

NAMAGUNGA PRIMARY BOARDING SCHOOL

P.6 (2022) INTEGRATED SCIENCE (part of P.5 work 3rd term)

NAME: _____STREAM: _____

THEME : HUMAN HEALTH

TOPIC : PRIMARY HEALTH CARE – PHC

LESSON ONE

PRIMARY HEALTH CARE – PHC

PHC is the essential health care where individuals, families and communities work together to solve their common health problems.

ELEMENTS OF P.H.C

These are programmes that help to promote good health of individuals , families and communities.

These include ;

- (i) immunization
- (ii) first aid
- (iii) family planning
- (iv) water and sanitation
- (v) food and nutrition
- (vi) Maternal and child health care
- (vii) Information and health education
- (viii) Oral and dental health care
- (ix) Personal hygiene
- (x) control of communicable diseases

PRINCIPLE OF PRIMARY HEALTH CARE - PHC

These are guidelines followed in promoting Primary Health Care.

These include;

- (i) The essential health care services should be readily available to all Community members.
- (ii) The essential health care services should be accessible by all community members.
- (iii) The essential health care services should be affordable by all community members.
- (iv) The method of providing essential health care services should be acceptable by all community members.
- (v) All community members must be involved in all activities that promote good health.

ACTIVITIES DONE TO PROMOTE EACH ELEMENT OF P.H.C

(a) PERSONAL HYGIENE

- (i) Regular bathing
- (ii) Brushing teeth after each meal
- (iii) Regular washing and ironing of clothes
- (v) Cutting long finger nails and toenails short
- (vi) regular shaving of pubic hair.

(b) IMMUNISATION

- (i) Taking children for immunization
- (ii) Sensitizing people about the importance of immunization

- (iii) Organizing immunization centres
- (iv) Observing immunization schedules / dates

C. FIRST AID

- (i) Giving first aid to casualties
- (ii) Taking casualties to nearby health centres
- (iii) Putting warning to dangerous substances which can cause accidents.
- (iv) Making first aid tools from local materials
- (v) Fencing around open water sources, ditches, pits etc

ACTIVITY FOR LESSON ONE

1. Write **PHC** in full
.....
2. State one programme that helps to promote good health among people in our communities
.....
3. Which element of **PHC** is promoted through dental flossing?
.....
4. Give one principle of Primary Health Care.
.....
5. State one way in which a Primary pupil can sensitize people about immunization.
.....
6. Mention the element of P.H.C which is promoted through taking casualties to hospitals.

.....

LESSON TWO

More about activities done to promote elements of P.H.C

C. **FAMILY PLANNING**

- (i) Using birth control methods
- (ii) Sensitizing people about the importance of family planning

FOOD AND NUTRITION

- (i) Feeding on a balanced diet
- (ii) Washing hands before handling food
- (iii) Serving food in clean containers
- (iv) Cooking food in clean places
- (v) Keeping all utensils clean

WATER AND SANITATION

- (i) Boiling water for drinking
- (ii) Fencing around open water sources
- (iii) Draining stagnant water
- (iv) Proper disposal of human faeces
- (v) Proper disposal of rubbish
- (vi) Cleaning around water sources
- (v) Slashing tall grass around homes
- (vi) Keeping water for drinking in clean containers
- (vii) Sweeping rubbish regularly

MATERNAL AND CHILD HEALTH CARE

- (i) Feeding pregnant mothers on a balanced diet.

- (ii) Immunizing pregnant mothers against tetanus
- (iii) Encouraging pregnant mothers to do simple body exercises
- (iv) Providing antenatal and postnatal services to mothers

ORAL AND DENTAL HEALTH CARE

- (i) Regular brushing of teeth
- (ii) Regular rinsing of the mouth
- (iii) Regular dental flossing
- (iv) Going for regular dental check ups
- (v) Feeding on food rich in calcium and phosphorus

CONTROL OF COMMUNICABLE DISEASES

- (i) Immunization of children against some diseases
- (ii) Abstaining from sexual intercourse until marriage
- (iii) Observing proper food hygiene
- (iv) Maintaining proper sanitation
- (v) Maintaining proper personal hygiene

INFORMATION AND HEALTH EDUCATION

- (i) Teaching people good health life styles
- (ii) Teaching people the importance of promoting good health lifestyles
- (iii) Teaching people the dangers of poor sanitation and personal hygiene
- (iv) Singing songs about health
- (v) Acting drama on health
- (vi) Organizing village health meetings
- (vii) Teaching people about good health habits
- (viii) Organizing health parades in schools

GENERAL WAYS OF PROMOTING PHC

- (i) Washing hands before handling food
- (ii) Taking children for immunization
- (iii) Feeding on a balanced diet
- (iv) Using birth control methods
- (v) Giving first aid to casualties
- (vi) Regular brushing of teeth
- (vii) Fencing around water sources
- (viii) Draining stagnant water
- (ix) Regular burning of rubbish

ACTIVITY

1. Which element of PHC is promoted through using birth control methods?
.....
2. Why should water for drinking be boiled?
.....
3. Give one way of promoting maternal and child health care.
.....
4. Mention two elements of PHC promoted through draining stagnant water around homes.
 - (i).....
 - (ii).....
5. Why should dustbins be regularly emptied?
.....

END