

Public Health and Health Promotion for Nurses at a Glance

Karen Wild
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Karen dedicates this text to her mother, Molly.

*Maureen dedicates this text to her father, Thomas,
who died aged 90 years during its development.*

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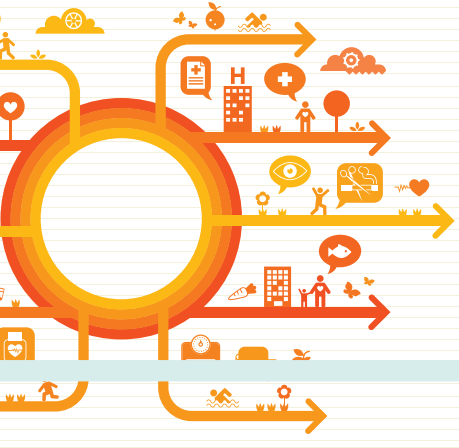
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Hospitals are unhealthy places and we want to encourage readers to think about ways of preventing people either coming into hospital in the first place or returning because of an inability

In the final unit, Unit 6, we will share our belief that health promotion is fraught with ethical dilemmas concerning autonomy, beneficence, non-maleficence and justice, and engage the reader in exploring the stewardship approach to the ethics of public health and health promotion.

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Glossary of terms

BMI: body mass index.

Director of Nursing for Public Health: appointed in 2011 to advise the government on nursing policy and development in relation to public health.

District Nurse: a registered nurse with an extra specialist practitioner qualification.

Domains of health: these include physical, mental, emotional, social, sexual and societal health.

Emotional health: recognition and appropriate expression of feelings, plus the ability to cope with stress.

Epidemiology: analyses the way diseases are spread between populations and the factors that influence their distribution.

Green Book: a resource produced by the Department of Health to aid practitioners who are immunising against infectious diseases.

Health education: has a focus mainly on giving information to change people's health behaviour, e.g. propaganda and instruction.

Health inequalities: an analysis of the gap or gradient in health between population groups that can usually be measured by a number of social characteristics.

Health promotion: involves empowerment of individuals and seeks to alter attitudes in order that people might change their health behaviours.

Health protection: teams work alongside the NHS to provide information, advice and expertise, as well as emergency response during disease outbreaks.

Health surveillance: the continuous, systematic collection, analysis and interpretation of health-related data needed for the planning, implementation and evaluation of public health practice.

Health Visitor: a qualified nurse who has undergone extra education on the recognised Health Visitor programme of study.

Marmot Review: into health equity and inequality acknowledges that health outcomes are poorer in societies in which inequalities exist (socioeconomic inequalities, inequality of opportunity, inequality of provision of education, housing, green spaces, etc.).

Mental health: clear and coherent thinking; here cognitive abilities can be measured, for example in children's developmental assessment and in the elderly who may be suffering from dementia.

Morbidity: the incidence of illness within the population.

Mortality: the incidence of death by cause within the population.

Motivational interviewing: a method of motivating individuals to think about their health behaviour.

NICE (National Institute for Health and Care Excellence): provides national guidance for the prevention and treatment of major illnesses.

Physical health: how your body functions, which can often be in terms of measuring physical parameters, for example blood pressure monitoring, body mass index measurement, assessment of motor development in children.

Primary care nursing: focused in the community setting to support all people who need nursing support in their home environment.

Primary prevention: geared towards preventing the onset of disease.

Public health: an overarching term that covers aspects of health promotion and disease prevention.

Public Health England: an executive agency of the Department of Health.

School Nurse: a registered nurse who specialises in supporting the health and wellbeing of school-aged children. May have an extra qualification as a Specialist Community Public Health Nurse.

Secondary prevention: identifies individuals or groups at risk of disease with the aim of detecting and curing illnesses before they cause irreversible ill health.

Sexual health: the acceptance and ability to achieve a satisfactory expression of one's sexuality.

Social health: the ability to make and maintain relationships with others.

Societal health: being valued within society, regardless of religion, race, age, gender, etc.

Specialist Community Public Health Nurse: a registered nurse who has undergone specialist postqualification education in community public health nursing.

Spiritual health: being at peace with oneself through a system of beliefs.

Tertiary prevention: aims to minimise or reduce the progression of an already established disease.