

# A review of certain recent advances in primary health care

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## ABSTRACT

### Background

A strong primary health care system is the keystone of health care and helps patients manage their health conditions in the community, whilst also providing disease prevention services. Primary care is a continuously evolving specialty, with recent exciting innovations, aiming to improve all aspects of care and to meet people's needs and expectations.

### Method

A search for articles focusing on the specific aspects of recent advances in primary health care was done using internet search engines. Articles were selected from primary and secondary literature sources, which included original research articles, review articles and other epidemiological studies.

### Results

Recent advances in information technology, services and access, dealing with multimorbidity, academic family medicine, equity and outcome measures have all made an impact on the primary health care system and on meeting the ever-increasing challenges of modern society.

### Conclusion

Primary health care is of extreme importance in having an efficient and effective health care system. As primary health care improves with recent advances, a positive effect is seen on the population's health, cost savings and health care disparities.

## INTRODUCTION

The WHO Declaration of Alma-Ata represents a major step in the worldwide attention for primary care. This declaration highlighted the importance of developing, implementing and maintaining primary health care throughout the world, particularly in developing countries (World Health Organization, 1978).

The world has been changing since the Alma Ata Declaration of 1978. By contrast with the financial optimism of developing nations in the 1970s, the days of straightforward concerns and priorities have vanished. The pattern of disease, care and treatment options are changing (World Health Organization, 2007). Infectious diseases (such as, for example, tuberculosis or malaria) are no longer the only problems affecting only the poor (Frenk, 2009; Brandtland, 2005) during 1995-2000, the overall tuberculosis rate in Malta increased mainly due to the large influx of migrants from high-prevalence countries and to the increasing ratio of migrant to Maltese TB cases (Pace-Asciak, Mamo and Calleja, 2012).

At a time of financial and economic turmoil, health care needs and demand for public services will increase, colliding with austerity measures and privatisation policies (Kondilis et al., 2013). There are no easy solutions to create health care sustainability across and beyond Europe (Mamo, 2012). In view of these emerging public health challenges, decision makers are looking for solutions to achieve more cost-effective and better-coordinated care. One possible solution is implementing and maintaining high-quality primary care (QUALICOPC Consortium, 2012; Schäfer, 2013).

## METHOD

A search for articles focusing on the specific aspects of recent advances in primary health care was done using the internet search engines PubMed, Medline Plus and Google Scholar. The keywords used while searching were 'recent advances', 'primary care', 'information technology', 'services and access', 'dealing with multimorbidity', 'academic family medicine', 'equity' and 'outcome measures'. Articles were selected from primary and secondary literature sources, which included original research articles, review articles and other epidemiological studies.

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