



## 2019 LIMA DECLARATION

### *Persons-centered Integral Health Care and Sustainable Development Goals*

*This Declaration has emanated from the Latin American Conference on Person-Centered Medicine, held in Lima-Peru on December 13 and 14, 2019, organized by the Peruvian Association of Person Centered Medicine (APEMCP), the Latin American Network of Person Centered Medicine (RLMCP) and the International College of Person Centered Medicine (ICPCM); under the auspices of the Peruvian Association of Faculties of Medicine (ASPEFAM), the Pan American Health Organization (PAHO / WHO) and the San Marcos National University (UNMSM):*

#### **CONSIDERING**

That, the concept of health of the WHO (State of complete physical, emotional and social well-being, and not merely the absence of disease), reflects the perspectives on health centered on the person of Andrija Stampar, president of the first World Assembly of the Health.

That, the central concept of Person Centered Medicine (MCP) promoted by ICPCM involves the recognition of the person as health center, goal and protagonist of health actions, and not as a simple carrier of diseases or passive subjects of medical care.

That, the earliest roots of the PCM in the Americas can be found in the ancient pre-Columbian civilizations and; within these, in those of Andean origin, as a substantial part of a substantially holistic and integrating worldview.

What, in Latin America; Since 2014, there has been a continuous development and strengthening of a critical mass on PCM, through the implementation of the First International Congress (Buenos Aires-Argentina), four Latin American Conferences (Lima-Peru (3) and La Paz-Bolivia), a First Peruvian Meeting (Lima-Peru) and an international teleconference (Montevideo-Uruguay); all activities led by the RLMCP and other important Latin American institutions.

That, at the First PCM Meeting, held in Lima-Peru on December 14 and 15, 2018, the recognition that Primary Health Care (PHC) has been receiving in Latin America was highlighted as a fundamental strategy for achieving the Universal Health in coherent connection with the postulates of the Alma Ata International Conference (1978) and in connection with the global initiatives on Universal Health Coverage (UHC) and the Sustainable Development Goals (SDGs).

What, Peru; on November 27, 2019, it has declared the Universal Health Coverage in favor of its population, which will be implemented through the new Comprehensive Care Model (MCI) of health focused on the person, family and community.

That, at the Fifth Latin American Conference on PCM, important information was presented on: a) diagnosis centered on the person, both in mental health and its extension to general medicine, b) new perspectives of education centered on people; both in that which explores the concept of a person-centered university, as well as that which seeks to complete the human profile with frequently neglected areas such as sexual health, c) the person-centered use of new computer technologies, d) new research models on life projects and human development in adolescents, e) information on policies based on the human right to health, universal health coverage and models of integral health care by life course for the person, the family and community.

That, the Sustainable Development Goals (SDGs) approved in 2015 by all Member States of the United Nations (UN); They constitute a universal call to action to end poverty, protect the planet and improve the lives and prospects of people around the world as part of the 2030 Agenda for Sustainable Development.

That, at the United Nations Summit held in New York in September 2019 on the SDGs; World leaders called for a decade of action and results for sustainable development, **leaving no one behind.**

That, as part of his speech at the aforementioned United Nations Summit on the SDGs, the Secretary General of the United Nations called for all sectors of society to mobilize for a decade of action on three levels: **action globally** to ensure more leadership, more resources and smarter solutions to the SDGs; **action at the local level** that includes the necessary transitions in the policies, budgets, institutions and regulatory frameworks of governments, cities and local authorities; and **action by persons**, including youth, civil society, the media, the private sector, unions, academia, and other stakeholders, to generate an unstoppable movement to drive the necessary transformations.

That, the 21st century is emerging as the century of the person, particularly with regard to health care; but also this vision has begun to extend, to education, planning and social government; and with the purpose of preserving the continuity of the effort in the right direction for the good of our population, the Fifth Latin American Conference on Person Centered Medicine, with multidisciplinary participation, has analyzed the issue of the synergistic confluence between Integral Health Care , Persons-Centered Medicine and the SDGs; so that

**WE CALL ON ALL ACTORS IN THE HEALTH SECTOR; AT ALL LEVELS, TO INCORPORATE THESE INITIATIVES INTO YOUR DECISION MAKING AND WE FULLY RECOMMEND:**

1. Implement the approaches of Person Centered Medicine and Integral Health Care, articulated in the concept of "Integral Health Care Centered on the Person, his family and community", and in close connection with global and regional initiatives on Primary Health Care (PHC), Universal Health (SU) and the Sustainable Development Goals (SDGs). Considering in the implementation the life course approach: the pregnant woman, the newborn, the child, the adolescent, the young person, the adult and the older adult; and seeking, at the same time, the most complete profile of personal health, including frequently ignored aspects such as sexuality and spirituality.
2. Promote adequate physical, mental, social and spiritual development, through the implementation of concrete practices from early stages of life such as "early skin-to-skin contact, attachment, mother-newborn bond, joint accommodation , the early start of breastfeeding, the integration of parents, etc ”.
3. Promote the adoption, implementation, monitoring and sustainability of a national health policy that integrates at its core the approach of Comprehensive Health Care Centered on People, family and community.
4. Review and adapt the undergraduate and postgraduate training curriculum in order to achieve sufficient human resources in quantity and quality to implement and sustain the new model of comprehensive health care focused on people, family and community.
5. Promote multidisciplinary teamwork close to the community; and develop operational tools so that these teams in their daily work adopt Comprehensive Health Care Centered on People, family and community, aligned with the initiatives of Primary Health Care, Universal Health and the Sustainable Development Goals (SDGs).
6. Promote research on Comprehensive Health Care Centered in People, family and community; in order to generate evidence and good practices on comprehensive care, respect for human rights, risk factors, social determinants of health and the impact of intersectoral and multidisciplinary work and public policies in favor of the most vulnerable populations.
7. Promote further research particularly on; in favor of the most vulnerable populations (adolescents, migrants, indigenous people).
8. Prioritize in the Region the development of strategies for measuring the operation of the health system that consider the particular dimensions of comprehensive health care focused on people in close connection with the initiatives of Primary Health Care, Universal Health and Sustainable Development Goals. These must be oriented to improvement, action, accountability and citizen surveillance.
9. Promote the implementation of comprehensive health care based on person, family and community; incorporating specific strategies in plans aimed at providing information and promoting community involvement and the mobilization of all social actors at the local level. Only then will it be possible to leave no one behind.

The organizing entities of the Fifth Latin American Conference undertake to work for compliance with the recommendations listed in collaboration with relevant governmental, non-governmental and intergovernmental organizations.