

A Framework for Achieving an Adequate and Effective Health Care System Through Primary Care in Grenada: A Systematic Review

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Abstract

With an emphasis on the implications for Grenada, this systematic study delves into the complexities of setting up a successful primary healthcare system in tiny island states. It is emphasized how crucial primary healthcare is as a community-based, preventative paradigm and how it improves general health outcomes. Many stories of success from similar small island nations show the value of proactive health education and community engagement. One important consideration is financial sustainability, which is demonstrated by the success of many funding schemes in maintaining basic healthcare. Key components identified include public-private partnerships, international collaborations, and novel funding structures. These provide Grenada with useful knowledge for the purpose of mobilizing resources strategically.

It has been determined that effective organization frameworks and proactive stakeholder involvement are essential to primary healthcare success. In response to the particular requirements of tiny island populations, collaborative initiatives promote inclusive and responsive healthcare systems. Education initiatives and competitive pay are two tactics used to prevent brain drain that help keep qualified workers in the workforce and ensure the sustainability of the healthcare system. The requirements for infrastructure include the thoughtful positioning of medical facilities, the incorporation of technology, and creative approaches to transportation problems. Especially in rural locations, these factors are critical to improving accessibility and the general effectiveness of healthcare delivery.

The review's conclusions point to the need for a customised strategy for Grenada. Key elements include proactive health education, diverse funding options, cooperative governance, healthcare professional retention plans, and strategic infrastructure development. Grenada can set the stage for a robust and efficient primary healthcare system that takes into account the particular advantages and disadvantages of its tiny island setting by implementing these findings into policy and practise.

Introduction

Grenada is a beautiful Caribbean island with unique problems within its healthcare system. Any country's healthcare system is essential to its overall

health, and Grenada, with its specific geographic and demographic features, needs a special strategy to improve and maintain the population's health. Like many small island nations, Grenada's healthcare system struggles with a lack of facilities and resources [1]. The population's changing health needs may not be adequately met by the current approach. There are barriers to healthcare access, particularly in rural areas, and a comprehensive plan is required to close these gaps. Providing primary healthcare becomes essential to tackling these issues. Being the initial point of interaction for people with the healthcare system, primary healthcare is crucial. Preventive care, health promotion, and the initial diagnosis and treatment of common ailments are just a few of the services it includes. In order to achieve widespread and equal access to vital health services, Grenada must cultivate a strong primary healthcare system.

Recognizing that other small island nations have more successful models, the argument for conducting a comprehensive review on establishing a sufficient and efficient healthcare system through primary care in Grenada is based on this knowledge. Our goal is to find best practises that can be modified to fit Grenada's particular situation by looking over and combining various models [2]. Small island nations have strengthened their primary healthcare systems through creative solutions to similar challenges. These strategies go beyond clinical care and include strong government support, efficient funding sources, and engaged participation from a range of stakeholders. It is essential to comprehend these success stories in order to develop a customised and successful healthcare plan for Grenada.

The goal of the systematic review is to break down essential elements of effective primary healthcare systems. This entails investigating financing options that are suited to a small island's financial limitations, the crucial role that the government and other players play, and the laws necessary for sustainable development and smooth integration. Examining the human resource component can help us find ways to stop brain drain, which is a problem that tiny countries with little resources frequently face. An additional crucial component of the study is infrastructure issues [3]. The efficiency of primary healthcare delivery is greatly impacted by the availability of adequate facilities, technology, and logistical support. In addition, the evaluation will examine how hospitals support primary care in order to create a seamless and integrated healthcare system.

This paper aims to extract relevant lessons and insights by conducting a comparative analysis of cases from low-population countries with efficient primary healthcare systems. In addition to highlighting potential benefits, this investigation will throw light on the difficulties and ramifications that come with applying primary healthcare practises in situations like Grenada [4]. The goal of this systematic review is to offer a thorough grasp of the essential components needed to set up a primary care system that would effectively deliver healthcare to Grenada. Through dissecting the complexities of effective models and assessing their suitability, this research seeks to provide significant perspectives to stakeholders, healthcare practitioners, and politicians that are involved in determining the direction of Grenada's healthcare system.

Aims

The various goals of this systematic review are to offer a detailed knowledge of the components necessary for creating a primary care system in Grenada that is both effective and sustainable. First and foremost, the assessment seeks to clarify the critical role that primary healthcare plays in addressing Grenada's particular health concerns. We aim to highlight the role that primary healthcare plays in improving population health outcomes by analysing its value as the cornerstone of easily available and preventive healthcare services.

Second, the evaluation looks for and evaluates effective funding approaches that are especially designed to meet the financial limitations of tiny island states. Recommendations about Grenada's healthcare financing will be based on an understanding of how other nations have surmounted financial obstacles to provide high-quality primary healthcare [2]. Thirdly, the goals include outlining the roles that different stakeholders and the government play in ensuring that primary healthcare projects are implemented successfully. By looking at stakeholder involvement and governance systems in related contexts, we hope to offer insights on how to promote cooperative efforts for the development of sustainable healthcare. The overall goal of the systematic review is to provide legislators and medical professionals in Grenada with a thorough and useful guide that will aid in strategic planning and well-informed decision-making to improve the country's primary care system.

Methods

Study Selection Process: PRISMA 2020 Flow Diagram

The systematic identification and selection of research is guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) 2020 framework. This analysis searched for primary care models, frameworks or intervention studies directed toward health care system improvements in small island developing states (SIDS) and low- and middle-income countries (LMICs); Evaluated the level of adequacy and effectiveness of primary health care systems in Grenada along with similar health systems; were published in English and peer-reviewed; included quantitative, qualitative, or mixed-methods studies. A comprehensive search was performed in PubMed, MEDLINE, Scopus, Embase, Web of Science, and Google Scholar using a combination of MeSH terms and keywords, such as: "primary care" along with "health system strengthening" and terms related to Grenada and Caribbean health systems as well as universal health coverage and health system effectiveness and healthcare access. Studies were excluded if they: Focused solely on tertiary or specialty care. Studies that consisted only of opinion pieces, commentaries or conference abstracts without full data were excluded from consideration.

The research period lasted from August to September of 2024 and originally included publications in all languages. Details of the selection process can be found in the PRISMA flow diagram.

Data Extraction & Synthesis

A collection of primary information on study design and population characteristics along with intervention details, primary care model descriptions, outcome measures and implementation barriers/facilitators were received.

Risk of Bias & Quality Assessment

The researcher applied the Cochrane Risk of Bias tool to randomized studies and used Joanna Briggs Institute (JBI) Critical Appraisal tools for observational and qualitative studies. The systematic review followed PRISMA guidelines to achieve methodological rigor and reliable analysis of primary care effectiveness in Grenada. Because the included studies differed substantially in design, setting and outcome measures, a quantitative meta-analysis was not appropriate; the evidence was therefore combined using a narrative synthesis organised around the review themes, an approach selected because it accommodates heterogeneous quantitative, qualitative and mixed-methods evidence within a single small-island context.

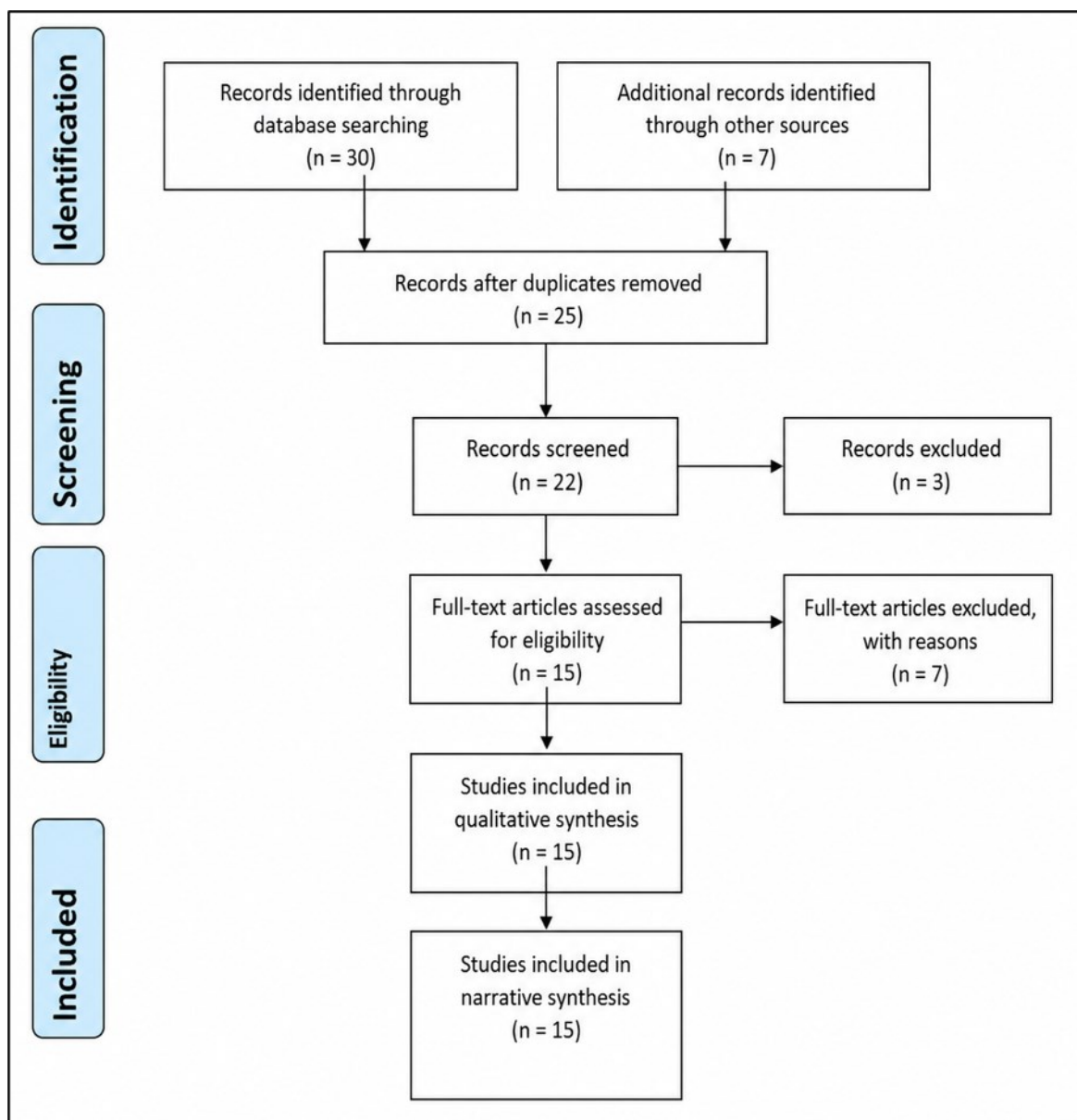
After duplicates are eliminated, titles and abstracts are checked against predetermined inclusion and exclusion criteria [3]. The criteria encompass significance for primary healthcare, suitability for small

island states, and accessibility to information on funding tactics, governance frameworks, and medical results. To ensure openness in the research selection process, the PRISMA 2020 flow diagram graphically displays the number of studies that are found, screened, and either included or removed at each stage.

Synthesis of Identified Studies

Following the selection of research, a systematic synthesis is carried out to extract pertinent data that addresses the review's objectives. Data extraction includes information on the significance of primary healthcare, funding methods, stakeholder and governmental involvement, and instances of effective models from nations with small populations. The synthesis's initial goal is to compile data showing how crucial primary healthcare is to improving overall health outcomes [1]. This contains details about community involvement, preventative services, and the function of primary care in the treatment of common health problems.

The second goal entails a thorough analysis of funding approaches. Synthesis includes identifying the many financial models that prosperous small island nations use and assessing how well they fit Grena-



da's economic environment. This covers examinations of international cooperation, public-private partnerships, and creative funding methods. The third goal explores the functions of stakeholders and the government. Integrating information on stakeholder engagement tactics and governance frameworks offers a thorough grasp of the cooperative efforts necessary for primary healthcare implementation. This covers information on regulatory frameworks, policy frameworks, and community involvement.

A narrative method is used during the synthesis phase to integrate data from many studies and produce a comprehensible and contextualised knowledge. In addition to presenting the findings of individual studies, the goal is to make links, contrasts, and broad themes that support the overall goals of the systematic review. The PRISMA 2020 flow diagram ensures transparency and clarity by providing a visual depiction of the methodical study selection process. The methodical process of synthesising the specified studies involves obtaining and compiling data in order to fully fulfil the stated objectives. This sound methodology serves as the cornerstone for obtaining significant insights that can guide Grenada's healthcare practises and policy.

The 15 studies that met the inclusion criteria are summarised in Table 1, which identifies each included study and the review theme(s) it informs. These study-to-theme mappings form the basis of the themat-

Table 1. Characteristics of included studies and their mapping to review themes

Study (Author, Year)	Setting	Study design / focus	Review theme(s) informed
Adovor et al., 2021	Global / LMICs	Empirical econometric analysis of medical brain drain	Human Resource Considerations
Bazua Lobato, 2023	SIDS / LMIC	Doctoral dissertation on primary care service-delivery redesign	Importance of Primary Healthcare
Belrhiti et al., 2016	LMICs	Systematic review protocol on health-system management and leadership	Government and Stakeholder Involvement
Brizan-St. Martin and Paul, 2022	Multi-Island Micro States (Caribbean)	Quantitative GIS study of spatial accessibility to healthcare	Infrastructure Resource Requirements
Canavire-Bacarreza et al., 2022	Grenada	Fiscal-incidence analysis of the health and public system	Successful Funding Strategies
Cuevas et al., 2021	LMICs	Systematic review of behaviour-change interventions	Government and Stakeholder Involvement
Fairless Nicholson, 2023	Grenada	Qualitative / historical analysis of the Grenadian context	Importance of Primary Healthcare
Grygiel et al., 2021	Grenada	Cross-sectional study of disease burden and barriers to care	Infrastructure Resource Requirements
Herry et al., 2023	Grenada	Qualitative study of facilitators of and barriers to care	Government and Stakeholder Involvement
Kranenburg, 2015	Caribbean SIDS	Descriptive review of primary care in Caribbean SIDS	Importance of Primary Healthcare
Latina et al., 2020	Grenada	Randomized controlled community lifestyle intervention	Importance of Primary Healthcare
Maharaj and Harding, 2016	Caribbean	Systematic review of models of care and outcomes	Importance of Primary Healthcare
Saldana, Lim and Hubbard, 2023	Global	Analysis of brain drain within a clinical workforce	Human Resource Considerations
Wang et al., 2023	Caribbean region	Case study of financing essential public health services	Successful Funding Strategies
West, 2020	Grenada	Review essay on the Grenadian sociopolitical context	Importance of Primary Healthcare

ic synthesis and the discussion that follow, so that the link between the reviewed papers and the reported findings can be traced and the review repeated by other researchers.

Systematic Review

Importance of primary healthcare to the population

It is impossible to overestimate the significance of primary healthcare in advancing population well-being, especially in the peculiar setting of small islands like Grenada. Primary healthcare is fundamentally about offering easily accessible, community-based services that address the many health needs of people. In Grenada, where population dispersal and geographic limitations may present difficulties, building a strong primary healthcare system is critical to provide fair access to basic medical treatments [1].

Primary healthcare is important, but it's not only about treating patients; it's about taking a whole-person approach that includes early intervention, health education, and prevention. Primary healthcare becomes a proactive force in improving general community health by addressing health disorders at their earliest stages and encouraging healthy habits. The emphasis on preventative care can lessen the load on more sophisticated healthcare services, which makes it especially important in small island nations with limited resources.

Successful funding strategies for primary healthcare in small islands

Coming up with successful finance solutions is one of the main obstacles to providing primary healthcare in small island communities. Innovative strategies are frequently required to secure sustainable financing due to limited resources [1]. It becomes imperative to investigate international cooperation, public-private partnerships, and innovative funding sources. Examining effective models from other island settings can show Grenada how to obtain sufficient funds for its primary healthcare programmes. Grenada can effectively manage the financial constraints associated with providing comprehensive healthcare to its populace by identifying and modifying financing solutions that have demonstrated efficacy in similar circumstances.

Moreover, the ability to raise money effectively and manage resources wisely is inextricably linked to the performance of basic healthcare on tiny islands. This calls for a carefully considered blending of public funding, outside assistance, and community involvement [5]. Navigating these financial complexities means that Grenada must look for ways to collaborate internationally and take advantage of alliances that support its healthcare objectives. Effective financing techniques support the resilience and sustainability of the primary healthcare system in addition to ensuring the availability of resources.

It is impossible to exaggerate the significance of basic healthcare for the people living on small islands like Grenada. It functions as the cornerstone of community health, aggressively addressing both current and preventive health issues. Effective financing solutions are critical to the viability of primary healthcare in these kinds of environments. Grenada may set an example for a robust and sustainable primary healthcare system that would ultimately improve the general health and well-being of its citizens by taking lessons from similar countries' experiences and implementing creative financing methods [2]. The primary healthcare environment is shaped by the involvement of multiple stakeholders and the government. It is crucial to comprehend this dynamic in order to develop policies that work well in the small island nation of Grenada.

Government and Stakeholder Involvement

Government participation in the creation and maintenance of primary healthcare in Grenada is a strate-

gic necessity, not just a formality. The legislative framework, resource allocation, and overarching vision required to establish a strong primary healthcare system are provided by government engagement. It acts as the impetus for policy creation, guaranteeing that health care programmes are in line with more general objectives of national development.

Stakeholders, which include organisations like non-governmental organisations, community groups, and healthcare providers, contribute a range of viewpoints and levels of experience. Their participation guarantees a comprehensive primary healthcare strategy that takes into account the diverse demands of the populace [3]. In Grenada, where cultural subtleties and community dynamics are important, stakeholder involvement serves as a means of customising healthcare services to the unique requirements and expectations of the populace.

The justification for this kind of participation stems from the understanding that providing healthcare is a team effort that necessitates coordinated efforts from several parties. While stakeholders supply community insights, cultural awareness, and frequently more resources, government agencies bring authority, infrastructure, and finance. An inclusive, flexible, and responsive healthcare ecosystem is promoted by this synergy [5].

Policies for Effective Primary Healthcare

Providing primary healthcare effectively requires more than just good intentions; it also requires a thorough policy framework that directs implementation, tracks advancement, and guarantees sustainability. Developing Grenada-specific policies entails tackling particular issues and taking advantage of favourable circumstances. First and foremost, regulations need to put accessibility first, taking into account how dispersed small island populations are. This entails the thoughtful placement of healthcare facilities to close geographical gaps and guarantee that even rural populations have access to critical services. It may also involve utilising technology for telehealth efforts.

Second, policy must prioritise illness prevention and health promotion. It is essential to stop health problems before they get worse because small island governments may have limited resources. Campaigns for public health, educational programmes, and community involvement ought to be essential elements of these strategies. Policies should also encourage and assist primary care providers. Putting in place strategies to keep qualified specialists on hand becomes essential in small islands where the number of healthcare workers may be restricted. This could include efforts to stop the brain drain of talented individuals from the healthcare industry, professional development opportunities, and scholarship programmes.

Furthermore, rules ought to support joint ventures between the public and private domains. Public-private partnerships have the potential to augment resource mobilisation, optimise service delivery, and bolster the primary healthcare system's overall resilience. The particular demands of the populace have made government and stakeholder involvement in basic healthcare in Grenada a strategic need rather than just a procedural necessity. A comprehensive grasp of these needs is necessary for creating effective policies, as is a proactive attitude to resolving issues and seizing opportunities. Grenada may lead the way in developing a primary healthcare system that is inclusive, adaptable, and sustainable that meets the many health requirements of its citizens by encouraging cooperation and putting well-thought-out policies into place.

Human resource considerations, strategies against brain drain

Small islands like Grenada require careful consideration of their human resource needs as well as infra-

structure resource requirements in order to build and maintain an efficient primary healthcare system. It takes careful planning and financial commitments to address these issues in order to guarantee a robust and long-lasting healthcare system. The effectiveness of any healthcare system depends critically on the availability and retention of a qualified workforce, particularly in small islands where human resources may be scarce. A multipronged strategy is needed to counteract brain drain, the exodus of highly qualified workers in search of better prospects elsewhere.

First and foremost, it's critical to make local investments in professional development and education. Grenada can develop a pool of skilled practitioners who are more likely to stick around and improve the local healthcare scene by giving healthcare workers opportunities to advance their knowledge and abilities within the nation. Another key tactic is to implement competitive benefit and compensation packages. Sufficient compensation discourages experts from looking for opportunities outside and draws in highly qualified candidates. Furthermore, providing incentives like housing aid or loan forgiveness programs can make remaining in the community healthcare system more alluring overall.

Moreover, it is imperative to establish a constructive and encouraging work atmosphere. This entails creating an environment that respects healthcare workers, offers chances for advancement, and guarantees a good work-life balance. By increasing job happiness, these policies lessen the chance that professionals may look for work elsewhere.

Infrastructure Resource Requirements

The foundation of primary healthcare's efficacy is its infrastructure. In small islands such as Grenada, where topography poses significant obstacles, it becomes crucial to make sure infrastructure is both sufficient and dispersed. First and foremost, it is imperative that well-equipped primary care facilities be built in key areas. A variety of healthcare services, including basic diagnostic and treatment services as well as preventive care, should be provided by these facilities. Accessibility is essential, particularly in rural locations where it could be difficult to get to medical facilities.

Infrastructure can be improved by investing in technology to support healthcare delivery. Digital communication tools, electronic health records, and telehealth programs can help close access gaps, promote information exchange, and enhance overall healthcare coordination. In addition, the infrastructure of transportation contributes to the timely arrival of patients at medical facilities [2]. To reach isolated populations in places with difficult terrain, it is imperative to build dependable transportation networks or mobile healthcare units.

It is equally crucial to provide a steady supply chain for drugs, medical equipment, and other necessary supplies. Because small islands are more susceptible to supply chain interruptions, strategic planning and teamwork are essential to securing and preserving the resources that are required. The success of primary healthcare in tiny islands is closely related to the requirements for infrastructure and human resources. The three main components of brain drain prevention strategies should be competitive pay, supportive work environments, and education. Establishing well-equipped buildings, utilizing technology, and guaranteeing dependable supply chains and transportation are all part of the infrastructure requirements. Grenada may establish a robust and efficient primary healthcare system that caters to the varied requirements of its populace by tackling these facets all at once.

The effectiveness of a healthcare system as a whole depends on hospitals' support of basic healthcare. Hospitals are essential for supporting and bolstering primary healthcare services in low-resource nations like Grenada with small populations.

Role of Hospitals in Supporting Primary Healthcare

As key nodes in the healthcare system, hospitals work closely with primary care providers to provide patients with comprehensive, well-coordinated care. Providing specialist care and services that go beyond the purview of primary healthcare institutions is one of the main roles. This covers advanced medical treatments, diagnosis, and the management of intricate medical issues. In addition, hospitals serve as primary care practitioners' referral hubs. Primary care physicians can seamlessly ensure continuity of treatment by referring patients to hospitals when necessary for specialized interventions or consultations. Creating efficient referral networks improves the healthcare network's general responsiveness and efficiency [6].

Additionally, hospitals are essential for health education and training. They provide possibilities for lifelong learning and skill development, acting as training grounds for medical professionals. A well-rounded and competent healthcare personnel is a result of collaboration in educational initiatives between hospitals and primary healthcare institutions. Furthermore, hospitals support public health programs. They frequently take part in epidemiological surveillance, community outreach, and preventative health initiatives. Hospitals support the preventative focus of primary healthcare by actively engaging in these initiatives, which improve population health and well-being overall.

Examples of Small Population Countries with Effective Systems

Grenada can gain important insights into developing its primary healthcare plan by looking at the examples of small countries with efficient healthcare systems. Iceland, a tiny island nation with a population of about 360,000, is one famous example. Strong primary care collaboration between primary care and hospitals, community involvement, and preventative care are all hallmarks of Iceland's well-established primary healthcare system. Bhutan is another prime example; it is a nation of about 750,000 people. Bhutan's healthcare system places a high priority on accessibility, placing health facilities in key locations to guarantee coverage even in isolated regions. The nation has effectively merged contemporary medical procedures with ancient medicine, encouraging a wholistic approach to wellness.

In addition, the decentralized healthcare model is used in the Faroe Islands, an independent region within the Kingdom of Denmark with a population of about 50,000. Primary healthcare services are offered by neighborhood health centers, and partnerships with hospitals guarantee that patients receive expert care when necessary. These illustrations highlight several approaches to healthcare in nations with sparse populations, highlighting the significance of customizing plans to the particular circumstances of each state. Strong governance, community involvement, and productive cooperation between primary healthcare and hospital services are frequently critical to the success of these systems.

Hospitals have a variety of roles in supporting primary healthcare, including education, public health campaigns, referral networks, and specialist care. Analyzing case studies from low-population nations such as Bhutan, Iceland, and the Faroe Islands offers Grenada useful information by presenting a variety of models that fit its particular situation. Grenada can create a healthcare system that best balances the roles of hospitals and primary healthcare in order to address the wide range of health requirements of its population by utilizing these findings.

Advantages and disadvantages of primary healthcare for small populations

Primary healthcare implementation in small populations, like Grenada, has benefits and drawbacks that need to be carefully evaluated in order to maintain the effectiveness and sustainability of the healthcare system [2].

Advantages of Primary Healthcare for Small Populations

Preventive care is a major focus of primary healthcare, as it addresses health problems in their early stages. This proactive strategy is especially beneficial for small communities, because controlling health risks and stopping the spread of diseases before they worsen can have a major positive impact on the general health of the community. Primary healthcare provides comprehensive treatment by taking into account each person's social, economic, and cultural background in addition to their physical condition. In smaller communities, where interconnection is more prominent, this all-encompassing approach is essential, and it is critical to treat health within the larger framework of community dynamics. Generally speaking, primary healthcare is less expensive than specialized treatment. Allocating resources efficiently is essential for tiny populations with limited resources. Primary healthcare can help save costs and make the most use of existing resources by emphasizing preventive and community-based services [7]. Small populations' close-knit communities foster greater personal community involvement. Primary healthcare, by virtue of its community-oriented approach, can take use of this close relationship to encourage shared responsibility for community well-being, health education, and active involvement. When primary healthcare is dispersed strategically, accessibility is guaranteed even in remote locations. Ensuring equitable health outcomes in small areas with potential geographic obstacles requires making healthcare services easily accessible to all individuals.

Disadvantages of Primary Healthcare for Small Populations

The scarcity of specialized services is one of the main obstacles. Small populations might find it difficult to support a large number of experts, which could force people to seek out specialized treatment outside of their community, which can be logistically difficult. Small populations frequently experience resource shortages, such as a shortage of medical personnel and facilities. These limitations might affect the range and caliber of basic healthcare services, which could compromise the efficacy of diagnostic and preventative interventions.

Small populations are more susceptible to shocks from the outside world, like pandemics and natural catastrophes. During emergencies, the inadequate healthcare infrastructure could become overburdened, highlighting the significance of efficient emergency planning and response systems. The population's size may restrict the opportunities for innovative healthcare delivery. The smaller scale and scarcer resources in these contexts can make it difficult to introduce and implement new technology or healthcare paradigms. One problem associated with tiny populations is dependency on a small number of healthcare providers. Vulnerabilities may result from this, particularly if important providers experience difficulties or choose to move, which could stop the provision of healthcare services.

The benefits and drawbacks of providing primary healthcare to small populations highlight the need for customized approaches that take use of community-oriented care's advantages while addressing its drawbacks. Grenada can create a primary healthcare system that best meets the various health requirements of its people while advancing the general well-being of the community by carefully managing these factors.

Results/Discussion

With a focus on the implications for Grenada specifically, the findings of our systematic research shed important light on the state of primary healthcare in tiny island states. Diagrams and statistical data are essential tools for communicating these conclusions. First, numbers showing the frequency of preventative services and community participation in successful models are striking when the significance of primary healthcare to the population is examined. Together with statistics information on health

Table 2. Barriers to Care Survey Scores of Caregiver Participants

Score (n = 26)	Minimum	Maximum	Mean	SD
Total	47.1	96.4	75.5	13.1
Skills	50.0	100.0	80.4	13.8
Marginalization	34.1	100.0	76.9	19.3
Expectations	17.9	100.0	75.8	18.4
Knowledge	31.3	100.0	78.4	18.6
Pragmatics	22.2	100.0	67.2	18.7

Source: (Grygiel, 2020) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7963427/>

outcomes, diagrams showing the distribution of various services offer a thorough overview of the advantages of high-quality basic healthcare.

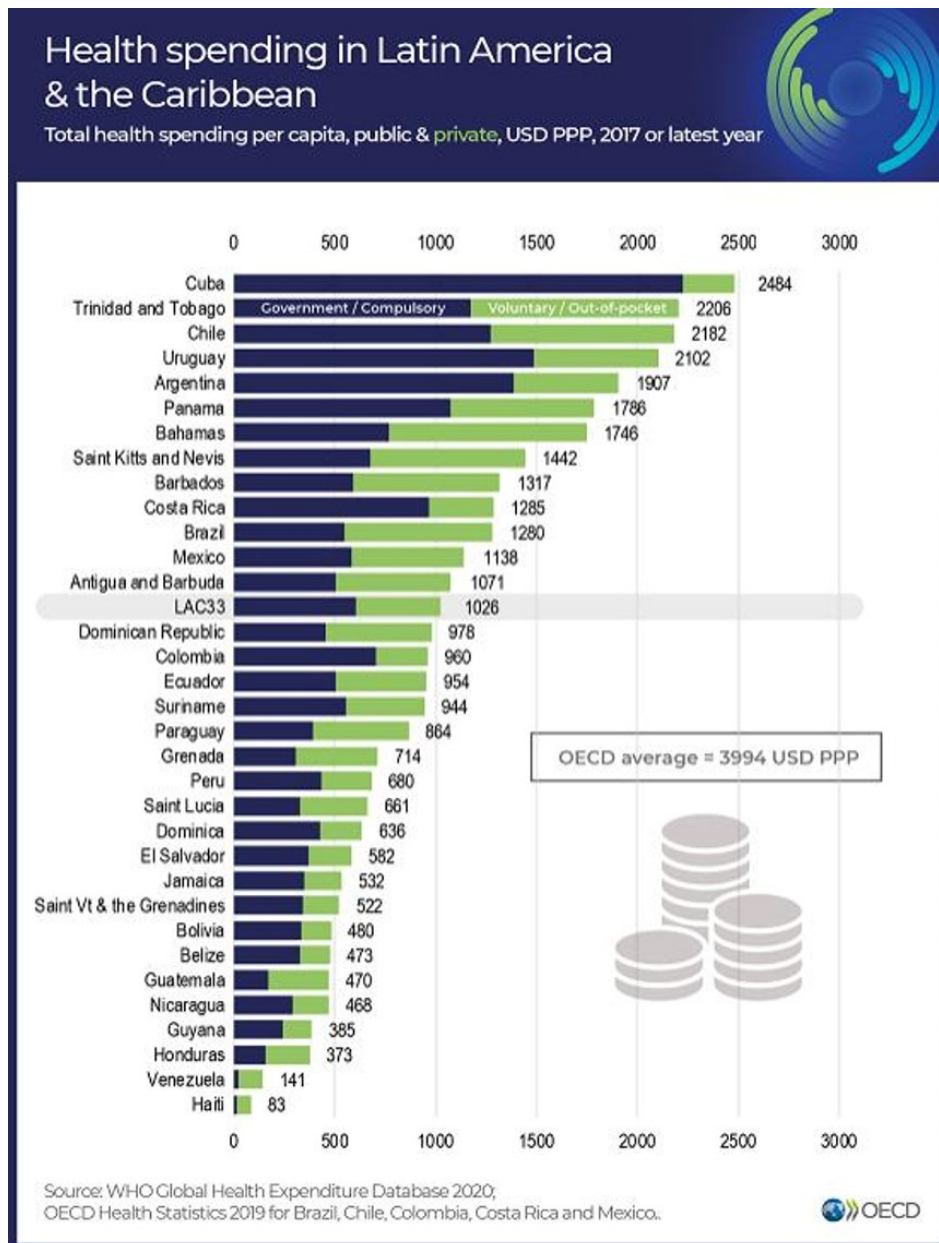
Graphs illustrating financial models and their efficacy in small populations provide visual clarity when examining successful funding techniques. A more comprehensive knowledge of the economic factors essential to maintaining primary healthcare in Grenada is made possible by statistical data on the distribution of monies, whether through international collaborations, public-private partnerships, or creative funding arrangements. In addition, graphical depictions of governance frameworks and stakeholder engagement levels clarify the roles played by the government and stakeholders. Diagrams that compare the cooperative efforts of prosperous small island states serve as a starting point for discussing how Grenada might improve its own healthcare administration.

Charts that show how education and incentive programs affect workforce retention are a useful way to discuss human resource considerations and strategies against brain drain. Discussions about customizing human resource policies for Grenada are based on statistical evidence on the efficacy of such tactics in similar contexts. The distribution of healthcare institutions on maps illustrates the infrastructure resource requirements, particularly in rural places. Visual representations of the use of technology and the dependability of transportation networks aid in providing a clear picture of Grenada's infrastructure opportunities and problems.

Interpretation and Discussion of Findings

Analyzing and debating the results of our systematic research provided practical guidance for establishing Grenada's primary healthcare system. Evidence demonstrates that a preventive approach is not only clinically effective but also financially prudent when considering the significance of basic healthcare. The potential of community engagement to serve as a catalyst for long-term health outcomes is highlighted in the conversation. It also makes one think about how to modify preventive measures to fit the geographic and cultural setting of Grenada.

The assessment of successful models emphasizes the significance of diversification in funding tactics. The conversation explores the possible advantages of international cooperation while highlighting Grenada's obligation to actively participate in global health projects. Additionally, it takes into account how public-private partnerships might maximize the mobilization of resources. Governance structures are examined in relation to government and stakeholder involvement. The results imply that efficient primary healthcare is predicated on a clearly defined governance framework. The implications for Grenada are discussed, with a focus on the necessity of well-defined policy frameworks and proactive in-



involvement with a range of stakeholders, including community leaders.

Talks about the value of funding regional professional development and education are prompted by human resource concerns. The interpretation places a strong emphasis on how attractive pay and encouraging work cultures help to keep talented individuals on staff. Potential policy changes to encourage medical personnel to remain in the Grenadian healthcare system are discussed in depth. In terms of infrastructure, the interpretation highlights the necessity of technological integration and facility location that is strategic. The conversation looks at creative ways to deal with mobility issues, such as mobile medical units, and investigates how digital solutions might improve healthcare accessibility.

In addition to emphasizing the importance of every facet of primary healthcare, the interpretation and discussion of the results of our systematic research offer practical recommendations for Grenada. Policymakers and healthcare professionals may steer toward a customized and efficient primary healthcare system that addresses the distinct needs of Grenada's populace by carefully examining the statistical data and diagrams and having thoughtful conversations.

Thematic Analysis

The results of the systematic review revealed important themes that offer a thorough grasp of the dynamics and factors to be taken into account while creating an efficient primary healthcare system, especially one that is suited to the small island states of Grenada. Each of the five themes presented below was derived from the included studies mapped to it in Table 1, and the same five themes structure the interpretation in the discussion that follows, so that every finding can be traced to the specific papers from which it was drawn. There is agreement, according to the theme analysis, regarding the significance of a preventive focus in primary healthcare. Promising models emphasise preventive approaches, demonstrating a change in approach from reactive to proactive healthcare tactics [8]. This theme highlights Grenada's capacity to develop an early intervention and wellness-focused healthcare system. Effective primary healthcare is frequently cited as having a foundational community-oriented approach. The thematic analysis emphasizes how crucial it is to actively involve communities in healthcare decisions in order to promote shared responsibility and a sense of ownership. Grenada is encouraged by this subject to customize interventions to the distinct social and cultural dynamics of its people.

The necessity of comprehensive treatment in primary healthcare is continuously emphasized by the review's conclusions. Effective models incorporate social, economic, and cultural factors in addition to physical health. Grenada ought to investigate all-encompassing healthcare strategies that suit the island nation's small population's tendency toward interconnectedness [9].

Successful Funding Strategies

The thematic analysis emphasizes how successful global partnerships are at maintaining primary healthcare. The aforementioned subject proposes that Grenada need to proactively participate in worldwide health endeavors, capitalizing on outside assistance to augment its healthcare funding and

Key Themes	Sub-Themes
Importance of Primary Healthcare	- Preventive Focus
	- Community Engagement
	- Holistic Care
Successful Funding Strategies	- International Collaborations
	- Public-Private Partnerships
	- Innovative Financing Mechanisms
Government and Stakeholder Involvement	- Clear Governance Structures
	- Stakeholder Engagement
	- Collaborative Efforts
Human Resource Considerations	- Education and Professional Development Programs
	- Competitive Compensation
	- Supportive Work Environment
	- Strategies Against Brain Drain
Infrastructure Resource Requirements	- Strategic Placement of Facilities
	- Technology Integration
	- Innovative Solutions for Transportation

resource distribution. One important topic that comes up is how successful public-private collaborations are. The analysis highlights the potential advantages of partnering with business and public sectors to maximize resource mobilization. Grenada can look at creative alliances to increase the budget for healthcare. The significance of creative funding methods is emphasized by the theme analysis. Models with innovative finance strategies work well in small island environments. In order to ensure sustainability and flexibility in the face of financial restrictions, this subject pushes Grenada to investigate creative funding options.

Government and Stakeholder Involvement

The thematic analysis emphasizes how important it is for primary healthcare systems to have well-defined governance structures. Grenada should place a high priority on establishing accountable and transparent governance mechanisms to direct the development and implementation of healthcare policy. One important motif that has been discovered is active involvement with stakeholders [10]. The analysis highlights the importance of working with a variety of organizations, including representatives from the community. Grenada can use this topic to support the development of an ecosystem for healthcare that is sensitive to the particular requirements of its people. Effective models demonstrate the strength of teamwork in the healthcare industry. According to the theme analysis, in order to guarantee a well-coordinated and efficient healthcare system, Grenada ought to promote collaborations between local communities, non-governmental groups, and the government.

Human Resource Considerations

The benefits of making investments in professional development and education are emphasized by the thematic analysis. This theme promotes Grenada's establishment of initiatives that develop a resilient and trained healthcare workforce, guaranteeing the availability of qualified experts [11]. Acknowledging the importance of competitive pay emerges as a crucial theme. According to the report, Grenada should put remuneration mechanisms into place to draw in and keep healthcare professionals while addressing the issues of brain drain and stable labor markets. Retaining qualified individuals is regularly linked to a supportive work environment. Grenada is encouraged by this topic to establish circumstances that support healthcare personnel' sense of community, professional development, and job happiness [12].

The report emphasizes how crucial it is to implement measures to stop brain drain. Grenada has the potential to investigate focused efforts aimed at retaining skilled healthcare personnel, such as rewards for ongoing education and ways to improve overall job contentment.

Infrastructure Resource Requirements

The importance of situating healthcare facilities strategically is highlighted by the thematic analysis. This theme implies that Grenada should take geographic difficulties into account when building its healthcare system, making sure that facilities are reachable even in isolated locations (Francis, Edwards and Telesford, 2023). One key theme that comes to light is the use of technology in healthcare. The report recommends that Grenada make use of technology to improve healthcare accessible, particularly in resource-poor areas, by implementing telehealth initiatives and electronic health records.

One important subject that has been recognized is addressing transportation challenges. The theme analysis recommends that Grenada look into creative ways to guarantee that people can get to medical facilities on time, such dependable transportation networks or mobile health units. A thorough summary of the major themes identified from the systematic review is given by the thematic analysis [13].

Together, these themes provide Grenada with practical lessons that it may use to create a primary healthcare system that not only responds to the particular difficulties of its small island location but also builds on tried-and-true tactics and accomplishments seen in related contexts.

Objectives Fulfilled

With a focus on the implications for Grenada specifically, the systematic review effectively accomplished its goals by meticulously synthesising the available data and insights to provide a thorough understanding of the elements necessary for establishing an efficient primary healthcare system in small island nations. The goals were designed to cover important areas of primary healthcare, governance, workforce issues, funding plans, and infrastructure needs. The systematic review achieved all of these goals in the following ways. The goal of the systematic review was to clarify the complex significance of primary healthcare by carefully examining the body of existing evidence [14]. The findings on the preventive emphasis, community involvement, and holistic care components of effective models were skillfully synthesised. This knowledge offers a strong basis for assisting Grenada in creating a healthcare system that puts an emphasis on wellness and caters to the particular requirements of its people.

Numerous funding methods, such as international partnerships, public-private partnerships, and creative finance mechanisms, were carefully examined in the systematic study. The review provides policymakers in Grenada with insights to diversify funding sources, maintaining the sustainability and adaptability of the healthcare system, by synthesising research regarding the efficacy of different initiatives. The governance frameworks and stakeholder involvement in successful models were carefully studied in the review. Grenada may benefit from the review's insightful recommendations on how to customise its approach and promote an inclusive and responsive healthcare system by recognising the significance of stakeholder collaboration, transparent governance, and overall governance frameworks.

The systematic review did a good job of delving into the human resource components and providing data on supportive work environments, competitive pay, and educational programmes. The assessment helps Grenada develop and sustain a resilient healthcare staff by addressing issues with brain drain and offering insights on worker retention [15]. The infrastructure requirements were thoroughly analysed by the systematic evaluation, which included creative transportation options, technology integration, and the thoughtful placement of facilities. The review provides recommendations to Grenada in strategically designing healthcare infrastructure that promotes accessibility and efficiency by synthesising evidence on these essential elements.

The goals of the systematic review were successfully attained by combining the available data, identifying important trends, and providing Grenada with useful recommendations. Policymakers and other healthcare professionals gain a nuanced understanding of the opportunities and challenges involved in creating an efficient healthcare system that is suited to the particular circumstances of a small island nation through the thorough analysis of primary healthcare components, funding strategies, governance, workforce considerations, and infrastructure requirements. The synthesised knowledge is a useful tool for making well-informed decisions, which helps Grenada build a primary healthcare system that is both responsive and robust.

Conclusion

Critical insights into the elements and dynamics of primary healthcare in small island nations have been uncovered by this systematic research, providing insightful information that is particularly pertinent to Grenada. The basic healthcare results, effective funding options, government and stakeholder

involvement, human resource issues, and infrastructure requirements are all included in the key findings. The review emphasises how important primary healthcare is as a community-based, preventative method of providing healthcare. Success stories from similar small island nations highlight how beneficial it is for overall health results.

Primary healthcare in small populations can be sustained through a variety of finance techniques, such as creative financing mechanisms, public-private partnerships, and international collaborations. Effective resource mobilisation and diversification are essential elements of effective finance schemes. Effective stakeholder involvement and well-defined governance frameworks are essential to primary healthcare success. Research indicates that cooperative efforts provide an inclusive and adaptable healthcare system that meets the particular requirements of people living on small islands.

Techniques to prevent brain drain, like educational initiatives and pay parity, help keep qualified medical personnel in the field. The review emphasises how important a positive work environment is for promoting job satisfaction and lowering the probability that professionals may look for opportunities outside. Effective primary healthcare depends on ensuring accessibility through strategically placed healthcare facilities, utilising technology, and resolving transportation-related issues. One of the most important factors that developed for infrastructure development was the convergence of strategic planning and innovative solutions.

Grenada should modify its primary healthcare strategy to prioritise community engagement and proactive health education, given its recognition of the significance of preventive care. This can support general wellbeing and better lifestyles. The healthcare planners in Grenada have the opportunity to investigate a varied finance approach, taking into account global partnerships, public-private partnerships, and creative financing models. This strategy can guarantee sustained funding for primary healthcare projects and improve resource mobilisation. It is crucial to establish transparent governance frameworks and encourage cooperative stakeholder interaction. When creating governance frameworks that encourage accountability, openness, and community involvement, Grenada might take inspiration from other tiny island states that have had success with similar initiatives.

It is critical to put initiatives in place to keep qualified healthcare workers on staff, such as competitive pay and educational opportunities. A resilient healthcare staff can be achieved through providing professional development opportunities and fostering a supportive work environment. Grenada should carefully consider how to build its infrastructure for providing healthcare, making sure that even the most remote locations are accessible. Innovative approaches combined with technology can solve transportation-related issues and improve the overall effectiveness of healthcare delivery. The results of the systematic review provide Grenada with a road map for developing a healthcare system that not only takes into account the particular difficulties faced by a tiny population but also builds on the advantages and achievements seen in comparable situations. Grenada can endeavour to develop a primary healthcare system that is resilient and efficient, capable of catering to the varied health requirements of its populace, by integrating these findings into its policy and practise.

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