Intervention

1 Mode

In primary prevention

- Health promotion
  - 1. Health education (most cost effective)
  - 2. Environmental modification
  - 3. Nutritional intervention
  - 4. Lifestyle, behavioral Chang
- Specific protection
  - (a) immunization
    (b) use of specific nutrients
    (c) Chemoprophylaxis
    (d) protection against occupational hazards
    (e) protection against accidents
    (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,

In secondary prevention

- Early diagnosis & treatment
  - "the detection of disturbances of mechanism while
    biochemical, morphological, and functional changes are
    still reversible."

In tertiary prevention

- Disability limitation
  - is to prevent or halt the
    transition of the disease process from impairment to
    handicap
- Rehabilitation
  - (a) Medical rehabilitation - restoration of function.
    (b) Vocational rehabilitation, restoration of the capacity to
    earn a livelihood.
    (c) Social rehabilitation restoration of family and social
    relationships.
    (d) Psychological rehabilitation restoration of personal
    dignity and confidence.

2 Levels

In pre-pathogenesis phase

- Primordial
  - Prevent the risk factor themself
- Primary
  - Prior the onset of disease
- Secondary
  - "action which halts the progress of a disease at its
    incipient stage and prevents complications"
- Tertiary
  - "all measures available to reduce or limit impairments and
    disabilities, minimize suffering caused by this health problem
    may prevent and limit disability.

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