Nursing

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Nursing

# What are specific actions that health professionals can take regardless of their practice area and site to promote population and community health?

From aiding physicians in a healthcare practice by taking care of patients to promoting public health, the nurse practitioner has a significant role to play in the medical profession. With health promotion recently emerging as an important aspect of the health care system, it offers a challenge to the nursing profession. It motivates and enables nurses to shift their paradigms towards reconstructing the present policies followed in the health care system and move the focus from illness and cure to wellness and care (Giordano & Igoe, 1991; Myers, Sweeney, & Witmer, 2000).

According to extensive research on the subject, nurses have exhibited a holistic approach towards helping families and individuals develop sound health decisions to support with health promotion (Povlsen & Borup, 2011; Samarasinghe, Fridlund, & Arvidsson, 2010). It includes providing patients with information regarding their health as well as health education. However, this form of education is rather limited (Casey, 2007). Secondly, nurses empower individuals, families and even communities towards collaborating their efforts in health promotion and enlightening others on the concept of population and community health (Horton, 2010; Piper, 2008). This makes it an important part of activities undertaken and administered by nurse practitioners (Irvine, 2007). Thirdly, another role well played by nurse practitioners is defining the concept of health promotion as a social and health policy. It includes educating the masses on various recommendations and directives given by the World Health Organization in terms of improving one’s health and well-being (Whitehead, 2011). Finally, working within a population and a community to address different cultures and promote health education and well-being in a way that caters to their needs and mindsets. It also includes participation in voluntary work and implementation of protective as well as preventive health measures (Witt & Almeida, 2008).

In conclusion, nurse practitioners can pave the way for many positive outcomes in terms of health promotion in a community through adherence, improving one’s quality of life, their knowledge of illness and self-management (Keleher, Parker, Abdulwadud, & Francis, 2009).

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