Primordial prevention in cardiovascular diseases

F. Ebrahimpour1, M. Esmaeili2,3, N. Dehghan Nayer1,4

1 Department of Pediatric Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
2 Department of Critical Care Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
3 Nursing and Midwifery Care Research Center, Tehran University of Medical Sciences, Tehran, Iran
4 Department of Nursing Management, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran

Corresponding Address: Nahid Dehghan Nayeri, School of Nursing Midwifery, Dr Mirkhani (Eastem Nosrat) st. Tohid sq, Tehran
Tel: +98-28-66914368; Email: dehghann@tums.ac.ir
Received: 9 Apr 2018; Accepted: 30 May 2018

Abstract

Primordial prevention is an important aspect of the health system, but its role is less known. It is the most basic level of the health prevention pyramid and has important role in control of cardiovascular diseases. Primordial prevention focuses on creating and maintaining conditions that minimize the emergence of risk factors of disease. Healthy behaviors and lifestyle modifications are considered to be the key interventions in primordial prevention.

Keywords: Health care system, Primordial prevention, Risk factors, Cardiovascular diseases