



Primary 5 Integrated Science

Term 3

Theme: HUMAN HEALTH

Topic 4/4 – Primary Health Care (PHC)

Learning Outcome: The learner is able to apply knowledge of the elements and principles of Primary Health Care for improved quality of life.

Primary Health Care (PHC)

Primary Health Care (PHC) means **basic health services given to people in the community**. It focuses on preventing diseases, promoting good health, and treating common illnesses close to where people live.

Elements of PHC

The main elements (parts) of PHC are:

- (i) **Health education** – teaching people how to stay healthy.
- (ii) **Good nutrition** – encouraging balanced diets to prevent malnutrition.
- (iii) **Clean water and sanitation** – safe drinking water and proper waste disposal.
- (iv) **Maternal and child health care** – care for mothers, babies, and family planning.
- (v) **Immunization** – protecting children and adults against diseases.
- (vi) **Control of common diseases** – preventing and treating illnesses like malaria.
- (vii) **Treatment of common injuries and sicknesses** – providing simple medical care.

- (viii) **Essential medicines** – making sure basic drugs are available for everyone.
- (ix) **Oral Health** – ensuring oral hygiene

Exercise 1

Give any four elements of Primary Health Care (PHC)

Principles of PHC

The guiding principles are:

- (i) **Equity:** Health services should be for everyone, rich or poor.
- (ii) **Community participation:** People should take part in improving their own health.
- (iii) **Appropriate technology:** Use simple, affordable methods that suit the community.
- (iv) **Multi-sectoral approach:** Work together with other sectors like education, agriculture, and water.
- (v) **Prevention focus:** Prevent diseases instead of only treating them.

Summary Table

Aspect	Explanation
Definition	Basic health services given in the community
Elements	Health education, nutrition, sanitation, maternal/child care, immunization, disease control, treatment, medicines
Principles	Equity, community participation, appropriate technology, multi-sectoral approach, prevention

In short: **PHC is about bringing simple, affordable health care close to the people, focusing on prevention and community involvement.**

Exercise 3

List any four principles of PHC.

Activities in PHC for Community Hygiene

PHC encourages communities to stay clean and prevent diseases through activities like:

- (i) **Rubbish disposal:** Collecting and properly disposing of garbage to avoid flies and bad smells.

- (ii) **Excreta disposal:** Using latrines or toilets instead of open defecation to prevent disease spread.
- (iii) **Protecting water sources:** Fencing wells, covering boreholes, and keeping rivers clean to ensure safe drinking water.
- (iv) **Handwashing:** Promoting washing hands with soap after using the toilet and before eating.
- (v) **Food hygiene:** Teaching safe food preparation and storage to prevent contamination.

Exercise 3

Mention any three activities in PHC for Community Hygiene

Responsibilities in Health Promotion

1. Individuals

- Keep personal hygiene (bathe, wash hands, brush teeth).
- Use toilets properly and avoid littering.
- Seek medical care when sick.

2. Families

- Provide clean food and water for all members.
- Teach children good hygiene habits.
- Ensure proper waste disposal at home.

3. Community

- Build and maintain public latrines and rubbish pits.
- Organize communal cleaning days (*bulungi bwansi*).
- Protect shared water sources from contamination.
- Support health education campaigns.

Summary Table

Level	Responsibility
Individual	Personal hygiene, proper toilet use, seek care
Family	Safe food/water, teach hygiene, waste disposal
Community	Public latrines, clean-ups, protect water sources

☞ In short: PHC promotes **community hygiene** through activities like rubbish disposal and protecting water sources, while **individuals, families, and communities** all share responsibility for keeping everyone healthy.

Exercise 4

List any two activities an individual can do to promote Primary Health Care (PHC)

Suitable Lifestyles

Living in a healthy way helps prevent sickness. Suitable lifestyles include:

- (i) Eating a **balanced diet** with body-building, energy-giving, and protective foods.
- (ii) Doing **regular exercise** to keep the body strong.
- (iii) Getting enough **rest and sleep**.
- (iv) Avoiding harmful habits like smoking, drinking alcohol, or drug abuse.
- (v) Keeping a **clean environment** at home and school.

Good Health Practices

PHC encourages people to follow practices that keep them healthy:

- (i) **Personal hygiene:** Bathing daily, washing hands with soap, brushing teeth.
- (ii) **Safe water use:** Drinking clean water and protecting water sources.
- (iii) **Proper waste disposal:** Using latrines and rubbish pits to prevent disease.
- (iv) **Immunization:** Taking children for vaccination against diseases.
- (v) **Seeking medical care:** Visiting health centers when sick.
- (vi) **Nutrition:** Eating enough food with vitamins, proteins, and minerals.

Summary Table

Aspect	Examples
Suitable lifestyles	Balanced diet, exercise, rest, avoiding harmful habits
Good health practices	Hygiene, clean water, waste disposal, immunization, medical care

☞ In short: **PHC teaches people to live healthy lifestyles and practice good hygiene so that communities can prevent diseases and stay strong.**

PHC for People with Special Needs

PHC makes sure that **everyone in the community** — especially those who need extra care — gets basic health services. These groups include **the sick, the elderly, the disabled, and the young**.

1. The Sick

- PHC provides treatment for common illnesses.
- Ensures access to medicines and health workers.
- Promotes hygiene and nutrition to help recovery.

2. The Elderly

- PHC offers check-ups for chronic diseases (like high blood pressure).
- Encourages family and community support.
- Promotes proper nutrition and safe living conditions.

3. The Disabled

- PHC ensures inclusion in health services.
- Provides rehabilitation and assistive devices (like crutches or hearing aids).
- Promotes respect and equal participation in community life.

4. The Young (Children)

- PHC provides immunization against diseases.
- Promotes breastfeeding and good nutrition.
- Ensures safe water, sanitation, and hygiene to prevent infections.

Summary Table

Group	PHC Support
Sick	Treatment, medicines, hygiene, nutrition
Elderly	Check-ups, family support, safe living
Disabled	Rehabilitation, assistive devices, inclusion
Young	Immunization, breastfeeding, safe water, hygiene

☞ In short: **PHC helps people with special needs by giving them health services, promoting good nutrition, and ensuring community support.**

Revision questions

1. Name the element of Primary Health Care which promotes the human body cleanliness.

Health education.

Why?

- Health education teaches people about **personal hygiene** practices such as bathing, washing hands, brushing teeth, and keeping the environment clean.
 - By learning these habits, individuals prevent diseases and stay healthy
2. Give one reason why we should regularly wash our hand with clean water and soap.
- (i) To remove germs and dirt from hands, or
 - (ii) To prevent food contamination or
 - (iii) To prevent spread of diseases.
3. State any one way in which slashing of bushes around a home helps to control diseases.
- (i) **Reduces breeding places for mosquitoes:** Mosquitoes hide and breed in tall grass and bushes. Clearing them reduces malaria risk.
 - (ii) **Prevents hiding places for rats, snakes, and other pests:** These animals can spread diseases or cause harm.
 - (iii) **Improves cleanliness and hygiene:** A clean compound prevents bad smells and reduces germs.
 - (iv) **Encourages fresh air and sunlight:** Sunlight kills some disease-causing germs, and fresh air improves health.
 - (v) **Promotes safety:** A clear compound makes it easier to see and avoid dangerous animals or objects.
4. Give any one way of keeping the human body muscles in good working condition.
- (i) **Regular Exercise:** Activities like running, walking, skipping, or playing football help muscles stay strong and flexible.
 - (ii) **Eating a Balanced Diet:** Body-building foods such as beans, meat, fish, eggs, milk, and groundnuts provide proteins that repair and grow muscles.
 - (iii) **Proper Rest and Sleep:** Muscles need time to relax and recover after work or exercise.
 - (iv) **Good Posture:** Sitting and standing properly prevents muscle strain.

- (v) **Avoiding Harmful Habits:** Staying away from alcohol, smoking, and drugs keeps muscles healthy.
- (vi) **Stretching:** Simple stretches before and after exercise prevent stiffness and injuries.

5. In the table below, **A** shows the elements of Primary Health Care (PHC) while **B** shows some of the problems that may result from failure to practice the elements of PHC.

A	B
Immunization	Typhoid fever
Family planning	Constipation
Water and Sanitation	Halitosis (bad breath)
Oral Health	Hepatitis B
	Maternal anaemia

Match correctly the problems in **B** with the elements of PHC in **A**, in spaces provided below

- (a) Immunization: Hepatitis B
 - (b) Family planning: Anaemia
 - (c) Water and sanitation: Typhoid fever
 - (d) Oral Health: Halitosis
6. (a) Give any way in which each of the following elements of Primary Health Care (PHC) is important in a community.
- (i) **Food and Nutrition**
 - Provides the body with energy to work and play.
 - Helps children grow strong and healthy.
 - Prevents malnutrition and diseases caused by poor diets.
 - Improves learning and productivity in school and work.
 - (ii) **Maternal and Child Health**
 - Ensures mothers get care during pregnancy and childbirth.
 - Protects babies through breastfeeding and immunization.
 - Reduces deaths of mothers and children.
 - Promotes family planning for healthy families.

(b) Ways of Giving Health Education to a Community

- **Public meetings** – teaching people about hygiene, nutrition, and disease prevention.
- **Schools** – teaching pupils about good health practices.
- **Posters and charts** – showing messages about clean water, sanitation, and immunization.
- **Radio and television** – spreading health information widely.
- **Community health workers** – visiting homes to teach families.

7. State any one element of Primary Health Care (PHC) which is important in the prevention of COVID-19

Health education.

Why?

- Health education teaches people about safe practices such as **handwashing with soap, wearing masks, keeping social distance, and getting vaccinated.**
- When communities understand and follow these practices, the spread of COVID-19 is reduced.

8. (a) Give the meaning of the following terms:

(i) Sanitation

Sanitation means **keeping the environment clean** by properly disposing of waste, using latrines, and protecting water sources to prevent diseases.

(ii) Personal hygiene

Personal hygiene means **keeping your body clean** through practices like bathing, brushing teeth, washing hands, and wearing clean clothes.

(b) Identify any two activities children can do at school to promote good sanitation.

- **Sweeping classrooms and compounds** to remove dust and rubbish.
- **Using latrines properly** and keeping them clean.

- **Washing hands with soap** after using the toilet and before eating.
- **Collecting and disposing of rubbish** in pits or bins.
- **Protecting water sources** by keeping them clean and covered.

9. State any one use of a razor blade in promoting personal hygiene.

- **Shaving hair:** It helps remove unwanted hair from the body (like beards or underarm hair), keeping the skin clean.
- **Prevents bad odor:** Removing excess hair reduces sweat buildup and bad smell.
- **Reduces germs:** Clean, shaved areas are less likely to harbor dirt and bacteria.
- **Improves appearance:** Shaving makes a person look neat and presentable.

10. Which immunizable disease affects the liver?

Hepatitis B

11. (a) State any two signs of poor sanitation in a school.

- **Unclean toilets/latrines** – dirty, smelly, or full of flies.
- **Rubbish scattered** – litter on the compound or in classrooms.
- **Blocked or dirty water sources** – unsafe drinking water, uncovered tanks, or muddy boreholes.
- **Dirty classrooms** – dusty floors, cobwebs, and unwashed walls.
- **Children not washing hands** – no soap or water near toilets.
- **Bad smell in the compound** – from rubbish pits or stagnant water.
- **Presence of pests** – rats, cockroaches, or mosquitoes breeding around the school.

(b) Give any two diseases that can break out due to poor sanitation in a school

- **Diarrhea** – caused by dirty toilets, poor handwashing, and contaminated food or water.
- **Cholera** – spreads through drinking unsafe water or eating food prepared in dirty conditions.
- **Typhoid** – caused by germs from dirty water and poor waste disposal.
- **Dysentery** – results from poor hygiene and contaminated food or water.
- **Malaria** – mosquitoes breed in stagnant water around the school compound.

- **Skin diseases** – like ringworm or scabies, spread when children live or play in dirty environments.
12. Give any one way in which school children can promote immunization in their community.
- **Encouraging parents and relatives:** Remind them to take babies and young children for vaccination.
 - **Participating in health education activities:** Join school clubs or health talks that spread messages about immunization.
 - **Creating posters and songs:** Make drawings, posters, or songs that teach the importance of immunization and display them at school or community gatherings.
 - **Helping during immunization days:** Guide younger children to the health center or help organize them at school when health workers visit.
 - **Practicing what they learn:** Share information from teachers and health workers with family members at home.
13. Give any one way in which proper disposal of wastes is important in our environment.
- **Prevents disease outbreaks:** Rubbish attracts flies, rats, and mosquitoes which spread diseases like cholera, malaria, and diarrhea.
 - **Keeps the environment clean and beautiful:** Proper disposal stops littering and bad smells, making schools and communities pleasant places to live.
 - **Protects water sources:** Prevents waste from contaminating rivers, wells, and boreholes, reducing waterborne diseases.
 - **Reduces pollution:** Proper disposal prevents air, soil, and water pollution that can harm plants, animals, and people.
 - **Promotes safety:** Sharp objects like broken bottles or tins can injure people if not disposed of properly.
 - **Encourages recycling and reuse:** Some waste materials (like plastics, paper, and metals) can be recycled to make new products.
14. Give any one way in which the spread of Hepatitis B disease can be controlled.
Vaccination
15. In which way does tooth paste promote oral health?
- **Removes food particles and plaque:** Brushing with toothpaste cleans teeth and prevents buildup of germs.

- **Prevents tooth decay:** Many toothpastes contain **fluoride**, which strengthens teeth and protects them from cavities.
- **Freshens breath:** Toothpaste contains mint or other flavors that reduce bad breath (halitosis).
- **Protects gums:** Regular brushing with toothpaste helps prevent gum diseases like gingivitis.
- **Whitens teeth:** Some toothpastes remove stains, keeping teeth bright and clean.

16. State any one principle of Primary Health Care.

(i) **Equitable Distribution of Health Services**

- Health care should be available to everyone, especially the poor and vulnerable.
- No one should be left out because of distance, money, or social status.

(ii) **Community Participation**

- People in the community should be involved in planning and carrying out health activities.
- This makes them responsible for their own health and encourages cooperation.

(iii) **Prevention and Promotion of Health**

- Focus is not only on treating diseases but also on preventing them.
- Activities like immunization, sanitation, health education, and nutrition are emphasized.

(iv) **Use of Appropriate Technology**

- Health care should use simple, affordable, and effective methods that communities can manage.
- Examples: using mosquito nets, clean water sources, and oral rehydration salts.

(v) **Multisectoral Collaboration**

- Health care should involve different sectors like education, agriculture, water, and housing.
- Working together helps solve health problems more effectively.

17. Name the vaccines which is given to prevent three childhood immunizable diseases.

DPT stands for **Diphtheria, Pertussis (whooping cough), and Tetanus.**

18. Give any one way of controlling the bad smell in an ordinary pit latrine.

Method	How It Helps
Regular cleaning	Removes dirt and urine smell
Covering the pit	Stops odor from escaping
Adding ash/soil	Neutralizes smell and reduces flies
Ventilation	Allows fresh air circulation
Proper waste disposal	Prevents rotting and bad odor
Regular maintenance	Keeps latrine safe and hygienic

19. (a) In which one way is each of the following elements of Primary Health Care (PHC) important to the community?

(i) Water and sanitation

- Provides clean drinking water and proper waste disposal, which prevents the spread of waterborne diseases such as cholera, typhoid, and diarrhea.
- It improves hygiene, reduces child mortality, and promotes healthier living conditions.

(ii) Maternal and child health

- Ensures safe pregnancies and deliveries.
- Reduces maternal and infant deaths
- Promotes healthy growth and development of children.

(b) Give any two health care services which are provided through maternal and child health.

- Antenatal care – medical check-ups and support for pregnant mothers before delivery.
- Immunization of children – protecting infants and young children against diseases like measles, polio, and tuberculosis. (*Other examples include postnatal care, nutrition education, and family planning services.*)
- Family planning

20. (a) Give two ways in which Primary Health care (PHC) is an important program in the community

- (i) **Disease prevention and control:** PHC emphasizes immunization, sanitation, and health education, reducing the spread of common diseases.
- (ii) **Accessibility of health services:** It ensures that even rural and low-income communities can access basic health care without needing expensive hospitals.
- (iii) **Maternal and child health;** PHC provides antenatal care, safe deliveries, and child immunization, reducing maternal and infant mortality.
- (iv) **Community participation:** Encourages people to take part in managing their own health through awareness, hygiene practices, and local health committees.
- (v) **Cost-effectiveness:** By focusing on prevention and early treatment, PHC reduces the burden of expensive hospital care.
- (vi) **Equity in health:** Promotes fairness by making sure everyone — regardless of income, location, or social status — has access to essential health services.
- (vii) **Improved quality of life:** With better nutrition, clean water, sanitation, and health education, communities enjoy healthier and more productive lives.

(b) State any two roles of school health committee.

- (i) **Promotes hygiene and sanitation:** Ensures that the school environment is clean, with safe water, proper waste disposal, and clean latrines.
- (ii) **Health education:** Organizes talks, campaigns, and activities to teach pupils about personal hygiene, nutrition, and disease prevention.
- (iii) **Monitoring student health:** Keeps track of common illnesses, identifies sick learners early, and refers them for medical care.
- (iv) **Immunization and preventive care:** Coordinates with health workers to provide vaccinations and other preventive health services.
- (v) **Nutrition programs:** Encourages balanced diets, school feeding programs, and awareness about malnutrition.
- (vi) **First aid and emergency response:** Provides basic first aid for minor injuries and ensures preparedness for emergencies.

21. (a) Name any two water-borne diseases

Polio, cholera, dysentery, hepatitis, typhoid, bilharzia

- (b) In which two ways can water –borne diseases be preventing in the community?
- (i) by boiling water for drinking
 - (ii) by proper disposal of wastes
 - (iii) by proper hygiene

22. (a) Give one way in which primary health care (PHC) is important to a community.

- (i) **Prevents diseases** through sanitation, immunization, and health education.
- (ii) **Improves access** to basic health services, especially in rural areas.
- (iii) **Reduces maternal and child mortality** by providing antenatal, postnatal, and child health services.
- (iv) **Promotes community participation** in managing health issues.
- (v) **Cost-effective** because it emphasizes prevention rather than expensive hospital treatment.
- (vi) **Improves quality of life** by ensuring clean water, nutrition, and hygiene.

(b) State the elements of primary Health Care which is promoted by each of the following activities:

- (i) **Sweeping the kitchen** → Promotion of sanitation and hygiene.
- (ii) **Putting drops of polio vaccine into the mouth of a child** → Immunization against major infectious diseases.
- (iii) **Eating a balanced diet** → Promotion of proper nutrition.

23. Give one item used for cleaning hands after visiting a latrine or toilet.

- **Water**

- **Soap**

24. Write down one way in which a primary seven pupil can help in the control of cholera in a community.

- help sensitize community
- proper use of latrine
- washing hands after visiting the toilet
- boiling drinking water

- covering food
- washing hands before eating food

25. (a) Why are vaccine used in the prevention of certain diseases?

- (i) **Protection:** Vaccines protect people from dangerous diseases like polio, measles, and tetanus.
- (ii) **Prevention:** They stop diseases before they can make someone sick.
- (iii) **Community safety:** When many people are vaccinated, diseases cannot spread easily (this is called herd immunity).
- (iv) **Saving lives:** Vaccines reduce child deaths and keep families healthy.

(b) How is the measles vaccine given to a baby?

Through injection

(c) A part from immunization, state two other ways in which a baby`s immunity can be improved.

- (i) **Breastfeeding** – mother`s milk gives the baby antibodies that protect against diseases.
- (ii) **Eating a balanced diet** – when the baby starts solid food, good nutrition helps the body grow strong.
- (iii) **Keeping the baby clean** – bathing, washing hands, and clean clothes prevent germs.
- (iv) **Sleeping well** – enough rest helps the body fight sickness.
- (v) **Regular medical check-ups** – doctors can detect problems early and keep the baby healthy.
- (vi) **Safe environment** – keeping the baby away from smoke, dirt, and overcrowding reduces infections.

Thank You

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