Title page

Evidence-based practice

I agree with the post that Healthy People 2020 initiative uses Evidence Based Practice (EBP). These practices can be used by healthcare provides to attain the goal of promoting health and wellness. Nurses have a significant role in providing health to the families. Nurses can use EBP that has an effective role in helping the family that improves the quality of life (Seyhan & Özbaş, 2018). The nurses focus on the totality by improving internal and external family environments. The nursing intervention adopted for family health’s promotion emphasizes on family integrity, maintenance of the process, empowerment, exercise, physical activities and parental education.

The nurse educates the family about the healthy meals, physical fitness and psychological health. Nurse educates the family members about sexuality, sleep and rest patterns. She encourages parents to socialize with children and promotes healthy behaviors. The nurse encourages family spirituality and motivates them to remains composed and calm. The main role of the nurse is to unite family and develop a feeling of oneness (Coehlo, Tabacco, & Hanson, 2015).

The nurses can rely on databases for promoting dietary interventions and provide information about healthy eating patterns and encourage the family to use more vegetables, milk, and beans in their diets (Dwyer, Patrick, & Hennessy, 2015). The nurses promote the physical fitness’ by encouraging family members to engage in physical activities such as sports, exercise and walk. In case of elderly people, the nurses encourage regular walk and simple exercises’. Nurses promote the adherence, knowledge of family about illness and promote self-management (Kemppainen, Tossavainen, & Turunen, 2013).

The mental condition influences the overall health of the members, so the nurse emphasizes on stress management (Varvogli & Darviri, 2012). The nurses guide the family to create a friendly environment and encourage communications. The nurse plans night activities such as gaming with no telephones. All members of the family participate in the games that improve interaction between members. The nurse evaluates the results for two months and compares the health outcomes.

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