Discussion Board 1

[Author’s name]

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Complete knowledge of the health history of the patient is essential to ensure the provision of proper healthcare services. The approach of health history eventually linked with the prospect of clinical prevention. As a nurse, it is my primary task to attain comprehensive knowledge about the two major aspects of the patient’s history. These features recognized in the form of culture and genetics (Jarvis, 2015). The standards of the healthcare services can never be complete without the proper identification of the cultural and genetic preferences of the patients.

Recently, I provided nursing care services to a diabetic patient. It was essential for me to thoroughly overview the health history of the patient to ensure better clinical prevention for that specific patient. The domains of culture and genetics of the patient helped me to figure out the actual magnitude of the issue of diabetes for the patient. The domain of health history of the patient aided me to properly collect subjective data about the patient. Consideration of the patient’s history assisted me to figure out the lifestyle of the patient. I attained necessary information about the important aspects of exercise, healthy diet, substance use, risk reduction, and the prospect of the health promotion attitude by the patient. It was established that patient come up with the history of substance use and lacking the proper approach of exercising daily. These two critical aspects helped me to propose better forms of clinical prevention for the diabetic patient.

The health history eventually impacted the clinical prevention for the diabetic patient by adopting the option of regular screening (Ghitza, Wu, & Tai, 2013). A complete consideration of the former health domains for the patient directed to initiate better ways to ensure effective, efficient, and cost-effective and equitable care for the patient. As a nurse, it was one major task for me to critically consider the physical complications and recommend cost-effective medical care according to the actual healthcare needs of the patient.

**References**

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