Nursing Practice in the Primary Health Care setting

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***1. Describe the primary health care service model. In your answer, you will need to refer to the philosophical framework supporting primary health care and the variety of forms of service delivery including preventative, curative, rehabilitative and palliative.***

 The primary health care is a healthcare system primarily focusing on the preventing of illness and improving health care. It incorporates both the philosophy of healthcare and framework models to improve health care. Primary healthcare focuses on socio-economic and environmental issues, by treating all inclusive of indigenous groups such as aboriginals in Australia as well. Primary health care service model embraces promotive, curative, preventive, rehabilitation and supportive of decreasing delay and encouraging effective healthcare inculcating the philosophy of accessibility and availability. Nurses in the service of primary health care should incorporate these five concepts in delivering service1.

***2.*** ***Describe the health-illness continuum.***

The health-illness continuum is also known as the illness-wellness continuum. It is a graphical representation of well being of an individual. It incorporates cognitive and emotional health, along with the physical health of an individual. The health-illness continuum helps to develop a relationship between the treatment and the health paradigm. Nurses use this tool to guide their patients regarding their health status now and later2.

***3.*** ***Discuss the following Australian environmental health issues.***

***3.1 Asbestosis***

*Condition and health issue*

Asbestosis is a disease caused by frequent and recurrent exposure to the substance known as ‘Asbestos’. Asbestos is used in building materials Asbestosis is a lung disease which causes chronic lung damage. It is a serious issue affecting the lungs and its functions over the passage of years. Asbestosis causes breathlessness, tightness, persistent cough and visible patches on skin3.

*Two primary health prevention strategies*

Minimising and managing exposure to the substance can prevent its impact from infusing into the body of a person. The exposure can be managed in workplaces through installations of respirators in construction areas and through engineered controls by installing exhausts and enclosing workplaces. Preventive strategies also include training and initiating complying standards to limit by leaving clothes and accessories exposed to Asbestos in the workplace4.

***3.2 Melanoma***

*Condition and health issue*

Melanoma is a type of skincare cancer which can spread to the other parts of the body. Melanoma is caused by intense exposure to UV rays from the sunlight. It initially develops through sunburns to turning into moles. It begins with moles in irregular shapes and can be itchy and bleed. The most common symptom is the moles that frequently changes shapes and colour5.

*Two primary health prevention strategies*

Preventive strategies for melanoma include reducing and avoiding intense exposure to the sun especially while taking sunbaths in holidays and vacations. Those who fear will be suffering from sun exposure can use sunscreen and cover body before going in the sun.

***4***. ***Australian communities face a number of health challenges. Choose one of the following topics and answer the following questions.***

***‘DEPRESSION’***

 ***a.*** ***Discuss the clinical manifestations (signs & symptoms) of this condition.***

Depression is a health challenge with its roots in psychology and implications in both the physical and the psychological aspects of a person. Depression can be identified through a number of clinical manifestations such as feelings of worthlessness, fatigue, insomnia, restlessness, hopelessness, exhaustion and loss in concentration levels. The physical manifestations of signs and symptoms of depression are loss of weight or a drastic increase in the weight of a person6.

***b) Discuss the physical, psychological and social impacts on daily living activities for the individual and their family.***

The physical impacts of depression include frequent aches and pains in an individuals body, lack of sex drive and inability to be emotionally available to a family member. The depression also exerts inactivity amongst the individuals. They avoid physical activities and social interactions through such mediums as well. Moreover, a decrease in appetite or obesity can also be viewed as the physical impacts of depression.

The psychological influences of depression are related to the cognitive inabilities in an individual instilled by depression. Depression causes irritability in an individual which drives family members away from them. Lack of attentiveness and attention to the emotional needs of people also are also psychological impairments caused by depression. Individuals who suffer from depression suffer from ineffective and delayed decision making. All these subsequently affecting those who are suffering from depression and those around them i.e. family members. Social effects of depression instil feelings of isolation and alienation of an individual from their loved ones and family. The depressed individuals also resort to substance abuse which sometimes results in aggression, violence and domestic abuse. It can also inculcate feelings of exhaustion and fatigue and less productivity and irresponsibility of work at home.

***c) Discuss the preventative, curative and rehabilitative forms of primary health care available for this condition.***

The primary health care can be achieved through the application of preventive, curative and rehabilitative measures. The preventive nature of primary healthcare involves, raising awareness, indulging in all-inclusive activities, regard for those who are in the process of going through difficult times in their lives. Curative form of primary health refers to the therapy sessions and indulgence of the individual with those they trust and share their burdens problems and issues with. The rehabilitation of depressed individual incorporates the initiative taken to welcome them back in the community or create an enabling environment for them to recover from the psychological issue.

***d) Describe a community and an in-hospital resource available to assist an individual with this condition.***

Australia’s national depression initiative known as ‘beyond blue’ is a community-based initiative to prevent and avert the menace of depression in the members of the society. Beyond blue works on providing primary health care to individuals suffering from depression. Moreover online and telephonic treatment organisations like Mindspot Clinic offer treatment to Australians suffering from depression and stress. The in-hospital initiatives include the nurses and healthcare staff who are readily available and address patients needs by practising empathy and openness to them without discriminating and discouraging them. The department of health has introduced the Australian treatment guide for depression and caregivers in order to reduce the effects of depression from those suffering from it7.

***5. Describe the role and function of the Australian Primary Health Care Nurses Association.***

The Australian Primary Health Care Nurses Association is a professional body inclusive of nurses, it defines and incorporates the roles of nurses in primary health care. It aspires to determine and define the roles of nurses and their responsibilities in the profession. The APNA provides a platform to the nurses in primary health care to pursue quality, network and access to educational resources, professional development, and support. The association prides itself in giving voice and providing professional development to the nurses8.

End Notes

1. Australian Primary Health Care Nurses Association. (2019). Retrieved from CoNNMO: http://www.connmo.org.au/index.php/9-members/49-australian-primary-health-care-nurses-association
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4. Coping with depression: Australian treatment guide for consumers and carers, 2005. (2019). Retrieved from The Department of Health Australia: http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-pubs-c-coping
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6. John Wah Lim, D. K. (2011). Preventive Measures to Eliminate Asbestos-Related Diseases in Singapore. Safe Health Work, 201-209.
7. Mackey, S. &. (2013). Primary Health Care as a philosophical and practical framework for nursing education: Rhetoric or reality? Contemporary nurse.
8. Sign and Symptoms. (2019). Retrieved from Beyond Blue: https://www.beyondblue.org.au/the-facts/depression/signs-and-symptoms