

Perspective

Brief note on health care and its system

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ABOUT THE STUDY

The World Health Organization defines health as “a state of comprehensive physical, mental, and social well-being, rather than simply the lack of disease and illness.” Over time, a variety of definitions have been used for various purposes. Healthy activities, such as regular physical activity and adequate sleep, can be encouraged, while unhealthy activities or situations, such as smoking or excessive stress, can be reduced or avoided. Some health-related factors are the result of individual choices, such as whether or not to engage in high-risk behavior, while others are the result of structural factors, such as how society is organized to make it easier or harder for people to obtain necessary healthcare services. Other elements are beyond the control of both characters and groups. Disease, illness, injury, and other physical and mental impairments in people are prevented, diagnosed, treated, ameliorated, or cured through health care. Health professionals and allied health fields are in charge of providing care. Health care encompasses medicine, dentistry, pharmacy, midwifery, nursing, optometry, audiology, psychology, occupational therapy, physical therapy, athletic training, and other health-related fields. Work in primary, secondary, and tertiary cares, as well as public health, are all included.

Health-care access varies by country, community, and individual, and is influenced by social and economic factors as well as healthcare policies. Providing health care services entails “the timely use of personal health services to achieve the best possible health outcomes.” Financial constraints (such as insurance coverage), geographic barriers (such as additional

transportation costs, the ability to take paid time off work to use such services), and personal constraints are all factors to consider when it comes to health care access (lack of skill to communicate with health care workers, poor health literateness, low profits). Health-care service limitations have a negative impact on the use of medical services, treatment efficacy, and overall outcome (well-being, mortality rates).

Organizations created to meet the health needs of specific populations are known as health care systems. A well-functioning health care system, according to the World Health Organization (WHO), necessitates a funding mechanism, a well-trained and adequately compensated workforce, reliable data on which to base decisions and guidelines, well-maintained health services to deliver quality medicines and technologies. A well-functioning healthcare system can make a significant contribution to a country’s economic growth, development, and industrialization. Health care is traditionally thought to be a key factor in promoting people’s overall physical and mental health and well-being around the world. The worldwide eradication of smallpox in 1980, which was declared by the WHO as the first disease in human history to be eradicated by deliberate healthcare interventions, is an example of this. The delivery of health care services is dependent on the management and administration of health care. For the purposes of quality assurance, national or state/provincial authorities typically regulate the practice of health professionals and the operation of health care institutions through appropriate regulatory bodies. Credentialing staff in regulatory boards or health departments in most countries document health workers’ certification or licensing, as well as their work history.

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