

# **Health Care Services Delivery system and Prevention: Primary Secondary and Tertiary**

**SWRK4021**

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# Care & Prevention

Health care and Health promotion activities are designed to protect and to promote, and to prevent illness and from diseases.

# Prevention Level

Primary

Secondary

Tertiary

# Prevention- Health

**Prevention:** are the methods of Early Preventive Measure.

It depend upon a knowledge of causes, dynamics of transmission, identification of risk factors and risk group, availability sources, or early detection and treatment measures.

Health promotion activities are designed to protect and to promote, and to prevent illness

## **Prevention:**

**Medicine Goal:** to promote the health, to preserve health, to restore health, when it is impaired

**Care & Prevention:** are the methods of Early Preventive Measure depend upon a knowledge of causes, dynamics of transmission, identification of risk factors and risk group, availability sources, or early detection and treatment measures.

## **Level of Prevention : It has four Levels**

1. Primordial Prevention
2. Primary Prevention
3. Secondary Prevention
4. Tertiary Prevention

## **Primordial Prevention:**

- It is a new concept .
- It is focus on the special attention in the prevention of chronic diseases.
- This prevention is emphasized on the emergence or development of risk factors in countries or in the population group in which they have not yet appeared.
- Effort are directed towards discouraging the Harm Full life style.

# Primary Prevention

- Focus on generalised **health promotion** and **protection** against specific health problem. It prevent from diseases initially and is applied to generally healthy Individuals or groups
- Action taken prior to the onset of diseases, which removes the possibility that a diseases will ever occur.

## It includes: Primary Prevention

- Risk assessment for diseases
- Health education about preventing illness
- Immunization against specific illness
- It design to promote the general health and well being and quality of life
- It is focused on the Positive health- means to encourage achievement and maintenance of health



## Secondary Prevention:

- The specific intervention are early diagnosis and early adequate Treatment.
- It attempts to arrest the disease process; restore the health
- It also focus to protect others in community from acquiring the infection.
- It is the domain of the clinical medicine.

## Drawback:

- Community loss the productivity
- Imperfect tools to control of transmission of disease
- More expensive and less effective

## Secondary Prevention Includes:

- **Screening** for specific illness such as developmental disabilities, cancer & hypertension
- Nursing intervention designed to prevent complications such as administering medications
- Initiating dietary change to promote elimination of health problem.
- It attempts to arrest the disease process; restore the health
- It is the domain of the clinical medicine.

# Tertiary Prevention

Focus on the **restoration and rehabilitation** with goal of returning an individual to an optimum level of functioning

All measures available to reduce or to minimize disabilities, impairment suffering caused by existing departures from good health and to promote the patient's adjustment to permanent condition

## **It Includes: Tertiary Prevention**

- Refereeing a person has had a stroke to rehabilitation
- Teaching someone with diabetes How to identify and prevent complications.
- TP is significant intervention in late pathogenesis phase.
- TP also cover the Rehabilitation Methods for prevention

**Primary health care** denotes the first level of contact between individuals and families with the health system.

According to Alma Atta Declaration of 1978, Primary Health care was to serve the community. **It included care for mother and child which included family planning,** immunization, Prevention & Treatment from common diseases, or injuries, provision of essential facilities, health education, provision of food and nutrition and adequate supply of safe drinking water.

In India, Primary Healthcare is provided through a **network of Sub centres and Primary Health Centres** in Rural Areas, whereas in urban areas, it is provided through Family Welfare Centres.

The Sub centre consists of one Auxiliary Nurse Midwife and Multipurpose Health worker and serves a population of 5000 in plains and 3000 persons in hilly and tribal areas.

The Primary Health Centre (PHC), staffed by Medical Officer and other paramedical staff serves every 30000 population in the plains and 20,000 persons in hilly, tribal and backward areas. Each PHC is to supervise 6 Sub centres.

## Primary Care & Prevention:

- “ Action taken prior to the onset of diseases, which removes the possibility that a diseases will ever occur”.
- It signifies the health problem.
- It design to promote the general health and well being and quality of life
- It is focused on the Positive health- means to encourage achievement and maintenance of health.
- It is also concern with the individual’s attitude about positive and responsible measures for himself, his family and community.
- It is a holistic approach to promote the health, to protect against specific disease- agents, and hazards in the environment.

## Secondary Prevention:

- Secondary Healthcare refers to a second tier of health system, in which patients from primary health care centre are referred to specialists in higher hospitals for treatment.
- In India, the health centres for secondary health care include District hospitals and Community Health Centre at block level.
- “ Action which halts the progress of a disease at its incipient / initial stage and prevents complications”



## Tertiary Prevention:

Tertiary Health care refers to a third level of health system, in which **specialized consultative care is provided usually** on referral from primary and secondary medical care. Specialised Intensive Care Units, advanced diagnostic support services and specialized medical personnel on the key features of tertiary health care. In India, under public health system, tertiary care service is provided by medical colleges and advanced medical research institutes.

- TP- All measures available to reduce or limit impairment and disabilities, minimize suffering caused by existing departures from good health and to promote the patient's adjustment to unsafe condition"
- TP is significant intervention in late pathogenesis phase.
- TP also cover the Rehabilitation Methods for prevention
- TP extend the concept of prevention into rehabilitation.
- Modern Rehabilitation include Psychosocial Rehabilitation, Vocational Rehabilitation, CBR.

# References

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**Thank you**