

Activity 1:

1. Article 1: What are the commitments of the new Astana declaration for Primary Health Care conducted in 2018?

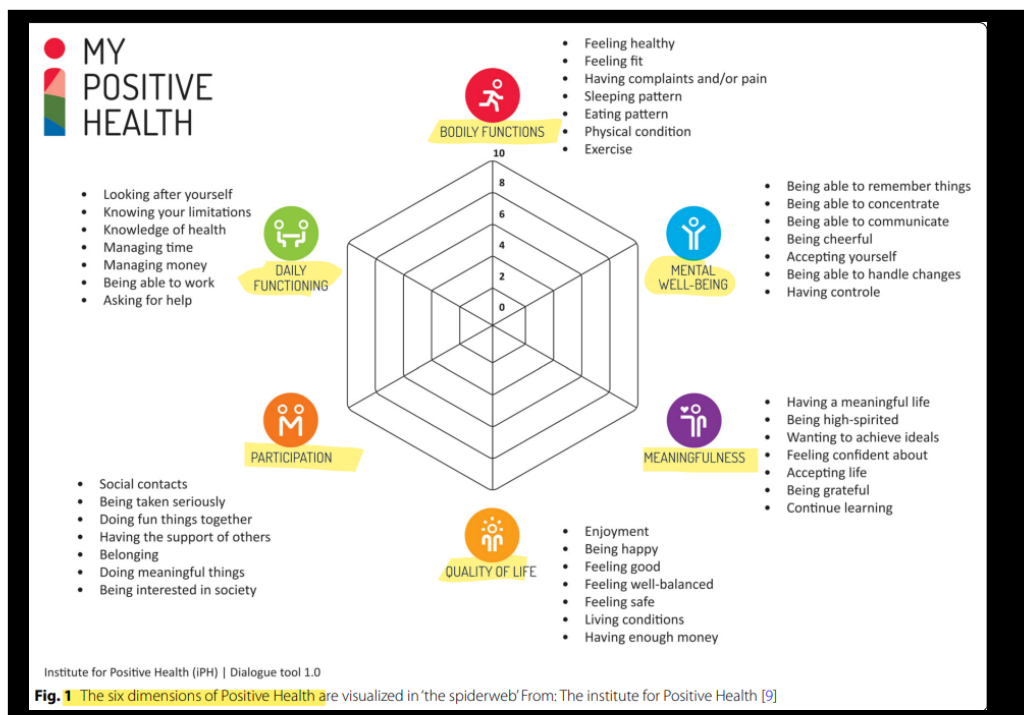
- 1) The first commitment of the Astana declaration is “make bold political choices for health across all sectors.”
- 2) the second commitment is to “build sustainable primary health care.’
- 3) The third commitment of the new declaration is to “empower individuals and communities.”

2. . Article 2: What is positive health? What are the dimensions of positive health?

Positive Health (PH) is an upcoming, comprehensive health concept, a prominent, upcoming health concept comprising six dimensions relevant to experienced health

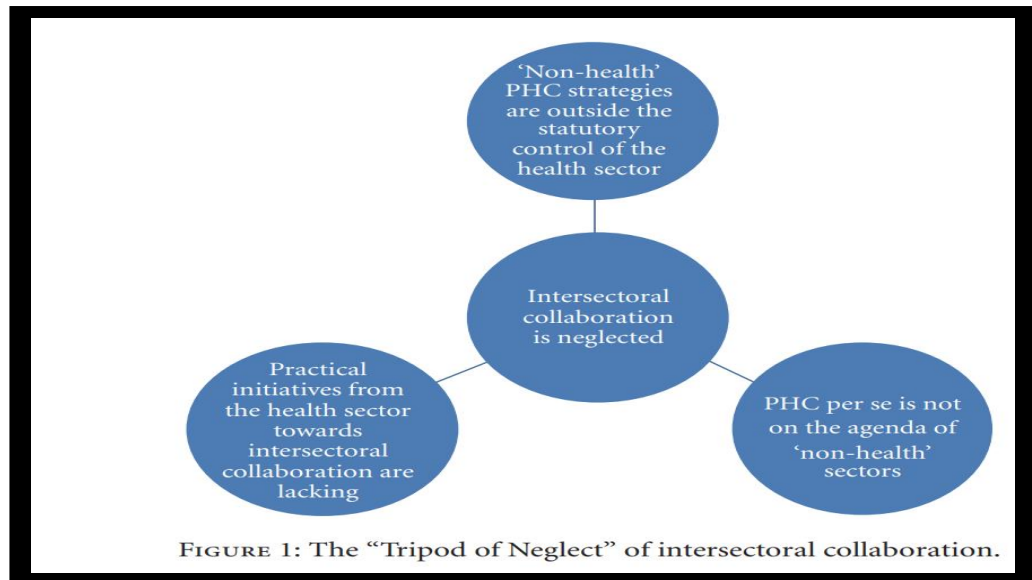
PH operationalizes the new description of health proposed by Huber and colleagues. According to this description, health is “the ability to adapt and self-manage in the face of social, physical, and emotional challenges”,

- Six dimensions:



Activity 2:

1. . Article 1: What are the elements of the “Tripod of neglect” in the Inter-Sectoral Collaboration (ISC) in Primary Health Care? (Hint: See Figure 1)



2. Article 2: What are areas for improvement in the management of hypertension in primary health care centers in Jordan?

This assessment revealed many areas for improvement in human resources, equipment, infrastructures, and resources.

1. Expansion of the full-time presence of general physician and expansion of the part-time presence of the internal doctors to cover all centers.
2. Develop an updated guideline/protocol of hypertension management.
3. Train the PHC staff on the most updated guidelines/protocols of hypertension management.
4. Provide PHC centers with automatic BPMDs, glucometer and ECG machines.
5. Establish e-registry to improve documentation and accessibility to information.
6. Counseling services and education regarding smoking, diet, sodium intake, physical activity, self-management and diabetes, and adherence to hypertension management may be compiled in one booklet/curriculum to be used by the PHC staff.

