

## **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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