

Factors affecting utilisations of primary health care services

Bawa-Muhammad Taiwo Hassanat
Jahi Primary Health Care Centre, Nigeria

Primary health care services are the cornerstone of health care systems because it serves as the first contact between clients and the health care system. Its essence is the provision of essential health services and commodities to individuals and communities using available, acceptable and sustainable methods. It is also an integral and critical component of the entire health care system of any country. So, these services should be accessible, affordable and available to the entire population, irrespective of their political, financial or social class. The aim of the study is to identify the factors that are affecting the utilisation of primary health care centres by the community people of Jahi district in Abuja Nigeria. The study was conducted in the catchment areas associated with a primary health care centre that is Jahi 1 village, Jahi 2 village and Kado kuchi village among community people. A cross-sectional study design was used to collect data from 100 adults from each village in those communities. The results were computed and analysed using the Statistical Package for Social Sciences software SPSS Version 17.0. The findings from the respondent's shows that majority of the people preferred to seek care from the patent medicine store. The study has highlighted some of the multiple factors affecting the utilization of primary healthcare services which include high cost of services, lack of essential drugs and basic laboratory services, inadequate manpower, lack of adequate workers, poor education about when and why to seek health care, and irregular visit if physician to the facility were identified as factors affecting the utilisation of primary health care centres and discouraging factors, while the encouraging factors include the geographic location of the clinic, friendly staffs and high quality of cares rendered to the clients in the clinic. This study suggests that government should improve the quality of services and must improve existing facilities rather than constructing additional facilities of low quality. It also suggests employment of adequate and qualified health care workers for each primary health care centre. Secondly, the study also suggest that some if not all of the services rendering at the primary health centres should be made free so as to reduce the cost for clients and increase their utilisation. Government should focus on those factors within their control, such as admitting into health institutions and employing enough number of both male and female health care providers. In conclusion, increasing the education level of rural population particularly for women through adult literacy could increase the utilisation of primary health care services.

ismihias270402@yahoo.com

Sarcopenia: An underestimated risk factor in older people

Belgüzar Kara
Gulhane Military Medical Academy, Turkey

Sarcopenia is an evolving concept. According to the European Working Group on Sarcopenia in Older People, sarcopenia is “a syndrome characterised by progressive and generalised loss of skeletal muscle mass and strength with a risk of adverse outcomes”. Sarcopenia can be either primary (age-related) or secondary (related with activity, disease, or nutrition), depending on its cause. Age-related sarcopenia is common and likely contributes to the loss of muscle mass, mobility and independence in older people. The prevalence of sarcopenia ranges between 8 and 40% in older adults aged over 60 years and increases with age. The results of studies are conflicting regarding the consequences of sarcopenia. The results varies depending on the study sample and the methods used to evaluate sarcopenia. Several studies have reported an association between low muscle mass and functional decline. In contrast, some studies found no relationship between these two variables. Therefore, further studies are required to understand the mechanisms and functional consequences of sarcopenia. Effective management of sarcopenia includes different approaches, including physical activity, nutritional interventions and pharmacological therapies such as testosterone, estrogens, growth hormones, vitamin D and angiotensin-converting enzyme inhibitors. However, the first step to bringing a change is to create awareness and educate the community about sarcopenia. Nurses play an integral role in providing care, support and advice for older people and their family members. In this review, the scientific data regarding the prevalence, functional significance and management of sarcopenia in older people were discussed.

sb.kara@mynet.com