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## **Problems of health education and management of health services in India**

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### **Abstract**

Despite rapid economic growth and prosperity, India has witnessed a surge in diseases capable of adversely affecting the health of its population. People living in poverty are mostly affected by these diseases. A continuous rise in communicable diseases and spurt in non-communicable or lifetime diseases which accounted for 60 percent of all deaths in 2015 from 42 percent in 2001-03. Healthcare has become one of India's largest sectors, both in terms of revenue and employment. In spite of been achieved this growth, India's healthcare sector faces numerous challenges in trying to effectively serve its huge number of population. India spends its just 47 percent of GDP on health care.

**Keywords:** Curable & non-curable diseases, wrong diagnosis, health problems, hospitals, doctor, health care

### **Introduction**

Good health is our asset. Efficiency of workers depends on their good health. Workers whose health is not good and those who fall sick quite often cannot do their job efficiently and thus their efficiency remains low. Improvement in the health of workers raises the national output through their increasing working capacity. Improved health contributes to economic growth. Better health condition reduces production losses caused by worker illness and also permits the use natural resources that had been totally inaccessible because of diseases. Better health services and proper treatment at reasonable price rate decreases the possibility of diseases of the people especially school going children & thus increases the enrolment of children in schools and their school attendance. Good health also makes them better able to learn, and it frees for alternative uses resources that would otherwise have to be spent on treating illness. Two things are necessary for good health. The first one is balanced and nutritious diet and the second one is better medical care. The quality & the standard of the general health service & treatment of diseases in India is quiet low. This is clearly reflected in the high incidence of morbidity and mortality rate especially small children in the country. The main reason for this is most of the people of India are poor and cannot afford high priced medical treatment. Because of their shortage of money, lack of nutritious diet, inadequate medical care and living under unhygienic conditions, the poor people are suffering several of major diseases which cause their death in most of the cases. Naturally we can say that the basic cause of poor and bad health condition of the population of India is widespread poverty and corruption of medical department. This research paper tries to point out the actual problems exist in health service system in India and tries to find out the ways of solving the problems.

### **Objectives of the Study**

#### **The objectives of the study are**

1. To study and know about the problems that is confronted in health system in India.
2. To analyze the nature of the problems and their serious consequences upon the society in India.
3. To suggest the measures for the upliftment of the problems.
4. To put forward recommendations for developing the health services & system in Indian health service department.
5. To put forward an ideal model for solving the health service problems and compare it with total health system in India.

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- To give a picture of the real condition of most of the government hospitals, private nursing homes and most of the rural & urban health centre and to know about the doctor's negligence about the patients.

### Methodology of the Study

To solve the problem of health services in India, the research data will be collected from primary and secondary source in India. The primary data will be collected with the help of interview & survey method. On the other hand the primary data will also be collected from sample survey among different hospitals, health & sub health centers, various private nursing homes and other health organizations & agencies. Survey will be conducted by enquiry method with different doctors, suffering patients, affected children & old aged persons, nurses & other staff of the hospitals, even common people in various villages & towns etc. Information will be collected by asking various questions & through observation the actual conditions of hospitals and nursing homes. The analysis will be made on the basis of the information. The secondary will be gathered from the various sources such as books, journals, reports, websites, university libraries, planning commission, govt. publications (central and state), district wise & state wise investigation report, various health developing committees etc.

### Statement of the problem in health education and system

In India, health services especially allopathic are quite expensive. It hits hard the common man. Prices of various essential drugs have gone up. Therefore more emphasis should be given to alternative system of medicine like Ayurveda, Unani and Homeopathy system which are less costly and will serve the common man in better way. Indian health system has many problems like shortage of medical personal like doctors, nurse, shortage of hospitals and dispensaries, insufficient fund for purchasing medical instrument, obsolete & old medical machinery, inefficient medical staff, poor health infrastructure, low levels of health Insurance, urban Vs Rural divide, not enough spent on healthcare, lack of hospitals in rural area, unwillingness of the doctors to serve in rural area, neglecting medical research on drugs & vaccines for tropical diseases by international companies because of their limited profit, highly imbalances & social inequalities for getting health facility especially neglecting people of rural, hilly & remote areas where Sc/St & poor people are far away from modern health service. Moreover there are no institutions giving proper health education. The service equality and standard of the health centres are not in good condition. They do not give minimum health education to nearest people. There are many corruptions in health services and education. In health centres, government hospitals patients are properly treated, doctors, nurse's even medicines also are not always available. To solve this problem, health education should be given in government school and colleges and should make as compulsory education to give importance on them. Besides this, social awareness health education programme should be arranged and free primary health checkup should be done by reputed famous doctors by organizing special medical health camp in remote village area, towns and cities. The government has to take this responsibility and should appoint skilled efficient employees in health sector. Number of medical colleges and university should be

increased and there number of seats and capacity for admitting new medical students should be strengthened. The standard of medical colleges should be improved and there should give facilities in new medical research so that better new treatment procedure and medicine should be discovered. The education for keeping neighborhood surroundings neat & clean and environment education should also be given in school, colleges, social awareness programmes and camps etc. The teachers in school & colleges should given special training in health education so that they educate their students about health diseases and their suitable medical treatment and give good suggestion for taking care of their health by not neglecting them. To remove these entire difficulties investment budget should be increased in health sector. Recently, the government has been taken many strong steps in health sector and education, but still now many defects prevail in health service system. These problems can be overcome by effective planning & allocating more funds. To achieve fully success, positive change in all stages of the process is necessary in case of prevention, diagnosis and treatment. The Government needs to step up its support if public health goals are to be achieved.

### The causes of the problems in health services and education

The progress in improving health services and its outcomes has been very slow. As a result India continues to face high disease burden, which saps the productivity of Indian workers and lowers their earning. Recently India losses 6% of its GDP because of premature deaths and preventable illness. The main causes of wick health services of India are as follows-

- Public health expenditure in India has moved up over the past decade, but still remains among the lowest in the world. It was merely 1.3% of total expenditure of India in 2015.
- Indian's public health expenditure is low as well as is also regressive. Only 17.3% of lower income classes get benefit from the public health system as against 22% of higher income classes.
- Availability of health care services from the public and private sectors taken together are inadequate. At the start of the Eleventh plan, the number of doctors & auxiliary and midwives nurses is 45 & 75 per lakh population whereas desirable number are 85 and 225 per lakh population respectively. The overall shortage creates wide geographical variation in availability across the country. Rural areas are especially poorly served. Moreover, most of the doctors are not good. As a result patient's death occurs because of the wrong treatment of the doctors.
- Quality of health care services varies in both the public and the private sector. Many practitioners in the private sector are not qualified doctors. Regularity and standards of the hospitals are not adequate. Most of the working days in hospitals and nursing homes, the doctors & nurses do not attend their regular duties; they remain busy in private practices. So the patients do not get proper treatment due to absence of doctors & nurses.
- Affordability of health care service expenses is a serious problem for the vast majority of the population in India. The lack of extensive and adequately funded

public health services pushes large numbers of population to incur heavy out-of-pocket expenditures on services purchased from the private sector. The average medical expenditure per hospitalized case is about four times in private hospitals.

6. Health care cost are increasing because with increasing life expectancy, a large portion of our population in India will become vulnerable to non Communicable Diseases (NCDs), which typically require expensive medical treatment.
7. The total expenditure on healthcare in India taking both public, private and household out of pocket expenditure was about 4.1% of GDP in 2008-09. The public expenditure on health was only about 27% of the total expenditure in 2008-09 which is very low by any standard. Moreover, people mostly depend on private health care system because the country's public health facilities are very limited, and quite often very badly run.
8. There are major differences regarding various health indicators in different states. Mortality rate is very high in relatively backward states like Uttar Pradesh, Bihar, Orissa, and Rajasthan. In many states child sex ratio (0-6 years) has witnessed a decline in the 2001-11 decade.
9. Health workers are paid very low wages with the result that they do not have enough energy to work efficiently. For example ASHA workers are paid Rs 350 per institutional delivery. They do the work of a primary health worker without a regular salary.
10. In most of the hospitals & nursing home doctors are not available in any time. Even most of the accident & serious cases they does not take the responsibility of the patients. The Patient's family has to suffer a lot of problems to do the medical treatment. Many patients do not purchase the medicine because of high cost which is also unavailable in hospitals. Nurses do not take care of the patients in all time & neglect them. The condition of government hospitals is very poor. Number of beds is very limited & the patients do not admit due to shortage of the bed. So poor patients are forced to stay on the floor of the hospitals. More over in remote village & hilly area, there are not any good hospitals & health centre. So patients have to go abroad for better medical treatment which requires more money. Many cases patient's death has been occurred due to carelessness & negligence of the doctors & hospitals.

### **Recommendations for solving the problem**

**Health problem is very serious problem in recent India. To wipe out the problem various measures should be undertaken which are as follows**

1. Number of beds in hospitals & health centre should be increased so that patient carrying capacity of the hospitals rises.
2. The government should adopt strict policy in attendance of government doctors & nurses in their regular duty. The government should also enquire about the doctor's private practices & should charge a special income tax on their private practices. The govt. should also fix the limit of the doctor's fees for patients.
3. High cost medicine & good quality of food should be provided in hospitals. The sanitary condition of the hospitals, nursing home & other health centre should be

improved. Special staffs should be appointed for these purposes who maintain clearness of hospitals daily.

4. The quality of treatment in hospitals & nursing home should be upgraded. The government should appointed good doctors & nurses in hospitals and health centers. The govt. should also increases the number of medical colleges, & nursing training college for making suitable doctors & nurses. The govt. also should establish All India Medical Science Centre (AIMS), Super Speciality hospitals for good treatment. In rural area health centre plays a vital role for giving better medical treatment. All state even in each district block wise level active services should be done to remove death causing & infectious diseases. To know about the diseases & to awake the public awareness special health service awareness programmes should arranged in every village, block wise level & also the schools where special health check up should be done by the doctors at free of cost.
5. The government should increase budget expenditure on health services & take highly cost expensive health project to improve the health care services. In rural area the govt. should also increase number of nurses, ASHA & other health workers by giving them good salary so that they are encouraged to do their duty well. Special child care programmed should be arranged regularly where children are given vaccine against diseases & pregnancy mothers are also given check up & medicine at free of cost.
6. Special medical board should be set up for recognizing & curing of death causing diseases, operation cases and serious accident cases. Health cost should be lowered by the government in most of govt. hospitals for poor people and for BPL card holders. Continue research should be done in medical sector for discovering new type of medicine for the diseases which are not easily curable like cancer.
7. The government should try and should to take steps to reduce the infant mortality rate. For this special effort should be made. In case of women to reduce the mortality rate, the government should prevent premature marriage & pregnancy and in this connection should pass strict laws.
8. Lastly, the infrastructure of hospitals, nursing homes & health service centre should be developed.

### **Major health programmes**

1. National Health Mission (NHM): It was launched in 2013 to enable universal access to equitable, affordable and quality health care facilities. Provision of accessible, affordable, effective primary health care facilities especially to the poor, bridging the gap in rural health care services through creation of ASHA maintaining gender balance are features of this health care service programmers.
2. Janani Suraksha Yojana: It is a safe motherhood intervention under the NRHM being implemented with the objective of reducing maternal and neo-natal mortality by promoting institutional delivery amongst the poor pregnant women. It integrates cash assistance with delivery and post delivery care.
3. The National health policy, 2002 and the common minimum programme: It was launched by UPA government stressed the need for achieving an

- acceptable standard of good health amongst the general population of the country.
4. Pradhan Mantri Swasthya Suraksha Yojana (PMSSY): It was launched with the objective of correcting regional imbalances in the availability of affordable/reliable tertiary health care services and to augment facilities for quality medical education in the country. Under this, the government establishes AIIMS like institutions and upgrading existing medical college institutions.
  5. Swachh Bharat mission: It was launched on October 2, 2014, by the prime minister Narendra Modi whose aims at attaining an open defecation free India by October, 2019 by providing access to toilet facilities to all rural households and initiating solid and liquid waste management activities in all gram panchayats to promote cleanliness.
  6. Other programme: It includes the Revised National Tuberculosis Control Programmes (RNTCP), National Vector Borne Disease Control Programme (NVBDCP), National Programme for control of Blindness (NPCB) and National Leprosy Eradication Programme (NLEP). NVBDCP programmes were implemented for prevention of vector borne diseases like malaria, kala-azar, Japanese encephalitis, Dengue etc.
  7. National health policy: It was approved on March 15; 2017. It's aims were at achieving universal health coverage and delivering quality health care services to all at affordable cost. Various steps are also advocated for developing medical health care providers, expanding AYUSH (Ayurveda, Yoga and neturopathy, Unani, Siddha and Homoeopathy) services, providing facilities for nursing education, certification programmes for ASHA workers etc.

### Conclusion

The health care services in India are in very bad and poor condition. The main reasons for poor health services in India are lack of nutritious diet, inadequate medical care and living under unhygienic conditions, huge corruptions in medical department, inefficiency of proper medical facilities, bad infrastructure, lack of good doctors & nurses, low quality of treatment, wrong recognizing & treatment of diseases, poor quality of foods and high cost of medicine & medical treatment etc. Major population of India are still living under the below poverty level and naturally they have not sufficient money for purchasing medicines and bearing high cost of medical treatment which all are related with the poverty of the people. Even many people of India do not get two square meals a day. So better medical treatment is like a dream to them. For this reason, they cannot afford medical expenses. Besides this, most of the good hospitals and private nursing homes which are located in urban areas are not within the reach of most of the rural population. So they cannot get proper medical treatment. Therefore to improve health service condition of the country the government should adopt proper health service improving and developing measures along with removing poverty of the people of the country. If this is done, then the success will become greatly.

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