**NAME: AGOMOH CHIAMAKA BLESSING.**

**COLLEGE: MEDICINE AND HEALTH SCIENCES.**

**DEPARTMENT: MEDICINE AND SURGERY.**

**MATRIC NO : 19/MHS01/058.**

**CHALLENGES IN ACCESSING HEALTH IN OUR COMMUNITY.**

What do we understand by ***health*** *.* Health is the state of being in complete well being . That means, being in a physical, social, and mental state of mind . It is now difficult to access health due to so many reasons which are explained in the following paragraphs.

Firstly, lack of transportation. Transportation is the movement of people or goods from one place to another. Patients find it difficult to access health due to the government not being able to build able to build good roads for them to use to visit health centers or hospitals. It makes it difficult for appliances and goods to reach the hospital. These appliances and goods could be drugs which could be given to sick patients.

Secondly, Ignorance. Ignorance can be seen as lack of knowledge about a particular field of study or thing. Patients lack knowledge about certain things which makes it difficult for them to access health. This occurs most especially to those in the rural areas. This is because those in the rural areas love, obey and respect their customs and traditions. So, for easy health access, seminars and education concerning health should be added to the school’s curriculum.

Thirdly, lack of facilities needed by the medical practitioners in the health centers or hospitals. This makes health that is meant to be accessed to be difficult. When there is lack of facilities and equipments like beds , wards for patients, test tubes which could be used in the labs to carrying out tests on sick patients . so, government should learn to provide health centers or hospitals with facilities and amenities like electricity, portable water supply etc.

Medical practitioners are also less in number and are really small in number in these field of study. As such the problem of accessing health is a challenge. This is due to the fact that medical practitioners or doctors are lesser than the sick patients which need attention. This makes some patients that are not patients to wait for them to be attended to, to leave the health center and as such they get worse by the day, die or they won’t always have the urge to come to health centers when ill or sick. Therefore, in conclusion, governments and medical practitioners should come together as a team and find solutions to why accessing health in my community is a really big challenge.