

# PREVENTIVE MEDICINE TRAINING PROGRAMME USING A MULTI-DISCIPLINARY TEAM APPROACH

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# CONTENT

- Preventive Medicine
- Preventive Medicine in South Africa
- Preventive Medicine Training Programme
- Future Ideas

*The more accurately to observe the progress of the infection, I selected a health boy about eight years old for the purpose of inoculation with the cowpox.*

*The matter was taken from the suppurated sore on the hand of a dairy Maid who was infected by her master's Cows, and it was inserted on the 14 May 1796 into the arms of the Boy by means of two superficial incisions each about three quarters of an inch long.*

*During the whole of [the ninth day after this] he was perceptibly indisposed and had a restless night; but, on the following day he was perfectly well.*

# PREVENTIVE MEDICINE

- Focuses on the health of individuals, communities, and defined populations. Its
- Goal:
  - To prevent the occurrence of a disease or by halting a disease and averting resulting complications after its onset
  - to protect, promote, and maintain health and well-being and
  - to prevent disease, disability, and death
- Practiced by all health professionals to keep their patients healthy.

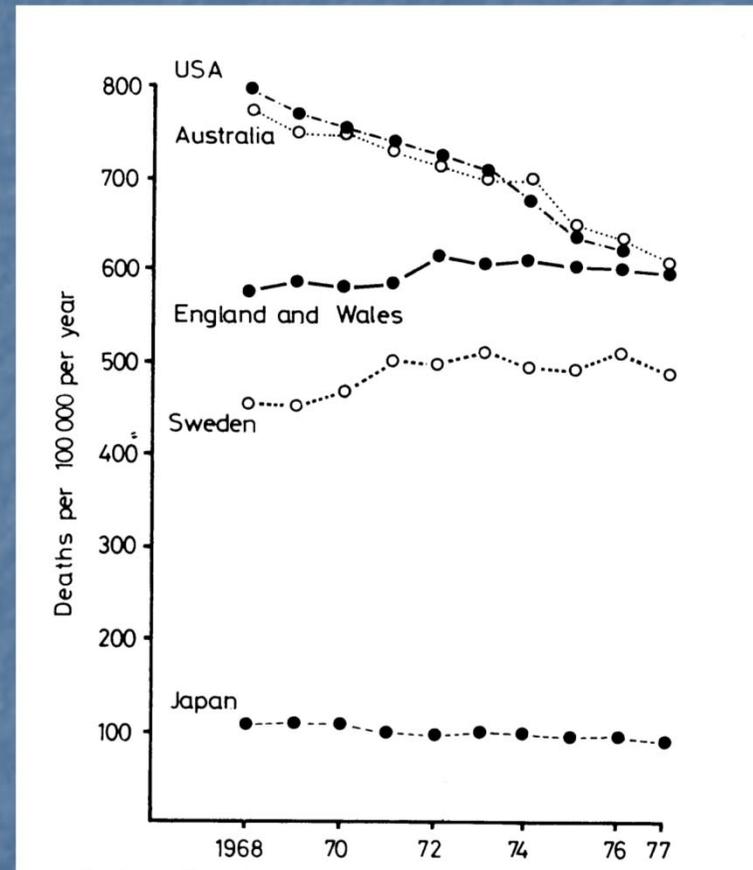
American College of Preventive Medicine

The aim of medicine is to prevent disease and prolong life, the ideal of medicine is to eliminate the need of a physician.

William J. Mayo (1861-1939) in National Education Association:  
Proceedings and Addresses, 66:163, 1928

# PREVENTIVE MEDICINE

- Antenatal care is in fact largely preventive, and the integration of prevention with treatment has led to an excellent fall in maternal and perinatal mortality rates.
- In middle age at least, strokes are largely preventable.



# LEVELS OF PREVENTION

Primordial prevention	Underlying condition leading to causation	Total population/ selected groups
Primary prevention	Specific causal factor	Total population/ selected groups/ individual
Secondary prevention	Early stage of disease	Patients
Tertiary prevention	Late stage of disease (treatment, rehabilitaton)	Patients

# PREVENTION PARADOX

'A preventive measure which brings much benefit to the population offers little to each participating individuals'

Rose, 1985

# PREVENTIVE MEDICINE IN SOUTH AFRICA

# PREVENTIVE MEDICINE IN SOUTH AFRICA

- **1897: Public Health Amendment Act** separated curative and preventive care
- **1919 Health Act** gave responsibility for hospital curative care to 4 provinces and preventive and promotive health care to the local authorities.
- **1960s:** Preventive Medicine a specialty (now closed)
- **1977 Health Act** perpetuated the fragmentation with curative services being a provincial responsibility and prevention a local government responsibility
- **2003:** National Health Act
- **2014:** National Health Promotion Policy
- **2018:** Gauteng Policy framework on an integrated approach towards promotion of health, wellness and happiness

# PREVENTIVE MEDICINE IN SOUTH AFRICA

- Communicable diseases
  - EPI
  - TB control programme
  - VCT
  - HCT
- Maternal and Women's Health
  - Antenatal and Postnatal care
  - Family Planning
- Non-communicable diseases
  - Cervical cancer screening
  - Diabetes
  - Hypertension

# PREVENTIVE MEDICINE IN SOUTH AFRICA

- Private sector
  - Discovery Vitality Programme

'In order to protect and improve health,  
there is a need for much more emphasis on  
preventing disease and injury and on the  
causal determinants of health'

Norman, et al, 2007

# PREVENTIVE MEDICINE IN SOUTH AFRICA

## HCT

- HIV
- TB

- BMI
- Blood Pressure
- Blood Glucose
- Pregnancy
- Pap Smear

# PREVENTIVE MEDICINE PARADOX IN SOUTH AFRICA

- No definitive policy on Prevention
- No dedicated funding on Preventive Health care
- Low HCT uptake
- Underspending on HCT budget

# PREVENTIVE MEDICINE FUTURE IN SOUTH AFRICA

## Integrated health services

- promotive, preventive, curative, rehabilitative and palliative services
- Services organised, managed and delivered in a way that ensures continuum of care at the different levels and sites within the health system
  - (primary, secondary, tertiary),
  - public and private sectors and
  - throughout the life course.

Strengthening the South African health system towards an integrated and unified health system, Presidential Health Summit Compact, 25 July 2019

# PREVENTIVE MEDICINE FUTURE IN SOUTH AFRICA

Services that include

- health promotion,
- disease prevention,
- curative services, and
- rehabilitative and palliative services;

# **PREVENTIVE MEDICINE TRAINING PROGRAMME**

# PREVENTIVE MEDICINE TRAINING PROGRAMME

- Learning Objective:

To develop knowledge and skills of health professionals/  
managers in preventive health care

- Learning Methodology:

Monthly Masterclass based on a Participatory approach

- Learning Outcome

Improve HCT uptake

Increase screening of Communicable and Non-communicable diseases.

# PREVENTIVE MEDICINE TRAINING PROGRAMME

- Setting: 7 Sub-districts in the Tshwane Health District
- Participants: Multi-disciplinary team of Sub-district managers, Health Professionals
- Duration: one year

# PREVENTIVE MEDICINE TRAINING PROGRAMME

- Content: prevention of diseases of public health importance
  - HIV, tuberculosis, diabetes, hypertension) as well as maternal and child health.
- Participants exposed to:
  - determinants of health: Social and clinical
  - various health systems issues that could impede their implementation such as lack of fund, equipment, support from senior managers as impediments to implementation of these programmes.

# PREVENTIVE MEDICINE TRAINING PROGRAMME

- A MDT-approach comprising of health professionals from various disciplines provide a unique opportunity for interdisciplinary-learning.

*'It is the first time I understand Preventive medicine and how we can implement it'*

*Participant, Masterclass*

# PREVENTIVE MEDICINE PROGRAMME: CHALLENGES

- lack of fund,
- equipment,
- support from senior managers

# PREVENTIVE MEDICINE TRAINING PROGRAMME

- The success of this project measured through **key preventive medicine indicators** such as:
  - HCT and
  - screening for cervical cancer,
  - hypertension and diabetes.

# PREVENTIVE MEDICINE TRAINING PROGRAMME: FUTURE IDEAS

- To develop training programme for:
  - Health professionals
  - Physicians
  - Health managers
- To develop CPD programmes on Preventive health care
- To identify champions

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Prevention is so much better  
than healing (cure)

Thomas Adams 1630