



Comprehensive Newborn Assessment Course

Benefits of a Women's Health Clinic

I. Objectives

- Students will be able to verbalize the importance of women's health clinic in their community
- Students will be able to verbalize the fundamental focus of women's health clinic
- Students will be able to verbalize benefits of running a women's health clinic

II. Why is This Topic Important?

- Women's health care refers to the essential health care made accessible to individuals in a community at costs that they can afford.
- Women's health clinics offer professional medical care for individuals based on a locality or community before shifting them to more advanced hospital-based care like the general specialist and super specialist.
- Women's health clinics form a vital aspect of a country's health system while immensely assisting in the socio-economic development of the community.
- Women's Health Clinics tend to focus more on the quality of the service offered while maintaining cost effectiveness.

III. Fundamentals of Women's Health Clinic

- Deliver comprehensive, culturally competent, high quality primary health care, as well as supportive services such as health education, translation, and transportation.
- Provide services regardless of patients' ability to pay and charge for services on a sliding fee scale.
- Develop systems of patient-centered and integrated care that respond to the unique needs of diverse medically underserved areas and populations.
- Private non-profit or public entities, including tribal and faith-based organizations, that operate under the direction of a patient-majority governing board.
- Meet requirements regarding administrative, clinical, and financial operations.

IV. Benefits of Women's Health Clinic

- **High Quality, Personalized Care**
 - Midwives and women's health providers focus on intimate parts of a women's needs, issues, and education

- **Immediate Assistance**
 - One of the purposes of a women's health clinic is to provide urgent medical attention to people who need it typically Monday through Friday 8-5pm
- **Less Expensive**
 - A women's health clinic is a better option than going to the Emergency Room for women's health related issues that aren't urgent in nature
- **Experienced Staff**
 - Make no mistake, Women's Health Clinic today has some of the most experienced medical staff on board that includes doctors, nurses, physical therapists, dietitians and even specialists.
 - They are committed to providing exceptional primary care services to have a speedy recovery.
- **Ideal For Preventive Care**
 - They usually tend to ignore a few sneezes and coughs, but if they're looked at an early stage, then patients could avoid something serious and riskier, like a viral infection or disease.
 - They don't give much importance when different parts of our body ache, like back, legs, shoulders or stomach, the average American tries to tough it out.
 - Avoid going to ERs and hospitals because of the hefty medical charges, but Women's Health clinics are the place where you could get everything checked at the lowest possible cost, which makes it ideal for preventive care.
- **Effective Disease Management**
 - Having a face to face connection with patients also has a part to play in their recovery.
 - The staff present at Women's Health Clinics not only treat patients, but they also counsel them on exercise, diet and benefits of the medication.
 - Patients who are chronically ill receive the preventive care they need.
 - This allows for better disease management and control.
- **Improved Quality of Care**
 - There has been significant research comparing the quality of specialty and general practices.
 - Studies carried out by specialists have found that specialists tend to adhere more closely to disease-specific guidelines for health issues, correlating to improved preventative procedures and prescription decisions.
 - However, other studies have failed to support this evidence and some areas of practice, such as for diabetes, have found the care by a general practitioner is equal to or better than that of a hospital-based specialist.
 - This research has led to the suggestion that primary care may often be superior in overall quality, due to the all-encompassing approach to health.
- **Focus on Prevention**
 - Primary care places a strong emphasis on preventative interventions. These are particularly generic changes that have an impact on many aspects of health, such as breastfeeding, stopping smoking, staying physically active and eating a healthy diet.

- In the United States, regions with a higher ratio of primary care physicians to population correlated with reduced rates of smoking and obesity
- **Early Management of Health Conditions**
 - Primary care practitioners are also in a position to recommend screening measures to detect early changes that could be indicative of specific diseases.
 - This may include checking blood pressure, blood tests, breast examinations, mammograms, Pap smears and bowel cancer screening.
- **Characteristics of Primary Care Delivery**
 - Primary care is known to place a greater emphasis on the health of the whole person rather than a specific organ or system, which may contribute to positive effects such as reduced mortality rates due to the accumulated contribution of the care.
 - The close and ongoing relationship between patients and their primary care providers helps health professionals to understand their situation more completely and make the relevant recommendations.

IV. Conclusion

- Women's health clinics offer professional medical care for individuals based on a locality or community before shifting them to more advanced hospital-based care like the general specialist and super specialist.
- Women's health clinics tend to focus more on the quality of the service offered while maintaining cost effectiveness.
- The staff present at women's health clinics not only treat women's health related illness, but they also prevention measures around primary care, safe sex practices, contraception options, wellness visits, sexual health, hormones, and infertility

V. References

- Smith, Y. (2019, February 27). *Benefits of Primary Health Care*. News. Retrieved March 29, 2022, from <https://www.news-medical.net/health/Benefits-of-Primary-Health-Care.aspx>
- TriHealth. (n.d.). Retrieved March 29, 2022, from <https://www.trihealth.com/dailyhealthwire/living-well/health-tips/5-benefits-of-primary-care>