

Preventive Care

Preventive care includes health promotion and disease prevention (HPDP). This is the goal of nursing as identified in the Nursing Program's philosophy. Health promotion emphasizes behaviors that will increase the well-being and health potential of the individual. It is not disease oriented. It requires personal positive motivation for wellness. Health promotion can be offered to all patients regardless of age, health, or illness status. Disease prevention means avoiding the development of a disease or limiting the progression of a disease. Focus of healthcare delivery is a continuum of prevention categorized into 3 levels.

1. Primary prevention

- Description

- Health promotion activities which assist individuals to achieve maximum health potential
- Activities to prevent disease, protect against illness, disability, and injury
- Precedes disease and is applied to well individuals

- Examples

Immunizations
Regular exercise, balanced diet
Good hygiene, dental care
Rest and relaxation
Family planning, sex education
Cessation of smoking, drug and alcohol abuse
Accident prevention – seatbelts, helmets
Protection against occupational hazards
Toxic waste disposal
Adequate shelter
Clean air and water
Prevention of domestic violence

2. Secondary prevention

- Description

- Early detection of disease before clinical signs and symptoms occur
- Prompt and effective treatment
- Health maintenance for individuals experiencing health problems
- Prevention of complications, injury, and disabilities
- Identification of unaware individuals, monitoring of those diagnosed
- Identification of those at risk, testing to determine need for intervention or referral
- Prevention of the spread of communicable disease
- Medical and dental screening

- Examples

Screening of all types: mammograms, pap smear, BP, cholesterol, glaucoma, sigmoidoscopy, stool for occult blood, hearing and vision testing, developmental testing
Medical and dental exams
Teaching
Breast self exam, testicular self exam
Glucose monitoring for the diabetic
Methods to stop HIV transmission
Diet

Prevention of injury of the hospitalized patient

Skin care

Range of motion

Accurate medication administration

3. Tertiary prevention

- Description

- Management of acute disease, chronic illness
- Rehab after disease or trauma
- Restoration to maximum functioning, improve abilities, provide alternatives
- Interventions to limit seriousness and progression of a disease

- Examples

Teaching diabetic to recognize and prevent complications

Referral to support group after mastectomy, colostomy, etc.

Referral for prosthesis and equipment

Rehab to maximize function of the CVA patient

Self medication and treatment

Complete the study guide from NSG 120 related to levels of care.