Community Medicine

Sheet No. : 2

Refer to slide No. :

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Today we will introduce Primary health care which include the mother's & children's health and nutrition . it provides a number of preventing services & it conceders the first contact between the community individuals and the health services . More than 90% of the services are preventing ones , leaving 10% to the diseased cases and dealing with that diseases . this 90% can include maintenance of growth and vaccination .

The dr.'s handout covers the exam material 🡨 🡪

The numbers that are said in the lecture more than once are the important num. 🡨🡪>

Health : a status in which there is complete physical , mental , emotional & social well being . the absence of well being physically , mentally or psychologically is called " disease " and needs help .health is not only the absence of HTN or diabetes ; in other words it is not the absence of physical defects . health can be defined also as a dynamic state of complete physical , mental , emotional & social health . we will discuss later some chronic diseases not only HTN and diabetes , but also depression and Alzheimer ; these are serious problems that need special care .

-Social health : part of PHC ( Primary Heath Care ) system which is covered by specialist .

-Health dimensions : Physical , mental , emotional , social & even environmental dimensions . environmental one is very important ; if we have air , water or food pollution our health will be involved …

-In introducing PHC , there is something called " health policy " that helps to promote general health . for example , smoking is prevented in hospitals and schools . other one that helps in the vaccination coverage in the country ; it's the vaccination card which is wanted in schools for each student . some thing like that increased the visits and the demands for PHC services .

-Physical health : fitness , active working , balanced diet ;all the things can promote the body health . as we all know from physiology that each organ does functions and connected to each other , if one organ is affected the other parts will be involved too .

-Mental Health : it is divided to 2 parts : mental neurological & mental psychological . mental means CNS involvement like strokes , mental retardation . these patients need the ability to think clearly & objectively , they need to live in internal balance and with the surrounding . psychological patients often have internal conflict like schizophrenia And OCD ( Obsessive Compulsive Disorder ). Schizophrenia pts are living in hallucination and think that it is true , but OCD is more serious & pt with it knows that his idea is wrong and **can't control himself** from doing it like the ones who wash their hands every minute , this disease can occur to 5-10 people /100

These 2 diseases are chronic , but they can be decreased in severity after the age of 40 .

The main problem with them is there is no self control , and this is dangerous at the level of the community .

-Emotional health : can be psychological but it is inside ; it is about what we feel .

-Social health : isolated person faces the psychological diseases more and this can be reflected to his body like developing HTN or diabetes or heart diseases . the most important factor in developing stress is auto immune . normal stress can be solved by immunity … when the stress increases , the internal conflict will begin .

Immuno-deficient pts can be infected easily & it is very related to CVS .

-There are some diseases that have more incidence depending on : gender , age , or region . the most important factor in controlling that is proper lifestyle .

-PHC : defined by WHO is essential health care made to university , accessible to individuals ( means that people can reach it easily ) should be reachable , and acceptable ( the community can accept it or not ; therefore PHC can differ according to the environment , the country and the religion ;all PHC centers have the same goals but with different approaches and it depends on the community needs ) . PHC provides continuous (we should follow up the case even after description of medication ) and should be comprehensive ( we should examine the patient very well not only his problem because he may have hidden cause for his pro. Or other hidden problem ) .

-The most important part in PHC is the preventing part .

-PHC center should have a specialist (team leader ) who knows many things about each section ( delivery , Pedo , mother care …etc)

- the service should be affordable for all people ; the poor ones before the rich ones .

-In general , we have primary , secondary , and tertiary health sections .

-Primary : the first line of contact between the community & the medical team . 80% of the problems should be managed by primary care . the poorer the system is , the more diseases we have & the less services .

-In Jordan , most of the people come for PHC for seeking of curing system ( 50 %) , 40% only come for preventing services like vaccination and maternity care . in developed countries , 90% of people come for PHC for seeking of preventing methods . as this percentage decreases , the setting needs to be improved decreases .

-Secondary : more complex and need specialists and usually it is provided in hospitals . it is the first preferred after PHC centers and health promotion .

-Tertiary : concerned with the complications of the disease like : strokes , paralysis , malnutrition …etc.

-PHC for all community individuals for illness prevention and health promotion , it is essential HC based on practically and socially acceptable methods .