



Strengthening Primary Healthcare in Pakistan: A Foundation for Sustainable Health Reform



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The firsthand health care services and a set of health-improving strategies or interventions, underline the concept of public health care. These are for meeting the health needs of economically compromised groups of people fairly. This concept has been polished since 1978. Public health care does not only comprise the implementation of comprehensive healthcare approaches but also rising economic, environmental, and social concerns that can be useful in optimizing healthcare strategies. According to the Alma-Ata Declaration, PHC underscores the importance of focusing on all the health-improving aspects such as taking precautions for preventing illness to offering treatments, reducing morbidity rates, and improving survival rates [1]. Different regions of the world have different primary health care approaches which are being implemented strategically for the well-being of humankind. There are several challenges faced by the healthcare system in Pakistan such as insufficient funding, low healthcare workforce, and inadequate infrastructure.

According to the World Health Organization (WHO), the health indicators of Pakistan are behind other countries in the continent, and the difference in the healthcare systems in the rural and urban areas is significant. A considerable portion of the population relies on the public sector for health facilities, as the private sector is way too expensive for an average person to afford.

The core issue of the poor health care system in Pakistan is the financing so to strengthen it this must be addressed first. An increase in the spending in this department is imperative, especially in the rural and unprivileged areas where healthcare is not easily accessible.

The difference between the healthcare systems in urban and rural areas can be decreased if there is an equitable distribution of resources. Moreover, training and retaining a skilled healthcare workforce could help resolve this issue. Programs such as Pakistan's Lady Health Worker (LHW) have shown an increase in coverage but all these efforts can be supported by adequate resources and training.

Health equity and primary health care go side by side. PHC ensures that healthcare is accessible not only to the privileged segment of society but also to marginalized populations, women, and children. By providing communities with these facilities Pakistan can take a great step towards achieving health coverage and improving the health of its population.

In conclusion, strengthening PHC is not just an option it's a demand and must be done. It's the base for the achievement of sustainable health reforms. It should be prioritized by the policymakers, ensuring all Pakistanis get quality access to healthcare regardless of economic and geographic differences.

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