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**\*Community medicine:**

The doctor gave us am introduction to explain the outline of the next lectures,

please be aware that u don't have to memories all the following info <u will later ;)>

\***Primary health care (PHC):**

It's not first aid, it's the basic health services that all other medical care rely on.

\*PHC is divided into 8 elements ,but during the lectures we will focus on main four of them:

\*What's PHC?

\*What's its importance?

\*Demography "references and indicators that show the health of the whole society ,like when u compare the percentage of dead people during one year and another"

\* What activities we have under the umbrella of PHC?

\*Notice that PHC depend on the need of the community as its priority , even though we have basic medical services, there's differences between one society and another "depending on the culture, population and distribution ,,etc"

\*PHC costs should be covered by the government "it should be affordable and reachable for the poor before the rich"

\*The doctor mentioned some activities:

1-Health education :which is the skeleton of PHC, and it's important to avoid certain diseases by having healthy life style.

2-Environmental

3-Preventive medicine : like vaccinations " notice that 90% of PHC services are preventive"

\*Health: is the state of being well, mentally , physically , spiritually...

\*We have three main categories in society that we care about "considering PHC and nutrition":

1-infants

2-pregnant women

3-elderly

\*diseases are in two types "considering how u get the disease":

1-communicable diseases "infectious">>"e.g flue, aids"

2- none communicable diseases >>"e.g hypertension "

\*Jordan is considered a fast growing community , its growth rate has decreased recently , as our life expectancy increased :D

**Growth rate and population depend on Fertility**

**the more developed the country is >>>the less the fertility , the more life expectancy .**

none communicable diseases are more important , because of its mortality

\*the doctor also mentioned " health management" and policies that we have that control the society "like forbidding smoking in public"

\*Maternal-child health "will be discussed later" is a very important category as it forms more than 50% pf the society.

\*\*\*introduction now is done :) \*\*\*

last lecture the doctor defined health, PHC , and other concepts stated by Alma-ata " Please be aware that all what she said is written in the slide and you just have to know the main idea, you don't need to memories"

\*Activities under the umbrella of PHC " these were declared after defining health and PHC"

1-Education:

it's the first line and the skeleton of PHC activities.

it helps letting people know about services , and lead them to have healthy life styles

and make them use PHC services in the first place :p

2-Nutrition:

it's very important to have nutrition counseling in PHC clinic, since what you eat affects your health

\*Infant die mostly because of infectious diseases , because they have weak immune system :(

and their diet help improving their immunity.

\*pregnant women are very sensitive to what they eat

so as a rule we say: "**nutrition status is related to health and immunity"**

3-Environmental "polluted water, air.."

4-Maternal-child health:

as mentioned previously they form more than 50% of the society , we use preventive medicine by giving vaccinations, counseling etc

5-Drugs availability :

all drugs should be available , affordable, and reachable to all kind of people.

6-Health management and policies

7-Prevention of locally endemic diseases:

certain countries have high percentage of affected people with certain diseases " like malaria in Africa and AIDS in Europe" so their priority should be to defend and prevent the spreading out of the disease

8-Labratory technicians

9-Having a trained well qualified staff:

since PHC is the first line to interact with people , it should have highly trained medical staff .

10-Refferal:

in certain cases, some patients should be referred to secondary or tertiary health care .

\* There are some categories that are important and should have a clinic in any PHC clinic:

1-Mental health: it's important to at least have one qualified physician to deal with patients with certain mental disturbance

2-Physical handicap: this category isn't well taken care of in Jordan since we have a lack of handicaps special clinics, but still it's important to have physicians to deal with such cases.

3-Health and social care of elderly

**\*\*The main aim and stratigy of PHC services is to reduce the mortality and morbidity of population\*\* "**in the lecture slides you will find more than one , but this is the main of them :)**"**

**\*\*The essential 8 A's and 3 C's:**

regarding PHC and how Alma-ata declared it should be

**8 A's:**

1-Appropriate: determine whether the service is at need and essential need

2-Adequacy:wether how much we have of services fulfill how much we need

3-Affordability :drugs and services should be supported by the government

4-Accessibility:PHC centers should be distributed in several places

5-Acceptability: the services should satisfy the patient and culture wise

6-Availability

7-Assesibility

8-Accountability: services should be accounted and have priority.

**3 C's:**

1-Completeness

2-Comprehenssive(شمولي):to treat all kinds of health problems , and this is what makes PHC essential.

3-Continuty: the patient should follow a routine check, and visit the clinic every once and a while .

\*\*Regarding the slide in which medical approaches changed into PHC approaches , you need to know the examples and how it's been affected:

E.g: treatment as a medical approach is a late stage but in PHC we have promotion to avoid getting the disease in the first place :)

in medical approaches we cure the disease after getting affected but in PHC we use preventive medicine to prevent getting infected

**PHC team:**

**FHSA "mentioned in the slides" stands for: Family Health Services Assistant**

\*Doctor mentioned certain categories we don't have in Jordan "please reffer to the slides to see all other categories".

\*Behaviorist

\*Counseling worker: like in developed world they have adolisis clinic

\*Administrative

\*\*Community medicine is only about what we deal with in our society, so don't be afraid of how many slides and lines we have..it's all about logic and common sense :D good luck

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