



Health Care Delivery System:

Is a mechanism for providing services that meet the health-related needs of individuals. Health care delivery system is the sum total of all the organizations, institutions and resources whose primary purpose is to improve health. Its chief function is to deliver health services. Every country has its own system, ministry of health is the central part.

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.

Types of health care services:

Basically, health care services can be categorized into three levels: primary, secondary, and tertiary. The complexity of care varies according to the individual's need, provider's expertise, and delivery setting.

1. Primary Prevention (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. However, within the past decade, society has begun to engage in health-promoting behaviors. Illness prevention activities are directed at the individual, the family, and/or the community.

Unfortunately, our entire system of health care delivery is not a *health* care system but rather an *illness* care system. Services are directed to caring for an individual after disease or disability has developed rather than emphasizing preventive aspects of care. Ideally, preventive care occurs in the community (e.g., homes, workplaces, schools) and emphasizes the development of healthy lifestyles.

2. Secondary prevention (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. There is a growing movement to have diagnostic and therapeutic services provided in locations that are more easily accessed by individuals.

3. Tertiary Prevention (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.



Table (1) The types of health care services

Type of care	Description	Example
Primary	Goal: To decrease the risk to client (individual or community) for disease or dysfunction.	- Teaching. -Lifestyle modification for health (smoking cessation, nutritional counseling).
	Explanation: General health promotion, and protection against specific illnesses.	- Referrals. - Immunization. - Promotion of a safe environment (sanitation, protection from toxic agents).
Secondary	Goal: Early intervention to alleviate disease and prevent further disability.	- Screenings / diagnosis. - acute care. - surgery.
	Explanation: Early detection and intervention.	
Tertiary	Goal: To minimize effects and permanent disability of chronic or irreversible condition.	- Education and retraining. - provision of direct care. - environmental modification (advising on necessity of wheelchair accessibility for person who has experienced a cardiovascular accident).
	Explanation: Restorative and rehabilitative activities to obtain optimal level of functioning.	

Types of international health care agencies and services:

Health care services are delivered by both the public (including official and voluntary) and private sectors.

1. Public Sector:

Public agencies are financed with tax monies; thus, these agencies are accountable to the public. The public sector includes official (or governmental) agencies, voluntary agencies, and nonprofit agencies. At the local level, services provided include (immunizations, maternal-child care, and activities directed at control of chronic diseases). Each state varies in the provision of public health

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services. Generally, a state department of health coordinates the activities of local health units.

An important part of the public sector of the health care delivery system is voluntary agencies. These not-for-profit agencies exert significant legislative influence (e.g., the American Nurses Association [ANA] and the American Medical Association). Other voluntary agencies, such as the American Cancer Society and the American Heart Association, provide educational resources to the general public and to health care providers. Voluntary agencies are funded in a variety of ways, including individual contributions, corporate philanthropy, and membership dues.

2. Private Sector:

The private sector of the health care delivery system primarily comprises independent providers who are reimbursed on a **free-for-service** basis (the recipient directly pays the provider for services as they are provided).

free-for- service: Health care recipient directly pays the provider for services as they are provided.

Health care setting:

Setting	Services Provide
Hospitals	<ul style="list-style-type: none"> - Diagnosis and treatment of illnesses (acute and chronic). - Acute inpatient services. - Emergency care. - Ambulatory care. - Critical (intensive) care. - Rehabilitative care. - Surgical interventions. - Diagnostic procedures.
Long term facilities.	<ul style="list-style-type: none"> - Intermediate and long-term care for people. - with chronic illnesses or those who are unable to care for themselves. - Restorative care until client is ready for discharge to home.
Home health agencies	Wide range of services, including curative and rehabilitative.
Hospices	Care of individuals with terminal illnesses Improving the quality of life until death.
Outpatient settings	<ul style="list-style-type: none"> Treatment of illness (acute and chronic). Diagnostic testing. Simple surgical procedures.

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Schools	School-based clinics (SCBs) are providers of physical and mental health services in middle and high schools.
Industrial clinics	Maintain health and safety of workers
Managed care organization.	Reimbursement for health care services
Community nursing centers	Direct access to professional nursing services
Rural primary care hospitals (RPCBs)	Stabilize clients until they are physiologically able to be transferred to more skilled facilities.

Health Care Team(Health Care Providers):

Health care services are delivered by a multidisciplinary team. Because nurses work with other care providers on an ongoing basis, it is necessary to understand the role of each provider. Nurses coordinate the care provided by other personnel.

Nurse:

What do nurses do? Nurses fulfill a variety of roles while assisting clients to meet their needs. These roles are affected by changes in the health care environment. Nurses function in dependent, independent, and interdependent roles. The degree of autonomy nurses experience is related to client needs, expertise of the nurse, and practice setting.

Table (2)shows health care providers role.

Professional	Function/Role
Nurse (RN)	<ul style="list-style-type: none"> - Provides care to individuals who are unable to care for themselves. - Nurses assist clients to cope with illness or disability - Addresses the needs of the client (individual, family, community). - Emphasizes health promotion.
Physician (MD)	<ul style="list-style-type: none"> - Makes medical diagnoses. - Prescribes therapeutic modalities. - Performs medical procedures (e.g., surgery). - May specialize in a variety of areas (e.g., gynecology/obstetrics, oncology, surgery).
Physician Assistant (PA)	- Provides medical services under the supervision of a health care practitioner.
Pharmacist	- Prepares and dispenses drugs for therapeutic use.

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(RPh)	- Often involved in client education.
Dentist (DDS)	- Diagnoses and treats conditions affecting mouth, teeth, and gums. - Performs preventive measures to promote dental health.
Dietitian (RD)	- Plans diets to meet special needs of clients. - Promotes health and prevents disease through education and counseling. - May supervise preparation of meals.
Social worker (SW)	- Assists clients with psychosocial problems (e.g., financial, marital). - Conducts discharge planning. - Makes referrals for placement.
Respiratory therapist (RT)	- Administers pulmonary function tests. - Performs therapeutic measures to assist with respiration (e.g., oxygen administration, ventilators).
Physical therapist (PT)	- Works with clients experiencing musculoskeletal problems. - Assesses person's strength and mobility. - Performs therapeutic measures (e.g., range of motion, massage, application of heat and cold). - Teaches new skills (e.g., walking with crutches).
Occupational therapist (OT)	- Works with clients with functional impairment to learn skills for activities of daily living.
Chaplain	- Assists in helping clients meet spiritual needs. - Provides individual counseling. - Provides support to families. - Conducts religious services.
Unlicensed assistive personnel (UAP)	- Assists in provision of client care activities under the direction of the RN May include certified nurses aide, personal care assistant, nursing assistant, orderly, and certified phlebotomist

Nursing Roles:

1. Caregiver: - Traditional and most essential role.

- Functions as nurturer.
- Provides direct care.
- Is supportive.
- Demonstrates clinical proficiency.
- Promotes comfort of client.

2. Teacher:

- Provides information.
- Serves as counselor.

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- Seeks to empower clients for self-care.
- Encourages compliance with prescribed therapy.
- Promotes healthy lifestyles.
- Interprets information.

3. Advocate:

- Protects the client.
- Provides explanations in client's language.
- Acts as change agent.
- Supports client's decisions.

4. Manager:

- Makes decisions.
- Coordinates activities of others.
- Allocates resources.
- Evaluates care and personnel.
- Serves as a leader.
- Takes initiative.

5. Expert:

- Advanced practice clinician.
- Conducts research.
- Teaches in schools of nursing.
- Develops theory.
- Contributes to professional literature.
- Provides testimony at governmental hearings and in courts.

6. Case manager:

- Tracks client's progress through the healthcare system.
- Coordinates care to ensure continuity.

7. Team member:

- Collaborates with others.
- Possesses highly skilled communication methods.
- Performs therapeutic measures to assist with respiration (e.g., oxygen administration, ventilators).