



Faculty of Nursing
Nursing Department
Health Promotion
4th Year

Assist. Prof. Dr. Sangar M. AHMED

E. mail: sangar.ahmed@tiu.edu.iq

@Dr.Sangarjaff

Approaches of
Health Promotion & Disease Prevention

FALL Semester

Week 7 Topic No.7

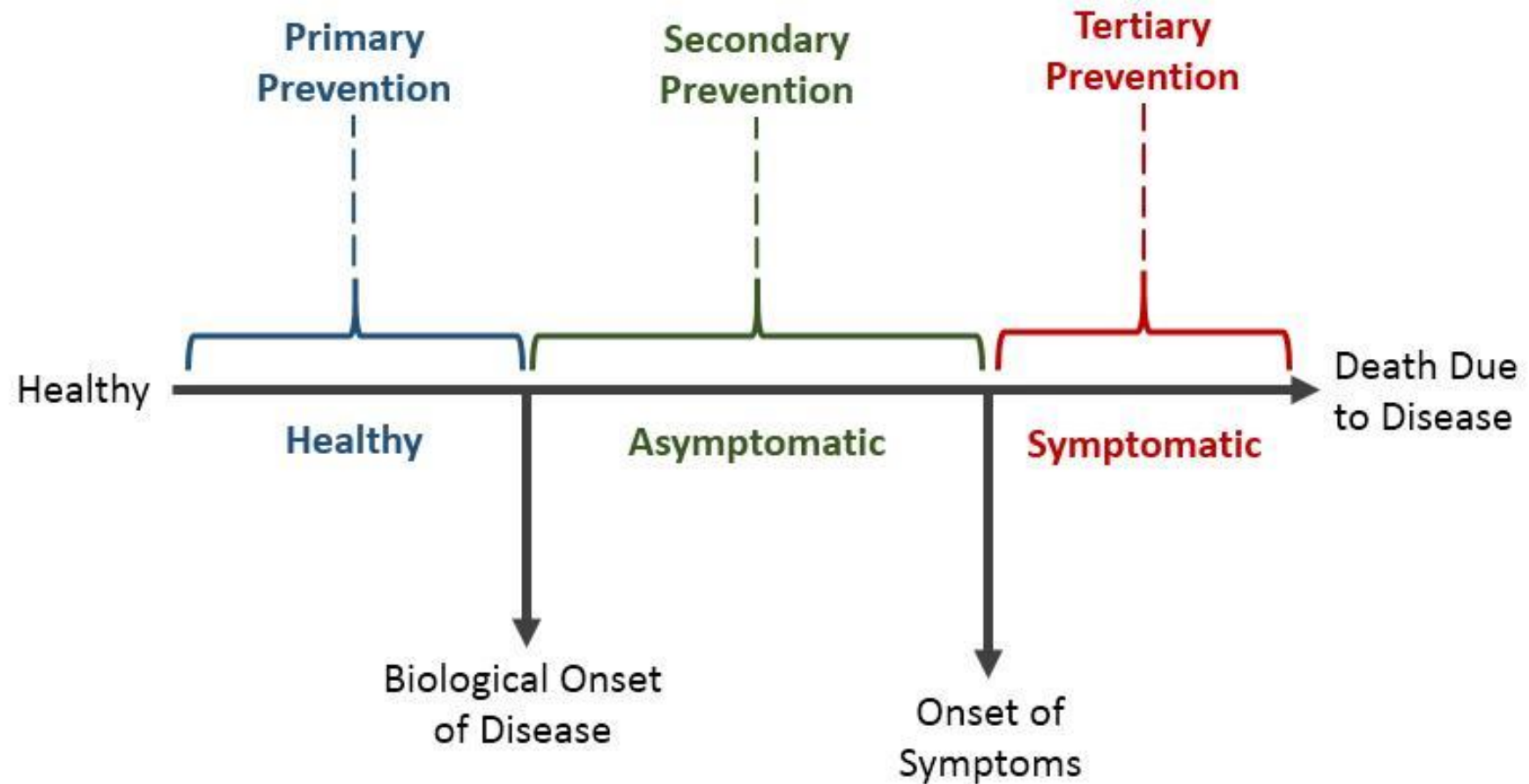
2024-25

At the end of this Lecture, the students are able to:

- Define disease prevention
- Describe the types of prevention
- Define Primary Prevention.
- Define Secondary Prevention.
- Define Tertiary Prevention.

Disease Prevention is a procedure through which individuals, particularly those with risk factors for a disease, are treated in order to prevent a disease from occurring.

Disease Prevention



1. Primary Prevention: intervening before health effects occur, through.

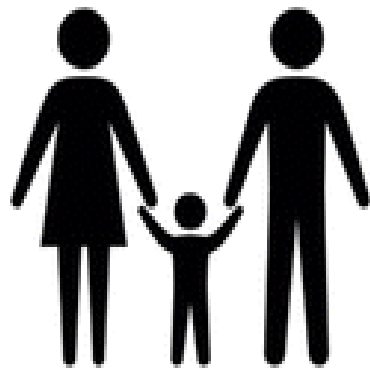
EX. Vaccination

2. Secondary Prevention: screening to identify diseases in the earliest.

EX. Mammograms to detect breast cancer

3. Tertiary Prevention : managing disease post diagnosis to slow or stop.

EX. stroke rehabilitation



PRIMARY

- Prevent violence occurring
- May involve aiming to change attitudes
- Eg. Antiviolence campaigns, empowerment programs



SECONDARY

- Prevent reoccurrence of violence
- Eg. Screening programs, addressing risk factors such as alcohol use, referrals to legal services

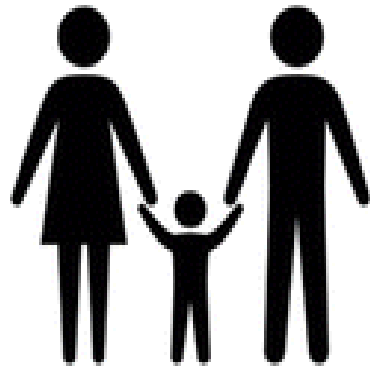


TERTIARY

- Prevent death and disability
- Treat problems as a result of violence
- Eg. Mental health treatment and support, safe-houses and legal advocacy

Primary Prevention

Primary prevention describes interventions aimed at preventing occurrences of disease, injury or disability. Primary prevention strategies focus on a population that does not have a disease that an initiative is trying to prevent.



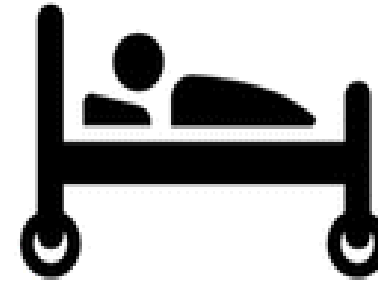
PRIMARY

- Prevent violence occurring
- May involve aiming to change attitudes
- Eg. Antiviolence campaigns, empowerment programs



SECONDARY

- Prevent reoccurrence of violence
- Eg. Screening programs, addressing risk factors such as alcohol use, referrals to legal services



TERTIARY

- Prevent death and disability
- Treat problems as a result of violence
- Eg. Mental health treatment and support, safe-houses and legal advocacy

Secondary Prevention

Secondary Prevention: screening to identify diseases in the earliest. stages, before the onset of signs and symptoms, through measures such. as mammography and regular blood pressure testing.

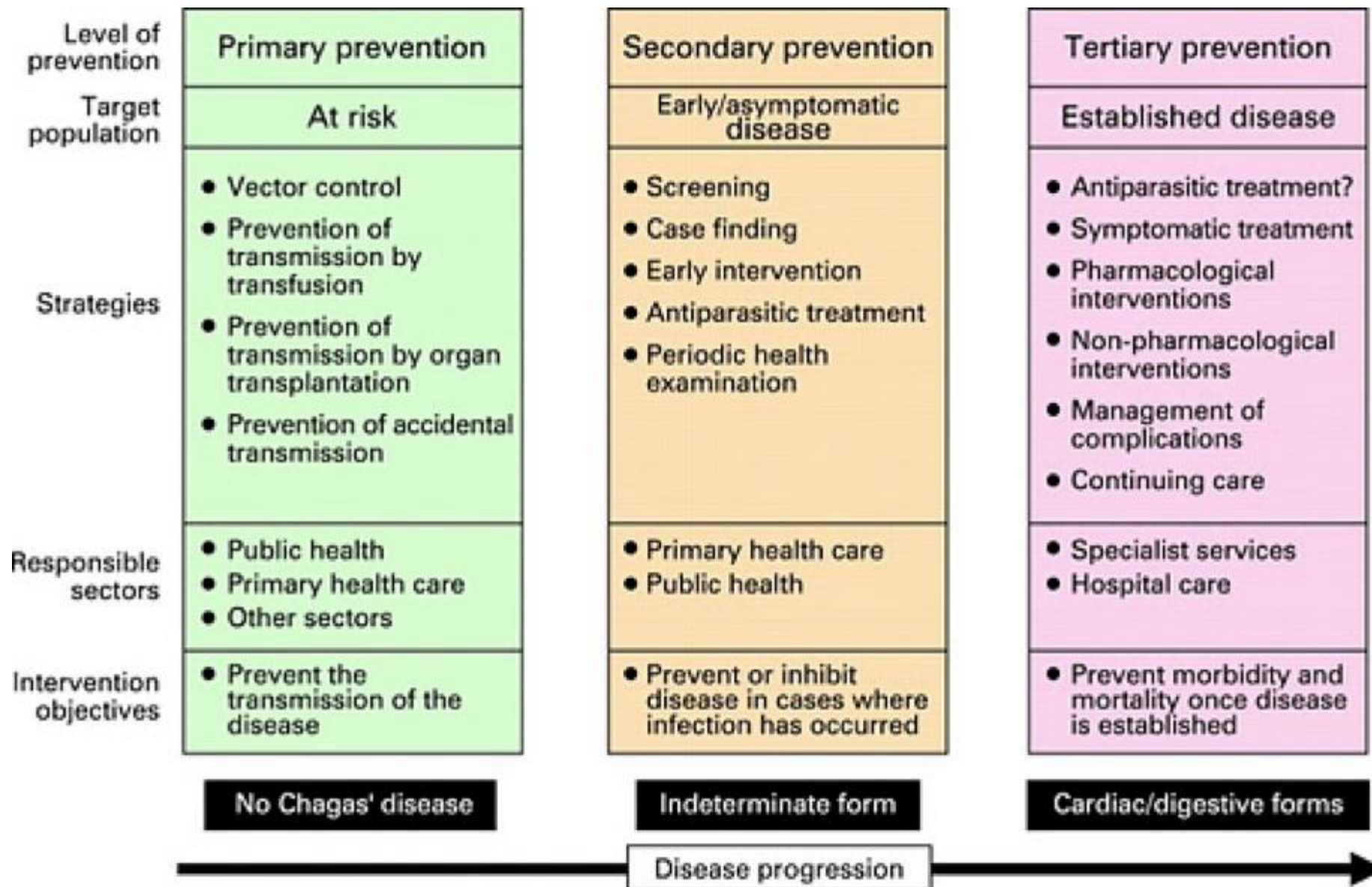
Objectives of Secondary Prevention

Complete cure and prevent the progression of disease process.

- To prevent the spreads of disease by curing all the known cases.
- To prevent the complications and sequel of disease.
- To shorten the period of disability.

The specific interventions are:

- Early diagnosis (e.G. Screening tests, breast self examination, pap smear test, radiographic examinations etc.)& Treatment
- referral

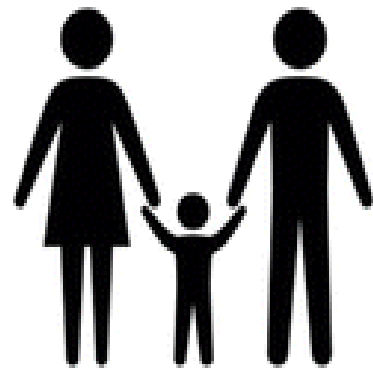


Screening For Diseases

Screening refers to the application of a medical procedure or test to people who as yet have no symptoms of a particular disease, for the purpose of determining their likelihood of having the disease. The screening procedure itself does not diagnose the illness.

Characteristics of a Good Screening Test

1. Inexpensive
2. Easy to administer
3. Minimal discomfort
4. Reliable (consistent)
5. Valid (distinguishes diseased & non-diseased people)



PRIMARY

- Prevent violence occurring
- May involve aiming to change attitudes
- Eg. Antiviolence campaigns, empowerment programs



SECONDARY

- Prevent reoccurrence of violence
- Eg. Screening programs, addressing risk factors such as alcohol use, referrals to legal services



TERTIARY

- Prevent death and disability
- Treat problems as a result of violence
- Eg. Mental health treatment and support, safe-houses and legal advocacy

Tertiary Prevention

Tertiary Prevention includes interventions aimed at preventing further morbidity, limiting disability and avoiding mortality and interventions aimed at rehabilitation from disease, injury or disability.

Examples: insulin for diabetes, CVD exercise programs, drug therapy, substance abuse treatment programs.

after an illness has not been prevented. An example of this is providing Oxygen therapy to someone who has COPD.

Once diagnosed with diabetes, managing insulin levels and regularly examining feet is tertiary prevention, relieving or preventing complications of the disease

.

Case Scenario 2. Ms. Giordano is a 68-year-old woman with hypertension who resides alone in a private home. Which one of the following interventions addresses a secondary prevention need of this patient?

- A. Administration of appropriate pneumococcal vaccine
- B. Mammography
- C. Discussion of home safety to minimize fall risks
- D. Assessment for the presence of abnormalities on the cardiac exam

The correct response in Ms. Giordano's scenario is

B. Mammography Secondary prevention activities are aimed at early disease detection; mammography is an example.

A. Pneumococcal vaccine is an example of primary prevention, as is education to minimize falls.

Write the **PRIMARY**, **SECONDARY** and **TERTIARY** prevention for the following diseases‘:

A. Cholera

B. Hepatitis

C. Breast Cancer

D. Obesity

E. Cardiovascular Disease

F. Tuberculosis

