

Preventive medicine

Preventive Medicine

- Preventive medicine, particularly within social and preventive pharmacy, focuses on strategies and interventions designed to prevent diseases and promote health at a population level.
- It integrates public health, clinical pharmacy, and health education to manage and prevent diseases in communities.

Key Objectives:

- Reduce the incidence of diseases.
- Prolong life.
- Promote community health through organized societal efforts.

Levels of Preventive Medicine

Preventive medicine strategies are categorized into three main types:

1. Primary Prevention:

- Prevent disease development in healthy populations.
- **Examples:** vaccination programs, micronutrient supplementation, and policies reducing exposure to health hazards (pollution, toxins).

2. Secondary Prevention:

- Early disease detection and intervention to halt progression.
- **Examples:** Pharmacists participating in screening programs (blood pressure, glucose monitoring), medication therapy management.

3. Tertiary Prevention:

- Reducing the impact of existing illnesses or injuries with lasting effects.
- **Examples:** rehabilitation programs, chronic disease management support.

Cholera - General principles of prevention and control of diseases

- Cholera is a bacterial infection caused by *Vibrio cholerae*, mainly affecting the small intestine.
- Leads to severe watery diarrhea, potentially life-threatening if untreated.

Causative Agent:

- *Vibrio cholerae* (especially O1 and O139 serogroups)

Mode of Transmission:

1. Contaminated Water:

- Ingestion of water with fecal contamination from infected individuals.

2. Contaminated Food:

- Especially seafood exposed to contaminated water or handled unhygienically.

3. Person-to-Person Contact:

- Less common but possible through direct contact.



Symptoms:

- Most infected people are asymptomatic.
- When present, symptoms include:
 - "Rice-water" diarrhea
 - Vomiting
 - Muscle cramps
 - Severe dehydration
 - Low blood pressure and reduced urine output

Diagnosis:

1. Clinical Diagnosis:

- Based on symptoms and history of exposure in cholera-endemic regions.

2. Laboratory Diagnosis:

- Stool samples or rectal swabs cultured on TCBS agar
- Serological identification of *V. cholerae*

3. Rapid Diagnostic Test:

- Dipstick tests for quick detection of cholera toxin or bacteria

General Principles of Disease Prevention and Control

1. Safe Water:

- Access to clean drinking water (boiled or chlorinated)

2. Sanitation:

- Improved sanitation to prevent water contamination

3. Safe Food Practices:

- Cook food thoroughly and eat it hot
- Avoid raw food unless it can be peeled

4. Hand Hygiene:

- Regular handwashing with soap, especially after toilet use and before meals

5. Vaccination:

- Oral cholera vaccines are effective in endemic areas or before outbreaks

6. Health Education:

- Community awareness on cholera risks and preventive practices

7. Surveillance:

- Early detection and reporting to control outbreaks

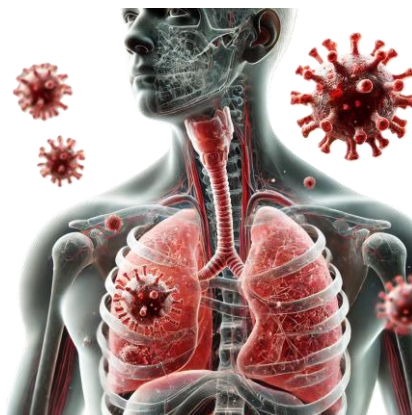
8. Treatment:

- Oral Rehydration Salts (ORS) for fluid replacement
- Intravenous fluids and antibiotics for severe cases

Severe Acute Respiratory Syndrome (SARS)

Overview

- SARS is a viral respiratory illness caused by a coronavirus, known for causing severe pneumonia and acute respiratory symptoms.





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