

Disease control: reducing the transmission of disease agent, It aims at reducing Incidence of the disease and Duration of the disease .

Disease elimination: complete interruption of transmission / causative organism may be persisting in environment

Disease eradication: complete 'extermination' of organism. / complete interruption of disease transmission / no new case occurs in the future / ONLY 1 disease till date: Small pox

Natural History Of Disease : It signifies the way in which a disease evolves over time from the earliest stage of its pre pathogenesis phase to its termination as recovery, disability or death, in the absence of treatment or prevention./ unique to each disease .

Pre pathogenesis phase : period preliminary تمهيدي to the onset of disease in man/ agent has not yet entered man / in this phase "man in the midst of disease" or "man exposed to the risk of disease" / Potentially we are all in the pre pathogenesis phase of many diseases

Pathogenesis Phase of Disease: an interaction of three factors[agent , host , environmental] to initiate the disease process in man.

Pathogenesis Phase of Disease ² : 'Entry of organism' in susceptible host / Multiplication of organism, disease initiation and progression / Host may become a clinical case, subclinical case or carrier/ Final outcome may be recovery, Disability or Death

"Intervention" : any attempt to intervene or interrupt the usual sequence in the development of disease in man. There is Five modes of intervention:

1. Health promotion.
2. Specific protection
3. Early diagnosis and treatment
4. Disability limitation
5. Rehabilitation

PREVENTION of disease : The objective of preventive medicine is to intercept or oppose the "cause" and thereby the disease process. [prevent interaction between factors] / 4 levels of prevention, these levels of prevention are in relation to the natural history of disease

Primordial prevention : Prevention of the emergence or development of risk factors in countries or population groups in which they have not yet appeared. / main intervention in primordial prevention is through individual and mass education.

Primary prevention : "action taken prior to the onset of disease, which removes the possibility that a disease will ever occur".

/ it is the intervention in the **pre-pathogenesis** phase so Done in HEALTHY PEOPLE !

/ primary Prevention is done by 2 ways :

promote general health. # **specific protective** measures

Health promotion : includes interventions like ;

i. Health Education

ii. Environmental Modifications (safe water; installation of sanitary latrines; control of insects and rodents; improvement of housing,)

iii. Nutritional Interventions (Food fortification , child feeding programmes;)

iv. Lifestyle and Behavioural Changes

Specific protection : interventions aimed at specific protection are like ;

(a) immunization.

(b) use of specific nutrients

(c) Chemoprophylaxis.

(d) protection against occupational hazards

(e) protection against accidents. حزام الأمان

(f) protection from carcinogens

(g) avoidance of allergens

(h) control of specific hazards in the general environment, <e.g., air pollution, noise control >

(i) quality and safety of foods,

Secondary Prevention : "action which halts(stops) the progress of a disease at its incipient **الابتدائية** stage(early stage 😊) and prevents complications". attempts to ✓ **Arrest** the disease process & ✓ Treating it before irreversible pathological changes

So it is done in **Pathogenesis phase** of the disease ,diseased patients)

2ry prevention includes specific interventions like ;

- # **Early diagnosis** (e.g. screening tests, case finding programmes)
- # **Adequate treatment** before irreversible pathological changes have taken place

Early diagnosis and treatment :

early detection as "the **detection of disturbances** of mechanism **while biochemical, morphological, and functional changes are still reversible.**" that precede the occurrence of manifest signs and symptoms

The drawback of secondary prevention : Secondary prevention is an **imperfect tool in the control of transmission of disease.**

- ❖ It is often **more expensive**
- ❖ **less effective** than primary prevention. .

Tertiary prevention :

🔑 Key words of 3ry prevention 🔑 ▶ :

- ❑ late pathogenesis phase. 🤔
- ❑ late stage of the disease 🤔
- ❑ prevent disability and death 🤔

So Tertiary prevention is : ◇ "all measures available to reduce or **limit or prevent impairments and disabilities, minimize suffering** caused by this health problem

- ◇ prevent or halt the **transition** of the disease process from impairment **to handicap**
- ◇ **Disability limitation**

Rehabilitation : all measures aimed at **reducing the impact of disabling and handicapping conditions** and at enabling the disabled and handicapped to achieve social integration

It aims to **training and retraining the individual to the highest possible level of functional ability"** , including:

Medical , Vocational , Social , Psychological rehabilitation

Examples of rehabilitations:

- Special schools for **blind pupils.**
- Provision of aids for **crippled.**
- Reconstruction surgery for **leprotics.**
- Modification of life of **cardiac patients**

Disease ▶ impairment ▶ disability ▶ handicap

Impairment	Disability	Handicap
<p>loss or abnormality of psychological, physiological or anatomical structure or function</p> <p><i>loss of foot, defective vision or mental retardation.</i></p>	<p>Because of an impairment, the affected person may be unable to carry out certain activities considered normal for his age, sex,</p>	<p>resulting from an impairment or a disability, that limits or prevents the fulfilment of a role that is normal (depending on age, sex, and social and cultural factors) for that individual"</p>



قال رسول الله ﷺ

لا يؤمنُ عبدٌ حتى يؤمنَ
بالقدرِ خيرِه وشرِّه
حتى يعلم أن ما أصابه
لم يكن ليخطئه، وأن
ما أخطأه لم يكن ليصيبه

صحيح الترمذي (٢١٤٤)



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الطب والجراحة
لحنقة

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