



UNIVERSITY OF
KWAZULU-NATALTM
INYUVESI
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HEALTH SYSTEMS AND HEALTHCARE SYSTEM

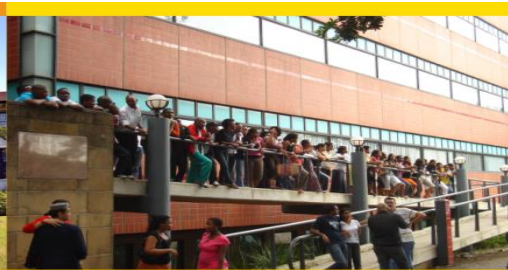
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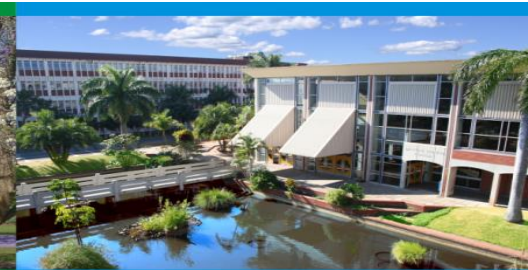
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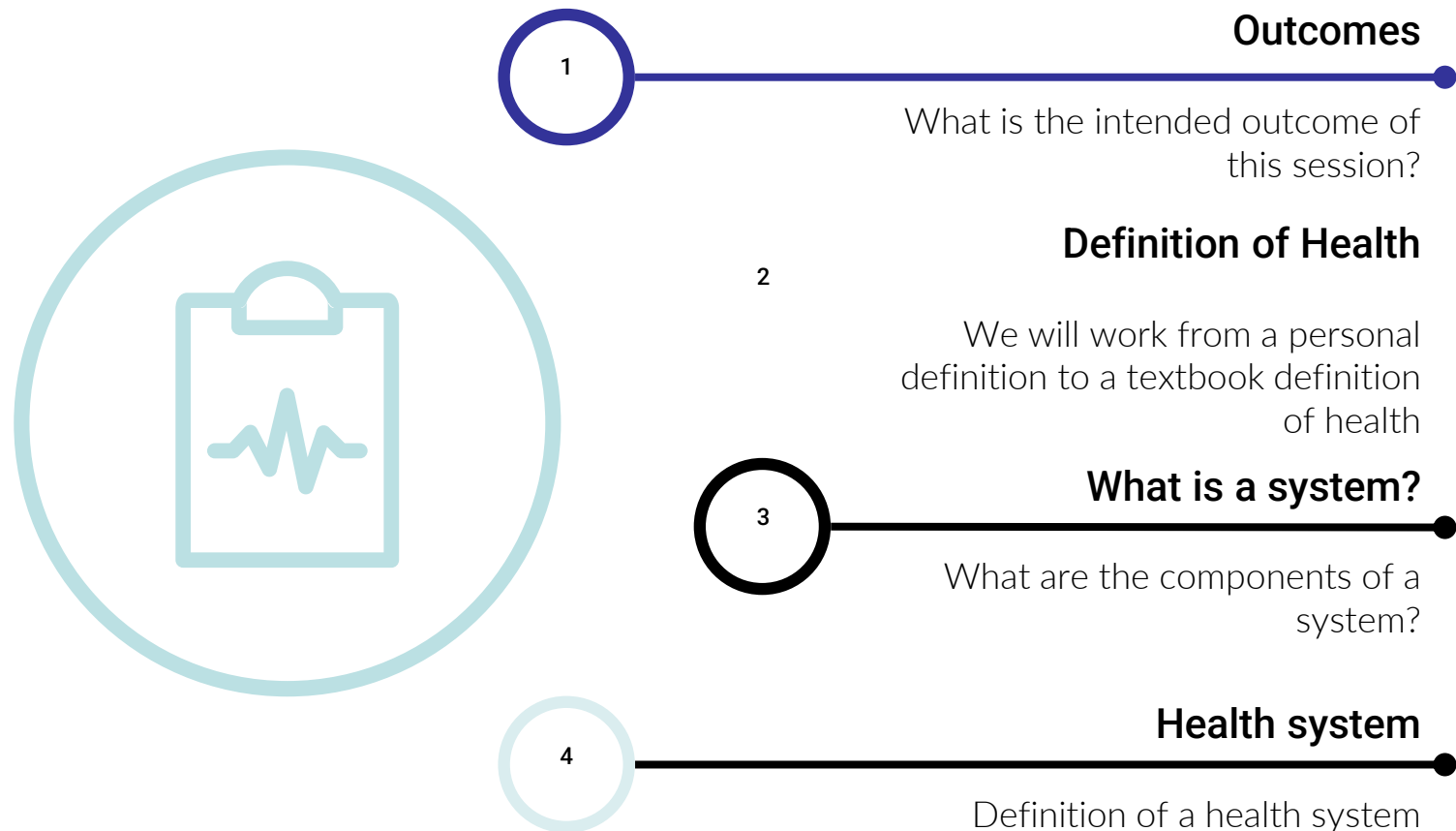
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UKZN INSPIRING GREATNESS

Outline of Presentation



Outcomes

- Definition of health (personal to a textbook)
- Definition and components of a system
- What is the health system?
 - Components
 - Functions
 - Goals
- Other commonly used terms and definitions
 - Healthcare system
 - Health service

Health

- Health is difficult to define but easier to understand.
- There is **no consensus (agreement)** about any definition of health.
- There is **knowledge** of how to **attain(reach)** a certain level of health, but health itself **cannot be measured**.



**Health is a fundamental human right.
The attainment of highest possible level
of health is the most important world
wide social goal.**

**“IT IS HEALTH THAT IS
REAL WEALTH AND
NOT PIECES OF GOLD
AND SILVER.”
~ MAHATMA GANDHI**

Introduction

- *Health is one of those things that most people assume they understand. But if we just stop and consider it for a moment and try to focus on it, it starts to float about in our minds. (Johnson, 2007: 45)*

Is this healthy?



Courtesy United Nations



Is this healthy?



Pitstop 1

- For the next two minutes- think about what does health mean to you?
 - No textbook definition but your own personal perspective

Most people define and describe health as the following:

- Being free from symptoms of disease and pain as much as possible.
- Being able to be active and to do what they want or must.
- Being in good spirits most of the time.

What does health mean to you?

<https://www.youtube.com/watch?v=OkLsHvUwHcE&feature=youtu.be>

<https://www.youtube.com/watch?v=grQenyF91tA>

<https://www.youtube.com/watch?v=0wjzQVuDej4>

What does it mean to be healthy?

- <https://www.youtube.com/watch?v=geX1V1Q1BHY>

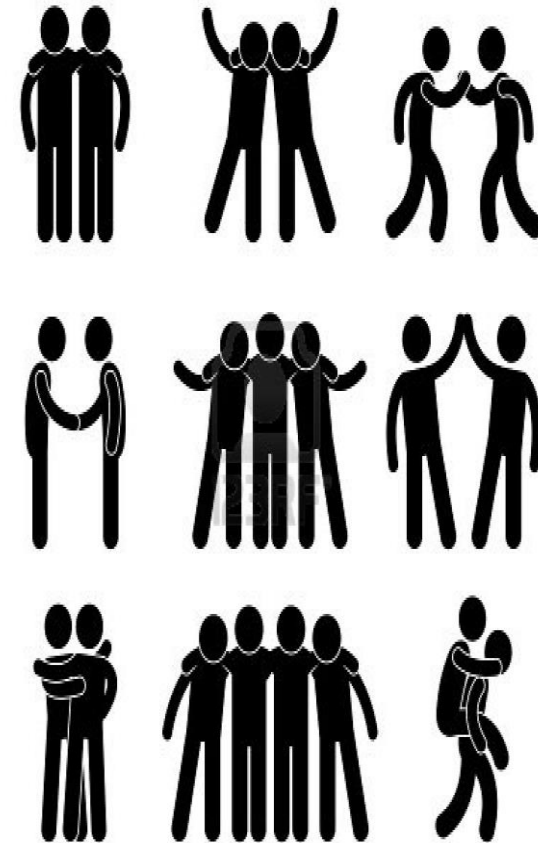
Lay definitions for health

- Blaxter (1995) questioned 9000 individuals
- Characterised the following as lay definitions for health
 - Absence of disease
 - Physical fitness
 - Functional ability
- Definitions can change throughout the life course

Factors affecting our understanding of Health

- our education and training
- cultural factors
- the context we live in,
- one's own personal interests.

- To an anatomist
Healthy body means it should confirm to normal anatomical structures.
- To a physiologist
Health means normal body functions



- To a biochemist- It means normal biochemical levels / values
- To a pathologist- It means normal cellular make up.
- To a geneticist- It means correct existence of genetic potential
- To a clinician it means no abnormality in structure and function of the body -When a clinician fails to detect anything abnormal by his clinical wisdom and laboratory tests he labels a person no abnormality detected (NAD).
- To a psychiatrist- It means well adjusted and a balanced personality

What is 'Health'?

- Oxford dictionary
 - ❖ State of being well in body or mind
- Webster
 - ❖ The condition of being sound in body, mind or spirit especially freedom from physical disease or pain
- Perkins
 - ❖ “A state of relative equilibrium of body, form and function which result from its successful dynamic adjustment to forces tending to disturb it.

Changing concepts of Health

- **Biomedical Concept-** “absence of disease”
- human body = machine,
- disease = consequence of the break down
- Doctor's task = repair of machine.
- **Limitation-** it has minimized the role of environmental, social, psychological & cultural determinants of health.

Changing concepts of Health

- **Ecological Concept-**

- **Health** = is a dynamic equilibrium between man & his environment,
- **Disease** = maladjustment of the human organisms to the environment.

- The concept supports the need for clean air, safe water, ozone layer in the atmosphere, etc. to protect us from exposure to unhealthy factors.

Changing concepts of Health

- **Psychosocial Concept**
- Health is not only a biomedical phenomenon, but one which is influenced by social psychological, cultural, economic and political factors of the people concerned.

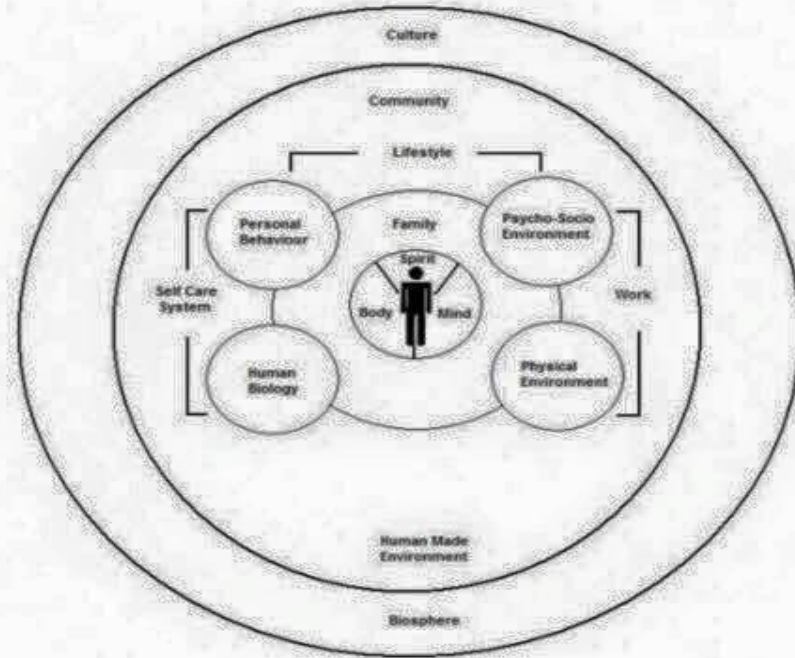
Changing concepts of Health

- **Holistic Concept –**
- biomedical + ecological + psychosocial concept.
- It has been defined as unified or multidimensional process involving the well being of the whole person in the context of his environment.
- Holistic concept implies that, all sectors of society have an effect on health



Definition of Health

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.



The enjoyment of the highest attainable standard of health is one of the fundamental right of every human being, without distinction of race, religion, political beliefs or economic and social conditions.

Source: Health Mandala described by Trevor Hancock in 1993 in Health, human development and the community ecosystem: three ecological models Health Promot. Int. (1993) 8 (1): 41-47. doi: 10.1093/heapro/8.1.41

WHO- 1986

- “A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities.”
- Researchers in Lancet (2009) health as the ability of a body to adapt to new threats and infirmities

Support for the WHO definition

- Avoids the crude equation of health with the absence of disease
- Recognizes the various aspects of health (physical, mental and emotional)
- Draws attention to the fact that health affects every sphere of life (work, rest and play)
- Incorporates a subjective element – how we feel about our state of health

Criticism of the WHO definition

- Too idealistic- conceptualizes good health in such a way that it is unattainable
 - no one would ever describe himself or herself as being in ‘a state of complete physical, mental and social well-being’
- All-embracing and undifferentiated
- Too generalized, with too little account being taken of the differences between individuals
- Difficult to measure

NEW PHILOSOPHY OF HEALTH

- Health is a fundamental human right.
- Health is essence of productive life.
- Health is inter- sectoral.
- Health is integral part of development.
- Health is central to quality of life.
- Health involves individuals, state and international responsibility.
- Health and its maintenance is major social investment.
- Health is world-wide social goal.

Key points on health

- Health is a **relative state** in which one is able to **function well physically, mentally, socially, and spiritually** to express the full range of one's unique potentialities within the **environment** in which one lives.

Health and illness

- Both health and illness are **dynamic processes**
- Each person is located on a graduated scale or continuous spectrum (continuum)
- Ranges from wellness and optimal functioning in every aspect of one's life, at one end, to illness culminating in death, at the other

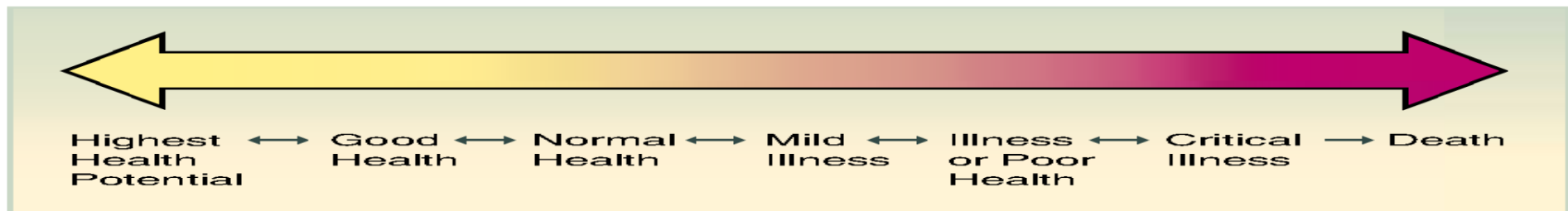


Figure 15-1 Health Continuum

What is a system?

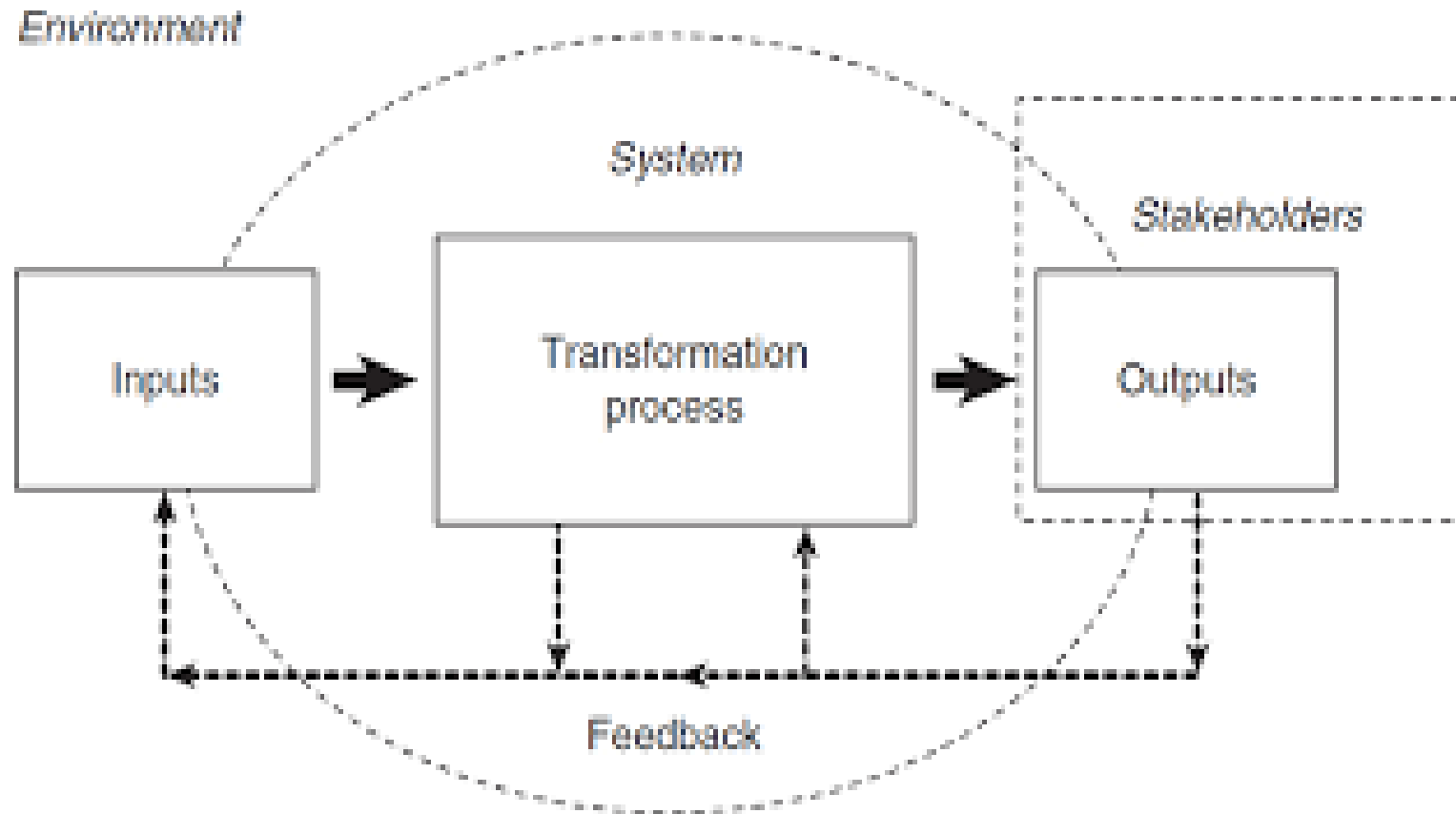
- ◉ a system is simply a set of components that interact to accomplish some purpose.
- ◉ The term "System" means an organized relationship among functioning units or components.
- ◉ We can define a System as a combination of resources or functional units working together to accomplish a given task.
- ◉ The term "working together" in system definition is very important as all the components are interrelated and interdependent and cannot exist independently

Components of a system

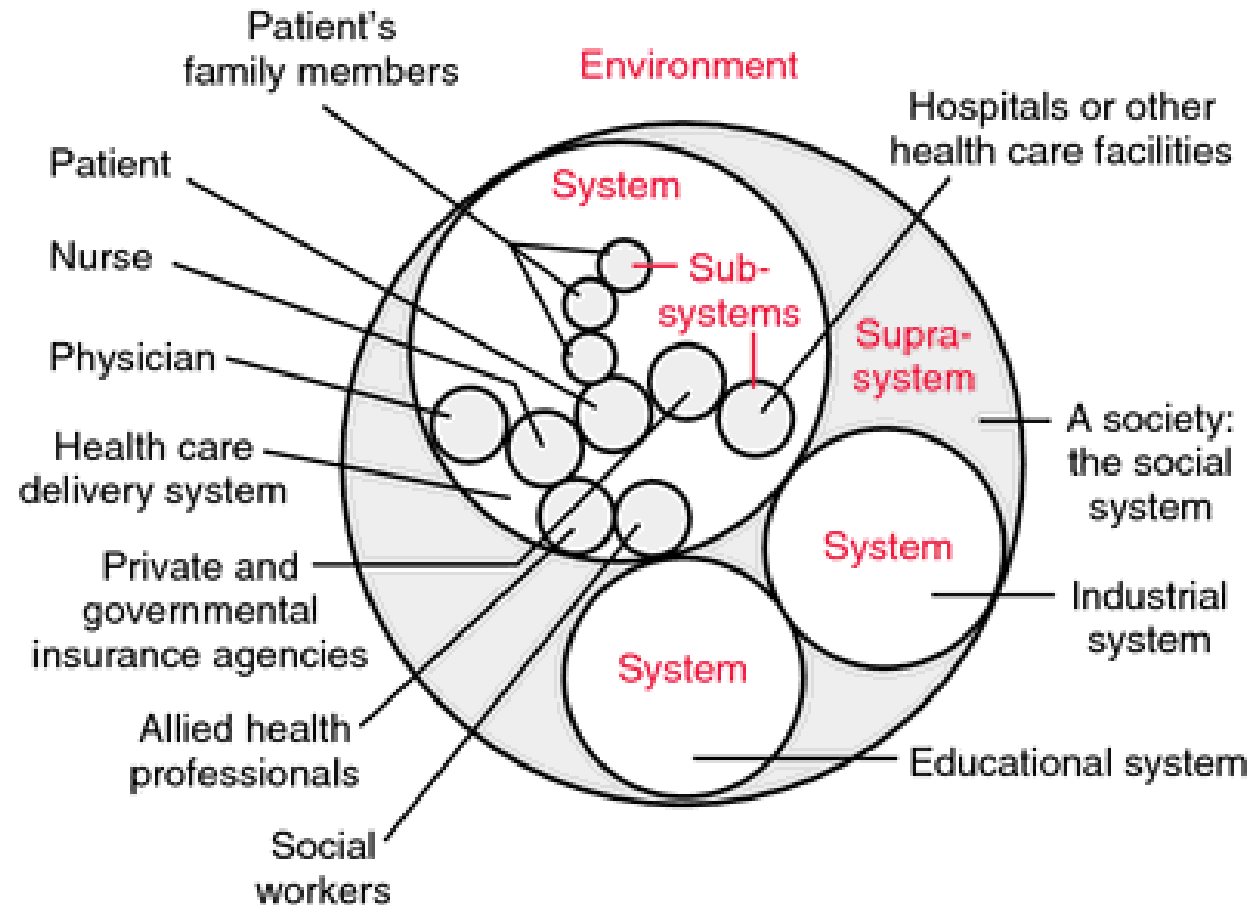
● A system is a set of components working together to achieve some goal. The basic elements of the system may be listed as follows

- Resources
- Procedures
- Data/Information
- Processes

Systems components



Example of Systems



Definition of Health system

Traditional	described in terms of capacity indicators and activities (e.g. number of hospital beds, physicians and nurses, government programs.)
Roemer (1991)	“the combination of resources, organization, financing and management that culminate in the delivery of health services to the population.”
Hurst	A series of fund flows and payment methods between population groups and institutions
Londono and Frenk	system consists of four functions: financing, delivery, modulation and articulation
Anne Mills	as loose framework of actors and functions- financing, regulation, resource allocation, and service provision

Health Economist definition

- Macro-level: *overall dimensions* of the health sector: size, shape, function
- micro-level explores behavior and dynamics of individual firms and households
- A set of relationships in which the means (i.e. structural components) are causally connected to the ends (i.e. goals.)

Health system

- "A health system consists of all organizations, people and actions whose primary intent is to promote, restore or maintain health.
- This includes efforts to influence determinants of health as well as more direct health-improving activities.

A health system

Health

- Beyond sickness
 - mental and physical health
 - social wellbeing
- Beyond the individual
 - actors/agents promoting health and wellbeing
 - domestic/national AND international factors impacting on health and health system agents

A complex adaptive system

- A set of interacting elements
- More than the sum of the parts
- Acts in ways that are not fully predictable, e.g. feedback loops
- Influenced by history
- Self-organising
- Resistant to change

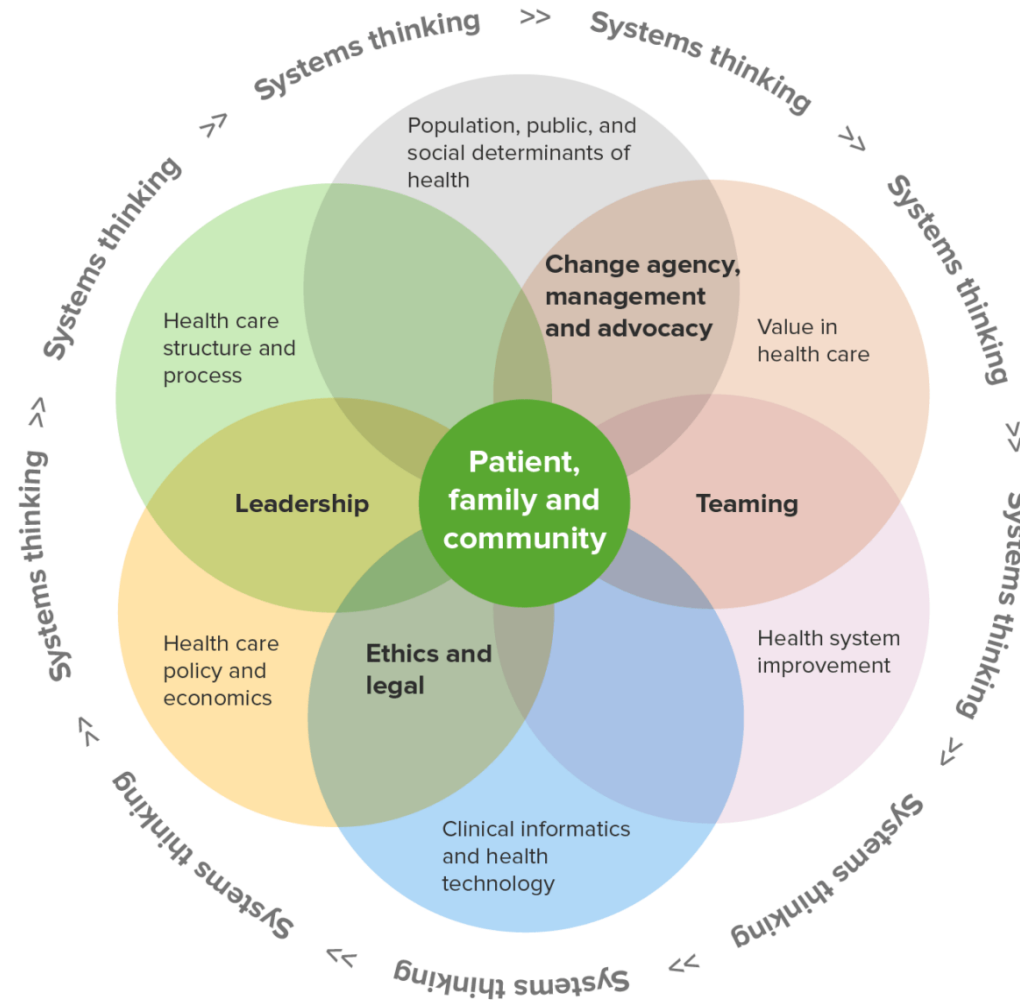
Health systems are dynamic and interconnected systems at whose heart are people

'It is the multiple relationships and interactions among the building blocks ... that convert these blocks into a system'

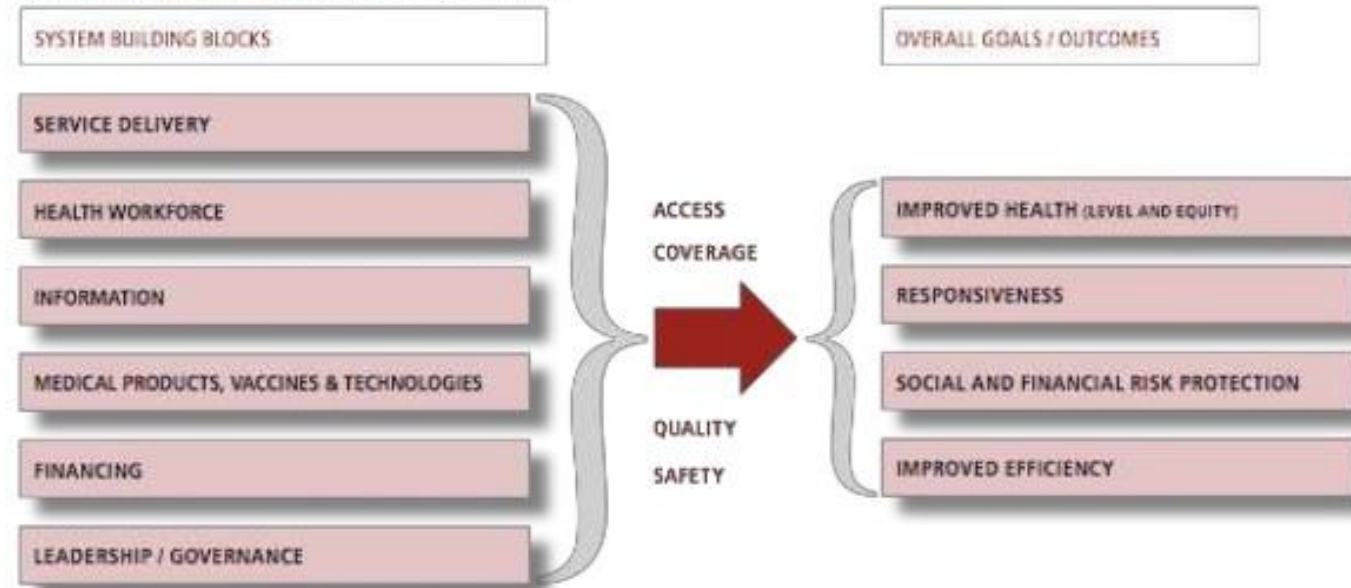
de Savigny & Adam, 2009



Health system interactions

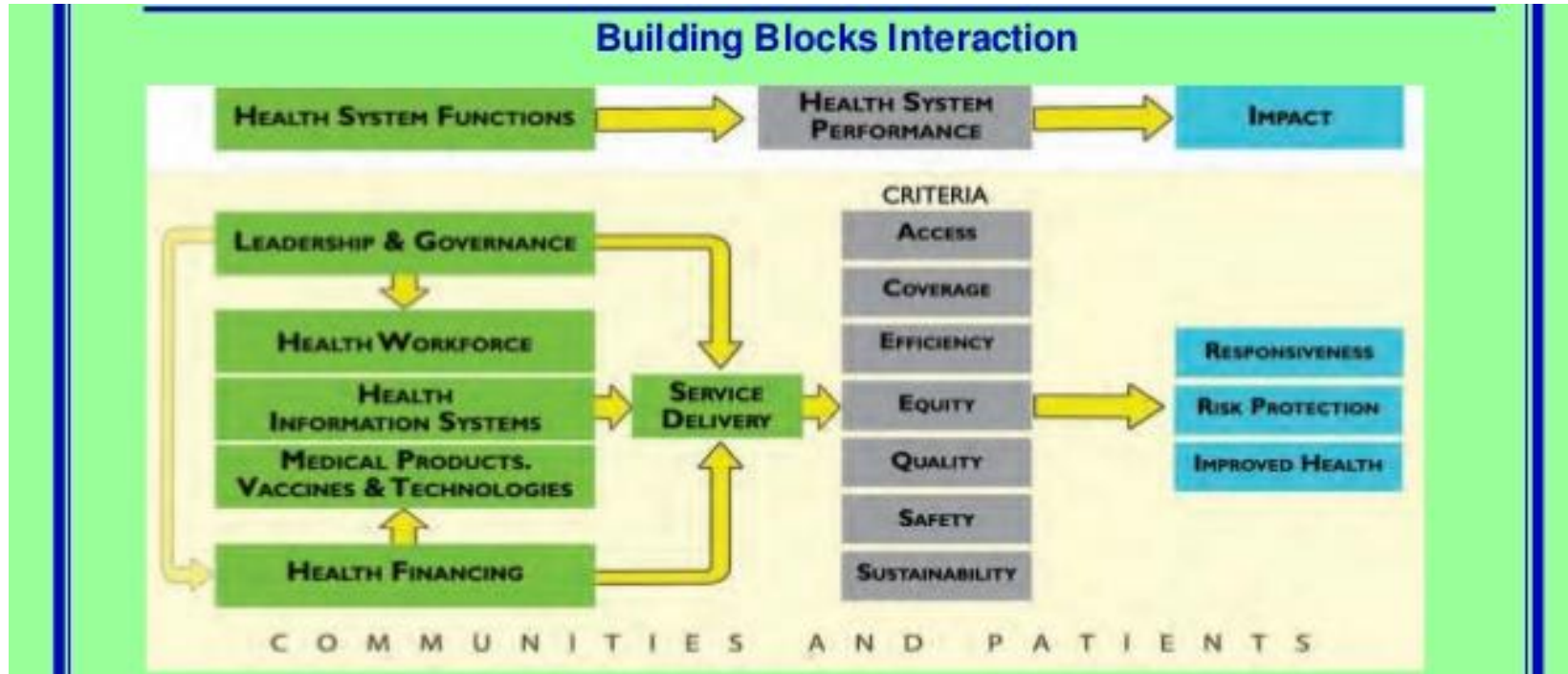


THE WHO HEALTH SYSTEM FRAMEWORK

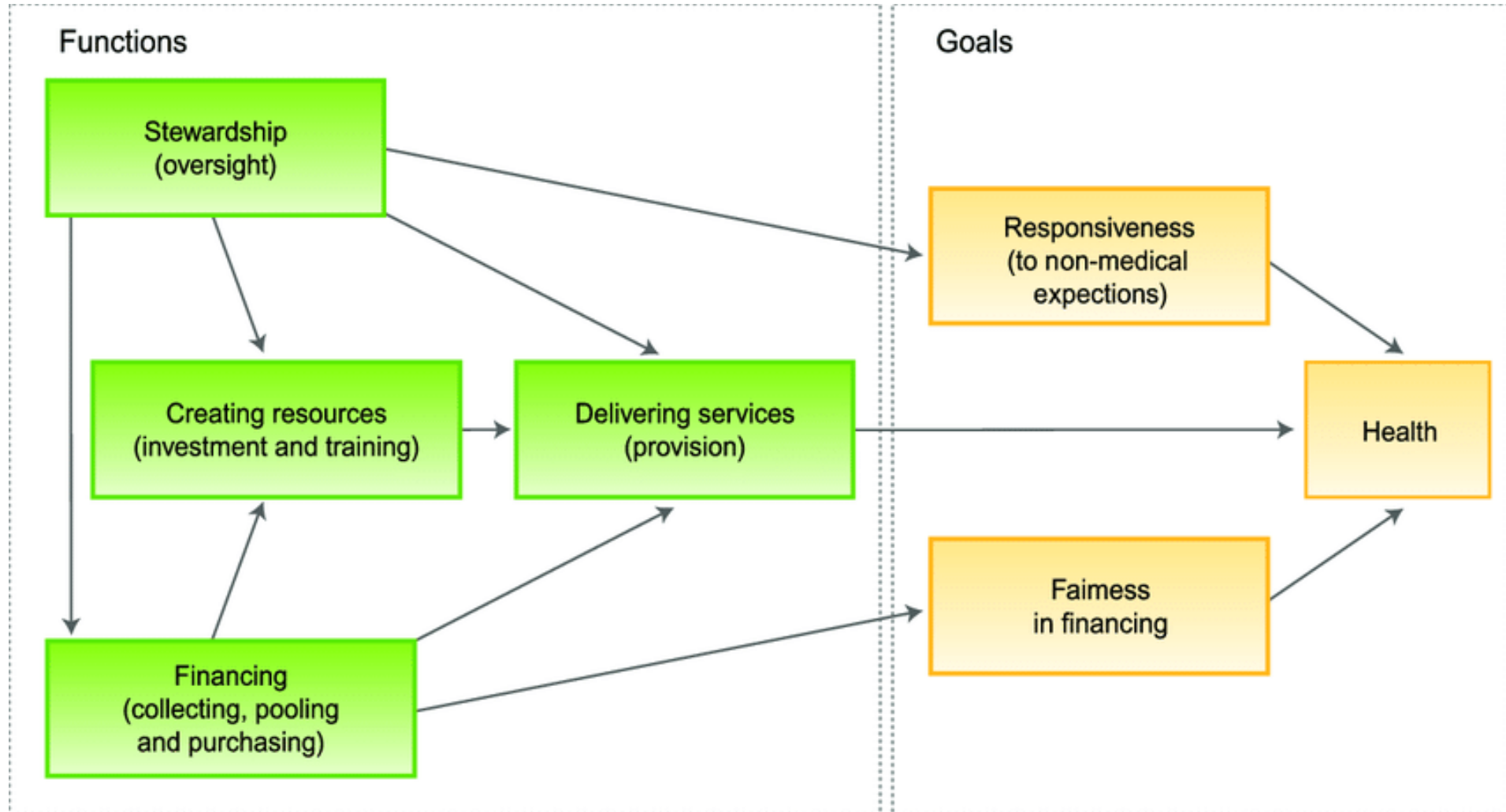


THE SIX BUILDING BLOCKS OF A HEALTH SYSTEM: AIMS AND DESIRABLE ATTRIBUTES

WHO, 2007



Functions and goals of a health system



Goal of health system

- Better health is the primary or defining goal- *making the health status of the entire population as good as possible over people's whole life cycle, taking account of both premature mortality and disability*
- The objective of good health is twofold:
 - the best attainable average level – goodness –
 - and the smallest feasible differences among individuals and groups – fairness.

Measuring health

- Proxy measures used to measure health
 - probability of dying before age five years
 - probability of dying between ages 15 and 59 years, and
 - life expectancy at birth
 - disability-adjusted life expectancy (DALE)- advantage of being directly comparable to life expectancy estimated from mortality alone and is readily compared across populations.

Responsiveness

- Goodness means the system responds well on average to what people expect of it, with respect to its non-health aspects.
- Fairness means that it responds equally well to everyone, without discrimination or differences in how people are treated.

Responsiveness

- Respect for persons includes:
 - Respect for the dignity of the person. it means not humiliating or demeaning patients.
 - Confidentiality, or the right to determine who has access to one's personal health information.
 - Autonomy to participate in choices about one's own health. This includes helping choose what treatment to receive or not to receive.

Responsiveness

- Client orientation includes:
 - Prompt attention: immediate attention in emergencies, and reasonable waiting times for non-emergencies.
 - Amenities of adequate quality, such as cleanliness, space, and hospital food.
 - Access to social support networks – family and friends – for people receiving care.
 - Choice of provider, or freedom to select which individual or organization delivers one's care.

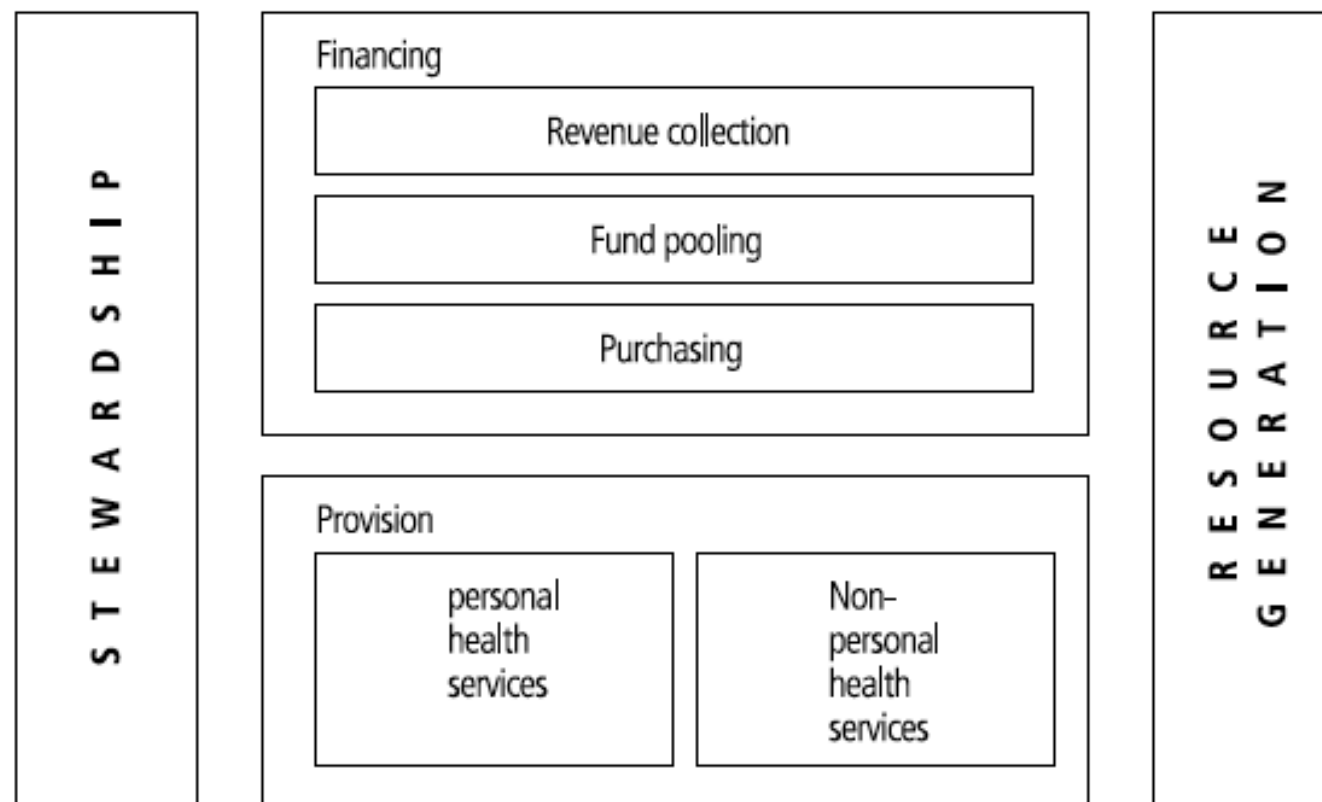
Fair financing

- Fair financing is concerned only with distribution.
- It is not related to the total resource bill, nor to how the funds are used
- *Fair financing in health systems means that the risks each household faces due to the costs of the health system are distributed according to ability to pay rather than to the risk of illness: a fairly financed system ensures financial protection for everyone*

Fair financing

- Households should not become impoverished, or pay an excessive share of their income in obtaining needed healthcare.
- Requires an important degree of financial risk pooling. Poor households should pay less towards the health system than rich households.

Functions of health system



Stewardship concerns financing, provision and resource generation.
Resource generation concerns financing, provision and stewardship.

WHO 00201

What is Healthcare?

- Totality of organised social action in response to the occurrence of disease and disability and for averting risk to health
- Actions and institutions that strive to promote, protect or restore the health of individuals and population

What is healthcare

Health care is the prevention, treatment, and
Management of illness and the preservation of
Mental Health through the services offered by
the Medical, Nursing, and Allied Health
professions.



4/11/2009

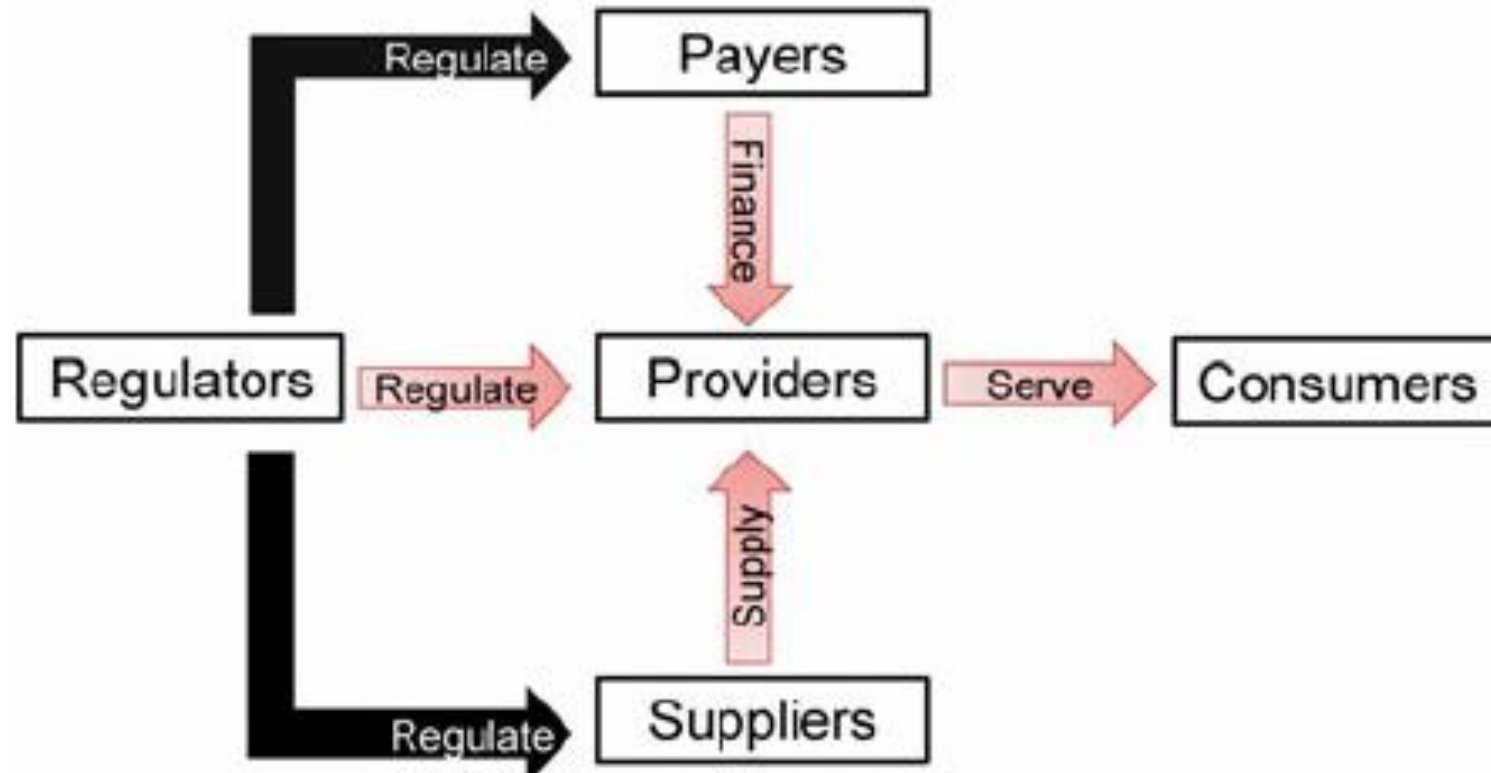
Health service or health care system

- Institutions of society that deliver health services
- the channels used to deliver health care services to the human population.
 - Micro level- hospitals, clinics, private practitioners
 - Macro level- medical, dental, nursing services etc

Healthcare systems

- “organizations that both deliver care and medical services (hospitals, physicians’ practices, clinics) and that arrange for the financing of care (governments, agencies, states, local communities, and private insurance companies).

Components of the Health Care Delivery System

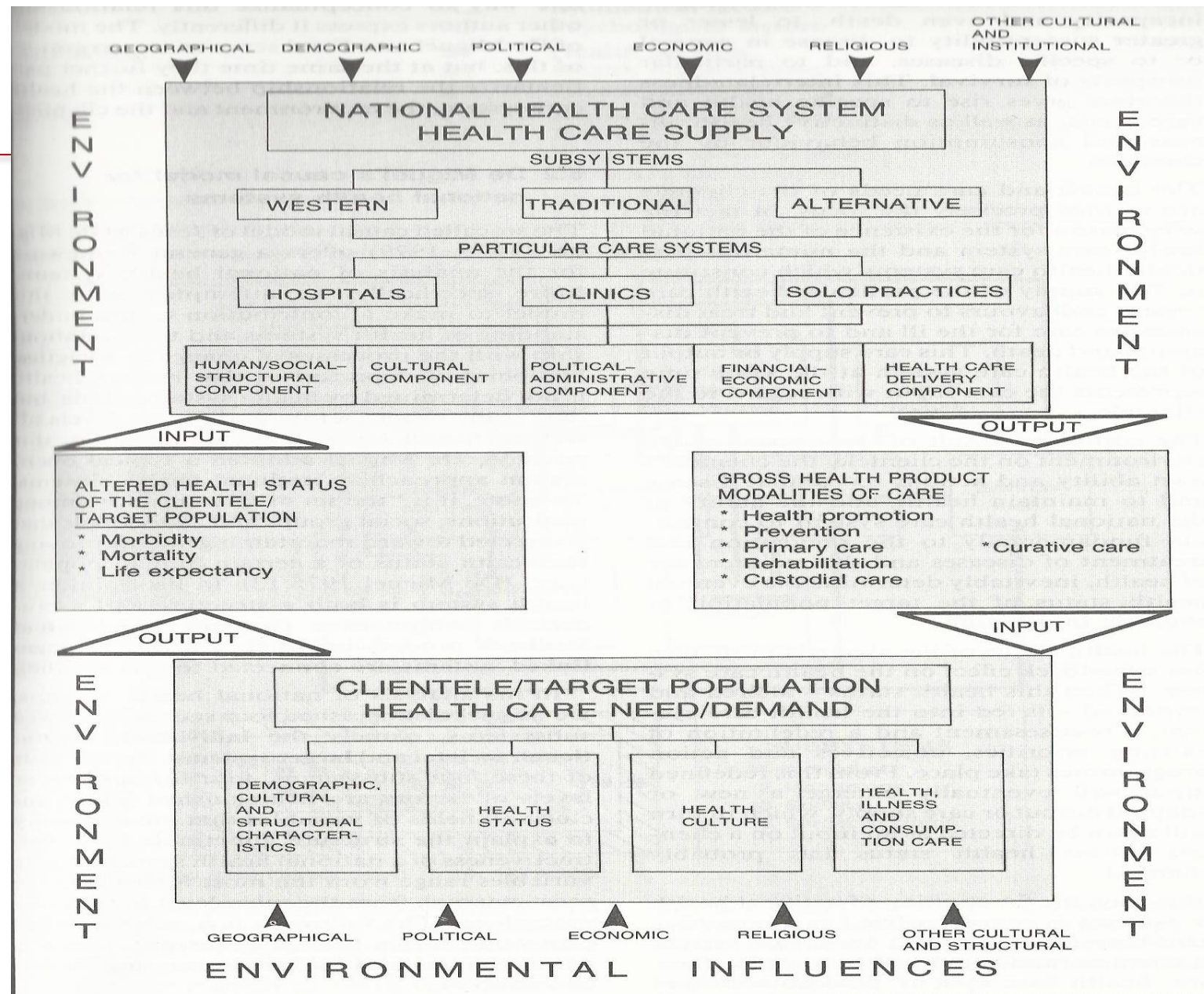


OBJECTIVES OF HEALTH CARE SYSTEM:

- To improve health status of population and clinical outcomes of care
- To improve social justice equity in the health status of the population
- To reduce the total economic burden of health care
- To raise and pool the resources accessible to deliver health care services

National healthcare system

- Total network or system of services (Policies, programmes, institutions and actors) that provide health care in a specific country
 - Includes official delivery system
 - Traditional health services



Components of the National Healthcare system

- Internal determinants
 - Human Resources
 - Cultural
 - Political-administrative
 - Financial-economic
 - Care

External determinants

- Socio-cultural
 - Historical context of countries development
 - Economic climate
 - Political
 - Religion
 - Cultural beliefs

Natural environment- Demography and climate

- Climate
- Rainfall
- Temperature
- Topography
- Vegetation
- Structure of the population