Healthy Planning Introduction Paper

Nurs492-Community Health Nursing

Emporia: Changing the Lives of a Community

**Purpose of Assignment**

The purpose of the project is to examine a community health problem for a specific aggregate. The project is to be able to apply the nursing process to a vulnerable population with in your community. In addition the purpose of this assignment is to utilize the Health Planning Model to improve aggregate health and to apply the nursing process to the larger aggregate within a systems framework.

**Approach to Assignment**

In community health, we worked on many group projects. For this assignment my group chose to address the importance of prevention of Cardiovascular Disease in a vulnerable community, Emporia. This area was identified as needing an intervention, due to its high rate of cardiovascular disease (CVD) related deaths. Our goal was to reach out to middle school children and teach them the importance of fitness through daily physical activity along with proper nutrition.

**Reason for Inclusion**

This paper was added to my portfolio due to the fact that it provided many examples of the end-of-program outcomes required for this course.

* **Nursing Practice**
  + Applies appropriate knowledge of major health problems to guide nursing practice
    - CVD is the leading cause of death in the United States. To combat this problem, we chose to speak of middle school children about the importance of exercise and the role it plays in their health. These children were also taught the importance of proper nutrition.
  + Performs direct and indirect therapeutic interventions that incorporate principles of quality management and proper safety techniques based upon assessment findings
    - The assessment findings found that children in Emporia were at greater risk of developing CVD as they age, due to the higher than average rates of CVD related deaths in surrounding areas. Prior to initiating this program, the children where given both a written and physical test to provide a baseline of their knowledge and health. After the completion of the program, the children took the same test again to assess the effectiveness of our intervention. All the children were given information on community resources for food and exercise as to not alienate any one gender, race or size.
  + Implements traditional nursing care practices as appropriate to provide holistic health care to diverse populations across the lifespan
    - We chose to work with middle school children in an effort to set healthy lifestyle behaviors that would shape and follow these children throughout their lives. There is a high rate of high school dropout in Emporia, as well. Our goal was also to send these children home and share with their parents and grandparents the fun lesson plans they were taught in school in hopes that change in diet and exercise could be shared between the generations.
  + Demonstrates an awareness of complementary modalities and their usefulness in promoting health
    - Our group identified a need of making these exercises fun in order to help the children feel good about themselves and associate that feeling with healthy behaviors. Within this program, exercises and games were used interactive to engage the children in learning. Physical activity was achievable and aerobic so that children where able to make the mind-body association that being healthy was fun and easy through exercise and proper nutrition. Children where taught the importance of warming up before exercise to prevent injury. Stretching and yoga were given as options to try.
* **Communication**
  + Adapts communication methods to patients with special needs
    - Although these children where in middle school and should be reading on at least a sixth grade level, we made the information easy to follow in effort to not frustrate any of the children. This would also be counterproductive if the children were frustrated, thus hindering their learning, because they could not understand the questions or literature. Lesson plans were simple and all handouts were easy to read for middle school children and their parents. Quizzes were also easy to read. Presentations were followed by interactive games such as TIC TAC TOE, Jeopardy and Family Feud to increase fun and participation.
* **Teaching**
  + Provides relevant and sensitive health education information and counseling to patients, and families, in a variety of situations and settings
    - Obesity and a sedentary lifestyle are two contributing factors to CVD. In teaching middle school children this information, one must be careful in the message that the children hears, in order to not offend or embarrass any child. We attempted to keep the topics and conversations positive as to not create any feelings of negative self worth.
* Uses information technologies and other appropriate methods to communicate health promotion, risk reduction, and disease prevention across the life span
  + - Teaching techniques were auditory, visual and technical (hands on) to meet the learning needs of all of the children. Games were also incorporated into the lesson plan to increase fun and participation. Handouts were provided of all the teaching lessons.
* Evaluates the efficacy of health promotion and education modalities for use in a variety of settings with diverse populations
  + - Our group conducted pre program survey’s related to the student’s nutritional lifestyle and physical activity. At the completion of the course (six months), we gave the same survey back to the students to see if there were any changes after the course. Weekly we met with the students and started each lesson with a pretest and ended the session with a posttest. Each test had four nutrition and physical activity questions for a total of eight questions. We did not measure or weigh the children, but we recommended possible adding this element to future classes in order to have measurable outcome in addition to the survey’s and tests.
* **Research**
  + Applies research-based knowledge from the arts, humanities and sciences to complement nursing practice
    - The information we gathered and researched were found on many local and federal websites. We also found information in health journals related to youth and physical activity and the effects that videogames have on childhood obesity. This information was useful in the planning and implementation of our teaching lessons.
* **Leadership**
  + Assumes a leadership role within one’s scope of practice as a designer, manager, and coordinator of health care to meet the special needs of vulnerable populations in a variety of practice settings
    - We identified the African American Population in Emporia at risk for CVD due to the high rate of CVD related deaths in this area, obesity and low literacy rates.
  + Initiates community partnerships to establish health promotion goals and implements strategies to meet those goals
    - We found community resources in Emporia such as the Boys and Girls Club and Emporia’s Community Calendar. This calendar listed free health screening, community health and wellness expo along with the Rec Center activities. The Boys and Girls Club had a summer program that provided food meals to provide the children a source of nourishment and energy.
  + Articulates the values of the profession and the role of the nurse as member of the interdisciplinary health care team
    - The community health nurse is an integral member of the interdisciplinary health care team as their focus is not necessarily on acute illnesses but rather on the importance of early intervention, education and prevention.
* **Culture**
  + Considers the impact of research outcomes and, the effects of health and social policies, on persons from diverse backgrounds
    - CVD is a preventable disease through diet and exercise. Our research showed us that the African American population was leading the races in CVD related deaths in Emporia. Our research also revealed this area to be of low income and high in illiteracy. This research was helpful when making survey’s, tests and lesson plans to teach the children that were both relevant and culturally sensitive to the children. By tracking these factors within communities, nurses are able to make assessments of the areas they practice to implement positive changes and interventions.
  + Maintains an awareness of global environmental factors that may influence the delivery of health care services
    - Through our research on local and national websites, we discovered that CVD is a problem both locally and nationally as it is the number one killer globally. The two main contributing factors of diet and exercise are both preventable. Education is the key to prevention of this disease.