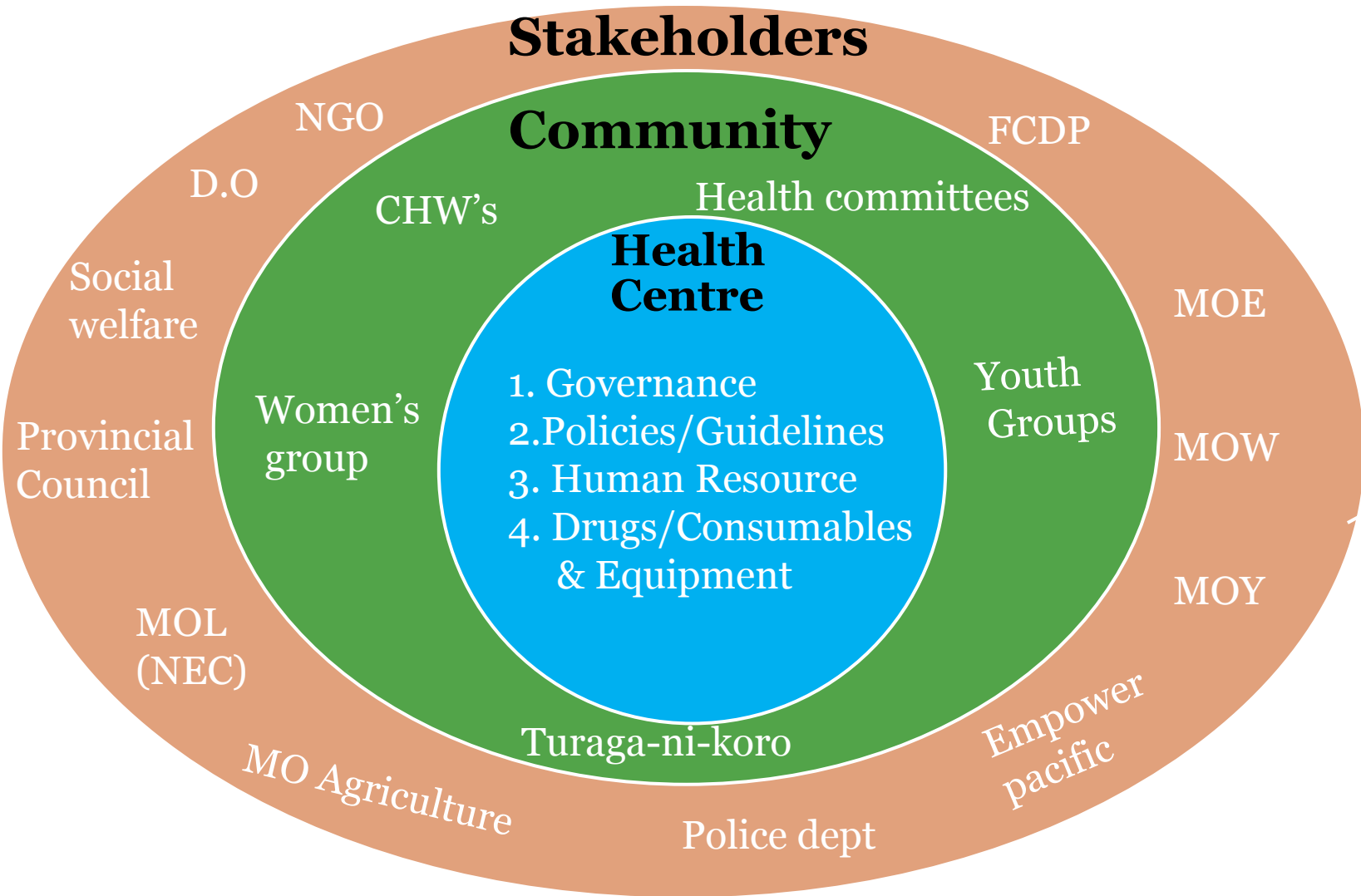
Ultimate Goal - “better health for all”

WHO five key elements to achieving that goal:

- reducing exclusion and social disparities in health (universal coverage reforms);
- organizing health services around people's needs and expectations (service delivery reforms);
- integrating health into all sectors (public policy reforms);
- pursuing collaborative models of policy dialogue (leadership reforms); and
- increasing stakeholder participation.

Structure





At VSHC

- VSHC is the first PHC setting to do a STEPs survey in Fiji
- Funding from Ausaid through FCDP after 2012 STEPs survey allowed the wellness/NCD intervention project to commence
- Aim - empower the community through advocacy, education and health promotion activities to change their attitudes resulting in healthier life styles.

Cont'd

- NCD intervention includes:
 - Health education in community and schools (SNAPS, healthy plate)
 - Training of CHW
 - Healthy cooking lessons and healthy snack demonstration.
 - Backyard gardening
 - Promoting physical activity – volleyball, Zumba

Viseisei outreach Programs



[Left] Health educators (Koroi, Aquila), Trainee interns (Jasmial, Sweta, Sharlone), Dr.Finau at Navetau Village [Right] Shane & Iliesa setting up a compost In Basra, Viseisei Medical Zone



Healthy plate teaching at Vuda kindergarten (left) and MHC mothers (right) by Nutritionist Lauran Houston



Backyard Gardening and Composting at VSHC

Primary Health Care

Stakeholders

- District Officer
- Provincial Council
- Ministry of Education
- Ministry of women
- Ministry of youth
- Ministry of agriculture
- Ministry of Labour (NEC)
- Social Welfare
- Police Department

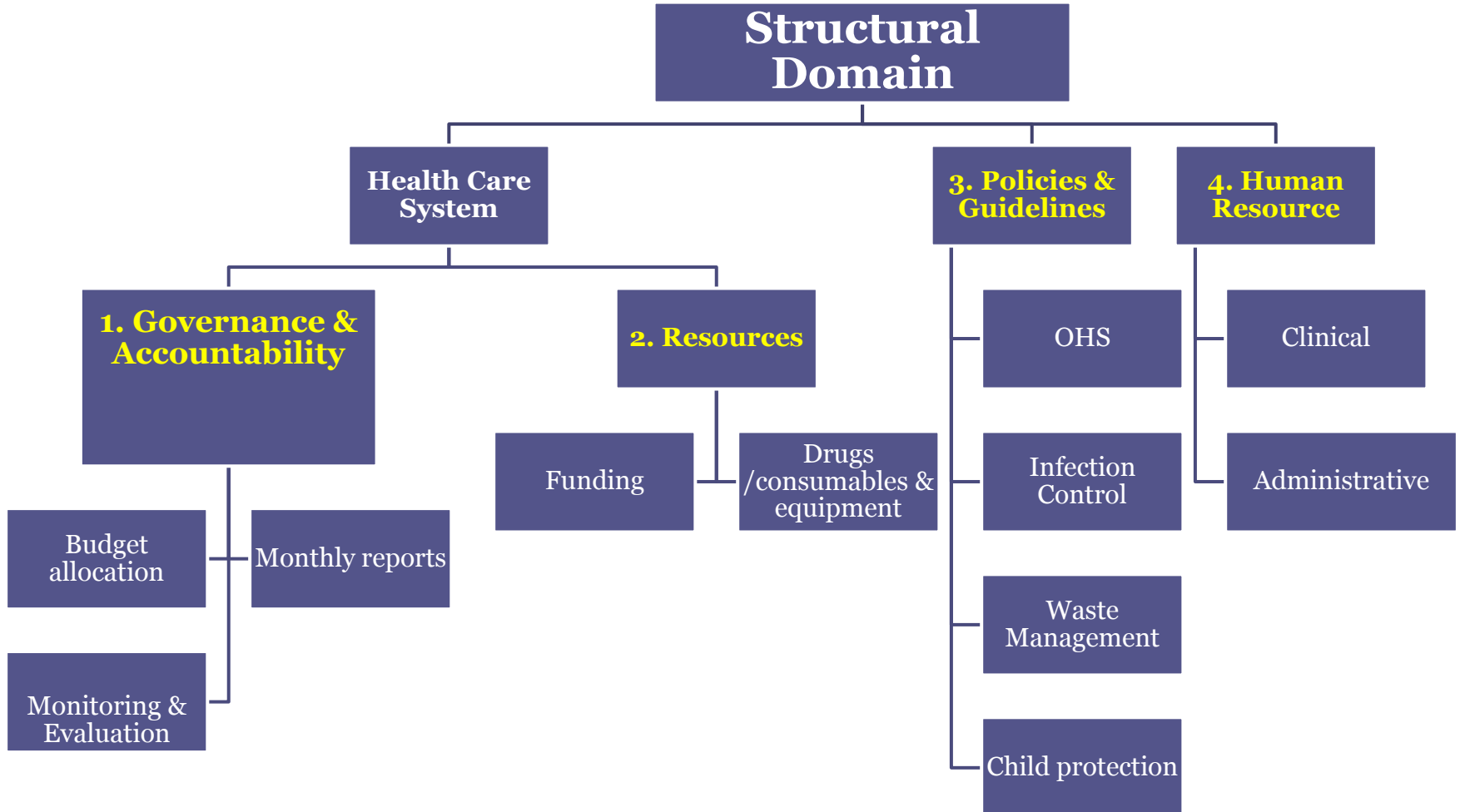
Community level

- Turaga – ni – koro
- Community health workers (CHW's)
- Health Committee
- Youth Groups
- Womens' Group

Health Centre

- Governance and Accountability
- Policies & Guidelines in place
- Human Resource
- Drugs/ Consumables & Equipment

Health Centre Organization



Human Resource

Clinical

- Doctor/nurse (2)
- Pharmacist
- Dietician/nutritionist
- Health promotion officers
- Health Educators
- Infection control officer (nurse)
- Counselling services
- Physiotherapist

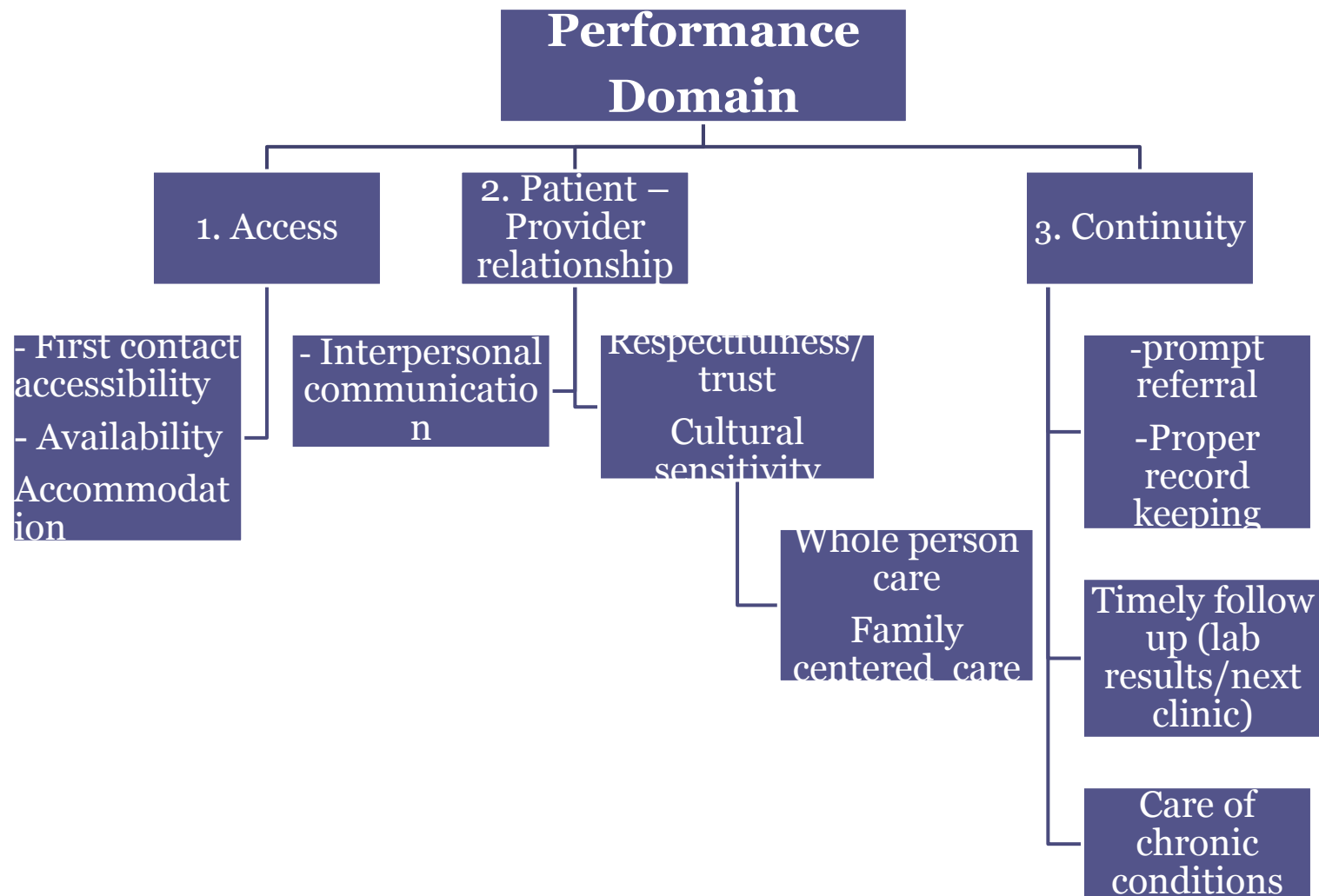
Administrative

- Manager/Supervisor
- Data Analyst/officer
- Records officer/receptionist

Ancillary staff

- Driver
- Gardener/groundsman/cleaner

Health Care Service Delivery



Conclusion

- A primary health care approach is the most efficient, fair, and cost-effective way to organize a health system. It can prevent much of the disease burden, and it can also prevent people with minor complaints from flooding the emergency wards of hospitals.
- Health system constraints including financial barriers and health worker shortages, combined with challenges such as the rise in NCD's, have hampered progress towards achieving health.
- Collaborative effort from all sectors (health and non health) can help achieve the WHO ultimate goal “better health for all”

Reference

- WHO website [2015]
- Viseisei Sai Health Centre website [2015]
- Hogg, W., Rowan, M., Russell, G., Geneau, R. and Muldoon, L. (2007). Framework for primary care organizations: the importance of a structural domain. *International Journal for Quality in Health Care*, 20(5), pp.308-313.

Thank You!!

Happy Friday 😊