

Improving Primary Health care for Hypertensive and Diabetic patients in Nyandarua County from July 2022 to December 2022.

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Background

Non communicable diseases (NCDs) are the leading cause of premature deaths globally. In Kenya, NCDs cause significant economic impact on households by a decrease of 28.6% household income and subjecting families to catastrophic expenditures spiraling them in a vicious cycle of poverty.

An analysis of the health situation is a necessary activity in Primary Health Care whose purpose is to identify the socio-psychological, economic, historical, geographical, culture and environmental characteristics that affect the health of the population, as well as the problems of health presented by individuals, families, groups and community as a whole, so as to develop actions that contribute to the solutions.

Objectives:

Improving Primary Health Care in Hypertensive and Diabetic patients at the Health facilities in Nyandarua County in the period of July 2022 to December 2022.

Methodology:

As a Family Physician, my aim was to identify and prioritize health problems to enable development of appropriate plans action which upon implementation would alleviate their health conditions. I used both qualitative and quantitative data collection methods. Data collected from increased number of hospital admissions of hypertension and diabetes patients' complication, patients interviews and file records.

Interventions:

The interventions were implemented progressively in a period of 6 months in the 9 Health Facilities. They are:

- 1) Health education at each visit.
- 2) Measurement of blood sugar, blood pressure monitoring and calculating their body mass index at each visit.
- 3) Provide screening tools for both hypertension and diabetes complications.
- 4) Improve on availability of drugs at the facilities.
- 5) Better record keeping of patients records.
- 6) Since most facilities did not have functional laboratories, blood samples would be taken on a particular date and transported to main health facility and results would be sent back.
- 7) Improve patient care by having different clinic days so that I could travel to each facility at a different date.
- 8) Capacity building of staff available.

Results:

In my Primary Health Care medical approach in Nyandarua County, a total of 1691 patients were seen. Of which, 369 were male adults, 1267 were female adults, 19 were children and 47 was the number of home visits done from the month of July to December 2022 from a total of 9 health facilities.

There was tremendous change in patient care. 99% improvement on health education in each visit, 95% adhered to their clinic appointment dates, 60% improvement on drug availability, 99% improvement on triage (measurement of blood pressure, temperature, weight and height) and blood sugar measure, 40% use of screening tool, my availability at the clinics was sometimes hindered by the unavailability of transportation, 80% improvement on patients' record keeping, 40% on capacity building of staff.

Conclusion:

In the spirit of leaving no one behind as part of our country's agenda, this can be achieved through the provision of a comprehensive primary health care system that is in support of universal health coverage.

The Nyandarua people deserve an efficient and effective health care provider who has both the technical know-how and organizational ability. Above all the art of managing resources, both human and otherwise must be embedded in the management of the HEALTH SECTOR as a whole.

References:

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