

WHA72 Agenda Item 11.5: Universal Health Coverage & Primary Health Care

The World Self-Medication Industry appreciates the opportunity to participate and submits the following contribution.

We take this opportunity to affirm support for agenda item 11.5, claiming that primary health care is a whole-of-society approach to meeting health needs through comprehensive and integrated health services. We commend emphasis put on a people centred approach, ensuring long term care that is proactive, patient-centred, and sustainable as a cornerstone of a sustainable health system.

We call for the need to recognize the role of self-care and self-medication in primary health care towards achieving universal health coverage:

- With growing populations and healthcare costs escalating, **self-care and self-medication is increasingly important in treatment and prevention while saving vital health expenditure.** Research confirms that access to nonprescription medicines by reclassification of appropriate prescription medicines to nonprescription status, cuts costs and helps systems meet their needs.
- Health literacy is key to enabling individuals to self-manage common ailments, recognizing when to seek health-care services. Individuals are empowered as **better self-managers of their health**, to make appropriate choices.
- **All healthcare professionals and especially the pharmacist continue to play a pivotal role in supporting the self-care continuum** by guiding individuals to make healthy lifestyle choices and facilitating self-medication throughout the life course. This contributes to achieving universal health coverage, ensuring rational use of resources.

We fully support the upcoming first ever United Nations high-level meeting (UNHLM) on Universal Health Coverage which will offer offers a chance for political leaders to rethink the way we can expand quality healthcare for all.