The topic I looked into for this week’s post was Access to health care services. As a current healthcare provider and someone who is also in a role of helping patients get the care they need, this is a topic I find extremely interesting and distressing. Access to health care is constantly evolving and changing for individuals based on insurance, job, living situations, family issues, etc.; but no matter the circumstances it remains consistently a problem for many.

The four Intrapersonal: Every individual has a unique relationship with their own health, some people like to be over eager about it, but there is the other side of that, which seems far too common where people want to pretend their health is not deteriorating or try and play off issues they may have as normal until it is too late. These people have an internal battle that prevents them from seeking the health care services they may need. As well finances may fall under this factor, with people not having insurance or the cost of healthcare being too high for them to be seen when they should.

Home and Family environment: There are many different layers here that would alter ability to have access to health care. One may be responsibilities at home or with your family, lacking the time to get to the doctor or have check-ups – related to caregiver fatigue or well-being related to generations taking care of both their parents as well as their own children.

Local community factors: Not having a hospital or clinic nearby, only having one clinic available so getting in is difficult. Transportation may be an issue that takes effect here, not being able to get to appointments of check-ups if not easily accessible in your community. As stated in the textbook: “The concept is actually quite simple: some environments foster more risk behaviors than others.” (DiClemente, Salazar, & Crosby, 2013)

Societal Factors: Some cultures tend to steer away from going to the doctor, or there may be preconceived notions that being “sick” is a weakness and therefore they avoid going to the doctor for this reason.

A primary prevention strategy with this is to help insure all people, so upfront they have the coverage and ability financially to go to the doctor if one day they need to do so. Another important intervention here would be to start educating the youth, so that from a young age it is implanted in the population about keeping up with your health, by going to the doctor regularly and monitoring yourself at home.

A secondary prevention strategy would be too have free health screenings in communities that may not have the best access to healthcare, so they are aware before it may be too late if they are at risk for heart diseases, diabetes, etc.. Doing these screenings in schools as well is a good way to catch problems before they may have advanced too far.

Finally a tertiary prevention strategy would be too

“Bronfenbrenner’s ecological model. Therefore, the identification of determinants can greatly enhance our understanding of those factors that influence health behavior. Determinants should be targeted to affect behavior change; thus, it is the determinants that programs seek to change, not the behavior, per se. Although fostering health behavior change is the ultimate goal, that goal is achieved through planned strategies designed to change multiple determinants. By changing multiple determinants, the goal of lasting behavior change may indeed become a reality” essence, then, the model requires program planning to occur with an eye on each and every relevant level of potential intervention across the spectrum of domains or levels articulated in the ecological model shown in Chapter 2

What type of research would you like to see that could enhance our knowledge?

DiClemente, R.J., Salazar, L.F, & Crosby, R.A. (2013) Health behavior and theory (pp.231-251). Burlington, MA: Jones & Bartlett Learning.

Access to Health Services (2017). In HealthyPeople.gov. Retrieved September 7, 2017, from https://www.healthypeople.gov/2020/topics-objectives/topic/Access-to-Health-Services