

# The role of nurse in community awareness, prevention of health and health promotion

Sneha Dixit

*Nursing Tutor at Maharana Pratap College of Nursing Kanpur*

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## I. Background

Health awareness and preventive health care has become increasingly in the health care sector. A community nurse can serve direct care, educate individuals or the public advocate for health improvements and perform research in community health. It is the job of a community health nurse to help and keep the community health problems under controls. Nurse do preventive health care by evidence-based research while she also encourages them to take preventive services for example- screening, immunization counselling and healthy diet for promoting the health of individuals.

In the society, the emergence of health care reform and increased number of individuals who are suffering from chronic disease conditions in that the nurse play amplified role in community awareness, prevention of health and health promotion.

## II. Nurse In Preventative Health Care

### Primordial Prevention

Primordial prevention refers to avoiding the risk factor in first phase of development.

**For example** – improving sanitation so that exposure of infectious agent not occur.

For that community awareness is necessary.

Community awareness is a crucial part of preventive health care. the importance of health awareness is to educate a person about the need to take precautions about to ways to live healthy.

In primordial prevention nurse encourage for vaccination of families and pets, hand washing, practicing of good food hygiene.

When people will understand the risk of certain things they know to start make change in to their life style.

### Primary Prevention

Primary prevention is the best economic method of health care. It is the measure taken to provide individuals with knowledge to prevent the onset of disease condition. In this nurse play a role of educator and encourage the community for positive health behaviour. Nurse uplift the people for regular exercise, weight management, practice of seat belt, avoidance of smoking control of exiting disease, moderate use of alcohol, immunization and programmes that ARE DESIGN to avoid the sufferings and illness in patients.

### Secondary Prevention

Secondary prevention is the most common method for diminishing the development of certain disease. is the screening to identify disease condition in to the earliest phase before the onset of signs and symptoms of disease to prevent them. Once they are identified nurse work with those patients to control the other consequences. Nurse modify individual choices by using detection method find the disease in the beginning phase of it and try to find possible management of it.

### Tertiary Prevention

It is implemented in symptomatic patient who have been already diagnosed with certain disease condition, this stage encompasses to minimize the negative impacts and prevent the future complications by certain methods. This method is different with other preventive methods. Tertiary prevention seeks to reduce the impact of established disease by eliminating and reducing disability, minimizing suffering and maximizing the quality life of individual and community. In this nurse are tasked with helping individuals and make an effective plan of care by modification in certain things **such as-** changing behavioural, dietary pattern etc for improving the health condition of individual.

### **III. Conclusion**

Our health care system was focused only on cure of diseases, but today's system is also focusing on preventive health techniques and trying to aware people how the health is important for us. Nurses are the base of successful social health care system. The role of the nurse to improve the health care are system is indubitable. Nurse and other health workers are doing their efforts to prevent disease conditions and aware people regarding health with the multifarious approaches.

### **References**

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