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	Reference: AAC.11.NABH Standards – 6 th Edition		Issue date: 11/11/2025
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AAC. 11. POLICY: PREVENTIVE AND PROMOTIVE CARE

AIM

- The aim is to set guideline for healthcare professionals and organizations provide high-quality, evidence-based care that aligns with industry standards and best practices.

SCOPE: Hospital Wide Clinical Services

RESPONSIBILITY: Treating Doctor, Clinical Director and HOD

POLICY

- Policy is to provide Preventive and promotive health services to patient in a safe, collaborative and consistent manner at our unit.

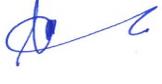
PROCESSES:

PREVENTIVE CARE:

- Preventive care refers to proactive measures taken to prevent the onset of diseases or health conditions before they occur. The following strategies shall be implemented:

IMMUNIZATION:

- All patients, as per age and medical history, shall be provided with appropriate immunizations based on national and international immunization schedules.
- Immunization programs shall be regularly updated to include newly recommended vaccines and guidelines.
- Health Screening:

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- Routine screening programs (e.g., cancer screenings, blood pressure checks, cholesterol levels, diabetes screening) shall be offered based on age, gender, and medical history.
- Screening protocols shall be tailored to individual patient needs, and follow-up actions shall be taken based on screening results.

HEALTH EDUCATION:

- Patients will be educated about the importance of preventive care, vaccination schedules, health screening, and maintaining a healthy lifestyle.
- Educational materials such as brochures, workshops, and digital resources will be provided to patients to increase awareness about health risks and prevention methods.

LIFESTYLE COUNSELING:

- Healthcare providers will offer counseling on healthy eating, regular physical activity, smoking cessation, and other preventive health behaviors. Lifestyle counseling will be individualized and take into account the patient’s medical history, family history, and current health status.

PROMOTIVE CARE:

- Promotive care focuses on efforts to promote overall health, wellness, and quality of life.

The following initiatives will be implemented:

PROMOTION OF HEALTHY DIET:

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- Patients will be educated on maintaining a balanced, nutritious diet, tailored to their individual health needs, such as managing weight, controlling blood sugar, or reducing cholesterol. Dieticians will be available for consultations as needed.

PROMOTION OF REGULAR EXERCISE:

- Exercise programs and recommendations for physical activity appropriate for the patient’s age, medical history, and abilities will be provided.
- Health professionals will work with patients to set realistic and achievable fitness goals.
- Stress Management and Mental Health Support:
- The organization will provide resources for stress management, including counseling services, relaxation techniques, and mental health education. Mental health services will be integrated into the care plan, ensuring that patients have access to support for emotional well-being.

PATIENT AND FAMILY EDUCATION:

- Patients and their families will be educated about the importance of self-care, mental health, stress reduction, and maintaining a balanced lifestyle. Health literacy programs will be offered to empower patients to make informed decisions regarding their health.

COMMUNITY HEALTH INITIATIVES:

- The organization will engage in community-based health programs aimed at improving public health, such as awareness campaigns, wellness workshops, and outdoor health activities. Collaborations with local organizations and public health

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entities will be encouraged to promote the community's overall health and well-being.

INTEGRATION WITH OVERALL CARE:

- Preventive and promotive care strategies will be integrated into the overall patient care plan, ensuring a holistic approach to health that addresses not only the treatment of illness but also the prevention of future health issues and the promotion of healthy lifestyle. Health assessments, discussions, and interventions on preventive and promotive care will be incorporated during routine check-ups and consultations.

MONITORING AND EVALUATION:

- The effectiveness of preventive and promotive care services will be periodically evaluated through patient feedback, health outcomes, and program reviews.
- The Quality Assurance (QA) team will conduct audits to ensure compliance with this SOP and to identify opportunities for improvement in the delivery of care.

EVIDENCED BASED AND CONTEXTUAL AGE-APPROPRIATE SCREENING FOR NON-COMMUNICABLE DISEASES:

Purpose

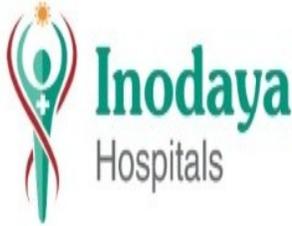
- To define and implement evidence-based and contextual age-appropriate screening for non-communicable diseases (NCDs) to enable early detection, prevention, and management.

Scope:

- This process applies to all patients seeking healthcare services within our organization.

RESPONSIBILITIES:

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- Healthcare Providers: Responsible for conducting risk assessments, providing screening recommendations, and performing screenings.
- Patients: Responsible for providing accurate medical history, adhering to screening schedules, and following healthcare provider recommendations.

PROCESS STEPS

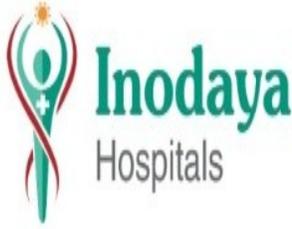
RISK ASSESSMENT

- Conduct a comprehensive risk assessment for NCDs, including medical history, family history, lifestyle factors, and demographic information.
- Use standardized risk assessment tools and guidelines.
- Based on the risk assessment, provide patients with evidence-based screening recommendations for NCDs, such as:
 - Cancer screenings (e.g., breast, colon, cervical)
 - Diabetes screenings
 - Osteoporosis screenings
- Consider contextual factors, such as age, sex, and medical history, when making screening recommendations.
- Screening Scheduling
 - a) Schedule screenings according to recommended frequencies and guidelines.
 - b) Consider predisposing factors, such as family history or lifestyle factors, when determining screening frequency.

- **Document Revision History**

DOCUMENT REVISION HISTORY		
Version	Date of issue	Reason for Revision
Original version - 1		
Revised version - 2		

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Revised version - 3		
Revised version - 4		
Revised version - 5		

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