



Urban Health care system -A need to upgrade our health system which will provide hassle free treatment and maximum support .

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Abstract

There is an urgent need to upgrade the urban health care centres to provide basic health care services to its people .People travel from rural to urban parts for better health care services . However the sad part is that people living in urban parts are also vulnerable to health care services , majority of the people live in the urban slums or semi urban area. The private hospitals in urban region treatment is very expensive , it is noted that 4 Lakh people kill themselves every year as they are unable to afford such high cost , half of the doctors don't have medical qualification . India has only 17 % of the doctors who are women , which make women vulnerable to treatment , there are many women who don't prefer to get treated under a male doctor . We need to build infrastructure and arrange necessary equipment and human resources required for treatment . We are seeing a rise in Cancer patient with each passing year but we don't have the necessary treatment available for all types of cancer . .We need to make treatment free for the vulnerable section and provide them free vaccine and medical check up every month for their well being

Keywords: Heath care , expensive , treatment , urban , vulnerable , hospitals , private , public , women

Introduction

A country's good health care system is an integral part of a developed country . India and its health care system . India is among the top countries where the cost of treatment is very less compared to the countries . India's health care system is divided into 3 structures , we have the primary health care facilities , Community Healthcare Centres and First Referral unit . These centres are formed depending upon the population of a region , usually we have the primary health care centres and sub centres in the rural region, where as you find community healthcare centres and First referral unit in the urban region. With growing population , there is a new to start Primary healthcare services in the urban area also . Urban and health care system . Ever since the Independence of India , we have seen there have been both positive and negative impact on the health care services in India . We both Private and Public hospitals in the urban India ,the number differs from cities depending upon its size and then we have a huge number of hospitals for the metropolitan cities . The treatment and other facilities varies from hospital to hospital along with region , for instance the health care facilities is better in the South Indian states and we have seen a majority of the people prefer getting their treatment from South India. With rapid urbanization and rise in poverty there has been a rise in health crisis across different cities , India has 4000 cities out of the 7 cities have a population of 3 million each , where you require more hospitals . The Indian government spends 2.5 % of the GDP on health system. The recent COVID-19 crisis have shown us the reality of our Indian Health care system if we just talk about urban India ,where there is lack of resources , we didn't have much oxygen cylinders , most of the people die waiting outside hospitals . The vaccination has reached to just 30 crore people that is like 4 % of the population and we hear cases of corona rising at a rapid speed in cities . This is the present scenario but even before Corona virus entered India ,the health care system was not good enough to cure either disease , as many people live in the urban slums region , there have been suffering from communicable diseases about which they have much knowledge , even if due to extreme sickness , they visit a doctor , the cost of treatment is so high that people 10 years salary will not be enough to cure a child who lives in the slum region and the government hospital where the cost is less , don't have the necessary human resources or equipment to cure a person and in urban India 70 % of the people becomes to an average or a middle class family who also can afford the cost of just high treatment .

Research Methodology

For the purpose of this exploration , I have used a amalgamation of two of the archetypical social sciences research tools application –as they are authentic and brilliant method to assemble statistics from multiple appellants in an methodical and convenient way . Questions were asked to the common youth , public policy Analyst , urban people ,slum dwellers ,survey , interviews –consisting of several interrogation which were dispersed among representative of each contender group .

Objective of the Research Paper

The main areas of exploration in this paper incorporates

- 1.Urban India and the health care system .
- 2.What are the challenges in the urban health care system .
- 3.What has the government done to upgrade the sector.
- 4.What is the future of the health care system in Urban India .

Literature Review

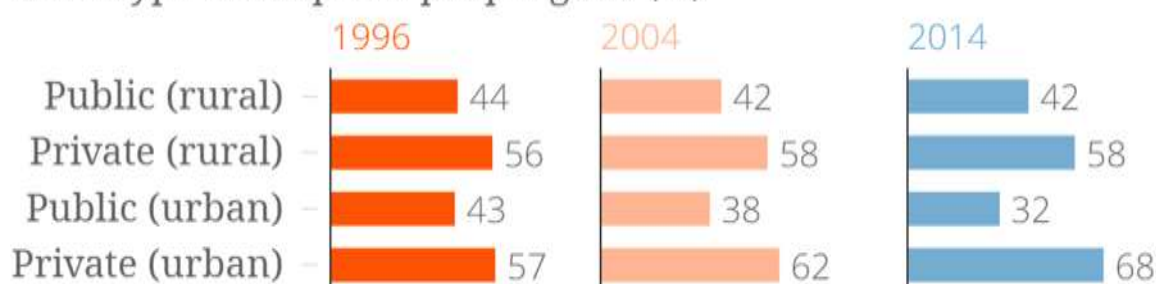
There are 300 cities where more than 1 Lakh people live , with growing population and development in smart cities and technology and it is expected by 2050 , 600 million people will be living in cities , already in developed countries 92 % of the population live in Urban setup. Before we talk about the reasons for the rise in the urban health crisis , let's discuss about the infrastructure development of urban region . The national

urban health mission was approached in 2013 for providing equitable and inclusive health care services in the urban sector for the urban people in specific for the vulnerable section of the society and for the slums people. To upgrade the health care system with quality health care provision, the scheme includes all cities and towns which comprises of a population of more than 5000 people along with district which have a population of above 3000 people. Urban Local Bodies are in charged for maintaining the urban health programme in the 7 metropolitan cities of Mumbai, Chennai, Hyderabad, Bengaluru, Ahmedabad, New Delhi and Kolkata. For the rest of the cities it is the state Health department who decides who will take the responsibility for implementing Urban health programme either the urban local bodies or the health department. If we talk about the Urban Health Infrastructure it basically comprises of community health care centres for 2 lakh 50 thousand above population an Primary health care 50,000 population. The Urban Primary Health care is in charge of supplying primary health care and public health needs of the population, U-PHC is located near the slums regions, it operates 8 hours a day. Coming to the Urban Community Health centres which is a referral facility for every 5 Urban Primary Health centres. The U-CHC aid a population of 3 lakh to 5 lakh with 100 beds, along with surgical provisions, medical care and institutional delivery provisions, 30 to 50 bedded facility. Urban Health and Wellness centres, in the view to delivery better primary health care services, the present Urban Primary health care has been converted to health and Wellness centres, service are provided through mobile medical units, community driven communication, health camps, outreach services and home visits providing a financial free, quality and equity treatment for all. These are the basic facilities which are provided at majority of the places of poor people living in the urban India in particular in the slums and semi-slums region. However, people are not able to get access to the basic health care services in the urban region, majority of the poor children have not received the required vaccination. There are plenty of reasons which are also increase health crisis in the urban region where man made disasters and man made activities have been the consequence of rising urban health crisis.

Findings

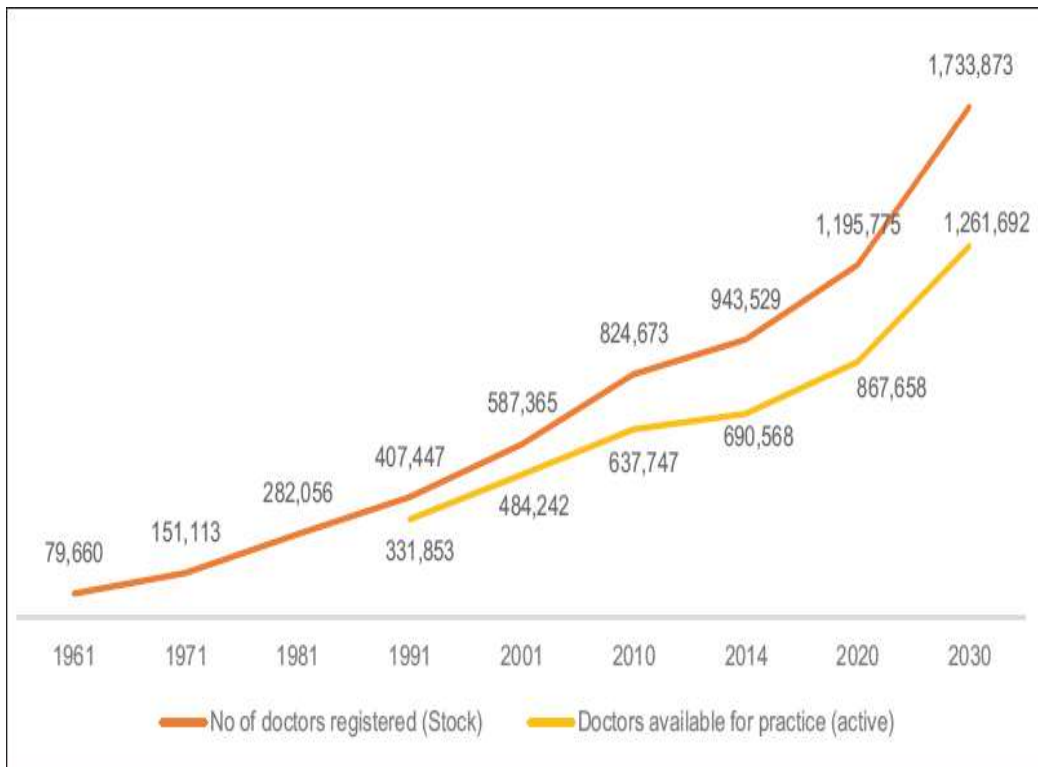
Poverty and hunger has been the main reason for the raising health issues in urban India. Air pollution is at a rise which has killed thousands of people over the years followed by the urban slums areas which is home to most of the health issues, 3 lakh people in Delhi live in the slum region, 52 % of the Mumbai population live in the slums region, the slums region have no basic facilities, they have been grounds for throwing industrial waste and garbage, there is no sewage system, drains are clogged, they hardly have access to nutritious food and sanitation facilities, their ponds and lakes are filled with toxic materials thrown from by the near Industries, near those dumping grounds most of the children go and play, those places are home to a no of mosquitoes and insects, giving rise to diseases like malaria, plague and many other. They don't have facilities for check up or to visit the near doctor, so they remain sick.

What type of hospitals people go to (%)

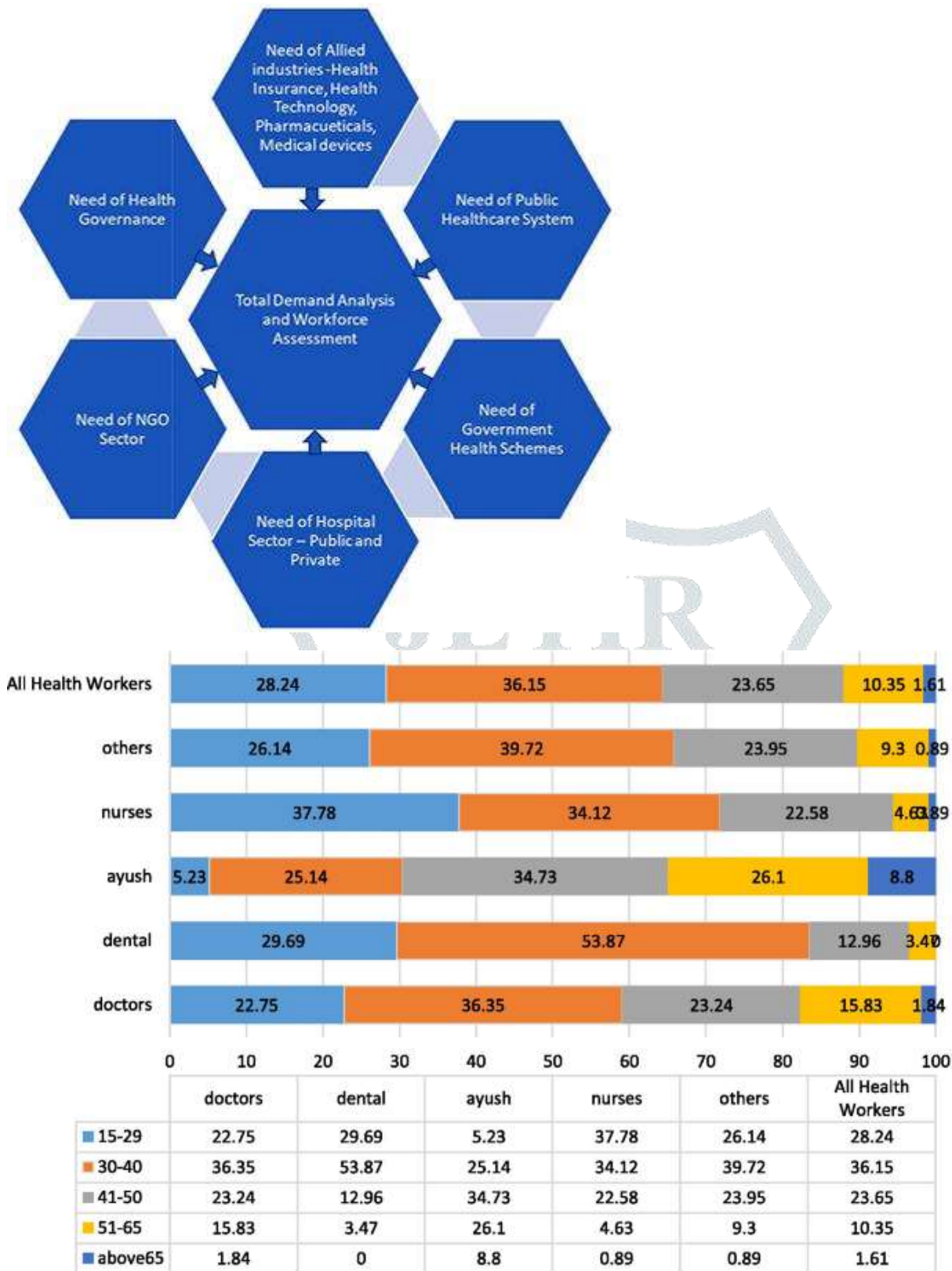


Poverty and unemployment is second big reason for so many people in the urban region have remained untreated. The average income of a person is 25,000 per month, which is not enough to provide treatment facilities and pay the fees for surgical, the first rule in the hospital is to pay the money and fill the form then only you are treated in many cases some people even die because of this delay in cases of emergency, even if a person die you have to pay all the bills where lacs and lacs of money is spent, for a small injury or a bleeding, the doctor writes down 10 tests which are unnecessary but adds to the income of the private hospital, this corruption and extra charges have killed many people without treatment, the cost of treatment

in India in a private hospital can bring a person to a stage where he is loaded with bank loans . Public hospital in India don't have all the necessary equipment , human resources and infrastructure to prove all kinds of treatment required to do surgical .In urban India a person might have to travel cities and states to find a hospital with all the facilities and get their operation done .



38% of the doctors don't have a prove of the medical degree in which 63 % are from rural region and 20% from the urban region , so applies for the nurses in India . The doctors are not available majority of the time in the government hospitals who will find them in private hospitals , the doctors who are highly qualified in India , either enter private hospitals or go to foreign countries for better job placement . Not much highly educated doctors work in the government hospitals. The medical schools don't have teachers to teach students .AIIMS is in need of 75% professor to teach them .Followed by that there are lack of beds in the hospitals so where will they keep the patients . 10,189 people there exist one government doctor 2046 people one government bed is available and for 90,343 people one state run hospital exist. It is evaluated that around 4 Lakh kill themselves as they are unable to get treatment .



In India only 17 % of the women are doctors , when it come to women health , they prefer to be treated by an women doctor , with lack of women doctors , majority of the women hesitates to treat themselves , we require more gynaecologist . Lack of empowerment and financial independence have affected women more badly than men . Urban India has many facilitates for health care but there is no easy access in .

Water crisis and unhealthy living style has resulted in an increase in water borne disease due to unclean drinking water , mosquito born diseases coming from open thrown of solid waste on the roads , excess consumption of alcohol and tabacco .Dirty pollution is also a problem in urban India which is giving rise to Aasthma , car accidents ,road injuries , every hour in India , 17 people die due to car accident in urban India and 55 road injuries happens 2932 people die due to respiratory disease annually .Cancer seems to be a growing , every year millions of cases are reported .Above all the difference made in the teaching process in the private and public medical colleges is creating a huge gap in the way these doctors are treating patients

based on their knowledge .We have many other problems existing in the urban health care system in India but the above are the major ones.

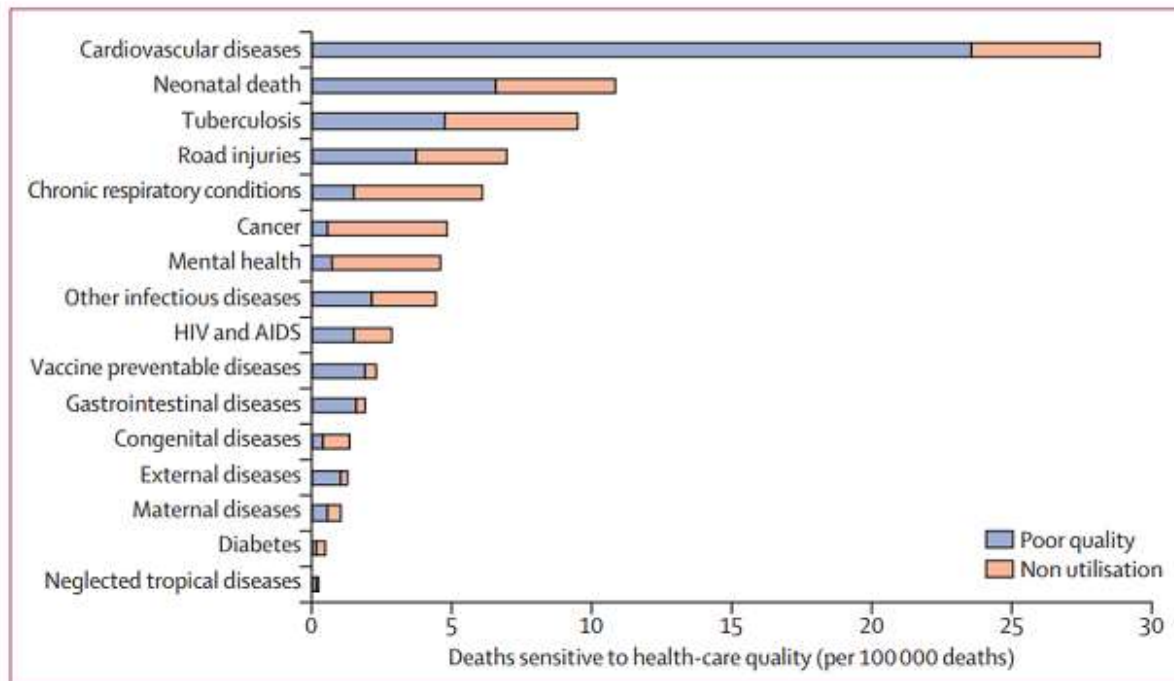


Figure 2: Mortality due to poor quality versus non-utilisation of health care by condition type

Reproduced from Kruk and colleagues,³⁵ by permission of Elsevier. External factors deaths are those due to poisonings and adverse medical events. Other infectious diseases deaths are those due to malaria, diarrhoeal diseases, intestinal infections, and upper and lower respiratory infections.

Way Forward

Health is very important for us , a good health can make us work and earn hence led to the growth of the economy . Urban India which comprises of only 30 % of the population , in the upcoming 10 years will reach up to 40% for which it is necessary to provide maximum benefits to the urban people , in particular the vulnerable section when it comes to help . We must provide free health care check up for all the poor people living in the slum and semi slums areas , they should be given free medicines . There should be vaccine campaigns near the slums areas for children and also for pregnant women . In all cities and especially in the metros region , within 2 km , a primary health care centres should be set up which will provide free of cost treatment to the poor , including all kind of blood test or at a very reasonable price , followed by that , the government should upgrade the infrastructure and bring in all the necessary equipment required for the infrastructure development . Reduce the gap between the private and public fees for treatment . Private hospital should run free from corruption , where unnecessary test and extra medicine shouldn't be provided . CCTV camera connected with police station should be installed to avoid corruption and political spam. Doctors qualification and other details should be cleared educated and no fake doctors should exist in hospital and above all we need to bring more female doctors into the lime light for women , for female care.

Conclusion

Urban India needs to make treatment accessible to each and every person which any kind of financial hassle , urban India have developed many mission and policies for the upgradation of the health care system , however much results have not been found . India urban poor are vulnerable to the health care facilities , the urban slums require special attention and free check ups and medicine supply , to cure them . Nutrition based

food should be made accessible to these poor people so that they can reach to an optimal level of food security , which can help to them to recover from the health issues . Private and public health care facilitates should come on an equal scale .Private hospital should understand that health of a person and treatment cant be treated as a business . It is sensitive manner , where a person life is at risk . So we need to bring new urban health policy where treatment is easily accessible to all without gender discrimination .

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