

Developing a Health Promotion – Prevention Plan

Introduction

Clients must be active participants in interpreting assessment data and in planning .

Knowledge , skills , and strengths of the client should be used in the planning process .

Developing a health promotion – prevention plan is complex , and the nurse will need to continually update skills to assist clients in this important process .

The role of the nurse in health planning

1 – To assist clients with health planning rather than to control the process .

2 – Nurse should be interactive and client friendly .

Domains fundamental to nursing practice in health promotion

Introduction

There are many factors which can influence whether an individual achieves a state of optimal health or wellness . These factors consist of internal and external influences that can be considered separately or combined. These factors are named "domains" which affect optimal health . They are fundamental to health promotion

1. Biological domain Physiological and genetic composition predispose individual to disease or wellness:

Biological factors :Biological factors can influence our susceptibility to disease and serve as predictors of potential health problems Although no disease is entirely ethnicity – specific , many health problems are identified among specific ethnic groups.

1- African American + Native American population more likely to experience ----->
H.T

2 - African American + Native American + Mexican American + Filipino + Jewish American populations

DM Higher incidence of

3 – Japanese population ----> more prevalence of stomach cancer

2 – Psychological domain

3 – Sociological domain

4 – Environmental domain

5 – Political domain

6 – Spiritual domain

7 – Intellectual domain

8 – Sexual domain

9 – Technological domain

Roles of the nurse in health promotion

1 – Activist – proactive change agent

2 – Advocate

3 – Educator

4 – Empowering agent

5 – Communicator

6 – Consultant

7 – Coordinator of care

8 – Leader – member of the profession

9 – Provider of care – caregiver

10 – Researcher

Current factors affecting nursing role in health promotion

1 – Health care system

2 – Increased technology

3 – Economic environment

4 – Individual behavior

The nursing process & health promotion

Planning an effective health promotion strategy is through assessment of the health status

1 – Assessing

Components

- a – Health history & physical examination : Can detect any existing health problems .**
- b – Lifestyle assessment : Generally assessing physical activity , nutritional information , stress management , habits like smoking , alcohol consumption , drug use .**
- c – Social support review (In which a person lives and works) : Social support contributes to health by creating an environment that encourages healthy behaviors , promotes self- esteem and wellness .**
- d – Health risk assessment of disease and injury .**
- e – Health beliefs review**

2 – Planning

Health promotion plans need to be developed according to the needs , desires , priorities of the individual

Aspects of planning

1. Steps in planning

To be effective plan , it needs to be systematically planed .

- a – Identify the health promotion approach to be adopted .**

The most appropriate approach to the individual that based on *personality & resources* .

- b – Identify the individual's health needs .**

- c – Establish a health programme .**

- d – Evaluate the effectiveness of the programme**

2.Exploring available resources

It is another essential aspect of planning .

It may be :

- a – Community resources such as a fitness programme .**

- b – Educational programmes such as stress management , breast self-examination , nutrition , smoking cessation , health lectures .**

Implementing

Types of nursing intervention which are important to be considered :-

a – Providing & facilitating support : A major nursing role is to support the individual .

b – Individual counseling sessions : The individuals are considered as a part of the health promotion plan .

Types of nursing intervention which are important to be considered

c – Group support : It provides an opportunity for participants to learn the experiences of others in changing behavior .

d – Providing health education

e – Encouraging behavior change

Risk factors & health promotion

Risk factors that challenge health promotion :

1 – Environment

2 – Work

3 – Socioeconomic level

4 – Education

5 – Cultural and spiritual influences

Evaluating the effectiveness of health promotion intervention

Introduction

Evaluation (the process of collecting and analyzing information) is undertaken to learn the value of a health promotion program or intervention . It needs to be part of the program development process .

Purposes of evaluation

1 – To assess if program objectives were achieved

2 – To improve program implementation

3 – To contribute to the scientific knowledge of health promotion

4 – To provide accountability to funding agencies

5 – To inform policy makers

Benefits of evaluations to the nurse

- 1 – Enable the nurse to improve the design of the program .**
- 2 - Enable the nurse to make choices between health promotion activities .**
- 3 - Enable the nurse to learn how a particular health – promotion program might be repeated elsewhere .**
- 4 - Enable the nurse to test whether a new idea will work in practice .**

Requirements of performing evaluations

- 1 – Knowledge**
- 2 – Skills**
- 3 – Administrative support**

Approaches to evaluation

- Approaches to evaluation provide the roadmap for the systematic collection , analysing , reporting of information .**
- 1 – Efficacy or effectiveness of interventions**
- 2 –Process or outcome evaluation**