

Health Care System

health influence — no. of factors
adequate food, sanitation, lifestyle
Protection against environmental hazards
to communicable diseases

- health care is more than medical care
services provided to individuals by agents of promoting, maintaining, monitoring or restoring health
- Medical care is subset of health care system
- Health care → public right
— govt responsibility to provide this care to all people in equal measure
- Health services should be provided to all the people entire population not just selected portion.

Level of Health care.

① Primary Health care.

- first line contact with N.H.S.
- most of the health problems can be dealt with & resolved
- primary health centers
multipurpose health workers

- ② Secondary health care
 - complex problems are dealt with
 - first referral level
 - district hospitals and community health centres

- ③ Tertiary health care
 - more specialized level than secondary and requires specific facilities and attention of highly specialized health workers & centres
 - care provided by regional medical colleges, level institutions
 - eg medical college hospitals
 - All India Institute, regional hospitals

HEALTH CARE SERVICES

→ improve health status of population
These services are delivered by health care systems

① Public Health Sector.

- primary health care & centres
- Subcentres
- Rural hospitals
- District hospitals
- Specialist hospitals
- Teaching hospitals
- Defense ^{medical} services
- Railway ^{health care} employees
- Employed ^{Tata} state insurance

② Private Sector

- Private Hospital
- Nursing homes
- General practitioners & Clinics
dispensaries

③ Indigenous System of Medicine

- Ayurveda & Siddha
- Unani & Tibbi
- Homeopathy
- Unregistered Practitioners

Socio economic factors ~~are~~ in health.

Socio-economic factors are the social and economic conditions that influence individuals and communities well being & opportunities such as income, education, employment status, access to health care, housing & other resources.

Social status is the individual or group position or ranking within a society's hierarchical structure. wealth, education, occupation & social connection.

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Economic structure refers to the composition and organisation of an economy detailing how various sectors industries & activities contribute to the production, distribution & consumption of goods & services in the society

Social factors

- Size, religion & cast
↳ due to some practices & rituals beliefs

Economic factors

- economic status
- family income
- Food

- Unhygienic conditions
- Educations

Psychological factors

- life style
- lack of rest & sleep
- mental stress

Gender and Health

- Sex - biological maleness or femaleness
- Gender - Used to describe those characteristics of female and male which are socially constructed
- Transgender - Umbrella term and consist of a lot of others terms as well
- Gender Role - Attitude & behaviour considered appropriate is specific

culture of people of a particular sex

- Gender Identity - A person's own sense of identification as male or female

Gender equality - The absence of discrimination on the basis of person's sex.

WHO "Gender"

Includes social, psychological, cultural and behavioural aspects of being a man and a woman
gender

- Most culture use binary systems

- Some countries also follow system of identifying Third gender

- Gender identity is developed social identity

- Gender role conflict

How one is expected to behave → discrepancy — how one wants to behave
↓
no similarity

Stressors

Women

- multiple roles
- Job with less autonomy (freedom)
- Gender inequality
- Health concerns
- Violence & Harassment
- 'Family and caregiving can be demanding

Men

- Financial responsibilities
- ~~From~~ Societal expectations
- Identity & Role change
- might face stress & in showing subordination to female

female Coping strategies of female & male

- | | |
|------------------|----------------------------|
| - Praying | male |
| - working | problem solving |
| - Venting | denial |
| - Getting advice | abuse of alcohol and drugs |
| - | |

Psychopathology

- | | |
|---|-----------------------|
| - female
Internalizing ^{low self} disorders | - female |
| - Depression | - externalizing abuse |
| - Anxiety | - Substance abuse |
| - Inner negative thoughts | - Violence |
| | - Hostility |
| | - Hallucinations |
| | - Blackouts |
| | - antisocial behavior |

The Impact of hospital settings on Patient health

Hospital settings

o Physical environment

o Lightening

o Air

o Noise

o Access to nature

= good physical environment

= patient satisfaction

↓ stress level = ↓

stay at hospital

o Privacy & Control

o autonomy

o & Personal

Control

= fulfilling control over

certain aspect ↑ satisf-

↓ stress not null be

o Communication

and Support

Effective commu

with health

providers

empathetic

commuic

= + commuic liked to

↓ anxiety & emotion

will bring & greater

adherence to treatment

plans.

o Noise & Sleep

quality

disrupt

Sleep

Patterns

= imp. of ↓ noise for
speedy recovery

Procedures

◦ Communication
& patient centred
care
effective
communication

→ ↓ stress in cancer patients

◦ Pain management

Protocol
critical aspect
ψ^{cal} implementation
like CBT

= ↑ technique lead to
↑ quality of life
& enhances well being

◦ Informed consent
procedure

respects patient
autonomy
↓ distress
Opportunities for
patient to clear
picture

= ↑ confidence in
patient
&
↓ pre operative stress
&
anxiety

◦ Discharge planning &
follow up care
prepare patient
for transition
post hospital
care

low readmissions
to hospital

o Infection control Viral

Parasitology

top spread of

infection

Hand hygiene

Sterilization of

instruments

- strict adherence at

points of hygiene

needs leads to

less infections

↳ speedier recovery