

**Prevention** → **cornerstone** concept of public health

- If not prevented → ↓ impact
- Occur at individual and population level
- **Health to death continuum** :
  - Perfect health → death
- Health **promotion** → **optimize** overall health
- Health **prevention** → reduce occurrence and impact of impact of specific disease
- Primordial level of prevention ( involves ppl at risk y3ni concerns with risk factors ) was later added .
- Traditionally 3na 3 levels → primary / secondary/ tertiary
- **Successful prevention** :
  - **Causation**
  - **Dynamic of transmission**
  - **Early detection and prophylaxis**
  - **Continuous evaluation**
- **Preventable causes of Disease**
  - **BEINGS**
    - **B** → biological+ behavioural
    - **E** → environmental
    - **I** → immunological
    - **N** → nutritional
    - **G** → genetic
    - **S** → social , services , spiritual
- **Leavells levels of prevention** :
  - **Primary** → pre disease ( health promotion)
  - **Secondary** → latent disease (diagnosis and treatment)
  - **Tertiary** → symptomatic disease ( ↓ **disability** →early symptomatic and **rehabilitation**→ late symptomatic)
  - **Primordial prevention consists of actions and measures that inhibit the ensuing risk factors**
    - Prevention of emergence of risk factors → in ppl/ groups → **they have not yet appear**
- **Main** intervention of primordial prevention → individual and mass education
- **Primary prevention accomplished by** :
  - Health promotion
  - Specific protection
- **Primary prevention** → positive health
- **Health promotion** →a process aims to enabling ppl to increase control over their own health
- **Health promotion covers wide range of social and environmental interventions**
- **Health promotion not** directed against any particular disease
  - **Interventions**:
    - Health education

- Environmental modifies
  - Nutritional intervention
  - Lifestyles changes
- Key elements of health promotion:
  - Good governance for health
  - Health literacy
  - Healthy cities
- Primary prevention approaches :
  - Population /mass strategy
  - High risk strategy → requires optimum use of clinical methods
- Secondary :
  - Halts disease progression
  - Prevent complications
  - Interventions):
    - Early diagnosis
    - Adequate treatment
  - The earlier the disease is diagnosed , the better it is for prognosis of the case and prevention of the occurrence of other secondary cases
    - Early detection → reversible changes can be treated
- Tertiary → when the disease has advanced beyond its early stages
  - Disability limitation
  - Rehabilitation
- Types of disabilities → physical / sensory / intellectual / **hidden (cancer / aids )**
- **Impairment** → loss or abnormality of physiological , anatomical structure or function
- Disability → restriction or lack of ability to perform an activity
- Handicap → disadvantage for a given individual resulting from impairment or disability
- Rehabilitation → **combined**
  - **Medical**
  - **Vocational**
  - **Social**
  - **Psychological**
- Control → ongoing process aimed at reducing
  - Incidence of disease
  - Duration and risk of transmission
  - Effect of infection
  - Financial burden
- Control activities focus on → primary or secondary prevention , mostly combine both
- Control → elimination → eradication

- **Elimination** → interruption of disease transmission
- **Eradication** → termination of all transmission
- **Monitoring** → performance and analysis of a routine measurements (ongoing measurement of performance ) → detection of changes
- **Control of infectious disease (4''C)**
  - **Cases**
  - **Contacts**
  - **Carrier**
  - **Community**