

HEALTH LITERACY AND HEALTHY LIFESTYLES PROGRAM FOR ROMA IN ROMA SETTLEMENTS

for local Roma educators and mediators

- **Module 2: HEALTH SYSTEM**
 - **Chapter 1: Healthcare System - General Overview**

SUMMARY:

Healthcare system – concept and definition.

Health system as a structure promoting, restoring and maintain health.

Healthcare system influencing determinants of health.

OVERVIEW of Module II: Healthcare System



- **Healthcare System - General Overview**

Healthcare system – concept and definition. Health system as a structure promoting, restoring and maintain health. Healthcare system influencing determinants of health.

- **Understanding the healthcare system**

Understanding Healthcare as a complex system. Understanding of the local healthcare system functioning - in effort to improve health quality, outcomes, cost, and equity in access to quality healthcare services.

- **Health insurances and economy of healthcare**

Understanding the economy of healthcare.

Public health insurances and private health insurance schemes in Europe.

- **Accessible and quality healthcare: rights and responsibilities**

Addressing accessible and quality healthcare as a universal human right that every human being is entitled to. Raising awareness about health-related human rights and responsibilities in Roma communities in Europe.



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MODULE II

Chapter 2: Healthcare System - General Overview



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What is Health Care System? (I)

A health care system is an organization of people, institutions, and resources that delivers health care services to meet the health needs of target populations.

The management of any health system is typically directed through a set of policies and plans adopted by government, private sector business and other groups in areas such as personal healthcare delivery and financing, pharmaceuticals, health human resources, and public health.





What is Health Care System? (II)



Health care system an organized plan of health services, system or program by which health care is made available to the population and financed by government, private enterprise that embrace the following:

- (1) personal health care services for individuals and families, available at hospitals, clinics, neighborhood centers, in physicians' offices, and in the clients' own homes;
- (2) the public health services needed to maintain a healthy environment, such as control of water and food supplies, regulation of drugs, and safety regulations intended to protect a given population;
- (3) teaching and research activities related to the prevention, detection, and treatment of disease; and
- (4) third party (health insurance) coverage of system services.



What is Public Health?

Public health is "the science and art of preventing disease, prolonging life and promoting health through the organized efforts and informed choices of society, organizations, public and private, communities and individuals".

Analyzing the determinants of health of a population and the threats it faces is the basis for public health.

High-quality health care helps prevent diseases and improve quality of life.





Defining Public Health

Public health has been defined as "the science and art of **preventing disease**", prolonging life and improving **quality of life** through organized efforts and informed choices of **society**, **organizations** (public and private), **communities** and **individuals**.

The *public* can be as small as a handful of people or as large as a village or an entire city. The concept of *health* takes into account physical, **psychological**, and **social well-being**.

As such, according to the [World Health Organization](#), "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"





The World Health Organization defines health systems as follows:

A health system consists of all organizations, people and actions whose primary intent is to promote, restore or maintain health.

This includes efforts to influence determinants of health as well as more direct health-improving activities.

A health system includes, for example, a mother caring for a sick child at home; private providers; behaviour change programmes; vector-control campaigns; health insurance organizations; occupational health and safety legislation.

It includes inter-sectoral action by health staff, for example, encouraging the ministry of education to promote female education, a well-known determinant of better health.





European Health Care Systems

Educational Video



- https://www.youtube.com/watch?v=Lu5BY1YIy04&ab_channel=EuropeanCommission



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Healthcare system`s aims

- Healthcare systems' goals are good health for the citizens, responsiveness to the expectations of the population, and fair means of funding operations.
- Progress towards them depends on how systems carry out four vital functions: provision of health care services, resource generation, financing, and stewardship.
- Dimensions for the evaluation of health systems include quality, efficiency, acceptability, and equity.
- Health systems are likely to reflect the history, culture and economics of the states in which they evolve. These peculiarities bedevil and complicate international comparisons and preclude any universal standard of performance.



Health Systems around the world

There is a wide variety of health systems around the world, with as many histories and organizational structures as there are nations. Implicitly, nations must design and develop health systems in accordance with their needs and resources, although common elements in virtually all health systems are primary healthcare and public health measures.

In certain nations, the orchestration of health system planning is decentralized, with various stakeholders in the market assuming responsibilities. In contrast, in other regions, a collaborative endeavor exists among governmental entities, labor unions, philanthropic organizations, religious institutions, or other organized bodies, aimed at the meticulous provision of healthcare services tailored to the specific needs of their respective populations.





Anatomy of Health Care

Educational Video



- https://www.youtube.com/watch?v=dK4EV9wJPm0&ab_channel=MedSchoolInsiders



Continuity of health care is a major goal of healthcare systems.

Continuity of health care can be of several types:

- **Continuity of information.** It includes that information on prior events is used to give care that is appropriate to the patient's current circumstance.
- **Continuity of personal relationships,** recognizing that an ongoing relationship between patients and providers is the undergirding that connects care over time and bridges discontinuous events.
- **Continuity of clinical management.**



Determinants of Health (I)

The determinants of health include:

- The social and economic environment,
 - The physical environment, and
 - The person's individual characteristics and behaviours.
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- The context of people's lives determine their health, and so blaming individuals for having poor health or crediting them for good health is inappropriate.
 - Individuals are unlikely to be able to directly control many of the determinants of health.



Determinants of Health (II)



- **Income and social status** - higher income and social status are linked to better health. The greater the gap between the richest and poorest people, the greater the differences in health.
- **Education** - low education levels are linked with poor health, more stress and lower self-confidence.
- **Physical environment** - safe water and clean air, healthy workplaces, safe houses, communities and roads all contribute to good health.
- **Employment and working conditions** - people in employment are healthier, particularly those who have more control over their working conditions



Determinants of Health (III)

- **Social support networks** – greater support from families, friends and communities is linked to better health. Culture - customs and traditions, and the beliefs of the family and community all affect health.
- **Genetics** - inheritance plays a part in determining lifespan, healthiness and the likelihood of developing certain illnesses.
- **Personal behaviour and coping skills** – balanced eating, keeping active, smoking, drinking, and how we deal with life's stresses and challenges all affect health.
- **Health services** - access and use of services that prevent and treat disease influences health.
- **Gender** - Men and women suffer from different types of diseases at different ages.



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Types of Care in the Health Systems



- Primary care
- Secondary or acute care
- Tertiary care
- Respite care
- Restorative care
- Continuing care



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Primary Care

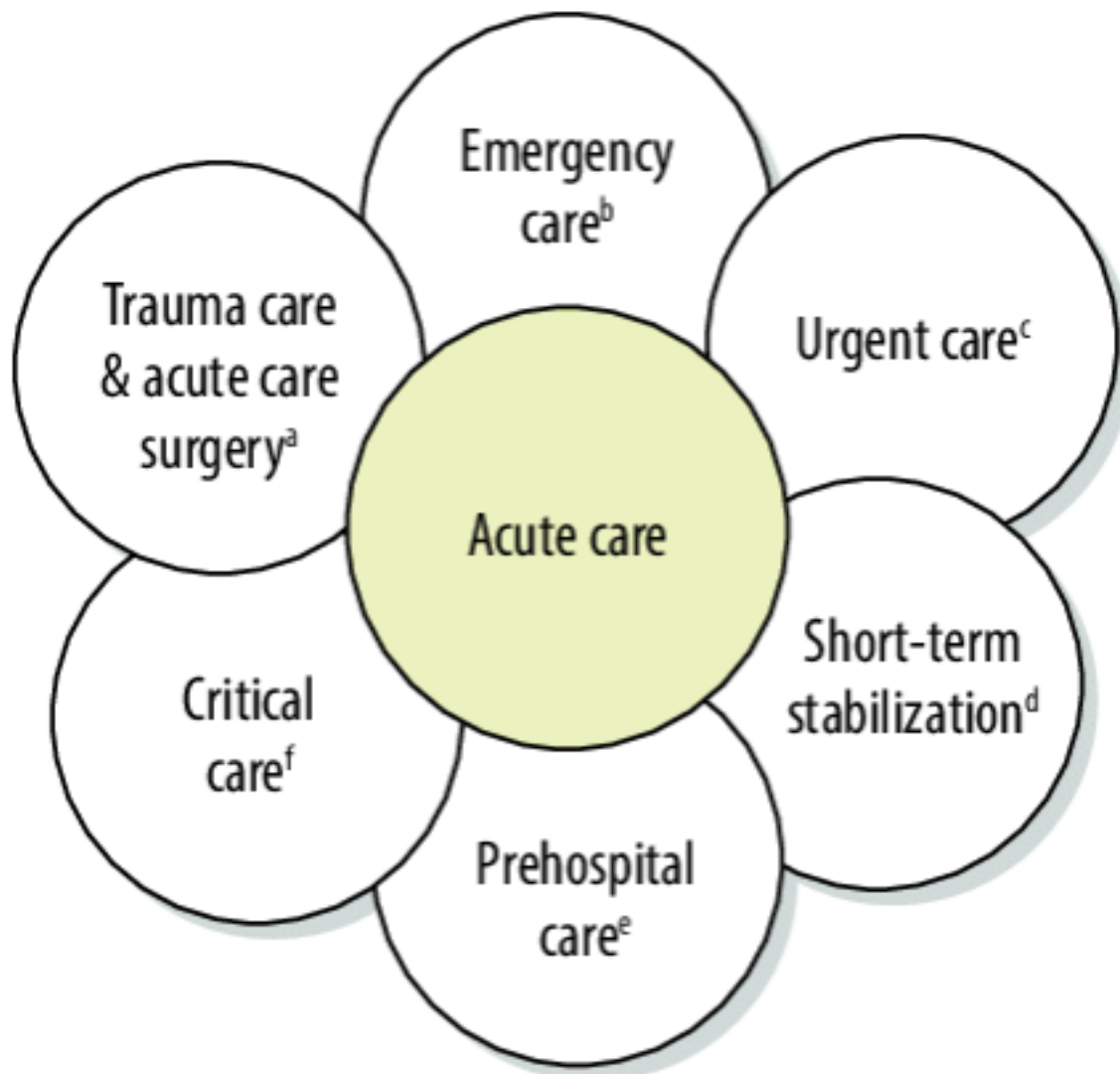
Primary care is the usual point at which an individual enters the health care system.

Its major task is the early detection and prevention of disease and the maintenance of health.

This level of care also encompasses the routine care of individuals with common health problems and chronic illnesses that can be managed in the home or through periodic visits to an outpatient facility.

Providers of care at the primary level include family members as well as the professionals and paraprofessionals who staff community and neighborhood health centers, hospital outpatient departments, physicians' offices, industrial health units, and school and college health units.

Secondary (Acute) Care



Secondary or acute care is concerned with emergency treatment and critical care involving intense and elaborate measures for the diagnosis and treatment of a specified range of illness or pathology.

Entry into the system at this level is either by direct admission to a health care facility or by referral.

Provider groups for secondary care include both acute- and long-term care hospitals and their staffs.

Tertiary Care

Tertiary care includes highly technical services for the treatment of individuals and families with complex or complicated health needs.

Providers of tertiary care are health professionals who are specialists in a particular clinical area and are competent to work in such specialty agencies as psychiatric hospitals and clinics, chronic disease centers, and the highly specialized units of general hospitals; for example, a coronary care unit.

Entry into the health care system at this level is gained by referral from either the primary or secondary level.





Respite Care



- **Respite care** is that provided by an agency or institution for long-term care patients on a short-term basis to give the primary caretaker(s) at home a period of relief.



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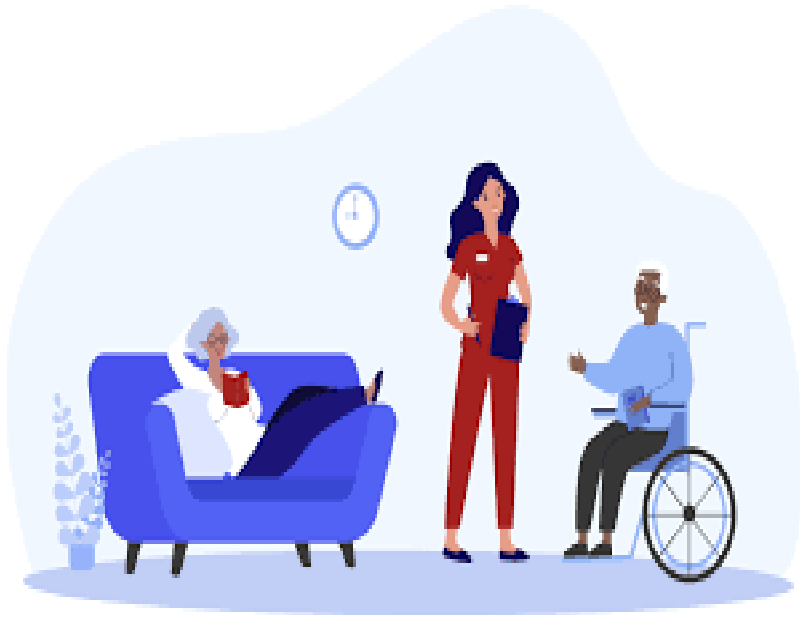


Restorative Care



Restorative care comprises routine followup care and rehabilitation in such facilities as nursing homes, halfway houses, inpatient facilities for alcohol and drug abusers, and in the homes of patients served by home health care. units of hospitals or community-based agencies.

Continuing Care

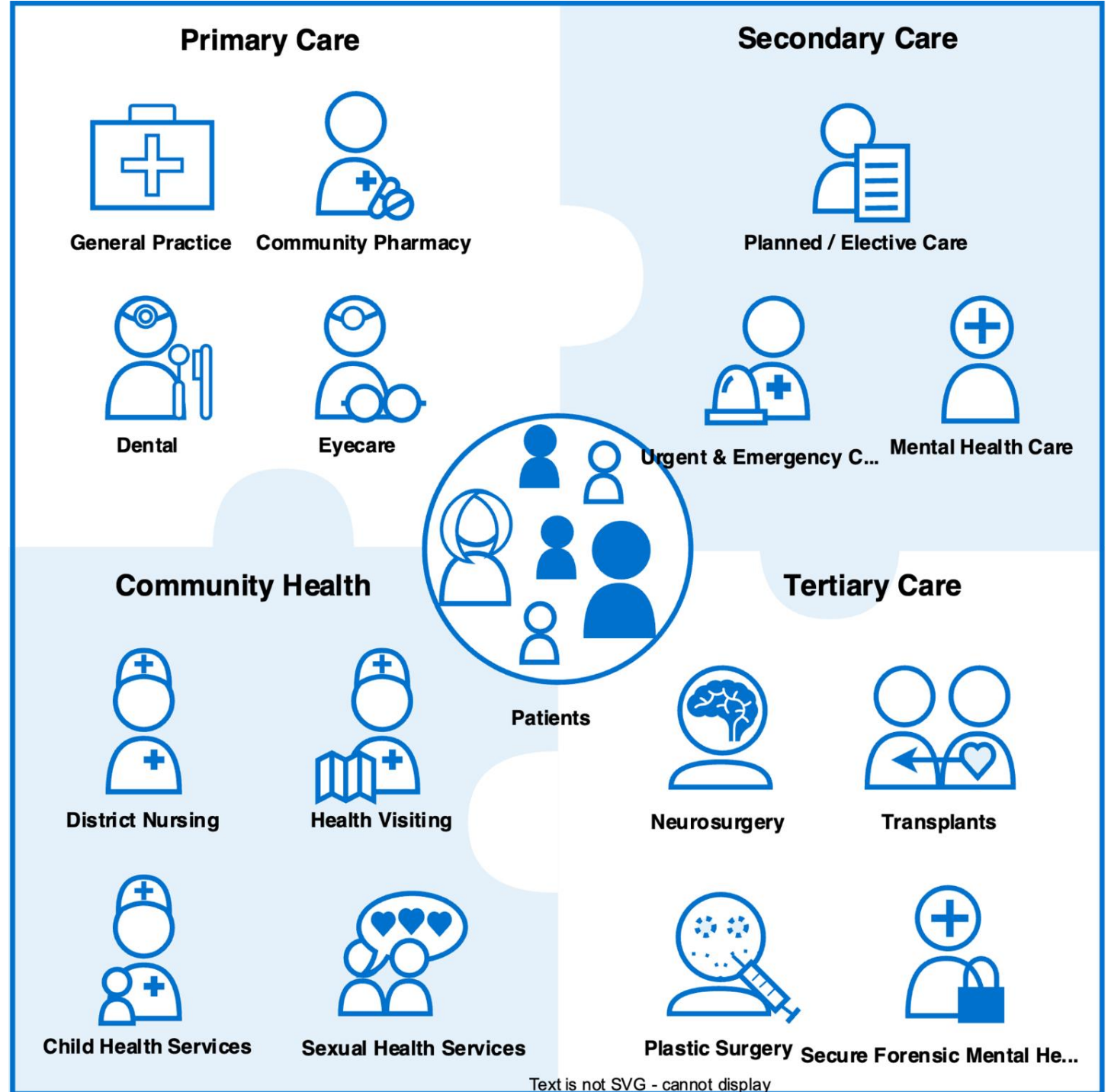


- **Continuing care** is provided on an ongoing basis to support those persons who are physically or mentally handicapped, elderly and suffering from chronic and incapacitating illness, mentally retarded, or otherwise unable to cope unassisted with daily living.
- Such care is available in personal care homes, domiciliary homes, inpatient health facilities, nursing homes, geriatric day care centers, and various other types of facilities.



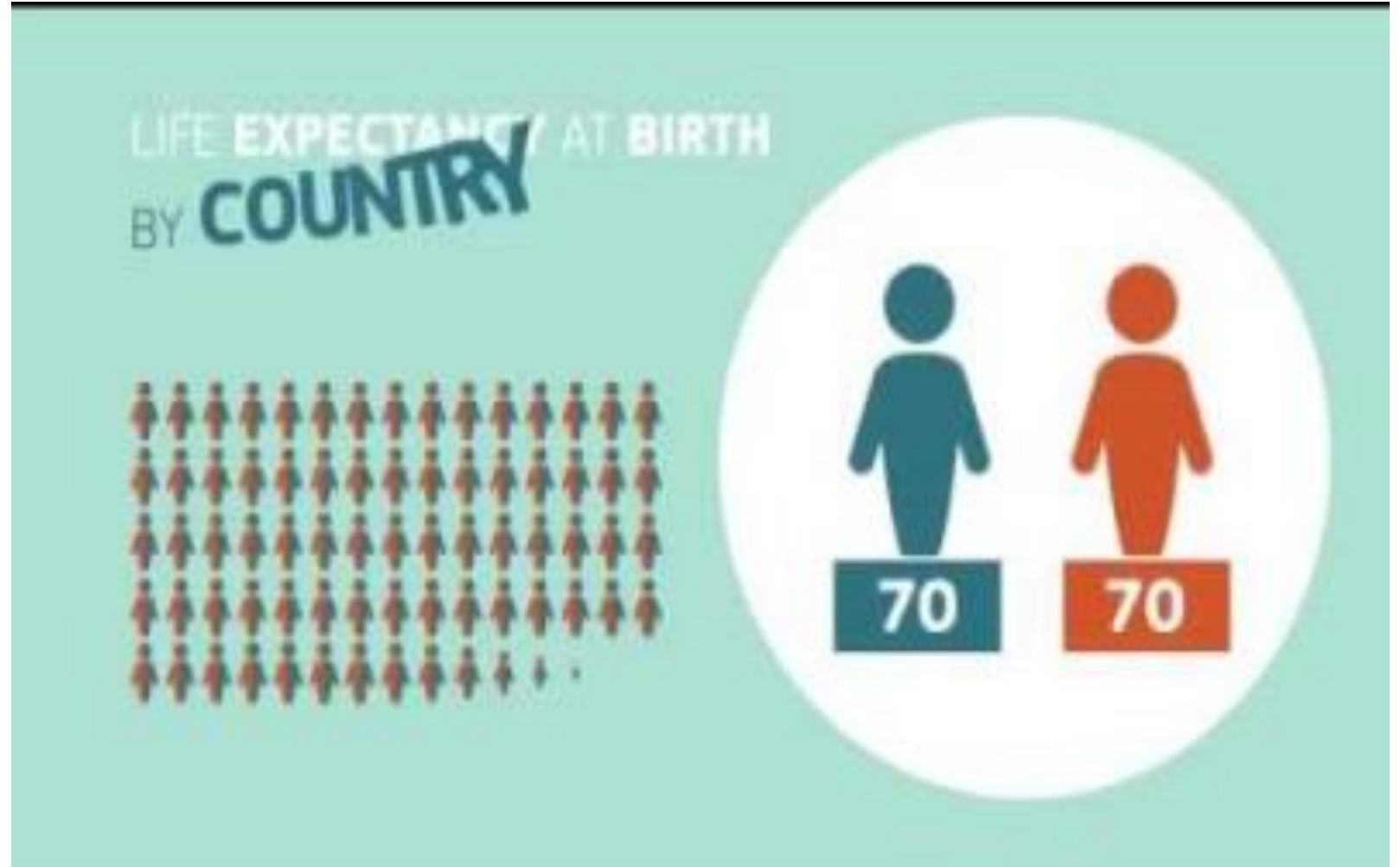


Types of Health Care



State of Health In the EU

Educational Video



- https://www.youtube.com/watch?v=jXD8upOFAbs&ab_channel=EuropeanCommission



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Module 1: HEALTHCARE SYTEM CHAPTER 1: Healthcare System - General Overview

CONCLUSIONS

- Healthcare systems' goals are good health for the citizens, responsiveness to the expectations of the population, and fair means of funding operations.
- Progress towards them depends on how systems carry out four vital functions: provision of health care services, resource generation, financing, and stewardship.
- Other dimensions for the evaluation of health systems include quality, efficiency, acceptability, and equity.

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