



Introduction to Primary Health Care (PHC)

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Course: Primary Health Care (MA 415)

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Week 1-2

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✓ Class Rules for PHC:

- Punctuality and Attendance.
- Preparedness
- Respect for Others
- Use of Electronic Devices
- Academic Integrity
- Class Participation
- Respect for Class Time
- Office Hours and Communication



Outline



- Definition of Primary Health Care (PHC)
- Overview of the Alma-Ata Declaration (1978)
- History and Evolution of PHC (Alma-Ata Declaration, 1978)

■ What is Primary Health Care (PHC)?

- Is an approach to health that ensures individuals receive **essential health services** in a **comprehensive**, **affordable**, and **accessible manner**.
- It focuses on **preventive**, **promotive**, **curative**, and **rehabilitative services** that are delivered close to where people live and work.
- It address the most **common health issues within communities** while promoting **health equity** and **universal health coverage**.

❑ History of PHC (Alma-Ata Declaration, 1978)



- PHC came during the **International Conference** on PHC, held in Alma-Ata (now Almaty, Kazakhstan) from September **6 to 12, 1978**.
- The conference was organized by the **World Health Organization (WHO)** and the **United Nations International Children's Emergency Fund (UNICEF)**.



✓ Alma-Ata Declaration:



- The declaration emphasized:

1. Health is a fundamental human right:

- Health for all was declared. This means that every person has the right to be healthy.

2. PHC as the key to achieving universal health:

- PHC was recognized as the most effective, affordable, and accessible way to deliver essential health services.

3. Community Participation:

- People were encouraged to take part in their own health care decisions and planning.

4. Intersectoral collaboration:

- The declaration emphasized that improvements in health require cooperation across various sectors.

5. Health for All by the Year 2000:

- A global target was set to provide accessible, essential health services for every individual by the turn of the millennium, marking a collective ambition to eliminate health disparities.



■ PHC Post-Alma-Ata challenges:

- Selective Primary Health Care (SPHC) (1980s).
- Health Sector Reforms (1990s).
- Revitalization of PHC (2000s).
- Global Health Challenges (2000s-Present).
- Urbanization and Population Growth
- Insufficient Use of Technology and Innovation

❏ Current Status of PHC:



- As part of the SDGs of the UN, UHC is still largely dependent on primary health care.
- Improving equity in health care access
- Strengthening community health worker programs
- Utilizing technology to enhance PHC services
- Addressing non-communicable diseases and the growing burden of mental health issues:

✓ The Role of PHC in Global Health Systems:



- Preventing Disease and Promoting Health.
- Building Resilient Health Systems.
- Integrating Services Across the Continuum of Care
- Addressing Social Determinants of Health
- Strengthening Community Engagement





Thanks