

Primary Health Care Centers (PHC)

Programs, Units, and Services
Academic Overview

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Introduction to Primary Health Care

- Primary Health Care (PHC) is the first level of contact between individuals and the health system.
 - It focuses on prevention, promotion, treatment, and rehabilitation.
 - PHC is a cornerstone of universal health coverage.

Primary Health Care Center: Definition

- A Primary Health Care Center is a community-based health facility.
 - Provides essential health services to individuals and families.
 - Acts as a gateway to secondary and tertiary health care services.

Objectives of Primary Health Care Centers

- Improve accessibility and equity of health services.
 - Reduce morbidity and mortality through preventive care.
 - Promote community participation and health education.

Organizational Structure of PHC Centers

- Medical Officer / Family Physician
 - Nursing staff and midwives
 - Allied health professionals and administrative staff

Major Programs in PHC Centers

- Maternal and Child Health (MCH) Program
 - Immunization Program
 - Communicable and Non-Communicable Disease Control Programs

Preventive Health Programs

- Vaccination and immunization services
 - Screening for hypertension, diabetes, and cancers
 - Health promotion and disease prevention activities

Units within a Primary Health Care Center

- Outpatient and consultation unit
 - Maternal and child health unit
 - Pharmacy and laboratory unit

Diagnostic and Support Units

- Basic laboratory investigations
 - Pharmacy services for essential drugs
 - Referral and follow-up unit

Services Provided by PHC Centers

- Curative services for common illnesses
 - Preventive and promotive health services
 - Rehabilitative and follow-up care

Role of PHC in Community Health

- Early detection and management of diseases
 - Health education and lifestyle modification
 - Strengthening community health outcomes

Conclusion

- Primary Health Care Centers are essential to an effective health system.
 - They integrate preventive, promotive, and curative services.
 - Strong PHC improves population health and reduces health disparities.