

Basics of public health

Public health

It is the science concerned with preventing disease, strengthening and prolonging life through the organized efforts of society. The main goal is to achieve the highest possible level of population health by putting theoretical knowledge into practice. Based on the integration of the knowledge of biomedical and social sciences, it provides information on the organization, structure, functions and management of individual components of the health care system.

Health care system

Health care

It represents health care encompassing all activities of the whole company which:

- strengthens health,
- prevents disease,
- treats already existing diseases,
- reduces the consequences of the disease.

According to the World Health Organization, health care can affect the health of the population by 20%. 80% of the population's health is affected by other influences such as lifestyle, environment and harmful habits.

Health care is health care in which the health sector participates (the provision of health services). It is part of health care.

Healthcare is a system of professional healthcare institutions and activities that focus on the care of citizens' health and serve to meet the healthcare needs of the population.

Includes:

- *bodies and institutions* : Ministry of Health, health insurance companies, etc.,
- *organizations and societies* : medical chamber, professional medical societies, ČAS, etc.,
- *medical facilities* : hospitals, outpatient facilities, medical institutions, etc.,
- *healthcare workers* : doctors, nurses, laboratory technicians, etc.,
- *services and activities* : medical and preventive care, hygiene service, pharmacy service, health education, scientific research, medical education, etc.

Medical facilities

Medical and preventive care facilities

a) *Outpatient care facilities:*

- office of practical specialist ambulatory doctors,
- examination and treatment components (laboratories, X-ray workplaces, rehabilitation workplaces).

b) *Bed facilities:*

- HOSPITAL,
- specialist medical institutions,
- psychiatric hospitals,
- hospitals for long-term patients,
- rehabilitation hospitals,
- spa treatments.

c) *Special children's facilities:*

- infant institutions,
- orphanages,
- crèche.

d) *Pharmacies.*

e) *Rescue service.*

f) *Hygiene service facilities.*

g) *Research institutes.*

Basic health care

Basic (primary) health care is an absolutely necessary care that is based on the connection of the activities of health services with the activities of the whole society.

Includes:

- proper treatment of common diseases,
- education focused on the main health problems,
- prevention of health disorders,
- support for proper nutrition, supply of safe drinking water ,
- basic hygiene ,
- drug supply,
- mother and child care,
- vaccination against the main infectious diseases (hepatitis type A, B, etc.).

The WHO Health for All by 2000 program states the following:

principles of basic health care:

- general availability, provision according to needs,
- strengthening the independence of citizens in health care,
- efficiency and economic and cultural acceptability,
- share of the community (municipality),
- involvement of other departments in health care.

Basic health care has 3 components:

- **primary care** means basic health professional services provided mostly on an outpatient basis by general practitioners or specialists. It includes health education, prevention, diagnosis, treatment, rehabilitation.
- **Self-care** represents the health activities of non-professionals. This includes the care of volunteers, self-help groups (e.g. associations of citizens with unspecified disabilities), voluntary organizations (e.g. Czech Red Cross) and movements (e.g. ecological movements).
- **Home care** is voluntary health care for patients in the home environment. It is provided mostly by mid-level healthcare workers (so-called home care agencies). This is care indicated by a doctor. Home care is more comfortable and natural for the patient. The patient completes the treatment in his own environment, with the help of his family members.

Financing of healthcare in the Czech Republic

- State budget,
- municipalities, cities, municipal taxes and business activities,
- businesses - mandatory payments for health insurance, additional payments to the health insurance fund, financing of own medical facilities, fines for polluted environment, etc.,
- compulsory health insurance,
- charity organization, foundation.

Compulsory health insurance is separate from social and health insurance. It is managed by insurance companies.

Share of financing of health care expenses - health insurance companies 79%, private sector 11%, public budgets 10%.

Links

References

- STREJČKOVA, Alice, et al. *Public health and health education: for SZŠ, field of medical assistant*. 1st edition. Prague: Fortuna, 2007. ISBN 978-80-7168-943-0 .