



MODES OF INTERVENTION

Dr. Niyati Zaveri

NATURAL HISTORY OF DISEASE

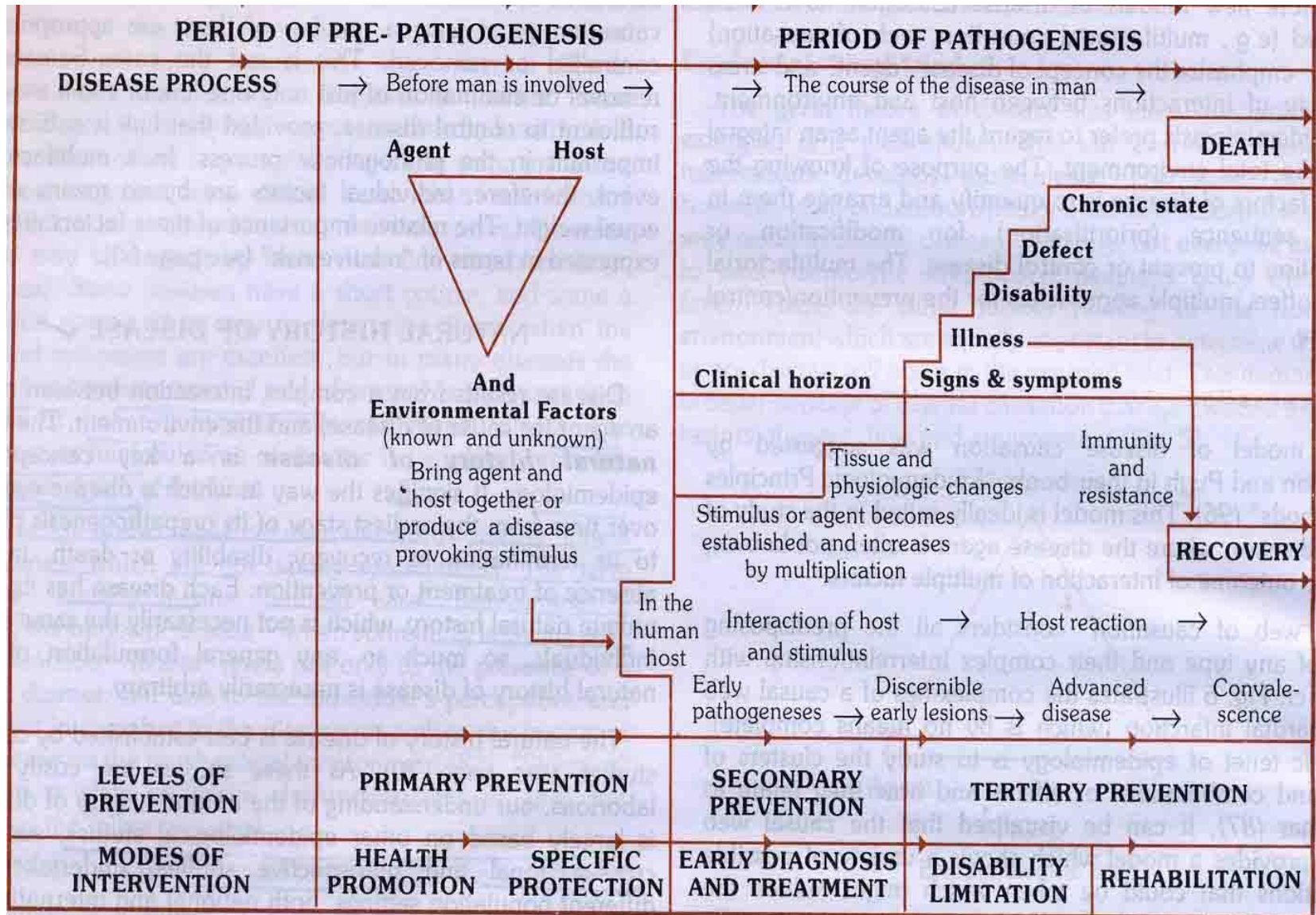


FIG. 7
Natural history of disease

CONTENT

- What is intervention
- Modes of intervention
 1. Health promotion
 2. Specific protection
 3. Early diagnosis and prompt treatment
 4. Disability limitation
 5. Rehabilitation



MODES OF INTERVENTION

Intervention:

- An attempt to intervene or interrupt the usual sequence in the development of disease in man. This may be by the provision of treatment, education, help or social support.



MODES OF INTERVENTION

5 methods of intervention:

- i. Health promotion
- ii. Specific protection
- iii. Early diagnosis and prompt treatment
- iv. Disability limitation
- v. Rehabilitation



LEVELS OF PREVENTION WITH MODES OF INTERVENTION

Level of Prevention	Modes of Intervention
Primary	Health Promotion
	Specific Protection
Secondary	Early Diagnosis & treatment
Tertiary	Disability limitation
	Rehabilitation



HEALTH PROMOTION

Definition:

“The process of enabling people to increase control over, and to improve health”.

- It is not directed against any particular disease, but is intended to strengthen the host through a variety of approaches (intervention).

Contd...



IN HEALTH PROMOTION INTERVENTIONS INCLUDE:

- Health Education
- Environmental changes & modification
- Nutritional intervention
- Life style & behavioral changes
- Genetic counseling



HEALTH EDUCATION:

- It is cost effective approach
- a. Many diseases can be prevented with little or no medical intervention if people are informed and encouraged to take necessary precautions against these diseases.





ENVIRONMENTAL CHANGES / MODIFICATION

- Provision of safe water supply
- Sanitary latrines installation
- Insect and rodent control
- Improvement of housing

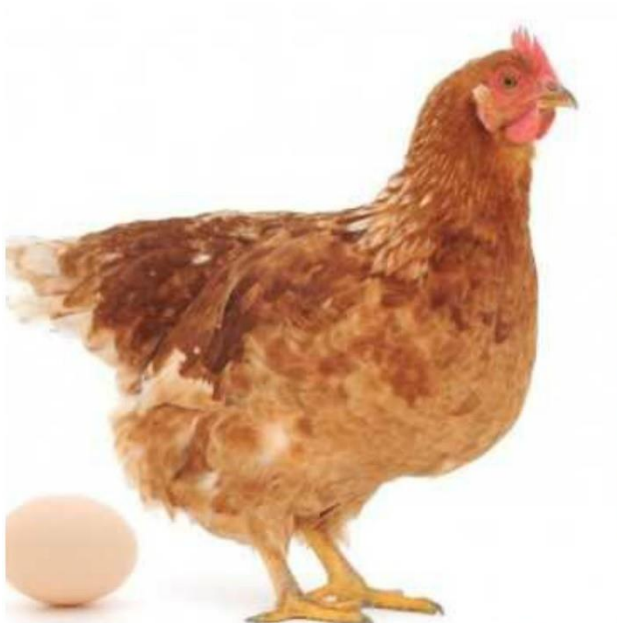
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HEALTH PROMOTION

- **Nutritional interventions include:**
 - a. Food distribution and nutritional improvement of vulnerable groups.
 - b. Proper weaning practices / child feeding programme.
 - c. Food fortification
 - d. Nutrition education – balanced diet





HEALTH PROMOTION

- **Life Style and behavioral changes :**

Health education is the basic element of all health activity. It is of paramount importance in changing the views, behavior and habits of people.

- Encouraging physical activity, hygiene and healthy life styles
- Discouraging smoking, physical inactivity, addiction
- Modifying diet patterns



HEALTH PROMOTION

- Genetic counseling:



SPECIFIC PROTECTION

Idea is to avoid disease altogether. Currently available interventions includes:

- i. Immunization
- ii. Use of specific nutrients
- iii. Chemoprophylaxis
- iv. Protection against occupational hazards
- v. Protection against accidents

Contd...



SPECIFIC PROTECTION

- vi. Protection from carcinogens
- vii. Avoidance of allergens
- viii. Better environmental conditions e.g. control of air and noise pollution
- ix. Control of consumer product quality and safety of foods, drugs, cosmetics



EARLY DIAGNOSIS AND PROMPT TREATMENT

WHO expert committee defined it as “The detection of disturbances of homeostatic and compensatory mechanism while biochemical, morphological and functional changes are still reversible”.



EARLY DIAGNOSIS AND PROMPT TREATMENT

Interventions:

- Early diagnosis: better prognosis, better prevention of further occurrence of a disease / long term disability.

Screening

Contact Tracing

Individual exam (History, lab investigation)

- Prompt treatment

Individual T/M

Mass T/M by (total mass T/M and selective mass T/M)



DISABILITY LIMITATION:

When a patient report late in the pathogenesis phase, the mode of intervention is disability limitation.

OBJECTIVE:

To halt the transition of the disease process from impairment to handicap.



REHABILITATION

Definition: It is “The combined and coordinated use of medical, social, educational and vocational measures for training and retraining the individual to the highest possible level of functional ability”.



- It includes all measures aimed at reducing the impact of disabling and handicapping conditions and at enabling the disabled and handicapped to achieve social integration(active participation of the disabled and handicapped people in the mainstream of community life.)



