

HEALTH SERVICE PLANNING INSTITUTIONAL VS POPULATION BASED METHODOLOGIES!

Introduction:

Health has been considered as an important fundamental right of human being. The governments of every country are striving to maintain a healthy country through an expanded health care service plan in a community. Health has become a major concern in both developing and developed countries and their goal is to reach the whole population or public with a quality health services that is secure and feasible or acceptable for all, stated by WHO (World Health organization) as “Health for all by 2020”

Delivery of health care Services:¹

The care services are provided to meet the health care needs of the public with the resources available and the knowledge of implantation of health care services. The health service plan is based upon the government management sector and the institution providing the health care services. The two important criteria of delivering health services should meet the following.

1. **Population based health care delivery:** The health care services in every country or in every community should reach the entire population health needs and should cover a complete range of preventive, Promotion, curative, and rehabilitation health services.
2. **Institutional Health care services:** Institutional service of health planning refers to collaborate care for the public by
 - a. Primary health care(Primary health center),
 - b. Secondary health care (Sub district hospital and referral units),
 - c. Tertiary health plan (by specialty hospitals, Medical colleges etc.,)

This how the health services plan is implemented by population based and as well institutional based.

¹ Park k., (2015) “Textbook of preventive and social medicine”. ,23rd edition, ,m/s Banarasidas Bhanot Publishers, Jabalpur, India

Population based health care Planning Methodology:

²Population based health care planning can be defined as the assessment of the health care needs of a particular group or population and then analyzing the health needs and making decisions for the whole number of population than an individual.

³The health care needs can be assessed by the practitioner by using a similar instruction or treatment planning for any particular disease, injury, illness. This is called as population based health planning. The population based care can provide health care to a larger number of people and is more effective than the individual centered. Most of the countries where the population is more than the health care practitioner the population based planning will be an effective one.

Reason for population based health care planning:

Elimination of inequalities among the public:

Everyone likes to be treated in an equal manner or given equal respect in a community despite of the race or ethnicity, gender, socioeconomic status, and Location. Population based health care enables the practitioner to deliver a quality and equal care for all the population.

Empowering the Group:

Through this strategy of population based health services the health care team of doctors; nurses can train and empower the whole population on a specific disease conditions. This can be done by creating awareness through workshops, posters, printed materials and promote health care. The empowerment includes the three common preventive measures of community health care.

⁴Preventative Measures For Populations Based Health Planning:

The three levels of prevention is one of the focused population based health care methodology. The health care workers work based upon this concepts and strategies.

² <http://elearning.loyno.edu/masters-nursing-degree-online/resource/population-focused-healthcare>

⁴ Demetrius James Porche (2014) "Public & Community Health Nursing Practice: A Population-Based Approach, SAGE Publications.
Park k., (2015) "Textbook of preventive and social medicine". ,23rd edition, ,m/s Banarasidas Bhanot Publishers, Jabalpur, India
Katherine M. Keyes and Sandro Galea (2016)" Population Health Science" (1st edition), OUP publishers , USA.

Primary level of Prevention:

In this level of prevention all the measures to remove all the possibility of disease occurrence. (That means the intervention is pre pathogenesis). The primary strategies include the following.

- Counseling of health care and education (regarding behavior and lifestyle modifications, physical activity, diet, and psychological support)
- Vaccination to prevent communicable diseases
- Good housing and job opportunities
- Promotion of safe environment (like drinking clean water, sanitation and avoid pollution)
- Prevention of industrial hazards.

Secondary level of prevention:

In this level of prevention which stops the progress of the disease at the beginning phase and thus prevents further risks and effects is called as secondary prevention. (Early diagnosis, treatment, screening). The Secondary strategies include the following.

- Early testing of diseases and surveys
- Risk or case assessment
- Medical help
- Promotion of basic investigation
- Public health assessments.

⁵Tertiary level of prevention.

In this phase the disease has been advanced beyond the initial stage and even till possible treatment is done this is called secondary prevention. That ensures to minimize disabilities and suffering. The Tertiary strategies include the following.

Tertiary Prevention Strategies

- Redevelopment and education on disability reduction

⁵ Demetrius James Porche (2014) "Public & Community Health Nursing Practice: A Population-Based Approach, SAGE Publications

- Psychological support
- Palliative and rehabilitation care
- Awareness to prevent disability

Team focus:

The shift of change in health care in population based methodology has enabled the health care team to work together as group in achieving success.

For Example: when there is an outbreak of an epidemic in a particular community, the health care focus should be population based health intervention. Hence a team of doctors, nurses, technicians, and pharmacist join as group and provide care for the public.

Advantages of population based methodology:

Whenever we choose a particular methodology our focus should be that whether the people are benefited in this health care system.

- There is empowerment in society as well nurses
- Equal care to all public and all individuals.
- Prevention and promotion of health in a community.
- Focus of health can be large.

STUDIES RELATED TO POPULATION BASED METHODOLOGY

⁶Kisch AI, Harris LJ, Keeler E et.al conducted a study on “A new planning methodology to assess the impact of the health care system on health status”.

Abstract

The methodology used in this study was developed by Rand Corporation that impacts the population based health care system to assess the impact or improvement of health care. The methodology adopted focus on the developing a simplified, feasible and effective interventions in the promotion of health in population.

⁶ <https://www.ncbi.nlm.nih.gov/pubmed/713628>

Thus the health planners should improve the health system to make an approachable health care for the population.

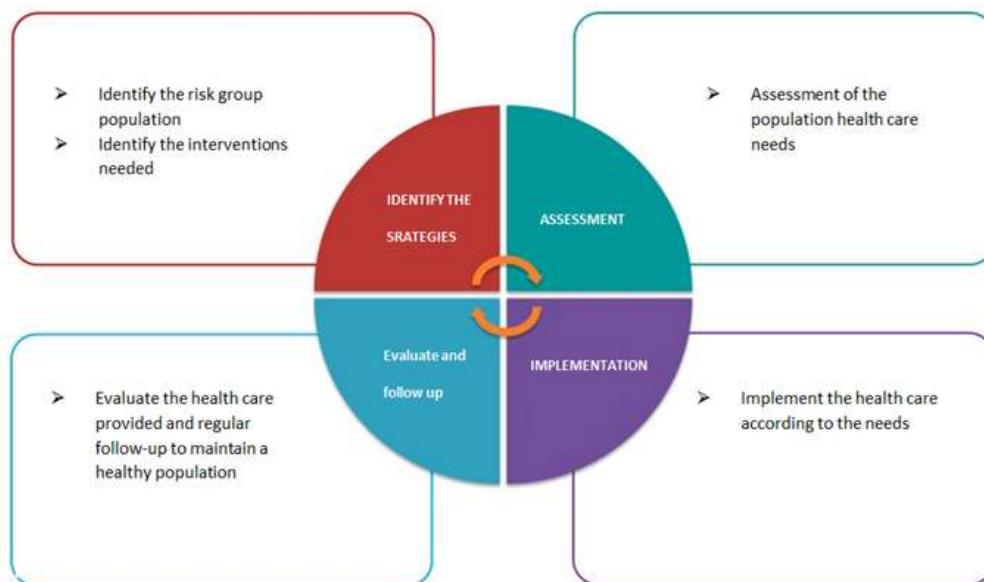
⁷*Population approaches Methodology in prevention and promotion of health in Australia Health care systems:*

There various useful strategies followed in Population approaches Methodology approach to health care in Australia are the following which focus on these levels.

1. Roles and structure of an organization
2. Effective communication and creating awareness
3. IEC (INFORMATION EDUCATION AND COMMUNICATION) USE
4. Planning ,educating and train the health care team
5. Economic support
6. Referral and partnership
7. Research and evaluation of health care.

Population based health planning analysis model: Population Health Analytics

Population based health planning analysis model



⁷ <http://curriculum.racgp.org.au/statements/population-health-and-public-health/>

Dave Hagarty Integrating Analytics for Value-Based Healthcare in a Health care business development-south east

INSTITUTION HEATH CARE METHODOLOGY

⁸"Health care institution is a formal or informal means of health care provided by the public (government) or Non-government organization and is limited to the outpatient, inpatient care, screening, drug availability for the affected persons"

Features of institutional care:

The institutional care can be either formal institutional care or informal institutional care.

Formal Institutional care: in this care

- Short term care
- Long term care.

Informal institutions care

- Ngo or social network care
- Rehabilitation centers
- Old age homes.
- Social network

Benefits of institutional care

- The individual needs are provided and gets an appropriate care
- The services provided in the institutional are objective to the single individual's disease condition.
- Holistic based care is provided her

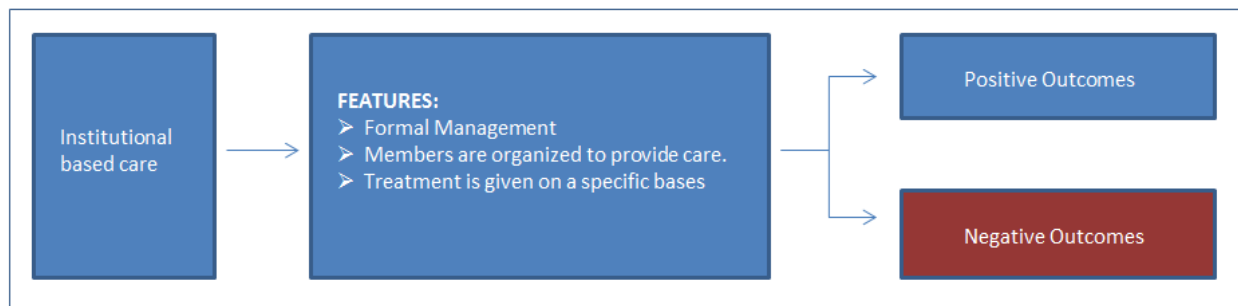
⁹Other Advantages of institutional planning care at the centralized level

⁸ http://www.psawa.com/Community_care_Vrs_Institutional_care.html#Institutionalcare

⁹ http://www.psawa.com/The_institutionalisation_of_community_care.html#Institutional_or_social_Care

- Improve in the treatment pattern (like new drugs, new technologies of treatment, and equipment for diagnosis and screening)
- Provides personal and psychological based care.
- The institutional care provides varied of opportunities for medical professionals in learning and implementation of new medicine and their prognosis.
- New Scientific interventions and treatment for varied choice.
- Here the treatment or health care is provided from the primary to the tertiary level of treatment.

Institutional Health care model:



This model was given by Goffman who says that an institution can be either positive or negative based upon the values of the community or society the institution is locate

Institutional health care centers

Apart from population based care, the institutional healthcare has been adapted by both developing and developed countries. These institutions proved individual centered care.

Following are the various institutional health care:

1. Rural hospitals: These hospitals are located in the rural areas which are accessible to the local people. Here the necessary first aid care, other immunization programs, maternal child health welfare are treated in the rural hospitals. These centers also act as a liaison between the referral hospitals.
2. Referral Units or District Hospitals: These hospitals provide a curative, preventive, promotive, healthcare. The treatment provided here are minor surgeries, treating all

medical conditions both inpatient and outpatient department. When the treatment fails in district hospitals, the individuals are referred to multi-specialty hospitals.

3. Specialty Units or Multi specialty Hospital: These hospitals provide a specialized care depending upon the disease condition of the individual. Here all modes of treatment are available for the individuals. This is the higher end of the institutional care.
4. Other institutional agencies: These agencies include defense hospitals, railway hospitals etc. In such institutions, the treatment is provided exclusively for their employees only and thus benefits them.
5. ¹⁰Voluntary health Agencies: These agencies run by an autonomous board of bodies where the treatment is provide at a lower cost. These agencies are otherwise also known as NGO's (Nongovernmental) like Red Cross etc.

Research studies related to institutional based methodology.

Newgard CD, Hui SH et.al (2005) study on "Institutional variability in a minimal risk, population-based study: recognizing policy barriers to health services research".

Abstract

The main objective of this study institutional variability is a minimal risk n health services and the impact of institutional based. The data was collected from the year of 2001 to 2004 a descriptive prospective research design was used. The study was conducted the outpatient units of pediatric units of Los Angeles in America. The study concludes that institutional variability had been approved from a less risk in health status than the population based strategies.

¹⁰ https://www.jstor.org/stable/41983657?seq=1#page_scan_tab_contents

Emerging models of health care in Australia

1. ¹¹New innovations and models have been developed in the health care like a **nurse-led clinic** is which the outpatient department is managed by registered nurses. Here the nursing activities are performed in a systematic way this is a new innovational model of care in most of the European countries.
2. Other surgical procedures are now big performed in the consultant rooms and simple surgical procedures thus shifting boundaries of health care.
3. ¹²The other innovations includes the telehealth and access to medical records this allows the other health care provider to have access over the health documents.th information includes the summary of discharge, investigation done .treatment given, immunization schedule etc. (stated by Department of health Australia 2013)
4. Tele health services are now new communication technologies which are implemented by video conferencing and customer services are provided via phone or through conferencing calls. (Stated by Department of health Australia 2012).
5. The implementation of e –health is to monitor self-health is an emergency factor or key in health care. (Study conducted by Fox and Duggan in 2013).
6. The affected patients can also use devices to monitor their basic health status like glucose monitor, blood pressure monitor, Temperature recording by thermometers and to some extent analyze the health risks at home.

¹¹ <http://www.aihw.gov.au/australias-health/2014/health-system/>

¹² Department of health Australia 2013

Critique of population and institutional based methodologies in health planning.

A critique is the detailed assessment of a report or a research article and thus drawing conclusion from the report.

Review and evaluate:

Population based health care methodology:

Population based health care methodology was one of the primitive method of health planning services because during those days the people were not aware of their health status and showed less prevalence of communicable diseases and lifestyle modification diseases. Hence during the early 90s the health focus had started in various countries the focus had begun from the population based approach.

The population based approach of health planning was important in early days to find out the prevalence of disease and creating the awareness among the public.

On any epidemic outbreak the population based health planning is very important to gather the incidence rates and other mortality, mobility rates to analyze the health status in the affected community.

Population based health planning should be a core of any planning of health policies in a country the planning can start from understanding the public needs then draft the needed precautions and steps by the government.

The rural areas should be focused on the population based health planning.

Institutional based health care methodology:

Institutional based health care methodology is one of the latest methodologies implemented in many countries and been followed. In the recent era of science and development and the advancement of science there are has many an emerging health issues and prevalence of non-curable communicable diseases like (Aids) in the society for a long period. These diseases are which cannot be treated in the community or in the public health care setting should be treated in the institutions.

The emergence of institutional based health planning is very necessary to find out the appropriate treatment for the persons admitted with the unknown diseases conditions.

The institutions of a particular government department, organization, profession or service can find an way the person is supported within that society.

Evaluation and review – Population and Institutional Based Methodologies in Health Planning Critique.

When evaluating the most important criteria in health planning in a country either developed or developing country. The focus should be whether the individual is benefited through the health policies practiced in the country.

My focus of health planning will be the institutional based health planning to enhancement of the health sectors and implement new technologies for curing the diseases.

If the government focus on a good institutional methodologies of health planning by changing the policies of the health care like (change the infrastructure of hospitals, feasibility, availability of health care and the most important the client should be able to afford for his health care needs)

If the institutional health care methodologies are implemented in an effective manner the country can progress in finding new treatment for many diseases condition and stop the killer diseases and hence prolong the life of any individual.

This institutional health care planning can also control other communicable diseases. The main objective in health planning policy the government should take a note of major problems faced by the population and thus develop institutional based health care and needs to promote a healthy country.

Conclusion:

Effective implementation of institutional health planning in a country and focus on the population based interventions to control the communicable diseases and as well the emergence of the new life style diseases. Therefore we can accomplish the goal of world health organization (WHO) as ‘health for all by 2020’Ad.

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