

Health Care Delivery Systems

A health care delivery system is a mechanism for providing services that meet the health-related needs of individuals. Nursing is a major component of the U.S. health care delivery system. Consequently, nurses must understand the changes occurring within this system, as well as their role in shaping the changes.

Methods of Health Care Delivery Systems:

Different methods are used to ensure continuity of care and cost-effective care as a patient moves through the health care systems. These methods include:

- **Managed Care Systems:** Managed care systems are a way of providing care that is designed to control the cost while still maintaining the quality of that care.
- **Case Management:** Case management is a method used to coordinate a patient's Health Care to achieve patient wellness and optimum function through advocacy, communication, and education.
- **Primary health care:** Primary health care is defined as essential health care based on practical, scientifically sound, and socially acceptable methods and technology, made universally accessible to individual and families in the community through their full participation and at a cost the community can afford.

Types of Health Care Services

health care services can be categorized into three levels: primary, secondary, and tertiary . The trend is toward holistic care (e.g.. care of the entire person ,including physiological ,psychological, social ,intellectual, and spiritual aspects).

1- Primary: (Health Promotion and Illness Prevention)

The major purposes of health care are to promote wellness and prevent illness or disability. Traditionally, the U.S. health care system focused on disease prevention rather than health promotion. Illness prevention activities are directed at the individual, the family, and the community. Now, however, the focus is on health promoting behaviors such as regular exercise , reducing fat in the diet, monitoring cholesterol level, and reducing air pollution . Wellness promotion activities may be directed toward the individual, the family ,or community.

2-Secondary: (Diagnosis and Treatment)

Most services occur within this secondary type of health care. Acute treatment centers (hospitals) are still the predominant site of delivery of health care services ,where holistic care is promoted . There is a growing movement to have diagnostic and therapeutic services provided in locations that are more easily accessed by individuals .

3- Tertiary: (Rehabilitation)

Restoring an individual to the state that existed before the development of an illness is the purpose of rehabilitative (or restorative) care. In situations in which the person is unable to regain previous functional abilities, the goal of rehabilitation is to help the client reach the optimal level of self-care. Restorative care is holistic, in that the entire person is cared for—physiological, psychological, social, and spiritual aspects. For example, a client regains partial use of an arm after experiencing a stroke.

Health Care Settings and Services:

Health care is provided within many different type of facilities to meet the needs of people. Examples of nursing activities various heaths care setting.

- **Hospitals:** Hospitals provide both inpatient and outpatient services.

A-Inpatient :Is a person who enters a hospital and stays overnight for an indeterminate time (ranging from days to months).

B-Outpatients: Those who are not hospitalized overnight but who require diagnosis or treatment.

- **Primary care centers:** Physicians and advanced practice nurse provide primary health care services in offices and clinics.
- **Ambulatory care centers and clinics:** (Agencies that deliver medical care on an outpatient basis) may be located in hospitals, may be a free- standing service provided by a group of health care providers who work together.
- **Home Health Care:** Home health care is one of the most rapidly growing areas of health care system.
- **Long-Term care:** Long-term care provides medical and nonmedical care for people with chronic illnesses or disabilities. Long-term care may extend for periods ranging from days to years.

Specialized Care Center and Settings

Specialized care center and settings-provide services for a specific population or group. They are usually located in easily accessible locations within a community.

- **Daycare Centers:** Daycare centers have a variety of purposes. some centers care for healthy infants and children whose parents work some also care for children with minor illnesses. Eldercare centers.
- **Mental health centers:** Mental health centers may be associated with a hospital or may provide services as an independent agency .
- **Rural health centers:** Rural health centers are often located in geographically remote areas that have few healthcare providers.
- **Schools:** Schools nurse are often the major source of health assessment ,health education. Schools nurses provide many different services, including maintaining immunization records, providing emergency care for physical and mental illnesses.
- **Industry:** Many large industries have their own ambulatory care clinic. Occupational health nurses in industrial clinics focus on preventing work-related injury .

- **Homeless shelters:** The Homeless are at increased risk for illness or injury because of factors such as exposure to violence ,drug, alcohol addiction ,poor nutrition.
- **Rehabilitation centers:** Rehabilitation centers specialize in services for patients requiring physical or emotional rehabilitation . The goal is to return patients to optimal health and return them to the community as independent members of society.

Federally Funded Health Care Programs:

The primary Federally Funded Health Care are Medicare and Medicaid.

- **Medicare:** Amendments to the Social Security Act established national and state health insurance programs for the elderly.
- **Medicaid :** Is a Federally Funded public assistance programs for people of any age who have low income; for the blind, elderly.

Factors that Affect Health Care Delivery

- Increasing number of elderly
- Advances in technology
- Economics
- Women's health issues
- Uneven distribution of services
- Access to health insurance
- Homeless and the poor
- Demographic changes