

An Assessment Of The Relationship Between Primary Health Care Services And Socio-Economic Development In Bauchi Metropolis

by

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Abstract

Healthcare services encompasses the wide range of services aimed at maintaining, restoring, or promoting someone's physical, mental, or emotional well-being, especially when performed by trained healthcare professionals. This paper was aimed at finding the relationship between the provision of healthcare services and socio-economic development in Bauchi metropolis. This paper relied solely on secondary data as its source of information. The paper identified some of the challenges bedeviling the healthcare services with the aim to find out lasting solutions to the problems identified. This paper however, recommend that, a total reshufflements on the health sector, more funding to the healthcare sector, and recruitment of more employees in to the healthcare sector.

Keywords: Assessment, economic development, health, and primary

Introduction

Providing health care services is a human right which everyone is entitled irrespective of location, race, religion or socio-economic status. Also, for a populous country like Nigeria where the income inequality is so pronounced, there is a need to examine the healthcare system through the lens of equity in the health provision, which is affordable, accessible, and offer it to the most vulnerable and those who also need it (Abubakar, 2021).

Primary health care services are those health services delivered directly to the communities through immunization, outpatient treatment, provision of drinking water, and nutrition (ICRC, n.d). Primary health care (PHC) is a vital tool of a health care delivery system which plays an important role in building a robust health care system that enhance positive health outcomes and equity health care service (Behera, et al, n.d).

However, providing a high quality primary health care depends on well-equipped, adequately staffed, and properly resourced health facilities with the provision of necessary infrastructure, essential medicines, and consumables (Ogah, et al, 2024). Furthermore, the provision of these services in related to primary health care in Bauchi state is generally provided by federal government being the principal officer, local government, faith-based organizations, formal and informal private providers, and other traditional licensed individuals (Abdulhamid, 2020). In 1948, World Health Organization (WHO) initiated the agenda for primary health care, and later it was highlighted through Alma-Ata International conference on primary health care (Ogah, as cited in WHO, n.d). In 1978, International Conference on primary health care was held in Alma-Ata, Kazakhstan and become a core principle of World Health Organization's goal of health for all. All people, in respective of caste, nation, religion among others. Deserve the right of health care delivery in their communities (Ogah, et al, 2024).

Methodology

This study employs a qualitative research approach, relying on secondary sources to gather relevant data. The researcher utilized a variety of credible sources, including peer-reviewed journals, academic books, magazines, newspapers, and reliable internet-based materials. These sources provided comprehensive insights into the study's subject matter, ensuring a well-rounded and scholarly analysis. The selection criteria for these materials focused on relevance, credibility, and recent contributions to the field.

Statement of the problem

An improved primary healthcare service delivery improve health, and general well-being of people (Chimezie, 2015). He assert that, healthcare services in Africa have been ineffective due to the failure of governments and their agencies to address the underlying challenges with strategic plans. While some developed countries of China, Cuba, Chile, the U.S.A, and great Britain juts to mention few, have improved their health care services in order to fit the populations needs. Moreover, access to primary healthcare in many countries especially in Africa continues to be highly limited thereby leading to increased death and diseases from preventable causes. Most of the primary healthcare services in Africa have been characterized by bad governance, poor funding, shortage of drugs and other related health facilities, poor manpower, and absence of social amenities in both rural and urban areas. However, the

healthcare system in Nigeria according to Abah (2022) is run under the three tiers: primary, secondary, and tertiary care levels. The primary healthcare centers are run at the grass roots level in the ward health system which locates a primary health center at each political ward (9,560 wards) to be managed by the local government. Secondary health care is provided by the state government which is delivered at the general hospitals, and each is deployed to cover several local governments. While the tertiary healthcare systems are run by the federal government and delivered at the teaching hospitals which offer tertiary healthcare and health manpower trainings across. Generally, majority of the PHC facilities are in deplorable condition. Ranging from poor building, insecurity, power supply, water supply, and toilets facilities etc (Abah, 2022).

According to Adeyamo (2005) the primary healthcare services also give recognition to local people with little or no formal education who could be trained to execute some basic health care services. According to Eguagie (n.d) the following were some of the functions performed by primary healthcare workers:

1. Delivery of high quality basic first aid
2. Recognition of signs and symptoms of more serious conditions
3. Delivery of babies under more hygienic conditions
4. Educating their fellow villagers in understanding the disease process in their community.

It's against the above background, this study seeks to examine the relationship between the primary healthcare services and socio-economic development in Bauchi metropolis. This study has come up with the following constructs:

- i. Preventing diseases
- ii. Curing diseases
- iii. Health promotion

Conceptual Review

Preventing diseases

Primary healthcare plays an important role in disease prevention through providing a range of healthcare services including health promotion, immunization, and early detection of disease,

treatment, and management of diseases (Encyclopedia, n.d). Moreover, primary healthcare ensures people receive quality comprehensive care ranging from promotion and prevention to treatment, rehabilitation and palliative care-as close as feasible to people's everyday environment (WHO, 2025). And also, primary healthcare services addresses the broader determinants of health and focuses on the comprehensive and interrelated aspects of physical, mental and social health and general well-being of the people.

Health promotion

Health promotion is the process of enabling people to increase control over and to improve health (Nagar, 2023). In other word, healthcare promotion is a process whereby the healthcare professionals would use their technical know-how and proactively inform, and encourage patients to manage their health status (Warwick et al, 2022). According to Osaghae, (n.d) healthcare promotion is the art and science of helping people discover the nexus between their core passions and optimal health, enhancing their motivation to strive for optimal health, and supporting them in changing their lifestyle to move towards a state of optimal health status.

According to Slideshare (n.d), primary health promote the healthcare services through the following procedures:

1. Educating the general people on matters related to their health development
2. Promotion of food supply and proper nutrition
3. And adequate supply of safe water and basic sanitation
4. Enlightened the public on the importance of maternal and child healthcare, including family planning
5. Immunization against major infectious diseases
6. Provision of essential drugs
7. Etc.

Curing diseases

Primary healthcare is not only curing diseases but also provides healthcare services from the cradle to the grave for the individual by focusing on broad and inclusive determinants of health and through the provision of comprehensive care, promotion of health friendly practices, rehabilitation and providing palliative care for all people (Alomge, 2020).

Socio-economic aspects of primary health care services in Nigeria

“A nation’s health is a nation’s wealth.” Wealth is not just an economic tool to boost the capital, but rather includes, social, natural resources, and human (Springer, 2007). Furthermore, according to OpenAI (2025) primary health care plays a significant role in socio-economic development through improving health outcomes, reducing healthcare costs, and fostering economic productivity. Consequently, an improved health status of people has a positive effect on the socio-economic development as discussed below by Tengiz Verulava (2019):

i. Productive, fruitful efficiency

Health and education usually go together and usually represent a factor which determines and individual productivity and efficiency. Empirical studies have shown that, a healthy workers have a better physical and mental health, which in turn will increase their productivity level.

ii. Life expectancy

An improved and effective healthcare services promote and enhance the life expectancy of an individual. In turn. As people expect a long life, investments in education become more attractive and motivation of making more savings during their retirement age. As a result, life expectancy growth encourages improvement in qualification of education and saving’s level.

iii. Creativity

An improved education have a positive effect on creativity and innovations of an individual. Educated people tend to be good innovators, and more flexible in terms of technological changes. Therefore, improvement of education accelerates socio-economic and technological development.

iv. Inequality

The dichotomy nature of the investments made in human capital causes different incomes. In this regard, improvement in health status maybe considered as an appropriate tool for reduction of inequality of incomes. The lower the inequality between people’s income, the higher their chances of become more successful in life, thus, increases the economic growth.

Barriers affecting the performance of primary healthcare services in Nigeria

Lack of funding

Although Nigerian healthcare personnel are highly knowledgeable, and skilled especially at tertiary hospitals, but they do not have adequate financing to keep up with the continuous development occurring in the global healthcare system (KPA, n.d). they further says, despite the enormous resources being spent to research and development within the global health arena, with a projected 9% of gross domestic product globally allocated to health care spending by 2040. Generally, primary health care services is financed through different sources including but not limited to tax revenue, out of pocket payments (OOPs), donor funding, and health insurance (social and community) (Uzochukwu et al, 2015). Moreover, they also argued that, providing and achieving successful health care financing in Nigeria continues to be a challenging. However, the state and local government areas also generate about 20% internal revenue from taxes, rates, and levies (Ogbodo, 2023). He further says, the allocation of federal revenues is fixed by the revenue mobilization, allocation and fiscal commission and the allocation formula assigns 48.5% to the federal government, 24% to the states and 20% to local government. Ogbodo however, opines that, Gross domestic product (GDP) is the most significant factor in determining health allocation percentage to Nigeria. And yet Nigeria spends less than 5% of its GDP on health, and annual per capita.

Understaffing

With the population of over 214 million people, Nigeria requires a substantial healthcare workforce to meet the nations' health needs (Ojiaku et al, 2024). They further stipulated that, Nigeria is still bedeviling with a severe shortage of healthcare workforce particularly in the rural areas. However, this shortage is linked and exacerbated by the ongoing brain drain, is a phenomenon where a skilled healthcare worker immigrates to developed nations in looking for greener pasture. Furthermore, the shortage of health care professionals is a critical issue that warrant an urgent needs to put a final stop to it. According to Nigeria Medical Association (NMA) it estimates over 15 years for Nigeria to train enough physicians to meet the growing population (Kareem, 2021). According to Gyuse et al, 2018) the primary healthcare services are being affected by the following challenges:

- i. Internal conflicts in some part of the country
- ii. High rate crime and corruption
- iii. Multiplicity of governmental and donor agencies.
- iv. Vertical programmes
- v. Lack of political will

- vi. Differences in wage, salaries and allowances
- vii. Poor working conditions
- viii. And inadequate training facilities in some states

Conceptual gaps

Several researches were conducted which have an indirect link to the problem under investigation. However, the following were the conceptual gaps in the previous researches:

- i. Most of the researches which this study have looked at bear indirect relationship with the problem identified in the study. As such there is a need for the future researches to replicate this study of the relationship between the provisions of healthcare services with one of the indices of socio-economic development in Bauchi metropolis.
- ii. There is an insufficient literatures. Future researches needs to be done in order to fill the existing gap in the previous studies.
- iii. The researches which this study have looked at, ignore the socio-economic aspects of healthcare services. Looking at the concepts of globalization, there are optimum opportunities in the global market if we can utilize the existing healthcare centers in our disposal. Employment opportunities, an improved health status etc. all these would be improved and in turn would boost the socio-economic development of a country.

Discussion/recommendation

Bauchi metropolis is the capital city of Bauchi State in northeast Nigeria. Serving as its administrative, economic, and cultural center. It's located on the northern edge of the Jos Plateau. And is situated in the north-east geopolitical zone of Nigeria, specifically it covers a total land area of 3,687 square kilometers. The city is also the headquarters of Bauchi local government Area and the traditional Bauchi Emirate. Being the headquarters of the state much emphasis need to be considered in providing the social amenities like healthcare centers, educational services, and road infrastructures. This study "An Assessment of Primary Health Care Services on Socio-Economic Development in Bauchi Metropolis." Have come up with the following recommendations with regard the improvement of healthcare services in Bauchi metropolis and Nigeria as a whole:

- i. Total overhaul needs to be done on the healthcare sector across the state.
- ii. Proper monitoring on the existing healthcare infrastructure in the state.
- iii. Provision of additional healthcare services to hard-to-reach areas.
- iv. Mobile clinic facilities.
- v. Adequate funding on the healthcare sector
- vi. Yearly renovation on the existing health infrastructure
- vii. Recruitment of more and qualified personnel in the healthcare sector.
- viii. Etc.

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