

Health Promotion and Disease Prevention

****Advanced Certificate in Discharge Planning in Health and Social Care:**** A professional certification that focuses on the process of planning and coordinating a patient's discharge from a healthcare facility to their home or another care setting. The course covers various topics related to discharge planning, including health promotion and disease prevention.

****Case Management:**** A collaborative process of assessment, planning, facilitation, care coordination, evaluation, and advocacy for options and services to meet an individual's and family's comprehensive health needs through communication and available resources to promote quality, cost-effective outcomes.

****Chronic Disease:**** A long-lasting condition that can be managed but not cured. Examples include heart disease, diabetes, and cancer.

****Community-Based Care:**** Healthcare services provided in the community, such as in a patient's home, community center, or primary care clinic, rather than in a hospital or other institutional setting.

****Disease Prevention:**** A set of strategies aimed at preventing the onset of diseases or reducing their impact. This can include vaccination, lifestyle modifications, and screening for early detection.

****Discharge Planning:**** The process of coordinating a patient's transition from a healthcare facility to their home or another care setting. This includes arranging for necessary medical equipment, home health care, and community services.

****Evidence-Based Practice:**** The use of research evidence to inform and guide clinical decision-making and practice.

****Health Education:**** The process of educating individuals and communities about healthy behaviors and lifestyle choices to prevent disease and promote overall health and well-being.

****Health Promotion:**** A set of strategies aimed at enabling individuals and communities to increase control over their health and its determinants, and thereby improve their health.

****Home Health Care:**** Medical care and support services provided in a patient's home, such as skilled nursing, physical therapy, and occupational therapy.

****Integrated Care:**** A healthcare approach that aims to bring together different services and providers to provide coordinated, patient-centered care.

****Interdisciplinary Team:**** A group of healthcare professionals from different disciplines, such as nursing, social work, and therapy, who work together to provide comprehensive care to a patient.

****Patient-Centered Care:**** An approach to healthcare that focuses on the individual needs, preferences, and

values of the patient, and provides care that is respectful and responsive to those needs.

****Precision Medicine:**** A healthcare approach that tailors treatment and prevention strategies to the individual characteristics of each patient, including their genetic makeup, lifestyle, and environment.

****Prevention:**** The act of stopping something before it happens. In healthcare, prevention can refer to strategies aimed at preventing the onset of diseases or reducing their impact.

****Primary Prevention:**** Strategies aimed at preventing diseases before they occur, such as vaccination and lifestyle modifications.

****Public Health:**** The science and practice of promoting and protecting the health of communities and populations.

****Rehabilitation:**** The process of helping a patient recover and regain function after an illness or injury.

****Risk Assessment:**** The process of identifying and evaluating the potential risks to a patient's health and well-being.

****Secondary Prevention:**** Strategies aimed at detecting and treating diseases in their early stages, before they cause significant harm.

****Self-Management:**** The process of an individual taking an active role in managing their own health and healthcare, including making lifestyle choices, taking medications, and seeking appropriate care.

****Social Determinants of Health:**** The conditions in which people live, learn, work, and play that affect a wide range of health and quality-of-life outcomes and risks.

****Tertiary Prevention:**** Strategies aimed at managing the symptoms and complications of chronic diseases, and improving the quality of life for patients with chronic conditions.

****Transitions of Care:**** The movement of a patient from one care setting to another, such as from a hospital to a nursing home or from a hospital to home.

****Wellness:**** A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.

Note: The above glossary terms are provided as a reference and are not intended to be all-inclusive. The definitions are intended to be concise and clear, but may not capture all the nuances of each term. The terms are organized alphabetically for easy navigation.