



# Ingantaccen Tsarin lafiya na shirin Muradin Ci Gaba Mai Dorewa (SDGs): Lokacin Juyin Juya Hali don Inganta lafiya

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## Takaitaccen bayani

Duk da cewa kiwon lafiya na samun ci gaba a kasashe masu karami da kuma matsakaicin tattalin arziki (LMICs) a ‘yan shekarun da suka gabata, wata sabuwa ta sake tasowa. Sauye-sauyen bukatun kula da lafiya, yawaitar tsammani daga al’umma, da kuma sabbins kuduroyin kiwon lafiya sun hadu sun kara jaddada bukatar samar da ingantaccen tsarin samar da lafiya da zai tabbatar da da kyakkyawan sakamako, mai matukar amfani ga jama’ a. Amma tsayawa akan tsarin da ake a kai yanzu ba zaibada damar cimma wadannan bukatun ba. Abin da ake bukata shi ne, ingantaccen tsarin samar da lafiya da ke daidaita tsarin kula da lafiya da ke iya tafiya da ko wane zamani da kuma lokaci, tare da ci gaba wajen samar da irin kulawar da ke tabbatar da lafiya, samun mutuntawa da kuma karbuwa a idanun jama’ a, tare da daukar mata kai dai-dai da bukatun yawan al’umma. Inganci ta kowane bangaren harkar lafiya bai kamata ya kasance wani abu da sai masu hannu da shuni ne za su amfana dashi ba ko kuma kawai wani abu da ake burin cimma wa a nan gaba ba; ya kamata ya kasance ginshikin kowanne tsarin samar da lafiya. Bugu da kari, ‘yancin yan adam na lafiya ba shi da wata ma’ana idan babu kulawa mai inganci, saboda tsarin kiwon lafiya ba zai iya inganta lafiya ba idan babu shi.

Muna mai bada shawara cewa, a sanya ko wane tsarin samar da kiwon lafiya akan mizani, wanda zai dogara a kan amincewar da jama’ a suka yi wa tsarin kula da lafiyarsu; da kuma la’akari da amfanin shi a bangaren tattalin arziki, da yanayin kulawa da ya ke da shi, wanda ya kunshi kwarewar ma’aikata da jin dadin masu amfani da shi. Ginshikin kiwon lafiya mai inganci ya kunshi jama’ a, bukatunsu na kiwon lafiya, da tsammanin sushugabancin sashen kiwon lafiya da kuma alakar da ke tsakaninsa da wasu bangarorin, hanyoyin samar da kulawa, adadin ma’aikata da kwarewarsu, da kayayyakin aiki, magunguna da kuma sauran bayanan kididdiga. Baya ga samar da ginshiki mai kwari, ya kamata tsarin kiwon lafiya ya samar da wata kafa ta yadda za a iya auna bayanai a kuma ilimantu da su. Ya zamana tsarin kiwon lafiya mai inganci ya ginu akan abubuwa guda hudu: na mutane ne mai dai-daito tsakanin kowa da kowa, mai jurewa ne, , mai kuma inganci ne.

A wannan hukuma, mun yi jaddawalin rubuce rubucen kwararru, mun nazarci ra’ayoyin jama’ a, mun kuma yi kwakkwaran bincike domin gano yanayin ingancin kiwon lafiya da mutanen kasashe masu tasowa ke

fuskanta a bangarorin bukatun lafiya iri daban daban da ke karkashin Muradun Samun Ci Gaba Mai Dorewa (SDGs). Mun yi nazari akan yanayin samar da kiwon lafiya mai inganci a gurare masu karancin kudade kuma mun tantance matakan da ke da akwai da hanyoyin gyara. A karshe mun fahimci abubuwa guda biyar kamar haka:

Yawancin lokuta, kulawar da mutane ke samu yayi karanci, kuma kiwon lafiya mara inganci abu ne da ya zama ruwan dare a kasashe, inda mutanen da suka fi rauni su suka fi wahalta a sakamakon haka.

Bayanai daga kasashe da dama da yanayi iri-iri sun nuna cewa akwai nakasu a ingancin kulawar lafiya. A kasashe masu karami da matsakaicin karfi, a ziyartar asibitoci da iyaye mata da yara kanana ke yi domin samun rigakafi ko magani, lokutan da suke samu ana daukan matakan lafiya akansu bai kai kashi daya bisa biyu na adadin lokutan da ake bukata ba, kasa da kaso daya bisa biyu na wadanda ake zargin na dauke da cutar tarin fuka ke samun kulawa yadda ya kamata, kuma kasa da kaso daya bisa goma na adadin mutanen da ke fama da cutar matsanancin damuwa ke samun mafi karancin kulawar da ta dace. Yawancin lokuta, ba a iya gano cewa mutum na dauke da manyan cututtuka idan aka yi gwaji, wato cututtuka kamar su tarin fuka (lumoniya), matsanancin ciwon zuciya (myocardial infarction), da shakewar numfashi ta jarirai (asphyxia). Ana samun jinkiri a bayar da kulawa a cututtukan da ke bukatar kulawar gaggawa wanda hakan na rage yiwuwar rayuwar mutum. A matakin tafiyar da tsarin kula da lafiyar kuma, mun gano cewa akwai babbar baraka a bangaren kiyayewa, kariya, aiwatarwa da kuma ci gaba akan tsari, inda hakan ya bayyana a yadda ba’ a iya rike marasa lafiya da rashin kulawa da hanyoyi daban daban na samar da lafiya. Mutum daya cikin uku a kasashe masu karami da matsakaicin karfi sun yi korafi akan tsarin kiwon lafiyar su a bangarorin mayar da hankali, mutuntawa, sadarwa, da tsawon lokacin da ake shafewa a asibiti (ana samun ziyarar mintina 5 a mafi yawancin lokuta); mafi muni daga cikin dalilan wadannan korafe korafe su ne wulakanci da cin zarafi da mutanen kan fuskanta. Rashin ingancin kiwon lafiya ya fi kamari ga mutanen masu rauni da suka hada da talakawa, marasa ilimi, matasan yara, wadanda ke da cututtukan da ake kyama da kuma wadanda basu da ‘yancin walwala, kamar fursunoni.

Shirin samun kiwon lafiya ga kowa da kowa (UHC) ka iya kasancewa matakin farko na inganta tsarirrikan kiwon

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lafiya. Ya kamata karin inganci ya zama daya daga cikin muhimman abubuwan da ayyukan wannan shiri na (UHC) ya kunsu, tare da fadada adadin masu cin moriya da bada kariyar kudin magani. Gwamnatoji ya kamata su fara da kafa tsarin tabbatar da ingancin ayyukan kiwon lafiya na kasa, da za su kayyade matakin kwarewa da irin kulawar da ya kamata mutane su yi tsammani. Domin tabbatar da kowanne mutum ya ci moriyar karin ingancin ayyukan lafiya, tun farko, yunkurin fadadawa ya kamata ya maida hankali akan talakawa da bukatunsu na lafiya. Ci gaba a UHC ya kamata ma'auninsa ya kasance fannin adadin mutanen da ke samun kiwon lafiya na kwarai (wanda aka kara ingancinsa).

### Ingata tsarin samar da lafiya zai iya ceto rayukan sama da mutane miliyan 8 a kasashe masu karami da matsakaicin karfi (LMIC) a kowacce shekara

Sama da mutane miliyan 8 ke rasuwa a kowacce shekara a samakon kamuwa da cututtukan da ya kamata tsarin kiwon lafiya ya iya magance su. A shekarar 2015 kadai, wadannan mace-mace sun haifar da asarar dalar Amurka miliyan dubu shida (6) . Rashin ingancin kiwon lafiya a yanzu haka ya zama mafi girman shamaki a yunkurin rage mace-macen mutane, fiye da rashin isarsa. Kaso sittin (60) cikin dari na mace-macen da ake samu daga cututtukan da za a iya warkarwa na faruwa ne a sakamakon rashin ingancin kiwon lafiya, inda sauran kason ke faruwa a sakamakon rashin amfani da tsarin kiwon lafiya. Tsarin kiwon lafiya mafi inganci zai iya magance mutuwar mutane miliyan biyu da rabi (2.5) daga cututtukan zuciya, mutuwar kananan yara miliyan 1, mutuwar mutane masu fama da cutar tarin shika guda dari tara (900) da rabin adadin iyaye matan da ke rasuwa a yayin haihuwa a ko wace shekara. Ingancin kulawa zai kasance babban abunda ke wanzar da lafiyar al'umma fiye da da, yayin da aka samu kari a yadda ake amfani da hanyoyin kiwon lafiya yayin da kuma tasirin illar da cututtukan ke haifarwa (disease burden) ya koma kan cututtuka masu tsanani. Yawan mace-macen da ake samu a kasashe masu karami da kuma matsakaicin karfi (LMIC) a sakamakon cututtukan da za a iya magance wa, kamar su ciwuka da cututtukan da ke bukatar tiyata, matalolin mata masu haihuwa da kuma jarirai, cututtukan zuciya, cututtukan da za a iya magance wa da rigakafi, suna nuni da irin girman kalubalan da ake fuskanta a fannin kiwon lafiya. Rashin ingancin kiwon lafiya ka iya haifar da makoma mai illa da ya kunshi wahalar da bata kamata ba a sakamakon rashin lafiya, alamoni cututtuka masu naci, rasa amfanuwa, da kuma rashin amincewa tare da yarda da hanyoyin kula da lafiya. Asarar dukiya da mummunan kashe-kashen kudade na daga cikin munanan sakamakon da kiwon lafiya mara inganci ke haifarwa a fannin tattalin arziki. A sakamakon haka ne, kaso daya bisa hudu na mutanen da ke kasashe masu karami da kuma matsakaicin karfi (LMIC) ne suka yarda cewa tsarin kiwon lafiyarsu na aiki yadda ya kamata.

### Tsarin kiwon lafiya ya iya aunawa da bada rahotannin abubuwan da ya fi muhimmanci ga jama'a, kamar kwararren hanyoyin bayarda kula, jin dadin masu moriya, sakamakon lafiya da amincewar da aka yi wa tsarin

Amfani da ma'auni shi ne mabudin samun gaskiya da kara inganci, sai dai abubuwan da za'a iya aunawa ba su nuna yanayi da sakamakon da ya fi muhimmanci ga mutane. A lokaci guda kuma, hanyoyin tattara bayanai na samar da ma'aunai da dama da ba su bada fahimta yadda ya kamata duk da cewa suna cin kudi da lokacin ma'aikatan lafiya. Misali, duk da cewa ana kirga magunguna da kayayyakin aiki a lokacin bincike, wadannan ba su da muhimmanci kamar ingancin kiwon lafiya da mutane ke samu. Ma'aunai kamar su adadin lokutan da aka haihu a karkashin kulawar kwararru ba sa nuna ingancin kulawa a yayin nakuda kuma za su iya haifar da sakaci a kulawar lafiya da masu jego da jariransu ke samu.

Wannan hukuma na kira ga a maida hankali akan tattara ma'aunan ingancin kiwon lafiya kadan, amma wadanda suka fi inganci kuma a yi amfani da su a matakin kasashe da kuma jahohi. Kasashe su bada rahotan ingancin tsarin kiwon lafiya ga jama'a a kowacce shekara ta hanyar amfani da zababun manyan ma'aunai (misali, sakamakon lafiya, amincewar da mutane suka yi wa tsarin, kwarewar tsarin da jin dadin masu amfani da shi) tare da ma'aunan kariyar a fannin kudin magani da samun shi ga kowa da kowa. Manyan guraren ajiye bayanai da amintattun tsarin sadarwar lafiya na yau da kullum abubuwa ne masu muhimmanci da ya kamata a shinfida domin tantance yadda lamura ke tafiya. Kasashe na bukatar sabbin bincike-bincike masu tasiri da ma'aunan guraren samar da kiwon lafiya da adadin jama'a na kai tsaye wadanda ke nuna yanayin tsarin kiwon lafiya na zamanin yanzu ba na zamanin da ya shude ba. Domin tattara bayanai da fassara su, ya kamata kasashe su kashe kudade a fannin makarantu da kwararru masu karfin kwarewa da kuma ilimin tantancewa. Abokan hulda na duniya a fannin samar da ci gaba za su iya taimakawa wajen tattarawa da kuma gwajin guraren gwamnati da aka bude domin auna tsarin kiwon lafiya (guraren ajiye bayanai masu tasiri kuma na jama'a, tsarin ajiye bayanai na yau da kullum, da bincike a fannin kiwon lafiya na yau da kullum) da bunkasa makarantun kasa da na yanki da horarwa tare da koyar da malaman kimiyya.

### Gudanar da sabbin bincike na da muhimmanci a yunkurin yi wa tsarin lafiya mara inganci garmabawul zuwa mai inganci

Bayanan bincike na ingancin kulawar lafiya da ake tattarawa a kasashe masu karami da kuma matsakaicin karfi (LMIC) ba sa nuna tasirin illar da ke tattare da cututtuka (disease burden). A yawancin wadannan kasashe, abu kalilan muka sani game da ingancin kulawa a fannin cututtukan huhu, cutar daji, cututtukan

kwakwalwa, raunuka, da tiyata, haka zalika ingancin fannin kulawa da matasa da tsofaffi. Akwai gibi masu zurfi a bangarori irinsu jin dadin masu amfani, kwarewar tsari, amincewar da aka yi wa tsarin, da jin dadin jama'a, a ciki har da sakamakon da marasa lafiya suka bayyana. Abu ne mai muhimmanci a auna ingancin tsarin samar da kiwon lafiya gaba dayanshi kuma a fadada shi kan ko wane bangare na kula, amma ba a yin hakan. Cike wadannan gurabai ba wai kawai zai bukaci tsarin tattara bayanai na yau da kullum domin gudanar da lura ba ne, har da gudanar da sabbin bincike, kamar yadda ajandar bincike ta wannan hukuma ta bada shawara. Misali, ana bukatar bincike domin gano farashi da sakamakon hanyoyin gyare-gyare a kiwon lafiya, jin dadin marasa lafiya, da kariya a fannin kudin magani. Amfani da nazarin kimiyya zai iya taimakawa wajen gano yanayin dalilan da ke taimakawa ko dakile kawo sauyi. Tattara sabbin bayanai na bincike ya kamata ya kasance an yi su ne musamman domin gina guraren bincike na kasa da na yanki.

#### **Gyara ingancin kula zai bukaci aiki akan tsarin baki dayanshi**

Domin magance ire-iren matsalolin rashin ingancin kiwon lafiya da muka bayyana a wannan hukuma, ana bukatar a yi wa tushen tsarin kiwon lafiya garambawul. Saboda tsarin kiwon lafiya cukurkudadden tsari ne da ke aiki a mataakai daban daban da ke da alaka da juna, gyara karamin bangare (wato masu samar da kiwon lafiya ko asibitoci) kadai ba lallai ne ya magance matsalar yadda tsarin gaba dayansa ke aiki ba. Sai dai kuma mun gano cewa an fi mayar da hankali a gyare-gyare da zummar sauya yanayin aikin masu samar da kiwon lafiya a fannin gyare-gyaren, duk da cewa wadannan gyare-gyaren ba su da wani tasirin na a zo a gani akan yanayin aikin masu samar da lafiyan kuma da wuya ake iya fadada su da tabbatar da sun dore. Samun tsarin kiwon lafiya mafi inganci na bukatar a fadada lamarin gyaran ta hanyar yi ma tsarin gaba dayansa garambawul daga tushe.

Wannan hukuma ta amince da yin abubuwa guda hudu domin kara ingancin tsarin kiwon lafiya. Na daya, shugabannin fannin kula da lafiya ya kamata su yi shugabanci a fannin tabbatar da inganci ta hanyar yin tunani iri daya game da ingancin lafiya, ta hanyar fahimtattun dabarun inganta kiwon lafiya, ta dokoki masu karfi, da ci gaba da karo ilimi. Ma'aikatun lafiya ba za su iya cimma wannan su kadai ba, akwai bukatar su yi hadin giwiwa da fannin kasuwanci, kungiyoyin jama'a, da

bangarorin da ke waje da sashen kiwon lafiya da suka hada da na ilimi, ababen more rayuwa, sadarwa da sifiri. Na biyu, kasashe su sauya yanayin samar da kiwon lafiya ta yadda za'a fadada sakamako mai kyau maimakon mayar da hankali a samar da guraren da ake bada kiwon lafiya kadai. Kiwon lafiya a matakin farko zai iya magance cututtuka da dama da basu bukatar kulawa da yawa, yayin da manyan cibiyoyin lafiya su kuma su samar da kulawa ga matsaloli kamar haihuwa da ke bukatar kwarewa ko kuma ke da barazanar samun rikici. Na uku, kasashe su yi wa ma'aikatan lafiya garambawul ta hanyar amfani da ilimin lafiya da ya mayar da hankali kan kwarewa, fitar da sabbin dubarun horaswa a fannin da'a da kulawa mai mutunta jama'a da taimakawa kafatanin ma'aikata tare da mutunta cewa za su samar da kulawa mafi inganci. Na huɗu, gwamnatoci da kungiyoyin jama'a su zaburar da jama'a ta yadda za su bukaci kiwon lafiya mafi inganci ta hanyar basu damar yin korafi game da tsarin kiwon lafiyarsu, tare da nuna bukatar samun kiwon lafiya mai inganci. Abubuwan da za a kara akan wadannan da za su cika su sun hada da daukan nauyin kiwon lafiya, gudanarwa, koyarwa a matakan yanki da sauransu. Abunda ya yi aiki a guri daya ba lallai ba ne ya yi aiki a wani gurin ba, kuma yunkurin kawo sauyi ya kamata ya kasance ya yi daidai da yanayin gurin da ake yin shi kuma a lura da shi. Masu daukar nauyi su hada tallafin da suke bayarwa tare da dabarun da za su amfani tsarin baki daya, maimakon su bada gudunmawa wajen yawaitar gyare-gyare a kananan mataakai.

A wannan hukuma, mu na masu jaddada cewa samar da kiwon lafiya ba tare da garantin cewa ya na da inganci ba, abu ne da bashi da tasiri, asara ne kuma rashin da'a ne. Kaiwa ga matakin samar da kiwon lafiya mai inganci – wanda ke bunkasa lafiya ya kuma haifar da amincewar jama'a da moriyar tattalin arziki – hukunci ne a siyance ba a fasahance ba. Ya kamata gwamnatocin kasashe su kashe kudade wajen samar da kiwon lafiya mafi inganci ga jama'a, su kuma sanya tsarin ya zama mai aiki wa jama'a ta hanyar kafa dokoki, su ilimantar da jama'a kan hakkokin, dokokin da ke da akwai, gaskiya, da shigowar karin jama'a cikin lamarin. Kasashe za su san cewa sun dau hanyar samun tsarin kiwon lafiya mafi inganci idan ma'aikatan lafiya da jami'an gwamnati suka fara neman kulawar lafiya a cibiyoyin lafiya mallakin gwamnatinsu.

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