المحاضرة الرابعة لمادة تعزيز الصحة

 **Health Promotion**

**Domains fundamental to nursing practice in health promotion**

There are many factors that influence individuals in health promotion.

Domains: Areas of concern affecting optimal health include:

**1. Physiological Domain:**

Physiological and genetic composition which influence susceptibility to disease .No disease is only ethnicity-specific; however many health problems are identify among specific ethnic groups for example ,stomach cancer is more prevalent among the Japanese population, life-style education may promote health among all individuals.

**2. Psychological Domain:**

The psychological or mental health of an individual plays a significant role in promoting wellness and preventing disease, feel irerengs of depression can make the differences between whether a person gets up and goes to school or work or stays in bed and calls in sick, Nurses are in a unique position to facilitate the process of adapting and coping in their interactions with client.

**3- Sociological Domain:**

The way a person relates to others in the family, community or society influences individual responsiveness to health promotion activities, social mores effect the health practice of an individual within community.

This domain consist of:

- Trusting in health care professional.

- Valuing ones health.

- Accessibility to health care.

- Economic factors

**4- Environmental Domain:**

Primary environmental hazards are found in the home, workplace and community, safety is a chief concern in all these areas but especially in the home,

Home hazards

- Accidental drowning, fall, burn, poison prsoof, garbage, radon, lead, carbon monoxide and tobacco.

- Home is often the most dangerous place encountered.

**5- Political Domain:**

Government policies influence and fund health care programs that affects community health goals, limited funding is a major concern to the public as well as to health care professionals, disease prevention is the primary and focus of the health care system today.(Healthy people 2010)

**6-Spiritual Domain:**

Individual beliefs and value systems are inherent within everyone and may affect decisions regarding health and life. Spiritual values and believe may be barriers to health among certain population groups, spiritual health may be identified as a balance between self and others.

**7- Intellectual Domain:**

A person s intellect may determine his or her understanding of illness, life-style changes and hospitalization. This domain influenced by environmental, psychological and biological domain.

**8- Sexual Domain:**

The sexual domain is private to the individual and is a subject that may or may not be openly discussed.

**9- Technological Domain:**

This domain effect all other domains:

-Biologic by influencing outcomes that are brought about life threatening situations.

-psychological by technological diagnosed.

-Sociological and intellectual by using technology in communication like e mail and internet.

**Using the nursing process for health promotion**

The nursing process is a systematic problem-solving approach used to identify, prevent and treat actual or potential health problems and promote wellness. It has five steps (Assessment, Diagnosis, planning, implementation and evaluation). In addition, it is a systematic method that directs the nurse and patient as together they accomplish the following:

**I. Assessment**

Assessing Components of this assessment are the health history and physical examination, physical fitness assessment, lifestyle assessment, spiritual health assessment, social support systems review, health risk assessment, health beliefs review, and life-stress review.

**1. Physical Fitness Assessment:**

During an evaluation of physical fitness, the nurse assesses several components of the body’s physical functioning: muscle endurance, flexibility, body composition, and cardiorespiratory endurance.

Specific guidelines for obtaining measurements and the optimal values for men, women, and children can be found in physical fitness texts.

**2. Lifestyle Assessment**

Lifestyle assessment focuses on the personal lifestyle and habits of the client as they affect health. Categories of lifestyle generally assessed are physical activity, nutritional practices, stress management, and such habits as smoking, alcohol consumption, and drug use.

Other categories may be included. Several tools are available to assess lifestyle.

**3. Spiritual Health Assessment**

Spiritual health is the ability to develop one’s inner nature to its fullest potential, including the ability to discover and articulate one’s basic purpose in life; to learn how to experience love, joy, peace, and fulfillment; and to learn how to help ourselves and others achieve their fullest potential

**4. Social Support Systems Review**

Understanding the social context in which a person lives and works is important in health promotion. Individuals and groups, through interpersonal relationships, can provide comfort, assistance, encouragement, and information.

Social support fosters successful coping and promotes satisfying and effective living.

**5. Life-Stress Review**

A tool that assigns numerical values to life events. For example, life changes (e.g., death of a spouse, divorce, marital separation, pregnancy, etc.) have an impact score.

The individual adds up all of the current life events and compares the total life-changes score to the likelihood of illness in the near future.

Studies have shown that a high score is associated with the increased possibility of illness.

**II. Diagnosing**

Nursing diagnoses accepted by NANDA International have generally focused on impaired or imbalanced health patterns or problems.

Health promotion diagnoses can be applied to any health state and do not require current levels of wellness.

When the nurse and client conclude that the client has positive function in a certain pattern area, such as adequate nutrition or effective coping, the nurse can use this information to help the client reach a higher level of functioning.

**III. Planning**

Health promotion plans need to be developed according to the needs, desires, and priorities of the client. The client decides on health promotion goals, the activities or interventions to achieve those goals, the frequency and duration of the activities, and the method of evaluation.

The nurse provides information when asked, emphasizes the importance of small steps to behavioral change, and reviews the client’s goals and plans to make sure they are realistic, measurable, and acceptable to the client.

**IV. Implementing**

Implementing is the “doing” part of behavior change.Self-responsibility is emphasized for implementing the plan.

Depending on the client’s needs,

the nursing interventions may include:

 supporting

counseling

 facilitating

 teaching

 enhancing the behavior change

 and modeling.

**V. Evaluating:**

Evaluation takes place on an ongoing basis, both during the attainment of short-term goals and after the completion of long-term goals.

Goals are written during the planning phase, and a date is determined for attaining the specific results or behaviors that are desired to promote health or prevent illness.

During evaluation, the client may decide to continue with the plan, reorder priorities, change strategies, or revise the health promotion-prevention contract. Evaluation of the plan is a collaborative effort between the nurse and the client.