Primary Health Care: The Foundation of a Healthy Society

Dr. Rania Abd ElMohsen Abo El Nour

Agenda

- • Defining Primary Health Care (PHC)
- • Core Values and Goals of PHC
- • Key PHC Programs and Services
- • Strategic Approaches for Implementation
- • Conclusion & Future of PHC

Defining Primary Health Care (PHC)

- Essential, accessible, and acceptable health care

- First point of contact with the health system

- Focus on community-wide health

- Covers health needs across the lifespan

The Alma-Ata Declaration (1978)

- Defined PHC as key to 'Health for All'
- Shift from hospital-based to preventive care
- Health as a fundamental human right

Pillars of Primary Health Care

- Equity

- Community Participation

- Intersectoral Collaboration

- Appropriate Technology

What PHC Aims to Achieve

- Improve health outcomes
- Universal coverage without financial hardship
- Promote equity
- Focus on prevention

The Base of the Health Pyramid

- PHC meets 80–90% of health needs
- More cost-effective than hospital care
- Prevents minor issues from becoming emergencies

Protecting Mothers and Children

- Antenatal & postnatal care
- Safe delivery services
- Immunization
- Growth monitoring

Managing Communicable & Non-Communicable Diseases

- HIV/AIDS, TB, Malaria

- Hypertension, Diabetes, CVD, Mental health

The Foundations of Health

- Nutrition promotion
- Safe water & sanitation (WASH)

Empowering Communities with Knowledge

- Health education

- Healthy lifestyles

- Basic hygiene practices

Accessible Treatment for Common Illnesses

- Treatment of common diseases & injuries
- Provision of essential drugs

Community Engagement

- Involving community leaders
- Training community health workers
- Culturally appropriate programs

Intersectoral Collaboration

- Education for literacy

- Agriculture for nutrition

- Infrastructure for water & housing

PHC: The Path to Universal Health Coverage

- Effective care for everyone

- Resilient to health crises

- Investment in community prosperity