

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME _____

CONCEPT _____ REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Underlying Principles

Nursing Interventions

WHO? WHEN? WHY? HOW?

Tests specific for men

Clinical testicular examination: At each routine health care visit starting at puberty.

Prostate-specific antigen test, digital rectal examination: Discuss starting this screening with the provider starting at age 50 years, and again whether to continue after age 76.

PREVENTION

Primary, secondary, and tertiary prevention describe the focus of activities and the level of prevention.

PRIMARY

Primary prevention addresses the needs of healthy clients to promote health and prevent disease with specific protections. It decreases the risk of exposure individual/community to disease.

- Immunization programs
- Child car seat education
- Nutrition, fitness activities
- Health education in schools

SECONDARY

Secondary prevention focuses on identifying illness, providing treatment, and conducting activities that help prevent a worsening health status.

- Communicable disease screening, case finding
- Early detection, treatment of diabetes mellitus
- Exercise programs for older adults who are frail

TERTIARY

Tertiary prevention aims to prevent the long-term consequences of a chronic illness or disability and to support optimal functioning.

- Begins after an injury or illness
- Prevention of pressure ulcers after spinal cord injury
- Promoting independence after traumatic brain injury
- Referrals to support groups
- Rehabilitation center

HEALTHY PEOPLE 2020

The Healthy People 2020 provides a list of national objectives to promote health and prevent disease among the national population. The objectives are updated every 10 years and involve a collaborative effort for implementation by the local governments, voluntary and professional organizations, businesses, and individuals.

- Improve health priorities
- Improve awareness and understanding of the progress involving health, disease, and disability.
- Apply measurable health goals at the local, state, and national level
- Apply best practice to strengthen policies and improve health practice
- Identify the need for research, evaluation, and data collection of health disparities

NURSING INTERVENTIONS

Examine risk factors to identify modifications, adopt mutually agreeable goals, and identify support systems.

- Refer clients to educational/community/support resources. Help clients recognize benefits (not smoking reduces the risk of lung cancer) and overcome barriers (not smoking covers expenses for healthful pursuits).
- Advocate for changes in the community.

Use behavior-change strategies.

- Identify clients' readiness to receive and apply health information.
- Identify acceptable interventions.
- Help motivate change by setting realistic timelines.
- Reinforce steps toward change
- Assist the client to recognize their personal perceived barriers that can hinder commitment to adopting and maintaining the plan for a healthy lifestyle change.
- Encourage clients to maintain the change.
- Model healthy behaviors.

Promote healthy lifestyle behaviors by instructing client to do the following.

- Use stress management strategies.
- Get adequate sleep and rest.
- Eat a nutritious diet to achieve and maintain a healthy weight.
- Avoid saturated fats.
- Participate in regular physical activity most days.
- While outdoors, wear protective clothing, use sunscreen and avoid sun exposure between 10 a.m. and 4 p.m.
- Wear safety gear (bike helmets, knee and elbow pads) when participating in physical activity. **Qs**
- Avoid tobacco products, alcohol, and illegal drugs.
- Practice safe sex.
- Seek medical care when necessary, get routine screenings, and perform recommended self-examinations (breast, testicular).