

THE VALUE OF PREVENTION

- Knowledge Attitude Practice** After working through this lesson, participants will be able to:
1. Understand that disease prevention can save more lives than curative treatment.
 2. Value of preventing disease.
 3. See that there are no adverse effects to health education.
- Overview** Thanks to Ellie Goolkasian Lugo for this lesson. Teach this lesson after *The 3 Things*.
- Materials** Collect these items before beginning the lesson:
- Poster-size paper, markers, and masking tape
 - *The Value Of Prevention* Role Play
 - Handouts:
 - *The 3 Things*

LESSON (Facilitator's instructions highlighted) 60 minutes

The Value Of Prevention Role Play - Starter: (5 minutes)

Use the *The Value Of Prevention* role play attached to this lesson and ask for volunteers to act it out.

One person interviews two healthcare providers.

Int "How do you feel when the medicine or treatment that you prescribed or administered made a sick person well?"

HCP 1 "Great! It's the best thing that can happen."

HCP 2 "Definitely, I agree! It makes me feel worthwhile as a physician."

HCP 1 "Any nurse or doctor thrills to see a patient return to health."

Int "How do you feel when you keep someone from getting sick in the first place?"

HCP 1 "Well, um, I don't know!"

HCP 2 "That's difficult to answer—we can't predict who will benefit from preventative measures."

HCP 1 "So we don't feel anything, I guess!"

Ask SHO Questions:

What did you **S**ee?

What was **H**appening?

Does this happen in **O**ur place?

I. Why are Health Care Providers often not Excited about Preventing Disease? (10 minutes)

Instructions: Discuss in large group. Pretend that you are a doctor or a nurse as you answer.

A. Ideas

1. It's impossible to know who we "saved" from getting sick through our education.
2. We don't see the results of our preventative efforts as easily as with cure.
3. Our training focuses on preventing diseases.
4. We work mostly in hospitals and clinics.

5. We do prevention! We give vaccines.

II. Preventing Premature Heart Disease, Stroke, Diabetes and Cancer (10 minutes)

Instructions: What percentage of Premature Heart Disease, Stroke, Cancer, and Diabetes did we learn could be prevented through “The Three Things?” Show the 3 Things illustration. Discuss in large group.

- A. 80% of Premature Heart Disease
 - B. 80% of Stroke
 - C. 80% of Diabetes
 - D. 40% of Cancer
-

III. Preventing and Treating High Blood Pressure and Diabetes (20 minutes)

Instructions: Divide into 2 groups. Group 1 will decide how to treat someone with high blood pressure curatively and steps to take to prevent the problem. Group 2 will discuss ways to treat and prevent diabetes.

- A. High blood pressure
 - 1. Preventing high blood pressure
 - Low sodium diet
 - High fiber diet
 - Plant based diet
 - Avoid processed foods
 - Avoid bad fats
 - Exercise
 - Reduce your weight
 - Cut down on stress
 - Pray
 - Peace with God
 - Don't smoke
 - 2. Treating high blood pressure
 - Medications
 - Lose weight
 - Healthy lifestyle
 - B. Diabetes
 - 1. Preventing diabetes
 - Healthy diet
 - Regular meals
 - Lose weight
 - Normal body mass index
 - Regular exercise
 - 2. Treating diabetes
 - Medicines such as insulin
 - Treat complications of diabetes
 - Diabetes can lead to food problems, blindness, heart problems, and even amputation
 - Some of these complications can be prevented with good care.
-

IV. Prevention vs. Treatment (10 minutes)

Instructions: Discuss in large group.

A. What problems can medications cause?

1. All medications have side effects.
2. Many medications are expensive.
3. Many times there are errors in giving medicines.
4. Harm from medicines is a leading cause of death.

B. What are some advantages of preventing illnesses?

1. Prevention can be done at home.
 2. We can prevent illnesses in our own community.
 3. Prevention is less expensive and more convenient.
 4. Prevention has no bad side effects, only good ones!
 5. We can prevent far more suffering and deaths through prevention than by curative measures.
-

THE VALUE OF PREVENTION – STARTER

One person interviews two healthcare providers.

- Int “How do you feel when the medicine or treatment that you prescribed or administered made a sick person well?”
- HCP 1 “Great! It’s the best thing that can happen.”
- HCP 2 “Definitely, I agree! It makes me feel worthwhile as a physician.”
- HCP 1 “Any nurse or doctor thrills to see a patient return to health.”
- Int “How do you feel when you keep someone from getting sick in the first place?”
- HCP 1 “Well, um, I don’t know!”
- HCP 2 “That’s difficult to answer—we can’t predict who will benefit from preventative measures.”
- HCP 1 “So we don’t feel anything, I guess!”

THE VALUE OF PREVENTION – STARTER

One person interviews two healthcare providers.

- Int “How do you feel when the medicine or treatment that you prescribed or administered made a sick person well?”
- HCP 1 “Great! It’s the best thing that can happen.”
- HCP 2 “Definitely, I agree! It makes me feel worthwhile as a physician.”
- HCP 1 “Any nurse or doctor thrills to see a patient return to health.”
- Int “How do you feel when you keep someone from getting sick in the first place?”
- HCP 1 “Well, um, I don’t know!”
- HCP 2 “That’s difficult to answer—we can’t predict who will benefit from preventative measures.”
- HCP 1 “So we don’t feel anything, I guess!”

THE VALUE OF PREVENTION – STARTER

One person interviews two healthcare providers.

Int “How do you feel when the medicine or treatment that you prescribed or administered made a sick person well?”

HCP 1 “Great! It’s the best thing that can happen.”

HCP 2 “Definitely, I agree! It makes me feel worthwhile as a physician.”

HCP 1 “Any nurse or doctor thrills to see a patient return to health.”

Int “How do you feel when you keep someone from getting sick in the first place?”

HCP 1 “Well, um, I don’t know!”

HCP 2 “That’s difficult to answer—we can’t predict who will benefit from preventative measures.”

HCP 1 “So we don’t feel anything, I guess!”

THE 3 THINGS

THE 3 THINGS



The World Health Organization
reports that at least

80% of Premature Heart Disease
(#1 Cause of Death)

80% of Stroke (#3 Cause of Death)

80% of Diabetes (#6 Cause of Death)

40% of Cancer (#2 Cause of Death)
and **NUMEROUS** other conditions

Can be Prevented by

YOU

Doing Just **3** Things

(Much more important than all
of our hospitals & clinics, doctors & nurses,
and drugs & surgeries combined.)