

Introduction To Health & Health Care Services

⇒ Health :

- Health is accepted as a Fundamental right of every individual &
- "Health For All is the Goal of All Nations in World"
- WHO, 1946,
- "Health is a state of complete physical, mental & social well-being & not merely the absence of disease or infirmity."

→ This definition is comprehensive & positive

It refers to the well being of all dimensions of life. i.e. physical, mental, social & spiritual

refers to a complete state of well-being & not just the absence of illness & disability

⇒ Continuum of Health :

The person is said to have optimal or positive health if he/she is physically, mentally, & spiritually healthy

Optimum health is highest level of health. & should be the aim of every individual.

Every effort should be taken to promote & protect health, prevent the occurrence of any illness.

early detection & treatment of disease. to regain health & prevent disabilities.

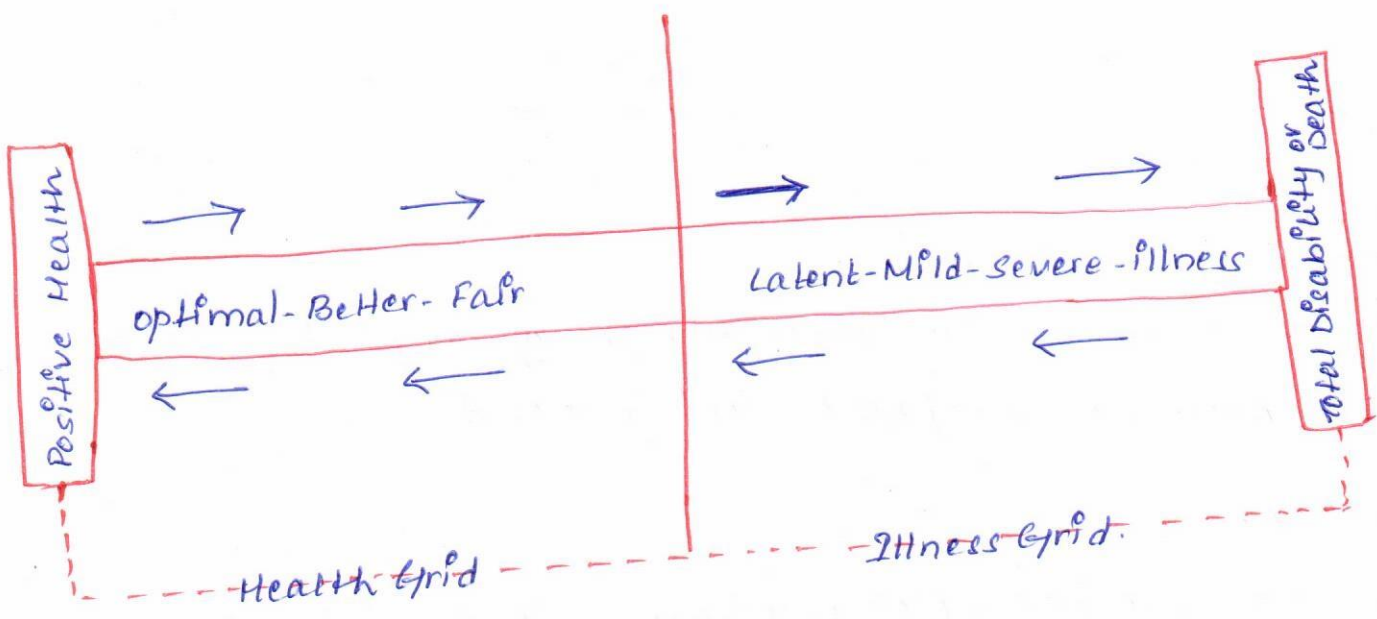


Fig: Health-Illness continuum

⇒ Dimensions of Health:

→ WHO denotes 4 dimensions of health

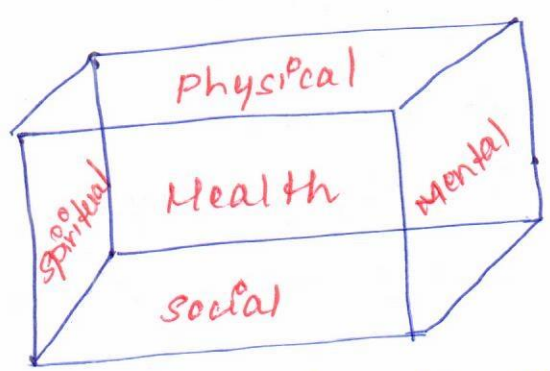
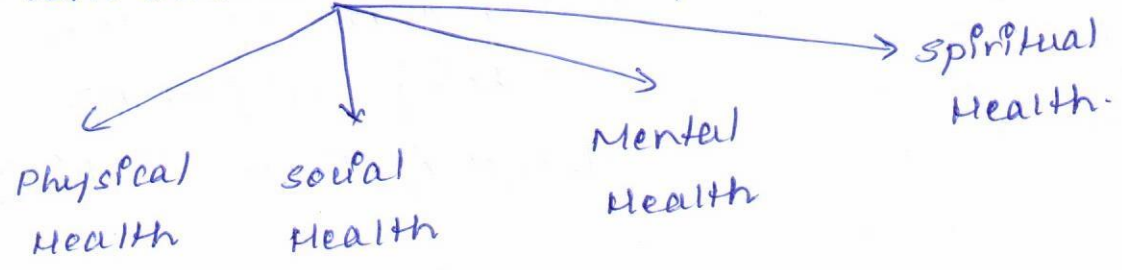


Fig: Dimensions of health.

a) Physical Health

(2)

- Physical Health or well being is related to body structure & its physiology
- It refers to normal functioning of all organs & systems of body resulting in optimal functioning of body.
- characteristics of physically health:
 - All vital signs are normal
 - chemistry of all body fluids is within in normal range
 - skin is firm & clean
 - Hair is lustrous
 - Eyes are bright
 - There is steady weight gain in growing children & steady weight gain in adults within normal range
 - there is good appetite, sound sleep & regularity of bowel & bladder
 - Body movements are coordinated
 - Enough resistance for fight against adverse conditions

b) Mental Health

- Mental health or well being is related to mind
- It is concerned with mental functioning such as thinking, feeling, understanding, making judgements, formula of attitudes, habits etc
- Mental health refers to normal & harmonious functioning of these functions of mind & not merely the absence of mental illness.

• characteristics of mentally healthy:

- He knows himself, neither overestimates nor underestimates
- He accepts his shortcomings & is free from internal conflicts & tension
- He feels comfortable with himself & feels happy & cheerful
- He is self confident
- He is able to control his emotions
- He feels part of his family, neighbourhood, society
- He is well adjusted, able to meet his demands of life.

• Mental health is abstract in nature

c) Social Health:

• It refers to an individual's ability to become a whole person & become part of existing social structure

• characteristics of socially healthy person:

- He is able to make friendship which is healthy, lasting & satisfying
- He achieves success & happiness from day-to-day tasks
- He is able to live in harmony with others & its surroundings
- He is able to learn from society

d) Spiritual Health:

• It is related to soul or spirit of man

• It refers to belief in supernatural aspects of universe which help

Individual to seek meaning & purpose in life & to resolve conflicts

- spiritual health gives strength & determination to face the realities of life & live gracefully & meaningfully
- spiritual health affects the psycho-social & physical health-behaviour & vice-versa.

⇒ Optimal Health:

- It is a balanced state of physical, mental, social & physical well being.
- He attains a level of health which promotes quality of life
- This also refers to 'Holistic Health'

⇒ Characteristics of a healthy Individual:

- He functions as a whole person
- Anthropometric measurements in normal range
- skin is soft, moist & flexible, hairs lustrous, eyes bright
- Body movements are well coordinated
- Good appetite, proper bowel & bladder movements
- Good sleep, wakes up fresh & energetic
- speech is clear & communicates effectively
- well developed senses
- can handle various gadgets & appliances
- understands his potentials & weakness
- is well adjusted personally & professionally

- Emotionally stable
- Free from any kind of illness, discomfort, disability, body aches & pain, mental tensions & problems.

⇒ Health Determinants :

- They are factors that influence the health of an individual & determine his health status at any given point of time.

• Health Determinants :

Intrinsic factors

- They from within the individual
- Include : - Biological factors
- life style

Extrinsic factors

- They are from outside the individual
- Include : - Environment
- Resources.

- According to WHO, committee on community health Nursing (1974).

these factors : - Human biology

- life style

- Environment

- Health & Health allied resource

• Factors :

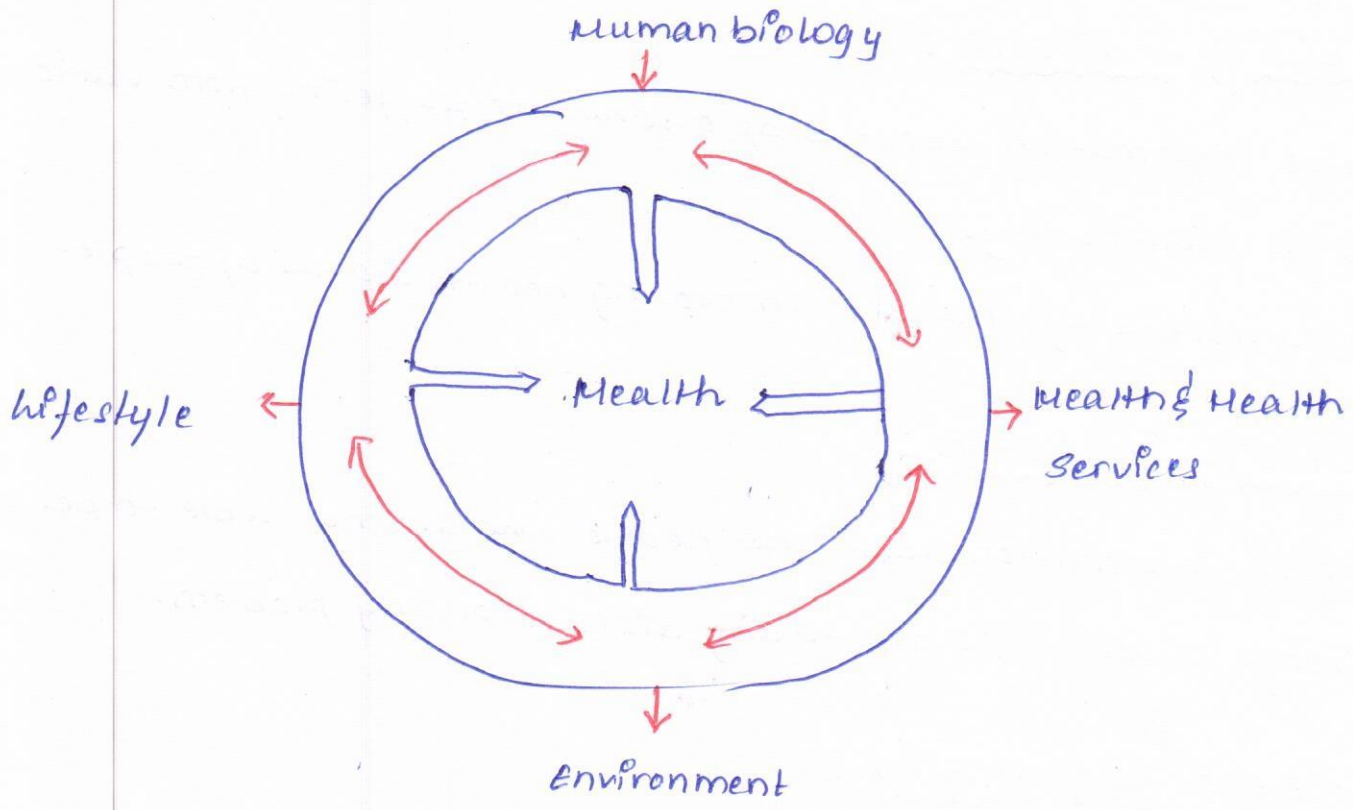
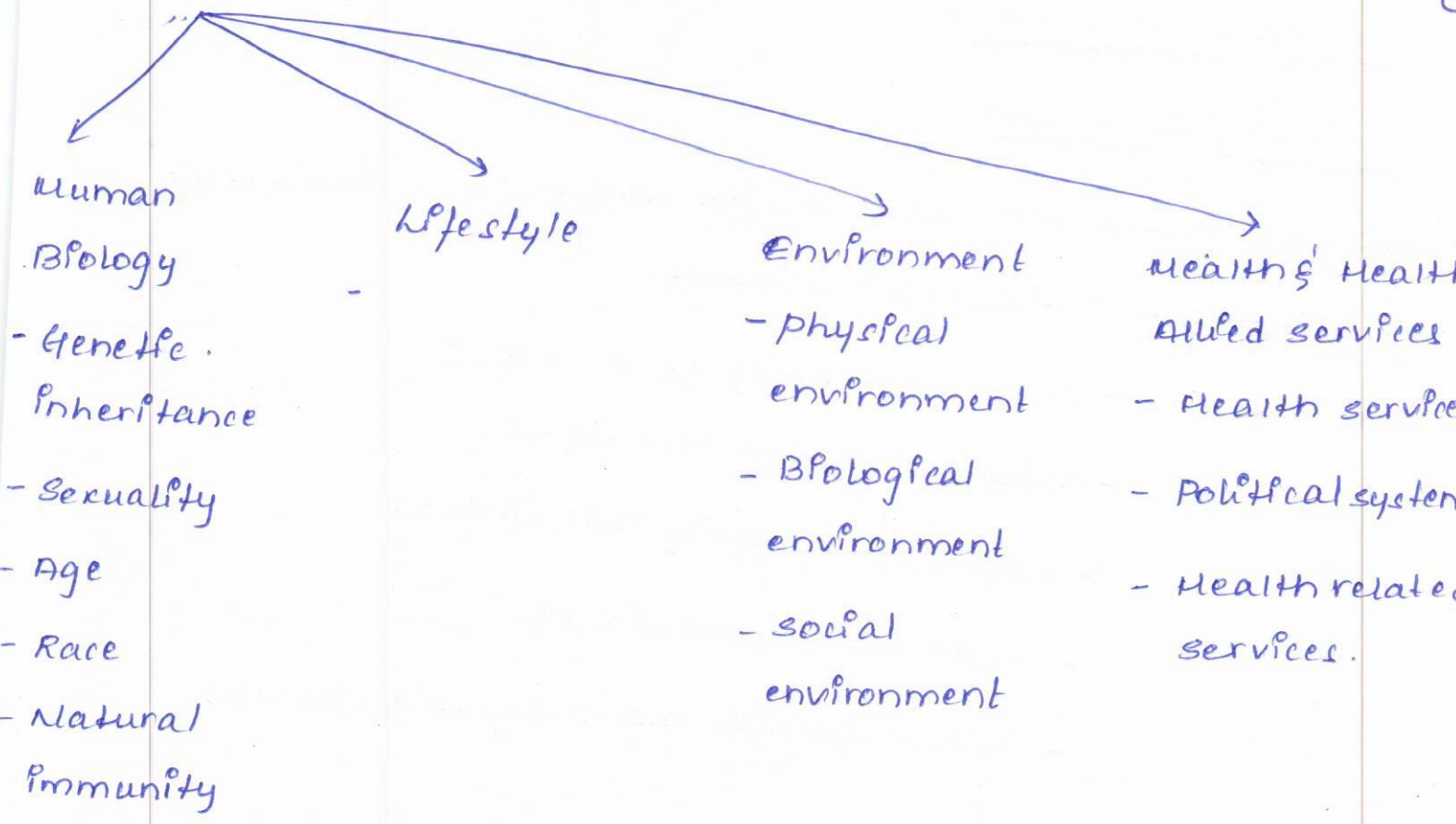


Fig: Determinants of Health.

⇒ Health Indicators :

1) Mortality Indicators

- This gives information about death which occur in different age groups & due to specific diseases.
- These includes :- Infant Mortality Rate (IMR) :
 - Child Mortality Rate (CMR)
 - Maternal mortality rate (MMR)
 - crude death rate (CDR)
 - Disease specific mortality rate (DSMR)

2) Morbidity Indicators :

- This give information about people who are suffering from various disease in a community.
- Decreased morbidity indicates improving health status of people.

3) Disability Indicators :

- This give information about the people who are not able to perform full range of activities due to any disease or any problem.

4) Life Expectancy at Birth :

- This gives information about the no of years the newborn babies are expected to live.
- This is positive health indicator as it does not deal with lack of health.

5) Nutritional Status Indicators:

- This gives information about the growth of under five & school going children in terms of their weight, mid-arm circumference & height.
- This is a positive health indicator.

6) Social & Mental Health Indicators:

- This give information about social & mental health problems
- Increasing incidence indicates poor social & mental health status of people.

7) Other Indicators:

- Health care Delivery Indicator
- Health care utilization Indicator
- Socio-Economic Indicator

⇒ Health Care Services:

- Health care means; "to feel concerned about health", to be attentive about health", to be cautious about health, to protect health.
- According to WHO, Health care, "Multiple services rendered to individuals, families or communities by agents of health services or health professionals for the purpose of promoting, maintaining or restoring health"
- Health care services refers to "system of providing health care to individuals, families & people at large through the various levels of health institutions."

Health Institutions Include:



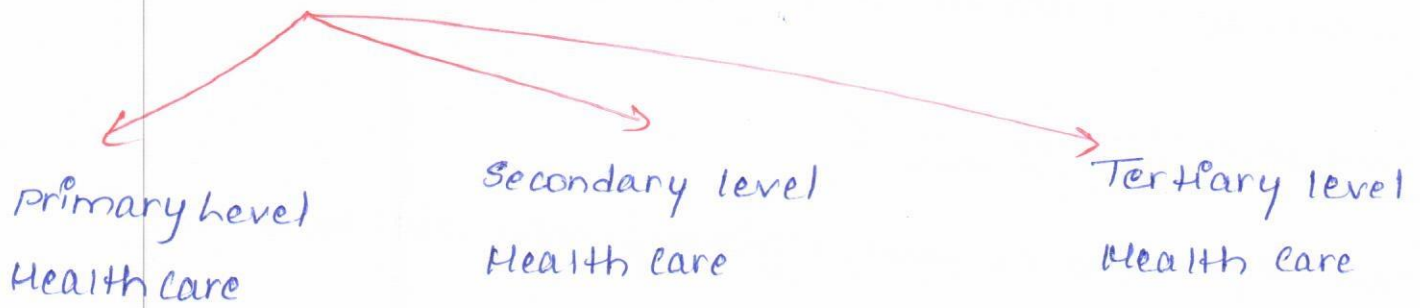
→ General Objectives:

- Reduce morbidity & mortality rates
- Increase expectation of life
- Improve nutrition status of people
- Improve environmental sanitation
- Develop mental health manpower & health resources
- Bring in change in health knowledge, health attitude.

⇒ Principles of health care services:

- Health care services must be relevant
- Services may be comprehensive
- services must be adequate & available to all
- The services must be accessible
- services must be acceptable to people
- services must be feasible
- services must be continuous service
- services must be of desirable standards.

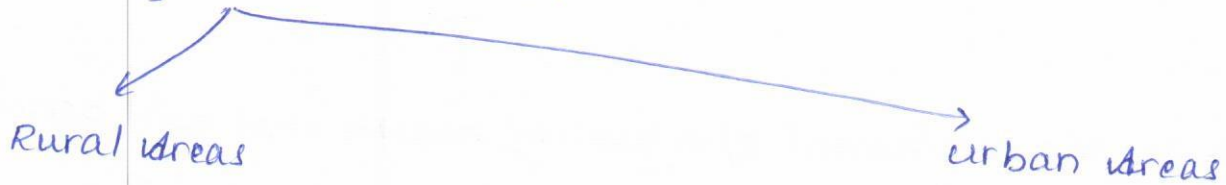
⇒ Levels of health care:



1.) Primary Level Health care:

- It is rendered at grassroot level i.e. community level

- Primary level health care



- It is rendered from sub-centres, PHC. & CHCs. Services are provided by team of medical officers, health supervisors etc.

There is active participation of village level health workers such as ASHA, dais, anganwadi workers.

- primary health care given in Maternal & child health & family welfare centre (MCH), dispensaries run by municipalities

2.) Secondary Level Health care:

- It is rendered at district level from district health centre/hospital.

This level deals with complex health problems & requires to have specialists.

to provide diagnostic & curative services.

• Those cannot be handled at PHC/CHCs are referred to DH.

3) Tertiary Level Health Care:

- This care is provided at state/regional/centre level hospital.
- These hospital provide super-speciality care.

⇒ Health For All (HFA):

• 'Health For All' (HFA) by 2000 AD as the goal was decided by WHO in 1977.

• HFA Defines as "The attainment of a level of health that will permit every individual to lead socially & economically productive life."

• HFA is a holistic concept

⇒ Primary Health Care Approach for HFA:

• 1978, WHO & UNICEF together sponsored International Conference on Primary Health Care in Alma-Ata in Russia.

• The conference re-affirmed the goal of 'Health for All'. It declared 'Primary Health Care' as key approach to achieve this goal by year 2000 AD.

⇒ National Strategies for HFA:

• AIDP re-organised & strengthens the Infrastructure to implement primary health care.

• The infrastructure is as

1) Village Health Post :

- In plain area, there is 1 village health post for population of 1000.
- In hilly & tribal area for 500.
- Each village health post is manned by 1 trained Birth Attendant (TBA) & 1 Village Health Guide (VHG)
- Also an Anganwadi worker.

2) Sub centre :

- In plain area, there is provision of 1 subcentre for a population of 5000
- In hilly / tribal area for 2500-3000.
- Each subcentre :
 - 1 health worker (R) (ANM)
 - 1 health worker (M)
 - Attendant.

3) Primary Health Centre (PHC) :

Plain area population - 30,000

Hilly / tribal areas - 25,000

staff : - Medical officer 1

- Nurse - 1

- Pharmacist - 1

- LHV - 1

- Health Assistant - 1

- Block Extension Educator - 1

- Health Worker (ANM) - 1

- Lab Technician - 1

- Driver - 1

- class I worker - 1

• It has 4-6 beds & diagnostic facilities.

4) Community Health Centres (CHC):

• Each block with population of 80,000 - 1,20,000.

• Centre have 30 beds

• Services: - Medical & surgical

- obstetrical & gynaecology

- paediatrics

5) Health Post in Urban Slums:

• 1 health post for population of 5000 in urban slums.

6) ⇒ Principles of Primary Health Care:

- Equitable Distribution

- community participation

- Appropriate Technology

- Focus on Prevention

- Multi-sectoral approach.

⇒ Nurse's role in Primary Health care:

④

- Direct care Provider
- Health Educator
- Teacher
- Planner
- Care Manager
- Guide
- Supervisor