

Preventive Care Services in the NHS

A quick guide



What are Preventive Care Services?

Preventive care services are key interventions designed to prevent illnesses or detect them early, improving patient outcomes and reducing healthcare costs. These services help individuals maintain better health and ease pressure on NHS resources.

Key NHS Preventive Health Services



Vaccinations

Protect against diseases like influenza, measles, mumps, rubella and HPV.

Screening Programmes

Early detection for breast cancer, cervical cancer, bowel cancer and abdominal aortic aneurysm.

Health Checks

Available to adults aged 40–74, identifying risks for heart disease, stroke, diabetes and kidney disease.

Lifestyle and Behavioural Advice

Support for smoking cessation, healthy eating, physical activity and mental health.

(Silicon Practice supports NHS initiatives with tools like the Weight Management Form.)

Maternal and Child Health Services

Prenatal care, childhood immunisations, growth monitoring and parenting advice.

Why Preventive Care Matters

Cost-effective healthcare: Reduces the need for expensive treatments and hospital stays.

Improved quality of life: Helps individuals stay healthier, longer.

Reduced healthcare burden: Eases pressure on NHS resources and staff.

Future of Preventive Care

Mobile health apps and telemedicine are expanding access to preventive services.

Telehealth integration enhances personalised care and patient engagement.

Data security in healthcare and the benefits of EHR systems are essential to the future of primary care solutions.



How Silicon Practice Supports Primary Care



At Silicon Practice, we deliver digital solutions for primary care that:

Enhance patient satisfaction

Reduce physician burnout

Manage healthcare costs effectively

Our innovative tools help practices tackle primary care challenges with confidence.

