



# 2024 SUMMARY

## COMMUNITY MEDICINE

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**ARKANI**  
◆ ACADEMY ◆



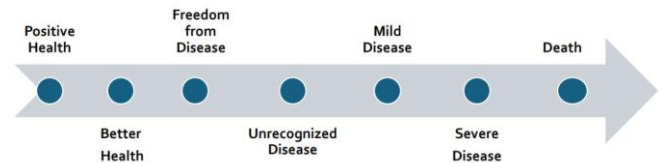
## Community Medicine

- A science and art of *promoting* health, *preventing* diseases and *prolonging* life by range of interventions (promotive, preventive, *curative*, *rehabilitative* and *palliative*) associated with health care delivery system and with active community participation and inter-sectoral coordination

- It is provided by a physician, advanced practice nurse or a physician's assistant
- It is multi-disciplinary

- **Health:** A dynamic state of complete physical, mental, social & spiritual well-being & not merely the absence of disease or infirmity

- **Dynamic** (everchanging) state represented in the health spectrum



- **Multi-dimensional**

- ✓ **Physical Health:** Perfect and optimum function and harmony of all cells and organs

- ✓ **Mental Health** 1) Free of conflicts 2) Relaxation 3) Confidence  
4) Awareness 5) Self-control

- ✓ **Social Health:** relationship, responsibilities and harmony with **society** and people around

- ✓ **Spiritual Health:** which represents something transcends physiology and psychology
  - Feeling as part of a greater spectrum of existence

- ✓ **Emotional Health:** Self **efficacy** and self **esteem**

- ✓ **Environmental Health**

- Factors and determinants of Health:

1. **Genetic** make-up (internal)

2. **Environmental** (external)

- ✓ **Biological**

- ✓ **Physical**

- ✓ **Health services**

- ✓ **Social:** Conditions in which people are born, grow, work, live, and age, and they include:

- **Economic Stability:** Steady employment increases health

- **Education access and quality:** Higher educational levels, cause higher health

- **Healthcare access and quality:** Health insurance increases health level

- **Neighborhood and Built Environment:** It promotes health

- **Social and community context:** Relationships and interactions promote health level

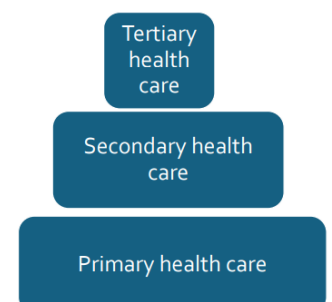
- Health Care involves 3 main levels

- **Primary Health Care (PHC):** The first level of contact with health care delivery system

- ✓ **Majority** of problems are solved in this level

- ✓ Its major responsibility is **preventive** services

- ✓ It is "service-like" including **health education**



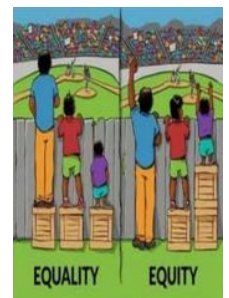
- **Secondary Health Care:** Deals with **more complex** cases than PHC
  - ✓ The **first** level that deals with patients (cases) with **abnormalities**
  - ✓ It provides patients with **curative** health care facilities such as **district health centers**
- **Tertiary Health Care:** Deals with **more complex** cases than secondary level

### Primary Health Care

- PHC was introduced in **Alma Atta conference** in **1978** to approach health equity (health for all)
  - **Astana Conference Declaration** in **2018** reflected the obligation to achieve sustainable PHC
- PHC is an essential health care **universally accessible** and **acceptable** to individuals and families through their full **participation** and at costs **affordable** to countries with self-reliance
- It involves:
  - Resolving short-term health problems
  - Manage chronic health conditions
  - Health promotion and education

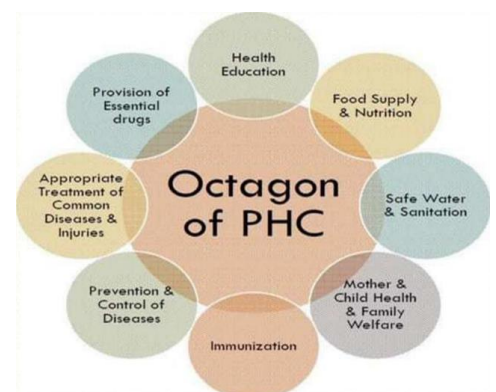
- Principles of PHC:

- **Social equity:** It is the first key principle
  - ✓ Health services must be shared equally by all people irrespective to their ability to pay, with concentrated efforts to promote health services in the rural population of the developing countries (shift the center of gravity of health care)
- **Appropriate Technology**
- **Intersectoral coordination** (involves health and non-health sectors)
- **Community participation**



- Elements and components of PHC

- **Health Education**
- **Food supply** and proper nutrition
- **Safe water** and basic **sanitation**
- **Family planning** and maternal and child health care
- **Immunization**
- Prevention and control of **endemics**
- Appropriate **treatment** and essential **drugs**



- Basic requirement for sound PHC (8 A + 3 C)

- **Appropriateness:** To provide the **needed service** in relation to human needs, priorities, policies
- **Adequacy:** Service is proportionate to requirement (volume of care meets **demand and need**)
- **Affordability:** **Costs** than individuals can afford

- **Accessibility:** Geographically, economically and culturally **reachable** and convenient
- **Availability:** Can be obtained **whenever** needed
- **Acceptability:** Involve patient **satisfactory**, **trust** and confidentiality of their **privacy**
- **Assessability:** Can be **evaluated**
- **Accountability:** **Review** of financial records
- **Completeness:** Adequate attention to **all medical aspects** (prevention, detection, diagnosis, ...)
- **Comprehensive:** For **all health problems**
- **Continuity:** Care **over time**

- Difference between medical and primary models of health care:

Medical model	Primary Health Care
• Treatment	• Health promotion
• Illness	• Health
• Cure	• Prevention, care, cure
• Episodic care	Continuous care
• Specific problems	• Comprehensive care
• Individual practitioners	Teams of practitioners
• Health sector alone	• Intersectoral collaboration
• Professional dominance	☑ Community participation
• Passive reception	☑ Joint responsibility

- Health status has improved significantly during the past quarter century, according to the Jordan population and family health survey (JPFHS), where it revealed an increase in the life expectancy and a decrease in the infant mortality
  - **Infant mortality:** The probability of dying between birth and the first birthday
  - **Smallpox was eradicated in 1979**
  - **Measles, polio prevalence rates were decreased a lot**
- The fertility rate in Jordan reduced from 1990 until 2023 reaching 2.6
  - Jordan is undergoing a demographic transition moves from high fertility and mortality, to **low fertility and mortality**, and it is also affected by the alteration of migration rates
  - One of the most important challenge in Jordan is the **high growth rate** of population
- Causes of death:
  - In the low-income countries: Communicable, maternal, prenatal and nutritional diseases are the most common cause of death
  - In the high-income countries: Non-communicable diseases are most common cause of death
- Top 10 causes of death in Jordan:
 

1. Ischemic heart disease	6. Kidney diseases
2. Stroke	7. Congenital diseases
3. Road injury	8. Trachea, bronchus, lung cancers
4. Diabetes mellitus	9. Preterm birth complications
5. Hypertensive heart disease	10. Lower respiratory infection

## Health education

- Importance of Health Education (HE):
  - First line of **prevention**
  - Skeleton of **primary** health care services
  - Essential for health **promotion** and preventive services
  - Helping people to **understand** their behavior and how it may affect their health
- Main goal of health education is to improve the quality of life individual and community in all aspects: health, social, economic and political
- Who is the health educator?
  - **Specialist**: person who is especially trained to do health education work
  - **Any health worker** who is concerned with helping people to improve health knowledge and skills
  - **Any person** in the Community can participate in health education process (teacher, mothers ...)
- Health education is the responsibility of every person in the Community
- Target groups for health education programs:
  - **Women**
    - ✓ They have the role of raising children and teaching them personal hygiene and nutrition
    - ✓ Aware of the basics of preventive of health services such as A.N.C., W.B.C
  - **Children**: which affects their behavior in adult life
    - ✓ Education includes sanitation, nutrition, personal hygiene and environment.
  - **Elderly**
- Approaches of HE:
  - **Medical approach**
  - **Educational approach** (help people make decisions)
  - **Behavior approach** (involve changing attitude and life style)
    - ✓ Applied using locally available methods and media such as leaflets and posters
  - **Individual-centered approach** (the individual has the right to control his own health)
  - **Society approach** (shaping and changing the environment)
- The needs and interests of individuals, families, groups, organizations and communities are at the heart of health education program
- The World Bank estimates that 90% of all health needs can be met at the primary health care level
- Investment in primary health care is a cost-effective investment and helps reducing the need for more costly, complex care by preventing illness and promoting general health



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