

Study guide exam 1: population & global health

Chapter 1: Public health nursing: present, past and future.

What are the 8 principles of public health nursing? The client or unit of care is the population, the primary obligation is to achieve the greatest good for the greatest number of people as a whole, public health nurses collaborate with the client as an equal partner, primary prevention is the priority in selecting appropriate activities, public health nursing focuses on strategies that create health environmental, social, and economic conditions in which populations may thrive, A public health nurse is obligated to actively identify and reach out to all who might benefit from a specific activity of service, optimal use of available resources and creation of new evidence-based strategies is necessary to assure the best overall improvement in the health of populations, collaboration with other professionals, populations, organizations and other groups is the most effective way to promote and protect the health of people. ***Which one is priority? ***

Who are the main influencers of the history of public health? Lemuel Shattuck, Dorothea dix, Clara Barton, Florence nightingale, Lillian Wald, Mary Breckenridge.

What are the achievements of public health (CDC) in the 20th century? Safer workplaces, vaccinations, motor vehicle safety, control of infectious diseases, decline in coronary artery and stroke deaths, safer and healthier foods, healthier mothers and babies, family planning, recognizing tobacco is a health hazard.

Examples of social determinants of health: the social conditions in which people live, their income, social status, their education, literacy level, home and work environments, support networks, gender, culture, and availability of health services. **WHEREAS** health disparities occur when some population groups have fewer resources to offset these effects and they are affected accordingly.

What are the healthy people 2020 overarching goals and examples of how to achieve these goals? Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death. Achieve health equity, eliminate disparities, and improve the health of all groups. Create social and physical environments that promote good health for all. Promote quality of life, healthy development, and healthy behaviors across all life stages. Engage leadership, key constituents, and the public across multiple sectors to act and design policies that improve the health and well-being of all. ***Which is the priority and why? ***

What are the core functions of the government? Assesses health care problems, intervenes by developing relevant healthcare policy that provides access to services, and it ensures that services are delivered, and outcomes are achieved.

Chapter 2: Public health systems

Define and give examples of health disparities: Health disparities is the difference in the quality of healthcare and intervention of healthcare needs. Disparities can be found in certain types of illnesses like HIV, cancer, diabetes, end stage renal disease, and even mental health.

What is the focus of community health nursing? Public health involves organized efforts to improve the health of communities rather than individual people.

What is the overall goal of public health? The central goal of public health is the reduction of disease through prevention and the improvement of health in the community, both nationally and internationally.

What does the government regulate? Food, drugs, devices, occupational health, and the environment through the department of health and human services.

How has healthcare changed in the United States over time? *Need to ask this—not sure*

Chapter 3: Health policy, politics, and reform

What are the goals of the patient protection and affordable care act? Expanding health insurance coverage, shifting the focus of the healthcare delivery system from treatment to prevention, and reducing the costs and improving the efficiency of healthcare. *The ACA was put into place to improve the quality, access, and affordability of healthcare.*

Give examples of politics influencing public health policy: The affordable care act and patient protection was signed into law by former president Barack Obama.

What are the steps of health policy making? Setting an agenda, policy formulation, policy adoption, policy implementation, policy assessment, and policy modification.

How does politics influence healthcare? Where there is politics comes power. Politics is involved in every aspect of healthcare. Government and communities have the room for power and change in healthcare. Politics also have resources and finances.

What is the ANA code of ethics? Compassion and respect for the dignity and worth of every individual, primary commitment to patient, promotion and advocacy to protect patients health safety and rights, responsibility and accountability for individual nursing practice, responsibility to preserve safety, participation is establishing, maintaining, and improving healthcare conditions, collaboration with other healthcare professionals, participation in advancement of the profession, responsibility for articulating values, maintaining integrity, and shaping social policy.

What are the ethical principles in community health nursing? Identifying the existence of the ethical dilemma, gathering and analyzing relevant info, clarifying personal values and moral position, determining options based on benefits and risk, making responsible decisions about actions and recommendations, evaluating the impact of actions and outcomes.

Chapter 4: Global health: a community perspective

Examples of determinants of health: physical environment, social environment, health behaviors, and individual health.

What is the WHO's definition of health? "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". **What does this look like?** The highest level of health that involves self-actualization and reaching one's true potential.

Examples of global health disparities: noncommunicable disease: COPD, HIV/AIDS, respiratory infections, hearing loss, etc.

What is global health? Global health encompasses the behavioral and environmental risk factors of a community, which are influenced by politics, economics, and culture.

What causes a rise in noncommunicable disease? Urbanization, culture change, sedentary lifestyle, and corporate marketing that targets these lifestyles. Tobacco use, harmful use of alcohol, unhealthy diet, high BP, raised cholesterol, cancer-associated infections.

What are some main global health issues? *Not sure—ask lammert*

What are some negative and positive effects of globalization? *not sure—ask lammert*

Chapter 6: Epidemiology: the science of prevention

Define the following epidemiologic models

Epidemiologic triad: This model is based on the belief that health status is determined by the interaction of the characteristics of the **host, agent, and environment**.

Wheel of causation: This model de-emphasizes the agent as the sole cause of disease and emphasizes the interplay of physical, biologic, and social environments.

Web of causation emphasizes the concept of multiple causation while de-emphasizing the roles of agents explaining the illness.

Natural history of disease model: Course of disease or condition from the onset of resolution. Involves prevention.

What sources give health related data? CDC, public health, census website.

How would you use epidemiology? A framework for gathering data about health problems is done, information is analyzed, a diagnosis or hypothesis is made, there is a plan for resolution, plans of action, and evaluating results. **What is the purpose?** Caring for the population and community. Illness is prevented or limited by using epidemiology.

What are the methods of epidemiology? Descriptive, analytical, and experimental.

What is the difference between the epidemiologic process and the nursing process? The nursing process is caring for the patient and their family whereas the epidemiologic process is caring for the population or community. **What is the same?** Assessment, diagnosis, planning, implementation, and evaluation is used.

How has morbidity and mortality changed in the last 150 years? *ask lammert*

Why do we investigate outbreaks? To prevent future outbreaks.

Chapter 7: Describing health conditions: understanding and using rates.

Crude rate: general or summary rates that measure the occurrence of the condition being investigated in the entire population.

Incidence rate: measure of the probability that people without a certain condition will develop the condition over a period.

Look at formula sheet

Crude calculation: # of deaths occurring in 1 year/midyear population X 100,000

Cause-specific: # of deaths from a stated cause in 1 year/population X 100,000

Case specific: # of deaths from specific disease/number of cases of specific disease X 100

Birth rate: # of live births in 1 year/ population X 1,000