



Porto, 3 & 4 April 2017



European Network for Prevention and Health Promotion in Family Medicine and General Practice

Quaternary prevention, the art of “primum non nocere”

Marc Jamouille,

MD, Family doctor,

PhD Candidate

Department of General Practice,

Liège University. Belgium.



Let's discuss
patient doctor relationships,



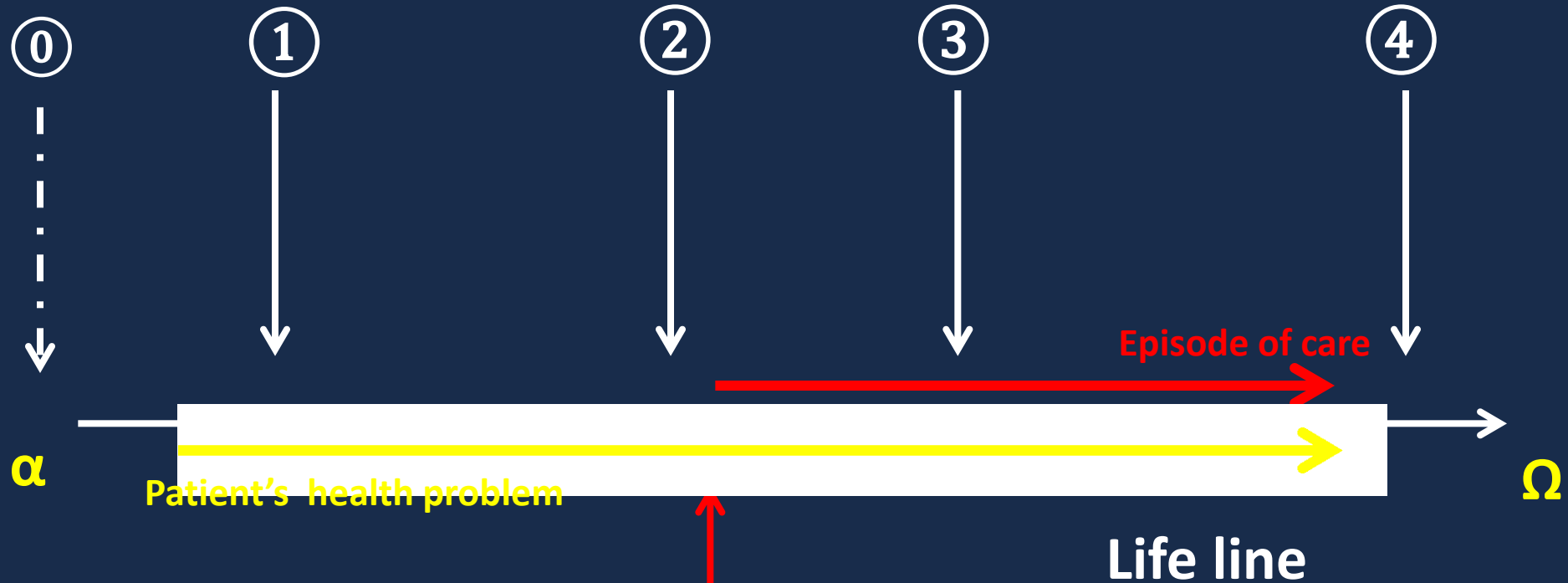
Adriaen Brouwer 1533

time line
and
doctor's duty



H. Bosch 1500

Prevention ; chronological view



Ava

**Demand
for care**



St Paul de Vence

Discrete variable

①②③ Leavell, H., & Clark, E. (1958). Preventive Medicine for the Doctor in His Community an Epidemiologic Approach (p. 684). McGraw-Hill.

① ● Primordial : Last JM. A Dictionary of Epidemiology. 4th edition [Internet]. OUP. 2000.

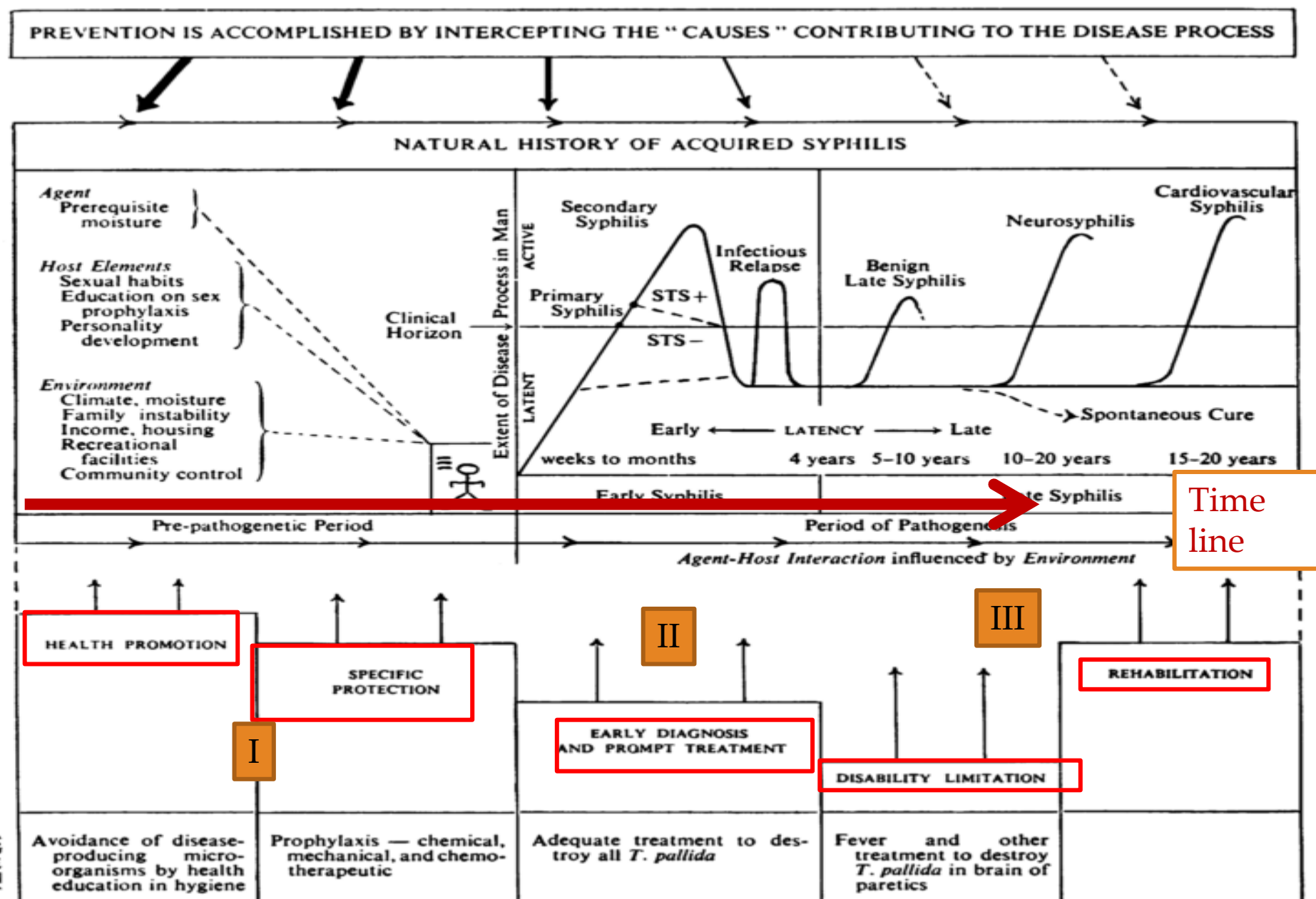
④ Bury, J. (1988). Éducation pour la santé : concepts enjeux planifications. Bruxelles: De Boeck-Université.

Birth of the clinical prevention

Clark EG. *Br J Vener Dis.* 1954;30(4):191-197

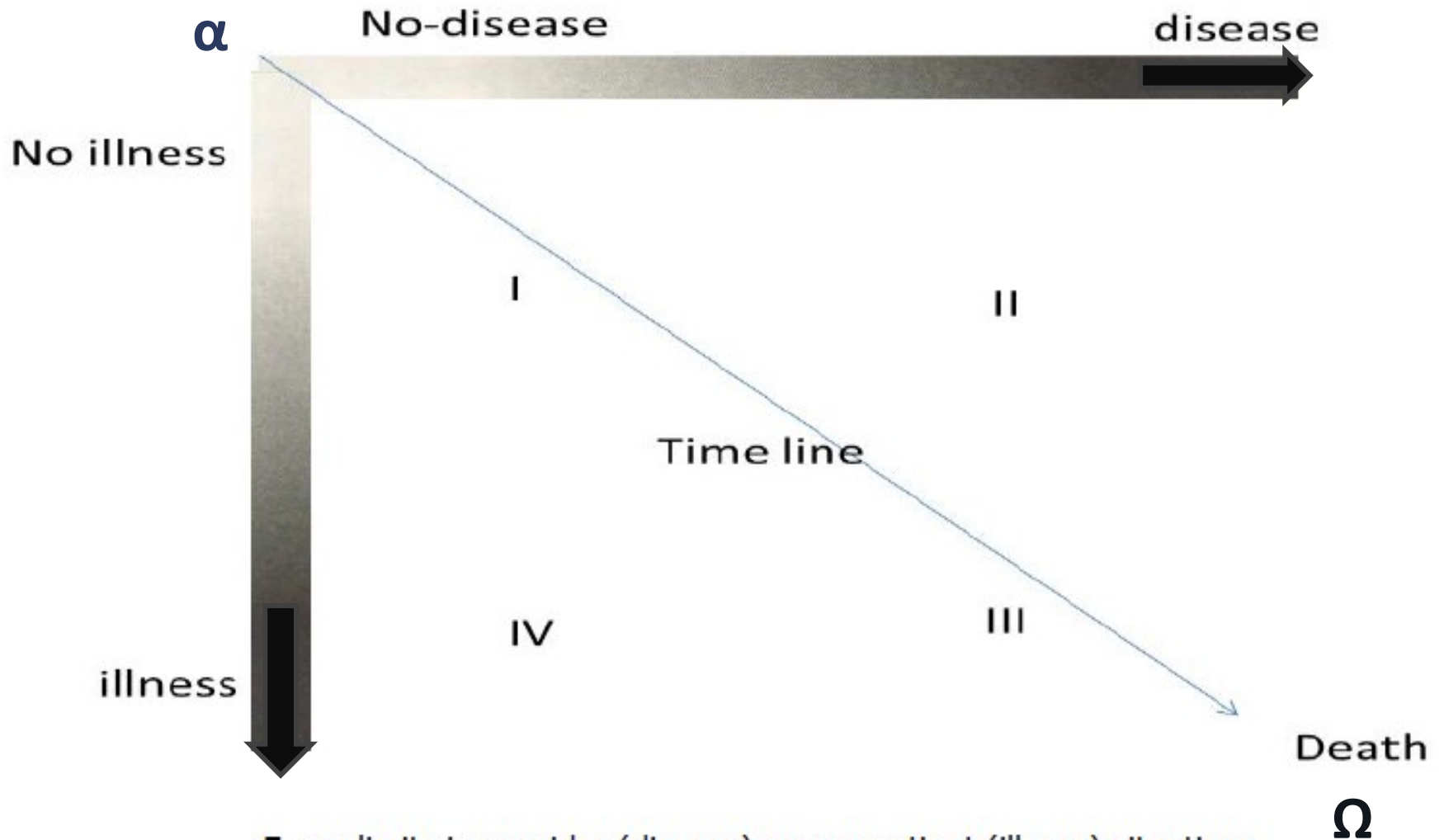
Prevent disease

Continuous variable



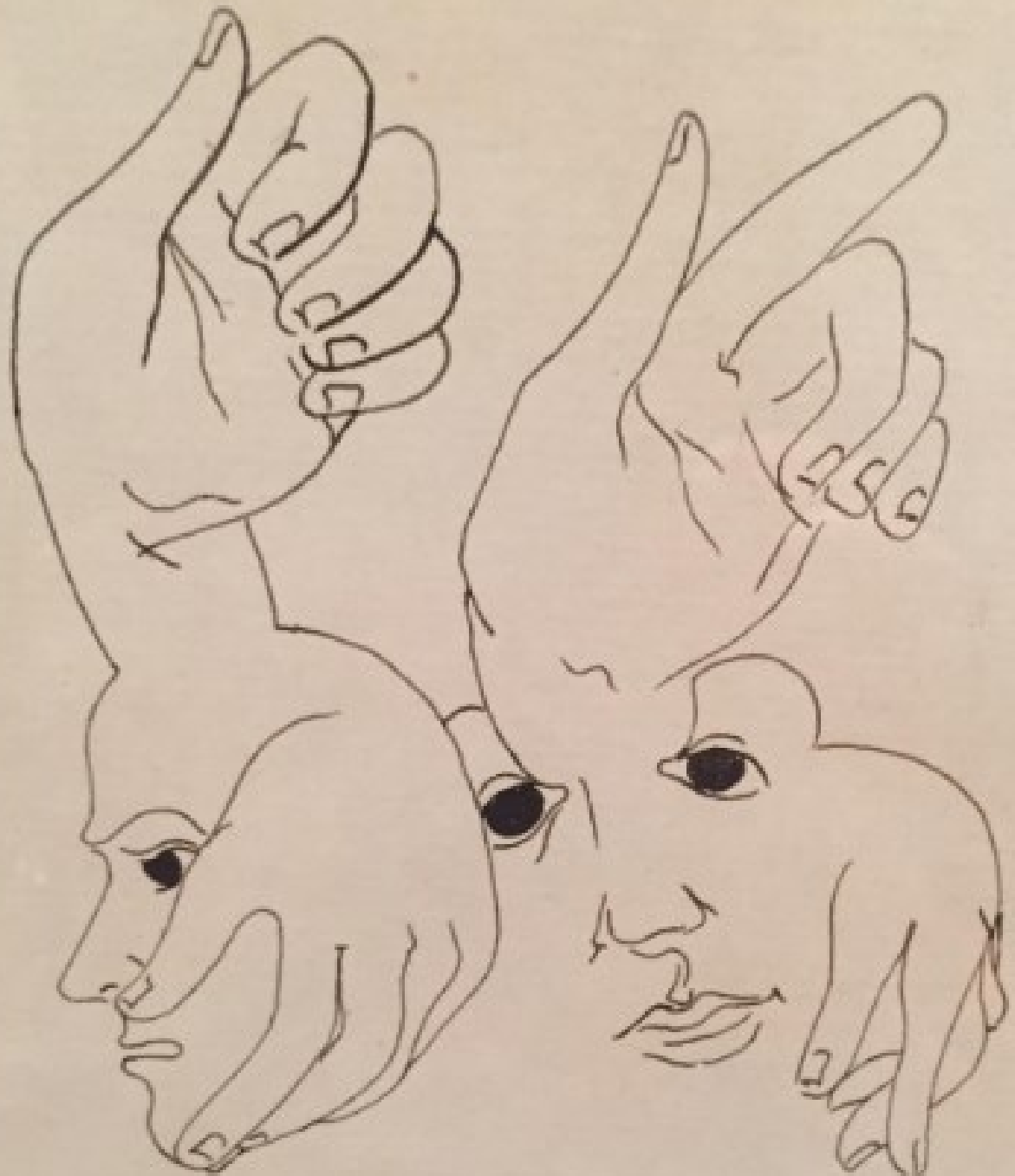
Change the paradigm

- **Let see the health problem through the Patient doctor relationships, each with their own agenda, fears, expectations and explanatory models.**
- **The doctor has been trained to find disease**
- **The patient has some reasons to approach the doctor, feeling well or ill**
- **Crossing those views change the insight**
- **Let's take the model of the four fold table**



Fuzzy limits in provider (disease) versus patient (illness) situations.
 Crossing gives nebulous and not clear cut fields

Reality is
sometimes more
complicated than
schema



Draw by
Antonio Pedro

Museum
Soares do Reis,
Porto



Conscience
or
patient's
feeling

Doctor's knowledge
Disease natural evolution

Absent -----> Present

well being
feeling

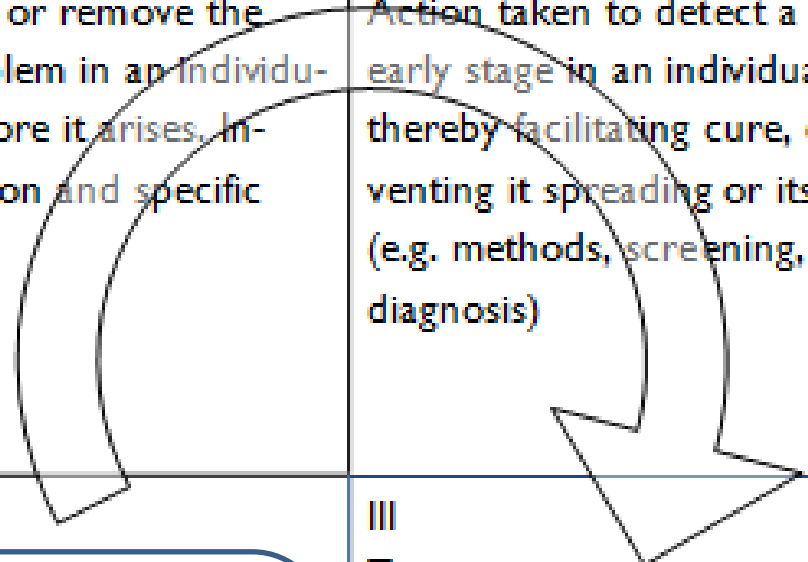
I
Primary prevention
Action taken to avoid or remove the cause of a health problem in an individual or a population before it arises. Includes health promotion and specific protection (e.g. immunization)

II
Secondary prevention
Action taken to detect a health problem at an early stage in an individual or a population, thereby facilitating cure, or reducing or preventing it spreading or its long-term effects (e.g. methods, screening, case finding and early diagnosis)

sick
feeling

IV


III
Tertiary prevention
Action taken to reduce the chronic effects of a health problem in an individual or a population by minimizing the functional impairment consequent to the acute or chronic health problem (e.g. prevent complications of diabetes). Includes rehabilitation.



Action taken to avoid or remove the cause of a health problem in an individual or a population before it arises. Includes health promotion and specific protection (e.g. immunisation).

No more prevention but action

¿what change?

Action taken to detect a health problem at an early stage in an individual or a population, thereby facilitating cure, or reducing or preventing it spreading or its long-term effects (e.g. methods, screening, case finding and early diagnosis).

Action taken to reduce the chronic effects of a health problem in an individual or a population by minimising the functional impairment consequent to the acute or chronic health problem (e.g. prevent complications of diabetes). Includes rehabilitation.

Action taken to identify a patient or a population at risk of overmedicalisation, to protect them from invasive medical interventions and provide for them care procedures which are ethically acceptable.

Description of the practice of Family Medicine including the prevention of medicine itself,

- Doctor → +

Disease

↑ Patient
Illness ↓

Tobacco counseling

Breast cancer screening

Depression

Scan demand for headache

**One encounter,
various possible
levels of problems**

Easy glide from P1, P2, P3 to P4

Doctor side

patient's view

Health information
Health education

Immunization

Screening

Early diagnosis

Therapy

Incidentaloma

Missed diagnosis

The doctor sends
the patient in the field 4

The patient sensitive
to misinformation

Applying P4





Over-information



N'attendez pas que vos seins vous le réclament.

Faites le mammotest.



overscreening



overmedicalization



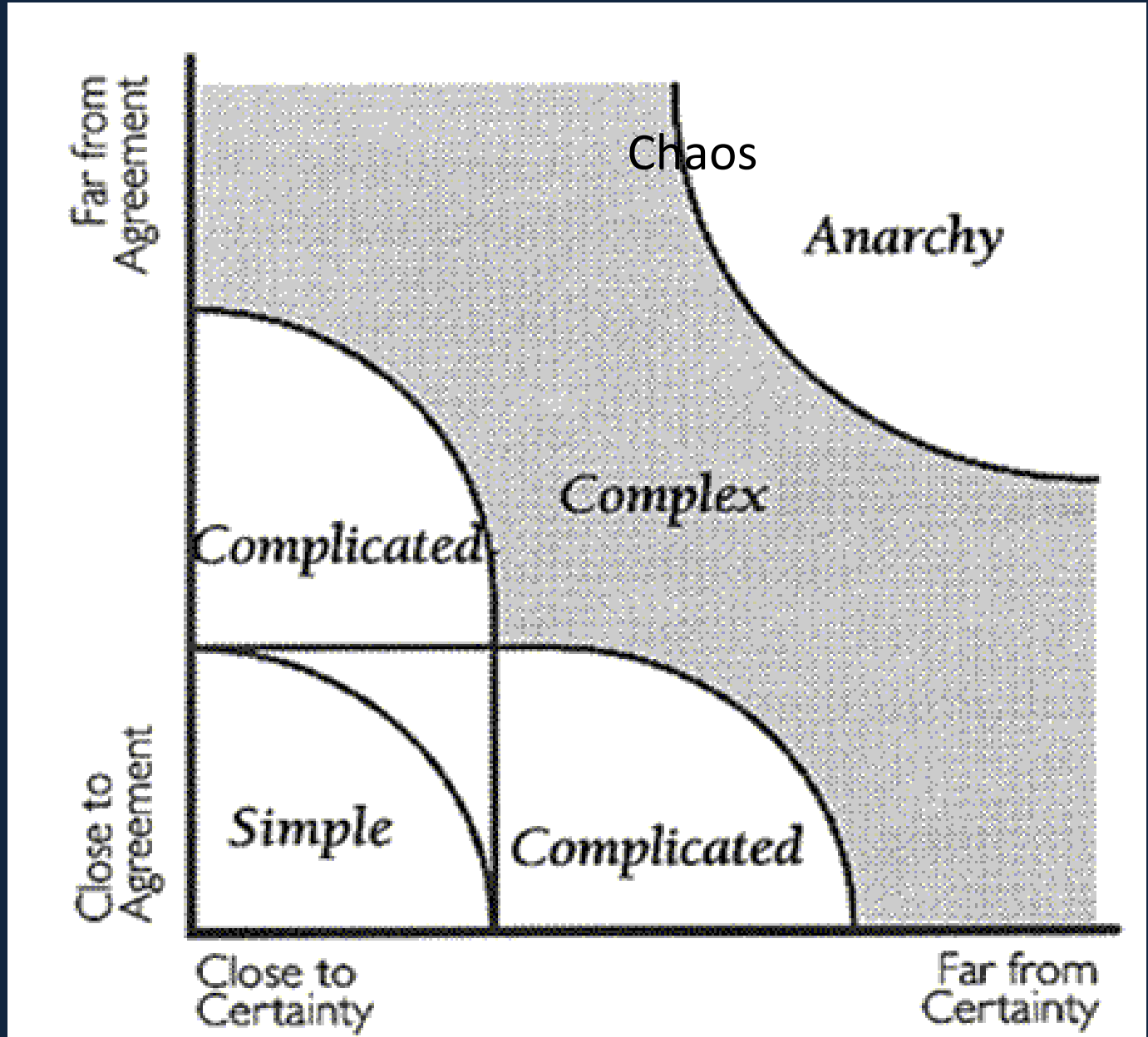
overdiagnostic/ overtreatment



Stacey
diagram



Pared. SubTe.
Buenos Aires



Quaternary prevention involves the need for close monitoring by the doctor himself, a sort of permanent quality control on behalf of the consciousness of the harm they could do, even unintentionally, to their patients.

Quaternary prevention is also about understanding that medicine is based on a relationship, and that this relation must remain truly therapeutic by respecting the autonomy of patients and doctors."



Vincenzo Manenti
Virgine St Ana (detail) 1634
Rieti Museum, Italy

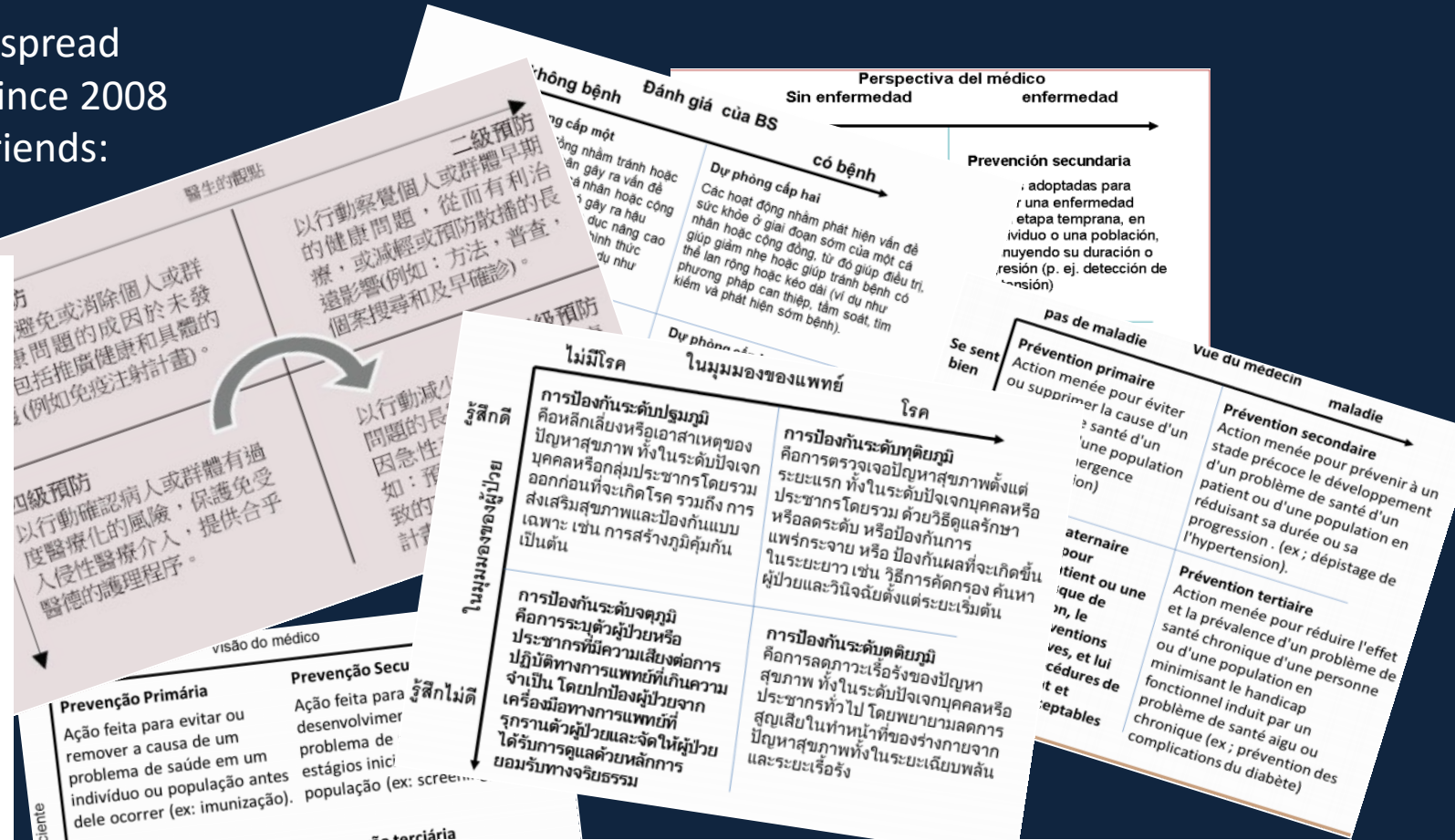


Lattanzio Nicoli
Angeli musicanti 1640
Rieti, museum , Italy

The general conclusions of various seminars were that quaternary prevention is not a technique but an attitude, an active thought about the facts and about the doctor himself in action

Fast worldwide spread of the concept since 2008
P4 groups and friends:

- ✓ Brazil
- ✓ China
- ✓ Uruguay
- ✓ Argentina
- ✓ Chile
- ✓ Peru
- ✓ Paraguay
- ✓ Bolivia
- ✓ France
- ✓ Germany
- ✓ Switzerland
- ✓ Spain
- ✓ Portugal
- ✓ Thailand
- ✓ Vietnam
- ✓ USA
- ✓ UK
- ✓ .



Montevideo, 21 mars 2015. Wonca CIMF Special Interest Group on Quaternary Prevention

2016 : WONCA Special Interest Group: Quaternary Prevention & Overmedicalization

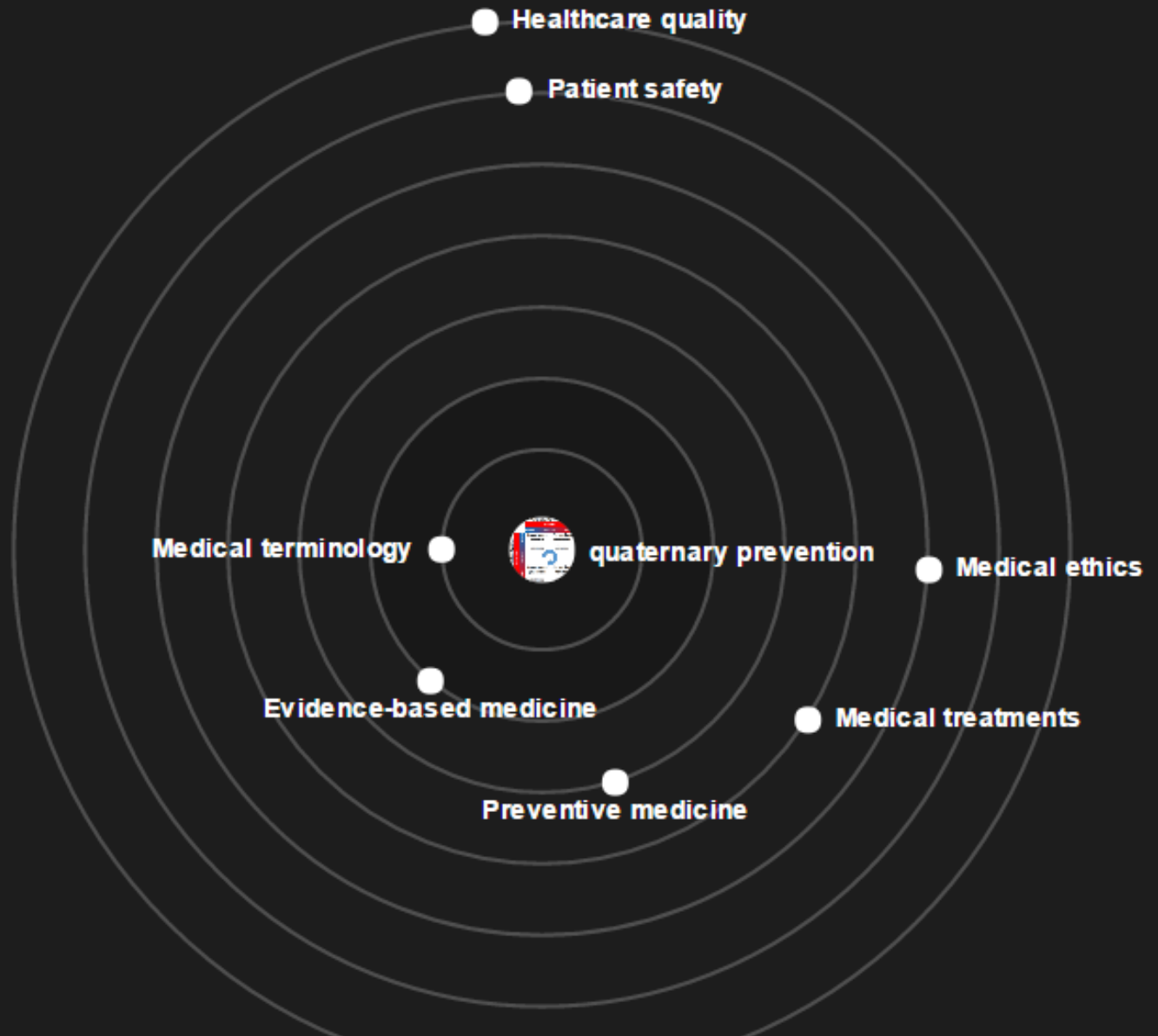


El grupo P4 en Rio, Noviembre 2016, Nacimiento del Wonca P4 SIG

P4 manifesto 2016

“Health is a resistance. Resistance to disease itself. Also resistance to violence and harassment, resistance to drugs, resistance to exploitation, resistance to junk food, resistance to pollution, resistance to disastrous housing conditions, resistance to the pharmaceutical market, including resistance to mercantilization of health care and, therefore, sometimes resistance to medicine itself. As healthcare professionals, we are trying to help them resist.”

Consider
the P4
semantic
network



<http://babelnet.org/synset?word=quaternary+prevention&lang=EN&details=1&orig=quaternary+prevention>

merci



www.ph3c.org/p4

<http://www.nogracias.eu/2016/12/26/la-salud-como-resistencia-un-manifiesto-por-la-prevencion-cuaternaria/>