

## PREFACE

### **Family Medicine and Transformation of Primary Health Care**

The world is experiencing rapid economic, environmental, technological, and demographic changes, all of which affect health and well-being. These effects are not always beneficial and a number of key trends pose significant challenges.

The COVID-19 pandemic is a global health problem that has an impact on health services around the world. At the national level, the pandemic has disrupted the resilience of the health system in the country.

In mean time, we are still grappling with what has been described as the unfinished agenda of the Millennium Development Goals, addressing the burden of communicable, maternal mortality, neonatal mortality, childhood disease, and malnutrition. However, globally there has been a dramatic shift in the patterns of disease, as a result of population ageing and unhealthy environments contributing to unhealthy lifestyles (including unhealthy food, lack of physical activity, use of tobacco, etc.).

Transformation of primary health care is one way for Indonesia to get out of the COVID-19 pandemic by strengthening preventive, promotive activities to create more healthy people, improve health screening and increase capacity of primary care that can be pursued through service integration and community involvement to strengthen community readiness to face various health threats and challenges.

The concept of primary health care (PHC) is a whole-of-society approach to health that aims to ensure the highest possible level of health and wellbeing and their equitable

distribution by focusing on people's needs and preferences (as individuals, families, and communities) as early as possible along the continuum from health promotion and disease prevention to treatment, rehabilitation and palliative care, and as close as feasible to people's everyday environment.

Family Medicine provides key ingredients to respond to population health needs especially as countries move through the epidemiological transition to face larger burdens of Covid-19, chronic disease and multimorbidity. The impact of the five core primary care functions across providers: providing first contact of care, comprehensive care, continuity of care, long term, person-focused care; and care coordination. Family physician cares for the individual in the context of the family, and the family in the context of the community, irrespective of race, culture or social class. He/she is clinically competent to provide the greater part of their care, taking into account the cultural, socioeconomic and psychological background. In addition, he/she takes personal responsibility for providing comprehensive and continuing care for his/her patients.

The discipline of family medicine needs to be firmly established as the central discipline of medicine around which medical and allied health disciplines are arranged to form a cooperative team for the benefit of the individual, the family and the community.

**Dr. dr. Isti Ilmiati Fujiati, MSc.CM-FM,  
M.Pd.Ked., Sp.KKLP**

The Chairwoman of Indonesian Association  
of Family Physicians