

<<医药英语教程>>

图书基本信息

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内容概要

词汇：丰富的语言学习活动帮助学生掌握心理学领域核心术语以及一般学术词汇。

知识：介绍心理学领域基本概念和事实，帮助学生了解相关学科知识各种技能知识介绍和训练帮助学生听懂相关学术讲座。

技能：读懂相关文献资料，参与相关学术研讨，进行相关学术一研究以及撰写学术论文。

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章节摘录

Caring for Our Health the role of primary care in disease prevention At the heart of primary care is the concept of preventative medicine, the belief that diseases or disability should be avoided rather than treated. How to put this into practice is something which has to be considered by all general practitioners (GPs). On a purely economic basis, the benefits associated with preventative medicine are considerable. Firstly, resources for treatment are not required. In addition, the individual can continue working and contributing to the economy. Unfortunately, not all conditions can be prevented. Examples include infectious diseases such as salmonella, which can be acquired from contaminated food. However, conditions such as type 2 diabetes can be largely prevented. With a rapidly ageing population in many developing countries, it is important that prevention should have a high priority in primary care. Three different aspects of prevention need to be taken into account by GPs when considering the services they deliver. Firstly, primary prevention is the promotion of health and the prevention of illness, which involves vaccination programmes and efforts to ensure that a safe environment is provided for individuals. Lifestyle modification (providing advice and encouragement to patients on how to change to healthier behaviours) is a tool to change this at an individual level. Smoking cessation clinics are a good example of this. At a community level, awareness campaigns can be used to heighten awareness, for example putting up healthy eating posters. Secondary prevention is concerned with the early identification of disease and the provision of prompt treatment to minimize its damage. This can include running screening programmes, where tests for specific conditions are carried out on a regular basis. Tertiary prevention is about reducing the effects of disease and disability on the patient, which can involve minimizing the patient's suffering using appropriate analgesia (pain relief) or promoting self-management, the management of a condition by the patients themselves. A good example of this is with patients who have diabetes.

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