



**PRIMARY HEALTH CARE
FREQUENTLY ASKED QUESTIONS**

1. What is Primary Health Care (PHC)?

Primary health care (PHC) is “essential health care made accessible, acceptable and affordable through full participation of individuals, families and communities.

2. What are the Key Components of Primary Health Care?

- 1) Health in All Policies (HIAP)/ Multi-sectoral Action
- 2) Empowering individuals, families & communities
- 3) Integrating health services.

3. Why Primary Health Care?

- ✓ It provides High-quality, low cost of care to individuals and families.
- ✓ It supports more equitable distribution of health and reduce health inequalities.
- ✓ PHC serves as an early warning system to detect and stop disease outbreaks.
- ✓ It Empowers Individuals, families and communities to make decisions about their health.
- ✓ PHC improves health by providing access to more appropriate services.
- ✓ Targeted investment in PHC amplifies efforts to Improve Health across the lifespan from Birth to old Age.

4. What is the role of government in implementation Primary health care?

The Government play a critical role in PHC implementation by:

- ✓ Creating an enabling environment through Laws, Regulations, Policies, and Strategies)
- ✓ Capacity Building
- ✓ Providing financial support.
- ✓ Promoting awareness and education.
- ✓ Offering Health services.
- ✓ Addressing social determinants of Health.

5. How are the health services classified in Kenya?

In Kenya, health services are classified into four levels:

- 1) Level 1: Community Health Services
- 2) Level 2: Dispensary or Clinic
- 3) Level 3: Health Centre
- 4) Level 4: Hospital

6. What is the role of communities in Primary Health Care?

Communities are essential partners in PHC.

- ✓ They participate in community dialogues,
- ✓ Support community health promoters,
- ✓ Seek care at the nearest health facility when sick,
- ✓ Contribute to addressing social determinants of health.
- ✓ They also support the development of local health facilities and the delivery of services by health workers.

7. What are the PHC services packages available for Kenyans ?

Promotive – It will include counseling and health education and awareness

Preventive – This will comprise primary, secondary and tertiary screening immunization, chemoprophylaxis and adherence monitoring

Ambulance and emergency response

Acute ambulatory care – this is the health care given to “walk in” stable patients.

Chronic diseases care:

- **Palliative care** – This will be given to patients with terminal illness
- **Rehabilitative care** – this will be given to persons with disability from any cause to improve the quality of their lives

8. What are Primary Health Care Networks? (PCNs)?

Primary Health Care Networks (PCNs) are systems that link facility-based health services to the community, fostering a seamless approach to healthcare delivery.

9. How are PCNS Managed?

Management of PCN starts at the Household level with individuals and families gaining knowledge on self-care and maintaining healthy environments. They actively engage in

community dialogues and support the work of the community health promoters. Those who are ill should seek services at the nearest health facility, where community health promoters may provide simple treatment when possible.

Community Health Units should have leaders who addressing social determinants of health and supporting local health facilities and health workers.

For Primary Health Facilities (level 2 and Level 3) effective management is essential to provide quality health services to the community

UHC in Numbers

- Population – 47500000
- Number of Households – 12.2 million

Health Facilities

- Referral Hospitals – 6
- Level 5 – 34
- Level 4 – 1010
- Level 3 – 2822
- Level – 2 – 13233¹

Community Health Services

- Community Health Units formed - 9100
- Primary Health Care Networks Formed – 19

Human Resource

- Community Health Assistants – 3250
- Community Health Promoters – 100,000

¹ Source KHMFLAs of 12.09.2023