

Anticipatory Care

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“One of the most exciting and controversial components of every consultation is the opportunity it provides for both the promotion of healthy lifestyles and early or pre-symptomatic diagnosis”

-Stott & Davis (1979)

What is anticipatory care?

► All measures which promote good health and prevent or delay the onset of diseases or their complications.

1-Acts on appropriate opportunities for health promotion and disease prevention.

2-Provides sufficient explanation to patients for preventive initiative taken.

3-Sensitively attempts to enlist the co-operation of patients to promote change to healthier lifestyles.

Anticipatory care aims to:

- ▶ Improve quality of life.
- ▶ Reduce the burden of premature disability.
- ▶ Increase life expectancy.

Levels of prevention:

- ▶ Primary
- ▶ Secondary
- ▶ Tertiary

Primary Prevention

- ▶ Aims to prevent the development of disease process

Secondary Prevention

- ▶ Early diagnosis (pre-symptomatic stage)
- ▶ Prompt and effective treatment

Tertiary Prevention

- Detecting established incurable and unreported disease with a view to minimizing its harmful effect by appropriate treatment and rehabilitation

- ▶ Secondary and tertiary prevention should be undertaken only if there is evidence that earlier detection and treatment will provide a more satisfactory outcome than waiting for the patient to present to the doctor.

Primary Prevention:

1-Health education: aims to provide people with information about factors which are known to cause disease in hope that they will modify their behavior.

2-Prophylaxis: more active medical intervention in an attempt to protect individuals from developing a particular disease.

Secondary Prevention:

1-Screening: systematic attempts to detect undeclared disease in a population of apparently healthy people.

*Criteria of screening:

- ▶ The condition should be important and recognizable at an early stage in the natural history.
- ▶ Screening test should be practical and acceptable.
- ▶ A recognized and effective treatment should exist.
- ▶ A policy should be established on whom to treat.

2-Case finding: a variant of screening and is the term used when it is undertaken by the doctor responsible for the health care of the individual who is screened.

Tertiary Prevention:

The patient has an established disease, tertiary prevention measures are concerned with systemic and long term monitoring of the patient to prevent or minimize the impact of complications, since it's rarely possible to reverse a disease process.

Disease	Intervention level	Primary	Secondary	Tertiary
Colorectal cancer	Individual	Counselling on healthy lifestyles: dietary counselling for people at risk of colorectal cancer, etc.	Hemoccult stool testing to detect colorectal cancer early	Follow-up exams to identify recurrence or metastatic disease: physical examination, liver enzyme tests, chest x-rays, etc.
	Population	Publicity campaigns alerting the public to the benefits of lifestyle changes in preventing colorectal cancers; promotion of high fibre diets; subsidies to help people access exercise programmes; anti-smoking campaigns	Organized colonoscopy screening programs	Implementation of health services organizational models that improve access to high-quality care

Health Promotion

- ▶ The notion of health promotion denotes something stronger than maintaining good health simply by avoiding risk factors for disease. Health promotion aims to encourage individuals to attain the best possible level of well being which they are capable.