

Topic: Female Healthcare - A Forgotten Cause keep practising

Outline

1) Introduction

Thesis Statement: Female healthcare is a forgotten cause, especially in Pakistan. The main reason of this problem is that the women have a less dominant role in the patriarchal society. However, the government, human rights activist and the civil society can play their ~~role~~ in addressing this issue.

2) Female Healthcare a forgotten cause

3) How has Female Healthcare become a forgotten cause?

a) Traditional less dominant role of women in the agrarian society

b) Lagging role of women in contemporary society

c) Conservative role of women in consulting a male doctor

d) Under age marriage and considering female health a taboo

e) Lack of cooperation between society and the government

f) ~~Qwech~~ culture prevailing in the country

4) How to ensure female Healthcare in the country?

a) Leading role: of women in abolishing the conservative norms.

b) Role of the state in creating awareness

c) Integrated planning to enhance the number of female workers in the health care



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- d) Making the health care sector female friendly
- e) Establishing day care facility for female health care workers

5)

Conclusion

"Life is what happens when you are busy making other plans"

- John Lennon

In the above quote John Lennon elaborates the harsh reality of life. According to him the life itself is not given due importance. It is taken for granted. In the same manner Female Healthcare is a big issue in the society. In other words, it is a forgotten cause. There are many reasons for this problem. Firstly, it includes traditionally less dominant and lagging role of women in the society. Similarly, conservative role of women in consulting a male doctor leads to health issues. Likewise, lack of cooperation of society is also a leading cause of this issue. Also, childhood marriage and quack culture also results in health degradation. However, certain steps can be taken to ensure Female Healthcare. This includes abolishing the conservative norms, and role of the state in creating awareness. Moreover, enhancing the number of female workers in health care, making the health care female friendly, and establishing day care facility for lady doctors is the need of the hour. In a nutshell, female health care is a forgotten cause, especially in Pakistan. The main reason includes the male dominance in the society. However, the government, civil society,



can play a vital role in addressing this issue.

Women healthcare refers to the diseases and conditions that affect the physical and emotional well being of a woman. It includes wide range of focus areas. For instance, reproductive health, breast cancer etc. These medical issues require periodic visits to the doctor. Nevertheless, regular checkup is also required to diagnose any symptoms of such diseases. However, female healthcare is a forgotten cause, especially in Pakistan. The society, which is male dominant, considers it a flaw to discuss female health. Consequently, women suffer all her life. In summary, traditional values and lack of financial independence leads to female health degradation.

To begin with, female healthcare has become a forgotten cause because of less dominant role of women in agricultural and nomadic societies. Most of the developing countries are dependent on agricultural earnings. In fact the role of male is more as compared to that of female. So the women don't usually contribute towards the finances of the household. In other words, she is dependent on the earning of men. This

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results in their marginalization. They are restricted and their boundaries are defined. Although, they are human, but they are treated as a child of a lesser god. Consequently, their personal health is not paid to by the male members of the family. Hence her health starts to degrade, which results in illness.

Similarly, lagging role of women in the contemporary society results in negligence of her healthcare. Even the qualified women prefer being a house wife after completing her studies. So, the role of female in the professional domain lags compared to that of men. The male members become dominant over the females. Resultantly, a patriarchal society emerges. The male members earn bread and butter for the whole family. Due to economic dependence on the males, the females are suppressed. Basically, they are unable to afford the doctors' fee and the required healthcare bits for themselves. ~~For~~ For example, females registered with PMC are 47% compared to 53% males. However, the practicing females are always less than the registered. As a result their own health is compromised because of calling an end to their careers.



In addition, the reluctance of females towards the male doctors also result, in degradation of their health. Most of the females prefer to visit a lady doctor. This conservative culture leads to sickness. Especially, in the rural areas where there are less practicing female doctors. Most of them are male health consultants. So the females are hesitant in discussing their problems with them. In fact, they choose illness over established cultural norms. Even the preventable diseases are not treated. That is why women in the tribal areas, where there is shortage of female health officers, are more prone to sickness. In a nutshell, traditional values are the main cause that affect female healthcare.

Similarly under age marriage and considering female health care a taboo also leads to health deterioration. The females who are not physically and mentally developed are forced into marriage. Also, talking about their personal issues is considered a norm in the conservative society. She is unable and unaware of how to maintain her health. Consequently, the neglect of her family coupled with the cultural factor result in infection. Her health starts to decline and she suffers a lot of pain and anxiety.

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In fact, one of the biggest consequence of negligence is breast cancer. For instance, 1/9 females in Pakistan become victim of breast cancer. The number is highest in Asia. Hence, not paying due attention towards women health may be fatal.

Furthermore, lack of cooperation by the society and government also causes negative impact on female health. The family and the state apparatus don't support women empowerment. As a result, they are constrained to their houses. They prefer staying at home and managing the household. The main reasons for this include the working hours of the job. Mostly, the health care workers have night duties. However, a female has many other responsibilities at home. Hence, she is unable to manage the practice and family simultaneously. In addition, the administration do not allow flexible timings for the lady doctors. So, the qualified women who were supposed to serve the society, resigns from her job. This potentially leads to shortage of female health care staff. Hence those females who wanted to consult a female health consultant, is deprived of the opportunity.

Not only lack of cooperation but also quack culture is prevailing in



our society. Unqualified doctors with fake degrees are running clinics across the country.

The main cause of this issue is the lack of check and balance on the health sector.

In other words, The fraudulent practices and ignorance of the authorities in Pakistan are leading towards issues in female health.

In fact, unnecessary medicines are prescribed to the females, which results in side effect.

For example, 600,000 fake doctors are working in Pakistan. In brief, lack of monitoring in healthcare causes female health to decline.

However, certain steps can be taken in order to ensure female health care in Pakistan.

Firstly, women's personal role is needed to ensure her health care. Females should step forward with the objective of altering the conservative norms. In fact, these traditions are the main reason due to which the females suffer all their lives. So, a strong partnership among females is the need of time. They must collectively form organization and associations aiming at promoting awareness regarding female health. For example, in World War I women stepped forward and played a vital role in labour force. This gave an impetus to the suffrage movement.



Consequently, they get the right to vote. Hence, getting out of the comfort zone for their own cause can improve financial healthcare in the state.

Similarly, the government must work on creating awareness among masses regarding the gravity of the issue. Especially, the healthcare authorities need to take steps for this cause. In fact, they can launch awareness drives to convey the issue regarding female health. Likewise the state apparatus should arrange seminars based on educating the society about women health needs. Specifically, rural areas must be targetted because over there the literacy rate is comparatively low. % of the number of residents who are unaware of female health care, are more compared to that of urban zone. Likewise, female health care educational programme must be mandatory for men before marriage. It should cover all the aspects of female healthcare. Hence, in this way the state can effectively contribute towards spreading awareness about female health care.

Moreover, integrated plan is required to enhance the number of females working in the healthcare sector. There is acute shortage of female healthcare workers in



the country. This issue should be tackled by the state immediately. The government can enhance the quota of females in the healthcare sector. This will potentially channel more staff towards the healthcare sector. In addition, the government should work on providing proper work place facilities and flexible working hours. Collectively, these measures can increase the concentration of lady doctors and nurses in the healthcare sector. Hence, those patients who prefer female staff will get an opportunity to boost their personal health. In summary, the state can play a vital role in protecting women by revisiting the educational and the health sector.

Not only reforms but also making the healthcare sector female friendly is the need of the hour. There are many issues faced by female employees in public and private sector. Women are not paid well, especially during home job. Their skills are exploited by the organization. In addition, they are not paid their dues. In some cases they are not even paid a penny. So, the government in partnership with the private sector should formulate a proper mechanism of home job, in order to make the profession attractive towards female fresh graduates. In fact, there

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measures will curtail the problem of ~~scarcity~~ scarcity of women workers in the health care sector. Thus, they can serve the females of the country which will solve their health concerns.

In the same manner, establishment of proper day care centres in hospitals can solve the problem of shortage of lady doctors. Most of the female healthcare workers don't continue with their job because of their children. The timings of the duties in health care are mostly not fixed. However, the nurses and lady doctors also have to take care of their children back home. So, if the public and private sector provides a proper ~~day care~~ day care facility at the work place, it will be easy for the females to work without worrying about their children. They will easily practice in the hospital, while their small ones are taken care of by the professionals. Hence the number of lady doctors will increase, and they could address the issues of women more effectively.

In conclusion one can say that the women sufferings are more as compared to that of men. They go through a lot in their lives. Even the preventable diseases are not cured which result



1 Date

in pain and depression. The male head of the families mostly ignore the issues of their female family members. Similarly many females prefer to get married after obtaining a MBBS degree. This is because of the cultural restrictions and values of the conservative minded families. In fact, breast cancer, which is preventable on early stages, can lead to death. However, the state institutions and the international community can work together to improve the well being of the females. They, along with influencers, can use social media and mass media to create awareness among segments of the society. In summary, women health care is a ~~taboo~~ should not be considered a ~~taboo~~ it should be viewed as a normal health matter.

