

LECTURE 7

HEALTH CARE OF AGGREGATES IN THE COMMUNITY

PREPARED BY

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- **Aggregates in the community** refer to **specific groups of people that have common characteristics or demographic factors, such as race, ethnicity, age, or socioeconomic status (SES).**
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These groups often experience health disparities and have unique healthcare needs. Community health **nurses play a critical role** in identifying and addressing the healthcare needs of these aggregate groups, through **targeted interventions and culturally competent care.**

CHILDHOOD HEALTH ISSUES-

Parents and communities must take steps to protect children from leading threats to their health. (i.e., accidental injury and exposure to toxins, abuse, and violence).

- **1. Accidental Injuries** - Unintentional injury is the leading cause of death for children ages 1-14, with low-income people more likely to die.
- **2. Unhealthy Weight** - Childhood obesity is a health crisis, with an estimated one third of children overweight or obese, leading to cardiovascular disease, diabetes, bone and joint disease, and sleep apnea.
- **3. Immunization** - Adequate immunization protects children from infectious diseases, especially immune-compromised individuals and pregnant women.

- **4. Environmental Concerns** - Air pollution, poor indoor air quality, and secondhand smoke can cause or trigger childhood asthma.
- **5. Child Maltreatment** - Child maltreatment is a major cause of death in the US, with neglect being the most common form.

- **6. Children with Special Health Care Needs** - Children and youth with special health care needs require additional services due to chronic physical, developmental, behavioral, or emotional conditions.



ADOLESCENT HEALTH ISSUES-

Adolescence is a time of good health, as preteens and teens form lifelong health habits and develop emotional health skills. However, they rarely use health services unless they have an underlying condition or an acute illness.



- **1. Sexual - Risk Behavior** - Adolescent sexual activity can lead to unintended pregnancy, HIV, and STIs.
- **2. Violence Youth Violence** - Is a reflection of how well parents, schools, and the community are able to supervise and channel youth behavior. It can cause emotional and physical harm, and is a **major public health problem**.
- **3. Tobacco, Alcohol, and Drug Use** - The use of tobacco, alcohol, and illicit drugs has serious and long-lasting consequences for adolescents and for society.

FACTORS AFFECTING CHILD AND ADOLESCENT HEALTH-

- **1. Parents' or caregivers' income, education, and stability**
- **2. Security and safety of the home**
- **3. Nutritional and environmental issues**
- **4. Health care access and use**



Community Health Nurse's Role for Child and Adolescent Health-

- The community health nurse is an **advocate** for improved individual and community responses to children's needs, **researcher** for effective strategies, **participant** in publicly funded programs, and **promoter** of social interventions.

LEVELS OF PREVENTION- CHILD AND ADOLESCENT HEALTH-

- **A. Primary Prevention** - Focuses on encouraging healthy behaviors and preventing unwanted pregnancy, especially for adolescents.
- **B. Secondary Prevention** - Pregnant women must receive early and adequate prenatal care, practice healthy behaviors, obtain necessary services, and prepare for becoming parents.
- **C. Tertiary Prevention** - Programs and services should be focuses on managing established chronic conditions or disabilities to minimize complications, reduce suffering, and restore maximum function.

CARE OF WOMEN

- Community health nurses work with other healthcare professionals **to enhance health promotion, prevent disease and accidents, and provide education for self-care and responsibility.** Health initiatives should address health problems specific to women and examine women's health across the lifespan.



ROLES OF THE COMMUNITY HEALTH NURSE-

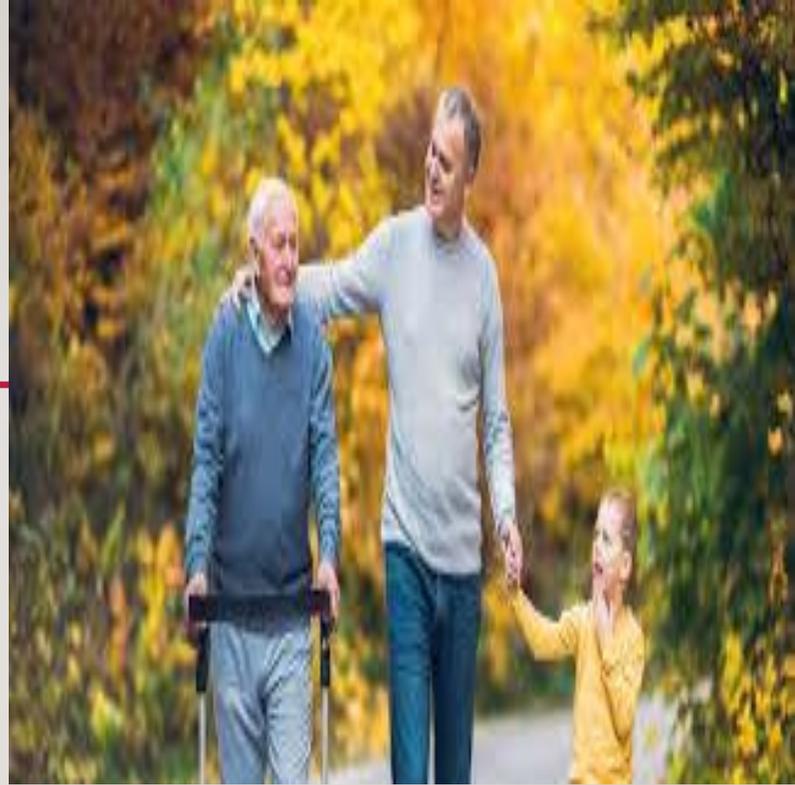
- **1. Direct Care-** Community health nurses provide direct care in a variety of settings, providing "hands-on" nursing care.
- **2. Educator-** Nurse must gain trust, be sensitive to cultural issues, and be aware of client's emotional and physical state.
- **3. Counselor-** Nurses must be **aware of their value system** to effectively counsel women's health, including **biases and beliefs about sexual behavior**.

LEVELS OF PREVENTION AND WOMEN'S HEALTH-

- **A. Primary Prevention** - Includes never smoking, following a nutritious diet, practicing safe sex, avoiding drugs, limiting alcohol consumption, and staying physically active.
- **B. Secondary Prevention** - Focuses on detecting disease before it appears clinically.
- **C. Tertiary Prevention** - Seeks to prevent further complications after a disease has become clinically evident.

CARE OF MEN

- The health needs of men are **largely unaddressed**, with the majority of health programs focused on women's health. This study explores the **implications for community health nursing**, including the current health status of men, physiological and psychological theories, impediments to men's health, promoting factors, men's health needs, and planning gender-appropriate care.



ROLE OF THE COMMUNITY HEALTH NURSE IN MEN'S HEALTH

- 1. Assessment and screening
- 2. Health promotion and education
- 3. Health behavior modification
- 4. Access to care
- 5. Collaboration with healthcare team

LEVELS OF PREVENTION AND MEN'S HEALTH-

- **A) Primary prevention:** This level of prevention involves **measures to prevent the onset of a disease or condition in healthy individuals**, such as **healthy lifestyle choices, regular check-ups, and early screening**.
- **B) Secondary prevention:** This level focuses on **early detection and treatment of a disease or condition**, such as **regular check-ups and screenings** for conditions like high blood pressure, heart disease, and prostate cancer.
- **C) Tertiary prevention:** This level of prevention focuses on **managing chronic health conditions and preventing further deterioration**. This may include **rehabilitation, pain management, and palliative care**.

CARE OF THE ELDERLY

- **Aging** is a natural process that affects all living organisms. The concept of **aging** is most often defined **chronologically**. **Chronological age** refers to the **number of years a person has lived**.



ISSUES ASSOCIATED WITH THE ELDERLY

- **1. Psychosocial Issues** - Depression, Alzheimer's disease, and drug abuse is common in older individuals, and can coexist with anxiety disorders.
- **2. Physiological Changes** - Genetic factors, diet, exercise, environment, health status, stress, lifestyle choices, and many other **factors influence physiological aging.**
- **3. Wellness and Health Promotion** - Health promotion programs help individuals maintain wellness, prevent illness, and manage chronic illnesses.
- **4. Additional Health Concerns - Age-related conditions** - such as vision, hearing loss, and incontinence are common among the elderly population, and are **often neglected due to inadequate dental care, poor nutrition, and lack of finances.**



LEVELS OF PREVENTION AND ELDERLY HEALTH

- **1. Primary Prevention** - Refers to measures taken to prevent the onset of a health condition, with examples for the elderly being regular exercise, healthy eating, avoiding harmful substances, and getting vaccinated.
- **2. Secondary Prevention** - Refers to early detection and treatment of health conditions through regular health screenings, early treatment of chronic diseases, and monitoring of symptoms and changes in health for the elderly.
- **3. Tertiary Prevention** - Focuses on managing chronic health conditions to prevent further deterioration and includes rehabilitation, pain management, and palliative care.

