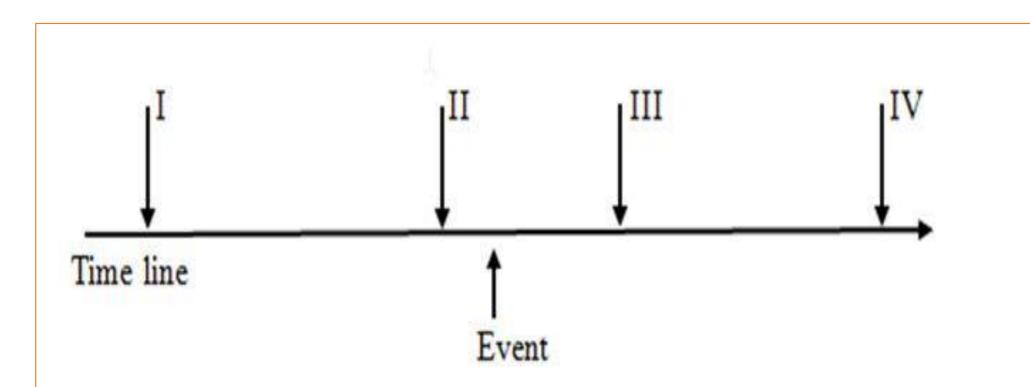
Wonca world Prague 2013

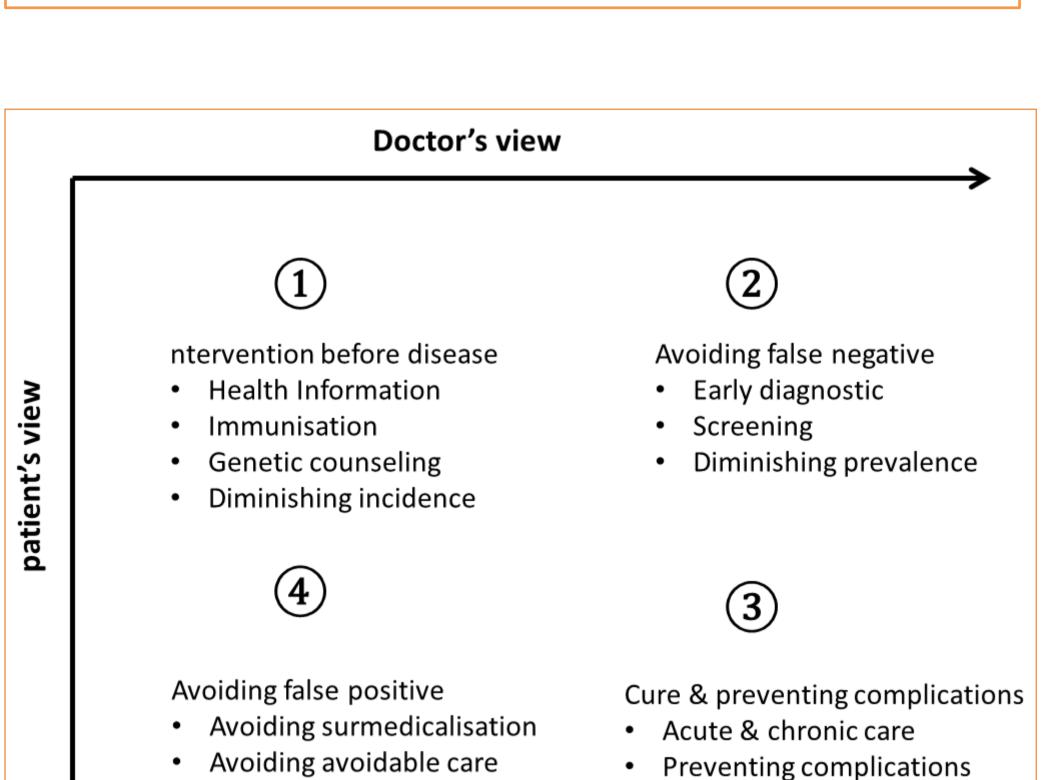
# Quaternary prevention

# From Wonca world Hong Kong 1995 to Wonca world Prague 2013

Marc Jamoulle, IRSS-UCL & Michel Roland, DMG-ULB. General practitioners, Belgium



Traditionally, clinical prevention is conceptualized as a medical activity before or after the occurrence of a condition. Primary prevention is used before any problem arises and encompass health education and promotion. The place of secondary prevention is unclear, sometimes used by cardiologists as prevention after an event. Tertiary is not really in use and quaternary has been proposed for palliative care. In this view, the patient is the object of care along time line. The condition is central.



Presented at Hong Kong Wonca world 1995, the 2x2 crosstab model, built on the patient doctor relationships, allows to define four fields of activities in GP/FM including also preventive activities along the time line.

# **Doctor's view**

# 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. immunisation).

Protecting the patient

Quaternary (prevention) 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.

# Secondary (prevention)

Rehabilitation

Palliative care

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).

# Tertiary (prevention)

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.

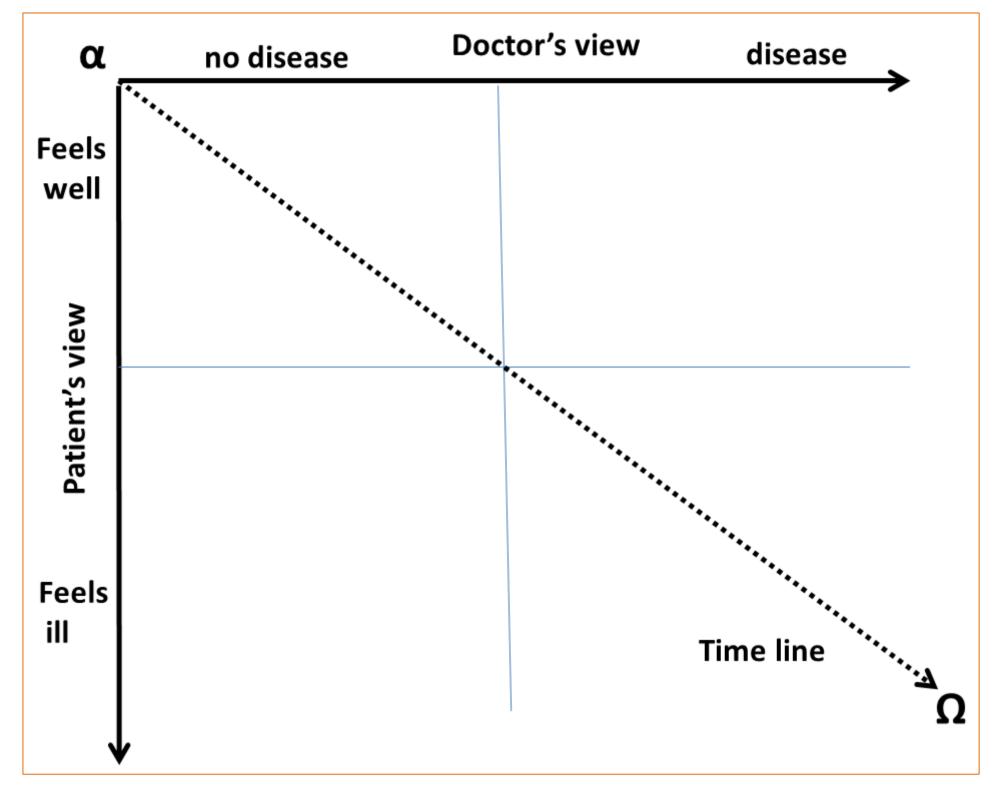
Quaternary prevention is more than a factual activity. It's a way of thinking about the job which applies in the other fields too (as shown by the arrow), covering such items as overmedicalisation by overinformation, overscreening, overdiagnosis, overtreatment, as well as avoidable care, protection of the patient and more generally the limits of medical care. Implicitely, patients and populations deprived of care are also in this field wich covers undermedicalisation too.

P4 challenges also such strange diagnostics as « No disease disease - Medically unexplainded symptoms - Worried well – Difficult patient - Functional somatic syndromes - Somatoform disorder -Abnormal illness behaviour (unlimited list)

1986

1995

1999



In this model, built on the 2x2 crosstab model, prevention is presented as the result of the relationships between patient and doctor. The doctor is looking for disease while the patient will feel sick one day. The 2x2 crosstab model allows representing 4 fields of activities along the time line which includes traditional preventive ones. In this view, time line cross the two folds table. Working along the time line, called also prevention, is the bread and butter of family doctor along the life of the patients and patients and doctors will meet at the end, suffering and dying together (point  $\Omega$ )

# **Doctor's view**

### 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. immunisation).

# Action taken to detect a health

Secondary (prevention)

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).

Avoiding false positive

- Avoiding surmedicalisation
- Avoiding avoidable care Protecting the patient

**Tertiary (prevention)** 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

The 3 definitions of Primary, Secondary and Tertiary prevention already published in 1995 in the Wonca glossary of GP/FM fit perfectly in the 2x2 crosstab model.

rehabilitation.

The definition of the missing field, the fourth one, called Quaternary Prevention, proposed at the Durham WICC meeting has been endorsed by the whole WICC group by standing ovation and edited in the Wonca dictionary of GP/FM in 2003

# A quick growing P4 network

- WICC http://ph3c.org Quaternary prevention rubric
- Argentine <a href="http://prevencion4.com.ar/">http://prevencion4.com.ar/</a>

prevencion-cuaternaria@gruposyahoo.com.ar

- http://docpatient.net/mj/P4\_citations.htm Belgium
- groups.google.com/forum/gtprevencaoquaternaria/ Brazil

gtprevencaoquaternaria@gmail.com

Twitter @prevquaternaria www.facebook.com/pages/Prevenção-Quaternária/

http://earthcitizenshealth.blogspot.com Iran

- SIAP2011@yahoogroups.com Spain
- Uruguay www.facebook.com/pages/Prevención-Cuaternaria/

# Quaternary prevention concept is spreading quickly worldwide

- 2008 Adopted by European Union of General Practioners (UEMO)
- Workshop at Basel Wonca Europe congres
- 2010 Conference at Brazilia
- Conference at French congress of GP/FM, Nice(fr)
- SIAP Seminar by Equipo Cesca at Barcelona (sp) 2011
- Seminars at Buenos Aires, Mendosa & Rio de la Plata (ar) 2012
- Seminars at Harvard (us), Lausanne (ch) & Paris (fr) 2013
- Opening session of the annual congress of SBMFC, Belem (br) & APMGF, Covilhã (po) 2013
- Workshop at Prague Wonca world congress 2013

# Main citations

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