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# The role of physicians in promoting preventive healthcare

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**Abstract--Background:** The current system of medicines has mainly adopted the disease oriented approach however with increase in the incidences of chronic diseases; there is need for a shift to disease prevention approach. In this context, physicians potentially have a vital role to play in the move toward person-focused, preventative health. **Aim:** The significance of the present study lies in the fact that it aims at identifying and analyzing the current experience of physicians in promoting preventive healthcare, their leadership within expectations of clinical practice, public health campaigns, and community plans. **Methods:** An explorative review of the published literature was exercised, focusing on cases and physicians' interventions and evaluating their impacts on patient- and system-level preventive healthcare. **Results:** Physicians implant an important role in disease prevention by offering individualized therapeutic care, educating patients, and speaking as informed customers on behalf of advantageous health reforms. Due to their contribution in the prevention aspect, their various health related illnesses have been reduced with lower treatment costs. **Conclusion:** The physicians assume a key role in altering the nature of healthcare by centred on best practice and prevention. It is also imperative that they lead on this change toward longer sustainability of a healthier revolutionized healthcare system.

**Keywords**---Integrated health promotion prevention, medical doctors, health, everything that can be avoided, non-communicable disease control, health promotion.

## **Introduction**

Healthcare has a long history of reacting to sickness and disease, but given the current statistic of individuals suffering from chronic diseases, the concept of prevention and health promotion is key. Brand builders, once upon a time expected to bring health when ailing, are poised for this renewal in a way that only physicians can be. Due to their medical knowledge, patient contact and stock in the society, they have the potential to not only cure diseases when they are manifesting but to also keep diseases at bay. Within this context, there is potential for primary care physicians particularly to influence wellness, to champion causation, and to spearhead change toward a health care system founded on prevention. Through adoption of leadership approach and prevention with wellness, physicians can congruently redesign health systems' delivery model into one that opts for anticipation of disease and illness and provides optimal patient-centered care.[1,2]

## **Educators and Advocates: Physicians and preventive health awareness: A concept analysis**

Physicians have a crucial role in educating and rationing for patients on issues to do with preventive care. In addition to their medical role of diagnosing and curing illnesses, physicians have a special opportunity to educate individuals and groups on the need to prevent diseases. Thus, using the medical education, physicians can awake people to risk factors for chronic diseases, advantages of the early diagnosis, and healthy attitudes to diets and exercise. During such visits, they are in a position of offering recommendations that may suit every patient's health and encourage patients to take some positive action towards a healthier lifestyle. The given role is especially important to address the increasing threat level of the no suppressive diseases including diabetes, cardiovascular diseases, and specific types of cancer which can be avoided with proper knowledge all throughout the world. [3,4] Also, the physicians play the roles of advocacy by participating in ways that seek to change policies and programs that deal with preventing diseases. They work with governmental departments, non-profit organizations and other local assembly and comes out with programs that focus more on wellness of people and action that could in one way of the other reduce instances of the occurrence of such diseases. For example, physicians may participate in programs on vaccinations or in health checks and nutritional changes in schools. They can also advance concerns to systems, which include increasing access to health facilities, making public places free from smoking, or promoting campaigns to fight high levels of obesity. In participating in these more diffuse social processes, physicians contribute to the elimination of the causes of health inequalities and the formation of conditions under which the prevention of diseases is possible and efficient.[6,7] On one hand, physicians perform as advocates and teachers which help them to adjust the culture of the populace towards prevention rather than treatment. They not only alleviate the costs of disease in health care but also improve the standards of living in Case and elsewhere. Through teaching people on preventive health, the doctors enable members of society to frame their future by promoting individual, as well as social, welfare.[8]

### **Bridging the Gap: Integrating of prevention into clinic practice**

Implementing prevention in clinical practice is the next significant advance towards dealing with the rising tide of chronic preventable diseases. In the past, most facilities have been developed to provide for sick persons instead of giving full attention to the prevention of diseases. Nonetheless, as people live longer the emergence of LA and the burden they create for the healthcare systems cries for adopting a different tune. Such messages are a unique opportunity for physicians to integrate preventive strategies into their daily practice of medicine. Such an integration presupposes a more proactive model of physician work not only treating patients for their current acute/pathological state but doing an ongoing and purposeful evaluation of patients' risks for a future disease.[9]

Therefore, the implementation of preventive care relates to clinical practice by starting with communication with the patient. Further, it will be useful to inform the patients about potential ways of preventing diseases during consultations and tell them more about possibilities of getting used to a healthy diet or regular physical activities, stress, or any other factors influencing a human's life. Consequently, different forms of screen tests for some general diseases like hypertension, diabetes, cancer, etc can also be incorporated into normal preventive measures as integrated approaches for early diagnosis. For instance, a physician diagnosing a patient with a minor illness might use the opportunity to inquire about some other risks such as high levels of cholesterol and history of heart disease in the family. With the help of these preventive interventions, physicians are able to predict client's health risks before such risks compound into actual diseases.[10] Cooperation within the healthcare team adds even more to the integration of the prevention process into the practice. Doctors can collaborate with nutritionists, occupational, and physical therapists as well as mental health workers to provide the patient with a setter plan of care that meets their needs emotionally, physically, and nutritionally. Further, the copious use of electronic health records and other decision-support tools can help pinpoint when such aspects of prevention, diagnosing, and treatment as vaccination, screening tests, and follow-up care are due. These technologies allow the physician to provide high quality uniform preventive care in center around his patient's requirement. [11] The final understanding is that an integration of prevention into clinical practice benefits individual patient health and decreases healthcare expenditures due to treatment of advanced diseases. Those physicians that uphold disease prevention are agents of change, transforming the ways in which healthcare is delivered and initiated into more sustainable paths for the long term. Thus, treatment and prevention get interconnected, and clinician's practice becomes a multifaceted framework that protects patient and population health.

### **Leadership in Action: Listing of the responsibilities of the physician in community health programs**

Medical practitioners occupy responsible position and are trusted by the society not only in clinics or hospitals, but also oversee the community health activities. Being professionals in public health, they have the capacity and popularity that is required to champion programs aimed at solving health issues within a given community. Firstly, through analyzing the roots of many health inequities

including poverty, inadequate care access and poor education, physicians can create and implement successful innovations for promoting health. This leadership entails being anticipatory in that the physicians collaborate with local governments, non-profit organizations and supply other stakeholders to meet social health needs. For instance, a physician might be the key figure in a vaccination campaign against infectious diseases within a society, participate in the organization of health fairs for purposes of occasions for screening of persons and health education or leadership of the workshops on disease management and sustainability of conditions such as diabetes and hypertension.[12] Leadership implies that physicians give leadership to community health and may often find themselves in a position of advocating for that change. In Public Health they can use their voice to address policy impacts such as advocating for clean water systems, better housing or policies against tobacco and/ or alcohol. Thus, pointing out the relation between social factors and diseases, it is possible for physicians to start campaigning for more programs controlling these factors. They may also lead the response to disasters that affect the management of public health especially during nation crises including epitomized calamities, diseases, or climatic events. Overall, in those cases physicians not only deliver care directly but also involve in planning, organization, and prioritization of resources, in risk assessment and mitigation, and in the measures taken to allow the community to remain strong and recover. [13] Community health activities involving doctors also center on awareness and change. Physicians can make programs that will help those people and families to change their habits and avoid becoming ill, and leading healthier lives. For example a community health education campaign aimed at encouraging people to adopt healthy eating and exercise regimes may involve a doctor and local schools and vendors. Such initiatives enhance the quality of health over the first generation and strengthen the positive way of life possible over the coming generations. Physicians can also go a long way by training the youthful workforce in healthcare so that our healthcare facilities can have premier mentors inclined towards the well-being of our communities.[14,15] Through these, physicians illustrate the importance of leadership in advancing the health of the broader society at the organizational level. Due to the fact that they are able to effectively integrate clinical understanding with business thinking they are effectively able to proactively address health issues and thus create lasting positive change in the overall health of the public. Through assuming leadership positions in their communities, physicians demonstrate how powerful combination of medicine, advocacy, and social justice can bring people to shape better, healthier , and more equal societies.[16]

### **Empowering Patients: Strategies for Promoting Healthier Lifestyles**

Teaching a patient the changes that need to be made to his or her lifestyle is one of the biggest goals of today. Physicians have a crucial role within Flanders within this process since they provide the patient with the knowledge, means, and incentives that enable the patient to make the right decision on his/her health. Powerful patients embark on the process of patient empowered starting with education. They need to give education and research based recommendation to changed behavior and practices including diet, exercise, stress, smoking, or excessive drinking. This education should reflect the gender, cultural beliefs, and races of the patients, as well as poverty levels, and their level of health literacy.

For example, the physician can advise an older patient with few options of fresh fruits and vegetables to how the patient can alter his diet to buy such food, or advise a patient with a busy schedule on how the patient can time it to exercise. Through these, physicians assist patients feel empowered and capable to improvements in their lives and over their health. [17] The other core area that warrants utilization of focused strategies to enhance healthy living is the physician patient relationship. In the case of medical treatment, instead of offering solutions on the factors that need to change, more focus should be put on shared decision making with the patient directing and setting her or his goals. For instance, instead of giving a patient advice to lose weight, a physician may help this patient develop a proper strategy, which may involve little changes of the diet and the introduction of simple exercises. There are these benefits associated with this approach: it gains the compliance of the patient and also is effective in regard to the durability of those alterations in lifestyle. In addition to these, physicians can enhance patient autonomy by adopting motivational view techniques to address the relevant values, ambivalence and promote intrinsic motivation to change. The patient-centred communication approach assists patients to discover the causes behind their adherence to specific lifestyles thus can be able to adhere to the new healthy lifestyles since they are fully involved in the process.[18]

Other things that help increase healthy lifestyles include support systems and resources. Doctors can enroll a patient in a specific support group, a fitness program, or a malnourished person may enroll for a workshop that reminds the patient to make better choices frequently. In chronic disease diagnosis, a patient may also benefit from referral to the specialist like dietitian, physical therapist or counselor. Also, having mobile applications relevant to health or health fit trackers can engage patients and help them to track their progress. These tools can be suggested to patients by physicians and physicians can also give indications on how patients can use them throughout their wellness process. [19] The purpose of patient enablement is to make people active rather than passive recipients of medical intervention. Educating people and providing cooperation with other physicians and access to the tools necessary for change, one can help people learn to change for the better, not only their own, but the community's condition. If patients are empowered, they are more able to, handle life issues and are more calm, confident and healthier in their approach to the challenges of life.[20]

### **From Treatment to Prevention: Changing Trends In Present Day Practice**

Contemporary medicine is in a process of changing the model from a reductionist or 'fixing the broken' model to a more integrated, 'prevention is possible' model. This change is informed by the understanding that it costs less to prevent diseases, rather than to treat them; not to mention the quality of life improvement of a community. Traditionally, the healthcare system has focused on the processes of identifying and tackling diseases and intervening in patients' lives at the time they develop complaints or disease manifestations. To a certain degree, this general model has succeeded in treating acute conditions and in raising life expectancies but has failed to address the underlying contributors to degenerative, non-acute, chronic diseases that are diet and lifestyle related such as diabetes, cardiovascular disease, and obesity. The innovation of the prevention

concept is shifting the roles of the health care practitioners to early identification, disease prevention and promotion of health to avert the impacts of such diseases. [21] Moving to a prevention focused model means a complete overhaul in the way that health care is provided. Physicians are also the key agents through process play fundamental roles in this change process given that they are the immediate caregivers of the patients. Instead, they are turning their attention toward finding markers of risk during ordinary checkups, genetic tests, and reviews of patient medical histories. For instance, it means that during the general check-up of the patient, one discovers that the patient has prediabetes and, therefore, can encourage the patient to change their eating habits and start exercising in order to prevent the development of diabetes. Physicians are also focusing more on immunizations; they continue encouraging regular appointments for physical examinations and are explaining to their patients the importance of preventive medicine. This approach does not only prevent the occurrence of diseases but also help to cut costs of managing chronic illnesses. In addition, it builds up patient autonomy and creates a culture of self and community health responsibility that yields great dividends for health promotion in the society.[22,23]

This change of approach is best expressed in terms of prevention also requires a substantial restructuring of the entire healthcare system. There is a growing emphasis on the provision of public health information that deals with the social determinants of health including; healthy diets, housing standards and living environment. For example, application of smoking cessation programs, crusades against early childhood obesity, campaigns promoting physically active lifestyles among the children have all taken root globally – which proves that it is not difficult for prevention to align with overall community or national interventions. Also, improvement in technological and analytical infrastructure has allowed health care providers to diagnose and deter diseases more efficiently. Smartwatches, berries, and machine learning-based risk calculators are empowering people and clinicians to monitor and prevent the consequences of chronic diseases in real-time.[24] Lasting is transition from the treatment to the prevention – these are the changes that are more comprehensive in terms of the people's health perspective. This new system of medicine helps to bring more value per dollar spent in the healthcare budgets and significantly increases health levels within the populations. Many actors are involved when it comes to carrying forward this vision including physicians, policymakers, and individuals. As prevention becomes the cornerstone of modern medicine, the healthcare industry moves closer to achieving its ultimate goal: which helps people live longer, better and happier lives.[25]

### **Collaborative Care: Physicians and Multidisciplinary Approaches to Prevention**

Prevention in the context of health care is related to the cooperative effort of different persons, with physicians in the center of coordination. Contemporary medicine has realized that none of the provider or discipline can work in isolation while handling the issues of health and illness. Multidisciplinary team work is vital in fashioning out ways by which illnesses are prevented besides constructing health promoting ways. As part of the medical teams, headed by a physician, they

cooperate with other specialists and including, but not limited to, nurses, dietician, physiotherapists, mental health workers and public health workers to attend to a patient's complex needs. This is not only a model that improves the efficiency of actions directed at preventing diseases but also a model of comprehensive patient-oriented care.[26] In this type of collaborative work, each team member focuses on the specific expertise that adds to chronic disease prevention. For instance, dieticians offer professional recommendations for developing nutrition interventions for problems such as obesity or malnutrition; physical therapists develop exercise programs that will help avoid musculoskeletal disorders and enhance locomotion. Psychologists are in the provision of handling the psychological side of health whereby patient is provided with ways of handling stress, anxiety or depression that likely to affect his physical well being. Unfortunately, in many cases, it is the nurse who is directly responsible for patient teaching in light of preventive behaviors and compliance with care plans. We also have physicians as managers, who take into consideration all the inputs from the members of the team and compile them as a unified strategy directed at serving the patient's history and possible future. This coordination makes certain that the patient gets holistic care solution that targets both the disease and behavioral issues influencing the health of the patient. [27,28]

It also refers to the populations by including them within care collaboration more than just in clinical practice, but as well in the public health and the community. Large scale prevention measures taken by physicians include working with health departments, schools and non-governmental organizations. For instance, a campaign to make the frequency of heart disease low may include doctors examining persons for signs that may lead to the occurrence of the disease, health educators rallying people to embrace their cause and physical trainers to conduct aerobics sessions. Such partnerships provide a web of support that ensures change towards preventative care and treatment is scalable within a population.[29,30] The paper also highlights how technological support and communication are crucial for the success of the cooperation between health care workers. Due to EHRs, the patient's data is shared among all the members of the team so that everyone is on the same page. Telemedicine platforms also support collaboration as, for example, different specialists can consult with each other while remaining in different places and only give the patient's treatment in parallel. These tools not only enhance the effectiveness of comprehensive prevention services; they also overcome the gaps in the accessibility of such services, especially for persons living in rural or health-secluded regions.[31] Through collaboration care, physicians and the multiprofessional teams can deliver improved health outcomes and work on causes of the avoidable diseases. This means that the approach adopted encourages everybody in the delivery of health care services to empower patients and communities. As the shift towards the preventive approach in the healthcare activity persists, the comprehensive models of cooperation will also remain the backbone for creating more health and robust societies.

## **Preventing Illness, Promoting Wellness: The Future of Healthcare through Physician Advocacy**

Health care of the future is not only about the curing of diseases but also in preventing disease and optimizing human health. The topic of health is particularly pressing and physicians who are recognized as knowledgeable and reliable in society should take this position to improve it. Conventionally, medical organizations described their endeavors as being dedicated to the treatment of diseases, which deals with cure and amelioration of disease symptoms. However, the continuous rise of chronic diseases, most of which are lifestyles, has continued to show that healthcare delivery should also embrace the promotion of disease prevention and health enhancement if the desired quality outcome and sustainable health system, with less or minimal recurrent expenditure is to be achieved. They are not only responsible for patients they treat but also are obliged to support the ideas and actions that would improve health of a population and prevent diseases.[32] Physician advocacy for prevention can be as simple as educating the patient on ways to avoid getting some diseases to as complex as being involved in policy making and vote for changes that will promote prevention. On the personal level, physicians have an opportunity to promote the effects of primary and secondary prevention among the population, including screening programs, vaccination, healthy diet, regular exercise and stress reduction. This education goes beyond giving advice since physicians are in a position to educate patients on available evidence in support of change for better future health. It is possible to use motivational interview skills and individual patients' treatment plans to help the patient make the right choices in regard to their health and to promote a preventative rather than a curative approach to medicine.[33]

On a more general level, through social media, physicians can also support agenda that would reduce sickness rates a population level. This can range from supporting environmental changes to advocate for clean air policies to supporting town planning changes to advocate for healthy living policies or changes to support the access to healthy food in food deserts. Physicians can also promote equal access to prevention health care services including immunization services, mental health services and cancer screening especially for the at-risk groups. Through such specializations, the physicians are able to change legislations that will help improve the public health by addressing causes, enhancing on equitable health and reducing on the social determinants that affect people's health.[34] The future of healthcare through physician advocacy also includes a better coordinated and person centered approach that incorporates health promotion into all domains. Doctors are able to participate with other health care workers, other community stakeholders, and policy makers in developing multiple solutions for enhancing the health of identified communities. For instance, in order to change an obese patient's lifestyle, physicians could involve dietitians, physical therapists and schools, and local authorities to develop comprehensive weight-loss programs for the entire community, including improved nutrition, exercise options and availability of better mental health services. Technology is also a major component of this vision, as physicians incorporate health applications, wearable devices and telemedicine for constant care, follow up and to keep patients involved in their wellness processes.[35] Physician advocacy will play a role as the healthcare system becomes a healthcare system focused on

prevention and wellness as the end goal. Through assuming defined immediate and distant patient and population objectives, physicians are in the position to bring the culture and practice of health about better than the current culture and practice of disease in. In this expanded role, physicians will help construct a better world, a world of health for all, of wellness for all.

### **A Preventive Healthcare Model By: Dr. Akash Oza, BSc, MBChB, MPHTM Physician's Impressive Role**

As a result, the need for a physician to set a role model for a shift from the traditional health care that is reactive to a health care system that is proactive cannot be overemphasized. Conventional healthcare model has been to wait for the onset of illnesses and diseases to take place then start managing them clinically. However, as diseases like cardiovascular diseases, diabetes, and obesity among others – most of which are socially influenced, chronicle still call for a change to preventive healthcare. As the agents of change that directly guide patients, physicians are well situated to promote behavioral changes, advocate for policy changes that would promote preventive measures, and call for the culture shift in the health care systems.[36,37] Physicians on their part act as the main intermediaries in averting diseases since they are the culprits of promoting check ups, health questionnaires and indexing patients on various potential diseases. If physicians know what risks are present concerning genes, habits, or other things, they can help patients avoid behaviors that lead to diseases. For instance, a doctor who detects symptoms that the patient has potential hypertension can advise the patient to change his/her diet and take regular exercises or can offer the patient some drugs to take to reduce blood pressure before he/she develops heart disease or stroke. In addition to these detailed guidelines, doctors are the primary influencers of broad health and wellness practices, like getting enough sleep, eating well, avoiding cigarettes and heavy alcohol consumption, which when practiced he can cut the risk of developing a number of different illnesses significantly. While adhering to professional guidelines and practices, physicians achieve the learning that is important in making motivated patients change their behaviours, and become part of the process of affirmative change – preventive health.[38,39] On a more general level, it is the physicians' responsibility to drive the culture of preventive medicine forward and to advocate throughout society as well as to play a primary role in public health. Working with public health officers, community based NGOs and health policy makers, doctors can help shape health care policies and plans that seek to prevent diseases. For example, they can support correct programs for enhancement of availability of healthy food, safe outlet for exercising and general immunization.[40]

Physicians can take a part in proactively eliminate the disparities in treating those who are in need and the vulnerable groups by making a population that preventive services can be provided to all people. In insisting that patients be screened for cancer, diabetes, and mentally health disorders that run in their families or affect certain communities, physicians ensure that the number of patients with those diseases in their families or in those communities is brought down as much as possible. However, all these they are doing while enhancing the health of patients hence reducing the prevalence of diseases in the society.[41,42]

The extended role of physicians in disease control and prevention in an organized manner implies that the future of health care will involve a corresponding increase in integration and interdisciplinary of the efforts of physicians, other health care workers, public health departments, and community leaders toward concerted strategies and approaches to health development. Doctors are now considered as central members in a changing model of care delivery that embraces a biopsychosocial perspective where all bodies, health, mind, and spirit are integrated systems. In this way, to advocate the changes of society's norms to promote more preventive oriented policies and practices in healthcare delivery, physicians can contribute for the creation of a sustainable healthcare system which targets to the promotion of health and not just the management of illness: the concept of health promotion and illness prevention. With medical science exploring new frontiers in the management of diseases and promotion of health, it will be the doctors who will ensure that these germs are incorporated into practice to fashion a health delivery system that builds wellness into people before diseases can develop in them. Thus, physicians not only are delivering dramatic health benefits but also enhancing the human potential of those afflicted, as well as their generations, rehabilitating and creating healthier community for the entire population. Transforming Healthcare: Physicians as leaders in prevention and Wellness. [43,44] As we have discussed previously new healthcare paradigms are emerging with significant focus placed on disease prevention and wellness. Doctors, who were long considered as the main protagonists in the diagnostic and therapeutic battle with diseases, are being more and more presented as pioneers of change in an attempt to redesign the healthcare model from the sick role model to the health enhancing model. This transformation is very crucial given the increasing rate of prevalence of chronic diseases including heart diseases, diabetes, obesity among others, most of which may could be arrested or even prevented through early and timely interventions. Physicians, given their knowledge of disease causation, risk factors and treatment are in a good place to spearhead such culture change by educating patients, lobbying for friendly public health policies and conducting collaborative multifaceted and preventive interventions.[45,46]

The wellness and prevention crusade can be anchored at the personalized physician level, whereby the physician unfolds specific plans for prevention and the provision of a healthcare agenda that addresses not only a patient's pathological state but also his or her state of wellbeing. This approach should integrate the social determinants of health by embracing broader perspectives of the patient with reference to physiologic, mental and spiritual health needs. For instance, a physician could be involved in a process of managing a type of chronic illness, say diabetes in a patient and then direct the same patient to avoid other complications through such things as diet, exercise, handling stress, and other issues of regular follow ups. Physicians can encourage patient to make requisite behavior changes due to persuasive communication and client centered recommendations based on patient conditions. They also have the great opportunity of modelling, advocating for healthy practices and prevention in their day to day interaction with the clients. With the use of preventive health measures a physician assists the patient to assume full responsibility for his/her health to prevent the need for intensive treatment in the future.[47,48] Contributing to individual patient treatment, doctors also have a critical mission

of promoting systems changes that support a shift to the prevention and health promotion. Physicians being esteemed health care providers have the rights to make policy recommendations both at system and population level. They have capacities for demanding for measures that improve the utilization of preventive services including immunizations, screenings for cancer, as well as mental health services especially among vulnerable groups of the population. Furthermore, there are possibilities for physicians to demand the measures for enhancing value with regard to the social determinants of health, including the accessibility of healthy foods, securing of places for physical activity and increasing the health literacy. It is about advocating to prevent the situation where the burden of prevention is placed squarely on the shoulders of individuals rather than being a corporate, societal and gubernatorial issue.[49,50]

Physicians are also crucial to interdisciplinary cooperation since they have to assemble specialists from different disciplines for dealing with the complex nature of prevention. For example, maintaining this understanding, the prevention of heart diseases may only be possible by the combined work of cardiologists, dietitians and nutritionists, physiotherapists, psychologists, and community workers in community organizing. In many of these interprofessional teams physicians act as the coordinators to make sure that a patient's needs are met holistically and that prevention strategies not only work but can be maintained. Thus, physicians arrange proper communication between the providers and guarantee patients the appropriate care and consideration meeting their needs to regain health. Additionally, with technological advance as a prevailing theme in the healthcare sector, physicians can use technology like wearables, mobile healthy apps, and tele- medicine to track up the patients, give feedback in real-time and intervene when necessary in order to step up the preventive care they offer. Changing healthcare from a disease-treatment model to one focused on disease prevention will take a major attitude adjustment and physicians must lead on this issue. Employing preventive measures as a major part of practice, lobbying for policies that strengthen communities' health principles, as well as managing teams that aim at improving the community's health, physicians have the potential of enhancing health standards within the community and person level. Besides, it helps to alleviate the disease burden and form a healthy care model that is superior to the medical care model that aims at a cure of a particular disease rather than embodying actual healthy changes which are sustainable. Lastly, physicians should continue to take their rightful places as leaders in prevention and in the construction of a much more robust population in the future.[51,52]

## **Conclusion**

In transforming the existing healthcare culture to a proactive and health wellness oriented system, the doctors must play the central role. Prevention is a powerful strategy, which applies everyday and utilizes public health policies and lobbying interdisciplinary initiatives to change a system, which physicians can define as the way of thinking that focuses only on disease symptoms. In essence, by offering focused patient care and education, as well as identifying prospective illnesses in time physicians can help people act as responsible caretakers of their own health and prevent a rise in incidence of future ailment. As the key players in

this paradigm change to preventive rather than reactive care, physicians are extending patients' lives and strengthening the fabric of society in the process. At the end, as outlined in this paper, the future of healthcare is in wellness and physicians being true patient centered agents of change will be at the helm of helping this vision come to fruition.

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### دور الأطباء في تعزيز الرعاية الصحية الوقائية

#### الملخص

**الخلفية:** يعتمد النظام الطبي الحالي بشكل رئيسي على نهج معالجة الأمراض. ومع ذلك، ومع زيادة انتشار الأمراض المزمنة، تبرز الحاجة إلى التحول نحو نهج الوقاية من الأمراض. في هذا السياق، يلعب الأطباء دورًا حيويًا في التحول نحو رعاية صحية تركز على الشخص وتبنى الوقاية.

**الهدف:** تكمن أهمية هذه الدراسة في سعيها لتحديد وتحليل خبرات الأطباء الحالية في تعزيز الرعاية الصحية الوقائية، ودورهم القيادي ضمن التوقعات المتعلقة بالممارسة السريرية، والحملات الصحية العامة، وخطط المجتمع.

**المنهجية:** تم إجراء مراجعة استكشافية للأدبيات المنشورة، مع التركيز على حالات تدخلات الأطباء وتقييم تأثيراتها على مستوى المرضى ونظام الرعاية الصحية في مجال الوقاية.

**النتائج:** يلعب الأطباء دورًا محوريًا في الوقاية من الأمراض من خلال تقديم رعاية علاجية مخصصة، وتثقيف المرضى، والتحدث كمستهلكين مطلعين لدعم الإصلاحات الصحية المفيدة. ونتيجة لمساهماتهم في جانب الوقاية، انخفضت العديد من الحالات الصحية المرتبطة بالأمراض، مع تقليل تكاليف العلاج.

**الخاتمة:** يتحمل الأطباء دورًا رئيسيًا في تغيير طبيعة الرعاية الصحية من خلال التركيز على أفضل الممارسات والوقاية. كما أنه من الضروري أن يقودوا هذا التحول نحو استدامة أطول لنظام رعاية صحية أكثر صحة وتجديدًا.

**الكلمات المفتاحية:** تعزيز الصحة المتكامل، الوقاية، الأطباء، الصحة، كل ما يمكن تجنبه، مكافحة الأمراض غير المعدية، تعزيز الصحة.