

Health promotion and disease prevention

Dr. Dinusha Perera

Health

- Lack of disease?



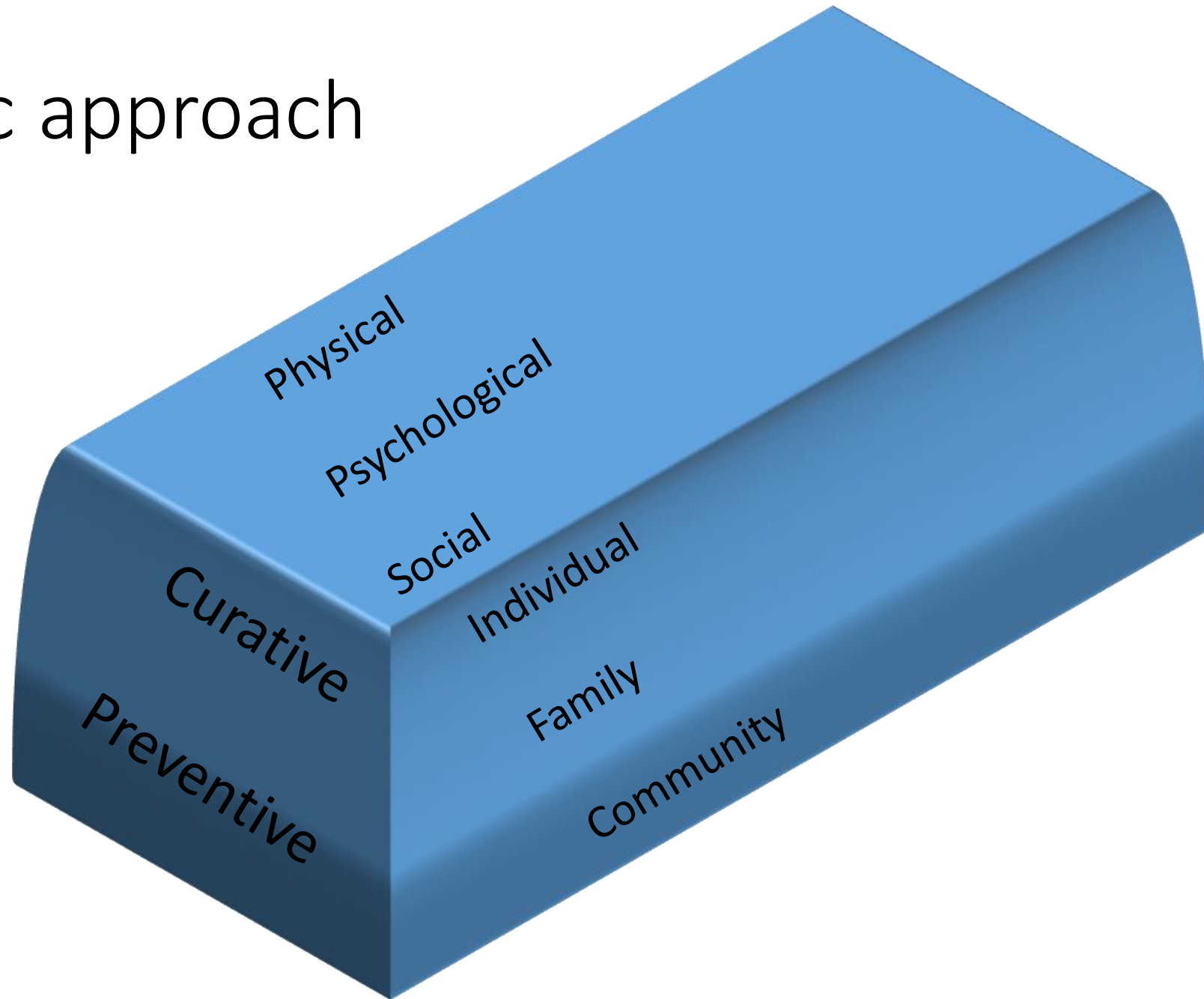
Lack of illness = Wellness?

WHO 2001

... complete physical, mental and social well-being and not merely absence of disease.

Good health is a major resource for social, economic and personal development and an important dimension of quality of life.

Holistic approach



“Health” is influenced by?

- Patient’s Belief System
- Attitudes toward control of health
- Cultural Influences
- Lifestyle behaviors
- And of course the influence of Family

Health Promotion

- Health promotion enables people to increase control over and obtain optimal health.
- It covers a wide range of personal – education, information, skills
- Social - public health policy, reorientation towards health promotion
- environmental - supportive environments
- interventions designed to benefit and protect health and quality of life by addressing and preventing the root causes of ill health and promotion of well-being
- not just focusing on treatment and cure of disease.

- What are we aiming for?
 - Patient Empowerment
 - Good Decision Making
 - Lifestyles & Activities

Opportunistic health promotion

- Since the consultation is patient-initiated, it is the doctor who needs to be the initiator of preventive health care.

Consultation

- Reactive
 - Presenting complaint overt and covert
- **Proactive**
 - Continuing care
 - Coordination of care
 - Prevention early detection and health promotion

5As

- The 5As is a key framework for organising the provision of preventive care in primary care.
- This includes the actions taken by healthcare providers in supporting their patients to change their risk taking behaviours.

5A's – Behaviour change model

Ask	<ul style="list-style-type: none">• identify patients with risk factors
Assess	<ul style="list-style-type: none">• level of risk factor and its relevance to the individual in terms of health• readiness to change/motivation
Advise	<ul style="list-style-type: none">• provide written information• provide a lifestyle prescription• brief advice and motivational interviewing
Assist	<ul style="list-style-type: none">• pharmacotherapies• support for self-monitoring
Arrange	<ul style="list-style-type: none">• referral to special services• social support groups• phone information/counselling services• follow up with the GP

Stages of change – (The transtheoretical model)

- Pre-contemplation
 - no plans to change
- Contemplation
 - increasing awareness of need for change
- Preparation
 - planning to take action
- Action
 - steps taken to modify a behavior or environment
- Maintenance
 - consistent engagement in new behavior
- Termination

Prevention of diseases.

- Concept of prevention in health derives from the classic paradigm of public health that distinguishes three levels of prevention:
- Primary: Oriented to prevent disease appearance
 - Eg. Laws banning hazardous substances
 - Education about healthy lifestyle – exercise, non smoking
 - Immunisation

- Secondary: Secondary prevention aims to reduce the impact of a disease or injury that has already occurred. This is done through early diagnosis and treatment.

eg. Screening

Daily aspirin for patients with ischaemic heart disease

- Tertiary: Directed towards people with irreversible diseases which do not have effective treatments.
- It tries to preserve the functions, to diminish incapacity, to diminish underlying disease complications and to harness rehabilitation.
 - Eg stroke rehabilitation programmes

A family doctor decides to commence some health promotive and preventive activities in his clinic .Which of the following belongs in the category secondary prevention

- 1.A cervical pap smear clinic
- 2.Self management education for diabetic patients
- 3.An immunisation campaign against influenza
- 4.A mosquito control campaign
- 5.An anti smoking educational campaign

TFFFF

- You are a general practitioner who has started practice in a rural village. You find that a large number of your patients are presenting at varying stages of an uncommon peripheral neuropathy that was previously unseen. The villagers associate the start of this problem with a new factory that was started in this area three years ago. The villagers say that the factory emits its waste into the river used for bathing by them.
- How would you practice primary secondary and tertiary prevention with regard to this health problem?