

Primary health care a successful path, Costa Rica 2020¹

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Primary Health Care (PHC) was positioned globally from the Alma-Ata Conference (WHO, 1978), thanks to which it was first understood as a fundamental part of any National Health System, in addition of its central function and main nucleus; In this conference, it was conceptualized as an essential assistance scientifically based and with a good acceptance by the people, who have a primordial and highly participatory role in its realization. Historically, Costa Rica has been considered globally as a benchmark for its advances in PHC even before the Alma-Ata Conference, as it already had coverage extension programs with the PHC approach implemented since 1971; These programs became models that were the subject of studies and visits by a large number of observers of international origin.

Faced with the current health situation in the country, we face new challenges and challenges on how to maintain a PHC not only consolidated at the national level, but also adapted to the new scenarios and maintaining its transformative essence, with articulation at the level country, intersectoral and interdisciplinary and responding to values for the reduction of inequities: focused on people, with dignity and respect for the right to health (Sáenz et al, 2019a). It is in order to contribute to the PHC of Costa Rica that this notebook is built, with the objectives of, first, systematizing the country's historical process in the matter of PHC and second, to reflect on the main challenges that Costa Rica faces to Primary Health Care. It should be noted that the results presented here come from a qualitative, constructivist methodology, through which a comprehensive review of institutional documents, program reports, specific bibliography and historical compilations was carried out. Also, analysis and discussion sessions have been held, as well as interviews with key actors, this in a period from May 2018 to date.

Keywords: Primary Health Care, Health System, Public Health.

¹ This abstract is part of a public health notebook, which is in print process.