

## Health promotion in primary care in Ecuador

Promoción de salud en atención primaria en Ecuador

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### ABSTRACT

**Introduction:** Health promotion is a fundamental approach in primary health care (PHC) Ecuador. In recent years, the country recognizes the importance of promoting healthy lifestyles, preventing diseases and strengthening community participation in health promotion. **Objective:** Describe health promotion in primary care in Ecuador. **Method:** Systematic review of the literature, using the PRISMA guide and databases such as: Google Scholar, Scopus, Pubmed, Medline, Scielo, Latindex in English, Spanish and Portuguese between the years 2019-2024. **Results:** Promotion of health in PHC in Ecuador is essential to improve the health and well-being of the population. It focuses on activities and strategies that seek to prevent diseases, promote healthy lifestyles, and encourage people's self-care. It is very important to work collaboratively between health professionals with government entities and community organizations. **Conclusion:** By focusing on disease prevention, promotion of healthy lifestyles and community participation, a reduction in the burden of disease will be achieved and people's quality of life will improve.

**Keywords:** health promotion, PHC, health strategies, health care.

### RESUMEN

**Introducción:** La promoción de la salud es un enfoque fundamental en la atención primaria de salud (APS) Ecuador. En los últimos años el país reconoce la importancia de fomentar estilos de vida saludables, prevenir enfermedades y fortalecer la participación comunitaria en la promoción de la salud. **Objetivo:** Describir la promoción de salud en atención primaria en Ecuador. **Método:** Revisión sistemática de la literatura, mediante el uso de la guía PRISMA y base de datos como: Google Académico, Scopus, Pubmed, Medline, Scielo, Latindex en inglés, español y portugués entre los años 2019- 2024. **Resultados:** La promoción de la salud en APS en Ecuador es fundamental para mejorar la salud y el bienestar de la población. Se enfoca en actividades y estrategias que buscan prevenir enfermedades, promover estilos de vida saludable y fomentar el autocuidado de las personas. Es muy importante trabajar el trabajo colaborativo entre profesionales de la salud con entidades gubernamentales y organizaciones comunitarias. **Conclusión:** Al enfocarse en la prevención de enfermedades, la promoción de estilos de vida saludable y la participación comunitaria, se logrará una reducción de la carga de enfermedades y mejorar la calidad de vida de las personas.

**Palabras clave:** promoción de salud, APS, estrategias de salud, atención de salud.

### INTRODUCTION

Health promotion is a fundamental approach in primary health care (PHC) that allows improving the quality of life of the population. In recent years in Ecuador, the importance of promoting healthy lifestyles, preventing diseases and strengthening community participation in health promotion has been recognized. Therefore, Primary Health Care constitutes a fundamental pillar that transcends in addressing the social determinants of health with social responsibility, with the aim of improving the quality of life of Ecuadorians. Consequently, accessibility to health care services is required, as well as monitoring the quality of life of individuals and the entire population (Herrera et al., 2022).

The first level of care is the gateway to the National Health System, it practically covers most of the health needs of the population and its coverage must be universal and permanent; Therefore, it establishes the most direct and close contact with the population and coordinates the flow of people within the system through referral and counter-referral mechanisms that achieve optimal care for the continuity required by PHC-R (Arias et al., 2023).

In this context, health demands greater institutional and personal efforts committed to scientific, technological and social changes, as well as the adequate application of economic, material and human resources in the care process, including the values of justice, freedom and integrity, sufficient reasons to determine that health constitutes a right and the fundamental pillar of society (Peraza et al., 2019). Consequently, PHC is a fundamental component of the health system that is based on principles of equity, integrity, accessibility, community participation and an intercultural approach, with the aim of providing quality care, centered on people and oriented to health promotion, disease prevention, treatment and quality rehabilitation (Silva and Flores, 2020).

In this context, health promotion in PHC worldwide manifests a key objective for improving the health and well-being of the population. This refers to basic and essential care for each person in their different communities, through various health centers or local clinics (De La Guardia et al., 2020). In 2022, the World Health Organization (WHO) defined health determinants as the circumstances in which people are born, grow, live, work and age, including the health system. Consequently, if difficulties arise in important areas such as economic, social, productive and labor, the complications are the result of the inequitable distribution of resources and the inadequate application of public policies, at the local and national level.

On the other hand, health promotion in Latin America does not favor the implementation of Primary Health Care, due to the areas of social issues, alternation between democratic and authoritarian governments, inadequate reforms of the Organic Law of Health, among other divergent processes. Therefore, countries such as Haiti, the Dominican Republic, Bolivia, Guatemala, Venezuela, Paraguay, Ecuador, Honduras, and Trinidad and Tobago stand out for implementing policies and programs focused on PHC, the results of which show lower rates of infant and maternal mortality (Chasillacta and Núñez, 2022).

In Ecuador, Primary Health Care is provided through different levels of care that include first-level health facilities, such as health centers and family medical units; as well as second-level hospitals that provide specialized care. In addition, the formation of interdisciplinary health is promoted, where professionals from various areas work together to address the needs of the population (Herrera et al., 2022).

The Ministry of Public Health (MSP) of Ecuador is focused on strengthening the Comprehensive Health Care Model with a Family, Community and Intercultural Approach (MAIS-FC), at the same time, it incorporates the Renewed Primary Health Care (APS-R) strategy as one of the priority axes of the health sector transformation process, its organization and implementation must respond to the new health demands and needs of the country that arise from changes in the demographic and epidemiological profile, the need to overcome gaps in access to comprehensive health services, the consolidation and articulation of the Public and Complementary Health Network, as well as the strengthening of the resolution capacity of the first, second and third levels of care. (Ministry of Public Health, 2024). On the other hand, the fourth level of care develops rigorous research processes and Subspecialty Centers. This document is framed within this approach, as a conceptual and practical guide for the provision of services in the context of the National Health System" (Ministry of Public Health, 2018).

The Comprehensive Health Care Model is the set of strategies, standards, procedures, tools and resources that, when complemented, serve to organize the National Health System to respond to the health needs of people, families, and the community, allowing comprehensiveness in the levels of care in the health network. (Ministry of Public Health, 2024). The MAIS is oriented towards the construction, care and recovery of health in all its dimensions: biological, mental, spiritual, psychological and social. That is, it places the guarantee of the right to health at the center of its actions and from this approach it organizes the modalities and contents of the provision of comprehensive services, intersectoral articulation and citizen participation (Ministry of Public Health, 2024).

At the PHC level, the basic team should be made up of a community doctor, a community nurse and a health technician, in order to consider the availability of human resources, the territorial and population scope to be served and the established priorities that will expand or modify this composition. (Potvin and Jourdan, 2022).

At the community level, Nursing assumes multiple activities that according to (Girbés et al., 2024). They are the following:

- Be part of the interdisciplinary and intersectoral team that participates in the comprehensive care of individuals, families and communities.
- Take care of the individual's health in a personalized, comprehensive and continuous way, respecting their values,

customs and beliefs.

- Participate in the preparation, analysis and discussion of the health situation of their population, detecting vulnerable groups, risk factors and implementing actions aimed at their reduction and/or elimination.
- Execute actions that provide solutions to health problems identified in the Health Situation Analysis.
- Participate in the epidemiological surveillance programs established by the SNS.
- Execute actions included in the health programs that provide solutions to the problems of their community.
- Carry out and control the Nursing Care process, as a scientific method of the profession.
- Record in the clinical history all available information on the problems identified in individuals, families and the community.
- Evaluate the information collected to carry out nursing actions, recording them in the HC.
- Evaluate the responses of the individual, family or community to nursing treatment and care, recording them in the HC.
- Carry out health promotion and development activities for individuals, families and the community.
- Train the individual and family to assume responsible conduct in the care of their health.
- Act as an advisor and consultant on health matters for individuals, families and communities.
- Carry out disease prevention and protection activities for individuals, families and the community.
- Carry out healing and palliative care activities for the individual.
- Carry out rehabilitation and social reintegration activities for individuals and families.
- Carry out nursing techniques and procedures within the scope of their competence.
- Apply alternative medicine techniques and procedures within the scope of their competence.
- Carry out actions aimed at maintaining health surveillance and infectious disease control in the population.
- Carry out actions aimed at controlling the environment and achieving a healthy environment.
- Plan and carry out nursing actions in emergency and catastrophe situations.
- Promote intersectoral and multidisciplinary collaboration in the management of health care for the population.
- Detect educational needs and develop health education programs, in the search for improving the quality of life.
- Train health brigades and volunteer groups for their participation in health promotion.
- Manage health units and/or services at different levels of care.
- Direct the nursing team in community care units.
- Design, implement and participate in programs to evaluate the quality of nursing activity and establish standards for its measurement.
- Supervise the nursing performance area to maintain and improve services

Likewise, community participation is promoted as an essential component, which encourages the community's role in making decisions related to health, identifying needs and defining actions to promote healthy lifestyles. In this sense, it is important to take into account the characteristics of the services, the range of activities, achievements and barriers that vary from one country to another according to its service system and the socioeconomic, cultural and political context (Pincay, 2020). Therefore, the objective of this research is to describe health promotion in primary care in Ecuador.

## METHODOLOGY

The research methodology proposed in this investigation was a Systematic Review. The PRISMA method allowed the collection and classification of information to ensure the rigor and reproduction of the research in other contexts. For the selection of scientific documents, inclusion and exclusion criteria will be determined.

**Articles were included that:**

- They meet the eligibility criteria of the keywords: health promotion, PHC, health strategies, health care.
- Information from primary documents
- Research that describes its methodological process and meets the research criteria.
- Open access articles
- Articles in English and Spanish
- Articles that have been published between the years 2019 - 2024

**Articles were also excluded if:**

- They do not meet the inclusion criteria.
- Research not related to the topic.
- Research that does not comply with scientific research rigor according to its methodological process.
- Duplicate articles

**The research was carried out by searching on scientific research engines such as:**

- Google académico
- Scopus
- Pubmed
- Medline
- Scielo
- Latindex

In addition, all sources related to grey literature were considered valid sources of the research, which refers to university repositories at the national level. The search strategies in this research were carried out using keywords. A first filter was applied, which is related to the year of publication of the articles, the most recent ones from 2019 being considered the most relevant. Then, in the academic search engine, the keywords "health promotion", "APS", "lifestyle", "health" were used and they were concatenated with the logical connectors "and".

**Table 1.** *Bibliographic search strategies*

Using key terms	(health promotion) AND (APS) AND (lifestyles)
Language	English, Spanish
Use of Boolean operators	AND, OR, NOT
Publications from the last 5 years	2019 – 2024
Main search sources	Google académico, Scopus, Pubmed

**Table 2.** *Original variables and modifications made.*

Original variables	Variables with contradiction, implication or modification
Health promotion	Health strategies Health care
Primary Health Care	Primary care Health care

Note: Parallel searches are represented with variables modified in relation to the original ones.

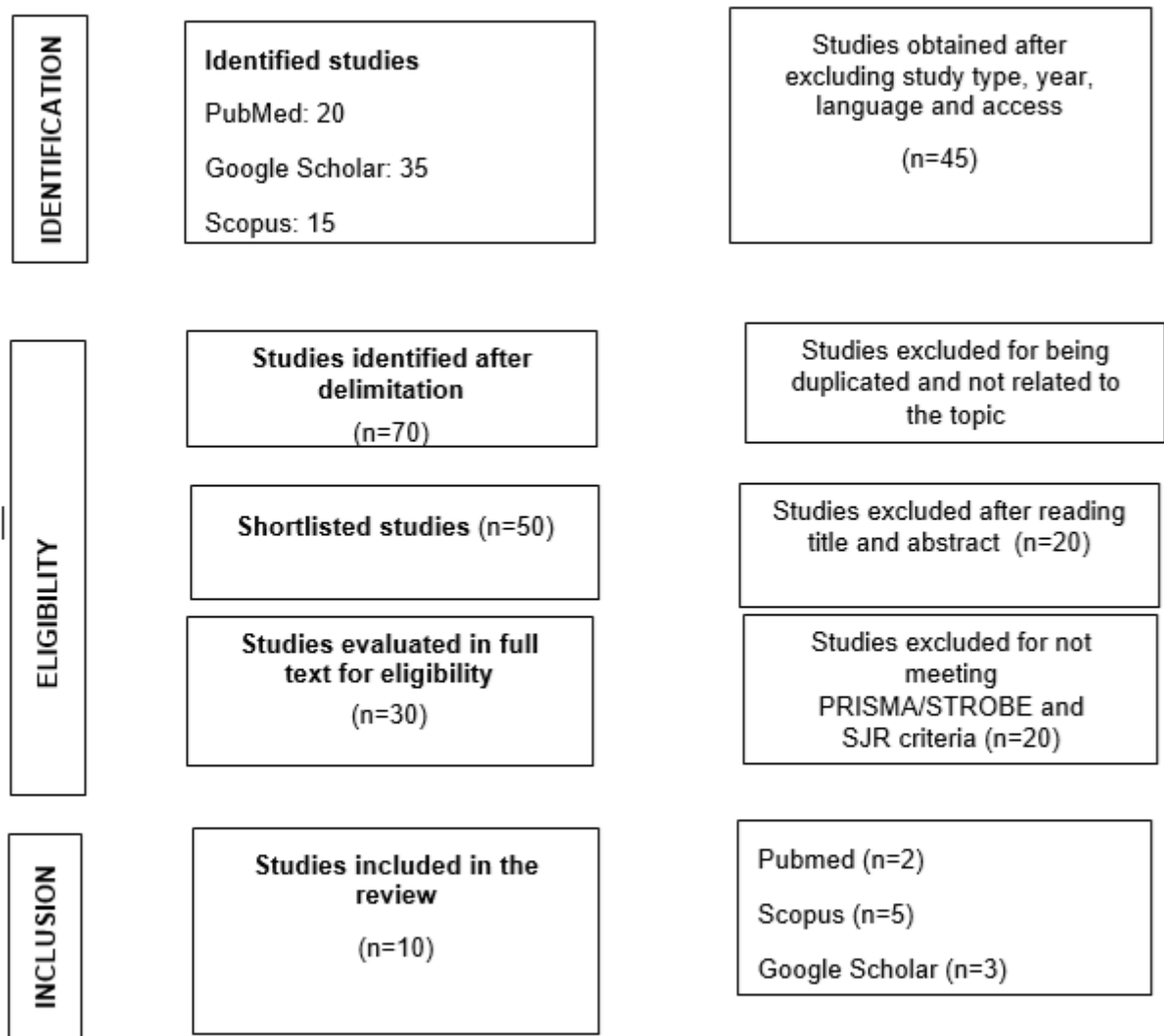
**Selection of studies:**

The registered studies underwent a progressive selection process based on:

- Reading the titles of the research: they were considered similar to the research objectives and discarding those that did not come close.
- Reading the summaries of the research: this procedure allowed us to obtain more knowledge on the subject and thus it was possible to discard the articles that were duplicated.

- Selecting the articles: finally, after a thorough reading of the summaries, from all the articles, we selected the most relevant ones for the research.

**Figure 1.** Item Selection Flowchart



**Data extraction process:**

The data were extracted using tables in which indicators were established for the classification of the articles:

- Year of publication, author and country.
- Title of the publication
- Objectives of the research
- Methods of the research
- Results and conclusions
- Relevant aspects of the research

The classification of these articles subsequently allowed us to group them, compare them and proceed to writing the systematic review article.

**RESULTS AND DISCUSSION**

Table 3. List of selected articles under review

Title of the article, author, year of publication	Participants	Study design	Results	Authors' interpretation
Role of nursing staff in primary health care	840 Participants	Quantitative field studies	The score in relation to the tasks carried out by the staff in the community stands out at 44.7% on the always scale, while 791 votes are located on the almost always scale with a value of 44.9%. In the family area, it shows that the scale has a positive value of 171 votes, which corresponds to 38.9% on an always scale, while 233 votes with an almost always rating refer to the evaluation of the affiliation parties, reaching 53% and in the area oriented to the treatment of the individual, only 153 votes differ, which corresponds to a percentage of 46.4% according to the normal scale, while on the almost always scale where activities can be carried out there is a value of 42.1%. These values help to know the degree of participation and impact of the nursing staff in the different areas. (Chasillacta and Núñez 2022).	The data establish that nursing staff maintain a high level of performance in their tasks within the community and in the family environment, although with a notable variation in the perception of the regularity of these activities. In direct contact with individuals, performance is perceived as good, although it does not reach the levels of consistency observed in other areas. In addition, the evaluation in tasks related to political affiliations suggests an influence of external factors that could affect the objectivity of these perceptions.  Therefore, the nursing professional in the APS of the First level of care in the health center contributes to the knowledge of the needs of the patient to be treated and does not only focus on care, their work action also contributes to the follow-up and recovery of the patient.
Nursing care management model in primary health care services.	4 Participants	Systematic review of descriptive analysis	Primary care is the approach to health care, which includes prevention, treatment and rehabilitation, and has a very important impact on the recovery of illnesses in the elderly. The implementation of nursing care management models in primary health care services, the "Care Management" model is a management archetype, where the nursing professional is incorporated, which requires administrative tools inherent to the profession, provided and coordinated activities, which facilitate: Planning, organizing, directing and evaluating economic, human and material resources (Sánchez et al., 2023).	Primary health care plays a very important role in different countries around the world, since, through the management of public health policies, diseases and their complications are largely prevented, and the role of nursing professionals as the main promoters of comprehensive care for healthy and sick people is highlighted.
Role of Nursing in Public Health Care	4 Participants	Systematic review	Among the different activities carried out by the staff in APS are: Collaborate in self-care, help overcome their limitations, make up for self-care deficits, provide direct assistance, accompany during the health-disease process. From Primary Care or public health, the Nursing area fulfills different functions holistically, including management, research, training, and above all the main one, which is direct assistance where Nursing is responsible for providing humanized care, both to the person and to the family and the community, seeking to improve health and raising awareness in society about the promotion and prevention of disease (Espinosa et al., 2022)	Therefore, Nursing is characterized by being a holistic discipline, which is responsible for different functions within the health team within a hospital or in the community, which directs the health team to the different homes of the population, including more distant sectors, with the aim of educating, promoting and preventing different diseases that affect the well-being of society, to mitigate problems and continually seek new health strategies to solve conflicts.
Epidemiological surveillance and primary health care (APS) activities in Ecuador.	4 Participants	Systematic review	Events subject to epidemiological surveillance will be defined under epidemiological parameters that will make a substantial contribution to the control of health problems (Delgado et al., 2021).	Primary health care activities play a key role in Ecuador in preventing and controlling diseases, improving the health of the population and promoting equitable access to health services.
Challenges for training nurses in global health	2 Participants	Descriptive bibliographic review	The academy must provide students with skills relevant to changing local and global realities. To do this, it is necessary to restructure the teaching of nursing, with a new perspective in the construction of curricular meshes that are relevant to the transformations and changes at the global, population and individual levels, so the profession must also be transformed to ensure that the services offered are adequate and focused on people and the modern family (Pastuña and Jara 2020).	A restructuring of nursing training is essential and necessary. Over time, different changes have been observed in society. However, nursing staff must remain in constant training to obtain more openness and recognition, in order to create dynamic social scenarios and environments with an inter and transdisciplinary approach.
Evaluation of primary health care and its attributes in first-level units in Quito-Ecuador in 2020.	1277 Participants	Cross-sectional quantitative study	Primary Health Care is an important element in public policies, but when evaluating health services, a satisfactory evaluation of their execution is not achieved. The PCATool tool allowed a thorough evaluation through its attributes of the successes and failures in primary care in the territory, which also allows decision-makers to direct their efforts. (Pazmiño, 2021).	The low scores in the PHC evaluation show in detail the problems that need to be addressed at the first level of the Ecuadorian Health System in order to improve it. It is essential to work in PHC and this type of evaluation facilitates the implementation of macro policy, as well as the strategies for its execution in middle management. The difference in scores between health service providers and the community shows a reality: professionals perceive that there are deficiencies in PHC, but not to the extent perceived by the community. This type of evaluation will allow them to carry out interventions for unperceived problems.
The role of the nursing professional in the primary health care system in Ecuador.	4 Participants	Qualitative-ethnographic methodology	Within the role description there are long lists of tasks that are confused with such, the truth is that two essential roles are extracted from the interpretation: A) Direct Minor Care. In the first role, the Nursing professional is assumed to be an extramural or extrahospital minor emergency nurse, their fundamental task is to do sutures, provide medications and attend to some other situations. B) Prevention In the second role, it is assumed that the most important thing is health education and the promotion of healthy lifestyle habits (Díaz et al., 2019).	Nursing staff plays a leading role in primary health care, roles that sometimes do not concern them or that go beyond their training, ensuring that nurses are those in charge of primary care and that their profession is undervalued. Although it is true that there are long lists of roles that staff perform, among them are: Direct minor care: the role assumed by the nursing professional as a minor emergency nurse, extramural or extrahospital, their fundamental task is to suture, administer medications and attend to some other situations as well as prevention, health education and the promotion of healthy lifestyle habits.
Educational needs in health promotion in students of the Metropolitan University of Ecuador.	20 Participants	Descriptive study	90% of respondents were unaware of the basic documents of primary health care; 70% placed little value on community work; and 40% rated their communication with users as average (Peraza et al., 2020).	Educational needs in health promotion are crucial to encourage healthy behaviors, develop self-care skills and promote emotional well-being.
Importance of primary health care in the community	4 Participants	Literature review	Renewal in community PHC includes the need to correct the inconsistencies of other approaches; the emergence of new and better evidence-based practices that would provide an opportunity for more effective Primary Health Care; the recognition of the capabilities of PHC to reduce inequalities, address social determinants, overcome health inequity and recognize health as a right for all (Pincay et al., 2020).	Primary health care should be provided in communities with prior planning of the environment, that is, the socio-economic conditions, the main health problems faced by citizens, which generate these problems, in order to find appropriate solutions. The central idea of PHC is the universalization of health, that is, equal access for all.
Challenges and problems of public health in Ecuador	4 Participants	Documentary bibliographic review.	The most frequent problems that Ecuador faces at the public health level is the provision of medicines to patients for their treatments according to the MSP guidelines. When the pandemic arrived, the shortage and the low capacity of hospital beds became more visible, as many public hospitals, dispensaries and health centers reached their maximum patient capacity. The institutional weakness that permeates the public health system directly affects the management of social security. The continuous rotation of authorities alters the internal governance of institutions and hinders their performance. Added to this are the low birth rates, vector-borne diseases, chronic childhood malnutrition and the risk factors for chronic non-communicable diseases include tobacco and alcohol consumption, sedentary lifestyle and physical inactivity, inadequate eating habits, overweight and obesity, high blood pressure, diabetes and other conditions, and most of them are modifiable through cost-effective promotion and prevention actions (Vaccaro et al., 2023).	As for the challenges, there are many, since health systems are closely linked to the State's health and social policies. In this context, reducing the rates of malnutrition, obesity and overweight, maternal death, vector-borne diseases, teenage pregnancy, infant mortality rate, among others, are key because in some way these types of problems generate other comorbidities and demand the attention of health institutions.

The World Health Organization in 2022 states that health promotion in primary health care in Ecuador is essential to improve the health and well-being of the population. It focuses on activities and strategies that seek to prevent diseases, promote healthy lifestyles and encourage self-care. Some of the common topics addressed in health promotion in primary health care include the prevention of smoking, the promotion of healthy eating, the promotion of physical activity, the prevention of chronic diseases and mental health

The 2022-2031 Ten-Year Health Plan Outline is Ecuador's most important commitment to public policy over the next 10 years. It is a participatory, inclusive and collective process of society as a whole. This plan is summarized in five major objectives with a focus on rights and health promotion, that is, preventing diseases and health determinants. It sets out 5 objectives: equity and health promotion, preventive medicine, timely and quality care, an integrated and efficient health system with goal and impact indicators that aim to reduce child malnutrition rates, promote well-being, reduce the maternal death rate and reduce out-of-pocket spending.

Various initiatives and programs are currently being implemented to promote health in the field of PHC. In addition, they include awareness campaigns, health education, training of health professionals, vaccination programs, prenatal care and early disease detection programs, to provide quality care to the population (Villanueva, 2020)

Therefore, the use of the Primary Care Assessment Tool (PCATool) is proposed, which was developed with the purpose of strengthening the responsibility of public health institutions, with the objective of optimizing resources by measuring the scope and quality of primary care services in an environment that the population refers to as its main source of health care with a focus on primary care attributes, which have shown that care produces better results at lower costs. The developed tools integrate surveys for users; of the service; to providers; to the health system that reflects resources, processes of change, around PHC. It was taken into account that primary care is planned and implemented based on the knowledge of families, community and culture of the population served (Lopez and Barber 2024).

Consequently, health promotion in PHC often focuses on improving primary care services, increasing access to quality care and optimizing coordination between the different actors involved during the health promotion process. In addition, the importance of addressing the social determinants of health, such as poverty, education, employment and access to basic services, is emphasized in order to achieve a significant impact on the health of the population (Silva and Flores, 2020). Therefore, it was important to compare the most prominent factors in reference to health promotion in PHC in Ecuador.

In this sense, health education is defined as the discipline in charge of guiding and guaranteeing educational processes with the purpose of influencing the knowledge, practices and customs of individuals and communities in relation to their health (Hernández et al., 2020). Likewise, the training of health professionals, prenatal care, vaccination programs and early detection of diseases are implemented strategies that contribute to improving health services, with great emphasis on the hospital response (Villanueva, 2020)

Likewise, the challenge of universal health coverage guided countries to deploy their greatest efforts in expanding the promotion of protected populations, the delimitation and expansion of their benefit plans, as well as in the provision of financial resources to support the payment of the benefits provided (Peraza et al., 2020). That is to say, the changes that have occurred at the demographic, political, social and epidemiological levels are taken into consideration, which allows them to bring about a number of concerns for the health system, thereby rethinking the goals and carrying out different reviews on the established health strategies, seeking achievements and challenges that benefit the health system and provide quality care (Mazacón Gómez et al., 2020).

In this context, the Ministry of Public Health decided to focus on achieving the quadruple goal for its health system, which consists of 1. Improving the health of the population. 2. Reducing the per-capital costs of health care. 3. Improving the patient experience. 4. Improving the experience of providing care. An encouraging user experience when using health services, optimizing the use of public resources used in the last decade and achieving better job satisfaction for health workers (Del Carmen, 2019).

The right to health is fundamental and must be guaranteed through the application of various strategies, such as primary health care (PHC). This strategy is highlighted globally in the declarations of Alma Alta and Astana and locally in the Ecuadorian constitution and in various public policies that must be permanently implemented (Montesinos and Simancas, 2019).

The training of nursing staff focuses on patient care and attention, therefore the skills of nursing staff are broad, covering the academic, professional, technological innovation, knowledge, communication and human quality aspects, which are the fundamental axis in patient care (Mazacón Gómez et al., 2020). The community nurse therefore has a decisive role in the formation of these teams and must adjust to their characteristics in terms of: relative autonomy, interdependence, interdisciplinarity, horizontality, flexibility, creativity and communicative interaction (Diaz et al., 2019).

Nursing in primary health care constitutes a fundamental pillar in the necessary development of the health system. Nursing professionals are responsible for education in the care of the person, family and community, in this way they carry out different activities inherent to their professional training that include: collaborating in self-care, helping to overcome their limitations, supplying self-care deficits, providing direct assistance, accompanying during the health-disease process (Espinosa et al., 2022). In addition, it has a primary role in home visits to construct the diagnosis and determine risks, as well as in establishing a plan that may include health prevention, promotion, recovery and rehabilitation activities (Di Ruggiero and Gherghel, 2023).

In addition to the above, nursing staff performs different functions, including management, research, training, and above all the main one, which is direct assistance to the patient. They are responsible for providing humanized care, both to the person and to the family and the community, with the purpose of improving health and raising awareness in society about the promotion and prevention of disease (Diaz et al., 2019).

## CONCLUSION

Health promotion in PHC is essential to improve the health and well-being of the Ecuadorian population, focusing on strategies for disease prevention, the promotion of healthy lifestyles and community participation, to achieve a reduction in the burden of disease and improve people's quality of life.

Similarly, the integration of health promotion in PHC requires a comprehensive and multidisciplinary approach; it is necessary to work in collaboration with health professionals, government entities, community organizations and other sectors of society to address the social determinants of health and promote a favorable environment for health. Equity in access to PHC health promotion services is essential to ensure equal opportunities for the entire population and thus access a health promotion intervention, regardless of their socioeconomic status, geographic location or ethnic group.

Nursing staff in PHC performs functions: care related to health care, administrative functions optimizing available resources, teaching functions by educating the patient in self-care. Currently, it is continually facing great challenges; it is essential to participate in the creation and strengthening of strategies that help improve the quality of life of people at the community level, reduce or eliminate economic, social and political obstacles that affect the growth of health care, basing its processes on the Comprehensive Health Care Manual (MAIS), maintain and promote respect, dialogue, health promotion, and disease prevention.

It is important that health personnel strengthen their skills in scientific, technical and humanistic knowledge, consider the current reality and requirements of society, promote activities that improve or strengthen the promotion, prevention and health care that help achieve proposed goals and obtain benefits for the patient, community, health personnel, and the Ministry of Public Health.

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