

CODE BSPH-102 PRIMARY HEALTH CARE (PHC)

Course Objectives:

After studying this course, you should be able to:

- i. Define PHC and describe its core concepts
- ii. Summarize the key factors that resulted in the development of PHC
- iii. Explain the key principles and essential components of Comprehensive PHC
- iv. Differentiate between Selective and Comprehensive PHC
- v. Describe organization of PHC services in Pakistan
- vi. Review history of school health and describe the components of school health
- vii. To understand how to develop school health program

Course Contents:

Primary Health Care (PHC)

- i. Introduction and Philosophy of PHC & HFA
- ii. Principles of PHC
- iii. Essential components of PHC
- iv. Barriers in implementation of PHC
- v. Organization of PHC Services in Pakistan
- vi. Introduction to MDGs and SDGs
- vii. Introduction to National Health Programs

School Health

- viii. Objective of school health services
- ix. Medical inspection of school children
- x. Common school health problems and infectious diseases in schools
- xi. Healthy school environment and role of teacher in school
- xii. Models of school health services
- xiii. The Health Needs of School-Age Children
- xiv. School health education program, Planning and implementation

Recommended Books:

1. Promoting Health: The Primary Health Care Approach 4th edition by Lyn Talbot, Glenda Verrinder 2010.
2. Primary Health Care: People, Practice, Place edited by Professor Gavin J Andrews, Professor Valorie A Crooks 2009.
3. WHR 2008.
4. Principles of PHC. WHO
5. Strengthening PHC's in developing countries

6. UNESCO. Pakistan School Health Program.
7. NCHD. School Health Program.
8. Newton, J., & Adams, R. The New School Health Handbook: A Ready Reference for School Nurses and Educators, 3rd Edition
9. Social Action Programme, Pakistan 1990.
10. WHO. (1990) Towards a better future, MCH, Geneva