



Primary Prevention



Dr Alpesh Patel
Asst. Professor
Dept. of Community Medicine

Quote of the Day

*If You don't Fight for
What You want*

Then

*Don't Cry for what You
Lost....!*



Content

- **Introduction**
- **Definition**
- **Levels of Prevention**
 - i. **Primordial Prevention**
 - ii. **Primary Prevention**
- **Strategy Of Prevention**
- **QUIZ**

Introduction



• Medical Paramedical Staff have 4
Fundamental responsibilities followed
below ,

- ✓ Promotion of Health
- ✓ Prevention of illness
- ✓ Restoration of Health
- ✓ Alleviation of Suffering

Introduction



- Two phases of Disease are
 - ✓ **(i) Pre Pathogenesis &**
 - ✓ **(ii) Pathogenesis**

Definition of Disease Prevention



- “Activities designed to protect patients or other members of the public from actual or potential health threats and their harmful consequences.”

OR

- “Prevention is the action aimed at eradicating, eliminating or minimizing the impact of disease and disability.”





Levels of Prevention

- 1) Primordial Prevention**
- 2) Primary Prevention**
- 3) Secondary Prevention**
- 4) Tertiary Prevention**



Level of Prevention

Prevent the development of risk factors

Primordial Prevention



No disease

Onset of disease



Asymptomatic disease

Clinical diagnosis



Clinical course



Primary Prevention

Manage the risk factors. Prevent the onset of disease



Secondary Prevention

Early diagnosis & prompt treatment.



Tertiary Prevention

Reduce complication & disability

www.jamshahrahman.net



***Prevention
is better Than
Cure...!***



1) Primordial Prevention

- “This is a prevention of Development of risk Factors in a Population group , which they have not yet appeared.”
- Special Attention is Given in preventing Chronic Disease.



1) Primordial Prevention

- Main Intervention is Health Education.
- In this efforts are dedicated towards Discouraging people from adopting Harmful Life styles/Habits through Individual & Mass Education.

Cont...



- Primordial prevention, a relatively new concept, is receiving special attention in the prevention of chronic diseases. Ex., many adult health problems (e.g. obesity, hypertension) have their early origins in childhood, because this is the time when lifestyles are formed(Ex., smoking, eating patterns, physical exercise).

Cont...



- Primordial prevention begins in childhood when health risk behavior begins. Parents, teachers and peer groups are important in imparting health education to children.

Examples of Primordial prevention

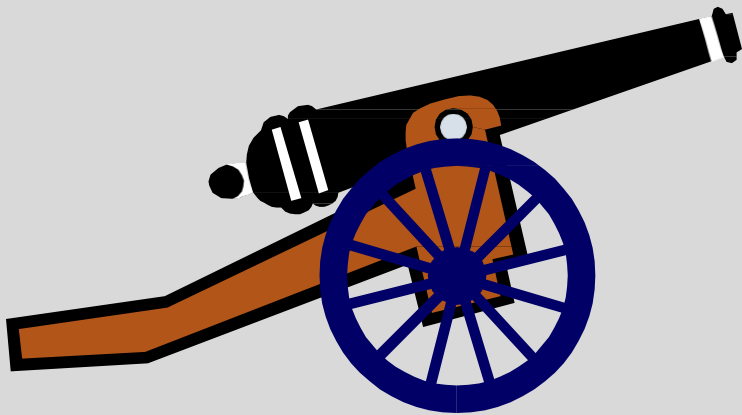


- National programs and policies on:
 - Food and nutrition
 - Comprehensive Policies for discourage smoking , Alcohol & Drugs
 - To promote regular physical activity
 - Making major changes in lifestyle

Lifestyle Factors

“Genes load the gun.
Lifestyle pulls the trigger”

Dr. Elliot Joslin







2) Primary Prevention

- “Primary prevention can be defined as the action taken prior to the onset of disease, which removes the possibility that the disease will ever occur.”



2) Primary Prevention

- In this Action are taken before the onset of Disease.
- It signifies intervention in the pre-pathogenesis phase of a disease or health problem.



Cont...

- It includes the concept of "**positive health**", a concept that encourages achievement and maintenance of "an acceptable level of health that will enable every individual to lead a socially and economically productive life".



Primary Prevention

Achieved by

Achieved by

Health promotion

- Health education
- Environmental modifications
- Nutritional interventions
- Life style and behavioral changes

Specific protection

- Immunization and seroprophylaxis
- chemoprophylaxis
- Use of specific nutrients or supplementations
- Safety of drugs and foods
- Control of environmental hazards, e.g. air pollution

Approaches for Primary Prevention:



- The WHO has recommended the following approaches for the primary prevention of chronic diseases where the risk factors are established:
 - A) Population (mass) strategy
 - B) High -risk strategy

A) Population (mass) strategy



- “Population strategy” is directed at the whole population irrespective of individual risk levels.
- The population approach is directed towards socio-economic, behavioral and lifestyle changes

A) Population (mass) strategy



- For example, studies have shown that even a small reduction in the average blood pressure or serum cholesterol of a population would produce a large reduction in the incidence of cardiovascular disease.



B) High -risk strategy:

- The high -risk strategy aims to bring preventive care to individuals at special risk.
- This requires detection of individuals at high risk by the optimum use of clinical methods.



B) High -risk strategy:

- Primary prevention is a “Holistic” approach which relies on the measures taken to Promote Health.



Modes of Intervention

(i).Health Promotion

(ii).Specific Protection



(i).Health Promotion

- “It is the process of enabling people to increase control over the determinants of health and thereby improve their health”.

OR

- “ Health Promotion is directed towards Strengthening the Host.”

OR

- Process of enabling people to increase control over and to improve health

Cont...



- Main Aims of Health promotion is To enable people to increase control over Health & To Improve the Over all Health.



Cont...

- There Aim can be achieved by the following Intervention :
 - **Health Education**
 - **Environmental Modification**
 - **Behavioral Changes**
 - **Life Style change**
 - **Nutritional Intervention**

Cont...



- Health education to improve healthy habits and health consciousness in the community.
- Improvement in nutritional standards of the community.

Cont...



- Healthful physical environment (Housing, water supply, excreta disposal etc.,)
- Good working condition
- Periodic Selective examination of risk population.

**You know, just 30 minutes of exercise
a day can reduce depression by 50%.**

**JUST GIVE ME
THE DRUGS!**



© *Grant*
STEWART
7-9-08



(i). Specific Protection

- “ Efforts directed toward protection against specific diseases.”

OR

- “ The provision of Conditions for normal Mental & Physical Functioning of the Human beings & in Group. It includes the Promotion of Health , Prevention of Sickness , & Care of Individuals .”





Intervention

- **Immunization**
- **Use of specific nutrients**
- **Chemoprophylaxis**
- **Protection against occupational hazards**
- **Protection against accidents**
- **Control of General Environment**
- **Avoidance of allergens etc.**

Cont...



- Use of Specific immunization (BCG, DPT,MMR vaccines)
- Chemoprophylaxis (tetracycline for Cholera, dapsonsone for Leprosy, Chloroquine for malaria,etc.,)
- Use of specific nutrients (vitamin A for Children, iron folic acid tablets for Pregnant mothers)

Cont...



- Protection against accidents (Use of helmet, seatbelt, etc.,)
- Protection against occupational hazards.
- Avoidance of allergens.
- Protection from air pollution.

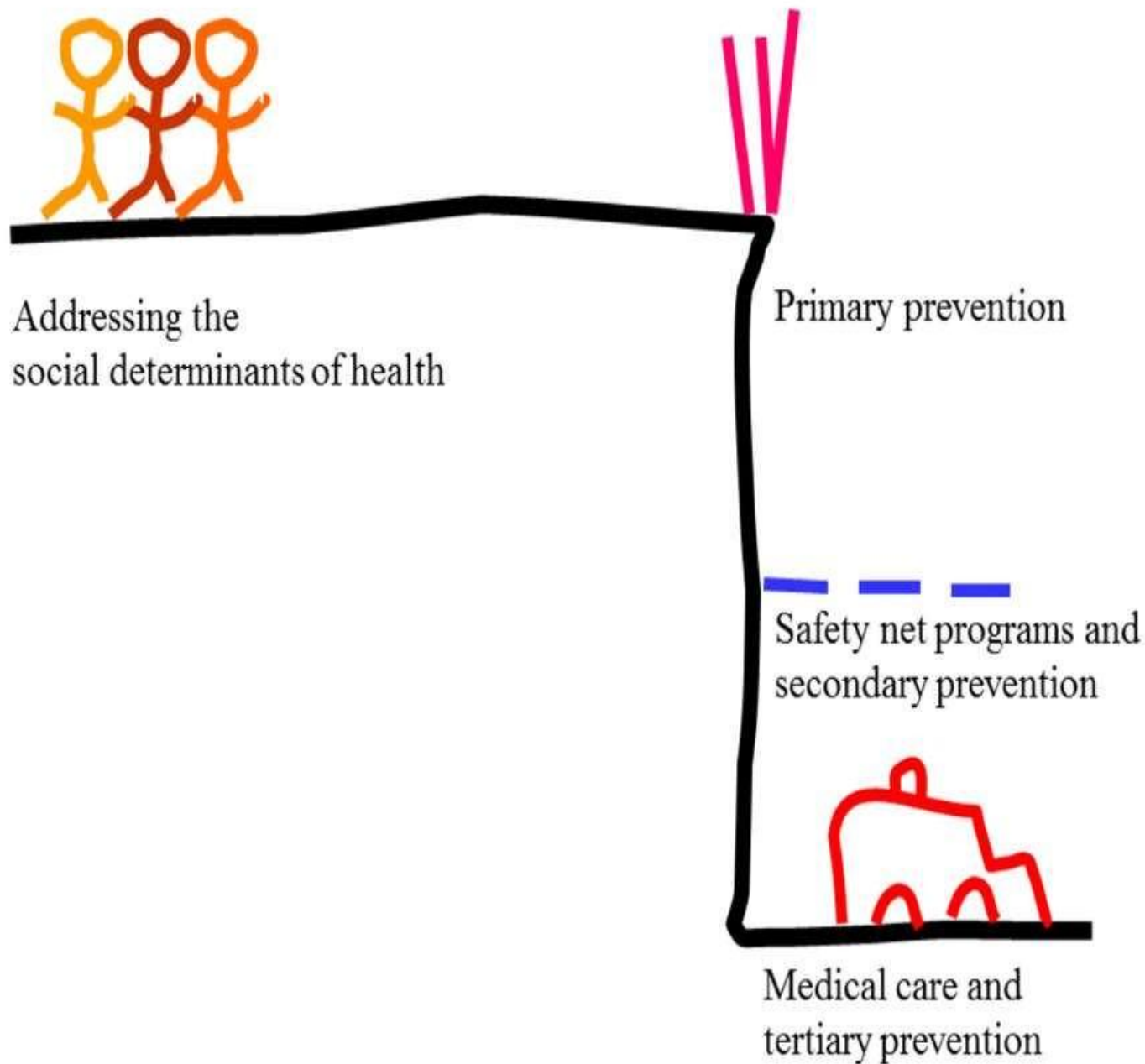


Key To Remember

Primary = Prevention

Secondary = Screening

Tertiary = Treatment





QUIZ

❑ Q.1 : The local hospital offers Yearly cholesterol screenings to the public ?



Secondary Prevention

□ Q.2 : A Community Health Worker provides vaccine to clients in an immunization clinic ?



Primary prevention

□ Mr. Rushi is referred to a cardiac rehabilitation program after Coronary artery bypass surgery?



Tertiary Prevention

**Thank
You**