Prevenção Quaternária e limites em medicina

Marc Jamoulle

Médico de família, Espace Temps maison de santé, Charleroi, Belgica; pesquisador na atenção primária, IRSS UCL, Bruxelas

http://www.uclouvain.be/irss.html marc.jamoulle@uclouvain.be
I am a practicing GP working in a multicultural team with multicultural patients.

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

Medically unexplained symptoms

Somatic fixation

Non disease syndrome

Abnormal illness behaviour

Somatoform disorder

Somatization

Comportamento doentil

Worried well

Você não tem nada

Está na sua cabeça

Hipocondria

Histeria

Excessivamente preocupado

Non disease disease

Functional somatic syndromes
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

A patient meets a doctor

Ponto de vista do médico
ausência de doença  doença

Sente-se bem
Sente-se doente

Não  Talvez sim
Talvez não  Sim

Ω
A patient meets a doctor

Ponto de vista do médico

<table>
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<tr>
<th>ausência de doença</th>
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<td>Intervenção antes da doença</td>
<td>Evitar falsos negativos</td>
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<td>- Informação de saúde</td>
<td>- Despistagem</td>
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<td>- Aconselhamento genético</td>
<td>- Diagnóstico precoce</td>
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<td>- Vacinação</td>
<td>- Diminuir a prevalência</td>
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<td>- Diminuir a incidência</td>
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<th>III</th>
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<tr>
<td>Tratamento e prevenção das complicações</td>
<td>Evitar os falsos positivos</td>
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<td>- Tratamento agudo e crónico</td>
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<td>- Prevenção das complicações</td>
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<td>- Reabilitação</td>
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<td>- Cuidados paliativos</td>
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Surprisingly, the definitions of prevention I, II & III fit perfectly in areas I, II & III
Ponto de vista do médico

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Sent-se bem

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: rastreamento HTA)

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Sent-se doente

I

Acção desenvolvida para reduzir o efeito e/ou prevalência de problemas crónicos de saúde em indivíduos ou populações visando a minimização das alterações funcionais origina-das 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.

Jamoulle M, Roland M. Quaternary prevention. WICC annual workshop Hong Kong: Wonca congress proceedings. 1995
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.
This is called the Quaternary prevention concept which apply also in the three other fields
Ex: Campanha de saúde inadequada. Useless immunisation.
Preventing medicine

- Médico

Doença

- Paciente

Ex: Campanha de câncer de mama Overscreening
Preventing medicine

- Médico

Doença

+ Médico

- Paciente

Enfermidade

Primária

Secundária

Terciária

IV

Ex: angioma no fígado de 3 mm
Incidentaloma

Ex: toxic drug with no antidote
ex: Xarelto
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?

- Médico +

Doença

- -

Paciente +

Enfermidade

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
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.grouperecherchercheactionsante.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/
Belgian EBMpracticenet ; https://www.ebmpracticenet.be/fr/Pages/Welkom.aspx
Spanish Equipo Cesca ; http://equipocesca.org/
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/
การป้องกันระดับตัวภูมิคือการควบคุมผู้ป่วยหรือประชากรที่มีความเสี่ยงต่อการปฏิบัติทางการแพทย์ที่เกินความจำเป็น โดยปกป้องผู้ป่วยจากเครื่องมือทางการแพทย์ที่รุกฉ赠ตัวผู้ป่วยและจัดให้ผู้ป่วยได้รับการดูแลด้วยหลักการย้อมรับทางจริยธรรม

การป้องกันระดับทุติยภูมิคือการตรวจสอบปัญหาสุขภาพตั้งแต่ระยะแรก ทั้งในระดับปัจจุบันบุคคลหรือประชากรโดยรวม ออกแบบที่จะเกิดโรค รวมถึงการส่งเสริมสุขภาพและป้องกันแบบเฉพาะ เช่น การสร้างภูมิคุ้มกันเป็นต้น

Thai translation by Seekaow Churproong, MD
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