

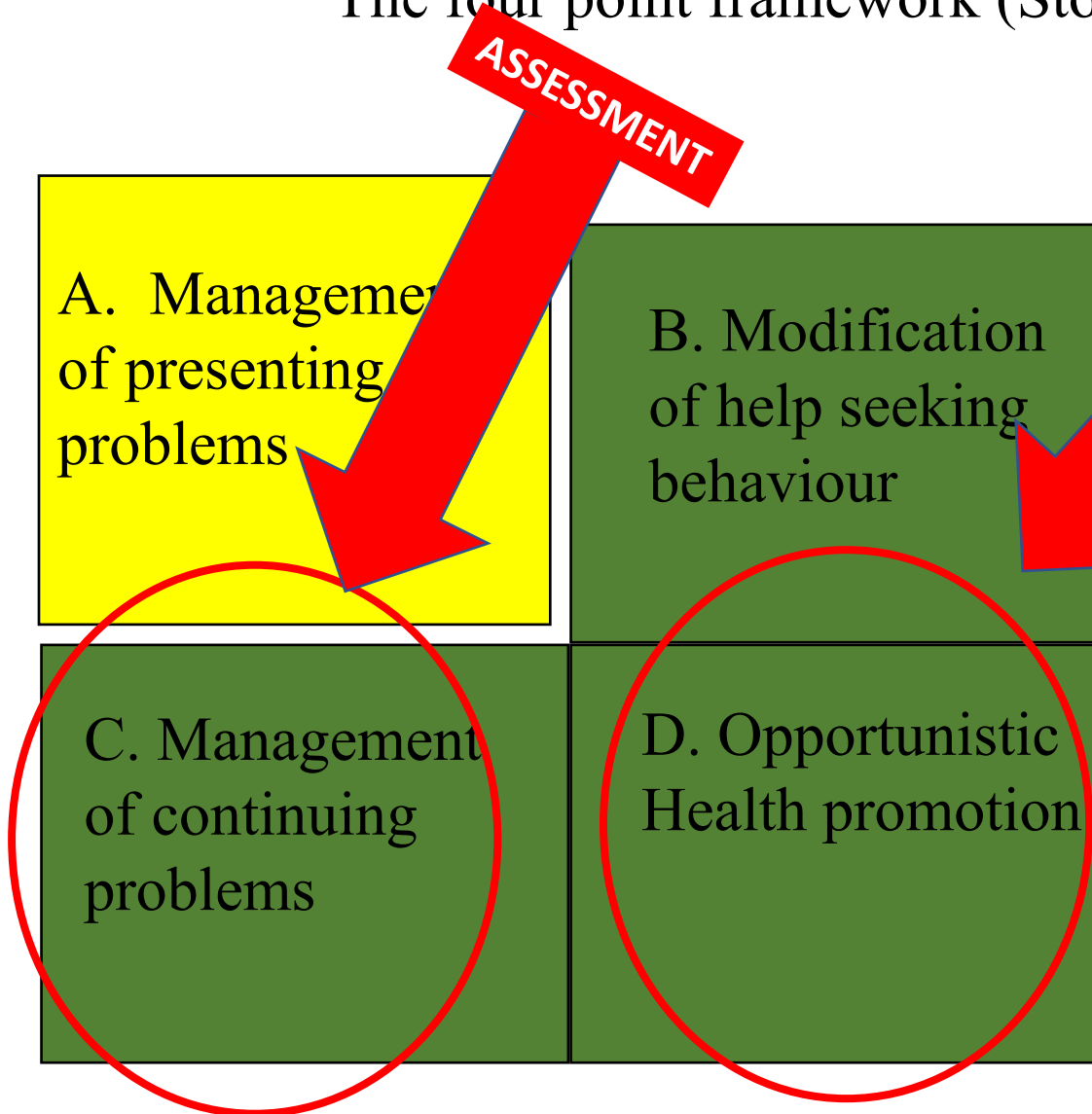


# Risk assessment and health promotion of the healthy patient in primary care

## PART 2

Giuseppe Parisi

# The four point framework (Stott e Davis, 1979)

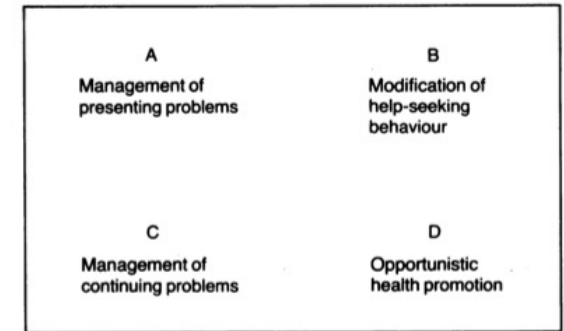


...the content of primary care rather than an aid to individual patient care which can be applied simply and quickly. A rift still exists between our understanding of the theory and practice of primary care and this has serious implications for teachers, patients, and students.

What appears to us to be missing is an acceptable concept of the practical potential in every single consultation in primary care which can be easily memorized, understood, and used. The basis of such a concept should be intimately related to the decisions which can face every primary care physician, whatever his or her educational background and within whatever system of care he or she operates.

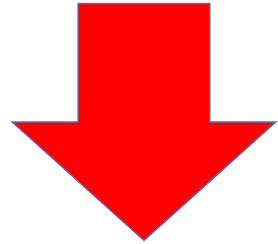
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**Figure 1.** The potential in each primary care consultation – an aide-memoire.



# Health promotion

Patient is a coacher not a  
passenger

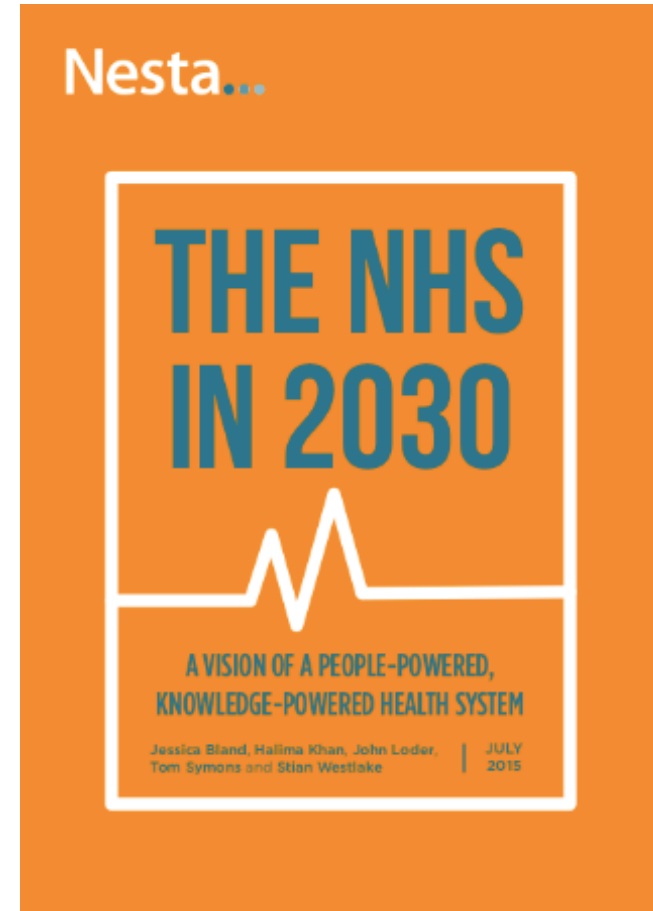


Which tools?

- New tools
  - Partecipate medicine
    - Patient whith information control
    - Web discussion between patients
- Classical tools
  - Counselling
  - Motivational interview

# Partecipative medicine

- New digital technologies also allow people to track and analyse their own health data, and to share this and other health knowledge with others in ways that will aid prevention and management of long-term illnesses.



# Health promotion

## **COUNSELLING**

- The doctor doesn't advise the patient about doing something
- The doctor elicits reflection
- The patient decides autonomously

## **MOTIVATIONAL INTERVIEW**

- Not focused on consequences
- Focused on understanding of the situation of the patient
- Doctor reinforces the motivation to change

# Promoting healthy lifestyles: is it effective?

## Recommendation for cost-effective prevention of cardiovascular disease

Recommendation	Class <sup>a</sup>	Level <sup>b</sup>	Ref <sup>c</sup>
Measures aimed at promoting healthy lifestyles at the population level should be considered.	<b>Ia</b>	<b>B</b>	12, 13

<sup>a</sup>Class of recommendation.

<sup>b</sup>Level of evidence.

<sup>c</sup>Reference(s) supporting recommendations.