

Study Unit 1

Introduction to Community Health

Outline

01. Overview of Community health care (CHC)
02. The Concept of Health and diseases.
03. Overview of developed and developing countries health status.
04. To understand Primary health care and the health system.
05. To understand the Essential package of health services overview.

Study Unit Duration

This study unit requires 4 hours of formal study time.

You may spend an additional 2-3 hours for revision

Introduction to Community Health and Diseases

Preamble

The Community Health Course (CHC) covers a wide range of professional techniques and methodologies to keep a community healthy. Sensitization, community health, facility monitoring, acquiring health care necessities, and upkeep are all plotted out to achieve the ministry of health's or health facilities' established health goals.

Learning Outcomes of Study Unit 1

After you finished this unit you will be able to:

- 1.1 Describe community health care (CHC) as well as the concept of health and diseases.
- 1.2 Describe Healthcare in developed and developing countries
- 1.3 Describe primary health care services.
- 1.4 Explain the components of a health system, its building blocks and frameworks

Terminologies Used in CHC and meanings

WHO	World health organization.
ANC	Antenatal care.
EPI	An expanded program of immunization.
PHC	Primary health care.
SDGs	Sustainable development goals.
UC	Universal coverage.
GNI)	(per capita
(HAI)	Human Assets Index

1.1 Overview of Community Health Course (CHC)

The importance of a community health course cannot be overstated, individuals, families, organizations and the society benefit from it. As lifestyle changes continue to play a crucial impact on morbidity and mortality, community participation and involvement receive increased focus before the emergence of illnesses. To stay current with these societal demands, qualified community health workers must comprehend community health ideas and models, significance of health promotion and illness prevention and health care planning for the benefit of the community (**James lind institute, 2017**)

Introduction

Most developing countries' health care systems are still in crisis. Despite decades of improvement, a considerable segment of the population in those countries lacks access to appropriate health care. In poor nations, infant mortality is still 10 times larger than in high-income ones. A British child will live 20 years longer than a Somali, Ethiopian, or Sudanese child.

The high frequency of disease contributes to low quality of life, and the economic ramifications are significant. Poor health adds directly and indirectly to many low-income developing countries' budgetary burden. (James lind institute, 2017)

In spite of the fact that Africa covers 25 percent of the planet's surface area, 70 percent of the world's poorest nations are found in Sub-Saharan Africa. The continent of Africa contributes for just 1% of global commerce and 0.4 % of industrial exports, despite its population of about 12 %. Over 75% of Sub-Saharan Africans are living below the international poverty line of \$2 per day. (James lind institute, 2017)

Poor socio-economic development has been related to adverse health outcomes. Therefore it is not surprising that these factors negatively affect health. People in underdeveloped countries may expect to live an average of 40 years, with Botswana, Lesotho, and Swaziland having the shortest lifespans (compare this with a life expectancy of 82 in Japan and 80 in Switzerland). Globally, there is a wide disparity in access to healthcare. Global health concerns are exacerbated by aging populations, chronic health conditions, and a lack of preventative measures. (James lind institute, 2017)

1.1.1 Concept of Health and Diseases.

Definition of Health

WHO definition: " Health is a status of complete physical, mental, and social well-being, not just the absence of disease or impairment and the capability to engage in constructive social and economic" (WHO, 1948)

1.1.2 Operational Definition of Health:

A human organism's condition or quality shows the organism's ability to function appropriately in specific settings, whether hereditary or environmental." Thus, health is defined as (a) the absence of visible signs of sickness and the person's ability to function regularly (b) the proper functioning of several body parts about one another (Equilibrium or Homeostasis). Health is a fundamental human right. The most important global social aim is to have the best possible health (Rai, 2018).

There are different concepts of health with regards to the total wellbeing of a human being. These changing concepts are biomedical, ecological, psychological and concept of the whole.

- I. Biomedical concept is when the body is free of diseases.
- II. Ecological concepts implies when there are no form of pain and suffering in the body, and how the human body adapts itself to the environment.
- III. Psychosocial concept of health considers the wellbeing of the body in relation to social, spiritual, mental and emotions.
- IV. The concept of the whole is when the body works in agreement with all areas of your personal life. It can be related to industry. (Rai, 2018)

I. 1.1.4 Dimensions and Determinants of Health

It's hard to define health, but it's much easy to comprehend. To many of us, it may imply the absence of disease or disability and a healthy body and mind and normal bodily function.

Physical Health

Weight, height and circumference appropriate for one's age and gender; correct vision, hearing, locomotion and mobility; an average pulse rate; blood pressure; respiration rate; chest circumference; head circumference; and waist-hip ratio;. (Rai, 2018)

Mental Health

The WHO's definition of health stresses aspects of mental health: An individual's mental well-being may be described as "a state of well-being in which he or she recognizes his or her own talents, can

cope with the normal stresses of life, can perform well in the workplace, and can make a positive contribution to his or her neighborhood."." (Rai, 2018)

Social Well-Being

It is health's third aspect. It refers to a person's ability to adjust to others in his socialization, at family, at work, and with strangers. Males connect with males, interrelate and rely on one another and play an influential part in the aftermath of a situation. (Rai, 2018)

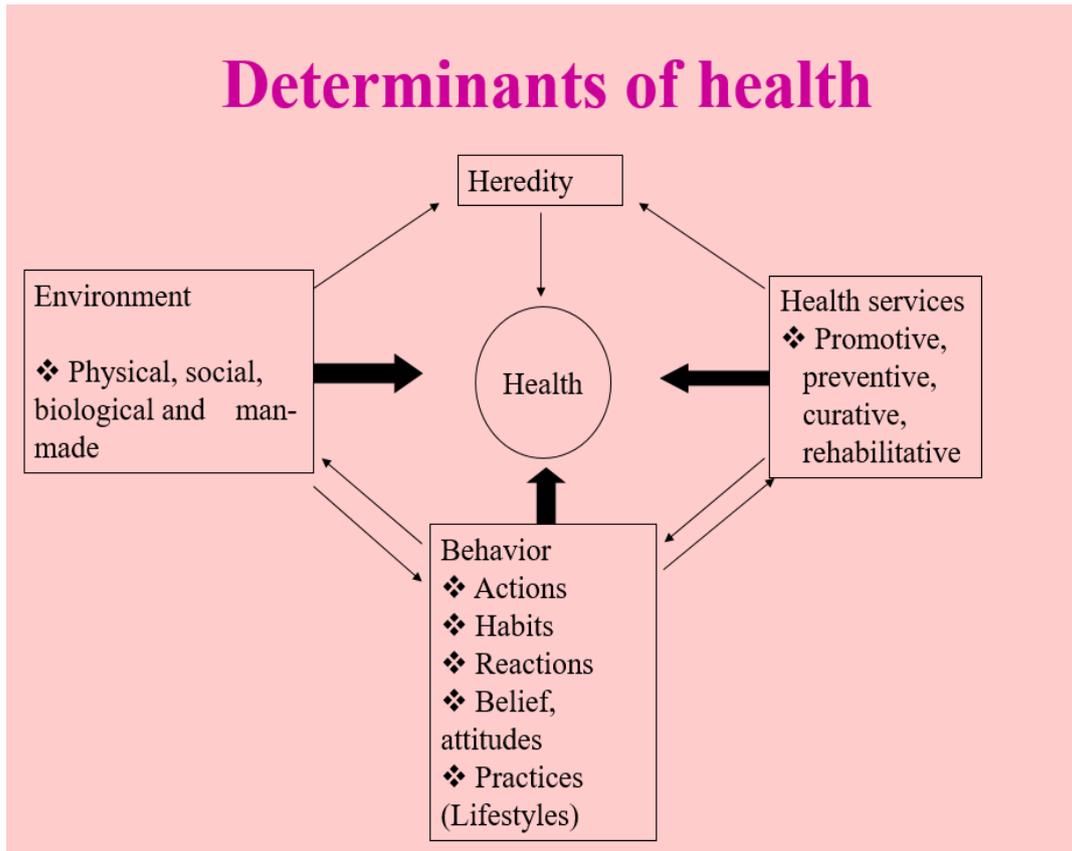


Figure 1.1: (James Lind Institute, 2017)

HEALTH BEHAVIOR THEORY: SOCIAL-ECOLOGICAL MODEL



Figure 1.2: (James Lind Institute, 2017)

Spiritual Health

- i) The WHO's definition of health stresses aspects of mental health: An person's psychological well-being may be described as "a state of well-being in which he or she recognizes his or her own talents, can cope with the normal stresses of life, can perform well in the workplace, and can make a positive contribution to his or her neighborhood."
- ii) I a trait that demonstrates honesty and a strong moral compass
- iii) Ethical Guidelines
- iv) Life has a purpose.
- v) Commitment to some higher being
- vi) Belief in notions that cannot be explained in terms of current scientific knowledge. (Rai, 2018)

Emotional Health

More and more study has made it evident that the emotional and mental aspects were previously intertwined. Emotional well-being is defined as "feeling," while mental well-being is described as "knowing." (Rai, 2018)

1.1.5 Modern Philosophy of Health

- Being healthy is a fundamental human right - It has been said that the right to live is a primary human right, also the right to be healthy is a fundamental human right.
- Sound health is essential to enjoy a comfortable life. It improves the quality of people's lives.
- Good health affects all areas of life. A sick man cannot carry out his duties properly.
- The health of a society or nation affects development.
- Good health is necessary for an individual, a nation to face their responsibilities. Also at international level, good health is necessary for the world to function properly. COVID-19 is a great example.
- When an individual maintains his/her health, it is a great contribution to the progress of a society.
- Globally, good health is an aspiration.
- . **(Rai, 2018)**

Health Behavior Theory

It is through the lens of Health Behavior Theory that we can better understand why individuals behave in specific ways when it comes to their health. Personality, economics, ethnography, and marketing are just a few of the many disciplines that have been used to develop health behavior ideas. A framework for health-related behavior change activities may be derived from these concepts. A framework for health-related behavior change activities may be derived from these concepts. (James Lind Institute, 2017)

Social-Ecological Model

In order to encourage long-term, healthy lifestyle choices such as diet, smoking, and physical activity, this strategy reminds individuals to examine all levels of effect that may be addressed. (James Lind Institute, 2017)

Individuals

- Changes in food, smoking, and physical activity habits are the first steps in treating chronic disease.
- **Interpersonal Groups**
 - It might be a family gathering, a reading club, or a bicycle club. Healthy eating, physical exercise, and lifestyle choices may be made easier for people in small groups because they have access to the information and encouragement they need from their peers. (James Lind Institute, 2017)
- **Organizations**
 - Organizations include schools, workplaces, churches, football teams, and volunteer groups. Healthy diet, smoking cessation, or physical exercise may be encouraged by changes in organizational policy and the environment, as well as health information. (James Lind Institute, 2017).
- **Communities**
 - There are many similarities between communities and corporations. Healthy food, cigarette public areas, and physical exercise are just a few of the things that may be improved by changes to the environment and regulations. Citizens, clubs, and organizations may work together to improve healthy eating and physical activity by making changes to zoning restrictions, upgrading parks and leisure facilities, and finding means to distribute free or low-cost fruits and vegetables. (James Lind Institute, 2017)
- **Society**

People, institutions, and organizations all have a role in creating a healthy culture in this wide-ranging field. Laws on diet, smoking, and physical activity, statewide school rules, television advertisements, and alliances with companies and industry are all part of a holistic strategy to reducing chronic disease on a big scale. (James Lind Institute, 2017)

1.1.6 Health Indicators

Definition: These are quantitative characteristics of a population that may be used to describe people's health (James Lind Institute, 2017)

Common Health Indicator

The following are the most prevalent health indicators are birth and death related ones: Here are several examples:

1. The average life span
2. Premature death is another concern.
3. 3. Death rates based on the age of the population
- 4.
5. The death of a particular cause
6. Births till the age of ten
7. 6. Premature infants.
8. Prenatal treatment that is enough
9. 8. The social traits of a parent's family members (James Lind Institute, 2017)

HEALTH INDICATORS

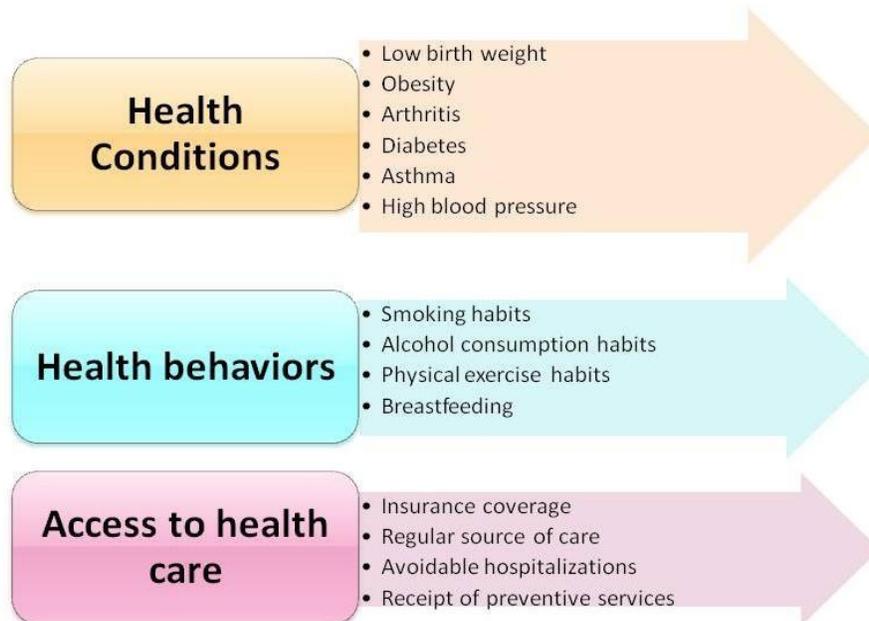


Figure 1.3: (James Lind Institute, 2017)

Key health indicators are as follows:

Health Conditions:

- Obesity at birth
- osteoarthritis and rheumatoid arthritis.
- 3. A hypertension (James Lind Institute, 2017)

Health behaviours

1. Tobacco use habits
2. 2. Drinking
3. Consumption patterns are a third factor.
4. 4. A healthy diet and regular physical activity
5. Feeding breast milk.

Access to health care

- ✓ policy of insurance
- ✓ Consistent source of support
- ✓ Hospitalizations that might be avoided.
- ✓ Preventive treatments are also provided

- **.1.1.7 Health System Performance Indicators**

HEALTH SYSTEM PERFORMANCE INDICATORS



Figure 1.4 (James Lind Institute, 2017)

Cost

- Total health expenditures
- health care spending as a proportion of GDP (GDP) Prescription medication costs
- Payments are made to hospitals and other medical institutions. Resources spent on each patient in different hospitals/areas may be compared.

- **The standard of care**
- Screenings, therapy, and readmission rates are all factors that contribute to high-quality care.
- Health care quality and safety - preventable medical mistakes

1.1.8 Health Indicator Terms

Health Indicator Terms

Health Indicator Terms

Mortality Rate – this is the number of people that died in a particular area or region within a specific time frame. It can be measured per 1,000 or per 100,000. For instance, if the population of a region in Sudan is 500,000, and 1200 died in 2019. The mortality rate is for this region is 240 deaths for every 100,000. Also, if the population of a small village in Somalia with a population of 5,000 people, recorded 135 deaths in 2020, the mortality rate will be 27 per 1,000 people.

Morbidity Rate – when someone has a sickness or disease, it is called morbidity. Therefore, morbidity rate is used to measure the rate a particular sickness/disease affect people within a given place, and time. It can be calculated for people within a particular age range, eg., 45-55 years. When a sickness or disease is for a short period, it is *acute*. Sickness or diseases that stay for longer times can be referred to as *chronic*.

Incidence Rate – incidence rate is related to morbidity rate. It is referred to as the rate at which a new sickness, illness spreads within a particular region. For instance, during the outbreak of COVID-19, the incidence rates were published by health authorities for different areas. If a province in Sudan has a population of 400,000, and a total COVID-19 case of 110, the incidence rate is 27.5 cases per 100,000.

Prevalence Rate – this is also related to morbidity rate. The difference from incidence rate is that it calculates both fresh and existing diseases in a particular area.

Definition: Disease is a state in which the body's normal physiological functions are impaired, whether throughout or just in a single portion.

Because of the connection between illnesses and societal conceptions of normality and abnormality, the concept of sickness suffers. As a general rule, illness is used to describe something that deviates from the accepted "standard," which is accompanied by negative connotations such as strangeness, repugnance or viciousness, sickness, derangement or disorder. (James Lind Institute, 2017)

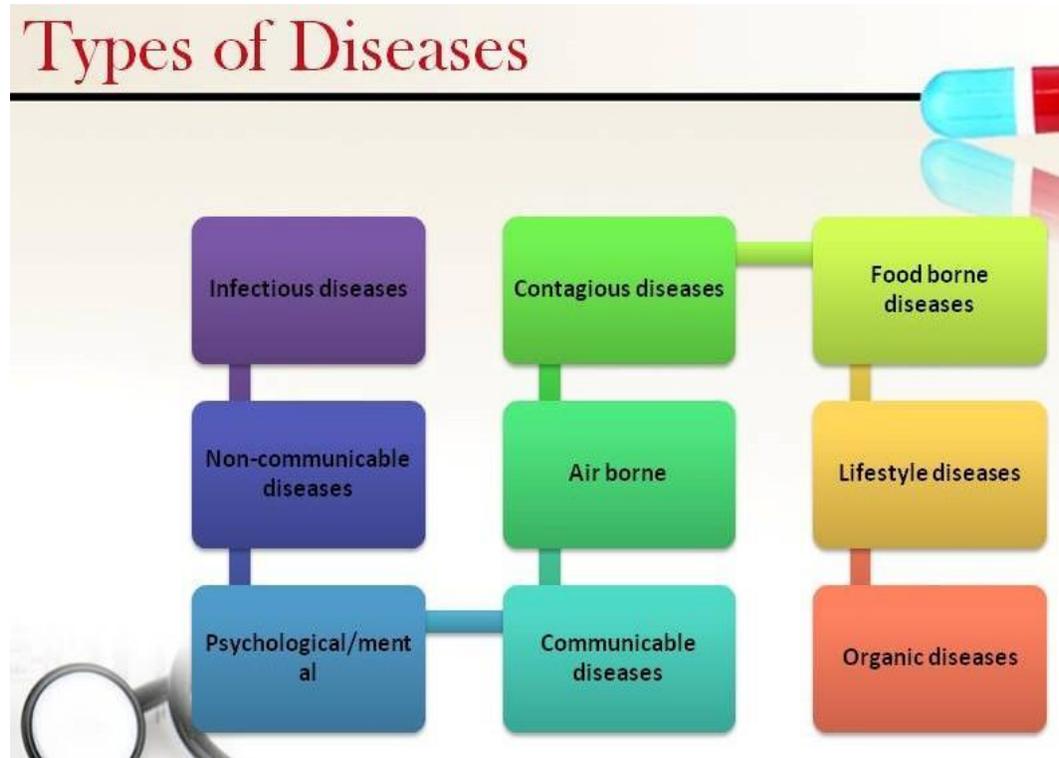


Figure 1.6 (James Lind Institute, 2017)

Infectious diseases: Pathogenic biological agents can infect, present, and increase in a single host organism, resulting in clinically apparent disorders. Some of the more dangerous infections are classified as pathogens because of their ability to infect other organisms. (James Lind Institute, 2017)

Contagious diseases:

Infected people, their secretions, or things touched by them can spread these illnesses quickly and readily through personal contact. Take tuberculosis as an example. (**James Lind Institute, 2017**)

Food borne diseases:

Pathogenic bacteria, toxins, viruses, prions, and parasites are all transmitted through contaminated food.

Communicable diseases:

commonly referred to as infectious illnesses or transmissible diseases. Viruses, bacteria, fungus, protozoa, multicellular parasites, and abnormal proteins are known as prions, are examples of disease-causing biologic agents. These biological agents get passed around through direct physical contact with an infected person, eating contaminated food or drinking contaminated drinks. Another way is through inanimate objects that are toxic or contaminated or bitten by an infected insect. Another way is through airborne transmission (inhalation).

Non-communicable diseases:

Chronic disorders with a long incubation period and a gradual course might cause death more quickly, such as certain kinds of an abrupt cerebral haemorrhage. Many malignancies, heart disease, autoimmune illnesses, kidney disease, diabetes, asthma, and osteoarthritis are among the many conditions that can be found.

Lifestyle diseases

Unhealthy diets like refined carbohydrates, trans fats, and alcohol tend to increase illness incidence as countries become more industrialized and people live longer. (James Lind Institute, 2017)

Mental disorders:

Anxiety, behavioral dysregulation, and cognitive dysfunction may all be alleviated by using it. There are several mental illnesses, including major depressive disorder and generalized anxiety disorder. (James Lind Institute, 2017)

Organic disease:

a tissue or organ in the body experiences an organic alteration that results in the symptom. In some instances, infections are not included in the definition of the word. It's frequently used as an antithesis to mental illness. If the alterations to the body's physical structures or functions cause emotional or behavioural issues, they are included. (James Lind Institute, 2017)

according to the cause and time of the disease it categorized as following:

- ❖ Acute (short term_ chronic (long term diseases)
- ❖ Non-infectious and infectious diseases
- ❖ Acquired and Hereditary
- ❖ Secondary and primary
- ❖ Different systems of the body (James Lind Institute, 2017)

Disease stages.

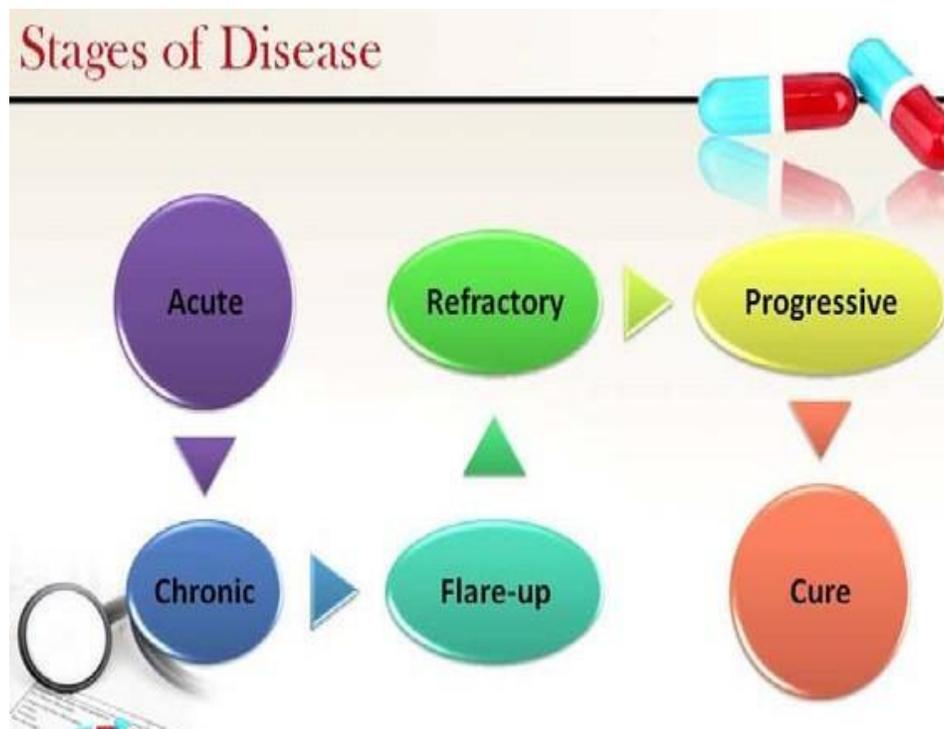


Figure 1.7: (James Lind Institute, 2017)

- **Acute disease:** It's an illness that doesn't last long. The cold was an ex-girlfriend.
- **Chronic disease:** For the most part, it lasts for an extended period, up to six months. Patients with recurrence may be in remission for extended periods.
- **Flare-up:** Either the symptoms have returned, or new, more severe symptoms have appeared.
- **Refractory disease:** This stage is challenging to treat, especially if the patient has resisted therapy for a longer time than expected for the patient's condition.
- **Progressive disease** Death, serious illness, or organ failure are all possible outcomes at this point. Static illness, on the other hand, is a long-term medical condition that neither improves nor worsens with time..
- **Cure:** It end-of-life or therapy for example extremely possible to end-of-life whereas decrease means that symptoms have gone away, potentially for a short time. Complete remission is the best case scenario in the case of incurable illnesses. (James Lind Institute, 2017)
- **Endemic:** A disease that is endemic means it always exists in that area. Dengue fever, for example, is widespread throughout Africa.

Epidemic=To say a disease has risen to epidemic levels suggests that the sickness has affected a huge portion of the population and is swiftly spreading throughout. The flu epidemic is raging across Hong Kong, for instance.

Pandemic: There is a pandemic if the disease spreads to a large number of individuals across a vast area, like the entire world. A well-known illustration is the AIDS epidemic. (James Lind Institute, 2017)

Disease Prevention

When you know how an infectious disease spreads, you may take steps to reduce your chance of becoming infected. Implementing healthy habits can support you live longer and feel better. Preventing illnesses can be accomplished in several ways.

- A current immunization record
- A healthy lifestyle, especially frequent hand washing,
- a healthy diet, and

- the use of antibiotics exactly as prescribed are all important,
- seeing your doctor on time.
- As a general rule, you should take care while dealing with animals you are unfamiliar with, both wild and domestic.
- Insect-infested regions should be avoided and your surroundings kept clean.. (James Lind Institute, 2017)

1.2 Healthcare in poor and rich countries

Definition:

" The medical and allied health professionals' services are used to prevent, treat, and manage sickness, as well as to maintain mental and physical wellbeing."

As a basic human right, health care should be provided to everyone, and obtaining the greatest possible level of well-being should be the primary goal of society. (Institut James Lind, 2017)

In the words of the World Health Organization, "health" is defined as more than only the absence of disease or disability.?" It is a critical aspect in defining a country's "human development index," and hence investing in the health sector is a substantial social investment tied to social objectives. We discovered that advanced nations that had previously invested in healthcare systems are now achieving superior results in health-related metrics.

1.2.1 Developing Countries:

States with average incomes that are lower than those of highly industrialized countries are transitioning to economic growth. Considering healthcare, literacies and the average income of the population, they lag well behind developed countries. All countries that are not deemed developed are classified as developing countries. They've also been referred to as developing countries. Least Developed Countries (LDCs)" is a term used to characterize the world's poorest countries. (James Lind Institute, 2017)

Poor countries: An average three-year GNI per capita estimate of less than \$750 is required for admission, whereas an estimate of more than \$900 is required for graduation

A composite Human Assets Index (HAI) based on indications of human resource deficit is used as criteria:

1. Balanced diet (Nutrition_
2. Wellbeing and health.
3. Teach and Educational system.
4. Literacy level and adult education.

Non-traditional activities' contribution to GDP (including manufacturing and contemporary services) including manufactured exports concentrations and the disadvantage of economic smallness are considered economic vulnerabilities. Uncertainty about future revenue. (**James lind institute, 2017**)

1.2.1 Structure of Health Services

Health services can broadly be classified as:

- ❖ First entrance as Primary health care
- ❖ Second level secondary health care.
- ❖ Advanced and Tertiary health care

Primary health care

Indicators of instability used to determine economic vulnerability When a patient initially seeks medical attention, they are most likely to go to primary care. Doctors, dentists, pharmacists, midwives, and others in the United States provide primary health care. Early identification and treatment in a primary care system saves money by reducing the need for costly hospitalization.

Since it's the nature of primary care to communicate with patients, build personal ties, and go out into the society to encourage good health and preventative tactics, it's no surprise that primary care incorporates all of these things. As a result, it's frequently a wise investment. **(James lind institute, 2017)**

Secondary health care

When a primary care practitioner, such as a doctor, advises a patient visit a specialist, this is the norm in most countries.

When it comes to interaction with patients, secondary care physicians don't have the same level of continuity as primary care doctors. **(James lind institute, 2017)**

Tertiary health care

Because it's such an incredibly specialized treatment, patients are typically hospitalized while receiving it.

1.3 Primary Health Care (PHC).

Based on practical, scientifically sound and socially acceptable approaches and technology it is defined as a crucial part of health treatment. (world health organization, 2018)

Individuals and families in the community should have access to it thanks to their active participation. As long as the community and country can afford it, it will be made accessible to them so that they may remain self-reliant and self-determined.

In nations that the WHO classifies as "developing," two thirds of the world's 6 billion people reside, and over half of that population lacks access to even the most basic primary healthcare. To put it another way, the average life expectancy in undeveloped countries is roughly 52 years, compared to 80-82.5 years in the world's most industrialized nations." (world health organization, 2018)

People, households, and communities primarily engage with the national health system via primary health care, which provides medical services as close to people's homes and places of work as

possible. It is the first step in long-term health care, and the rest of the health care system should support it unwaveringly. You'll need it for the following reasons:: (world health organization, 2018)

1. Health-related discussions in the community.
2. Referral and emergency cases are included under this category.
3. Supportive supervision and assistance are essential for a positive learning environment.
4. Supplies and assistance with logistics

1.3.1 Supportive Activities Required For the Success of Primary Health Care

In order for primary health care to succeed, the WHO has emphasized the following support activities:

- ✓ Involvement and engagement in the community.
- ✓ Collaboration between sectors.
- ✓ Support for successful referrals.
- ✓ Establishment of funding sources and their mobilization (**world health organization, 2018**)

1.3.2 Involvement of managerial processes.

- The development of the health personnel.
- Research into associated with healthcare services.
- The evolution of technology and its usage.

1.3.3 Essential Components of Primary Health Care

Health care must include at least the following components according to the Alma Ata Declaration.

These elements include:

1. Educating the public about common health issues and how to prevent and control such.
2. Food security and nutrition should be prioritized as well.
3. Inadequate access to clean drinking water and proper sanitation.
4. . Family planning and maternal, child, and family health care.
5. Vaccination against the world's most dangerous infectious diseases is the fifth step.
6. On a local level, disease prevention and control
7. Common diseases and injuries may be diagnosed and treated correctly.

8. The availability of life-saving medicines. (World health organization, 1978)

1.4 The Health System

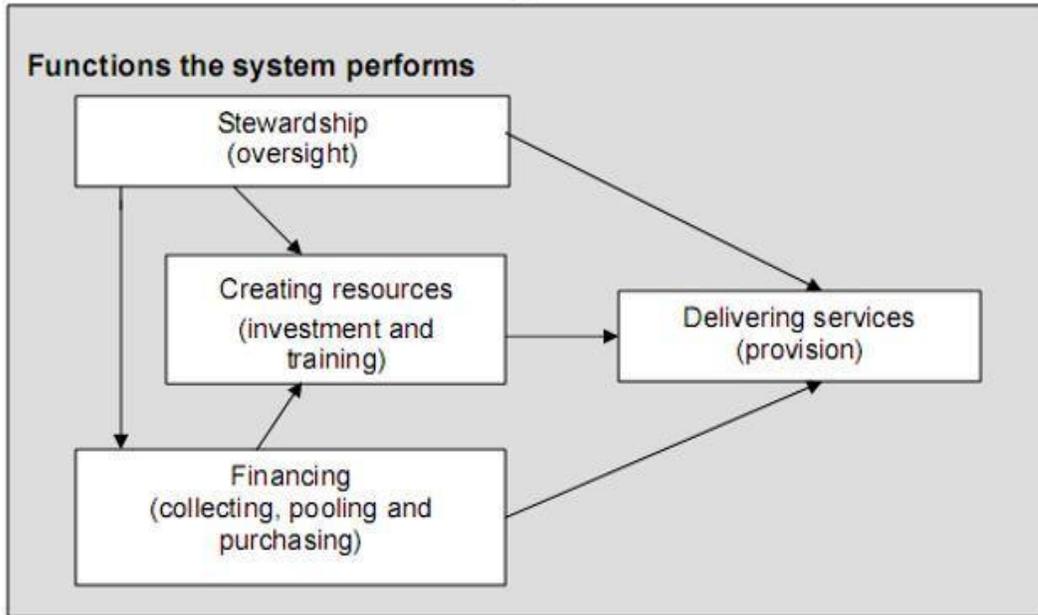
What do we mean with a health system?

1. A system is a set of interacting or interdependent components forming an integrated whole
2. Systems are often characterized in these ways:
3. A system has structure, its component elements are one or another related in a structure;
4. A system has behaviour, its process elements fulfil its purpose;
5. A Structured and/or behavioral linkages connect the parts of a system's components.

Healthcare system includes all entities whose major goal is to assist in the improvement of health.

This encompasses both efforts to alter health-related factors and behaviors aimed at improving one's own health directly. (James Lind Institute, 2017) (Adam, 2012)

1.4.1 Functions of a Health Performance System



Source: Adapted with permission from WHO (2001).

Figure 1.10 Health Performance Systems ((Adam, 2012)

1.4.2 Relationship between functions and objectives of a health system

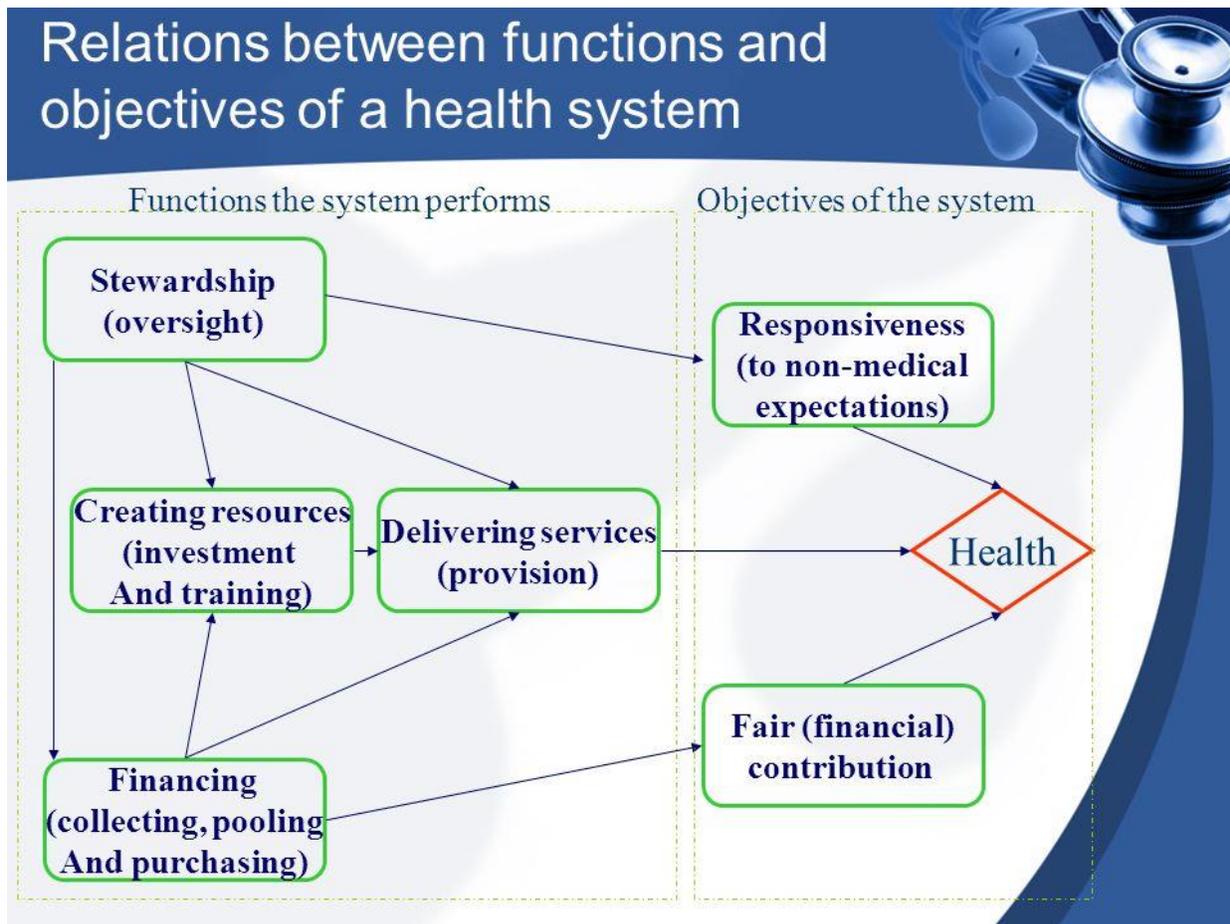


Figure 1.11 Connection between functions and goals of a health system (WHO).

(world health organization, 2010)

1.4.3 building blocks systems Vs general goals/ Outcomes

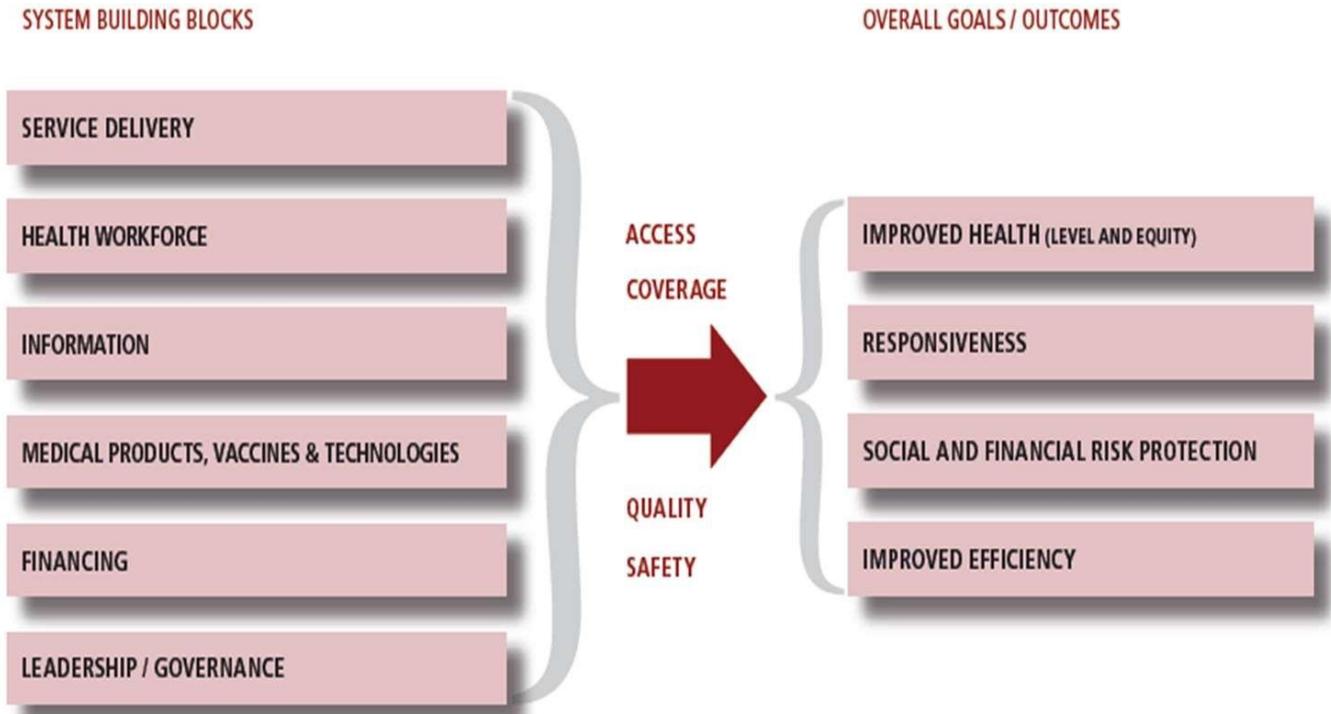


Figure 1.12 building blocks systems Vs general goals/ Outcomes
(WHO) (world health organization, 2010)

1.4.4 Conceptual framework of a health system

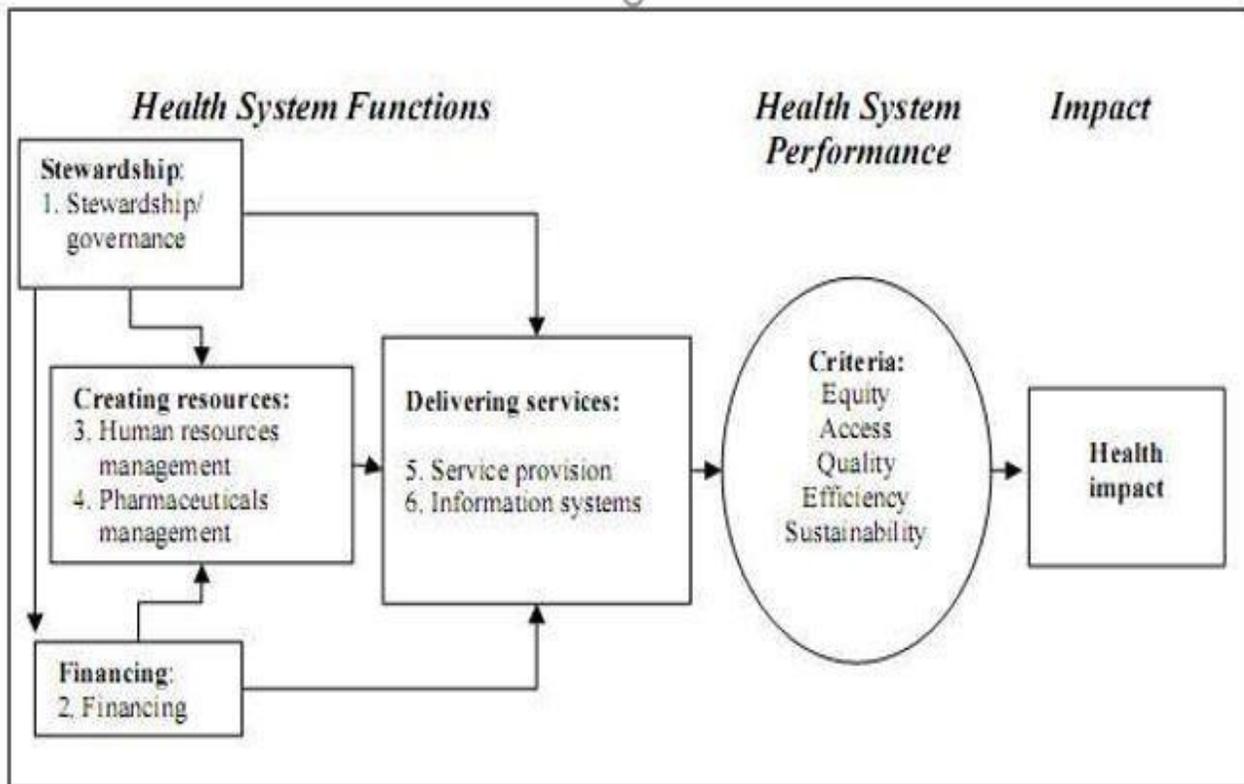


Figure 1.13: Theoretical framework of a health system (WHO) (Adam, 2012)

The seventh black is (People)

It's the responsibility of everyone in society, including individuals, families, and communities, to take responsibility for their own health for example sick person, general community, text pyaers, clients (Adam, 2012)

The Building Block

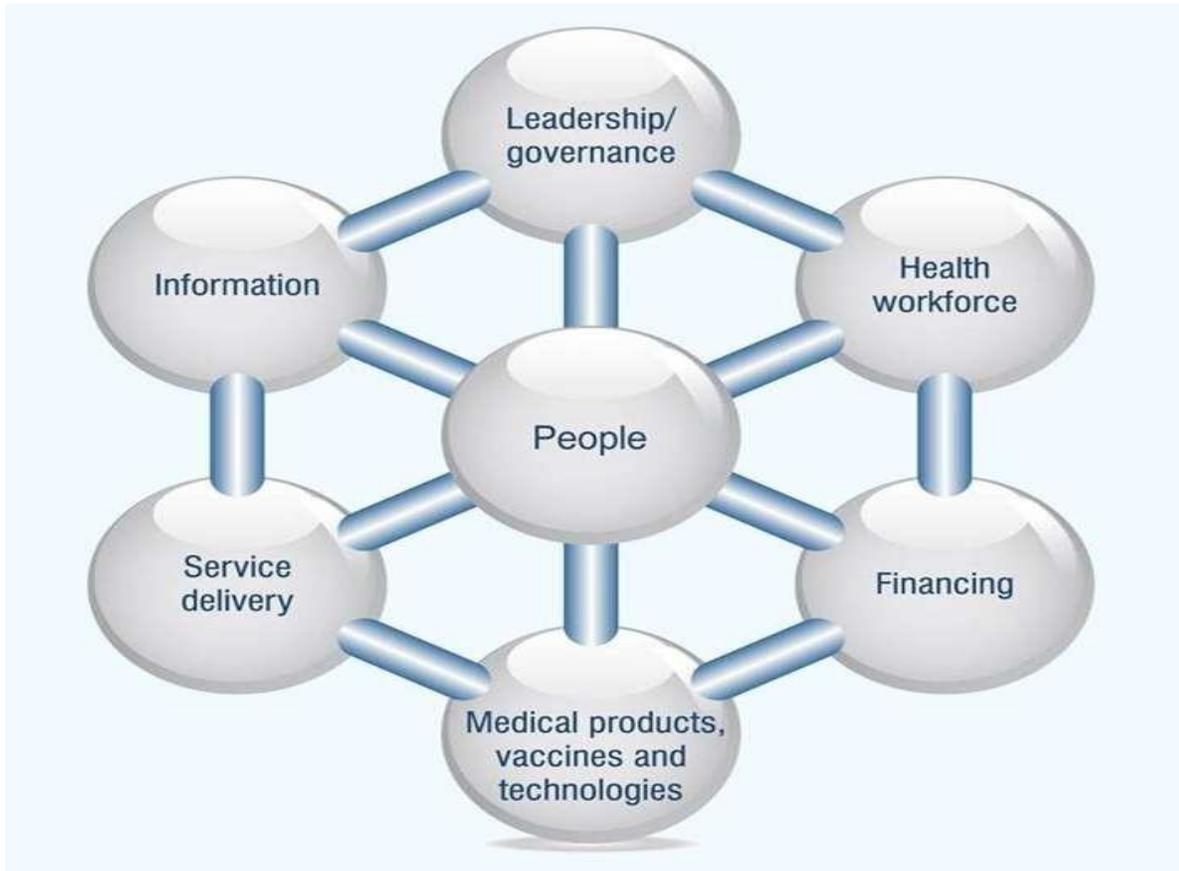


Figure 1.14 The health system building blocks (WHO)

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