



PROMOTION

- To get individuals to positively influence their own and others' health. This behavioral approach ties in with individual disease prevention
- To get people and organizations to change the social, economic and political factors that negatively influence health. This environmental approach ties in with public health

PREVENTION

- Primary disease prevention** is when people act on themselves or on the environment to stop disease from happening.
- Secondary disease prevention** is when diseases are identified and treated in their early stages so that the disease does not develop or get worse.
 - Early detection and responsiveness to changes in blood sugar levels to prevent diabetes, controlling blood pressure to prevent cardiovascular disease, or screening for cervical cancer (pap smear) are three common examples of secondary prevention.
- Tertiary disease prevention** involves treating people with diseases both to prevent their conditions from getting worse and to prevent them from developing other diseases or conditions.
 - In people who have diabetes, for example, tertiary prevention is used to stop them from getting heart disease, glaucoma, foot and skin problems and other serious conditions.

TREATMENT

- Many common health problems can be identified and treated, controlled or even cured in primary health care. Primary care is also very important to ensuring effective disease management once people are on treatment. In every society there are agreed rules and practices to make sure that health care providers have the necessary education, training and experience to diagnose and safely treat patients.
 - simple problems in health care are problems that have an identifiable cause and an identifiable solution (a broken bone, an infected cut, hay fever in spring)
 - complicated problems in health care are problems that may or may not have easily identifiable causes and usually require more than one solution. For example, a broken bone that is caused by domestic violence.
 - complex problems in health care are problems that have more than one cause and require more than one solution because they change the way a person's body works. Chronic asthma, diabetes, HIV and hypertension are examples of complex problems.

REHABILITATION

- rehabilitation is health care activities and treatments to support recovery from illness, injury and disability. It is part of treatment, disease prevention and health promotion.
 - rehabilitation to keep function involves activities that make sure that body parts (especially, muscles) continue to work after injury or surgery or illness
 - rehabilitation to restore function involves activities and treatments to get back body functioning after illness, injury or surgery.
 - rehabilitation to create function involves activities that help people get functions that they don't have due to disability. Learning to communicate, speak and use language for example.

PALLIATION

- palliative care is health care to relieve suffering at the end of life.
- Palliative care often is combined with treatment as well as prevention, but the purpose of these and other health care activities is to give dying people quality of life, rather than to cure them.

