



Health Information Management

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Abstract

India is developing in all spheres, there has been introduction of modernization, innovative strategies and methods in all areas within the country. In this research paper, emphasis has been laid upon health information management. Health of an individual is one of the most imperative areas, in one's life, a person can implement all the required tasks and functions only when he has a good health. With proper health and wellbeing, an individual is able to acquire appropriate educational qualifications, he is able to get engaged into different kinds of jobs and employment opportunities, he is able to enhance the wellbeing of other family members, such as his children and other elderly members of the family and so forth. On the other hand, poor health conditions prove to be impediments within the course of an individual's wellbeing and development. A person faces problems and difficulties in accomplishment of all kinds of tasks and functions, when he experiences health problems, therefore, health is wealth is a true saying. In this research paper, the main areas that have been taken into account are, health care system in India, significance of health care, features of the private medical sector, and measures leading to efficient health care. There has been expansion of the health care systems within the country, so that individuals residing in urban as well as rural areas benefit. There has been introduction of holistic approach in the enhancement of health care centres and the resource base for the health care centres have been increasing in a consistent manner over the last decade.

Keywords: Health, Individuals, Management, Health Care Centres, Wellbeing, Programs, Services

Introduction

In India during British rule, state and philanthropic involvement contributed a significant role in healthcare, though most of these conveniences were located in large towns, thus, projecting a strong urban bias and negligence of the rural population. Modern medicine progressively weakened systems of Ayurveda and Unani, and those traditional practitioners who were available are often concentrated in the small towns and rural areas where modern medicine had not yet penetrated. Despite the Bhore committee's recommendations at the dawn of independence towards modifying the rural-urban disparity and recommendation of integrated planning for increasing access to health services; even during the

post-independence period, the weakness of public health services in rural areas and growth of private practice continued. Public health remained a low priority in succeeding five-year plans and public health efforts remained focused on specific vertical programmes, of which the Family Planning programme was the most prominent. This contributed to the deliberate and inadequate improvement in health of the population during the period from the 1950s to the 1970s. It may be noted that until 1983, India did not have any formal health policy; the planning process and various committees appointed from time to time provided most of the inputs for the formulation of health programme design [1].

This inadequate situation was distinguished in the National Health Policy of 1983, which was serious of the curative-oriented western, urban-based model of healthcare, and emphasised upon the primary healthcare strategy. There were references for preventive services and a decentralised system of healthcare, focusing on low expenditure, de-professionalization, i.e. involvement of volunteers, paramedics and community membership [1].

Health care system in India

India's developing social structure and improvements taking place in all the spheres have led to enhancement of the health care system in India. The country has throughout the recorded history has experienced severe conditions of poverty and wealth. The country covers only a less than over two percent of the earth's land surface. Yet its population is approaching 20 percent of the world total; due to the scale, strengths and weaknesses of the future of India and its capability to maintain the health and wellbeing of its citizens raises matters and concerns of significance to the entire world community. Since independence in 1947, the life expectancy at birth for men and women combined has doubled to 65 years. However, India has experienced postponed demographic and epidemiological transitions as compared with China and many other parts of Asia. Despite the gradual progress of recent decades, infant mortality is still over 40 per 1000, while maternal mortality is two per 1000 live births. Healthy life expectancy in India remains about 55 years, as compared with close to 70 years reported in countries, such as China, the US and Japan [2].

India's population of 1.2 billion is still increasing by approaching the rate of 1.5 percent per annum, or about 18 million people a year. Some critics observe this as a strength, whereas, others consider it as a primary hazard to the forthcoming affluence and social strength. Although the Indian economy emerged powerfully since liberalising reforms during the late 1980s. In the exchange rate adjusted in terms of average per capita income is only about US \$1,500, as contrasted to about \$50,000 in America and Western Europe. Even in purchasing power parity terms it is under a tenth of the EU/US average. India currently spends only 1.2 percent of its GDP on publicly funded health care; this is substantially less than most other comparable countries. Total Indian health spending is usually estimated at a little over four percent of GDP. The public health care system has been strengthened since the start of the 21st century by initiatives such as the National Rural Health Mission (NRHM). But it still experiences from noteworthy restraints in

areas such as the free provision of essential medicines to the 400-600 million poorest Indians [2].

Most of the health care requirements in India is in the present existence made provision of by the private sector; due to the non-existence of reasonable insurance protection, it is primarily financed through the payments made from one's own pocket. A majority of Indians possess this viewpoint that they have satisfactory access to the services and facilities. On the other hand, there is indication that the existing system often gets unsuccessful in meeting the medically defined needs and is ill-suited to meeting the requirements of the communities characterised by rising chronic or non-communicable disease problems [2].

Significance of health care

When a person is researching upon the area of health information management, then the main focus is put upon the people. Health is important for all the individuals, whether it is an infant, child, teenager, young adult, middle age adult or an elderly individual. Health is a comprehensive concept, which comprises of an individual's wellbeing, rigor, strength, shape, condition and fitness. The people are regarded to be the main priority areas, when health care needs are required to be understood. The balanced consideration is required to be given to the health and wellbeing of the individuals [3]; values and capacities of the citizens are taken into consideration for the development and progress of the country.

Health care should be effective and safe, professionals and other individuals often over-rate the performance of the health care services. The emergence of evidence based medicine during the 1980s has contributed in generating the power and discipline of scientific evidence to health care decision making. In the health care system of the country, there are number of areas that are needed to be taken into consideration. There is focus upon illness and cure, priority diseases and health needs. When there is a communication between doctors, health care professionals and medical practitioners with the patients, then relationship is limited to the moment of consultation; in some of the cases, such as in people-centred primary care, it endures the personal relationship. Another areas are, episodic curative care, program defined disease control interventions and comprehensive, continuous and person-centred care. The responsibility in clinics is limited to efficient and safe advice to the patient at the moment of consultation; disease control targets are amongst the target population and responsibility for the main-

tenance of health of all the community members is along the life cycle stages [3].

Understanding of the health care needs and requirements of the individuals and the setting in which they exist is the most crucial area; for instance, individuals residing within the slum areas or homeless individuals may suffer from infections and diseases that are caused due to contaminated water and unhygienic living conditions. In most of the cases, the individuals who are health care providers, often possess this viewpoint that their responsibility begins when a patient has walked in and it comes to a close, when he has left the premises. When individuals are not very much aware or do not possess efficient knowledge, such as individuals belonging to deprived marginalized communities and socio-economic backward sections of the society, then the providers should make provision of sufficient services for them. Continuity of care is an important concept, and it is a lifelong concept, when a child is born, then his parents take care of his good health, when he becomes an adult, he himself looks after his health care needs and requirements and when a person reaches old age, then there are family members, community members and medical professionals that he may consult in order to maintain his health and wellbeing.

Features of the private medical sector

The following suggestions have been stated upon the regulations that encompass the entire private health sector: [1].

- **Private Nursing Homes and Hospitals:** Standards, norms, rules and regulations are required to get formulated for each type of organization. General specifications for hospitals and nursing homes and special requirements are required for specialist care, examples of these are, maternity care homes, cardiac units, intensive care units and so forth. This also includes the physical standards of space requirements and hygiene, equipment requirements, human power requirements, i.e. medical practitioners, nurses, doctors, Ayurvedic doctors and so forth. The individuals who are engaged in the medical field should possess proper qualifications and skills, so that they are able to efficiently look into the needs and requirements of the individuals. A person should be careful in the performance of his job duties.
- **Private Practitioners:** The private practitioners should practice in accordance to their qualifications. There are number of job duties involved such as, maintenance of the patient records, including prescriptions with regular audit by the concerned authorities. The fees charged should

be in accordance to the services and should be established in an appropriate manner. Regulating of proper geographical distribution and encouraging greater equity in access. Filing of proper data returns about the patients and their treatment. The medicines prescribed, the dates and the timings of visit should be adequately recorded.

- **Diagnostic Facilities:** The provision of diagnostic facilities need to make sure that basic quality standards, and norms, and qualified personnel should be employed. Regular and normal practical responsibilities for various diagnostic tests and procedures, audit of tests and procedures to check their needless use and appropriate geographical distribution to prevent over concentration in certain large urban centres are the features of diagnostic facilities.
- **Pharmacies:** The work duties in a pharmacy are imperative and people are required to possess effectual knowledge. Formulation of a National Formulary of Generic Drugs, which must be utilized for prescribing by the doctors and hospitals by making sure that pharmacies undergo regular inspection by the authorities. Pharmacies should accept only generic drug prescriptions and must retain a copy of the prescription for audit purposes.

Measures leading to efficient health care

The measures that lead to the maintenance of good health amongst the individuals have been stated as follows

- **Physical Exercises:** The individuals of all age groups do get involved in some kind of physical exercises in order to maintain their health as per their schedule. Thrice a week for half an hour, if a person gets engaged into any kind of physical exercise that would prove to be beneficial for him. The physical exercises include, running, jogging, cycling, or doing various kinds of other exercises. Individuals who are wealthy enough, they usually join gymnasiums, whereas, there are other individuals, who cannot afford to join gymnasiums, hence, they normally go to parks or get involved into physical exercises at home. Yoga and meditation techniques are also practiced by some individuals in order to stay calm and healthy.
- **Diet and Nutrition:** Healthy and nutritious diet is an imperative aspect in the maintenance of good health and wellbeing of the individuals. The growth and development of the human body requires proper nutrients, such as carbohydrates, proteins, vitamins, minerals, fats, potassium, iron and so forth. These nutrients are obtained through the consumption of food. Food is the main source of energy. When an individual consumes healthy and nutritious food, then he obtains all the required nutrients,

on the other hand, lack of nutrients contribute to illnesses and diseases, hence, healthy food is considered to be imperative. Some of the examples of healthy and nutritious food includes, fruits, vegetables, cereals, pulses, bread, eggs, meat, fish, milk and so forth.

- **Illness and Disease Surveillance:** One of the imperative initiatives of the Ministry of Health and Family Welfare was the introduction of the Integrated Disease Surveillance Project (IDSP) 32 in 2004 that permitted the following and administration of emergency responses to locally endemic communicable diseases. The eminence of reporting has meaningfully improved over a period of time. The IDSP has newly included non-communicable diseases. However, this resourcefulness has yet to be advanced to the level that the information can be used for observation purposes [4].
- **Getting Sufficient Sleep and Rest:** There are number of reasons due to which the individuals are deprived of sleep and do not get sufficient rest. The reasons may be family problems, work related concerns, education and other concerns. An adult individual requires at least six to seven hours of sleep in a day, in order to keep good health. Lack of sufficient sleep may prove to be detrimental towards the health of the individuals. The most common concern that deprives individual of sleep is work, whether it is job, studies or managing the household; in most cases, people are sleep deprived when they have too many responsibilities on themselves.
- **Accessing Hospitals and Health Care Centres:** When individuals are suffering from various kinds of health problems, they visit hospitals and medical centres. They consult medical professionals in order to find out the reasons. The majority of the hospitals are privately owned and are located in cities because of the sector's awareness of the health related issues and financial practicality. The people who belong to disadvantaged groups cannot afford their treatment in private hospitals, therefore, the Indian Government has launched the National Urban Health Mission. Hence, it can be stated that facilities and services of the hospitals and health care centres also contribute in maintaining proper health and wellbeing of the individuals [5].
- **Keeping Free from Stress and Tension:** Stress and tension are regarded to be aspects that all individuals undergo in their lives. School going students experience stress and tensions regarding their studies, people experience tensions regarding their jobs and even individuals who are home-makers undergo stress and tensions regarding the management of the household. The important part in this case is that individuals should not let any kinds of tensions or stressful situations affect their health, as elderly individuals do suffer from health problems due to stress and tension, such as high blood pressure, pain in the joints, loss of weight and so forth. A person should possess adequate knowledge of how to effectively manage and deal with stressful situations.
- **Staying Occupied:** There is a proverb in English that "idle mind is the devil's workshop", therefore, a person should always stay occupied with some things or the other. When a child is one or two years of age, his parents give him playthings and toys so that he remains occupied and he enjoys playing with them. Young and teenage individuals remain occupied with their studies, when individuals grow up, they remain occupied within their jobs and house ladies remain occupied with the management of the house. Therefore, being involved in any kind of work or jobs helps a person to retain his normality and regularity and this also contributes in the maintenance of good health and wellbeing. Working and staying occupied enables a person to eliminate feelings of anger and frustration.
- **Control of Anger:** The inculcation of the feelings of rage, fury, annoyance, irritation, frustration, antagonism and resentment within a person affects his health. When a person is angry, he depicts his anger in various forms such as screaming out loud, throwing things around, making use of obscene language, insulting people, physically and verbally abusing individuals around and so forth. These feelings largely affect the health of the individuals, hence, in order to maintain good health, a person should always learn to control the feelings of anger and communicate in an effective manner.
- **Control of Depression:** Depression means deep misery, downheartedness and hopelessness. When a person is suffering from depression, he depicts various things, such as loss of interest in activities that were once enjoyed, sleeping and eating to a great extent, avoiding work, he stops communicating with the people around and so forth. Depression largely affects the health of the individual, hence, a person should always adopt means to avoid depression and maintain good health.
- **Maintaining Social Connections:** The health of the person begins to decline in old age, when a person is above 60 years of age, he suffers from various kinds of health problems, such as, diminishing of vision, hearing impairment, decline in vocabulary and usage of words, memory loss, pain in the joints, and other various kinds of health problems. Loneliness in old age is also a chronic disease which affects the health conditions, therefore, in order to stay healthy, a person is required to maintain effective social connections with the people, they may be family members, relatives, friends and community members.

Conclusion

Over 70% of the population in India reside in rural areas, therefore, it is important that the health care sector should progress in rural as well as in urban areas. In the hospitals and medical centres, there has been introduction of innovative and modern techniques, more beds are brought about in the hospitals and qualified, skilled and well trained medical professionals are recruited so that well organized services and facilities are available to the patients. The health care systems are aimed towards universal access and social health protection, they deal with the health conditions of all the individuals within the community, there is a comprehensive response to the individual's needs and requirements, spanning the range of illnesses and diseases and finally the medical and health care services promote at generating a healthy lifestyle and lessening of the effects of the health due to the social and environmental hazards.

The measures that are initiated in order to promote efficient health care are, physical exercises, diet and nutrition, illness and disease surveillance, getting sufficient sleep and rest, accessing hospitals and health care centres, keeping free from stress and tension, staying occupied, control of anger, control of depression, and maintaining social connections. When an organization or a person is engaged into the management of health information, then there are certain areas that are required to get focused upon, such as, concentration upon mother and child care, focus upon the number of diseases, primarily infectious and acute, improvements in the case of water, hygiene, sanitation and health education in rural areas, simple utilization of technology for volunteer, non-professional and community health workers and participation in the mobilization of local resources and health care management through the initiation of local health committees. There are numerous areas that are required to be taken into consideration in the maintenance of good health, such as keeping a pollution free environment, planting more trees, drinking and using clean water for various purposes, visiting medical professionals for a regular check-up, practicing yoga, staying calm, communicating with other individuals in an effective manner and consuming a healthy diet.

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