Response to Gee

Your Name (First M. Last)

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In the discussion post, Gee describes the theory and approach to address the menace of cardiovascular disease. A learning theory is specified to assess the components and then focus on the prevention techniques to curb the disease through guidance and teaching. I shall highlight the most productive element I found in the post which was emphasizing the significance of conducting sessions and therapies for elderly people to encourage them to quit smoking as it is one of the leading causes of cardiovascular disease. The social earning theory strives on the principles and practices of imitation, modeling and observation in the community (Nies & McEwen, 2014). Thus, it is significant for nurses to assess the behavioral and emotional health of the targeted community through the provision of abundant resources, support systems and dispensing education.

I must mention that Gee was able to touch the key points in the discussion post for reduction of cardiovascular disease among the people above 45. Irrefutably, nurses assume an instrumental role while educating patients and eradicating unhealthy practices. I believe the social learning theory is perfect to be used in the current context as mutual collaboration and learning from peers accelerates learning outcomes (Badyal & Singh, 2017). Therefore, nurses ought to be instructed by healthcare professionals to integrate learning theories in their treatment and supervision plans. It will permit the elderly population to assimilate the teachings in a better manner and will help them combat the risk factors which cause the occurrence of cardiovascular disease. Social learning theory provides fundamental platform to expand learning, education and implementation in a profound manner. Ultimately, prevention programs for smoking and attracting the elderly population toward healthy and creative programs will remain the top priority while educating them.

References

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Nies, M. A., & McEwen, M. (2014). *Community/Public Health Nursing - E-Book: Promoting the Health of Populations*. Elsevier Health Sciences.