

Unit - 5

Promotive aspect of health

- ~~concept~~ objectives and interventions, the aims to enhance well being
- prevent diseases
- improve overall health
- promote health strategies
- mass media
- community level policies provide info & resources.

① Health education
— lifestyle awareness
— Educational campaigns

- ② Exercise programmes
- ③ Anti smoking and alcohol campaigns
- ④ Substance abuse education
- ⑤ Safe sex education - infections
- ⑥ Access to reproductive health services
- ⑦ Senior health programs.

Preventive aspect of health

- focus on measures & interventions designed to prevent the occurrence of diseases, injuries and other health problems
- emphasis on proactive step to maintain & promote health, thereby reducing risk of developing various conditions

- ① Vaccinations
- ② Early screening
- ③ Timely ~~screening~~ visit
- ④ Healthy eating
- ⑤ Regular exercise
- ⑥ Contraceptive services
- ⑦ Genetic testing
- ⑧ Sanitation.

Date: _____ Page: _____

Curative aspect of health refers to activities, interventions & approaches aimed at treating or alleviating existing health conditions, disease or symptoms

- aspect focus on restoring an individual to a state of well being & optimal functioning

① Medication

② Surgery

③ Therapies - physical, occupational, speech, psychological

④ Rehabilitation - Cardiac and Pulmonary

⑤ Complementary medicine - acupuncture, herbal medicine

⑥ Mind body techniques - yoga, meditation etc

Choice of Medicinal System

depends on various factors like culture, individual preferences etc.

- different medicinal systems evolve over centuries in various parts of the world

- each with its own philosophy, methods & practices.

Some systems are

① Allopathic - dominant

- western or conventional
- based scientific principles, evidence
- surgery, pharmaceuticals & adv. tech

② Traditional Chinese medicine

- ancient chinese philosophy
- concept of balance & flow of vital energy
- Acupuncture, herbal medicine, cupping & Tai chi
- holistic app. interconnectedness of mind body

③ Ayurveda

- ancient India
- holistic approach balance of bodily systems
- herbal remedies, diet, yoga, meditation
- restore balance in 3 dosha Vata Pitta Kapha

④ Homeopathy

- principle of "like cure like"
- when substance that cause symptoms are used in highly diluted form to treat similar symptoms
- individualized

⑤ Naturopathy.

- body's ability to heal itself and focuses on natural therapies, lifestyle changes and preventive measures
- dietary changes, herbal remedies & physical therapy

Factors influencing the choice of Medical system

- ① Cultural belief
- ② Personal experience
- ③ Accessibility
- ④ Condition severity

Patient - Doctor Relationship

- ① Communication
 - Open & honest communication
 - Active listening
- ② Trust & Rapport
 - Trust building
 - Rapport.

③ Informed Consent
Respecting Patient Autonomy

④ Empathy
Respect Culture

⑤ Patient primary
Transparently

⑥ Patient education

⑦ Ethical conduct

⑧ Accessibility

⑨ Communication channels

Relaxation techniques

① Deep breathing

② Meditation

③ Guided Imagery

④ Autogenic training

⑤ Yoga

⑥ Tai Chi

⑦ Aromatherapy