

# Introduction to Community-Based Health Care

Introduction to Community-Based Health Care (CBHC)  
Key concepts, goals, components, and implementation steps

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## 1. What Is Community-Based Health Care?

| Aspect     | Description                                                                                                                                                            |
|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Definition | A health service model that delivers prevention, promotion, treatment, and rehabilitation <b>directly within the community</b> where people live, work, and socialize. |
| Core Idea  | Shift from a hospital-centric system to one that <b>empowers communities</b> to identify and solve their own health problems.                                          |
| Scope      | Includes primary care, public health, social services, and community participation.                                                                                    |

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## 2. Why CBHC Matters

| Reason             | Impact                                                                   |
|--------------------|--------------------------------------------------------------------------|
| Accessibility      | Reduces geographic, financial, and cultural barriers to care.            |
| Equity             | Targets underserved groups, narrowing health disparities.                |
| Prevention Focus   | Early detection and health-promoting activities lower disease burden.    |
| Cost-Effectiveness | Community interventions often cost less than hospital-based treatment.   |
| Social Cohesion    | Strengthens trust, solidarity, and collective responsibility for health. |

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## 3. Guiding Principles

- Community Participation** – Residents are involved in planning, delivering, and evaluating services.
  - Holistic Approach** – Addresses physical, mental, social, and environmental determinants of health.
  - Cultural Competence** – Services respect local customs, languages, and belief systems.
  - Intersectoral Collaboration** – Health works with education, agriculture, housing, etc.
  - Sustainability** – Uses local resources and builds capacity for long-term operation.
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## 4. Main Components of CBHC Care

| Component                        | Typical Activities                                                  | Example                                           |
|----------------------------------|---------------------------------------------------------------------|---------------------------------------------------|
| Health Promotion & Education     | Workshops, peer?education, media campaigns                          | Nutrition talks in schools                        |
| Disease Prevention               | Immunization drives, screening, vector control                      | Community malaria net distribution                |
| Primary Care Services            | Mobile clinics, community health workers (CHWs), tele?consultations | CHW home visits for chronic disease monitoring    |
| Rehabilitation & Palliative Care | Home?based physiotherapy, counseling, support groups                | Home hospice care for terminal patients           |
| Health System Linkage            | Referral pathways, data sharing, emergency transport                | Referral from village clinic to district hospital |
| Community Governance             | Health committees, participatory budgeting                          | Village health board overseeing local budget      |

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## 5. Key Actors & Their Roles

| Actor                            | Role                                                                      |
|----------------------------------|---------------------------------------------------------------------------|
| Community Members                | Identify needs, co?design programs, volunteer, provide feedback.          |
| Community Health Workers (CHWs)  | Frontline service delivery, health education, follow?up, data collection. |
| Local Leaders / NGOs             | Mobilize resources, advocate, facilitate partnerships.                    |
| Primary Health Facilities        | Provide technical support, supervision, referral services.                |
| Government Agencies              | Set policies, allocate funding, ensure regulatory compliance.             |
| Academic / Research Institutions | Conduct needs assessments, monitor outcomes, train staff.                 |

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## 6. Steps to Implement a CBHC Program

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## 1. Situational Analysis

- Collect epidemiological data, map resources, assess social determinants.
- Tools: household surveys, focus groups, GIS mapping.

## 2. Community Engagement

- Form a health committee; hold town?hall meetings.
- Use participatory methods (e.g., community mapping, problem?tree analysis).

## 3. Define Goals & Priorities

- Align with national health strategies and community