

Question 1:

Every couple wants a family of his/her own. It is of immense pleasure for a couple to indulge in advance family planning. Except for being happy people faces some issues which prevent them from doing family planning. The factors which might impede people from advance planning are very significant. Lack of education and knowledge is the main factor that might prevent couples to go for advance family planning. In order to indulge in a conversation regarding a certain topic it is very important to have awareness of that particular thing. When a couple get to know each other and starts living their lives together they have to share each and every thing between themselves that might create a limitation in basic resources. Sharing also means to share one's thoughts with each other but people might don't consider the need of having this discussion. In some family's only male do the job and female stay at home this shifts the burden on the shoulders of one person. In result limited amount of financial supplies are delivered to the couple. With limited amount of finance, limited basic necessities can be achieved. Except for financial problems social and environmental problems might also affect family planning. If being social is the foremost activity of couples, they might not get enough time to think or talk about family planning. As time passes changing seasons might also affect people negatively and pushes them towards mood swings. Last but not the least mostly reliable health care centers are too far away and to avail the urgent treatment pregnant women have to cover long distance in a short period of time which increases the risk of pre-mature deaths. (Boerner, 2013)

It is important for the health care system, government and other non-profit entities to take measure that can help in raising awareness with regards to family planning. One of the most important aspects of family planning is the provision of facilities. It is essential to provide consultation to people and tell them about the risks of not having a plan for their family. The consultants must be well-educated and must have an understanding of how their actions can not only affect the future of the family but also of the United States on a large scale. The information being provided by them to the families should be clear and concise. It should be able to tap all the important questions that the family might have with regards to planning and the procedures that are involved.

Health workers are also another source of delivering information to the families. These are trained people that go door to door for consultations. The government should provide education to the health workers so that they can effectively address the issue of family planning. People should also try to educate themselves and other people around. The effects of word of mouth cannot be underestimated. Friends and family should help young couples in planning their future so that they do not have to face any critical issues down the road.

Question 2:

The major factors that have resulted in the shift in utilization from inpatient hospitalization to ambulatory care services are as follows:

1. Cost: In areas that are altogether more affordable to work than medical clinics, ambulatory consideration units can be worked out as indicated in the report.
2. Patient desires: Ambulatory offices can provide simple access to accommodation and a shorter length of visit that patients need.
3. Rivalry: Medical clinics can compete with other associations of human services by including mobile administrations, which is less exorbitant than making capital interests in emergency clinics, as the report indicates.
4. Doctor support: Banding with doctor bunches in walking care offices performing methodology makes a wellspring of referrals.
5. Interminable ailment treatment: According to the report, walking care offices can deal more effectively with the endless diseases of patients ("7 Factors Shifting Focus From Hospitals to Ambulatory Facilities: The traditional hub and spoke model in healthcare, which puts hospitals at the center of care delivery, is changing to focus more on ambulatory care.", 2019).
6. Populace the board: Encouraging ambulatory consideration in a more practical setting can connect with patients and convey benefits of preventive consideration.
7. Innovation: Progressions in innovation empower ambulatory offices to communicate composed treatment schemes.

The ambulatory services are beneficial to hospitals, doctors and consumers because the severity of injury or death risk can be reduced to the maximum extent possible. This definitely enhances both the advantages of patients and hospital.

Question 3:

Barriers to mental healthcare access:

The hindrances to obtain to mental health care are major problems which many Americans encounter. More than half of mentally ill adolescents in the U.S. are not undergoing treatment for mental wellbeing. The figure alone is worrying. But problems of mental health are much more complicated than most people recognize. As per the United States the Department of health Services has encountered one in five American adults with mental health problems and one in 25 Americans with serious mental illness such as bipolar disorder, borderline personality disorder or severe depression (Social Solutions, 2019).

Obstacles to access to mental health care come with a high additional expense to individuals. Securing access to mental health care for people can improve society and populations. For the many, the danger of suicidal ideation, legal matters, family dysfunction, financial issues, substance misuse and other mental and physical health issues can be drastically reduced or eliminated. The following are the factors that impede to mental illness treatment:

1. Unavailability of finances as a Barriers to Mental Healthcare

Indeed, after the Affordable Care Act needed recovery proposals to include conduct and mental social security, treatment expenses often limit access to emotional wellness presidencies. A lack of money-related assets for some people keeps them from seeking help by any means. A lack of budgetary assets can prompt conflicting or inadequate treatment for other people (Pescosolido et al., 2019). Also with assistance related to protection or money, government of mental medicinal services can be expensive.

2. Lack of professionals for mental care health:

While the US faces a particular specialist shortcoming, the absence of experts in psychological well-being is more severe than some other class. 89.3 million Americans live in government-assigned Mental Health Professional Scarcity Areas, as indicated by the Medical resources and Services Administration. Various elements intensify this general shortcoming of medicinal

service providers. Provincial regions often have few or no suppliers of psychological medicinal services by any stretch of imagination, let alone fortes suppliers. Urban services and suppliers often keep records for a long time and patients can remain stuck for months before they get a basic admission arrangement (Patel V, Koschorke M, Prince M, 2011).

3. Lack of Mental Health Education and Awareness

Physical injuries and illnesses are usually self-evident. They don't feel good, some damage, or some clinical test shows a variety from the norm. In any case, psychological illnesses are difficult to recognize on even a regular basis. Side effects are often unnoticeable and can be expelled as issues of "identity" or "mentality." Clinical tightness can be evicted as "excessive stress," misery can often look like "tiredness" or fatigue. Indeed, even real circumstances may not be apparent to the external affliction or to the folks around them, off possibility of not sharing their inner musings and emotions. Individuals expect their passionate or mental status to be ordinary on different occasions, failing to understand that they experience cluttered reasoning or clinical side effects.

4. The Social Stigma of Mental Health Conditions

Different examinations have found that the psychological illness-related shame often prevents people from getting to therapy. On one side of the range, their own psychological sickness convictions may prevent them from recognizing their illness or staying with treatment. On the other hand, a massive boundary is created by the real danger of addressing segregation in social and expert circles. Individuals can expect family and companions to maintain or treat them contrary to a strategic distance from them. They may also be concerned that the disclosure of a condition of emotional well-being may enable negative treatment and observations at work (Pescosolido et al., 2019).

These various obstacles include racial boundaries that incorporate notable differences in access to mental social insurance between different racial and ethnic groups. Most people facing severe dysfunctional behavior who are Black, Latino, or Asian do not receive treatment. It tends to be deduced that Social Solutions is eager to see connections and offices put aside their efforts to see how these issues are applied to the channels and people they serve. Knowing what negates the achievement of mental human services opens the way with better projects and approaches to improve that entry.

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