

Health Promotion, Illness Prevention & Essential Nursing Treatments

Definition of Health promotion:

“Promotion of health is proactive decision making at all levels of care to assist clients in changing their life style towards a state of optimal health”.

According to Kreuter and Devore (1980)

Health promotion is “The process of advocating health in order to enhance the probability that personal (individual, family & community), private (Professional & business), and public (federal, state and local government) support of positive health practices will become a social norm”

Goal of health promotion:

The goal of health promotion is to raise level of wellness for individual, families, population and communities.

To accomplish this goal through a three prolonged efforts to...

1. Increase the span of healthy life style for all citizens.
2. Reduce health disparities among population group.
3. Achieve access to preventive services for every one.

Definition of Illness:

Illness is deviation from healthy state that may occur acutely or as a series of long- term illness & experienced & viewed differently.

Describe the levels of illness prevention:

A. Primary prevention

According to Graven and Hirule (2000) “Primary prevention is preventing the disease or condition before it occurs”. The aim of primary prevention is to improve health and prevent disease and injury. Primary prevention includes activities and life style factors directed toward high level wellness.

1. Health promotion

- Health education
- Good standard of nutrition adjusted to developmental phases of life.
- Attention to personality development.
- Provision of adequate housing, recreation and agreeable working condition.
- Marriage counseling and sex education.

- Genetic counseling
- Periodic selective screening
- Regular exercise & stress management
- Camping schools to prevent children from smoking & efforts.

2. *Specific protection*

- Use specific immunization.
- Attention of personal hygiene.
- Use of environmental sanitation.
- Protection against occupational hazards
- Use of specific nutrients
- Protection from carcinogens.
- Avoidance of allergens

B. Secondary prevention

The focus of secondary prevention is early detection and prompt of disease to improve patient outcomes

Early diagnosis & prompt treatment:

- i. Case finding measures – individual & mass
- ii. Screening surveys. Such as
 - Well child assessments
 - Checks for blood pressure
 - Abnormalities prevention
 - A monthly breast self examination (BSF) and testicular self examination
 - Screening of cervix (Pap smear) uterus, prostate gland for early detection of any abnormalities or cancer.
- iii. Selective examinations to-
 - Cure and prevent disease process
 - Prevent spread of communicable disease
 - Prevent complications and squealer
 - Shorten period of disability

Disability limitation

- i. Adequate treatment to arrest disease process and prevent further complications & sequelae
- ii. Provision of facilities to limit disability & prevent death

C. Tertiary prevention:

Tertiary prevention refers to rehabilitation situations after the disease or disability has occurred, where the goal is to minimize residual dysfunction.

Restoration & rehabilitation

- i. Provision of hospital & community facilities for retraining & education to maximize use of remaining capacities.
- ii. Education of public & industry to use rehabilitated persons to fullest possible extent
- iii. Selective placement.
- iv. Work therapy in hospitals.
- v. Use of sheltered colony.
- vi. Treatment & rehabilitation of persons after a stroke to reduce impairments
- vii. Early treatment management of diabetes to reduce problems or their progress.

The 10 leading indicators in healthy people

1. Physical activity
2. Overweight & obesity
3. Tobacco use
4. Substance abuse
5. Responsible sexual behavior
6. Mental health
7. Injury and violence
8. Environmental quality
9. Immunization
10. Access to health care.

Essential Nursing Treatment for Health promotion:

Nurses can give essential nursing treatment through specific activities that are generally thought to promote health are as follows ----

1. Adequate nutrition
 - ✓ Food should be eaten in moderation
 - ✓ Emphases on complex carbohydrates (Refined carbohydrates)
 - ✓ Foods & vegetables
 - ✓ Protein & dairy products
 - ✓ Increasing dietary fiber
 - ✓ Minimum of fats (no more than 30% of calories consumed)
 - ✓ Simple sugar
2. Moderate exercise & routine schedule 20 minutes of walking 3 times per week in consider ideal.
3. Rest 7 to 8 hours of sleep every 24 hours.

4. Controlling stress.
5. Healthy life style, especially no smoking & limited consumption of alcohol.
6. Avoiding tobacco product
7. Seeking wellness information.
8. Balance of work &recreation
9. Establishing & maintaining friendship.
10. Nursing intervention to promote health & function include education about risk factors.

Nursing Treatment for Illness Prevention:

Nursing intervention to promote health & function include education about risk factors for warning signs of common illness. Nurses can help clients engage in healthier life styles to prevent disease/ illness. Inform clients of daily activities such as –

1. Proper diet, adequate sleeps that help maintain optimal health.
2. Inform client the disease for which they are at risk.
3. Explain the consequence of the disease for which they are at risk.
4. Give clients specific information about how they can reduce their risk for the disease.
5. When counseling clients & their families, it is important to keep the mind the most health promotion & disease prevention measures require a changing life style.
6. Take in to consideration, spiritual and environmental dimension of family life & structure & be realistic in your expectation for change.