Rony Marino

Question 1

Health from a public health nursing perspective refers to the act of protecting people from illness and injuries (Green & Thorogood, 2018). It is also the act of promoting the right physical and mental conditions in that; people are physically and mentally fit. Health in a community health nursing perspective is also the synthesis of public health practice and nursing that is applied to protect and promote the health of a population. From all these definitions, it can be concluded that health from public and community health nursing perspective is the practice of preventing and promoting good health both physical and mental for all people in a particular geographical location.

The 3 levels of prevention are primary, secondary, and tertiary. Primary prevention is the practice of protecting people from getting diseases or being injured. Primary prevention is done by protecting people from exposures to hazardous materials that cause injuries and illnesses, thus making people unhealthy. Examples include enacting laws that control or ban the use of harmful materials like asbestos and other heavy metals and also regulations that guarantee safety in the transport sector like the use of seatbelts and helmets for bike riders. Another example is immunizing people against dangerous diseases like measles.

Secondary prevention is the practice of reducing the impacts of a particular ailment or injury that already befell. Secondary prevention is done by detecting and administering treatment to sickness or damage as soon as it happens to slow its progress or cure it completely and also preventing it from reoccurring in the future (Seité, Bensadoun& Mazer, 2017). This prevention helps in protecting people from long term challenges that can be caused by disease or injury. Examples of secondary prevention include regular screening and exam tests to assists in detecting illnesses in its earliest stages; for instance, the use of mammograms to perceive breast cancer. Another example is daily workouts to prevent patients from further strokes and heart attacks.

Tertiary prevention is the act of reducing the impacts of a specific enduring illness or injury that has lasting effects. This prevention is done by assisting humans with complicated health problems like chronic diseases to advance their quality of life and lifespan expectancy. Instances of secondary prevention include rehabilitating programs like stroke and cardiac attacks, management programs of chronic diseases like depression, diabetes, and arthritis.

Question 2

Intervention is the actions put in place by the public health nurses to prevent, improve, and promote the health status of individuals, families, and communities. Intervention wheel discuss several public health nursing interventions and they include individual, community, and system (DeMarco & Healey-Walsh, 2019).

Individual intervention is taking actions to take care of and improve the health of a particular person. Community intervention is the act of preventing and promoting good health for a population that lives and share common ideas. System intervention is taking care of the health of both individuals, families, and the community at the same time. These interventions are classified into sections which include the purple, green, red, blue, and the yellow part. The purple section consists of the screening, case findings, surveillance and outreach for individuals, organizations, and communities. Green section includes referral and follow-ups, case management, and delegated functions. Green section provides consultation, counseling, and health teaching. The red section comprises of the collaboration of people, coalition building, and community organization to help in maintaining good health. Finally, the yellow part consists of advocacy, social marketing, and policy development and enforcement.

Question 3

Process of conducting a community health assessment can be done through assessments, policy-making, and assurance. The following are the processes and uses for the epidemiological data in each step.

Assessment is the act of regular collection of data and information about the health conditions of a community, analyzing it, and sharing the information to the community (Drake, Rancilio& Stafford, 2017). Assessment can be done through monitoring the health status of persons in a community to detect health difficulties within those people. Another way of evaluation is through identifying and investigating health hazards that cause health problems in society. The other way is through conducting research and coming up with new technologies of solving health challenges.

Policy development is the process of using data and information collected from assessments to create state and local health policies and implement those policies to assist in improving good health in a community. Policy development can be done by educating, informing, and empowering people about a health issue.

Assurance deals with the availability of necessary health services in a community. It involves maintaining the ability of both private and public health providers to manage their daily operations of responding to health challenges. Assurance can be done by enforcing laws and regulations that assist in protecting the health and safety of individuals. It can also be done by linking people to needed health services and giving first aids to patients in situations where the actually required treatment is not available to help improve the health condition of the patient.

Question 4

Before the 20th century and the beginning of it, there was a high mortality rate caused by infectious diseases like tuberculosis, pneumonia, diarrhea, and enteritis. Today, deaths from these diseases have declined, thus increasing the life expectancy of people. This achievement was brought upon the discovery of microorganisms as the leading cause of several deadly infections and also discovering how these microorganisms were transmitted (Stevens, 2017). These discoveries led to the control of infectious diseases through discovering antibiotics, implementing vaccination to children, and improving sanitation and hygiene. Science and technological advancement have played a significant role in today’s surveillance and control of diseases. Major contemporary issues facing nursing today include diseases like HIV, Influenza, heart diseases, and cancers. Historically, these diseases except HIV were present even before the 20th century, but science has played a useful role in inventing treatments to these infections with the only one remaining without a permanent solution being HIV.

References

DeMarco, R., & Healey-Walsh, J. (2019). Community & Public Health Nursing: Evidence for Practice. Lippincott Williams & Wilkins.

Drake, B. F., Rancilio, D. M., & Stafford, J. D. (2017). Research methods. In Public Health Research Methods for Partnerships and Practice (pp. 174-187). Routledge.

Green, J., & Thorogood, N. (2018). Qualitative methods for health research. Sage.

Seité, S., Bensadoun, R. J., & Mazer, J. M. (2017). Prevention and treatment of acute and chronic radiodermatitis. Breast Cancer: Targets and Therapy, 9, 551.

Stevens, R. (2017). Medical practice in modern England: the impact of specialization and state medicine. Routledge.