



HEALTH CARE SYSTEM IN POLAND basic information for refugees part 1

from **8.00 a.m. to 6.00 p.m.** on working days from Monday to Friday

PRIMARY HEALTH CARE (POZ in Polish) - determine where the nearest clinic is

Primary health care (POZ) is part of the health care system and provides healthy and sick people with health services in an outpatient clinic or at home.

A patient visits a **GP (doctor working in the POZ)** whenever s/he has a health problem. It is this doctor who directs the entire treatment process. If you do not understand something, or you do not know what treatment decision to make, you can talk to your GP about it.

If the patient's health condition requires further examinations and treatment by a specialist doctor, the GP will issue the necessary directions.

The POZ primary care nurse plans and implements, among others comprehensive nursing care, performs injections and procedures in the POZ nurse's office or at the patient's home.

The POZ midwife carries out comprehensive obstetric, neonatal and gynaecological nursing care, including care for a woman at every stage of her life.

=====

from **6.00 p.m. to 8.00 a.m.** on working days; **24 h a day** non-working days, holidays

NIGHT AND HOLIDAY HEALTH CARE (POZN in Polish) - determine where the nearest clinic is

In the event of a sudden illness or a sudden deterioration of health, the patient may seek help at any point of night and holiday health care clinic, regardless of where he or she lives.

You can use the help of a doctor and nurse at night, on days off and on public holidays in the event of:

- sudden illness;
- sudden deterioration of health, when there are no symptoms suggesting a direct threat to life or significant damage to health, and the applied home remedies or over-the-counter medications did not bring the expected improvement;
- when there is a fear that waiting for the opening of the day clinic may significantly adversely affect the health condition.

The doctor on duty gives advice:

- in the outpatient clinic,
- at the patient's home (in medically justified cases),
- by phone.