



# Strengthening the Occupational Health Expertise and Scientific Performance of Public Health Institution of Turkey



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## Ass 3.2 Major assignment (2)

# Types of prevention

definition Worldbank 2002

- Primary: Prevention of the development of disease in a susceptible or potentially susceptible population through specific measures, such as immunization
- Secondary: Efforts to decrease the duration and severity of disease through early diagnosis and prompt intervention
- Tertiary: Efforts to limit mortality and the degree of disability and promote rehabilitation and restoration of function after disease/injury



# Types of prevention

**definition** At Work, Issue 80, Spring 2015: Institute for Work & Health, Toronto

## Primary prevention

aims to prevent disease **before it ever occurs**. This is done by preventing exposures to hazards, altering unhealthy behaviours, and increasing resistance to disease should exposure occur.

## Secondary prevention

aims to reduce the impact of a disease **that has already occurred**. This is done by detecting and treating disease or injury as soon as possible to halt or slow its progress, encouraging personal strategies to prevent recurrence, and implementing programs to return people to their original health and function to prevent long-term problems.

## Tertiary prevention

aims to soften the impact of an ongoing illness that has lasting effects. This is done by helping people manage long-term health problems in order to improve as much as possible their ability to function, their quality of life and their life expectancy.



# Examples of primary prevention:

- legislation and enforcement to ban or control the use of hazardous products (e.g. asbestos) or to mandate safe and healthy practices (e.g. use of seatbelts and bike helmets)
- education about healthy and safe habits (e.g. eating well, exercising regularly, not smoking)
- immunization against infectious diseases.



# Examples of secondary prevention:

- regular exams and screening tests to detect disease in its earliest stages (e.g. mammograms to detect breast cancer)
- daily, low-dose aspirins and/or diet and exercise programs to prevent further heart attacks or strokes
- suitably modified work so ill workers can return safely to their jobs.



# Examples of tertiary prevention:

- cardiac or stroke rehabilitation programs, chronic disease management programs (e.g. for diabetes, arthritis, depression, etc.)
- support groups that allow members to share strategies for living well
- vocational rehabilitation programs to retrain workers for new jobs when they have recovered as much as possible.



Is diagnosing, surveillance and research an intervention?

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# How to write a good summary?

## **Before writing the summary:**

Read and mark in the original article:

- o the topic sentence
- o key points/key words/phrases
- o the concluding sentence

## **Your summary should include:**

- o the source (author--first/last name, title, date of publication, volume number, place of publication, publisher, URL, etc.)
- o the main idea of the original (paraphrased)
- o the major supporting points (in outline form)
- o major supporting explanations (e.g. reasons/causes or effects)

**USE YOUR OWN WORDS AND SENTENCE STRUCTURE !!**

