

**PROMOTIVE AND PREVENTIVE SIDE OF RURAL HEALTH,**  
**PRESENT AND FUTURE**

Before we discuss the promotive and preventive side of the Rural Health it is essential that we should have the knowledge regarding the Province of Punjab in respect of statistical data. Total population of Province of Punjab is 5,44,87,000 (Five Crore Forty Four lac Eighty Seven Thousand) whereas the Urban Population is 15031000 (One Crore Fifty Lac Thirty One Thousand) comprising of 8002000 (Eighty Lac Two Thousand) male and 7029,000 (Seventy Lac Twenty Nine Thousand) female. Similarly the Rural population is 39456000 (three crore ninty four lac and fifty six thousand) comprising of 20607000 (two crore six lac and seven thousand) male and 1,88,49,000 (one crore eighty eight lac forty nine thousand) that of female. The area of Punjab is 2,05,346 ( 2 lac 5 thousand 346 k.m) Sq. K.M. and its population density 265 person per Sq. Kilometer.

Punjab is divided into 8 civil division, having 29 districts, 86 tehsils. The total number of the villages are 25094 and number of the union council are 2367 and there are 290 rural development marakiz. There are 18 cannts, 63 Municipal Committees, 132 Town Committees and 7 Corporations. It is estimated that the infant mortality rate is 115-120 per 1000 live births, and as maternal mortality rate is 7 per 1000 live births. Morbidity rate is 31% and death rate is 14.6% population. The annual growth rate is 2.95% against annual growth rate of Pakistan which is 3.1%.

The health delivery system in Punjab at present is in the form of Hospitals, Dispensaries, Rural Health Centres, Sub Health Centres, T. B. Clinics, MCH Centres, and Basic Health Units. There are 3941 centres in both Rural and Urban areas. There are 28 Hospitals, 853 Dispensaries, 144 Rural Health Centre, 547 sub health centres, 101 MCH Centres, 1395 Basic Health Units in the Rural Areas.

There are 2947 sanctioned posts of medical officers, 503 Women Medical Officers, and 109 Dental Surgeons among these 489 Medical Officers, 233 Women Medical Officers and 22 Dental Surgeons Jobs are lying vacant.

The Government of the Punjab has granted the budget grant of Rs.82,05,86,86,550 (Rupees 82 crore, 5 lac, 86 thousand 5 hundred and 50 only) for the year 1986-87. The budget is to be spent by the institutions run under the control of Director, Health Services of Punjab, whereas there is another grant of Rs. 681660350 (68 crore 16 lac 60 thousand 3 hundred and 50 only) for special institution for expenditure of professional technical and general hospitals and clinics Rs. 1013100 (10 lac 13 thousand and 1 hundred) is to be spent for administration. Therefore, total budget for health under grant number 16 Non-Development for 1986-87 is Rs. 1,50,32,60,000 ( 1 Arab 50 crore, 32 lac 60 thousand).

The Government of Pakistan has got the intention to increase the Rural Health Centres and Basic Health Units and the number of Doctors, which is evident from the data, that in 1951 we had 2, 621 doctors and in 1984, we had 38,322 doctors. Similarly the number of dental surgeons increased from 377 to 1,303 in 1984. The Health Centres have increased to 319 in 1984, which has started with 217 in 1980. The Government is keen to have 9,939 Rural Health Centres in 1988, population per facility of 73,800. Similarly basic Health Units, Dispensaries, MCH, etc. to 9, 154 in 1988 population per facility 9,750. Similarly the number of the will increase in Pakistan to 36,000 for population per facility to 2, 940 and Dentists would be 1700 for 62350 population per facility.

## **TARGETS**

1. Conversion of 2,620 existing of facilities into BHUs with residences.
2. Construction of 2,665 new BHUs with attached residences for doctors and staff.
3. Construction of 625 new Rural Health Centres.
4. Construction of 1,715 doctors residences at the existing BHUs.
5. Provision of 4000 teaching beds in existing medical Colleges and another 4000 in District and Tehsil Hospitals and 1220 beds in Tehsil Hospitals for referral care.
6. Hostel accommodation for House Surgeons, Physicians & Trainee Registrars.

## **TARGETS IN HUMAN TERMS**

1. Protection of 24 million children against six major killers of children.
2. Protection of 8 million children against complications and mortality of diarrhoeal disease through oral rehydration salts.
3. Protection of 1.25 million children suffering from third degree malnutrition.
4. Providing help during pregnancy and childbirth from the present 24 percent to 100 percent of mothers through 45,000 trained birth attendants, backed by Lady Health Visitors and Female Doctors.
5. Rehabilitation of 1 million disabled and prevention of occurrences of disabilities.
6. Availability of Primary Health Care to all and referral where needed.

The 6<sup>th</sup> and 7<sup>th</sup> Plan will shift from the objectives to practical side for providing a systematic link between the village community and super structure of the modern health system, depending upon the density and scatter of the population, basic health unit will be provided to serve about 5000 to 10000 population. This will include among other things midwifery, child care, immunization, diarrheal disease, malaria control, child spacing, mental health and school health services within its area. Out of such research services will be provided for maternity and child health care through trained birth attendants: -

### **POLICY SHIFTS OF THE SIXTH PLAN**

1. Emphasis on preventive care by protecting all children by poly immunization against the six preventable diseases of children diarrhoeal diseases control and improved maternal care.
2. Consolidation of existing facilities in contrast to expansion and development of Rural Health Infrastructure. Expansion is only envisaged in unserved areas.
3. Each rural health facility to be manned by one qualified doctor and by substitute.
4. Double shifts in the out patient department of all teaching Hospital and District, Tehsil Taluka Headquarter Hospitals.
5. Freezing of seats in medical colleges and stress on quality rather than quantity.
6. Rehabilitation of disabled and prevention of disabilities.
7. Government patronage to traditional medicine.

8. Involvement of the Community (local bodies) in Primary Health Care.
9. Proper management training to health functionaries.
10. Introduction of users charges to reduce subsidy.
11. Rapid expansion of Private Sector.

Under the 5 points programmes, Socio-Economic Development of Prime Minister of Pakistan 1.41 Billion rupees have been financially allocated for Rural Health similarly 1.25 billion has been allocated for rural water supply and sanitation, and 1.98 billion has been allocated for rural roads and 5.27 billion has been allocated for electrification. Total amount stands 23.19 billion for Socio-economic uplift of the rural and Katchi Abadies.

Under the Health Section of the 5 points programmes, basic health units is to be set up in each of the Union Council. In addition of Rural Health Centre would be set up in a group of 4 to 5 union council during 1986-87, 343 new basic health units and Health Centres are to be set up in the country. These units beside providing normal health care, takes steps for prevention of disease.

These Health Units would be provided adequate number of doctors and paramedics and modern hospital equipments. Each basic Health unit would be provided with the Laboratory facility for maternity and child health care. Each rural health centre would have doctors including lady doctors with necessary complementary staff, operation theatre, Laboratory and Ambulance in addition to facility for the prevention of the disease. In this way we shall be able to overcome the health problems of the rural population in Punjab and elsewhere.

There is a need that the medical professionals should identify the critical problems being faced by the country. One of the major problems is increase of birth rate. The birth rate all over the globe is becoming very high. It is estimated that by year 2000 the population of the world will be 6 Arab, 20 crore, which in 1960 was 3 Arab and in 1980 4 Arab 80 crore. It is said that half of the population of the world is located in China, Bahart, Russia and America. Russia has reached the population of 28 crores.

The population rate of Pakistan is 3.1 % annually whereas unemployment rate is 4% which has reached to 20,40,000. If the population is unchecked it shall create more health problem, un-employment housing and education etc. We should also control the communicable disease.

Over the last few years, a deadly and mysterious disease has erupted and begun to spread around the world. It a global pandemic with its victims doomed to certain death. The disease is called AIDS, the initials of its full name, acquired immune deficiency syndrome. Medical researchers are still puzzled about the origin of AIDS. Today, AIDS appears to be most prevalent in central Africa, the United States, Haiti, and Europe. The World Health Organization is preparing a worldwide campaign to combat AIDS.

Our own well being is dependent on the well being of the others. We as a Pakistani have to learn that we have to live as a Muslim and better citizen as members of human community. It is true that to change our system we have to adopt the comfort of our religion and its tradition to struggle against such problems, faced by our society. Islam has defined the concept of human community and after adopting its principal much of the preventive work is being carried out for the well being of our nation. Let us enrich the Islamic education to our population and work for Health and Peace of the Country.

#### **SOURCE OF INFORMATION:**

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3. Socio-economic Development under 5-Points Programme, by Abdul Majid Khan, Pakistan Times 23 March 1987.
4. Statistical and Budget Section, Director of Health Services, Punjab.