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Introduction

In recent years the health system has had significant changes aimed strengthening the Comprehensive Health Care, based on the strategy Primary Care, who came to change the target of health care, shifting the priority attention to health promotion and disease prevention.

According to the World Health Organization (WHO), one of the instruments for the promotion health and preventive action for health education, which also addresses the transmission of information, fostering motivation, personal skills and self-esteem necessary to take measures to improve health. Education health includes not only information on the social, economic and underlying environmental impact on health, but also with respect to the factors and risk behaviors, and the use of the health care system

Discussion

Prevention in the Health field involves a scientific work is not only a way of doing it is a way of thinking. It is also a way of organizing and acting, a organizer essential in designing a health system. A health system is more effective in delivering preventive than curative.

1. It is more efficient from a social point of view - it is socially as well a society with qualitative and quantitative progress as far as health indicators are concerned, which implies well-being of its members and further economic development.
2. It is more economically efficient - cure involves an investment of more resources economic, of higher expenses.

Prevention is mainly defined as the protection against risks, threats environment, which inevitably means the joint action of the Institutions of Health, communities, and integrate people more than institutions.

Levels of prevention

1. Primary Prevention: Measures to prevent the occurrence of a disease or problem health through the control of the causative agents and risk factors. It aims reduce disease.
2. Secondary Prevention: Measures to stop or slow the progression of a disease or health problems already present in an individual at any point of its appearance. It aims is to reduce the prevalence of the disease.
3. Tertiary Prevention: Measures to prevent delay or reduce the appearance of consequences of a disease or health problem. It aims to improve the quality of lives of sick people (Bleger, 1994).

Nursing role in preventing

The main objective of the nursing process is to create a structure that can cover (individualized) the needs of the patient, family and community. Also: - Identify needs and potential of the patient, family and community. - Set up individual care plans, family or community. - Act to cover and solve problems, prevent or cure disease.

The nurse has an important role in the primary care team with increasing experience initiatives and in preventing and promoting self-care, addition to the usual activities in the center, home and community. Role of nursing is to raise the level of self-care of people, or compensate for deficiency thereof, defining "self" as: all actions that allow the individual to maintain life,

health and welfare, i.e. what people do for and for itself. This is developed through the following responsibilities:

1. Help the person to attain the highest possible level of self care, increasing responsibility for their own health.
2. Help the person overcome their limitations in the exercise of self-care.
3. Complete self-care deficits caused by the difference between self-care demands and activities undertaken by the person.
4. Provide to persons and / or groups direct assistance in self-care according to your requirements due to disabilities are given by their personal situations.

References

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Promoting Health: Global perspectives, Pelgrave Macmillan.
- Bleger J. (1994), *Institutional psycho-hygiene and Psychology*, Buenos Aires. Paidós editions