

Prevenção Quaternária e limites em medicina

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ASSOCIAÇÃO PORTUGUESA
DE MEDICINA GERAL
E FAMILIAR

**18º Congresso Nacional de MGF - 12º Encontro
Nacional de Internos de MGF e Jovens MF**

27 e 29 de Setembro de 2013

Covilha - Portugal



with multicultural
patients

Ethi Space Temps
Maison de Santé

Dr Emilie Dumontier <i>Médecine générale</i>	Dr Anne Pascal Henry <i>Médecine générale</i>
Dr Marc Jamouille <i>Médecine générale</i>	Dr Geoffroy Laurent <i>Médecine générale</i>
S. Sinclaire Cortoys <i>Kinésithérapeute</i> Gsm 0474 77 09 28	Thérèse Colson <i>Infirmière</i> 0496/44 42 64
Stéphanie Paquet <i>Logopède</i>	Dr Ibrahim LASSOUED <i>Médecine générale</i>
Catherine DOMBRECHT <i>Pédicure</i> 0498/27 10 17	Hulya TATLI <i>Psychologue</i> 0494 11 51 85
Dr Djámila CHIBANI <i>Médecine générale</i>	

I am a practicing GP

working in a multicultural team



In a private
health center



Do we have ethical limits in daily medical practice?

- Yes, a lot
- We are presently working on two of them right now

First

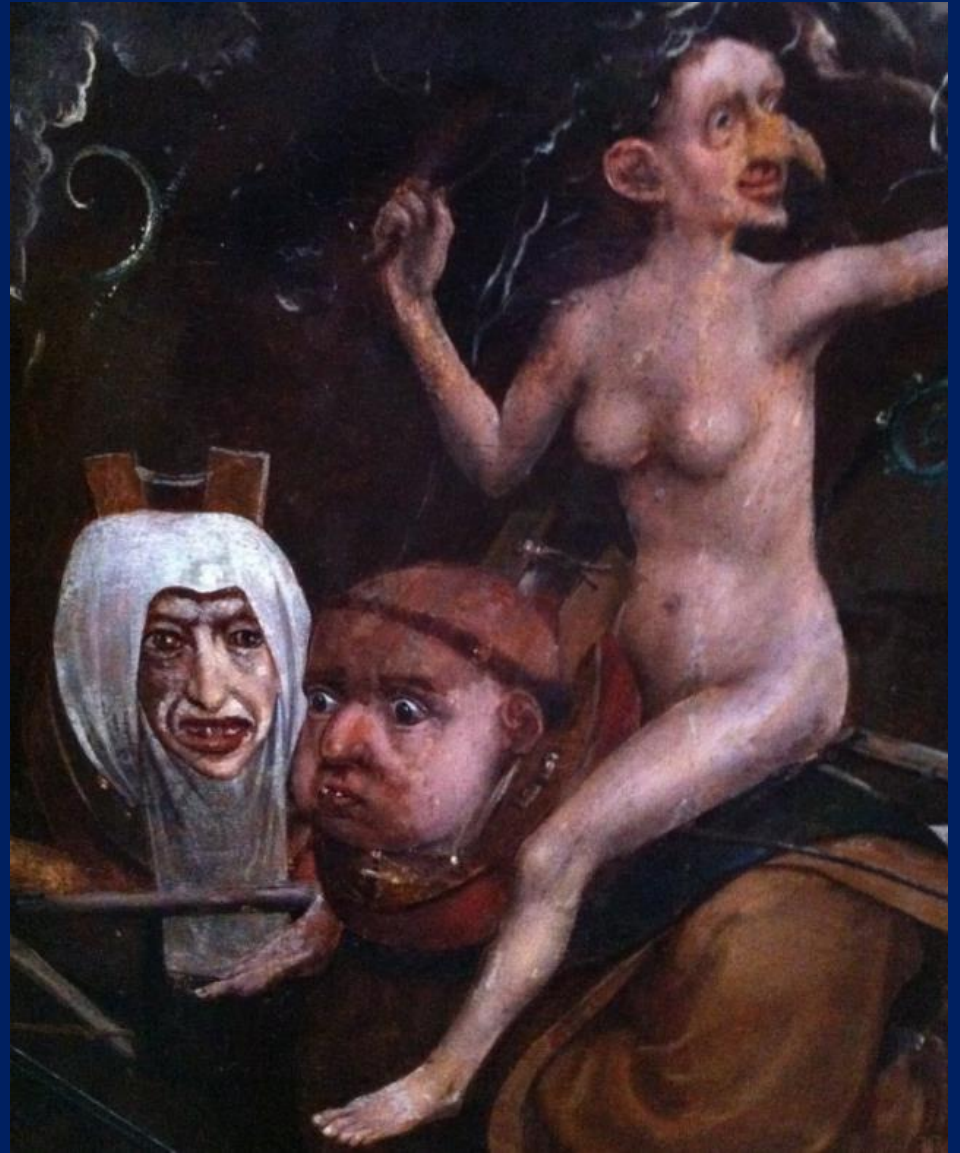
Our incapacity to deal with the true problems of some patients

Second

Our market driven influences

First

Our incapacity
to deal with
the true problems
of some patients



Jan Provoost, 1525, Le Jugement dernier. Detail.
Musée Groeninge. Bruges

Comportamento doentil

Somatization

Worried well

Somatoform disorder

Somatic fixation

Está na sua cabeça

Você não tem nada

Abnormal illness behaviour

Non disease syndrome

Hipocondria

Functional somatic syndromes

Excessivamente preocupado

Non disease disease

Histeria

Medically unexplained symptoms

Second

Our market
driven influences



Pieter Pourbus, 1536, Detail.
Musée Groeninge. Bruges



Let's see if we can approach those phenomenons by a careful analysis of the daily activities of family doctors

Let's consider

The patient doctor relationships

The hope and wishes of each of them

Their propensities

Their roles and agendas

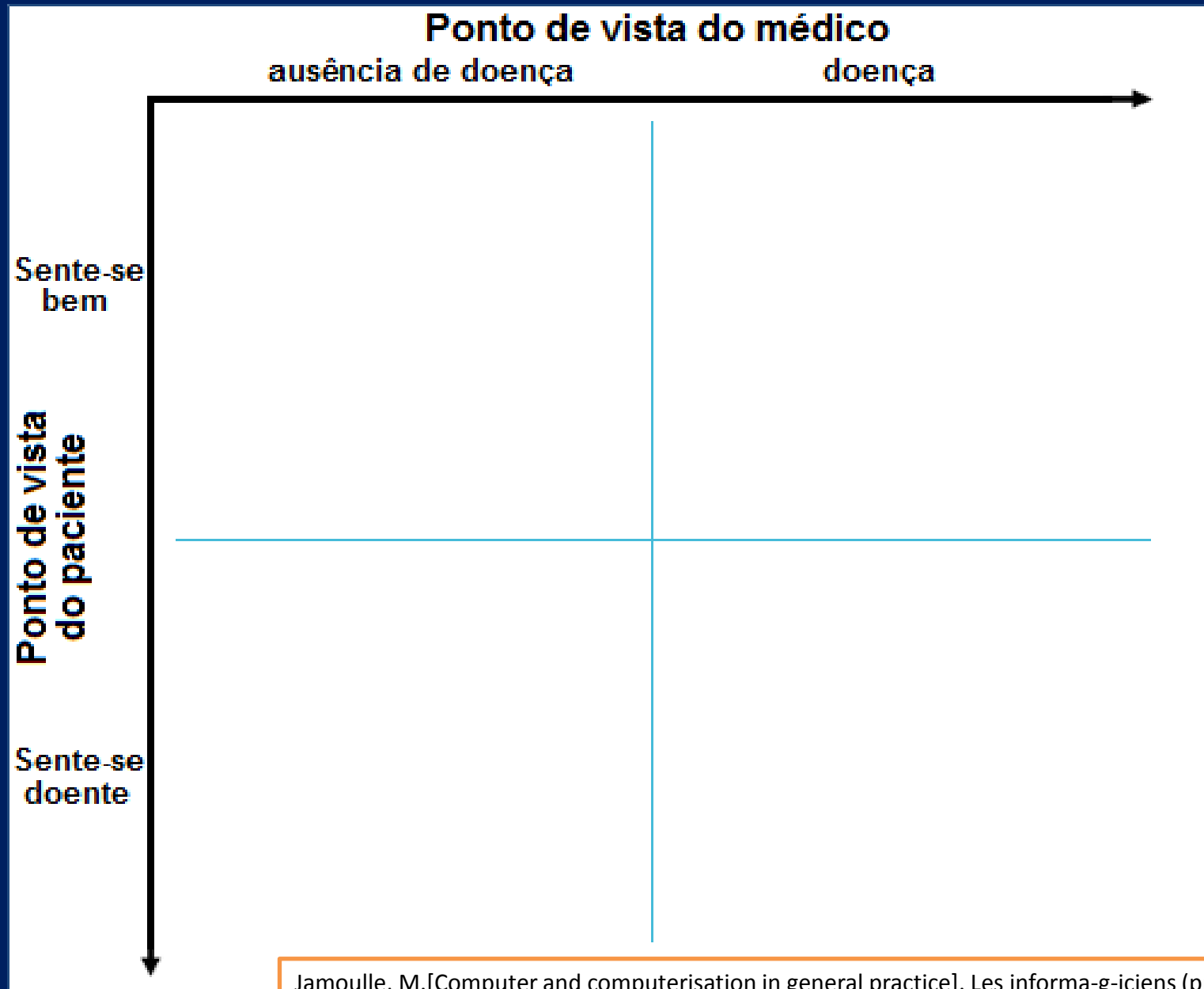
Please just forget the term « prevention » for a moment

When a patient meets a doctor



© Stephen Feldman

A patient meets a doctor



Jamoulle, M.[Computer and computerisation in general practice]. Les informa-g-iciens (pp. 193–209). Presses Universitaires de Namur. 1986

A patient meets a doctor

Ponto de vista do médico

ausência de doença

doença

α

Sente-se bem

Não

Talvez sim

Ponto de vista do paciente

Sente-se doente

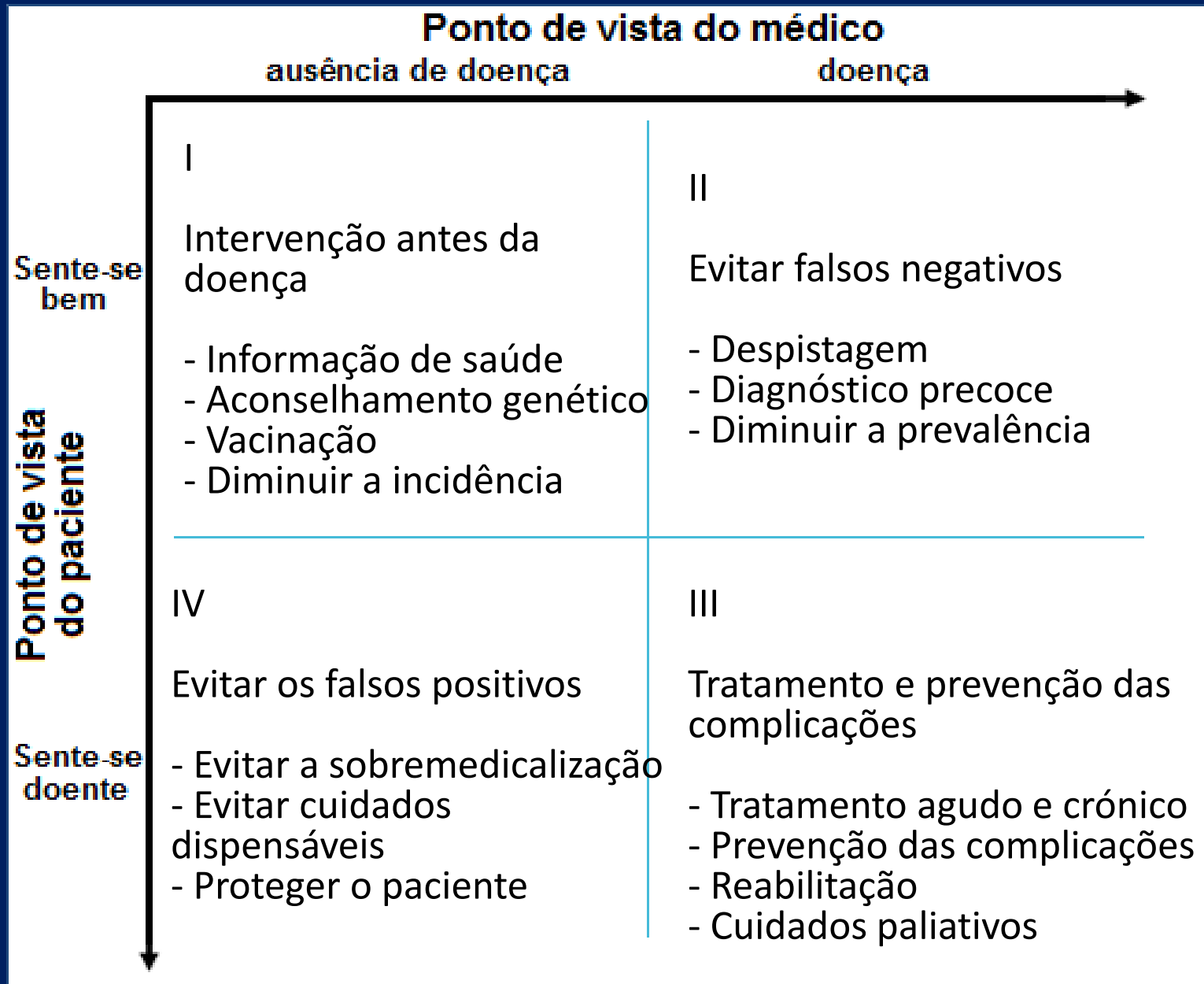
Talvez não

Sim

Ω



A patient meets a doctor



VAMOS OLHAR AS DEFINIÇÕES

Como publicado no

Bentzen N. Wonca Dictionary of General/Family
Practice. Maanedsskr. Copenhagen.2003

Surprisingly, the definitions of prevention I, II & III fit perfectly in areas I, II & III

Ponto de vista do médico

ausência de doença

doença

Sente-se bem

Ponto de vista do paciente

Sente-se doente

I

Acção desenvolvida para evitar ou eliminar a causa de um problema de saúde de um indivíduo ou de uma população antes do seu aparecimento (exemplo: imunização)

II

Acção levada a cabo para prevenir o desenvolvimento de um problema de saúde desde uma fase inicial num indivíduo ou numa população, encurtando a sua evolução e duração (exemplo: rastreio HTA)

III

Acção desenvolvida para reduzir o efeito e/ou prevalência de problemas crónicos de saúde em indivíduos ou populações visando a minimização das alterações funcionais originadas por esses problemas (exemplo: prevenção das complicações da Diabetes)

The fourth field was evidently waiting for a definition

We had already proposed this one, which has been accepted by WICC and incorporated in the Wonca dictionary

Action taken to identify patient at risk of overmedicalisation, to protect him from new medical invasion, and to suggest to him interventions, which are ethically acceptable

Jamouille M, Roland M. Quaternary prevention. WICC annual workshop Hong Kong: Wonca congress proceedings. 1995

Ponto de vista do médico

ausência de doença

doença

Sente-se bem

Ponto de vista do paciente

Sente-se doente

I

Acção desenvolvida para evitar ou eliminar a causa de um problema de saúde de um indivíduo ou de uma população antes do seu aparecimento (exemplo: imunização)

II

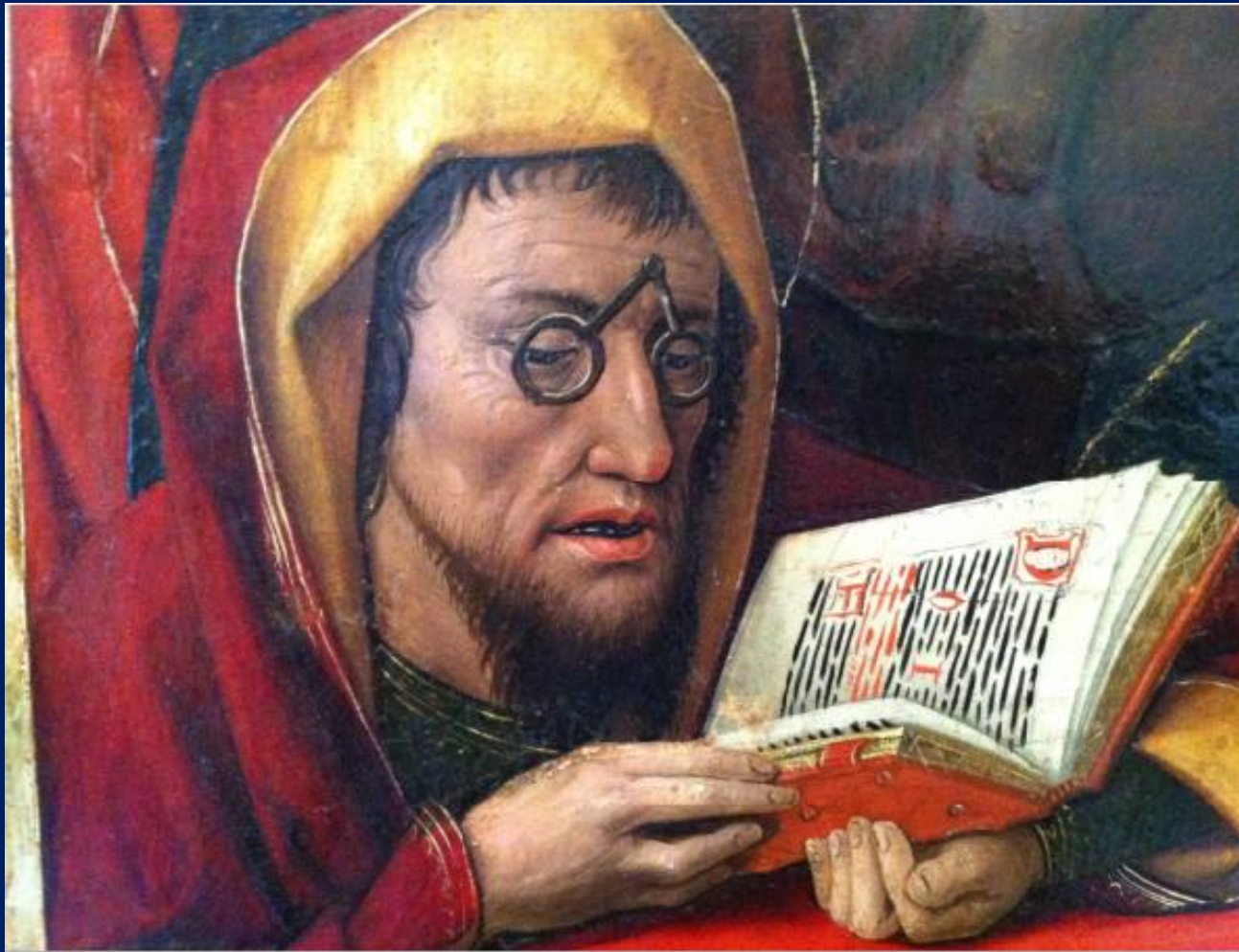
Acção levada a cabo para prevenir o desenvolvimento de um problema de saúde desde uma fase inicial num indivíduo ou numa população, encurtando a sua evolução e duração (exemplo: rastreio HTA)

IV

Acção levada a cabo para identificar indivíduos ou populações em risco de tratamento excessivo, a fim de os proteger de novas intervenções médicas inapropriadas e de lhes sugerir alternativas éticas aceitáveis

III

Acção desenvolvida para reduzir o efeito e/ou prevalência de problemas crónicos de saúde em indivíduos ou populações visando a minimização das alterações funcionais originadas por esses problemas (exemplo: prevenção das complicações da Diabetes)



Miguel Alcaliz
La légende de St Michel (détail)
Valence 1421
Musée des beaux arts, Lyon

This is called the Quaternary prevention concept which apply also in the three other fields

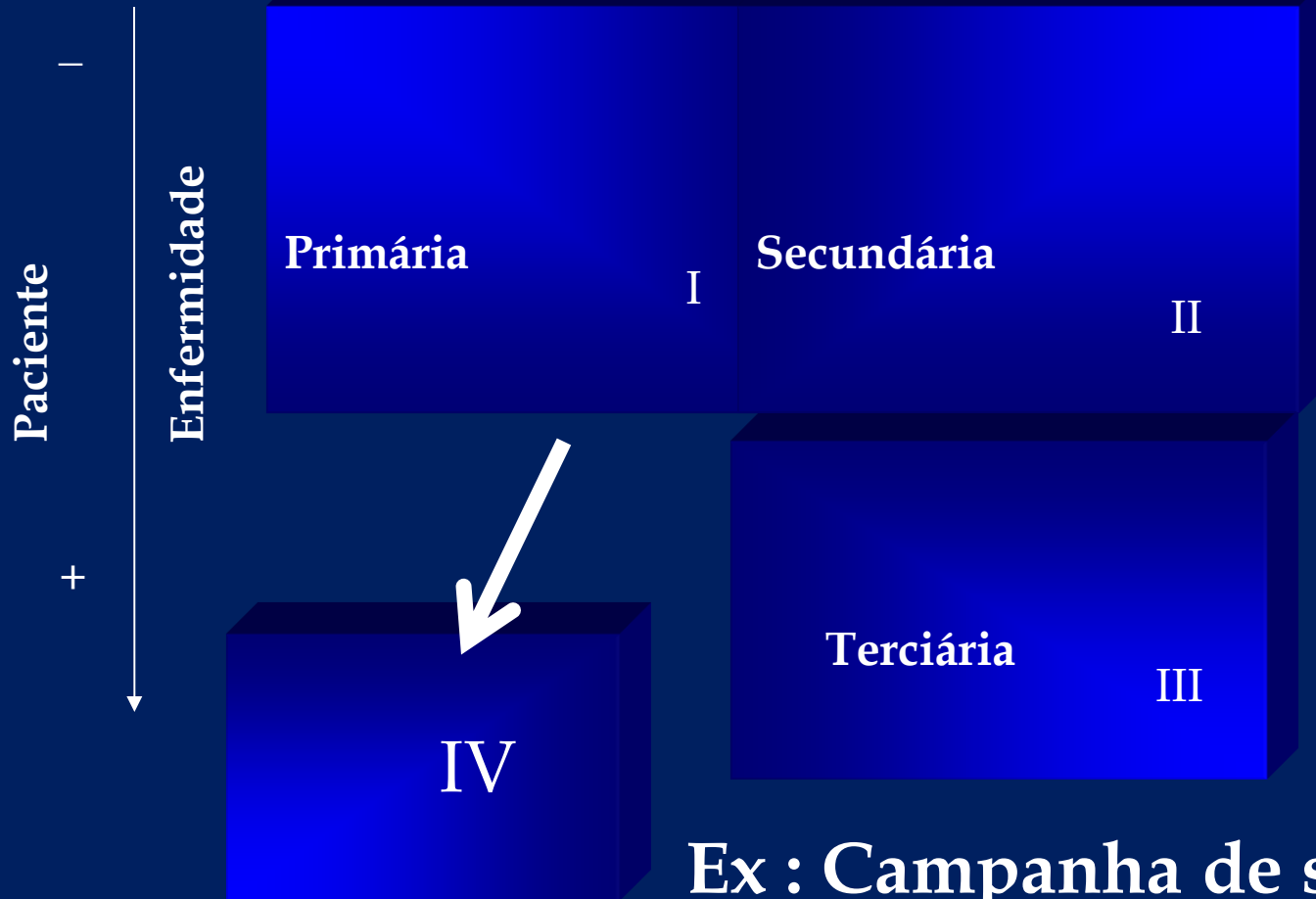
Preventing medicine

– Médico

+



Doença



Ex : Campanha de saúde inadequada. Useless immunisation

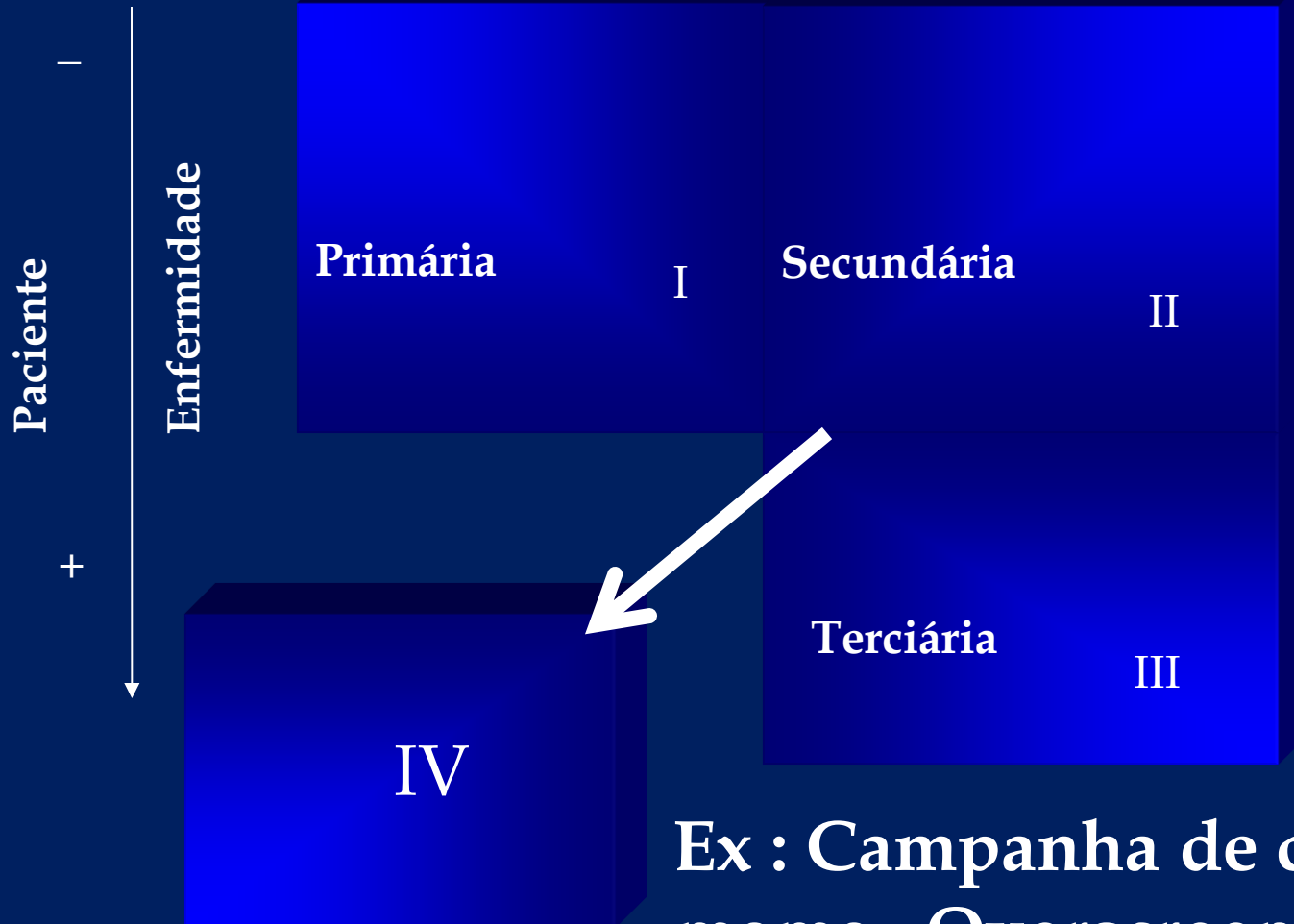
Preventing medicine

– Médico

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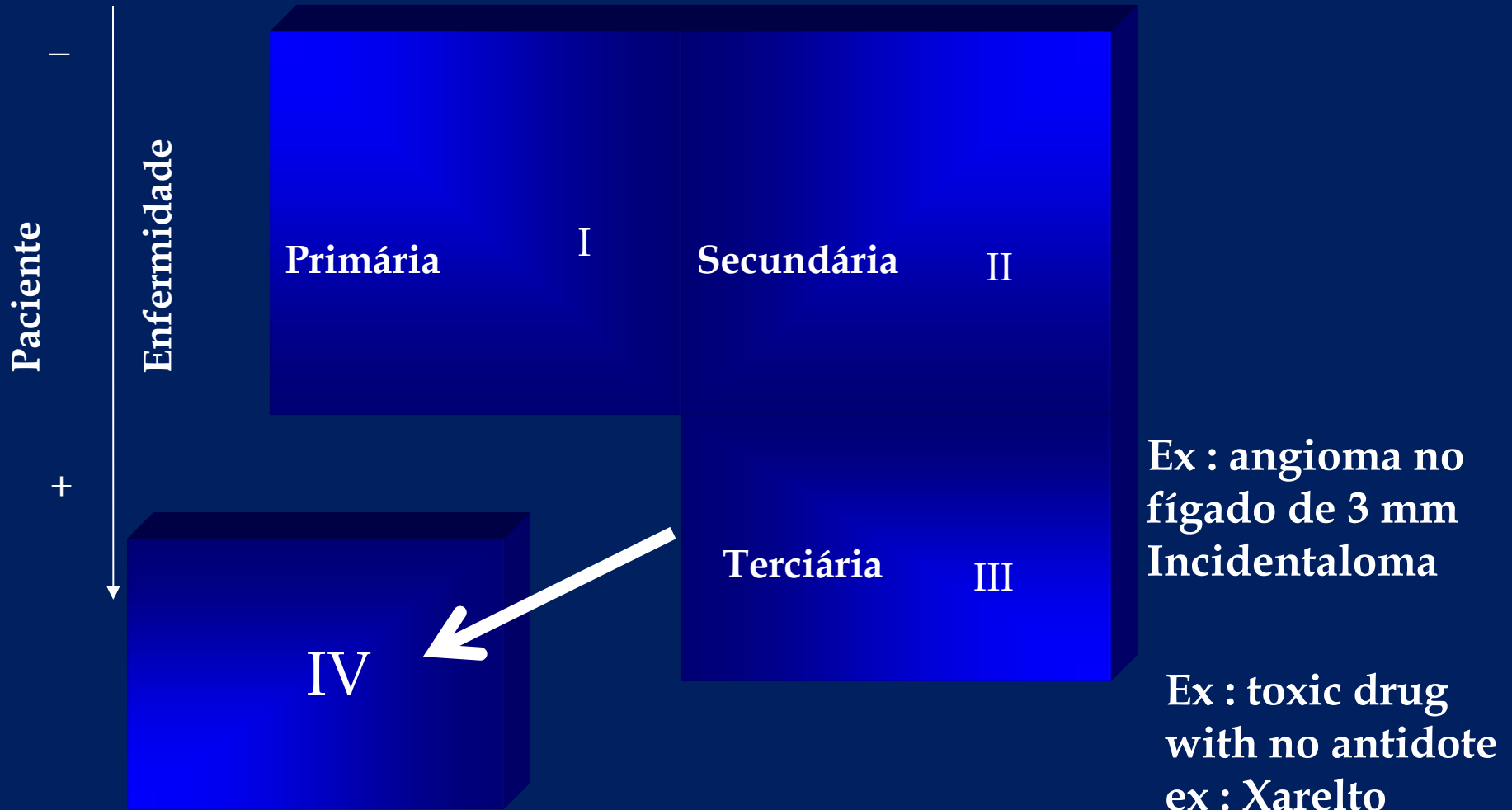
Doença



Ex : Campanha de câncer de mama
Overscreening

Preventing medicine

– Médico +
Doença →



Now you can see the
Quaternary prevention' s origin of the concept

More than a concept and a definition,
it's an attitude applicable to all field of activities in GP/FM

Do see the next table

That's a good definition of your daily job

As time is always with you, the term prevention
is no more needed

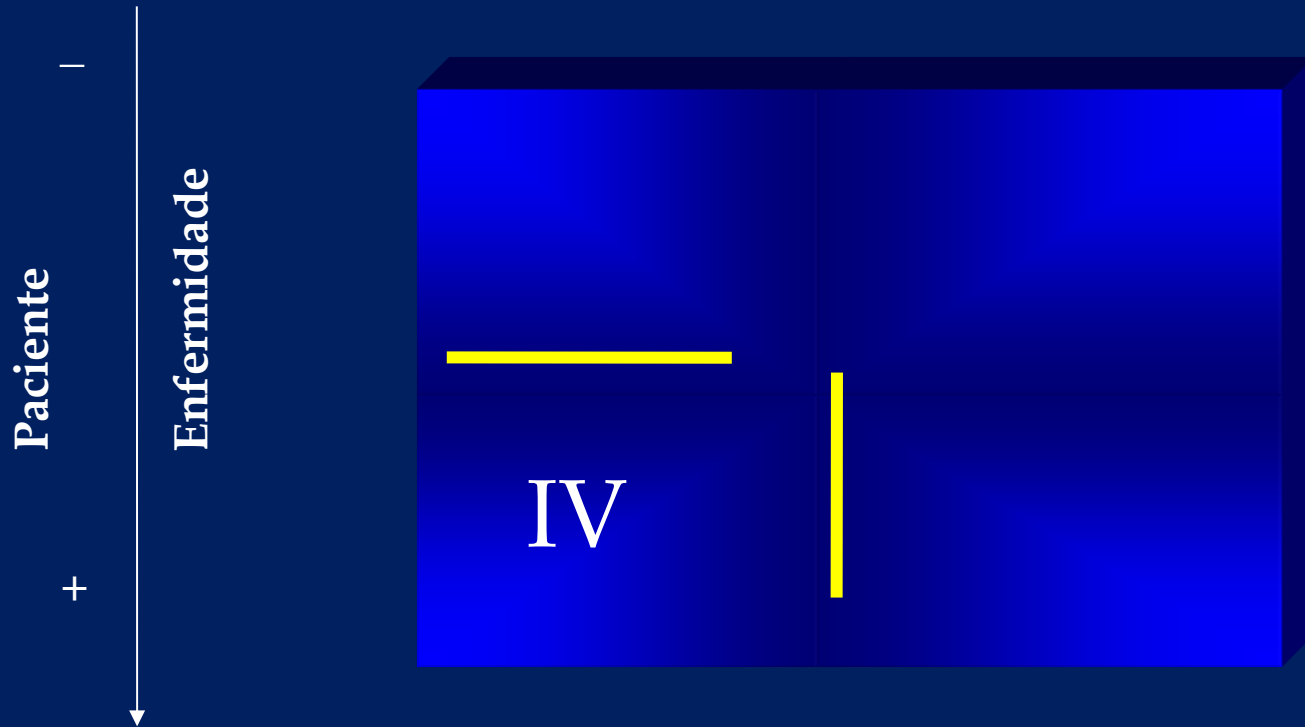
Action taken to avoid or remove the cause of a health problem in an individual or a population before it arises. Includes health promotion and specific protection (e.g. immunisation).

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 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 scientifically and ethically acceptable.

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.

How to apply ?



Quaternária
attitude



Escutar o paciente
Controlar a medicina

Listen to the patient

A symptom can hide a lot of problems, difficulties, hopes and duties for the patient

Pick any method to develop your personal skills:

- Communication skill training
- Balint group
- Team training & building
- Ethical seminars
- Self knowledge
- Learn empathy



Carpentier J. Medical Flipper. Cahiers libres,
402. Paris: la Découverte; 1989. .

Control medicine ; Free of smoke resources

International society of drug Bulletin ; <http://www.isdbweb.org/>
Prescrire fr ; <http://www.prescrire.org/fr/>
Groupe de Recherche et d'Action pour la Santé ; <http://www.groupe-recherche-actions-sante.com/>
Australian therapeutic guidelines; <http://www.tg.org.au/>
Canadian therapeutic initiative : <http://www.ti.ubc.ca/>
Belgian Minerva: <http://www.minerva-ebm.be>
The Cochrane Collaboration ; <http://www.cochrane.org/>
Finnish EBM guidelines ; <http://onlinelibrary.wiley.com/book/10.1002/0470057203>
Belgian EBM practicenet ; <https://www.ebmpracticenet.be/fr/Pages/Welkom.aspx>
Spanish Equipo Cesca ; <http://equipocesca.org/>
Belgian Centre for Pharmacovigilance : http://www.fagg-afmps.be/en/human_use/medicines/medicines/pharmacovigilance/bcph/
French centers for pharmacovigilance ; <http://www.centres-pharmacovigilance.net>
Brazilian Bireme ; <http://www.bireme.br/php/level.php?lang=pt&component=107&item=107>
Alter Dictionnaire ; <http://alterdictionnaire.homovivens.org/>
P4 groups Brazil, Peru, Uruguay, Argentina, Bolivia
Selling sickness movement : <http://sellingsickness.com/>
Right Care alliance ; <http://lowninstitute.org/right-care-alliance/>
Surmedicalisation France : <http://surmedicalisation.fr/>

.....

And read !



P4 groups & resources

- WICC <http://ph3c.org> Quaternary prevention rubric
- Argentine <http://prevencion4.com.ar/>
prevencion-cuaternaria@gruposyahoo.com.ar
- Brésil groups.google.com/forum/gtprevencaoquaternaria/
gtprevencaoquaternaria@gmail.com
Twitter @prevquaternaria
www.facebook.com/pages/Prevenção-Quaternária/
- Espagne SIAP2011@yahoogroups.com
- Uruguay www.facebook.com/pages/Prevención-Cuaternaria/

		ไม่มีโรค	ในมุมมองของแพทย์	โรค
รู้สึกดี	ในมุมมองของผู้ป่วย	<p>การป้องกันระดับปฐมภูมิ คือหลีกเลี่ยงหรือเอาสาเหตุของปัญหาสุขภาพ ทั้งในระดับปัจเจกบุคคลหรือกลุ่มประชากรโดยรวม ออกก่อนที่จะเกิดโรค รวมถึง การส่งเสริมสุขภาพและป้องกันแบบเฉพาะ เช่น การสร้างภูมิคุ้มกัน เป็นต้น</p>	<p>การป้องกันระดับทุติยภูมิ คือการตรวจเจอปัญหาสุขภาพตั้งแต่ระยะแรก ทั้งในระดับปัจเจกบุคคลหรือประชากรโดยรวม ด้วยวิธีดูแลรักษาหรือลดระดับ หรือป้องกันการแพร่กระจาย หรือ ป้องกันผลที่จะเกิดขึ้นในระยะยาว เช่น วิธีการคัดกรอง ค้นหาผู้ป่วยและวินิจฉัยตั้งแต่ระยะเริ่มต้น</p>	
		<p>การป้องกันระดับจตุภูมิ คือการระบุดัวผู้ป่วยหรือประชากรที่มีความเสี่ยงต่อการปฏิบัติทางการแพทย์ที่เกินความจำเป็น โดยปกป้องผู้ป่วยจากเครื่องมือทางการแพทย์ที่รุกรานตัวผู้ป่วยและจัดให้ผู้ป่วยได้รับการดูแลด้วยหลักการยอมรับทางจริยธรรม</p>	<p>การป้องกันระดับตติยภูมิ คือการลดภาวะเรื้อรังของปัญหาสุขภาพ ทั้งในระดับปัจเจกบุคคลหรือประชากรทั่วไป โดยพยายามลดการสูญเสียในทำหน้าที่ของร่างกายจากปัญหาสุขภาพทั้งในระยะเฉียบพลันและระยะเรื้อรัง</p>	
รู้สึกไม่ดี				

Next P4 event

Seminário Brasileiro de Prevenção Quaternária
em Atenção Primária à Saúde, Curitiba, Brazil

28/11/2013 a 01/12/2013 Promoção SBMFC e APRMFC

Program available on : <http://hamiltonwagner.com/>

I wish you all
a formative meeting

Just like picking up
grapes,
you need tools
and enthusiasm

Thank you

