

Health Promotion Discussion Board

Name:

Institution:

Course Title:

Assignment Name:

Instructor:

Date:

Health Promotion Discussion Board

- 1. Do nurses know what patients need to be healthy? What can nurses do to help patients achieve their best level of health? Write a paragraph explaining your answer.**

Nurses are the health workers who serve at the front foot and are the primary caregivers. They play a crucial role in understanding and addressing health needs as they spend most of their time with their patients which allows them to observe and monitor patients' conditions closely. This allows them to advocate for patients' needs, providing them with personalized care and educating them about healthy life choices. Routine screenings, educating patients about managing chronic illnesses, vaccinations against deadly conditions, and other preventive measures further allow them to promote health quality. Moreover, they can collaborate with healthcare professionals to foster an environment where patients feel supported and empowered. This holistic approach would help patients to take an active part in maintaining the quality of their health so that they achieve their best possible health outcomes.

- 2. What questions could be added to discharge teaching to improve patient health and compliance?**

Discharge teaching is an effective strategy to improve compliance and patient health as it involves asking the right questions to ensure patients understand their care plan and feel confident in managing themselves post-discharge (Weiss et al., 2017). Firstly, patients should ask about their diagnosis and treatment through questions like "What was your diagnosis?" and "What treatments did you receive during your stay at the hospital?" in order to ensure that the patient understands his condition and can recall the treatment he underwent. Secondly, they

should be taught questions like “What medicines have been prescribed to you?” and “What would you do if you have the potential side effects of your medication?” about their medication management. Such questions will ensure patients know their medications, the right time to administer them, and the risk of side effects which would reduce medication errors. Thirdly, they should be taught about “Which healthcare provider will they contact for follow-up care?” and “What lifestyle changes would you adopt to support your recovery” to ensure follow-up care and self-care adjustments. Lastly, patients should know about “Have you understood your discharge instructions?” and “How do you feel about your discharge plan?” to gather patient feedback and improve patient education so that the discharge process can be improved.

3. How would you explain health promotion and wellness to a patient? Give examples.

I would tell a patient that health promotion involves strategies that are specially designed to empower individuals to help them make healthy life choices and prevent diseases (Haugan & Eriksson, 2021). I would explain to him/her that wellness is a similar approach that focuses on maintaining a balanced and healthy lifestyle to reduce the risk of chronic diseases and enjoy a healthier life (Seifert et al., 2012). For instance, I would recommend my patient some online workshops on topics like exercise and stress management as well as some public health campaigns like anti-smoking initiatives to help them live a happy and healthy life. Moreover, I would recommend a patient adopt healthy eating habits through online nutrition counseling sessions as well as mindfulness programs for their mental health support so they can improve the overall wellness of their life.

References

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