

THEME: **HUMAN HEALTH**

TOPIC: **Primary Health Care**

What is a community?

- A community are people living in an area.

What is health?

- Health is one's general body condition.
- Health is the state of wellbeing of an individual.
- Health is the state of physical, mental and social wellbeing.

What is Primary Health Care?

- This is the essential health care where individuals, families and communities come together to solve their health problems.
- This is a programme where individuals, families and communities work together to solve their health problems.

What term describes rules that must be followed when carrying out health care programmes.

- Principles of Primary Health Care

State any four principles of Primary Health Care

- PHC must involve all people/members/community participation
- PHC must be affordable.
- PHC should aim at prevention
- PHC must be available
- PHC must be accessible
- PHC must be organized according to priorities.
- PHC must be promoted using acceptable methods.
- PHC must involve other sectors/intersectoral coordination
- PHC must be universal/benefit everyone/Equitable distribution

Write down four elements of Primary Health Care

- Water and sanitation

- Food and nutrition
- Immunization
- Health education
- Personal hygiene
- Dental and Oral health
- Control of communicable Diseases (CCD)/ Control of endemic diseases (CED)
- First aid
- Provision/supply of essential drugs
- Family planning
- Maternal and child health care

WATER AND SANITATION

❖ **This element of PHC is promoted by:**

- Providing safe water
- Boiling drinking water/Treating drinking water with chemicals
- Cleaning water sources
- Protecting water sources from pollution.
- Draining stagnant water
- Cleaning houses and compounds (sweeping/mopping)
- Slashing bushes around places of residence
- Providing toilets/latrines/dustbins
- Digging rubbish pits
- Proper disposal of faeces, urine and rubbish

Importance of promoting water and sanitation

- Helps to control the spread of diarrhoeal diseases
- Controls multiplication of insect vectors
- Controls water pollution

IMMUNIZATION

❖ **This element of PHC is promoted by;**

- Taking children for immunisation
- Immunising people/getting immunised
- Educating people about the value of immunisation.
- Publicising immunisation
- Funding immunisation programmes.
- Providing/supplying/distributing/donating vaccines

Importance of immunisation

- Immunisation prevents immunisable diseases
- Immunisation reduces mortality rate
- Immunisation boots body immunity
- Immunisation helps to eradicate immunisable diseases.