

Health Promotion and Prevention

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Health Promotion and Prevention Monica Covarrubias Grand Canyon University- NRS 429V September 8, 2013

Nurses are in the forefront for becoming great, influential leaders in the transformation of future healthcare through the use of education and health promotion. As the population continues to grow, nurses are sought out as educators and not just caregivers. Nurses are also capable of providing the public with the education it needs to prevent illness and disease, and promote quality healthcare. By expanding emphasis not only on the individual, but family and community groups as well, a wider outreach for public health, promotion, and education can be addressed. There are three types of prevention described as primary, secondary and tertiary, which aim to prevent the onset of a targeted condition (GCU, 2011). Implementing health education to avoid health conditions as the primary prevention, aiding and treating symptomatic individual's as the secondary prevention, and restore function and negative effects of an already acquired disease as the tertiary prevention, the hopes to overcome and implement a cost- efficient, healthy lifestyle can be achieved (Fitzgerald, 2011).

Through health promotion, prevention, and intervention, the future of healthcare can be based on educating the public to promote longevity and quality of life by using primary, secondary and tertiary preventions. The World Health Organization (WHO) defines health promotion as "the process which enables people to improve control over the determinants of health, and as a result to improve their own health" (Jadelhack, 2012). By providing health promotion to others, the nurse is enabling the individual to take control, responsibility and action for their own healthcare. "Individually and through national associations, nurses, along with other healthcare providers, can be effective in paving the road for good health through health promotion" (Jadelhack, 2012). Through seminars, lectures, handouts, and teaching, nurses are educating the public to become their own advocates of care.

Through the use of health promotion and education, the nurse is teaching the individual about disease, prevention, and how to promote for the care of themselves and their families. The American Nurses Association (ANA) states, "Nursing must expand its efforts to design and implement interventions which support promotion of health and prevention of disease/illness and disability" (ANA, 2007). There are multiple dimensions that must be taken into consideration when referring to the health of an individual including, physical, mental, spiritual, and social. With the evolution of healthcare, nurses must begin to increase their efforts in health promotion by viewing the individuals they serve as holistic, and also considering the families and communities as well.

With the evolution of nursing into public, community, and home healthcare settings, nurses must now have a wide knowledge base, adequate critical thinking skills, and an active involvement in disease prevention, to promote quality health (Edelman & Mandle, 2010). The nurse must utilize the nursing process by assessing the individual's learning style and educational background in order to adequately present material to the individual. The nurse must plan, implement and evaluate the individual's change in lifestyle habits including physical activity, healthy eating, and motivation, need and desire in order...

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Table of Contents Sample Health Promotion Paper

1. Understanding the eBook Sample Health Promotion Paper
 - The Rise of Digital Reading Sample Health Promotion Paper
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Health Promotion Paper
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Health Promotion Paper
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Health Promotion Paper
 - Personalized Recommendations
 - Sample Health Promotion Paper User Reviews and Ratings
 - Sample Health Promotion Paper and Bestseller Lists
5. Accessing Sample Health Promotion Paper Free and Paid eBooks

- Sample Health Promotion Paper Public Domain eBooks
- Sample Health Promotion Paper eBook Subscription Services
- Sample Health Promotion Paper Budget-Friendly Options
- 6. Navigating Sample Health Promotion Paper eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Health Promotion Paper Compatibility with Devices
 - Sample Health Promotion Paper Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Health Promotion Paper
 - Highlighting and Note-Taking Sample Health Promotion Paper
 - Interactive Elements Sample Health Promotion Paper
- 8. Staying Engaged with Sample Health Promotion Paper
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Health Promotion Paper
- 9. Balancing eBooks and Physical Books Sample Health Promotion Paper
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Health Promotion Paper
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Health Promotion Paper
 - Setting Reading Goals Sample Health Promotion Paper
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Health Promotion Paper
 - Fact-Checking eBook Content of Sample Health Promotion Paper
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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