



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

COLLEGE OF PROFESSIONAL AND
CONTINUING EDUCATION
專業及持續教育學院

Community Health Practitioners Roles in Primary Care

Dr Ben Fong

2018

Primary Prevention

- preventing the onset of disease
- aims to reduce the incidence of disease
- interventions that are applied before there is any evidence of disease or injury
- Examples include protection against the effects of a disease agent, as with vaccination.

Secondary Prevention

- tries to reduce the number of new or severe cases of a disease
- tries to intervene and hopefully put an end to the disease before it fully develops
- Screening , eg Pap Smear
- Identify those with chronic illnesses at risk of hospital admission.

Tertiary Prevention

- trying to improve quality of life and reduce the symptoms of a disease among patients
- Rehabilitation – To prevent further deterioration of condition and restore usual functional capacity as far as possible

Quaternary Prevention

- defined as an ‘action taken to protect individuals from medical interventions that are likely to cause more harm than good.
- “Do No Harm!”
- Prevention of side effects of medical intervention.

Martins, C. et al. (2018) Quaternary prevention: reviewing the concept.
[Eur J Gen Pract.](#);24(1): 106–111. doi: [10.1080/13814788.2017.1422177](https://doi.org/10.1080/13814788.2017.1422177)

Community Health Practitioners

社區健康師

- Health Promotion Practitioners
- Health Management Practitioners 健康管理師
- Qualifications: graduates of health studies (SPEED) (The-i), community health practice & public health (CUHK), Master of Public Health (HKU, CUHK)
- Professional Organisation – Hong Kong College of Community Health Practitioners (HKCCHP)
香港社區健康學院

Community Health Practitioners

- Health Promotion
- Health Education
- Health Advice
- Project Planning and Development
- Project Management
- Research – Policy, Financing, Service Models
- Education and Training

Community Health Practitioners

- Primary Prevention –
 - monitor health behaviours of citizens and actions of the community
 - health promotion and education
- Secondary Prevention –
 - identify people at risk and avoid new cases
 - advice on screening

Community Health Practitioners

- Tertiary Prevention –
 - restore functions and improve quality of life
 - rehabilitation and monitoring

- Quaternary Prevention –
 - avoid harmful medical intervention
 - health advice and counselling

community based care for chronic illnesses

Diabetes mellitus as an example

- Primary Prevention –
 - health promotion and education
 - life style modification
- Secondary Prevention –
 - advice on screening
 - urine and blood tests (fasting glucose, HbA1c)
- Tertiary Prevention –
 - improve quality of life
 - exercise, nutrition
- Quaternary Prevention –
 - health advice and counselling
 - drug compliance, medication review

Community Based Care

- Community Health Centre
- Team - doctors, nurses, physiotherapists, occupational therapists, dieticians, pharmacists, clinical psychologists, social workers, community health practitioners
- Patient-centred care
- Education and prevention
- Self-management
- Other community services – medical, health, social

Community Based Care

- Reduce incidents of chronic cases
- Monitor disease progress
- Improve quality of life
- Case management
- Decrease workload of other health professionals
- Help to save the health dollars
- Healthy community

Community Health Practitioners

- roles in primary care

- Enhance community action and capacity to avoid exposing to health risks - positive health.
- Well-trained health promotion practitioners to empower and monitor health behaviours of citizens and actions of community.



Secretary for Food and Health - "The Government will continue to foster co-operation across sectors and work in close partnership with the community and members of the public to build a health-enhancing physical and social environment and promote the health of all Hong Kong people."