



Tishk
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Faculty of Nursing

Nursing Department

Health Promotion

4th Year

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Nurses Role in Health Promotion

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Topic . No.2

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Nurses Role in Health Promotion

- Model healthy life style behaviors and attitudes.
- Facilitate client involvement in the assessment , implementation and evaluation of health goal.
- Guide clients development in effective problem solving and decision making

- Assist individuals, families and communities to increase their levels of health.
- Assist clients ,families ,and communities to develop and choose health promoting options.
- Advocate in the community for changes that promote a healthy environment.

Responsibilities of the nurse

1. Assessing health needs

The nurse should assess the health needs of the individual or the public and provide them with information and education that enable them to promote health, assume self-care at different stages of their lives; and to cope with acute/chronic illnesses and injuries

2. Building capacity in health promotion

The nurse should acquire specialized skills and competence in health promotion through lifelong learning. He/she should then adopt various health promotion strategies that help people to build capacity in controlling their own health and in making healthy life choice

3. Participating as a proactive key player in inter- sectorial collaborations

The nurses working in diverse settings should contribute to the implementation of health promotion strategies in partnership with other interested parties, as nursing acknowledges inter-sectoral contribution to health promotion

4. Tackling multiple health determinants

The nurse has an important role to play in promoting health in a wide range of settings, including schools, workplaces, hospitals and local communities, as well as at a broad societal level.

5. Advocating for the individual and community at political and social levels

The nurse should advocate for community development and social involvement, public and social policy change for conducive to promoting the health of the population at large.

6. Generating new knowledge and understanding on health promotion by research

The nurse should participate in conducting research and/or disseminating research findings on both health promoting information and health promotion programmes so that a scientific database is built for the development of evidence-based practice.

Health Promotion Topics Infants

1. Infant parent attachment/bonding
2. Breast feeding
3. Sleep patterns
4. Playful activity to stimulate development
5. Immunization
6. Safety promotion and injury control



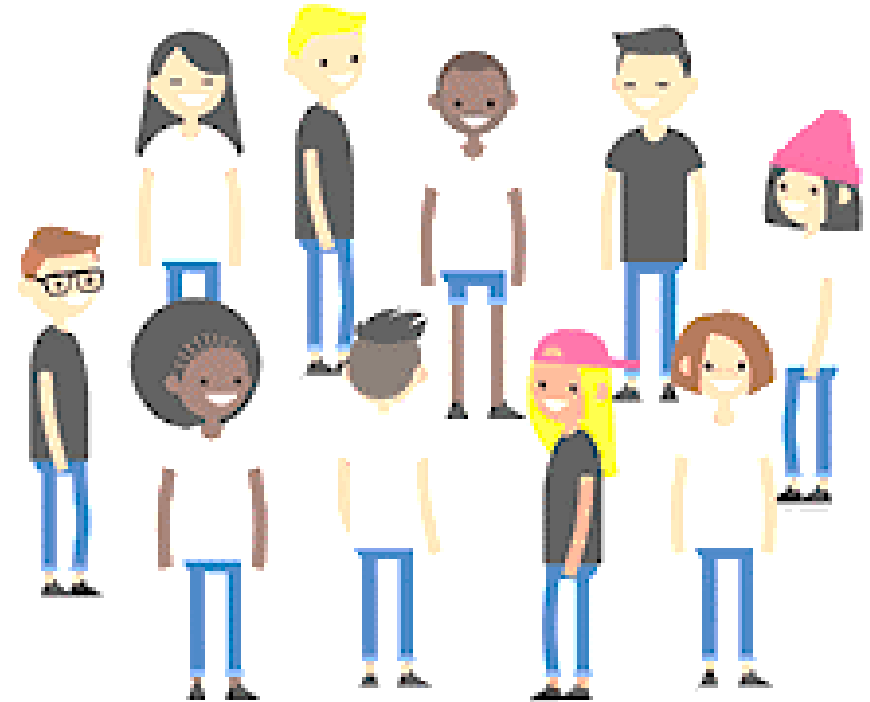
Health promotion for CHILDREN

1. Nutrition
2. Dental checkup
3. Rest and exercise
4. Immunizations
5. Safety promotion and injury control



Health promotion for ADOLESCENTS

1. Communicating with the teen
2. Hormonal changes
3. Nutrition
4. Exercise and rest
5. Peer group influences
6. Self concept and body image
7. Sexuality
8. Safety promotion and accidental prevention.



Elderly Health promotion

1. Adequate sleep
2. Appropriate use of alcohol
3. Dental/oral health
4. Drug management
5. Exercise
6. Foot health
7. Health screening
8. Hearing aid use
9. Safety precautions
10. Weight control etc



