

## PRIMARY HEALTH CARE ADVOCACY

The PHC advocacy engages national level decision makers and stakeholders on the need to use PHC as a medium of achieving Universal Health Care (UHC) by developing, adopting and financing a consolidated Essential Health Services Package (EHS) as part of national efforts towards the achievement of UHC in Ghana. The advocacy is funded by Population Action International (PAI).



### PRIMARY HEALTH CARE (PHC) IN GHANA; WHAT WE MEAN

PHC is essential health care made universally accessible to individuals and acceptable to them, through their full participation and at a cost the community and country can afford.

It is a whole-of-society approach to health and well-being centered on the needs and preferences of individual, families and communities. It addresses the broader determinants of health and focuses on the comprehensive and interrelated aspects of physical, mental and social wellbeing. It provides whole-person care for health needs throughout the lifespan, not just for a set of specific diseases.

#### *Guiding principles of PHC*

- Community participation
- Intersectoral collaboration
- Equitable distribution (geographical and financial and, quality)
- Comprehensive approach
- Appropriate technology (efficient and effective approach)
- Social Justice

#### *Elements of PHC*

- Health education
- Promotion of food supply and proper nutrition
- Safe water and basic sanitation
- Maternal and child health including Family Planning
- Immunization against major infectious diseases
- Prevention and control of locally endemic diseases
- Provision of essential drugs treatment/care for common ailments
- Empowering individuals, families, and communities to optimize their health

#### *Comprehensive PHC includes*

- Health promotion \* Prevention healthcare
- Treatment \* Rehabilitation
- Palliative Care \* Social well-being

#### *International Commitments of PHC*

- Declaration of Alma-Ata (1978) – ‘Primary Health Care is the way to achieve Health for all by the year 2000’
- Astana Declaration (2018) – ‘we are convinced that strengthening primary health care (PHC) is the most inclusive, effective and efficient approach to enhance people’s physical and mental health, as well as social well-being, and that PHC is a cornerstone of a sustainable health system for universal health coverage (UHC) and health-related SDGs.

#### *Challenges*

- Health Service Availability below the Sub-district The Health facility, especially in rural areas, is Far Away from where the majority of people live.
- Wide catchment area; poor roads; few vehicles move infrequently over difficult terrain.
- Planned detailed outreach services, poor logistic support
- Poor mix and maldistribution of critical health personnel and health facilities
- Low funding 20% of NHIS resources spent on PHC
- Only 49% of existing CHPS zones have an appropriate service delivery facility and transport
- Only 34% of CHPS zones and 43% of Health Centers have full complement of equipment
- Regular stock out of essential maternal and child health record books
- Regular stock out of medicines currently at 40% for tracer drug availability