

LEVELS OF PREVENTION (10 Marks)

▮ Levels of Prevention (0.5 Mark)

INTRODUCTION (1 Mark)

Prevention is a key concept in community health nursing. Levels of prevention are measures taken at different stages of disease to prevent occurrence, progression, and complications, thereby promoting community health.

> Memory Trick: P-P-P

Prevent – Protect – Promote health

DEFINITION (1 Mark)

Levels of prevention refer to the different stages at which preventive measures are applied to stop disease before it occurs, during early stages, and after disease has developed.

▮ CONTENT – LEVELS OF PREVENTION (5 Marks)

1▮ PRIMARY PREVENTION (2 Marks)

Primary prevention aims to prevent the occurrence of disease by controlling risk factors.

Components of Primary Prevention:

a) Health Promotion

- Health education
- Nutrition improvement
- Personal hygiene
- Environmental sanitation

b) Specific Protection

- Immunization
- Use of protective devices
- Safe water supply
- Balanced diet

> Memory Trick: H-N-H-E-I-S

Health education – Nutrition – Hygiene – Environment – Immunization – Safety

2 SECONDARY PREVENTION (1.5 Marks)

Secondary prevention aims at early detection and prompt treatment of disease to prevent complications.

Measures:

- Screening programmes
- Early diagnosis
- Prompt treatment

Examples:

- BP checking
- Blood sugar testing
- Pap smear

> Memory Trick: S-D-T

Screening – Diagnosis – Treatment

3 TERTIARY PREVENTION (1.5 Marks)

Tertiary prevention aims to reduce disability and restore function in patients with established disease.

Measures:

- Disability limitation
- Rehabilitation services
- Physiotherapy
- Occupational therapy

> Memory Trick: D-R-P-O

Disability limitation – Rehabilitation – Physiotherapy – Occupational therapy

DIAGRAM: Levels across Disease Spectrum

[Disease Onset]
PRIMARY → SECONDARY → TERTIARY
(Pre-pathogenesis) → (Early Pathogenesis) → (Advanced Disease)

CLINICAL ASPECTS (1 Mark)

- Reduces disease burden
- Improves quality of life
- Promotes early recovery
- Prevents complications

NURSING ROLE (1 Mark)

- Provide health education
- Conduct screening
- Participate in immunization
- Refer cases early
- Assist in rehabilitation

> Memory Trick: E-S-I-R-R

Educate – Screen – Immunize – Refer – Rehabilitate

IMPORTANCE / INDICATIONS (0.75 Mark)

- Control of communicable diseases

- Management of chronic diseases
- Maternal and child health
- Community health improvement

▢ **LIMITATIONS / CONTRA-INDICATIONS** (0.75 Mark)

- Lack of awareness
- Poor health facilities
- Financial constraints
- Poor community participation

▢ **CONCLUSION** (1 Mark)

Levels of prevention form the foundation of public health practice. Effective implementation of primary, secondary, and tertiary prevention helps in reducing disease, disability, and death, thereby improving community health.