

CommQCommunity

- (1) World antibiotic awareness week : 12-18/11
 - (2) Primary health care : Curative + Preventive (General services + care of vulnerable groups)
 - (3) Vulnerable groups → maternal , child , school health survivors , geriatric , occupational health .
 - (4) **Primary health care** : essential , socially appropriate , universally accessible , scientifically sound first level of care , provided by suitably trained workforce , supported by integrated referral systems , giving priority to those in kmost need , involves collaboration with other sectors , maximises community and individual self-reliance and participation → **declaration of Alma Ata(1978)** → **10** fundamental principles .
 - (5) **First international conference of health promotion in Ottawa** → 1986 → new framework for health promotion → **achieving health for all**
 - (6) **Primary health care involves :**
 - **Health promotion**
 - **Illness prevention**
 - **Care of sick**
 - **Advocacy**
 - **Community development**
- **Principles of PHC :**
 - **Social equity**
 - **Nationwide coverage**
 - **Self-reliance**
 - **Intersectoral coordination**
 - **People's involvement**
 - **Core activities of PHC**
 - **Maternal and child health care + family planning**
 - **Food supply and proper nutrition**
 - **Safe water and basic sanitation**
 - **Education concerning health problems**
 - **Immunization**
 - **Prevention and control of endemic disease**
 - **Treatment of common diseases**
 - **Basic laboratory services**
 - **Training of health guides** .
 - **Referral services** .
 - **Four pillars of PHC**
 - **Community participation**

- Appropriate technology
 - Inter and intra sectoral coordination
 - **Equitable distribution**
- MHC → promotive , preventive , curative and rehabilitative health care for mothers and children
 - MHC objective:
 - ↓ maternal , prenatal , infant and child mortality
 - **Improved health care status of the largest and most vulnerable sector of the population by providing the best health care available**
- **Maternal and children are both vulnerable groups of the community.**
 - **25% of the population → women In childbearing period**
 - **40%-45% → children of the population in developing countries.**
 - **Maternal and child → high mortality and morbidity .**
 - **Leading causes of death for women**
 - HIV/AIDS
 - Malaria
 - TB
 - **Bad maternal conditions**
- **MH → pregnancy , childbirth , postpartum period .**
 - **Motherhood is associated with three things for too many women , what are they ?**
 - **Suffering**
 - **Ill health**
 - **Death .**
- **Major causes of maternal morbidity and mortality :**
 - **Hemorrhage**
 - **Infection**
 - **HBP**
 - **Unsafe abortion**
 - **Obstructed labour**
- **MHC involves**
 - **Family planning**
 - **Preconception care**
 - **Prenatal care**

- Postnatal care
- Maternal mortality → **830 women** dies from pregnancy or childbirth related complications around the world .
- 99% of all.Maternal deaths occur → in **developing countries , low resources settings**
- ↓ maternal mortality worldwide by **44%**
- **The target is to reduce the ratio to → 70:100000 live births**
- $\frac{2}{3}$ of maternal deaths worldwide →
 - Hemorrhage
 - Obstructed labor
 - Eclampsia(High Bp)
 - Sepsis(infections)
 - Unsafe abortion
- $\frac{1}{3}$ result from indirect causes or an existing medical condition that made worse by pregnancy or delivery
- The four Too' :
 - Too young
 - Too old
 - Too many
 - Too soon
- Preconception care → **continued care from birth , stages of growth and development and until the time of conception and pregnancy**
- Premarital care → component of Preconception care , for both partners
- Premarital care involves :
 - Premarital counseling
 - = immunization
 - = examination
- Antenatal (prenatal) ✓
- Intranatal care → care about safety of mother and fetus , determination of place of birth .
- Postnatal → after delivery
Components :

- Postpartum exam.
- Medical care
- Follow up
- Health education
- Family planning
- Psychological support

- **The largest equity gap in health → among children**

- **Children under 5 →**

- 50% of the global gap in mortality
- 30% of the total burden of disease in poor countries

- **Deaths among newborns → 4 millions**

- **Causes → preventable conditions**

- **$\frac{2}{3}$ of all neonatal deaths → LBW infants**

- **Infant and child priorities (UNICEF)**

- تقليل الوفيات للاطفال يلي عمرهم أقل من 5 سنوات
- نقلل من حالات سوء التغذية
- يكون في **universal access** للمياه الأمن
- منع حالات الحمل المبكر / يلي ما فيه تباعد بين الاحمال / الحمل في الفترات المتأخرة من العمر / كثرة الحمل

- **Elimination of → V.A deficiency , Iodine def , neonatal tetanus**

- **Eradication of poliomyelitis**

- **↓ measles death , ↓ diarrhea deaths , ↓ ARIs deaths**

- **High level of immunization**

- **IMCI → by WHO and UNICEF**

- **IMCI' components**

- **Improve family and community practices related to child health**
- **Improve health system for managing child illness**
- **Improve skills of health workers .**

- **Optimum child health is achieved through :**

- Adequate maternal care
- Periodic follow up
- Breastfeeding and proper nutrition
- Immunizations

- Early detection
- Sanitary and safe environment
- Health education of parents

- **Family planning :**
 - **Desired # of children**
 - **Determination of spacing**
By : using contraceptive methods
- **Benefits :**
 - **Prevent pregnancy related health risk in women**
النساء التي تحمل او حملت بأربع أطفال عادة هم اكثر عرضة من غيرهم لل
maternal.mortality
 - **As ↓ unintended pregnancies , ↓ unsafe abortion.**
 - **↓ infant mortality**
 - **Empowering ppl and ↑ education**
 - **↓ adolescent pregnancy**
 - **↓ population growth .**
- **Key indicators :**
 - TFR
 - Unmet need → percent of women of reproductive age **but not using any method of contraception** and report not wanting anymore childs

- **61%**(this percent in 2012) of women are using a method of family planning : **42% → modern** , **19% use traditional**

- **Most popular modern methods :**
 - **IUD → used by 21%** of married women.
 - **Pill → 8%**
 - **Condom → 8%**
- **For traditional methods → withdrawal (used by 14%)**

- **Family planning sectors in Jordan :**
 - **Public :**

- Government hospital
 - Government health center
 - Government MHC center
 - University hospital/clinic
 - Royal medical services
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- Private → (private doctor , hospital , JAFPP , UNRWA CLINIC)