

PRIMARY HEALTH CARE

DEFINITIONS

- Primary health care is an essential health care, made universally Accessible to individuals & Acceptable to them through their full participation, at a cost the community & country can Afford

ELEMENTS OF PRIMARY HEALTH CARE

- 1. Maternal & Child health care including family planning
- 2. Education concerning health problems & their control
- 3. Proper nutrition & Food

supply

- 4. Promotion of safe Water & basic sanitation
- 5. Immunization against infectious diseases/Vaccine Preventable Diseases
- 6. Control of Locally Endemic Diseases
- 7. Treatment of Common Diseases
- 8. Provision of Essential Drugs

PRINCIPLES (OR PILLARS) OF PRIMARY HEALTH CARE

- 1. Equitable distribution - health services must be shared by all people irrespective of their ability to pay

Example-Shifting the centre of health care system from cities to rural areas

- 2. Community participation - Involvement of the community in planning, implementation & maintenance of health services Example- Village health guide, ASHA, Anganwadi workers, Bare foot doctors (China), TBA

- 3. Intersectoral coordination In addition to health sector all related sectors i.e., Agriculture, Animal Husbandry, Industries, Education, Housing etc. are involved in planning health services to avoid duplication of activities •

- 4. Appropriate technology- Technology that is adaptable to local need & acceptable to those for whom it is used &

that can be maintained with the resource's community can afford.

Placing people's health in people's hand