

Improving The Hygiene Of Patients

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Introduction

When a person has a disability, his overall health is somewhat affected. However, it depends on the type of disability he has. Some disabilities do not affect health status, but most of them do. Taking care of personal hygiene is a primary focus in case of any disability because it will ensure that the disease is not communicated to other people around the patient. Even people with intellectual disabilities have a negative effect on their general health (Hughes et al., 2017). In every society, some health inequalities exist, and they are the basis for discrimination. Learning disability is a common form that is the basis of health inequality in multiple areas. The determinants of the environment are where a person is born, works, plays, and performs all the functioning outcomes of life. It also includes access to health services, quality of education, public safety, social norms, and availability of resources to meet daily health needs.

Analysis

Many areas of health promotion are identified. They include areas like creating a supportive environment, building a public policy that is supportive, developing personal skills, promoting social responsibility towards health, developing personal skills, and securing a good infrastructure for health promotion. These are the key areas that should be addressed so that the general health issues faced by people can be addressed by the facilities provided by the government. It will bring more strength to communities, and the empowerment of individuals will be improved through community capacity (Kumar & Preeta, 2012). The health of people is dependent on many outside issues, such as the patterns of consumption and socioeconomic conditions. Health promotions are done to reduce social inequality by investing in healthy development because it ultimately leads to reduced health status. People's control over their health will be improved.

The framework of Victorian health and well-being suggests that priority health issues should be addressed first in people with disabilities. Extensive research should be done to use the acquired knowledge. The workplace environment should be created to focus on good and healthy practices. More skills should be developed, and people's participation should be facilitated. It is done to contribute to health regulations and policies. Medically, it will improve the procedures. Disabled people need special care so, with better behaviour, they can be treated well. The education level of doctors will be improved, and patients will be given more empowerment over communities. All these things will lead to a great social change that is much needed now.

Proposed Solution/ Intervention

I will introduce a health promotion program to promote healthy eating and hygiene. To promote people towards healthy eating, their behaviour should be changed first. Therefore, the first step in my program was to tell people about the benefits of healthy eating and other interventions in controlling communicable diseases. It will prepare their mind that they want to take the initiative to promote hygiene. Along with benefits, the problems that are associated with not controlling communicable diseases will be illustrated to people so that they become willing to work on interventions.

The focus will be on increasing immunization against communicable diseases. It will ultimately reduce the harm caused by these hygiene-related issues. The different strategies of drinking water, safe food, adequate sanitation for the community, and recreational water will be described because they have a high impact on promoting hygiene (Steinberg, 2010). Different community actions will be included so that the overall community can benefit from these programs. It will also include social media promotions to create more awareness. People will be engaged in these activities, and this will be communicated on a larger level through social media.

This strategy is specific because it will motivate people in the right direction. A chart will be presented to people to indicate the safe quantity of food and water according to body needs and sanitation guidelines. It is measurable because once people follow these guidelines, improvement in their health status can be achieved by using a questionnaire and body examination. It is achievable because people can easily follow the guidelines and reach the expected level of health status. It is a reality to plan because patients can achieve this by remaining within all the constraints. The timeliness of this strategy is ensured as it can be followed in the minor frame. The results can be accessed in a few weeks or months, depending on the health condition of the patient.

Conclusion

The main goal of this campaign is to improve the hygiene of patients when they are suffering from any communicable disease. These types of diseases require extra care because if health is not taken care of at the right time, they will transmit to other people. The strategy chosen for this campaign is simple, so it can be followed easily and effective results can be achieved in less time. Being healthy requires proper hygiene, and following some of the basic health principles is important. It is important for promoting the health of patients, and when they follow these practices in their routines, it will provide them with benefits even in the future. It will lead them to a status where the general population lies, and there will be no discrimination that they have to face because of their disability.

References

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