

Letter to Editor

Demand Quick Changes in Pakistani Health Policies: An Appeal to Action

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Despite various healthcare initiatives over the past ten years, Pakistan still struggles much in giving its people equitable, easily available, high-quality healthcare. These include underfunded health facilities, a too heavy disease burden, and an overworked staff. Current health policies remain reactive instead than preventive and lack sustainability and community integration.¹

Reform of Pakistan's health policy in three key domains is much required:

1. By means of improved funding, competent personnel, and referral systems, strengthening Basic Health Units (BHUs) and Rural Health Centres (RHCs) can help to assure early disease detection and treatment of illnesses, hence reducing the demand on tertiary institutions.²
2. Universal Health Coverage (UHC): Under open government, the Sehat Sahulat Program should be expanded include outpatient treatment. Beyond inpatient therapy, preventive and promotive treatments should be second nature to UHC.³
3. Evidence-Based Policy Making: Local produced data has to direct health improvements. Unfortunately, most provincial health ministries lack the tools or infrastructure required for real-time monitoring and policy evaluation.⁴

Intersectoral coordination among departments of education, sanitation, and climate also is crucial to solve

social determinants of health.⁵

Pakistan finds it at a crossroads. Without rapid changes, the dream of "Health for All" will remain far-off. Policy-makers, scholars, and civil society have it upon them to start and support changes putting public health first in national development.

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