

# Healthcare Basics: By Erica Jermanus

Do you have basic healthcare questions? I may be able to answer them in this eBook.

## Table of Contents

Introduction

Chapter 1: Factors that can affect getting basic healthcare

Chapter 2: Basic healthcare options

Chapter 3: How to work in health care. Education, location, and hours of working in healthcare

## Introduction

In this ebook, I talk about the factors that affect getting basic healthcare. I also talk about basic healthcare options for those that are sick or elderly. In addition, I talk about the basics of healthcare for a person that wants to get an education in healthcare. What does a person need to do in order to get training and education in healthcare? I also talk about the kinds of skills that are needed to work in healthcare. What kind of places or locations can a person work in healthcare? What are the hours for a person to work in healthcare?

## Chapter 1: Factors that can affect getting basic healthcare

Factors that can affect getting basic health care include financial limitations, location barriers, sociocultural expectations, and personal limitations. I will be discussing what these things are in further detail. A person may need basic healthcare but cannot afford it due to not having the proper insurance to cover the medical expenses. Also, in some regions or countries, they do not offer good insurance benefits, so patients would need to pay out-of-pocket expenses, which they cannot afford. Thus, a person does not get the healthcare that is needed.

Another factor that affects getting basic health care is location limitations. Some healthcare places are outpatient, meaning that they do not take the health insurance provided at that location or area. Finding health places that are inpatient can be difficult for some people. Also, a person may not live close by to a hospital or a doctor's office to get the medical care that is needed. Another issue that may affect basic healthcare needs is not having transportation to a

hospital or doctor's office due to not driving or having a vehicle. Also, the person may not have family or friends that live nearby to transport them to a hospital or doctor's office.

Other factors that affect a person getting basic healthcare are sociocultural expectations. A person may live in a location or with certain people who may influence the person to not get the healthcare that they need. So therefore they will not go to a doctor or hospital because others in their family may have persuaded them not to. Also, for some people, they live in poor locations or countries and may be affected by their government or authority figures to not pursue healthcare options.

Lastly, another factor that may affect a person from getting basic healthcare is personal limitations. A person may not be able to walk or move due to a physical ailment. A person may be bedridden or paralyzed and cannot get up out of bed to get the healthcare that they need. These people have to depend on others to take care of them. Maybe there is not another trusted and reliable person to help take

care of this person that is bedridden or decapitated. So this person may not get the healthcare that is needed.

Also, another limitation for not getting basic healthcare is that a person may not want basic healthcare. Maybe this person does not want to trust in doctors or health care providers. This person may feel that they do not need medical assistance and that they can take care of themselves. They may not want to be bothered by others, or they may think that nothing is wrong with them and that they are healthy and do not need medical help.

## Chapter 2: Basic healthcare options

Some basic healthcare options that can be useful and beneficial to a patient may be health insurance that can help pay for medical services, medications, hospital care, and physical equipment to improve health. Another basic healthcare option is home health care visits and checkups. A person may need a nurse or doctor to come to the home for medical visits and checkups. Home health care visits can help a person to get the medical help that they need. A medical health care person may come out to help a patient with taking

medication or provide transportation to their medical appointments. These home health care visits can be covered by a person's medical insurance.

Another basic healthcare option is care coordination, which involves organizing healthcare activities. Care coordination involves multiple healthcare providers working together to effectively communicate information regarding a patient's healthcare needs so that they can deliver high-quality care to the needed patient. The care coordination can share the medical information with different healthcare providers from various locations and settings.

Other basic healthcare options include security and privacy policies. Security policies can help employees with handling situations that may cause a security threat, such as abuse, theft, or an active shooter. There may be situations where an employee may abuse another patient or steal from a patient. Or in other possible situations, there may be an active shooter in the building that may cause a threat to others or the lives of others.

In other cases, a patient may try to harm other patients or health care workers. So that is why there needs to be security policies set in place to help protect the healthcare workers and patients. Other basic healthcare services include doctor and hospital services, such as inpatient and outpatient services.

Chapter 3: How to work in health care. Education, location, and hours of working in healthcare.

To work in healthcare, you may need to obtain training or education such as a high school diploma for some entry-level positions. Other positions, such as doctors and nurses, may require an advanced degree such as an associate's or bachelor's degree. For some people, certificates may only be needed to become a doctor or a nurse, but more training and education may be needed. For some registered nurses, a certification is needed. Some skills that are needed to work in healthcare include interpersonal skills, the ability to effectively communicate with patients, and being able to show comfort, empathy, and compassion with people who are sick.



For some positions or roles, clinical skills are needed, such as taking vital signs, administering medications, and performing procedures. For some healthcare positions, administration skills are needed, such as managing patient records, scheduling appointments, and handling administrative tasks. The locations that a person can work in healthcare include hospitals, urgent care offices, doctors offices, nursing homes, and homes. The hours for working in healthcare can vary depending on the role or position. Many healthcare workers work about twelve hours. The hours they work are from seven in the morning to seven at night.