

## **The Basic Requirements for Sound PHC:**

- Appropriateness
- Availability
- Adequacy
- Accessibility
- Acceptability
- Affordability
- Assessability
- Accountability
- Completeness
- Comprehensiveness
- Continuity

### **Appropriateness:**

Whether the service is needed at all in relation to essential human needs, priorities and policies. The service has to be properly selected and carried out by trained personnel in the proper way.

### **Availability:**

Availability of medical care means that care can be obtained whenever people need it.

### **Adequacy:**

The service proportionate to requirement.

Sufficient volume of care to meet the need and demand of a community.

### **Accessibility:**

Reachable, convenient services, Geographic, economic, cultural accessibility . This means: Care can be used when and where people needs arise. Distance, cost and administrative arrangements should not act as barriers to the use of health care services.

### **Acceptability:**

Acceptability of care depends on a variety of factors, including satisfactory communication between health care providers and the patients, whether the patients trust this care, and whether the patients believe in the confidentiality and privacy of information shared with the providers. *A female doctor is certainly more acceptable to provide antenatal care from the sociocultural point of view.*

### **Affordability:**

The cost should be within the means and resources of the individual and the country.

### **Assessability:**

Assessebility means that medical care can be readily assessed and evaluated.

**Accountability**

Accountability implies the feasibility of regular review of financial records by certified public accountants.

**Completeness:**

Completeness of care requires adequate attention to all aspects of a medical problem, including prevention, early detection, diagnosis, treatment, follow up measures, and rehabilitation.

**Comprehensiveness:**

Comprehensiveness of care means that care is provided for all types of health problems.

**Continuity**

Continuity of care requires that the management of a patient's care over time be coordinated among providers.

**Elements of Primary Health Care:**

**1. Education for Health**

Is one of the potent methodologies for information dissemination. It promotes the partnership of both the family members and health workers in the promotion of health as well as prevention of illness.

**2. Locally Endemic Disease Control**

The control of endemic disease focuses on the prevention of its occurrence to reduce morbidity rate.

**3. Expanded Program on Immunization**

This program exists to control the occurrence of preventable illnesses especially of children below 5 years. Immunizations on poliomyelitis, measles, tetanus, diphtheria and other preventable disease are given for free by the government.

**4. Maternal and Child Health and Family Planning**

The mother and child are the most delicate members of the community. So the protection of the mother and child to illness and other risks would ensure good health for the community. The goal of Family Planning includes spacing of children and responsible parenthood.

**5. Environmental Sanitation and Promotion of Safe Water Supply**

Environmental Sanitation is defined as the study of all factors in the man's environment, which exercise deleterious effect on his well-being and survival. Water is a basic need for life and one factor in man's environment. Water is necessary for the maintenance of healthy lifestyle. Safe Water and Sanitation is necessary for basic promotion of health.

**6. Nutrition and Promotion of Adequate Food Supply**

One basic need of the family is food. Malnutrition is one of the problems that we have in the country.

### **7. Treatment of Communicable Diseases and Common Illness**

The diseases spread through direct contact pose a great risk to those who can be infected. Tuberculosis is one of the communicable diseases continuously occupies the top ten causes of death. Most communicable diseases are also preventable. The Government focuses on the prevention, control and treatment of these illnesses.

### **8. Supply of Essential Drugs.**

- Other elements can be added, according to the health needs of the community. Examples are: promotion of mental health, school health services and oral health services. Whatever the components are, health education is central to all PHC programs in any community.

### **Skills of the doctor working in PHC setting:**

A doctor working in a primary health care setting is described as “*the five star doctor*” who is expected to be:

- a. **Care provider**, who considers a patient as an integral of a family and the community and provides high quality care.
- b. **Decision-maker**. The work of doctors is a series of decision making; starting from the decision on kinds of questions asked in history, steps in physical examination, laboratory tests to be done, label of diagnosis, type and duration of treatment, when to stop or change treatment, indicators of prognosis, ...etc.
- c. **Communicator**, who is able to promote healthy lifestyles by effective explanation and advocacy and careful and effective listening to people.
- d. **Community leader**, This needs the winning of the trust of people first, then a doctor can reconcile individual and community health requirements and initiate action on behalf of the community.
- e. **Team member**, who can work in harmony with other individuals and organizations to facilitate the work of his team and institution.