

Review of: "[Commentary] Healthspan Horizon — Pioneering Preventive Care as the New Standard of Healthcare"

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This is an interesting commentary on the need for proactive prevention practices in healthcare delivery. It is an important topic, timely, and very informative. Every healthcare provider should read and internalize the concepts shared by the authors.

According to the authors, proactive prevention practices ride on the **5P' model of Prevention, Prediction, Personalized/Precision Medicine, Participative, and Prolonged health**. I agree with the authors that current healthcare practices should be proactively preventive as we tackle the challenges of pandemics caused by communicable and non-communicable diseases such as COVID-19, mpox, obesity, diabetes, cardiovascular diseases, hypertension, etc.

Proactive prevention practice was one of the thoughts behind my leadership model - the **deliberate proactive leadership style (DPL)**. DPL leaders see, plan, prepare, provide, and communicate ahead. To get healthcare providers to embrace proactive prevention practices, we must ensure the development of deliberate proactive leaders in the healthcare system. Thus, leadership training, mentoring, and development in the health ecosystem are needed.

The authors did a good job of identifying the benefits and challenges of integrating this process. It will be good to read how this concept will change the hard and soft indicators within the healthcare system. It will also be good to add the strategies for its adoption – incremental, progressive elaboration, or complete system change. Finally, what are the cons of proactive prevention practices? What will be the attitudes and responses of the middlemen/groups running the healthcare system and profiting from the current ineffective and inefficient process?