

Chapter 3

Health Systems

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ABSTRACT

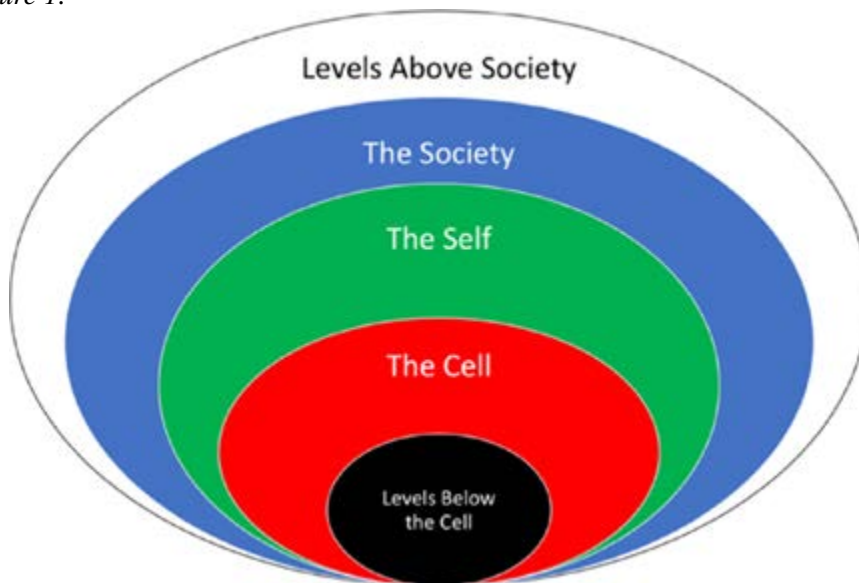
In this chapter, the authors provide a basic understanding of the health system and its components. It explores philosophical dimensions of health and how individuals, populations, and health systems are interconnected. The chapter also describes various elements of healthcare systems, including service delivery, healthcare workforce, financing, medical technology, and governance. Furthermore, it discusses the dynamics of the healthcare delivery system, the importance of healthcare planning, and the role of health insurance in providing financial protection. Moreover, the chapter highlights the challenges of healthcare systems, particularly in low- and middle-income countries, and underpins the need for effective management and strategic planning to improve health outcomes. In addition, the chapter introduces the “4S” model—Self, Society, State, and Systems—to highlight how they interact to promote health and well-being. In a nutshell, it provides a foundational understanding of health systems and prepares health professionals to contribute to effective healthcare management.

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A. INTRODUCTION TO HEALTH SYSTEMS

From a Philosophical perspective, health investigates three levels of health: cell, self, and society (Saad & Prochaska, 2020). The level of the cell accounts for biological functioning within human beings. The level of the self, accounts for the first-person functioning of each human being. The level of society accounts for the group functioning of human beings.

Figure 1.



Each System develops its own managing mechanisms. While the State develops its own System, the Society develops its own to manage the Society based on morals and values, while the Self or the individual has two different sets of Systems, one based on his paradigm, beliefs, and values, while the body System has its own System at the cellular level to manage the biological and immune System.

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