**Public Health Nursing**

[Name of the Writer]

[Name of the Institution]

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As a public health nurse, it is an opportunity for me to assess, interview and help the people at free clinic who cannot afford the cost of healthcare. A case came to me where a woman came to me from a poor background for discussing her health matters (Mak, Loke, & Wong, 2018). Client information is crucial for assessment because it helps nurses to select the preventions or medication that they can afford or clinic can provide them. From the information provided by the patient data was collected which includes;

* The age of the patient who was twenty-one year old.
* She rummages through trash for her livelihood.
* She wants to make life better.

This was the data to study her background. In addition, the data regarding her health are as follows;

* She takes one meal a day.
* She smokes two packs of cigarette a day.
* She uses street drug whenever to get able to pay for it.
* She understands that her lifestyle is not fine.
* She is depressed.

Besides the information that the patient provided on her own, there are other information that can be collected in the interview for better assessment. For instance,

* Do you acquire any skill that you are passionate about and can use to earn money?
* How much your health matters to you?
* Can you quit smoking? Rate this challenge out of 10.
* Do you know drugs consequences? Do you want to quit it?

While interviewing the client I should ask myself certain question therefore better planning can be created to assist the client. For instance;

* Have I got enough information to assist her?
* What preventions should I use to make her life better?
* Which approach will be best to motivate her for behavior change?
* How much is she willing to quit smoking and drugs?

After getting an interview and her details planning is needed to assist her. I can assist her through motivational interviewing- approaching behavior change (D’Amico et al., 2018). This is because the client is not suffering from a disease which requires immediate medication. Instead, there is a need to change the life pattern or behavior change. For the purpose, I can help her identify the behavior by explaining the normal behavior that she can acquire as compared to what she is up to. Second is the identification of the problem that is smoking and drugs. She understands that her life is a mess. It means she is not an extreme of drugs addict and can quit it with some help. The third step is the desiring a change by motivating her to make life better through the knowledge or skills that she have. Therefore, I will make her confident about a change that she can bring in her life. Last, I will guide her some healthy exercise to quit smoking and drugs and encourage her to come for a regular checkup for better health. Other than this, I will provide her a proper diet plan to follow.

Smoking and drugs are the habits patient quit rapidly with the desire of the patient for quitting it. Therefore, the best strategy that I can give as a nurse is to explain to her about the harmful impact of smoking and drugs in detail and then the benefits of quitting it. At the end I can help her further along by the four stages of quitting that are; Pre-contemplation, contemplation, action, and maintenance. The four-stage strategy is most effective according to me because the client is too poor to participate in a formal program for the causes and evidence shows that 90% of former smokers can quit smoking on their own (Bonamigo, Brutti, Capelletti, Duquia, & Keiserman, 2018). Therefore, as a nurse, it is my responsibility to guide the client and provide her best guidance to acquire a healthy life. In a nutshell potential strategy for the client would be balance diet, education or guidance, motivation and support.

**References**

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