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People Centered Care: Social Workers' Role in Health Promotion for National Development in Nigeria

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Abstract

People-centered care has emerged as a transformative approach to healthcare that emphasizes the active involvement of individuals, families, and communities in health promotion and service delivery. Social workers play a central role in advancing this approach by addressing the social determinants of health, facilitating access to healthcare services, promoting healthy behaviors, and advocating for vulnerable populations. This paper examined the role of social workers in promoting people-centered care through health promotion and its contribution to national development in Nigeria. The study adopted a narrative literature review design, drawing on recent empirical and theoretical literature published between 2020 and 2026 from peer-reviewed journals, reports, and policy documents. The review revealed that social workers contribute significantly to health promotion through health education, psychosocial support, community mobilization, case management, advocacy, and policy development. These interventions improve health literacy, encourage preventive healthcare practices, reduce health inequalities, strengthen primary healthcare systems, and enhance community participation in healthcare decision-making. The findings further indicate that effective health promotion contributes to improved human capital development, increased workforce productivity, reduced healthcare costs, poverty reduction, and sustainable national development. Despite these contributions, challenges such as inadequate professional recognition, limited integration of social workers into healthcare teams, insufficient government support, and weak policy implementation continue to constrain the effectiveness of social work practice in Nigeria. The paper concludes that strengthening the integration of social workers within people-centered healthcare systems is essential for improving population health and achieving sustainable national development. It recommends increased government investment in social work services, improved professional regulation, expanded deployment of social workers across healthcare facilities and communities, and stronger multisectoral collaboration to maximize the contribution of social workers to health promotion and national development.

Keywords: People-centered care, Social work, Health promotion, National development, Primary healthcare

Introduction

The global health sector has increasingly shifted from disease-centered and provider-driven models of healthcare to people centered care (PCC), which recognizes individuals, families, and communities as active partners in maintaining and improving health. This shift has been driven by the growing prevalence of chronic diseases, ageing populations, increasing health inequalities, and the recognition that health outcomes are shaped by social, economic, environmental, and behavioral factors rather than medical treatment alone. The concept of people centered care aligns with the objectives of the World Health Organization (WHO) Integrated People centered Health Services (IPCHS) Framework, which advocates organizing health systems around people's needs while promoting integrated, equitable, and coordinated services. Recent literature demonstrates that people centered care contributes significantly to health promotion, improved population health outcomes, and sustainable national development (Ijeoma & Ogunbiyi, 2019; Adebayo, 2021).

Kaseje, et al., (2018) observed that there is a growing call to shift the philosophical foundations, functions, and practices of health systems from merely restoring functional life to a more humane undertaking of promoting meaningful life with equity. This shift needs engaging people in their own health, enabling societies, communities, and individuals to shape the health system that empowers them. Health systems and services designed 'for and with people' are captured by the concept of People centered Care (PCC) defined as an approach "to care that consciously adopts individuals', carers', families', and communities' perspectives as participants in, and beneficiaries of, trusted health systems that are organized around the comprehensive needs of people rather than individual disease, and respects social preferences (Ogunyinka, 2020).

Crawford, et al. (2020) found that operationalizing PCC needs a transformation in environments traditionally dominated by technical experts, biomedical models, and inequities. This involves reorienting values related to care, restructuring organizations, and reshaping clinical practices to prioritize people, and individuals as persons. However, there is limited literature on conceptualizing and implementing such changes. To address this knowledge gap, the author

employs a systems perspective of PCC that takes into consideration its diverse actors and multi-level processes.

Khatri, et al. (2023) posited that People-centered care refers to an approach in which healthcare is designed, delivered, and evaluated in partnership with individuals, families, caregivers, and communities while respecting their values, preferences, culture, and needs. Unlike the traditional biomedical model that primarily emphasizes diagnosis and treatment, people centered care addresses the physical, psychological, emotional, social, cultural, and environmental determinants of health. Recent evidence indicates that effective people centered care is characterized by patient empowerment, shared decision-making, continuity of care, multidisciplinary collaboration, respect for human dignity, and integrated service delivery across all levels of healthcare. Khatri et al. (2023) in a scoping review of 52 studies, found that successful people centered primary healthcare systems consistently incorporated community engagement, organizational accountability, coordinated care, and enabling governance structures. They further argued that these elements strengthen health system resilience and accelerate progress toward universal health coverage.

Udontre, (2025)' work underscores the urgent need for culturally sustainable, integrated health and social care systems for the promotion of healthy aging and a better quality of life for elders in developing nations. It reveals that the long-term care (LTC) system in developing and underdeveloped countries remains rudimentary, with elders relying on untrained family members and an under-resourced primary care system. The current reliance on costly, less-accepted residential care models and tertiary facilities must shift toward community-based solutions that promote aging in place, preserve dignity, and maintain independence.

Similarly, Hafiz et al. (2024) examined the application of the WHO Integrated People centered Health Services framework across different countries and concluded that health systems adopting the framework experienced improved coordination of care, enhanced patient experiences, stronger community participation, and better integration of preventive and curative services. The review

emphasized that implementation requires strong leadership, multisectoral collaboration, and sustained investment in health system strengthening.

People centered care (PCC) has become a dominant paradigm in contemporary health systems because it recognizes individuals, families, and communities as active partners in health rather than passive recipients of medical services (Barry, 2021). Unlike the traditional biomedical model that focuses primarily on disease treatment, people centered care emphasizes holistic well-being, dignity, participation, cultural sensitivity, and shared decision-making. The World Health Organization advocates integrated people centered health services as a critical strategy for achieving universal health coverage and the health-related Sustainable Development Goals (SDGs). According to WHO, health systems should organize care around people's needs while integrating health promotion, disease prevention, treatment, rehabilitation, and palliative care throughout the life course, (Hafiz, et al. 2024).

Oladepo, et al. (2020) also supported the view that people centered care is a comprehensive approach that places individuals, families, and communities at the center of healthcare planning, implementation, and evaluation. It extends beyond patient-centered clinical practice by recognizing the broader social, psychological, environmental, and cultural factors influencing health outcomes.

According to the WHO (2025), there are five major pillars of integrated people centered care:

- Engaging and empowering individuals and communities
- Strengthening governance and accountability
- Reorienting healthcare models
- Coordinating health services across sectors
- Creating enabling environments for quality care

Similarly, Khatri et al. (2023) emphasizes that people centered primary healthcare promotes empathy, collaborative decision-making, community engagement, continuity of care, and integrated service delivery.

Primary Health Care as the Foundation of People centered Care

Primary healthcare (PHC) remains the principal platform through which people centered care is operationalized. The WHO identifies PHC as the cornerstone of equitable and sustainable health systems because it brings preventive, promotive, curative, rehabilitative, and palliative services closer to communities. The scoping review by Khatri et al. (2023) found that countries with stronger people centered primary healthcare systems achieved better integration of services, improved continuity of care, stronger partnerships between healthcare providers and communities, and greater responsiveness to local health needs. However, the review also observed that implementation has been more successful in high-income countries than in many low- and middle-income settings due to resource constraints and governance challenges. A more recent mixed-methods study by Obeten, (2021) further demonstrated that national and subnational models of care supporting PHC are most effective when they integrate multidisciplinary teams, coordinated referral systems, community engagement, and flexible service organization.

Principles of People centered Care

Ijeoma and Ogunbiyi, (2019) held that literature consistently identifies several guiding principles about the principles of people centered care thus:

- Respect for human dignity and individual preferences
- Holistic assessment of physical, psychological, social, and spiritual needs
- Shared decision-making between professionals and clients
- Community participation
- Equity in healthcare access
- Cultural competence
- Continuity and coordination of care
- Evidence-informed interventions
- Empowerment and self-management
- Accountability and transparency

These principles improve patient satisfaction, treatment adherence, quality of life, and health equity while reducing unnecessary hospital admissions and healthcare costs.

Social Workers' Role in Health Promotion

Kaseje, et al. (2018) observed that social workers have emerged as indispensable members of multidisciplinary healthcare teams. Their expertise in addressing social determinants of health, advocating for vulnerable populations, facilitating community participation, and promoting social justice enables them to bridge the gap between clinical care and community well-being. Consequently, social work contributes significantly not only to improved health outcomes but also to national development through poverty reduction, social inclusion, workforce productivity, and human capital development (Khatri et al., 2023). These authors identified some roles of social workers in people centered care and health promotion to include:

Health Education

Social workers educate individuals and communities on disease prevention, healthy lifestyles, nutrition, reproductive health, sanitation, mental health, substance abuse prevention, and chronic disease management. Through culturally appropriate education, they improve health literacy and promote behavioral change.

Advocacy

Social workers advocate for equitable access to healthcare services, especially for marginalized populations including children, older adults, and persons with disabilities, refugees, internally displaced persons, women, and rural communities. Advocacy also involves influencing public policies that address social inequalities affecting health.

Counseling and Psychosocial Support

Social workers provide counseling to patients experiencing chronic illnesses, disability, grief, trauma, domestic violence, substance abuse, and mental health challenges. Psychosocial interventions strengthen resilience and improve treatment compliance.

Case Management

Case management ensures coordinated care across hospitals, primary healthcare centers, rehabilitation facilities, schools, community organizations, and social welfare agencies. This integrated approach reduces service fragmentation and improves continuity of care.

Community Mobilization

Social workers mobilize communities to participate in immunization campaigns, environmental sanitation, maternal and child health programs, HIV/AIDS prevention, nutrition programs, and disaster preparedness. Research demonstrates that integrated people centered care models combining health promotion and public health approaches produce better population health outcomes than fragmented disease-focused systems.

Social Workers and Social Determinants of Health

Health is shaped not only by healthcare services but also by broader social determinants such as:

- Poverty
- Education
- Housing
- Employment
- Food security
- Environmental quality
- Gender equality
- Social inclusion
- Access to clean water
- Social protection

Ogunyinka, (2020) found that Social workers intervene directly within these determinants by linking vulnerable individuals with social welfare programs, income support, educational opportunities, housing assistance, and employment services. Addressing these determinants reduces health disparities and promotes equitable health outcomes. The WHO emphasizes that integrated people centered care requires collaboration across sectors because health outcomes

depend significantly on social and economic conditions. Recent evidence further demonstrates that people centered care improves health literacy, encourages healthier lifestyles, enhances treatment adherence, and increases patient satisfaction. Rather than focusing solely on disease management, healthcare professionals are encouraged to support behavioral change, self-management of chronic illnesses, and community participation in health decision-making. These approaches contribute to reduced disease burden and lower healthcare costs while improving quality of life (Oladepo, et al. 2020, Obeten,2021).

Concept of Health Promotion

According to Oladepo, et al. (2020) health promotion refers to the process of enabling individuals and communities to improve control over the determinants of their health and thereby enhance their overall well-being. Contemporary health promotion extends beyond disease prevention by integrating health education, supportive public policies, healthy environments, community participation, behavioral change, and multisectoral collaboration. Health promotion involves enabling people to increase control over the determinants of their health. Social workers play diverse roles in achieving this objective. According to the WHO (2024), health promotion emphasizes addressing the underlying social determinants of health through coordinated action involving governments, educational institutions, private organizations, civil society, and communities. This approach recognizes that healthcare services alone cannot achieve optimal health without addressing poverty, education, housing, employment, food security, environmental quality, and social equity.

Von Heimburg and Cluley (2021) further argued that contemporary health promotion should adopt a complexity-informed approach that recognizes the interconnected nature of health systems, social inequalities, governance, and community participation. Their review emphasized co-creation and collaboration among multiple stakeholders as essential for achieving sustainable health improvements. Health promotion involves enabling individuals and communities to gain greater control over the factors influencing their health.

Health promotion, as defined by the World Health Organization, (2025) involves enabling people to increase control over and improve their health. Social workers operationalize this principle by empowering individuals and communities to adopt healthier lifestyles while addressing barriers such as poverty, unemployment, discrimination, poor housing, and limited access to healthcare.

Contemporary literature increasingly recognizes that people centered care and health promotion are complementary rather than separate concepts. Burdett and Inman (2020) conducted a systematic review of person-centered integrated care and concluded that health promotion becomes more effective when preventive interventions are embedded within integrated models of care rather than being delivered as isolated public health programs. Barry (2021) similarly argues that transformative health promotion requires systems thinking, social justice, equity, and citizen participation. According to the author, health promotion should focus not only on preventing disease but also on transforming the social, political, and economic systems that influence population health.

In the works of von Heimburg and Cluley, (2021) the authors identified three recurring themes: the core components of integrated care, effective implementation strategies, and positive impacts on population health and wellbeing. The authors argued that empowering communities, promoting prevention, and strengthening local partnerships are essential for sustainable health improvement. Health promotion has become a central strategy for achieving sustainable national development because it focuses on enabling individuals and communities to improve their health and well-being through preventive, educational, environmental, and policy interventions. Since the adoption of the 2030 Sustainable Development Agenda, governments and international organizations have increasingly recognized that health is both a prerequisite for and an outcome of economic growth, poverty reduction, educational attainment, and social development (Rosa, et al. 2025). Rather than concentrating solely on disease treatment, modern health promotion addresses the social, economic, environmental, behavioral, and political determinants of health. The World Health Organization (WHO) describes health promotion as a whole-of-government and whole-of-society

approach that empowers people to increase control over their health while fostering healthier communities and environments.

Jayasinghe, 92025) found that recent literature published between 2020 and 2026 demonstrates that effective health promotion contributes significantly to improved population health, enhanced labor productivity, reduced healthcare expenditure, increased educational performance, and accelerated national development. Consequently, health promotion has evolved from a public health intervention into a multidimensional development strategy that supports the achievement of the Sustainable Development Goals (SDGs).

Health Promotion and Human Capital Development

Human capital constitutes one of the strongest links between health promotion and national development. Healthy populations are more productive, innovative, and economically active. Individuals who enjoy better physical and mental health perform more effectively in education and employment, thereby contributing to national productivity and economic growth.

Recent evidence indicates that investments in preventive healthcare and health promotion reduce premature mortality, disability, absenteeism, and productivity losses associated with communicable and non-communicable diseases. Eriksson et al. (2026), in a comprehensive scoping review of reviews, found that population-oriented health promotion interventions delivered through primary healthcare improved disease prevention, health literacy, vaccination uptake, lifestyle modification, and community resilience. These improvements ultimately strengthened workforce productivity and reduced healthcare costs.

The WHO strategic foresight report on the future of health promotion similarly concludes that sustained investment in health promotion enhances well-being, resilience, and human development while strengthening countries' capacity to respond to future public health emergencies.

Health Promotion and Economic Development

Duong, et al. (2024) holds the hHealth and economic development share a mutually reinforcing relationship. Healthy populations contribute to increased labor force participation, higher productivity, improved innovation, and stronger national economies. Conversely, poor health

reduces workforce efficiency through increased absenteeism, disability, healthcare expenditure, and premature mortality. Recent studies indicate that countries investing in preventive health programs experience lower long-term healthcare costs because prevention is generally more cost-effective than treatment. Public health interventions targeting tobacco use, unhealthy diets, physical inactivity, alcohol consumption, and obesity substantially reduce the burden of non-communicable diseases while increasing economic productivity. Muellmann et al. (2026) reviewed public health intervention frameworks and concluded that evidence-based health promotion programs integrating behavioral, environmental, and policy interventions generate sustainable improvements in public health outcomes and socioeconomic development.

Muellmann et al. (2026), in a comprehensive scoping review, found that evidence-based health promotion interventions substantially reduce healthcare costs through disease prevention and early intervention. Their review identified numerous frameworks supporting the design, implementation, and evaluation of public health interventions that improve population health while generating long-term economic benefits. Similarly, Barry (2021) observed that investing in health promotion yields social and economic returns by reducing inequalities, strengthening community resilience, and promoting healthier workplaces and educational environments.

Strengthening Community Participation in Health Promotion

Duong, et al. (2024) further posited that community participation remains a cornerstone of effective health promotion. Modern health promotion recognizes communities not merely as beneficiaries but as active partners in planning, implementing, monitoring, and evaluating health interventions. The WHO emphasizes that community engagement improves program ownership, accountability, cultural appropriateness, and sustainability. Community participation has proven particularly effective in immunization campaigns, maternal and child health programs, nutrition education, environmental sanitation, mental health awareness, and disease prevention initiatives. Von Heimburg and Cluley (2021) observed that co-creation between healthcare professionals, policymakers, and communities strengthen health promotion outcomes by integrating local

knowledge with scientific evidence. Their findings suggest that collaborative governance enhances both health equity and long-term program sustainability.

People-centered care encourages communities to participate in identifying their own health needs. Social workers:

- Mobilize communities.
- Facilitate community dialogue.
- Build local leadership.
- Promote ownership of health interventions.
- Encourage volunteerism.

Community participation makes health programs more sustainable and culturally acceptable.

Health Promotion through Primary Healthcare

Primary healthcare (PHC) has increasingly become the principal platform for implementing health promotion. PHC provides accessible, affordable, and community-based services that integrate prevention, health education, early diagnosis, treatment, rehabilitation, and referral systems. According to Eriksson et al. (2026), primary healthcare-based health promotion interventions effectively address behavioral risk factors for chronic diseases through health education, counseling, screening programs, vaccination, and community outreach. Their review found consistent evidence that population-oriented interventions delivered through PHC contribute significantly to improved population health and universal health coverage. Similarly, the WHO continues to advocate strengthening primary healthcare as the most effective pathway toward achieving equitable and sustainable health systems worldwide (Duong, et al. 2024).

Health Promotion and the Social Determinants of Health

Pakkonen, et al. 92021) also observed that recent literature consistently demonstrates that health promotion is most effective when addressing the social determinants of health. These determinants include education, income, housing, employment, nutrition, environmental quality, gender equality, transportation, and social inclusion. The WHO argues that improving these determinants

requires multisectoral action involving ministries of health, education, agriculture, housing, labor, environment, finance, and social welfare. Policies promoting healthy schools, healthy cities, safe workplaces, food security, and environmental sustainability contribute substantially to improved population health and national development. The Geneva Charter for Well-being and subsequent WHO guidance further reinforce the importance of creating supportive environments that enable healthy lifestyles and reduce health inequalities through public policy and community engagement (Håkansson, et al. 2021).

People-centered care recognizes that health is shaped by living conditions. Social workers intervene by addressing:

- Poverty
- Unemployment
- Poor housing
- Food insecurity
- Low educational attainment
- Domestic violence
- Substance abuse
- Social exclusion

Edvardsson, et al. (2021) also observed that by reducing these barriers, social workers improve health outcomes and reduce inequalities that hinder national development. Preventive care costs significantly less than treating advanced diseases. Social workers promote:

- Health education
- Lifestyle modification
- Early disease detection
- Routine health screening
- Community sanitation
- Family planning

- Maternal and child health services

This reduces healthcare expenditure while improving national productivity. Other roles of social workers in health care promotion include:

Empowering Vulnerable Populations

Social workers prioritize marginalized groups such as:

- Older adults
- Children
- Women
- Persons with disabilities
- Refugees
- Internally displaced persons
- Rural populations
- People living with chronic illnesses

Empowering vulnerable populations enhances social inclusion, reduces inequality, and promotes equitable national development.

Improving Mental Health

Mental illness significantly reduces workforce productivity.

Social workers:

1. Provide counseling.
2. Conduct psychosocial assessments.
3. Support rehabilitation.
4. Reduce stigma.
5. Promote resilience.
6. Assist families in coping with chronic illness.

Improved mental health increases productivity and social stability.

Promoting Behavioral Change

Many leading causes of death are lifestyle-related.

Social workers promote healthier behaviors by discouraging:

- Tobacco use
- Alcohol abuse
- Drug misuse
- Poor nutrition
- Physical inactivity
- Risky sexual behavior

Behavioral change lowers disease burden and improves quality of life.

Reducing Health Inequalities

Health inequities weaken national development by limiting human potential.

Social workers advocate for:

- Universal access to healthcare
- Affordable health services
- Equal opportunities
- Social justice
- Gender equity

Reducing disparities improves social cohesion and economic participation.

Supporting Universal Health Coverage (UHC)

Social workers facilitate access to health services by:

- Linking clients to healthcare providers.
- Assisting with health insurance enrollment.
- Coordinating referrals.
- Navigating health and social service systems.
- Advocating for equitable service delivery.

Greater access to healthcare strengthens the overall health system and advances Universal Health Coverage.

Building Human Capital

Human capital is a major driver of national development.

Social workers contribute by:

- Improving educational participation.
- Promoting healthy childhood development.
- Supporting maternal health.
- Preventing school dropout.
- Protecting children from abuse.
- Enhancing workforce readiness.

Healthy, educated citizens are better able to contribute to economic and social progress.

Disaster Risk Reduction and Emergency Response

During disasters and humanitarian crises, social workers:

- Provide psychosocial support.
- Coordinate relief services.
- Protect vulnerable populations.
- Facilitate rehabilitation.
- Promote community recovery.

These activities reduce long-term social and economic disruption.

Policy Advocacy

Social workers influence policies that improve population health by advocating for:

- Better healthcare financing
- Social protection programs
- Child protection policies
- Gender equality
- Disability inclusion
- Poverty reduction initiatives
- Environmental health measures

Effective policies create enabling environments for sustainable national development.

Health Promotion in Nigeria

Rifkin, (2020) and Udontre, (2025) found that Nigeria continues to face multiple public health challenges, including communicable diseases, non-communicable diseases, maternal and child mortality, malnutrition, environmental pollution, and inadequate healthcare infrastructure. Consequently, strengthening health promotion has become essential for achieving sustainable national development. Aliyu et al. (2024) identified several priority areas for health promotion in Nigeria, including health education, environmental sanitation, nutrition, maternal and child health, school health programs, physical activity promotion, mental health awareness, and disease prevention. The authors concluded that coordinated health promotion strategies would significantly improve public health outcomes and reduce preventable diseases.

Similarly, Daniel et al. (2025) evaluated the implementation of the WHO Package of Essential Non-Communicable Disease Interventions (WHO PEN) in Nigeria and found measurable improvements in healthcare workers' knowledge, hypertension screening, diabetes risk assessment, and behavioral counseling. These findings demonstrate the effectiveness of structured health promotion interventions within Nigeria's primary healthcare system. Imadojiemu et al. (2026) further proposed adopting a whole-of-school approach to health promotion as a strategy for preventing non-communicable diseases among Nigerian adolescents. Their review highlighted schools as critical settings for promoting healthy behaviors and lifelong wellness.

Emerging Trends in Health Promotion (2020–2026)

The period between 2020 and 2026 has witnessed significant innovations in health promotion. Digital health technologies, telemedicine, mobile health applications, artificial intelligence, electronic health records, and digital health education have expanded access to preventive healthcare services. Recent literature identifies several emerging trends shaping the future of health promotion, including:

- Digital health and telemedicine.
- Artificial intelligence for disease prevention.

- Health literacy and digital literacy.
- Healthy cities and urban governance.
- School-based health promotion.
- Climate-resilient public health systems.
- Community engagement and co-creation.
- Whole-of-government approaches to well-being.

WHO's (2025) strategic foresight report emphasizes that future health promotion will increasingly rely on digital innovation, multisectoral governance, health literacy, citizen engagement, climate resilience, and community empowerment. However, technology must complement rather than replace interpersonal relationships and community participation.

Additionally, growing attention is being paid to urban governance, healthy cities, school-based health promotion, climate change adaptation, and health equity as essential components of sustainable national development.

Social workers, people centered care and health promotion for national development

Social workers contribute to national development through people-centered care (PCC) by promoting health, preventing disease, addressing social determinants of health, empowering communities, and strengthening social inclusion. Their work extends beyond clinical settings to families, schools, workplaces, communities, and policy advocacy, making them essential agents in achieving sustainable development. People-centered care is an approach that places individuals, families, and communities at the center of healthcare planning, delivery, and evaluation. It recognizes that health outcomes are influenced not only by medical treatment but also by social, economic, cultural, environmental, and psychological factors. Social workers are uniquely positioned to coordinate these dimensions because of their training in psychosocial assessment, advocacy, counseling, and community development.

In summary, the role of social workers in health promotion and promoting national development can be summarized as follows: The relationship between social work, people-centered care, health promotion, and national development can be understood as a sequential process:

Social Work Interventions

- Health education
- Counseling
- Advocacy
- Community mobilization
- Case management
- Psychosocial support

Health Promotion Outcomes

- Improved health literacy
- Healthy behaviors
- Disease prevention
- Increased healthcare access
- Reduced inequalities
- Community empowerment

National Development Outcomes

- Increased productivity
- Reduced healthcare costs
- Human capital development
- Poverty reduction
- Social inclusion
- Economic growth
- Sustainable development

Conclusion

Social workers are indispensable to people-centered care because they bridge healthcare with the broader social conditions that shape health. Through health promotion, disease prevention, community engagement, psychosocial support, advocacy, and efforts to address the social

determinants of health, they improve individual and population well-being. These interventions lead to healthier and more productive citizens, lower healthcare costs, stronger human capital, reduced inequalities, and more resilient communities. Consequently, social workers make a significant contribution to national development by advancing health, social justice, and sustainable socioeconomic progress.

Recommendations

1. Social workers should be deployed like extension agents to all communities both urban and rural communities.
2. Social workers should also be sent to various health facilities especially primary health care facilities which are the first port of call for emergency care
3. Government should encourage the regulation of social works in Nigeria and they should be properly remunerated to motivate them to do their works.

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