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MFT 603

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1. Primary prevention, Secondary prevention and Tertiary prevention

There are three levels of disease prevention. Primary prevention is before disease or dysfunction occurs including immunization, controlling risk factors and HIV/AIDS education. Secondary prevention is for preventing permanent disability due to disease. It is to maintain patient's health with checking, recording and caring to prevent the disease developing. Tertiary prevention happens when the disease is permanent. It helps the patient to main or restore their physical functions.

2. Bias in factors affecting communication

Bias is a distorted belief that comes from people's limited experience or ignorance not because of facts and evidence. Bias blocks a variety of options of understanding. In this book, for not having bias, I must know about myself and reflect on my feeling which is self-awareness. It is not only about culture but also a person's personal history.

3. Belittling in blocks to communication

Belittling is to make small or nothing about other's feelings and thoughts. This attitude makes others feel disrespected and misunderstood by us. It is not easy to understand someone who is not me. But we should accept everyone is different so they feel different levels of feelings

depending on their situations. We cannot force others to feel certain ways and levels. Our role is to accept how they feel.