MANAGEMENT IN HEALTH CARE

Abstract

Health is a very important things for every individual. Everyone is responsible for staying safe and living a healthy lifestyle. Focus on that a small part was discussed on "Management of health care". The main aims of this topic were to improve the health status as well as reduce the impact of diseases. The most important aspect of health care is preconception counselling, as well as pre- and post-natal care for children. As a result, health and a healthy lifestyle should be maintained until the end of life. Parents and other members of society must be aware of the various aspects of health and the changes that occur in the health care delivery system. The primary function of primary health care is to provide patients with ongoing and comprehensive care. The management of health care is not a straightforward or one-day task; rather, it involves raising everyone's awareness of their right to a better life.

Keywords: Management, health, health care

Author

Pallabi Dey
Department of Child Health Nursing
Bhubaneswar, Khordha
Odisha, India
pallabiee1@gmail.com

I. INTRODUCTION

Health is a very vital part of every individual. After birth of a child, the mother devotes herself to her child 24 hours a day, until the child is able to care for himself. When the child is able to recognise his or her internal and external surroundings, the mother involves the child in all self-care activities. The child learns how to take care of himself, what cleanliness is, and what is good and bad behaviour. A variety of components are attached to health, by which a kid turns to young man, and later life in elderly cope with and control their lifestyle from birth to death.

II. WHAT IS MANAGEMENT IN HEALTH CARE?

Health is a state of complete physical, mental, social wellbeing and not merely absence of disease or infirmity. (*According to WHO)*

Management in health care refers to the tasks involved in planning, organising, directing, and coordinating non-clinical activities within health care systems. This is a highly specialised field of management that necessitates technical understanding of health care operations and technology, as well as soft skills such as the ability to encourage team members and interact with numerous stakeholders.

III. AIMS OF HEALTH CARE MANAGEMENT

The objectives of health care management are:

1. To improve the population's health status
2. To reduce the impact of disease
3. Integrate knowledge of current societal trends and challenges into a more comprehensive understanding of their impact on health.

IV. IMPORTANCE OF HEALTH CARE

Health is closely linked to fundamental human rights. There are certain important points which include in health care –

1. **Pre- and post-natal health care:** If the mother dies during pregnancy (for example, mother substance abuse, alcoholic mother, drug misuse) or after childbirth, the child has a substantially reduced probability of survival. The right to health for children includes pre- and post-natal care for mothers. The mother should not neglect both her child and herself. The first three months after conception are critical for both the foetus and the mother. So, care is very much essential both during and after the birth of the infant.

2. **For child and children:** Children are the most susceptible category. Every child has the right to get health care in a timely manner. This demands the establishment of a health-care system, including access to essential drugs. Prevention is essential for maintaining public health, particularly the health of children. Vaccinations and health education help to keep infectious diseases at bay. Vaccination awareness initiatives can result in a considerable reduction in health risks. At each stage of their physical, mental, and social

development, children face unique challenges and health risks. A child who receives adequate health care will generally be in better health throughout childhood and will develop into a healthy adult.

3. **For adult group:** When an adult wishes to be healthy, it is preferable to consider several methods of staying healthy (for example- from cancer prevention, hand-washing and vaccines). Every day, a little exercise brightens the day and improves one's health. Pay attention to your signs and symptoms simultaneously; this is critical because certain diseases are asymptomatic. Early detection and identification of the root cause of disease can be critical to successful therapy.

4. **For the geriatric group:** A healthy and powerful body is less likely to become ill. A healthy lifestyle can assist to prevent a variety of geriatric disorders. A proper and balanced diet, as well as regular exercise, is very necessary for the body to stay healthy at all stages of life. A good prevention system, including frequent medical check-ups, allows for early disease identification and optimal treatment.

V. PRINCIPLES OF MANAGEMENT IN HEALTH CARE

There are certain principles in health care management. Each principle serves a distinct purpose, but they all work together to empower health-care professionals and ensure that patients receive high-quality, ethical care. They are in bellows:

1. **Autonomy:** Autonomy is the ability to make decisions for oneself. In health care, autonomy refers to a patient's right or freedom to keep control of their body both before and after treatment. It strives to promote patient welfare by letting patients to have as much control over their treatment and care as feasible.

2. **Beneficence:** Beneficence is the act of being kind. Any health care provider's actions should always result in a favourable outcome. It should not be mistaken with the nearly related ethical principle of nonmaleficence, which asserts that one should not hurt the patients. This principle requires nurses to safeguard their patients from harm by removing and preventing unfavourable conditions and fostering good ones.

3. **Non-Maleficence:** Non-maleficence implies that the health care provider should not harm to the patients. All health care personnel, according to the ANA code of ethics, should thoroughly analyse each scenario before making choices. However, whether deliberately or unknowingly, some judgments can cause harm to patients or even health care professionals who are not aware of how their decisions affect others.

4. **Justice:** Justice always treats and cares for all patients fairly. All health care workers should prioritise saving the lives of all customers and providing equal treatment based on their requirements. Before initiating a medical procedure, health care personnel should listen to the patient's interests and teach them. Justice would demand that all women have equal access to reproductive health treatments.
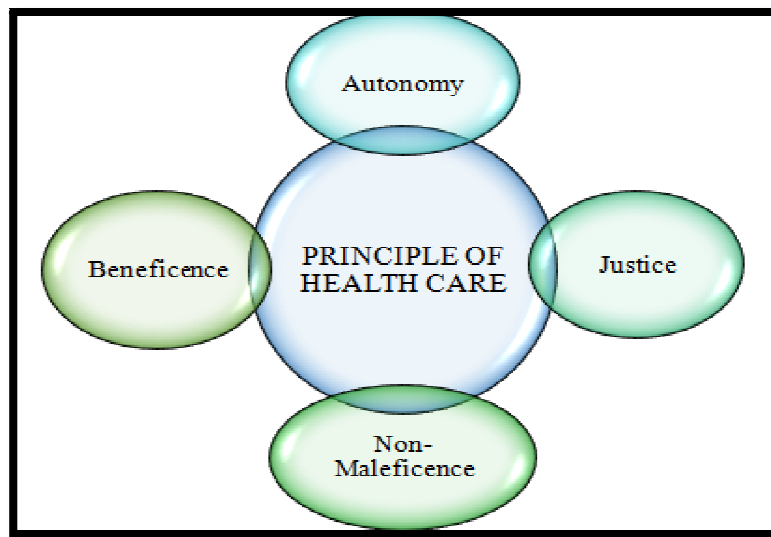
Figure 1: Principles of Health Care

VI. ASPECTS OF HEALTH

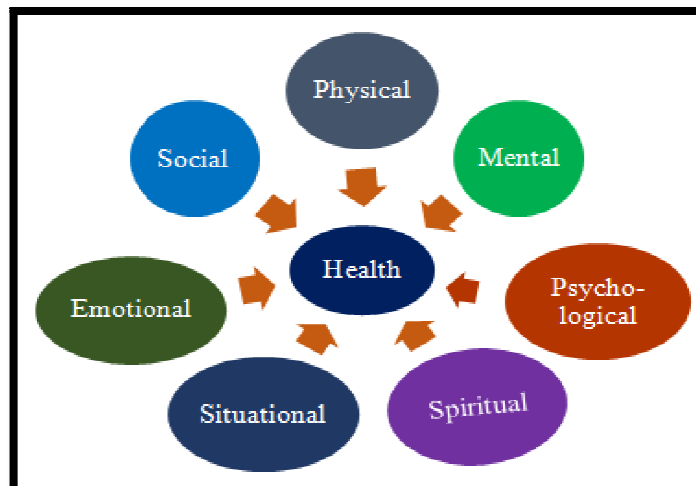**There is variety of aspect influence to health:**

Figure 2: Aspects of Health

VII. CURRENT TRENDS IN HEALTH CARE SYSTEMS

Healthcare is an important and dynamic industry. It is one of those industries that is full of new prospects and innovations due to the ongoing desire for innovation, improvement in its outcome, quality, accessibility, and cost. Certain points in current trends in health care systems-

1. **A Rapid change in tele-health system:** Telehealth has advanced in recent years. It can significantly help urgent care centres. In an emergency, telehealth can remotely monitor and treat a large number of patients. The benefit of this technique is that it saves time and

reduces stress for both clients and physicians. As a result, this telehealth technology is ushering in a new era of virtual reality in health care.

2. **Blockchain system:** When a linked device is involved in any kind of transaction, it will generate identical blocks. When data on one machine is accessed, updated, or shared, a block is produced on all devices to record the information locally. From 2021 to 2028, the worldwide blockchain technology market in health care is predicted to increase at a compound yearly growth rate of 21.70 percent.

3. **Digital health rescue system:** Digital health is gradually gaining prominence in our daily lives. Nowadays, more and more people are using and prefer to use sophisticated health monitoring instruments on their own to determine their health status. Smart devices can monitor a client's every activity, including sleeping patterns, heart rate, exercise, calorie consumption at each meal, and walking steps. This can assist carers in gaining a clear understanding of the client's situation and, if a problem emerges, modifying them accordingly.

4. **Genomics:** Genomics is the process or study of genes to find the underlying problem. Recently, this method has been used to map individual genomes; that is, the DNA structure of a person's organism. It is especially important for developing tailored treatment. This is swiftly leading to new treatments for major diseases such as arthritis, cancer, Alzheimer's disease, and others.

VIII. ROLE OF PRIMARY HEALTH CARE

Primary health care's main function is to offer patients with continuing and comprehensive care. It also helps the patient connect with different social welfare and public health services created by the relevant regulatory bodies and other organisations.

The primary responsibility of primary health care clinics is to deliver high-quality health care and social services to society's most vulnerable citizens.

Primary health care provides the first set of professional treatment to clients by using a proactive approach that incorporates many preventative measures, management of chronic conditions, and promotion of self-care. Furthermore, primary health care increases community access to advanced health care systems, resulting in improved health outcomes and delay prevention.

Every primary health care clinic has a committed team of healthcare specialists dedicated to providing the best medical services. They offer a coordinated strategy to delivering health care from the appropriate health professionals.

IX. BENEFITS OF MANAGEMENT IN HEALTH CARE

1. **For society:** Health care is a collection of services designed to meet the needs of each individual. These services can be offered by public administrative organisations as well as private organisations, profit and non-profit. High-quality health care aids in illness prevention and improves quality of life.

Some people lack health insurance or live too distant from those that supply it. Improve insurance coverage and utilisation of telemedicine in that treatment can help more people get the care they require.

2. **For community:** Community health refers to basic health services provided by laypeople outside of hospitals and clinics. In the community, community health volunteers give the most basic services to the residents, such as the distribution of water chlorination tablets, mosquito nets, and health education materials, through which the people benefit.

The success of community health programmes is dependent on the conveyance of information from health experts to the general people via one-to-one, one-to-many, or mass communication.

3. **For state:** In the modern day, numerous health insurances have been established to safeguard people from financial problems, yet the majority of people still do not have health insurance. There are numerous advantages to having health insurance. It protects people and their families from financial losses in a variety of ways.

A decent insurance plan safeguards an individual's health and financial future for the rest of their family's life.

4. **For nation:** Ayushman Bharat is a National Health Protection Scheme that will cover 10 crore poor and vulnerable families and around 50 crore beneficiaries, giving coverage for secondary and tertiary care hospitalisation of up to 5 lakh rupees per family per year. The ongoing centrally sponsored initiatives, Rashtriya Swasthya Bima Yojana (RSBY) and the Senior Citizen Health Insurance Scheme, will be included into Ayushman Bharat-National Health Protection Mission (SCHIS).

REFERANCE

[1] https://www.humanium.org/en/fundamental-rights-2/health/#:~:text=For%20children%2C%20the%20right%20to,of%20dynamic%20and%20productive%20societies

[2] https://www.mayoclinic.org/healthy-lifestyle/adult-health/basics/staying-healthy/hlv-20049421

[3] https://www.activeadvice.eu/news/healthcare-and-the-elderly/#:~:text=Regular%20medical%20check%2Dups%20can,the%20older%20population%20is%20facing

[4] https://clipboardhealth.com/how-the-4-principles-of-health-care-ethics-improve-patient-care

[5] https://www.cognihab.com/blog/healthcare-technology-trends/

[6] https://www.forbes.com/sites/bernardmarr/2022/01/10/the-five-biggest-healthcare-tech-trends-in-2022/?sh=4a745dd754d0

[7] https://ccchclinic.com/importance-benefits-primary-health-care/

[8] https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care

[9] https://en.m.wikipedia.org/wiki/Community_health

[10] https://www.india.gov.in/spotlight/ayushman-bharat-national-health-protection-mission