

## Public Health Nursing Reflection

### **Introduction**

Nursing is a healthcare discipline that entails the provision of care to individuals, communities and families. The purpose of such care is to enable patients maintain, attain, and recover the quality of life. However, nurses differ from other healthcare practitioners with regard to the scope of their practice, training, and approach to patient care. They practice in different areas and angles with a different level of prescriber authority and scope of practice (ANA, 2006).

Furthermore, the majority of these nurses offer care within the direction of the physicians; this is what shapes the public image of these nurses. However, most jurisdictions permit nurses to practice independently in different settings depending on the specific training level. This paper focuses on analyzing the key role of nurses.

### **Role of Nurses**

#### **Provision of Care to Patients**

The role of nurse practitioners in the whole process of treatment is very essential. Nurses are mandated to provide compassionate and skilled care to clients and their families. Apart from facilitating the healing process, nursing care also reduces suffering (ICN, 2013). In the school context, nurses are responsible for improving the general quality of student life by ensuring that they live a health life. They should evaluate sick students in terms of physical, social, psychological, and emotional aspects regarding their current condition and advice the necessary remedies (ANA, 2015).

#### **Evaluations of Patients**

In the school context, nurses undertake evaluations of sick students; in case the latter have a problem, nurses communicate the issue to them and their responsible teachers. It is their responsibility to formulate appropriate approaches of communicating health care information to the different stakeholders. Further, nurses are also required to formulate better systems of

managing the health status of students. Health care management may include providing spiritual, psychological, and social care to patients as well as their families (Neuberger, 2007).

### **Health Promotion**

According to Boyce, Peckham & Hann (2011), health promotion enhances health determinants' control over health consumers to making informed decisions concerning their health. Nurses are required to undertake health promotion as a means of resolving health issues and challenges that students encounter. Moreover, they are expected to communicate the prevalence of communicable and non-communicable diseases as well as other factors, which influence students' health within a school environment. Knowledge in health promotion is expected to equip students with the insights that are necessary in addressing health issues that they encounter. In this respect, nurses are supposed to be equipped with knowledge and skills in conducting health promotion among students.

Health promotion process will be efficient only if students have the necessary skills and capabilities. This will be reinforced if such people are mobilized in controlling their lifestyle and actions according to the health aspects of their environment. Further, positive health aspects should be instilled among students so that they can understand why and how to maintain their health.

### **Management**

The nurse can also be considered a manager. This is because he or she literary manages the treatment process of sick students and liaises for further treatment if there is a need. The nurse may also relegate responsibilities to other workers with an aim of improving the health of sick students.

### **Change Agent**

The nurse is also considered a change agent in the course of providing care to sick students. In particular, she assists them to modify their behavior in order to help with the treatment. In

addition, nurses can also make changes regarding the type of clinical care provided in case when it fails to achieve the intended purpose.

### **Research**

Nurses also undertake research related to different aspects of their discipline. The knowledge gained from such studies is put into practice thus improving care delivery within that discipline. In this light, it is expected that nurses have knowledge on the different research processes and methods and utilize research findings in their practice.

### **Reflection of the Community Health Nursing Practice**

The role of community health nurses is to integrate primary care with nursing practice within public health nursing. A community health nurse is mandated to conduct a comprehensive and consistent practice that is curative, preventive, and rehabilitative. The care philosophy is based on the premise that the care directed to an individual or his/her family contributes to the wellbeing of the general population. A community health nurse is not given any restriction pertaining to the type of individuals of any diagnostic group to care for. Rather, he or she is free to work with any type of population. All recipients of healthcare are encouraged to participate in the development of community activities, which enhance the promotion of education and improve the general health of the population. These types of activities necessitate an understanding of a wide range of health care programs, which pay a special attention to ecological and social influences of the particular populations that are at risk.

### **Conclusion**

From this discussion, there is no doubt that the role of nurses is very important in a nation. They work to promote health, help patients cope with their various illnesses as well as prevent diseases. Nurses are advocates for patients, their families, as well as the communities. They observe, record, assess, respond to, and monitor the progress of various treatment and healthcare

programs. These are only a few of their roles. In general, the role of nurses in promoting individual and community health cannot be overestimated.