

Universal health coverage, a challenge in the midst of the XXI Century

Through the Health Model "Listen to the body", CMT offers an option for prevention and health care, as well as access to medical services with warmth and quality

People must have universal health coverage to contribute to the welfare of their families and communities, which seems impossible. Fortunately, Congregación Mariana Trinitaria developed a network related to health in order to look for the integration of traditional and complementary medicine in the state and national health systems.



DATA

On December 12 we commemorate the International Universal Health Coverage Day, which was proclaimed by the UN in 2017

The access to health is a universal right so, the governments around the world have the obligation to provide it. They should provide it through universal health coverage, that is to say, people must receive the sanitary services they need without any kinds of constraints, especially the financial ones.

In order to get universal health coverage, it is important to meet specific requirements that many countries are not able to. These requirements consist of a solid health system, a system to finance health services, access to medication and technologies, but mainly, trained health personnel.



Universal health coverage implies the need of identifying the specific function that every sector performs so as to guarantee health for all the people, in particular the ones in the areas of transportation, education, and urban planning

Nevertheless, it is important to know the benefits of having universal health coverage. The main benefit is that people become more productive as they actively contribute to the welfare of their families and communities. Moreover, it guarantees that children go to school and learn.

In the meantime, people do not have to keep a part of their incomes to pay for health services they may need. Therefore, universal health coverage is an essential component for sustainable development and poverty reduction, and it is also a key element to reduce social inequalities.

Universal coverage was set out in the WHO constitution in 1948. Health was declared a fundamental human right, as also explained on the Health Program in 1978 as part of the Declaration of Alma-Ata

Considering the previous information, we may have several questions: Do we have access to services supervised by real experts in health? Do safe treatments that really make us feel better exist? Do we have all the products and medication we need? Who pays for all the medical expenses? Are health services a guarantee?... and more importantly, Do we have an efficient health system?

The true fact is that in order to provide efficient attention in health areas we need people, services, products, financing, policies and information; and all those must work properly even in moments of crisis. An efficient health system is not limited to people who are sick, it also should contribute to the promotion of a healthy lifestyle and the prevention of diseases.



The United Nations General Assembly adopted a resolution to encourage the countries to take actions towards universal health coverage, considering that any person in any country should have access to high-quality and affordable sanitation services

In 2020 we must be aware of the implications of having universal health coverage, as the message that COVID-19 pandemic gave us is that nobody is completely safe. It is necessary to provide affordable and sustainable sanitary systems to communities so as to anyone, despite the conditions they may live in, could use these services at any time.

Additionally, this pandemic showed us all the social, economic, and educational inequalities that we have in the XXI century. Guaranteeing universal health must be a challenge for the future, particularly for the diseases that might affect humanity.

CMT and Health

Congregación Mariana Trinitaria includes in its health network, the integration of traditional and complementary medicine as part of the integrative medicine model. Consequently, it aims at preserving medication and keeping the record of its practices to get a better integration. It also encourages research that might contribute to set its limits, reaches, efficiency, and efficacy.

For that reason, CMT performs different actions to keep the record of those practices, and it uses research with scientific rigor to prove the efficiency and efficacy of traditional and alternative medicine. All that is performed to facilitate the inclusion of traditional and alternative medicine into the state and national health systems to benefit specific groups and people in vulnerable conditions.



In 2008, CMT started the documentation of clinical cases treated with its Health Model, as well as the development of projects with public and private universities in Mexico

In addition to this, CMT invests on training for the experts who help people using traditional medicine (also called traditional doctors), and the improvement of the facilities to assist patients in a context of quality and warmth.

The health model developed by Congregación Mariana Trinitaria uses a holistic approach through an integrative perspective. This way, scientific validity will allow the inclusion of treatments or other health models that might strengthen its efficiency and efficacy with the purpose of getting more knowledge so as to have a broader scope and offer coverage to people who decide on this modality to be assisted.