

TUTORIAL INSTRUCTIONS

Primary Health Care

IN PRACTICE

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LEARNING OUTCOMES

1. Explain the concept of primary health care
2. Describe the conditions recommended to enable efficient primary health care
3. Identify case examples of selective and comprehensive primary health care



This E-Book should be reviewed alongside the lecture videos and the *required reading* materials. This PDF is interactive. Please click on the links to navigate through the E-Book content.

TUTORIAL TASK

The Cuban Dose offers a real-world look at what primary healthcare can look like when it's deeply rooted in the community. Filmed by Citizen TV Kenya, this documentary follows Cuban doctors who not only treat patients, but live among them, visit their homes, and focus on keeping people healthy before they get sick. The film takes us inside the country's state-run model, where healthcare is free, preventative care is a top priority, and doctors are regularly sent abroad as part of Cuba's commitment to medical internationalism. It shows how, even with limited resources, a strong commitment to prevention, access, and people-centered care can lead to impressive health outcomes. As you watch, think about what we can learn from Cuba's approach.

The pre-learning resources that you need to review are:

- Reed G. Cuba's primary health care revolution: 30 years on. [Bull World Health Organ. 2008 May;86\(5\):327-9. doi: 10.2471/blt.08.030508.](#) PMID: 18545731; PMCID: PMC2647439.

Please allow around 7 minutes to read the article before watching the documentary.

- The documentary, **The Cuban Dose** – Duration: 15:24 min.

GROUP DISCUSSION QUESTION

How does Cuba's primary health care system embody the principles of the Alma Ata Declaration?

As you watch *The Cuban Dose* and read the article by Reed (2008), reflect on the following questions to prepare for the tutorial discussion:

1. How does the structure of Cuba's health system place primary care at the centre of service delivery?
2. In what ways does the Cuban system ensure health care is accessible to all?
3. How are communities involved in the delivery and planning of health services?
4. What examples illustrate the emphasis on prevention and health promotion in Cuba?
5. How does Cuba's health system work with other sectors to address the broader determinants of health?
6. How is technology used appropriately within Cuba's primary health care system?
7. What evidence is there of strong political support for primary health care in Cuba?

Revise key concepts from Health Systems, such as levels of care and universal health coverage, to support your understanding of how PHC functions in practice.

OPTIONAL:

If you are interested in learning more about the performance and global reach of the Cuban health system, consider watching **Salud!**, a documentary that explores Cuba's approach to health and medical internationalism in greater depth.

You may also view this recently published short **documentary** which follows journalist Ryan Grim as he visits Cuba during a period of severe nationwide blackouts and fuel shortages, documenting how intensified U.S. sanctions are crippling daily life and the health system. It focuses in particular on a pediatric hospital in Havana, where doctors and nurses describe racing to manually ventilate critically ill babies during power cuts while outdated equipment and scarce supplies strain an otherwise highly committed, prevention-oriented health workforce. Through on-the-ground interviews and scenes from blacked-out neighborhoods, the film raises ethical questions about the human cost of economic blockade, the fragility of even strong primary care-oriented systems under external pressure, and what “health for all” means when energy, medicines, and basic services are deliberately constrained.

You may also find this **Lancet Global Health article** on the effects of international sanctions on age-specific mortality useful for thinking about how economic measures translate into health outcomes across the life course (Rodríguez, Rendón, & Weisbrot, 2025).

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ATHYNA.EDUCATION



THEME II: POPULATION, SOCIETY HEALTH AND ILLNESS
Med1100/1200 Semester 1



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