D & H-W Ch. 1	Public Health Nursing: Present, Past and Future	ATI Ch. 1 & 2

What are the 8 Principles of Public Health Nursing? **Textbook**
Of the 8 principles of public health nursing – what is priority?

1. The client or unit of care is the population.
2. The primary obligation is to achieve the greatest good for the greatest number of people or number of people as a whole.
3. Public health nurses collaborate with the client as an equal partner.
4. **Primary prevention is the priority in selecting appropriate activities (Vaccinations, etc.)**
5. Public health nursing focuses on strategies that create healthy environmental, social, and economic conditions in which populations may thrive.
6. A public health nurse is obligated to actively identify and reach out to all who might benefit from a specific activity or service.
7. 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.
8. Collaboration with other professions, populations, organizations, and stakeholder groups is the most effective way to promote and protect the health of the people.

Who are the main influencers of the history of public health? **Textbook**
1. Lemuel Shattuck
    a. correlated how illness is related to unsanitary conditions in American cities (1850)
    b. birth and death records to describe health
    c. First public health code.
    d. Laid framework for a dramatic increase in life expectancy
2. Dorothea Dix
    a. lobbied to fix conditions in prisons and mental health hospitals
    b. believed gov should take an active role in social welfare.
3. Clara Barton
    a. convinced congress to ratify the American red cross; founder
    b. Cared for civil war casualties
    c. neutral relief society to be activated in times of war
4. Lillian Wald
    a. Worked with Mary Brewster to make the Henry Street settlement
    b. founded the national organization of public health nursing
    c. Made nursing schools
    d. taught prevention
    e. worked to change child labor laws
    f. Advocated occupational health nursing
5. Mary Breckenridge
    a. found the frontier nursing services due to concern of the health of children after her children died.
    b. family oriented healthcare in rural Appalachia

c. established first midwife program

What are the achievements of public health (CDC) in the 20th century? Textbook
1. The federal emergency relief act and civil works administration were created in 1933
2. Social security act of 1935 = federal benefits for the elderly, blind, dependent, and crippled kids, maternal and child welfare, public health, state unemployment compensation laws.
3. Cadet nursing corps for WWII
4. Health departments in most states
5. vaccinations
6. motor vehicle safety
7. safer workplaces
8. control infectious diseases
9. decline in coronary heart disease and stroke deaths
10. safer and healthier foods
11. healthier mothers and babies
12. family planning
13. fluoridation of drinking water
14. recognition of tobacco as a health hazard.

Examples of Social determinants of health. Textbook & ATI
1. Conditions of living
2. Income
3. Social Status
4. Education
5. Literacy
6. Home and Work environment
7. Support networks
8. Obesity
9. Cigarette smoking
10. gender
11. culture
12. availability of health services

ATI
1. Neighborhood
2. built environment
3. social and community context
4. economic stability
5. health and healthcare
6. education

a. **How do these differ from health disparities?**

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<tr><td colspan="1">1. Differences in healthcare and health outcomes experienced by one population compared with another, frequently associated with race/ethnicity and socioeconomic status</td></tr>
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1. What are the Healthy People 2030 overarching goals? **Textbook**
   a. Live healthier lives
   b. Primary intervention
   c. High-quality, longer lives free of preventable disease, disability, injury, premature death
   d. health equity
   e. eliminate disparities
   f. improve the health of all groups

   a. What are examples of how to achieve these goals?
      a. Create social and physical environments that promote good health for all.
      b. Nutrition education
      c. prenatal care
      d. primary prevention
      e. promote quality of life
      f. healthy development
      g. healthy behaviors across all life stages
      h. engage leadership
      i. key constituents
      j. public action to design policies that improve the health and well-being of all
   b. Which overarching goal is a priority and why?
      a. Primary prevention

9. What are the core functions of the government? **Textbook**
   a. assesses healthcare problems
   b. develops relevant healthcare policy that provides access to services
   c. ensures services are delivered and the outcome is achieved.

10. What is public health? **Textbook**
   a. the science and art of preventing disease, prolonging life, and promoting physical health and efficiency through organized community efforts

D & H-W Ch. 2	Public Health Systems	ATI Ch. 1 & 2

1. Define and give examples of health disparities. **Textbook**
   a. Racial, or ethnic difference in the quality of healthcare which is not due to access-related factors or clinical needs, preferences, and appropriateness of intervention.
   b. Poverty
   c. Environmental threats
   d. Inadequate access to health care
   e. Individual and behavioral factors
   f. Educational inequalities
   g. Race and ethnicity
   h. Inability to access internet

        i.   Language barrier.
        j.   Gender
        k.   Sexual identity and orientation
        l.   Disability status or special health care needs
        m.   Geographic location (rural and urban)

    a.   What health disparities can be modified? **Textbook**
        a.   ==Lifestyle behaviors==

2. What is the focus of Community health nursing? **Textbook**
    a.   Reduce disease through prevention and improve the health in the community, both nationally and internationally.
    b.   How would you describe community health nursing?
    c.   Public health involves organized efforts to improve the health of communities rather than individuals.

3. What is the overall goal of public health? **Textbook** & **ATI**
    a.   Reduce disease via prevention and improvement of health in the community, nationally and internationally.
    b.   Community interventions to keep healthy.

4. What does the government regulate? **Textbook**
    a.   Food (FDA)
    b.   Drugs (FDA)
    c.   Devices
    d.   Occupational health and environment (OSHA and EPA)
    e.   CDC

5. How are public health departments funded? **Textbook**
    a.   Federal tax allocations to state governments
        i.   Block grants (give money to specific initiative)

D & H-W Ch. 3	**Health Policy, Politics, and Reform**	**ATI: Ch. 9 pg. 84**

1. What are the goals of the Patient Protection and Affordable Care Act? **Textbook**
    a.   Provide affordable health insurance coverage to most Americans
    b.   Lower costs
    c.   improve access to primary care.
    d.   add preventative care and prescription benefits
    e.   offer coverage to those with preexisting conditions
    f.   extend young adults coverage under their parents

2. Give examples of politics influencing public health policy. **Textbook**
    a.   Seatbelt laws
    b.   Tobacco age restricitions

3. What are the steps of health policymaking? **Textbook**
    a.   Setting an agenda
    b.   Policy formation
    c.   policy adoption

	d. policy implementation
	e. policy assessment
	f. policy modification

4. How does politics influence healthcare? **Textbook**
   a. Enforcement by rules, laws, and regulations
   b. Tools to shape decisions

5. What is the ANA Code of Ethics? **Textbook**
   a. The nurse practices with compassion and respect for dignity, worth, unique attributes
   b. Primary commitment is to the patient, family, group, population
   c. Nurse Advocates for and protects rights, health, and safety
   d. Nurse has authority, accountability, and responsibility for nursing practice w/ obligation to promote health
   e. Same duties to self as others, maintain competence, safety, health, personal growth
   f. Nurse through individual and collective effort improve the ethical environment and work setting and conditions of employment that are conducive to safe, quality healthcare.
   g. Nurse in all roles and settings advances the profession through research
   h. The nurse collaborates with other professionals to protect human rights, promote health diplomacy, reduce health disparities.
   i. The profession of nursing must articulate nursing values, maintain integrity, and integrate principles of social justice into nursing and health policy

6. What are the ethical principles in community health nursing? **Textbook** & **ATI**
   a. respect for Autonomy
   b. nonmaleficence - no harm
   c. Beneficence - maximize benefits
   d. Justice - fairness

D & H-W Ch. 4	**Global Health: A Community Perspective**	**ATI Ch. 1 & 2**

1. What is the WHO's definition of health? **Textbook**
   a. State of complete physical, mental, and social well-being
   b. NOT the absence of disease
   c. What does this look like?
      i. Reaching one's potential at the highest level

2. Examples of global health disparities. **Textbook**
   a. Low and middle-income countries have a higher rate of non-communicable diseases (NCDs)
   b. Clean water and sanitation are less

3. What is global health? **Textbook**
   a. Study, research, or practice that places priority on improving health worldwide.

b. Dynamic concept with several factors
          i. Physical environment
         ii. Social environment
       iii. Health behaviors and coping skills
       iv. Access to health services
         v. healthy child development
       vi. employment and working conditions
      vii. Health policies/interventions		

4. What is causing a rise in non-communicable diseases? **Textbook**
   a. tobacco
   b. excessive alcohol consumption
   c. poor diet
   d. lack of activity

5. <mark>What are some negative and positive effects of globalization?</mark> **Textbook**
   a.

D & H-W Ch. 6	Epidemiology: The Science of Prevention	ATI Ch. 3 pg. 23-24

1. Define the following epidemiologic models: – **Textbook**
   a) Epidemiologic Triad
      a. Host vs. Agent vs. Environment
   b) Wheel of Causation
      a. emphasizes environment, not so much the agent
         i. Biologic environment vs. physical vs. social (around the host)
   c) <mark>Web of Causation</mark>
      a. <mark>emphasizes multiple causations while de-emphasizing the role of agents in illness. flexible and may be more or less complex as needed.</mark>
   d) Natural History of Disease Model
      a. Course of the disease from onset to resolving

2. What sources give health-related data? What are they best used for? **ATI** (Informatics PPT & Activity)
      a. US census burea
         i. Demographic info
         ii. Economic information (tax)
         iii. narrative, chart, and table forms
         iv. identify demographic changes
      b. CDC
         i. prevalence of communicable disease
         ii. travel updates
         iii. imms info
         iv. info for workplace health/safety
         v. mortality vs. morbidity report (MMWR)
            1. National center for health statistics under CDC

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         a. disease info
         b. vital records
         c. health insurance facts

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   c. State and local gov websites
- i. Vital stats
- ii. Mental health services
- iii. housing assistance
- iv. health events (birth, death, marriages)
- v. infectious disease occurrences

   d. Local Gov only
- i. Community health resources (clinics, services)
- ii. The geographic location of services (fire dept, animal control)

3. What is the difference between the epidemiologic process and the nursing process? What is the same? **Textbook**
   a. Epidemiological process is on a community, not the individual.
   b. Both provide a framework of Assessing, diagnosing, planning around info, implementing controls, evaluation of what happened.

4. How has morbidity and mortality changed in the last 150 years? **Textbook**
   a. Longer life span
   b. More noncommunicable disease vs. communicable

5. Why do we investigate outbreaks? **Textbook**
   a. To understand how the disease spreads and what condition compromised the host.
   b. Prevent future outbrakes

D & H-W Ch. 7	Describing Health Conditions: Understanding and Using Rates	ATI Ch. 3 pg. 23-24

1. Define the different epidemiologic rates and proportions. **Textbook** & **ATI**
   a. Crude rate
      - i. Measurement of the occurrence of health problem or condition being investigated by the whole population
   b. Adjusted rate
      - i. A statistical procedure that removes effects of differences in the composition of the population: figuring for age, race, gender
   c. Incidence vs. Incidence rate
      - i. measurement of new cases vs. those at risk; probability of people without condition will develop it over a time period.
   d. Prevalence vs. Prevalence rate
      - i. measures the number of people who have a condition vs. the population
      - ii. Period prevalence is over time
      - iii. Point prevalence is at one point in time

2. 5 Rate calculations – Fill in the Blank – Review your Rate Calculation Worksheet