



OPINION



Exploring the Health Care System and Different Approaches

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Description

The improvement of a person's health through the prevention, diagnosis, treatment, amelioration, or cure of disease, illness, injury, and other physical and mental impairments is known as health care. Health care is provided by professionals in health and related fields. Health care encompasses a wide range of health-related professions, including those in medicine, dentistry, pharmacy, midwifery, nursing, optometry, audiology, psychology, occupational therapy, physical therapy, and athletic training. It encompasses public health as well as primary, secondary, and tertiary care giving activities.

Social and economic factors, as well as health policies, can have an impact on how people, communities, and countries access health care [1]. The "decisions, plans, and actions that are undertaken to achieve specific healthcare goals within a society" can be defined as health policy. The World Health Organization asserts that a clear health policy can accomplish the following: It establishes a future vision, it specifies the groups' anticipated roles and priorities; Additionally, it informs and builds consensus.

"The timely use of personal health services to achieve the best possible health outcomes" is what it means to provide health care services [2,3]. Financial limitations (such as insurance coverage), geographical and logistical barriers (such as additional transportation costs and the possibility of taking paid time off work to use such services), sociocultural expectations, and personal limitations (such as a lack of ability to communicate with health care providers, poor health literacy, and low income) are all aspects of health care access that

should be taken into consideration. The ability to obtain, about healthcare in order to make informed health decisions and adhere to treatment instructions is known as health literacy. Due in part to the fact that health literacy involves both the context (or setting) in which health literacy demands are made (for example, health care, media, internet, or fitness facility) and the skills that people bring to that situation, there are multiple definitions of health literacy. Additionally, restrictions on health care services have a negative impact on medical service utilization, treatment efficacy, and overall outcome (well being and mortality rates) [4, 5].

Organizations that aim to meet the health requirements of specific populations are known as health systems. The World Health Organization (WHO) says that a health care system that works well needs a way to pay for it, a workforce that is well-trained and paid well, reliable information on which to base decisions and policies, and health facilities that are well-maintained to deliver high-quality medicines and technologies.

A country's economy, industrialization, and development can all benefit from an effective health care system. Health care is generally regarded as a significant factor in promoting people's overall physical and mental health and well being worldwide. Therefore, what is ultimately beneficial to a person and in their own self interest is their well being. Positive and negative well being is both possible definitions of wellbeing. It is sometimes contrasted with ill being as it's opposite in its positive sense. Finally, health care ratings are ratings or evaluations of health care used to evaluate the process of care as well as health care structures and outcomes of health care services. The term "subjective well being" refers to how people experience and evaluate their lives. It is typically measured in relation to self reported well being obtained through questionnaires.

Quality organizations, nonprofits, consumer groups, and the media all produce report cards from this data.

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