

THE BACKGROUND OF APPROACHES TO THE HEALTH CARE  
PREVENTIVE COMPONENT STRENGTHENING IN UKRAINE

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**Rezumat**

***Căile de îmbunătățire a componentei profilactice a sistemului de sănătate din Ucraina***

*În articol sunt indicate căile de îmbunătățire a sistemului de sănătate din Ucraina prin consolidarea profilaxiei, sunt abordate cauzele sănătății precare a cetățenilor. Totodată, autorii propun un șir de măsuri de depășire a disparităților în accesul la serviciile de sănătate.*

***Cuvinte-cheie:*** sistemul de ocrotire a sănătății, asistență medical primară, profilaxie

**Резюме**

***Пути укрепления профилактической составляющей системы здравоохранения Украины***

*В статье указывается на пути улучшения системы здравоохранения Украины путём укрепления профилактической составляющей данной системы, затрагиваются причины плохого здоровья граждан и предлагаются пути преодоления неравенства в доступе к медицинским услугам.*

***Ключевые слова:*** система здравоохранения, первичная медицинская помощь, профилактическая составляющая здравоохранения

**Introduction**

The population health is the main prerequisite for the formation of harmonious and comprehensively developed personality, and therefore can be recognized as one of the best values and the objective conditions of the evolution of any society. The high significance of the "health" category could be explained by the content, which this category fills currently by developed world, it is generally the WHO definition of health as a state of complete physical, mental and social well-being, and not merely as the absence of disease or physical disabilities.

In the 21-st century health significance is revised radically taking into account that understanding of health as an inalienable right of every human being, and increasing requirements of health quality, technological and financial capabilities of its insuring. In Ukraine, as well as in the most countries of the European region an urgent problem is rising of the prevalence of chronic non-communicable diseases and their risk factors. It affects adversely on population health, which is characterized by low birth rate, high mortality rate, negative natural increase and demographic aging of the population, as well as high levels of morbidity, disability, which together determine a low life quality and a short life expectancy of the Ukrainian population [1, 2, 3].

Therefore the scientific basis to enhance preventive approaches towards providing medical care caused the relevance

of our research and has identified its goals and the used methods.

### The materials and methods of the research

We used such methods of the research as semantic evaluation of scientific documents, systematic and logical structure analysis, and content analysis of legal documents.

### The results

The strengthening of the health care prevention component is recognized as strategic direction at the state level. Thus, the state programs defined the set of measures to improve the quality and accessibility of health care system, to improve of public health financing efficiency, to provide of incentives for health promotion and healthy lifestyle as well as safety work conditions for citizens of Ukraine [1, 2, 3].

The Verkhovna Rada (Parliament) of Ukraine in order to create the legal basis for the implementation of health care reform adopted a number of important laws during recent years. Among them are: the Law of Ukraine *On Combating of the Diseases Caused by the Human Immunodeficiency Virus (HIV) Spread and Legal and Social Protection of People Living with HIV*, the Law of Ukraine *On the Tuberculosis Control*, the Law of Ukraine *On the Public-Private Partnership* and the laws for improving the National Legislation in the field of pharmacy, quality and food safety, tobacco control and prevention of its harmful effects on human health and etc.

Also the Verkhovna Rada of Ukraine to support the implementation of health reform adopted a new version of the Budget Code of Ukraine (dated July 8, 2010, № 2456-VI), the Law of Ukraine *On the Amendments to the Basic Laws of Ukraine on Health Care for Improving the Provision of Medical Care* (dated July 7, 2011, № 3611-VI), *On the Health Care Reforming in Vinnytska, Dnipropetrovska, Donetsk Oblasts and Kiev City* (dated July 7, 2011, № 3612-VI), *On Emergency Medical Care* (dated July 5, 2012, № 5081-VI), which create a legislative framework for the implementation of the health care reform by the Program of Economic Reforms for 2010-2014 approved. Now the Verkhovna Rada (Parliament) of Ukraine is actively working to create a legislative framework aimed to combat tobacco and alcohol abuse. According to an opinion poll, the Law of Ukraine *On the Prohibition of Smoking* (dated December 16, 2012, № 4844) operates in 93% of cases. At the same time, smoking kills about 120 000 people in Ukraine annually. It is disturbing the tendency to deterioration of young people health, increasing incidence of socially dangerous diseases, including tuberculosis and HIV/

AIDS, mental and behavioral disorders and so on. According to different authors, the National Health Care System does not provide the population with affordable, high-quality and efficient health care [2, 3, 4].

The attempts to reform the health care system were inconsistent and largely fragmented and pilot character without changing outdated since the time of the soviet planned economy of the health care system. The situation is complicated by a number of objective and subjective reasons, it is a real threat to the emergence and development of irreversible processes in a state of physical and mental health, and consequently may adversely affect the socio-economic, political, spiritual development of the Ukrainian nation as a whole, and it is a threat to national interests of Ukraine.

In this regard, now the Ukrainian Health Care System faces new challenges to strengthen preventive services, improve population access to and quality of health care including health promotion and prevention services, optimization of the primary health care and setting its personnel component and collaboration with the secondary specialized level of health care. Existing health care issues are complex and multidimensional that needs necessitates updating of the healthcare policies, development and implementation of new approaches and programs. Decisive role in public health problems solving and its defining determinants improving, the prevalence of risk factors reducing, the modern strategies for prevention of chronic non-communicable diseases and promoting healthy lifestyles implementing, family medicine plays.

The European approach treats a general medical practice as an approach that provides long-term supervision and care of patients and all family members, regardless of the nature of the diseases, age, psycho-emotional, professional and other features.

The process of family medicine implementing in Ukraine was long and not easy. It began with the experiment in 1987, when in Drohobych city in Lvivska Oblast (Region) the first clinic of general practice and family medicine was opened. Later in 1995 trainings for family doctors were started according the Curricula approved by the Ministry of Health of Ukraine. An important next step was the creation in 1996 in the National Medical Academy for Postgraduate Education named P. Shupik (NMAPE) the Department of Family Medicine, which became the prototype of the Institute of Family Medicine of NMAPE. Today according the Order of NMAPE Rector (dated on 30.11.2009, №3694) the Institute of Family Medicine is functioning. It has a number of national

tasks in addition to educational and methodological functions.

The Institute of Family Medicine is created for institutional provisions of family medicine in primary health care practice through the development of appropriate regulatory documents, curricula and programs, training of qualified personnel for primary health care, research on topical family medicine issues, in order to maintain and strengthen of population health of Ukraine.

The main tasks of the Institute of Family Medicine are:

- Organizing and conducting of trainings and education in the specialty *The General Practice-Family Medicine* for health specialists;
- Organizing and conducting of trainings and education of academic and scientific personnel for family medicine;
- Organization of functioning of the Problem Committee and Specialized Scientific Council on specialty *The General Practice-Family Medicine*;
- Development and implementation of new educational technologies and curricula based in good international practice into a learning process;
- Coordination, implementation and monitoring of researches in family medicine field in Ukraine;
- Scientific and methodological support of family medicine implementation in primary health care of Ukraine;
- Coordination and establishment of methodological materials, manuals, textbooks, software programs to provide graduate and postgraduate trainings and education for family doctors;
- Implementation of the integration and methodological, monitoring and scientific guidance for teaching and practice of family medicine centers;
- Organization and carrying out of treatment and prevention activities at clinical sites of the Institute of Family Medicine, advisory assistance to other health care facilities;
- Participation in the creation, review, expert evaluation of standards and clinical guidelines for primary health care, the effectiveness of their implementation monitoring;
- Participation in the implementation and coordination of national and international projects and programs in the family medicine field, analysis and expert evaluation of their results.

To improve the conditions of implementation of the principles of family medicine in the activities

of primary health care Ministry of Health of Ukraine was developed and approved a package of regulations governing the implementation of family medicine technology. Further development of family medicine in Ukraine is focused on achieving the European level according to the WHO strategy *The Health Policy Framework for All in the European Region* (The Health – 21). Additionally, the WHO European Region countries have developed a new European policy *The Health – 2020* as a strategic platform with capabilities to adapt it to the specific context. The Program *The Health – 2020* proposed fundamental principles for the European region countries, aimed at reducing the gap between population health and cooperating with health issues.

The formation and implementation of comprehensive multi-sectoral approach is essential issue to the successful implementation of strategic objectives in today's medical field, primarily on preventive measures to eliminate the negative impact of social determinants of health, creating conditions for health saving and promoting, affirmation of healthy lifestyle, forming a responsible attitude of population to personal health.

The optimization of the Healthcare System in Ukraine, including its prevention component, foreseen through:

- Priority development of primary health care on the basis of General Practice-Family Medicine;
- Improving the Health Rehabilitation System according to the transition from budget financing of health facilities to provide medical care based on their needs with powerful financing at the primary health care level and finished by case treatment in the secondary and tertiary levels of care.

The health saving and promoting, diseases preventing, diseases incidence, disability and mortality reducing, preventive component of medical care quality and effectiveness improving, social justice, equality and protection of human rights for public health insuring are the Ukrainian Government priorities for the future.

These priorities achievement is possible through a comprehensive approach:

- New technologies development and implementation to minimize the risk of diseases and create a health promoting environment;
- Establishment of the strategies of forming a conscious and responsible attitude of the population towards their health and personal safety;
- Improving the quality component of staffing, specialists training for diseases prevention, early detection, diagnosis and treatment;

- Scientific researches with their results implementing in practical public health, including the diseases prevention, the negative impact of risk factors and social determinants of health formation, and ways to minimize their impact knowledge.

The advantages of implementing primary health care on the principles of family medicine are:

- Maximum approaching family physicians to population, improving access to care for the entire population;
- Ensuring for a family doctor controllability of preventive activities, standardization and evidence-based diagnosis, treatment and rehabilitation;
- Improving of efficient use of available resources;
- Participation of communities and citizens in solving problems of individual and public health;
- Protection of patients' interests during the interaction with the health care system, and family physician functions "leader" in a complex system of different levels of health care.

However, to the Committee on Health Care of the Verkhovna Rada (Parliament) of Ukraine and to the Deputies (Parliament Members) of Ukraine comes a lot of appeals from citizens, indicating that in Regions, especially in rural areas, there are number arbitrary decisions during the process of reforming health care system that impair the medical care. Sometimes these measures in Regions substitute the system work, which should be aimed at organizational restructuring of the local network of medical facilities based on actual needs of specific populations of administrative territorial unit in the relevant types of medical care and health services due to gender and age structure of the population, its morbidity, mortality, local infrastructure development etc. [2, 4, 5].

Opinion polls show that nearly 95% of the population is not satisfied with the medical services in the country. There is a high level of families' cash payments for health care services, which according to WHO experts was more than 40% of total health expenditure in 2010, which is 2.5 times higher than the average in EU countries (16.5%).

Certainly, these facts have a very negative impact on the accessibility, quality and completeness of medical care, and prevention of diseases and their risk factors, and the risk of population poverty,

compared with citizens of other European countries. To successfully reorient of the primary level health care providing in the preventive approaches it is necessary of public awareness and education that the patients and health care providers should be explained reasonably available and content of measures to implement the reforms, and their need, expected results and more.

## Conclusions

Therefore, Ukraine continues to occupy the sad leadership in Europe in poor health, high AIDS morbidity and mortality. Life expectancy of Ukrainian population is 10-13 years less than the residents of European countries.

Prolonged the health sector reforms have not resulted in improving the quality and accessibility of medical care to different social groups of the population. Ukraine continues to yield the most of the WHO European Region countries in terms of health care financing, including of the European Union members and neighboring countries of the CIS members.

Considering the above, in case of fiscal deficit of the health care system it is reasonable to focus Ukrainian Government's efforts to provide a prevention component in the practice of general practitioners-family doctors at the primary level of health care system, that could prevent occurrence of diseases and (or) diagnose them on early stages, a timely start of treatment, and thus prevent disability, and reduce quality of patients' life.

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