



Primary healthcare is the **first contact** a person has with the health system when they are unwell. It caters for 80-90% of one's physical, mental and social needs throughout their lifetime.

<https://www.health.go.ke/wp-content/uploads/2020/07/Kenya-Primary-Healthcare-Strategic-Framework13-signed.pdf>

World Health Organization has defined it as basic health care that is accessible to individuals and families in the community, at an acceptable and affordable cost.

<https://www.sciencedirect.com/topics/nursing-and-health-professions/primary-health-care>

At HealthX, we leverage technology to increasing access to non-emergency primary healthcare and medical information, including through telemedicine. Today, we are here to address YOUR questions about primary health care.

What Should I Expect from my Primary Care Provider?

Primary health care includes promotion of healthy behaviour, prevention of diseases, care for illnesses, counseling and patient education. Its about caring for the whole person rather than focusing only on a disease or condition you may have.

With high quality primary health care, you should have a **long-term relationship** with your primary care provider, so that they can support you to be healthy, prevent illness, and receive continuous care with timely referrals to specialists when needed.

You and your family should feel empowered and supported to make the best decisions for your own health. "How?" You may ask? By providing you with an action health plan that is tailored to your health needs and medical history.

What are the Different Components of Primary Health Care?

Primary health care is generally considered to include:

- Health education
- Nutrition
- Safe drinking water and sanitation
- Maternal and child health
- Family planning
- Immunisation
- Appropriate treatment of common diseases, injuries and accidents
- Providing essential drugs

Kenya added four more elements, which include the following:

- Dental health
- Mental health
- HIV/AIDS
- Primary eye care
- Health management and information systems



According to the Kenyan primary health care strategic plan, primary health care is offered by teams comprising some or all of the following:

- A Family Physician; or where that is not possible, a specialist such as the Physician or Pediatrician.
- Medical Officers
- Clinical Officers
- Pharmaceutical Officers/ Technicians
- Nursing Officers/ Community Health Nurses
- Public Health Officers/ Technicians
- Nutritionists/ Dieticians
- Health Promotion Officers
- Health Records and Information Officers
- Laboratory and Imaging Specialists

<https://www.health.go.ke/wp-content/uploads/2020/07/Kenya-Primary-Healthcare-Strategic-Framework13-signed.pdf>

Benefits of Primary Health Care

1

Both the UK and The Netherlands have strong primary health care systems. In both countries, Primary Health Care has been found to **reduce the number of unnecessary hospital admissions, tests, and investigations**, and **reduce the cost of health care**.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5903888/>

2

Evidence from countries like Rwanda and Cuba shows that countries with strong primary health care have a more efficient health delivery system, have lower deaths, disease rates and low health inequalities, again with lower health cost.

<https://www.health.go.ke/wp-content/uploads/2020/07/Kenya-Primary-Healthcare-Strategic-Framework13-signed.pdf>

3

Preventative interventions that are a key part of Primary Health Care **prevent or delay the development of diseases, or complications from diseases**. For example, actions such as improving diets and exercising regularly, guided by primary care providers, have been shown to reduce the risk of Obesity

<https://www.news-medical.net/health/Benefits-of-Primary-Health-Care.aspx>

4

Primary Health Care screenings can detect early changes that could be indicative of specific diseases, and guide early intervention to prevent or manage those conditions. For example, pap smears done at the recommended time have been shown to reduce the incidences of cervical cancer by 105,000 to 400, 000 cases in the US in the last 30 years compared to the pre -screening era.

<https://www.ncbi.nlm.nih.gov/>

5

Timely implementation of Primary health care can reduce the need for unwarranted specialist care. When preventative measures are encouraged by primary health practitioners or interventions are made early, referral to a specialist for disease-specific care can be done only when necessary.

What do I do with this information?

At HealthX Africa, we have a primary health care team of Family Practitioners and General Practitioners that cater for your physical, mental and social well-being. We offer you unlimited and affordable access to physicians who will walk you through your health needs at all stages of your life and develop an action health plan specific to your needs, as well as wellness advisors and psychologists to cater for your nutritional, social, mental and other lifestyle needs.

We believe you should have the power to make the best health and wellness decisions for yourself and your family, not driven by cost or fear, but by what you need. Be it preventive, promotive, curative, or rehabilitative primary health care, we strive to be your constant and trusted partner on your health and wellness journey, and to support you in achieving your dreams and aspirations for yourself and your family.

If you have any questions or need any more information about primary health care or any health care issues, contact us anytime on our toll-free number **0800 720 795**.

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