

# Structure of Health Care System: Vital in Promoting Community Well-Being

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**Abstract:** It is understood on a comprehensive basis that individuals, belonging to all occupations, communities, and socio-economic backgrounds are overwhelmed by different types of health problems and illnesses. These are experienced in a major or minor form. The research studies have indicated that in rural communities, the individuals are depending on the natural environmental conditions in order to treat various types of health problems and illnesses. But there are formulation of programs, which are putting emphasis on bringing about improvements in health care services within rural communities. On the other hand, within urban communities, the medical and health care services are in a well-developed condition. The individuals employed in these are required to be well-versed in terms of job duties and responsibilities. Furthermore, the different types of methodologies and procedures are required to be put into operation in a satisfactory manner. As a consequence, individuals are rendering an important contribution in promoting good health, physically as well as psychologically. One of the important aspects that needs to be taken into account is, individuals are required to prepare themselves adequately in making sure, individuals are benefitting from the services. Therefore, it is well-understood, structure of health care system is vital in promoting community well-being. The main concepts that are taken into account in this research paper are, the health care system in rural areas, functioning of community health care centres, functioning of primary health care centres, functioning of sub-centres and measures to be implemented in bringing about improvements in structure of health care system.

**Keywords:** Functioning, Health Care Facilities, Health Care System, Improvements, Job Duties, Structure, Well-being

## I. INTRODUCTION

With the population of 1.21 billion, India is in second position in population. China is the country with the highest population. India is the country with 29 states and seven union territories. These states and union territories are subdivided into districts and blocks. Hence, the provision of health care facilities is a huge challenge to the country, even after it achieved its independence. In India, more than 70 percent of the population resides in rural communities. In these communities, the health care system is not in a well-developed state (Health Workers, 2006). There is one medical practitioner, who attends more than 5000 patients in a day.

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On the other hand, the health care system in urban communities is well-developed throughout the country. The individuals, belonging to rural communities migrate to urban communities in order to treat their health problems and illnesses. At the primary level of health care, community health care centres, primary health care centres and sub-centres are included. The sub-district hospitals come under the category of secondary health care. The tertiary level of health care includes both district hospitals and medical colleges.

In order to bring about improvements in health care facilities, there is need to focus on comprehensive planning and management. The states are responsible for the functioning of the health care delivery system. On the other hand, centre also has the responsibility for the health care system of the state. The main areas that need to be taken into account are, policy making, planning, organizing, directing, assisting and providing funds to provincial health authorities in order to implement health care programs. The national level health care system is guided by Union Ministry of Health and Family Welfare (MoHFW). In every state, there is department of health and family welfare, headed by the state minister. Each regional set-up covers three to five districts and works under the authority, which is delegated by the state directorate of health services. Middle level management of health services is the district level structure. It is the connection between state and regional structure on one hand and on the other hand is the peripheral structure, such as Primary Health Care (PHC) and Sub-center (SC) (Chapter – II. Health Care System in India, n.d.[1]).

### A. The Health Care System in Rural Areas

It is apparently understood that individuals, belonging to all age groups are overwhelmed by different types of health problems and illnesses. Some of these are, pain in the joints, heart problems, kidney disorders, high blood pressure, low blood pressure, visual impairments, hearing impairments and so forth. Hence, individuals are required to be well-versed in terms of measures, which are facilitating in promoting good health. The rural communities make use of various types of traditional methods as well to treat their health problems and illnesses. They obtain herbs and medicinal plants from forests, which would be facilitating in treating different types of health problems and illnesses. The individuals, belonging to rural communities, usually live below poverty line. They are overwhelmed by the conditions of poverty and do not possess adequate amount of financial resources. They have limited access to health care facilities and services.



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The individuals, belonging to rural communities migrate to urban communities in order to treat their health problems and illnesses. Therefore, it is well-understood that in rural communities, there is a need to formulate programs, which are focused on bringing about improvements in the health care system.

The research studies have indicated that in rural communities, the individuals tend to have a longer life-span. In order to have a longer life-span, there are number of factors that individuals need to take into account, i.e. diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; promoting a normal mind-set; coping with various types of psychological problems in an effective manner; obtaining medical check-ups on regular basis; treating injuries and wounds in an adequate manner; communicating with others in an effective manner; forming an effective social circle and alleviating loneliness and inculcating the traits of morality and ethics. The rural individuals are well-versed in terms of all these factors and put in their efforts in treating different types of health problems and illnesses. They have the primary occupations of agriculture and farming practices. Furthermore, they are engaged in production and manufacturing processes. Hence, they implement efforts to promote good health, physically and psychologically. Therefore, it can be stated, rural individuals are augmenting and implementing information regarding ways to promote their good health and well-being.

In some of the rural households, the birth of girls is not appreciated. In other words, more preference is given to male children. The individuals form the viewpoint that male children are assets. They will render an important contribution in promoting well-being of their families, hence, focus is put upon promoting their good health and well-being. On the other hand, girls are regarded as liabilities. It is believed that they will make demands and will not yield any returns on investment, hence, they are not given equal rights and opportunities as compared to their male counterparts. The male children are given food that is cooked in ghee, milk and butter, whereas, girls were given food, cooked in water. This signifies that girls are being discriminated in terms of implementation of ways that are necessary in promoting good health and well-being, physically and psychologically. From the stage of early childhood, they are trained in terms of household responsibilities, as they are to get married and go to marital homes. Therefore, in rural communities, in some households, girls are being discriminated against in terms of measures related to promoting good health.

### B. Functioning of Community Health Care Centres

The community health care (CHC) is regarded as the third tier of the network of rural health care institutes and was required to act as a referral centre. The objective of having a referral centre for the primary health care institutions was two-fold. The first one was to make the modern health care services accessible to rural individuals and to ease the overcrowding in the district hospitals. The CHCs were structured in accordance to the four areas of specialization, i.e. medicine, surgery, pediatrics and gynaecology. There was provision of infrastructure, tools

and equipment to make provision of specialized health care services to rural individuals. Some of the CHCs have been approved, without endorsing all the posts of the specialists. More than 70 percent of the CHCs were operated either by one specialist or no specialist. The efficacy of the CHCs was determined on the basis of its functioning. The effective functioning of the CHCs was regarded to be of utmost significance to the individuals, belonging to rural communities. The main reason being, the rural individuals are able to get access to health care services (Functioning of Community Health Centres, n.d.).

The CHCs are the first referral unit for the first PHCs. These are being established and maintained by the state government under the Minimum Needs Program (MNP) and Basic Minimum Services (BMS). The effective utilization of CHCs depends on the services that it is providing to the rural individuals. It is apparently understood that in order to lead to progression, it is necessary to be well-versed in terms of various types of methodologies and procedures. Furthermore, financial, human, technical, material and information resources are to be maintained in a well-ordered and disciplined manner. The human resources are the ones, who make use of their educational qualifications, competencies and abilities in a well-ordered and satisfactory manner. Furthermore, utilization of various types of technologies and modern, scientific and innovative methods are regarded to be of utmost significance in making provision of health care facilities to individuals, belonging to rural communities. Therefore, it is well-understood, CHCs are proving to be favorable and useful on a comprehensive basis.

The individuals, belonging to rural communities are overwhelmed by the social problems of poverty, backwardness, illiteracy, and unemployment. Due to these factors, they are unable to understand the measures that are necessary in promoting good health and well-being, physically and psychologically. The maintenance of cleanliness is regarded to be of utmost significance in rural households as well as in rural communities. Furthermore, they need to be well-informed in terms of measures to curb various forms of pollution. These are, air, water, land and noise (How Does Pollution Affect Humans? 2020). The air pollution is the one that is caused due to emission of gaseous fumes into the air from factories and industries. Hence, when the rural individuals are employed in industries and factories, they need to put into operation the measures in such a manner, which would render an important contribution in curbing air pollution. The rural individuals normally obtain water from the water bodies in pitchers. Hence, it is of utmost significance to keep the water bodies clean. They need to make sure, they do not throw any waste materials into the water bodies. The individuals experience various types of health problems and illnesses due to contaminated water, hence, it is of utmost significance to curb water pollution. The rural individuals need to put emphasis on keeping the environment clean.

In order to promote cleanliness within the environmental conditions, the alleviation of land pollution is regarded to be of utmost significance. They need to make sure, they do not throw any waste materials on land. The individuals experience various types of health problems and illnesses due to residing in an unclean environment; hence, it is of utmost significance to curb land pollution. Noise pollution is the pollution that is caused due to loud noise. Within rural communities, the noise pollution is caused to machines, television and radio. As a consequence, the health conditions of the individuals do get affected. Hence, one needs to play the television and radio in low volume. In some cases, the noise of the machines cannot be avoided, particularly, when construction or repair work is to be done. The individuals normally change the places within their homes in order to avoid noise pollution. Therefore, curbing all forms of pollution will be facilitating to the individuals in curbing various forms of health problems and illnesses.

## II. FUNCTIONING OF PRIMARY HEALTH CARE CENTRES

Primary Health Care Centres (PHCs) are the centres that promote interaction between medical practitioners and village communities. In leading to effective growth and development of individuals, communities and nation, it is necessary to be well-equipped in terms of various types of modern, scientific and innovative methodologies and procedures. The individuals need to be well-versed in terms of measures and procedures, which are facilitating in leading to up-gradation of PHCs. One of the important aspects that needs to be taken into account is, human resources need to possess the essential skills and abilities, which are facilitating in doing well in one's job duties and achieving desired goals. The PHCs are established and maintained under the Minimum Needs Program (MNP) and Basic Minimum Services by the state government. As per the minimum norms, the medical officer is supported by paramedical and other staff members to manage the PHC. The integrated and curative health services are provided to rural individuals to treat different types of health problems and illnesses. The research studies have indicated that the development of PHC has proven to be favorable to individuals, belonging to rural communities.

It is apparently understood that in order to lead to progression, it is necessary to be well-versed in terms of various types of methodologies and procedures. Furthermore, financial, human, technical, material and information resources are to be maintained in a well-ordered and disciplined manner. The human resources are the ones, who make use of their educational qualifications, competencies and abilities in a well-organized, efficient and satisfactory manner. Furthermore, utilization of various types of technologies and modern, scientific and innovative methods are regarded to be of utmost significance in making provision of health care facilities to individuals, belonging to rural communities. Hence, it is well-understood, PHCs are proving to be favorable and useful on a comprehensive basis. The medical practitioners and health care specialists are required to lead to up-gradation of motivation and concentration levels towards putting into operation different types of job duties and responsibilities. As a consequence,

they will render an important contribution in generating desired outcomes. Therefore, it can be stated, progressions are taking place in PHCs.

The PHCs that are functioning within the country are 25 in number. In rural communities, the individuals are engaged in manual job duties. The agriculture and farming practices are regarded as one of the primary occupations of rural individuals. These are manual and in order to do well in one's tasks and activities, it is necessary to promote good health. The individuals are required to promote good health and well-being, physically as well as psychologically in order to sustain their living conditions in a satisfactory manner. It is unfortunate to note that in rural communities, there has been an increase in child mortality rate. The main reason is, underdeveloped medical and health care facilities. Hence, it is of utmost significance to bring about improvements in medical and health care facilities. The development of PHCs will render an important contribution in promoting enrichment of health care facilities. As a consequence, progressions will take place of rural individuals and communities as a whole. Therefore, PHCs are proving to be advantageous on a comprehensive basis.

### A. Functioning of Sub-Centres

The sub-centre is the first interaction point between the primary health care and local community. At present there are 1,52,326 sub-centres functioning within the country. The main objective of sub-centres is to make provision of health care facilities to women and children. Apart from women and children, the senior citizens and other individuals are able to have access to medical and health care services. The different types of services that are provided are, safe delivery, universal immunization program, family welfare services, primary medical care and control of communicable and non-communicable diseases. In order to manage these sub-centres, the individuals need to possess the essential educational qualifications, competencies and abilities. The human resources include, Auxilliary Nurse Mid-wife, one female and one male health worker. The sub-centres make provision of preventive and primitive care along with basic curative care. In cases of health problems and illnesses, prevention is better than cure. Therefore, progression will take place of sub-centres, when personnel will be well-informed in terms of job duties and methodologies.

The population density within the country is varying and not uniform. The application of population norms is not possible throughout the country. In accordance to the population norms, there is only one sub-centre, which is established for the population of 5000 individuals. In hilly and tribal communities, there is a decline in the population to 3000. At the end of the sixth five year plan (1981-1985), the sub-centres working within the country account for 84, 376. In 1985-1990, it further increased to 1,48,366. In the present world, the number of sub-centres working within the country account for 1,53,655.

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A similar progress in the sub-centres is observed in the states of Gujarat, Karnataka, Orissa, Rajasthan, Madhya Pradesh and Uttar Pradesh. These are rendering an important contribution in making provision of medical and health care services to rural individuals. There is a need to augment information in terms of methods and procedures in order to lead to effective growth and development of sub-centres. It is apparently understood that individuals working are required to be well-informed in terms of various types of pioneering methodologies and procedures. Therefore, through utilization of appropriate techniques, developments will take place in sub-centres.

In order to put into operation their job duties and responsibilities in a well-ordered and regimented manner, they need to be well-informed in terms of techniques. One of the important aspects that needs to be taken into account is, individuals need to lead to up-gradation of motivation levels. As a consequence, their mind-sets will be stimulated in putting into practice their job duties satisfactorily and generating desired outcomes. Health care is a complicated concept. Hence, in order to carry out various tasks and activities in a well-ordered manner, individuals will have to be well-equipped in terms of methodologies and techniques. Furthermore, honing of competencies, abilities and aptitude will prove to be favorable on a comprehensive basis. The human resources need to put emphasis on leading to up-gradation of analytical, critical-thinking and problem-solving skills. These skills are facilitating in doing well in one's job duties and generating desired outcomes. Therefore, it is understood on a comprehensive basis that sub-centres are proving to be useful in bringing about improvements in health care facilities of individuals.

### **B. Measures to be Implemented in Bringing about Improvements in Structure of Health Care System**

Health is Wealth. The individuals, belonging to all communities, categories and socio-economic backgrounds have common goals and objectives to achieve. One of the common goals is to bring about improvements in their overall standards of living (HD Clinical Tips, n.d.). When individuals are wholeheartedly committed towards achievement of this goal, they are required to promote good health and well-being, physically as well as psychologically. It is fortunate that in rural communities as well, improvements are taking place in medical and health care services. Furthermore, the individuals, who are involved in this area are required to augment information in terms of measures to be implemented in bringing about improvements in structure of health care system. All the measures are required to be put into practice in a positive manner. These are stated as follows:

### **C. Recruiting Well-Qualified and Experienced Personnel**

The recruitment needs to take place of well-qualified and experienced personnel. The hiring authorities are required to be well-informed in terms of various factors. The educational qualifications, competencies, abilities, aptitude, personality traits and work experience are the essential factors that need to be taken into account when recruitment takes place. These individuals need to possess the essential skills and abilities. These are facilitating in putting into

operation all tasks and activities in a well-ordered and regimented manner. Furthermore, it is necessary to form positive viewpoints in terms of various factors. This will be facilitating in doing well in their job duties and achieving desired goals. Therefore, recruiting well-qualified and experienced personnel is regarded as one of the indispensable measures to be implemented in bringing about improvements in structure of health care system.

### **D. Being Well-Informed Regarding Job Duties and Responsibilities**

All the members need to be well-informed in terms of their job duties and responsibilities. These are complicated as well as manageable; these are implemented in less amount of time or can be more time-consuming and these are put into practice on an individual basis as well as through working in co-ordination with other members (Govil, 2018). This is apparently understood that within the course of putting into operation various tasks and activities, there are occurrences of various types of dilemmas and challenging situations. These need to be coped with in an effective manner. Furthermore, these need to be prevented from giving rise to impediments within the course of putting into operation different types of job duties and responsibilities. Therefore, being well-informed regarding job duties and responsibilities is one of the significant measures to be implemented in bringing about improvements in structure of health care system.

### **E. Being Well-Equipped Regarding Methodologies and Procedures**

In order to carry out all types of job duties and responsibilities in a satisfactory manner, it is of utmost significance to be well-versed in terms of various types of methodologies and procedures. These are referred to the ways of doing well in one's job duties and generating desired outcomes. These are complicated as well as manageable; these are implemented in less amount of time or can be more time-consuming and these are put into practice on an individual basis as well as through working in co-ordination with other members. The individuals are required to understand the concepts in a satisfactory manner. Furthermore, they are required to get engaged in regular practice. This will be facilitating in carrying out all tasks and activities in a well-ordered manner. Therefore, being well-equipped regarding methodologies and procedures is a productive measure to be implemented in bringing about improvements in structure of health care system.

### **F. Utilizing Pioneering Methods and Materials**

With advancements taking place and with the advent of modernization and globalization, it is necessary to be well-versed in terms of pioneering methods and materials. As a consequence of making use of these, the individuals are able to put into practice their tasks and activities in a less time-consuming and efficient manner. The individuals are required to understand the concepts in a satisfactory manner.

Furthermore, they are required to get engaged in regular practice. This will be facilitating in augmenting competencies, abilities and aptitude. The different types of pioneering methods and materials are, utilization of charts, graphs, maps, pictures, images, structures, designs, models, tools, devices, machinery, apparatus, equipment and various types of technologies. As a consequence of their utilization, desired outcomes will be generated. Therefore, utilizing pioneering methods and materials is a noteworthy measure to be implemented in bringing about improvements in structure of health care system.

#### G. Augmenting Competencies and Abilities

The human resources are required to put emphasis on augmenting competencies and abilities. These are, management, administration, controlling, organizing, leading, negotiating, emotional intelligence, systems thinking, putting in efforts to one's best abilities, possessing the abilities to work under stress, coping with various types of problems and challenging situations in a satisfactory manner and carrying out all types of tasks and activities in a well-ordered manner. All individuals, working in health care centres in different job positions are required to put emphasis on up-gradation of competencies and abilities. As a consequence, individuals will render an important contribution in implementing their job duties in a satisfactory manner and generating desired outcomes. Therefore, augmenting competencies and abilities is a worthwhile measure to be implemented in bringing about improvements in structure of health care system.

#### H. Implementing Time-Management Skills

In the structure of health care system, there are number of job duties that need to be put into operation by the individuals. Hence, it is of utmost significance to take out sufficient amount of time for all tasks and activities. For this purpose, all individuals are required to be well-versed in terms of time-management skills. These are the skills that are facilitating in taking out sufficient amount of time for all tasks and activities. The individuals assign priorities to the tasks. The ones, which are more important are carried out, whereas, the ones, which are less important are carried out after the completion of more important ones. Procrastination is to be avoided. Hence, these skills are facilitating in completing all tasks and activities with the required time-frame. Therefore, implementing time-management skills is a notable measure to be implemented in bringing about improvements in structure of health care system.

### III. MAKING WISE AND PRODUCTIVE DECISIONS

The decision-making processes are required to be put into operation in a well-organized and regimented manner. The individuals in leadership positions are vested with the authority and responsibility of making wise and productive decisions. They may use their own discretion and obtain ideas and suggestions from other individuals. The various factors in terms of which decisions are to be made are, job duties, responsibilities, methodologies, procedures, techniques, approaches, infrastructure, amenities, facilities, resources and so forth. In the decision-making processes, analysis needs to be conducted in terms of various types of

alternatives and options that are available. Furthermore, selection is made of the most suitable and worthwhile alternative or option. Hence, it is well-understood, making wise and productive decisions are facilitating in leading to up-gradation of overall structure of health care. Therefore, making wise and productive decisions is a meaningful measure to be implemented in bringing about improvements in structure of health care system.

#### A. Promoting a Normal Mind-Set

The individuals, who are employed in health centres in all job positions, are required to promote a normal mind-set. This is apparently understood that individuals are overwhelmed by different types of psychological problems of anger, stress, anxiety, frustration and depression. They need to ensure, these are prevented from assuming a major form. In addition, these are prevented from giving rise to impediments within the course of putting into practice different tasks and activities. The individuals are required to form positive viewpoints in terms of various factors. Furthermore, they are required to reinforce a constructive approach. This will be facilitating in coping with different types of challenging situations in a well-ordered and satisfactory manner. Furthermore, the individuals will deal with others in an effective manner and treat others with respect and courtesy. Therefore, promoting a normal mind-set is a favorable measure to be implemented in bringing about improvements in structure of health care system.

#### B. Leading to Up-Gradation of Motivation Levels

All individuals, working in health care centres in different job positions are required to put emphasis on leading to up-gradation of competencies and abilities. This will be facilitating in leading to up-gradation of motivation levels. This will be facilitating in stimulating the mind-sets of the individuals towards putting into operation their tasks and activities. As a consequence, individuals will render an important contribution in augmenting concentration levels towards implementing their job duties in a satisfactory manner. In addition, desired outcomes will be generated. Furthermore, this will be facilitating in coping with different types of challenging situations in a well-ordered and satisfactory manner. Furthermore, these will be prevented from assuming a major form. Therefore, leading to up-gradation of motivation levels is a useful measure to be implemented in bringing about improvements in structure of health care system.

#### C. Providing Infrastructure, Amenities and Facilities

Within health care centres, it is necessary to make provision of infrastructure, amenities and facilities. These are referred to power supplies, water supplies, clean drinking water, restrooms, furniture, communication networks, transportation facilities, internet, heating and cooling equipment in accordance to the weather conditions, and so forth.



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These are facilitating in making the environmental conditions pleasant and amiable. Furthermore, all individuals will feel comfortable within the working environment. The management of financial resources are regarded to be of utmost significance in making provision of infrastructure, amenities and facilities. In addition, the services of the service providers are hired in order to carry out tasks of painting, carpentry, plumbing, electric work, repair work and so forth. Therefore, providing infrastructure, amenities and facilities is an advantageous measure to be implemented in bringing about improvements in structure of health care system.

### IV. CONCLUSION

The health care facilities are important in both urban and rural communities throughout the country. The community health care centres, primary health care centres and sub-centres are proving to be favorable in bringing about improvements in medical and health care services in rural communities. Measures to be implemented in bringing about improvements in structure of health care system are, recruiting well-qualified and experienced personnel, being well-informed regarding job duties and responsibilities, being well-equipped regarding methodologies and procedures, utilizing pioneering methods and materials, augmenting competencies and abilities, implementing time-management skills, making wise and productive decisions, promoting a normal mind-set, leading to up-gradation of motivation levels and providing infrastructure, amenities and facilities. Finally, it can be stated, in order to lead to progression of communities and nation, health care structure needs to be enhanced.

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